
BIOGRAPHICAL SKETCH

NAME: Jill E. Bormann

eRA COMMONS USER NAME (credential, e.g., agency login): jbormann

POSITION TITLE: Clinical Professor and Research Health Scientist

EDUCATION/TRAINING (*Begin with baccalaureate or other initial professional education, such as nursing, include postdoctoral training and residency training if applicable. Add/delete rows as necessary.*)

INSTITUTION AND LOCATION	DEGREE (if applicable)	Completion Date MM/YYYY	FIELD OF STUDY
Augustana College, Sioux Falls, SD	BA	05/1976	Nursing
University of Texas, Austin, TX	MSN	05/1982	Psychiatric Nursing
Wayne State University, Detroit, MI	PhD	12/1995	Nursing & Social Psychology
VA San Diego Healthcare System, San Diego, CA	Post-Doc Fellow	06/2001	Research

A. Personal Statement

I have dedicated my research career to the development, testing, and implementation of the Mantram Repetition Program (MRP)—a mind-body-spiritually integrated intervention for symptom management and wellbeing. I have over 20 years of research experience conducting quantitative and qualitative studies, including randomized clinical trials. I have studied outcomes in a variety of patient populations (i.e., adults living with HIV/AIDS; veterans with chronic illness; veterans with posttraumatic stress disorder (PTSD); family caregivers of veterans with dementia; healthcare employees; homeless women with insomnia; first time military mothers. I have also studied various forms of MRP delivery to meet the unique needs of various groups. I am well qualified to assist others in designing and conducting research using the MRP. I have developed instructional materials including manuals, handouts, and web-based training. With my research experience, I share strategies for recruiting, assessing, and retaining subjects. I also assist in the successful completion of studies with guidance for data collection, analyses, and interpretation of findings.

Bormann, J. E., Liu, L., Thorp, S., Lang, A. J. (2012). Spiritual wellbeing mediates PTSD change in Veterans with military-related PTSD. *International Journal of Behavioral Medicine*, 19(4), 496-502, doi: 10.1007/s12529-011-9186-1.

Weinrich, S., **Bormann, J.E.**, Glaser, D., Hardin, S.B., Barger, M., Lizarraga, C., Johnson, B., del Rio, J., Allard, C. (2016). Mantram repetition with homeless women: A feasibility study. *Holistic Nursing Practice*, 30(6): 360-367. Doi: 10.1097/HNP.0000000000000138

Bormann, J. E., Thorp, S. R., Wetherell, J. L., Golshan, S. & Lang, A. J. (2013). Meditation-Based Mantram Intervention for Veterans with Posttraumatic Stress Disorder: A Randomized Trial. *Psychological Trauma: Theory, Research, Practice and Policy*. 5(3):259-267, doi: 10.1037/a0027522

Bormann, J. E., Hurst, S. & Kelly, A. (2013). Responses to mantram repetition program from veterans with posttraumatic stress disorder: A qualitative analysis. *Journal of Rehabilitation Research and Development*, 50(6), 769-784. doi:10.1682/JRRD.2012.06.0118

B. Positions and Honors

Positions and Employment

1976-1978 Staff Nurse, Rochester Methodist Hospital, Rochester, MN

1978-1981 Nursing Instructor, Presentation College, Aberdeen, SD

1982-1984 Nursing Supervisor, Austin State Hospital, Austin, TX

1984-1993 Nursing Instructor, BSN Program, San Diego State University (SDSU), San Diego, CA

1986-1997 Clinical Nurse Specialist, Private Practice, San Diego, CA

1989-2001 Assistant Clinical Professor, Division of Graduate Nursing Education, School of Medicine, University of California-San Diego (UCSD)

1991-1995 Mental Health Counselor, UCSD HealthCare Clinic

1994-1999 Nursing Instructor, University of Phoenix, San Diego, CA
 1996-1999 Project Coordinator, Veterans Medical Research Foundation (VMRF), San Diego, CA
 1999-2001 VA Postdoctoral Nurse Fellowship, VA San Diego Healthcare System (VASDHS)
 2001-2011 Research Nurse Scientist, VASDHS, San Diego, CA
 2011-2012 Acting Associate Nurse Executive/Research, VASDHS
 2001- Research Scientist, VMRF, San Diego, CA
 2001- Adjunct Research Associate Professor, SDSU School of Nursing
 2013-2017 Associate Nurse Executive/Research, VASDHS
 2013- Clinical Professor, USD's Hahn School of Nursing and Health Science
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Other Experience and Professional Memberships

1976- American Nurses Association member
 1984-1994 Council Affiliate to the Council on Psychiatric and Mental Health Nursing
 1984- California Association of Psychiatric/Mental Health Nurses in Advanced Practice
 1988- Sigma Theta Tau International Honor Society, Gamma Gamma Chapter, San Diego, CA
 1989-1996 Transcultural Nursing Society member
 1992-2010 Association of Nurses in AIDS Care (ANAC) member
 2001-2010 Complementary, Alternative, and Integrative Medicine (CAIM) Workgroup, Co-Chair VASDHS
 2003-2006 Chair of VA Nursing Research Council, VA San Diego Healthcare System
 2005- Society of Behavioral Medicine member
 2006-2010 VA Nursing Research Advisory Group (NRAG) (Member 2006-2010, Co-Chair 2008-2009, Chair 2009-2010)
 2007-2013 Advisory Board Member, VA Center for Integrated Healthcare Syracuse, Syracuse, NY
 2008-2011 VASDHS Research and Development Committee, Member 2004-2007 & 2008-2009; Co-Chair 2010-2011
 2009- American Holistic Nurses' Association (AHNA) member
 2014-2016 International Society of Stress and Trauma Studies (ISTSS) member
 2014- American Psychiatric Nurses Association (APNA)
 2014- International Society of Psychiatric Nursing (ISPN)

Honors

2001 Highest Scientific Merit Award for Post-doctoral Poster Competition, HSR&D Service, 19th Annual Meeting, Washington, D.C., February 14-16.
 2002 First Place Award for Innovation Poster, 7th Joint Southern California Chapters Sigma Theta Tau International Nursing Research Conference, Cerritos, CA
 2002 Psychiatric Nurse of the Year in Advanced Practice, California Association of Psychiatric Nurses in Advanced Practice, San Diego, CA
 2003 Scholarly Activity Award, Sigma Theta Tau International, Gamma Gamma Chapter
 2003 Research Award, Institute of Nursing Research, SDSU School of Nursing, San Diego, CA
 2007 VASDHS Employee Excellence Award: "Mantram Repetition Research Team"
 2007 VA Office of Nursing Service Innovation Award: "Rapid Relaxation Response for Well-Being of Mind, Body and Spirit"
 2009 VA Office of Nursing Service Innovation Award: "Teleconference Delivery of Support for Family Caregivers of Veterans with Dementia"
 2010 "Spirit of Planetree Award for Complementary Therapy" at International Planetree Conference
 2011 Planetree Implementation Manual Award, Planetree Organization
 2012 Research Award, Sigma Theta Tau International, Gamma Gamma Chapter
 2013 Scholarly Activity Award, Sigma Theta Tau International, Gamma Gamma Chapter
 2014 Fellow in the American Academy of Nursing
 2014 JoAnne Powell Award for Excellence in Nursing Research, ANA/California
 2014 Psychiatric Nurse of the Year Award for Advanced Practice, San Diego, CA
 2014 VA Secretary's Award for Excellence in Nursing for Advanced Practice Nursing
 2017 Research Excellence Award, American Psychiatric Nurses Association
 2017 Research Award, International Society of Psychiatric Nursing
 2017 Edge-Runner Distinction for Nursing Innovation, American Academy of Nursing

C. Contribution to Science

1. My first study focused on nurses' willingness to care for patients diagnosed with human immune deficiency virus (HIV)/Acquired Immune Deficiency Syndrome (AIDS). In the early 1990's, little was known about HIV and as a nursing instructor, at that time, I observed that nursing students were afraid to care for patients with AIDS. I conducted and published a study that examined students' attitudes toward dying patients with and without HIV/ AIDS. During my post-doctoral fellowship, I continued to focus on HIV and served as a co-investigator on a study with Drs. Allen Gifford and Marty Shively to test a nurse-led self-management intervention for patients with HIV/AIDS. As anti-retroviral treatments were being developed, together we published papers on predictors of medication adherence, validity and reliability of a fatigue measure, and on the development of an HIV self-efficacy scale to measure healthy behaviors among patients with HIV/AIDS.
 - a. **Bormann, J.E.**, Brent, S.B., Mood, D.W. (1995). The effects of an AIDS diagnosis on undergraduate nursing students' attitudes toward the care of dying patients. *Nurse Educator*, 20(6), 15-21.
 - b. Gifford, A.L., **Bormann, J.E.**, Shively, M.J., Wright, B.C., Richman, D.D., & Bozzette, S.A. (2000). Predictors of self-reported adherence and plasma HIV concentrations in patients on multi-drug antiretroviral regimens. *Journal of Acquired Immune Deficiency Syndromes*, 23, 386-395.
 - c. **Bormann, J.E.**, Shively, M.J., Smith, T.L., & Gifford, A.L. (2001). Measuring fatigue in HIV: The reliability and validity of the Global Fatigue Index. *Journal of American Association of Nurses in AIDS Care*, 12(3), 42-50. doi: [10.1016/S1055-3290\(06\)60146-5](https://doi.org/10.1016/S1055-3290(06)60146-5)
 - d. Shively, M., Smith, T.L., **Bormann, J.**, & Gifford, A. (2002). Evaluating self-efficacy for health behavior change in HIV clinical care. *AIDS and Behavior*, 6(4), 371-379. doi: [10.1007/s10865-006-9063-6](https://doi.org/10.1007/s10865-006-9063-6)
2. My next contribution is based on the development and testing of the Mantram Repetition Program (MRP), a mind-body-spiritual complementary intervention for symptom management. I pilot tested the MRP to assess its efficacy on stress management, symptom severity, and quality of life. I also implemented an innovative way to measure the frequency of mantram practice using wrist counters. As the PI of an NIH-funded R21 exploratory randomized trial, we published several papers describing the MRP results in a sample of patients with HIV/AIDS and found: a) improvements in elevating spiritual well-being and mental health functioning, while lowering depression and intrusive thoughts; b) mediating effects of positive appraisal coping on the long-term reduction of anger; and c) a lagged decrease in bio-markers of salivary cortisol in MRP participants.
 - a. **Bormann, J.E.**, Gifford, A.L., Shively, M., Smith, T.L., Redwine, L., Kelly, A., . . . Belding, W. (2006). Effects of spiritual mantram repetition on HIV outcomes: A randomized controlled trial. *Journal of Behavioral Medicine*, 29(4):359-376. doi: [10.1007/s10865-006-9063-6](https://doi.org/10.1007/s10865-006-9063-6)
 - b. **Bormann, J.E.**, Aschbacher, K., Wetherell, J.L., Roesch, S., & Redwine, L. (2009). Effects of faith/assurance on cortisol levels are enhanced by a spiritual mantram intervention in adults with HIV: A randomized trial. *Journal of Psychosomatic Research*, 66(2),161-171. doi: [10.1016/j.jpsychores.2008.09.017](https://doi.org/10.1016/j.jpsychores.2008.09.017)
 - c. **Bormann, J.E.**, & Carrico, A.W. (2009). Increases in positive reappraisal coping during a group-based mantram intervention mediate sustained reductions in anger in HIV-positive persons. *International Journal of Behavioral Medicine*, 16, 74-80. doi: [10.1007/s12529-008-9007-3](https://doi.org/10.1007/s12529-008-9007-3)
 - d. **Bormann, J.E.**, Smith, T.L., Shively, M., Dellefield, M.E., Gifford, A.L. (2007). Self-monitoring of a stress reduction technique using wrist-worn counters. *Journal for Healthcare Quality*, 29(1), 47-55.
3. My interest in how the MRP improved spiritual well-being in HIV/AIDS supported the study of MRP in different populations. Implementing a series of both quantitative and qualitative studies, this body of work has highlighted the value and efficacy of the MRP as a practical, portable set of mindful skills that improve quality of life and spiritual well-being in a variety of groups. I have published several papers that demonstrate positive, health-related outcomes of the MRP in veterans, healthcare employees, first-time pregnant military mothers, and family caregivers of veterans with chronic illness.
 - a. **Bormann, J.E.**, Smith, T.L., Becker, S., Gershwin, M., Pada, L., Grudzinski, A., & Nurmi, E. A. (2005). Efficacy of frequent mantram repetition on stress, quality of life, and spiritual well-being in veterans: A pilot study. *Journal of Holistic Nursing*, 23(4), 394-413. doi: [10.1177/0898010105278929](https://doi.org/10.1177/0898010105278929)
 - b. **Bormann, J.E.**, Becker, S., Gershwin, M., Kelly, A., Pada, L., & Smith, T.L., . . . Belding, W. (2006). Relationship of frequent mantram repetition to emotional and spiritual well-being in healthcare workers. *Journal of Continuing Education in Nursing*, 37(5), 218-224.

- c. Hunter, L., **Bormann, J.**, Belding, W., Sobo, E.J., Axman, L., Reseter, B.K., Hanson, S.M., & Miranda, V. (2009). Satisfaction with the use of a spiritually-based mantram intervention for childbirth-related fears in couples. *Journal of Applied Nursing Research*, 24,138-146. doi:10.1016/j.apnr.2009.06.002
 - d. **Bormann, J.E.**, Warren, K.A., Regalbuto, L., Glaser, D., Kelly, A., Schnack, J., & Hinton, L. (2009). A spiritually-based caregiver intervention with telephone delivery for family caregivers of Veterans with dementia. *Journal of Family and Community Health*, 32(4), 345-353. doi: 10.1097/FCH.0b013e3181b91fd6
4. My fourth contribution has been to develop a variety of MRP course materials and instructor guides, including a MRP manual specifically targeting PTSD. I have studied the effects of MRP on symptom severity and insomnia in veterans with military-related PTSD. Moving from uncontrolled pilot and feasibility studies to a mixed-methods, randomized clinical trial, and currently completing a two-site study of MRP for veterans with PTSD, I have incrementally increased the evidence of MRP efficacy for symptoms management. I have published papers, developed standardized materials and methods of MRP delivery, including treatment fidelity tools, and I am working to increase the number of MRP facilitators to meet a growing demand of meditation-based treatments for both Veterans and healthcare employees. Findings from these studies have shown that the MRP significantly reduces PTSD symptoms, improves quality of life, spiritual wellbeing, and mindful attention awareness. MRP has also been delivered to VA healthcare employees via webinars and self-training modules.
- a. **Bormann, J. E.**, Thorp, S. R., Smith, E., Glickman, M., Beck, D., Plumb, D., Zhao, S., Ackland, P., Rodgers, C., Heppner, P., Herz, L. & Elwy, A.R. (2018). Individual treatment of posttraumatic stress disorder using mantram repetition: a randomized clinical trial. *American Journal of Psychiatry*. epub online ahead of print: <https://ajp.psychiatryonline.org/doi/10.1176/appi.ajp.2018.17060611>
 - b. **Bormann, J. E.**, Walter, K. H., Leary, S., & Glaser, D. (2017). An internet-delivered Mantram Repetition Program for spiritual well-being and mindfulness for health care workers. *Spirituality in Clinical Practice*, 4(1): 64-73. Doi: 10.1037/scp0000118.
 - c. **Bormann, J. E.**, Oman, D., Walter, K. H. & Johnson, B. D. (2014). Mindful attention increases and mediates psychological outcomes following mantram repetition practice in veterans with posttraumatic stress disorder. *Medical Care*, 52(12)Supp5:S13-S18. doi: 10.1097/MLR.0000000000000200
 - d. Buttner, M. M., **Bormann, J. E.**, Weingart, K., Andrews, T., Ferguson, M. & Afari, N. (2016). Multi-site evaluation of a complementary, spiritually-based intervention for veterans: The mantram repetition program. *Complementary Therapies in Clinical Practice*, 22, 74-79. Doi: 10.1016/j.ctcp.2015.12.008

Complete List of Published Work in MyBibliography:

<http://www.ncbi.nlm.nih.gov/pubmed/?term=bormann+Jill+E>

D. Research Projects as Principal Investigator

- Bormann, J. E. (PI)**, Elwy, A.R., et al. *Portable Mantram Meditation for Veterans with Military Related PTSD*; VA CSR&D, #SPLE-003-11S; (\$1,045,021), 01/01/2012 – 06/30/2017.
- Bormann, J. E. (PI)**, Leary, S. *Efficacy of Internet Delivered Mantram Repetition Program (MRP) in Reducing Burnout in Healthcare Workers (HCWs)*. Sigma Theta Tau, Gamma Gamma Research Award; (\$1,000), 1/31/2012 – 1/30/2014.
- Bormann, J. E., (PI)**; Stein, M., Lang, A. Wetherell, J., Gershwin, M., Thorp, S., Golshan, S., Kelly, A. *Efficacy of Mantram Repetition on PTSD Symptoms in Veterans*, mixed methods randomized trial, Nursing Research Initiative (NRI-04-041-2); Health Services Research & Development, Department of Veterans Affairs, (\$633,000), 7/1/05 – 09/30/11.
- Bormann, J. E. (PI)**, Stein, M., Lang, A. Wetherell, J., Gershwin, M., Thorp, S., Golshan, S., Kelly, A. *Efficacy of Mantram Repetition on PTSD Symptoms in Veterans: A Pilot Study*, Nurses Organization of Veterans Affairs (NOVA Foundation) and DAV Charitable Trust; (\$5,000), 12/1/05 – 01/15/07.
- Bormann, J. E. (PI)**, Warren, K., Regalbuto, L. McQuaid, J., McKibbin, C., West, R. *Teleconference Support for Family Caregivers of Veterans: A Feasibility Pilot Study*. Office of Nursing Service, Department of Veterans Affairs; (\$8,350), 5/31/06- 6/1/07.

- Bormann, J. E. (PI)**, Uphold, C. R., Maynard, C., & Reid, K. (2007). *Regional Variation in Complementary/ Alternative Health Care Practices (CAP) in HIV-Infected Men*; Supported in part by Office of Research and Development, Department of Veterans Affairs, Health Services Unit, VA San Diego Healthcare System.
- Bormann, J. E. (PI)**, Gifford, A. L., Shively, M., Smith, T. L., Redwine, L. (2005). *Efficacy of a Mantram Intervention on HIV Outcomes*, National Center for Alternative and Complementary Medicine/National Institutes of Health (R21 AT01159-01A1); (\$250,000), 9/28/02- 5/30/05.
- Bormann, J. E. (PI)**, Becker, S., Kelly A., Gershwin, M. (2003). *Self-reported Outcomes of the Rapid Relaxation Response Course*, partially funded by the VA Post-Doctoral Nurse Fellowship, Office of Academic Affiliations, Department of Veterans Affairs, Institute of Nursing Research, San Diego State University and Sigma Theta Tau International, Gamma Gamma Chapter Research Grant Awards.
- Bormann, J. E. (PI)**. (1995). *Influence of HIV mode of transmission on nurses' willingness to care*. (Doctoral dissertation, Wayne State University, 1995); *Dissertation Abstracts International* 5701B:236 (UMI No. 9613442).
- Bormann, J. E. (PI)** (1995). *Nursing students' attitudes toward dying patients with and without AIDS*. Wayne State University; Detroit, Michigan.

Other Research Projects as Co-Investigator

- Barger, M., Weinrich, S., & **Bormann, J. E. (Co-I)**. *Reducing Insomnia in Homeless Women with the Mantram Repetition Program*. Doris A. Howell Foundation for Women's Health Research, (\$15,000), 11/01/2016 – 05/01/2018.
- Kostovich, C. (PI), Collins, E., **Bormann, J. E. (Co-I)** *Efficacy of an Internet Mantram Program on RN-Delivered Patient Centered Care*, Veterans Affairs (VA) HSR&D NRI Pilot study; (\$99,000), 10/01/2014-09/30/2017.
- Zisook, S. (PI), Weingart, K., Beck, D., **Bormann, J. E. (Co-I)**. *Mantram Repetition Program for Veterans with Major Depressive Disorder*. Majda Grant Award; (\$5,000), 03/25/2015-03/24/2016.
- Weinrich, S. (PI), Barger, M., Hardin, S.; **Bormann, J. E. (Co-I)**; Criscenzo, J; del Rio, J., Allard, C. *Homeless Veteran Women*. USD Hahn School of Nursing and Health Science/Jonas Foundation; (\$18,000), 09/01/2014-08/30/2015.
- Drummond, S. (PI); **Bormann, J. E. (Co-I)**: *Treating Insomnia & Nightmares After Trauma: Impact on Symptoms & Quality of Life* (1RC1NR011728-01); (\$688,000), 09/01/09-8/30/13.
- Powell-Cope, G., (PI), **Bormann, J. E. (Local Site PI)**: *Existing Practice Patterns for Screening Mild TBI in OEF/OIF Veterans* (HSR&D IAC 08-101) 1 of 28 sites to study the TBI screening process among OEF/OIF veterans and the providers that treat them to improve the efficiency and effectiveness of this screening tool; (\$457,569), 10/01/09–03/31/13.
- Breckenridge-Sproat, S., Reb, A; **Bormann, J. E. (Consultant)**: *Feasibility of Mind-body Intervention to Promote Wellness in Injured Soldiers*. TriService Nursing Research Program HU0001-09-TS13, N09- C06; (\$88,168), 9/1/09 – 8/31/12.
- Redwine, L., Allison, M., Bamard, D., **Bormann, J. E., (Co-I)** Corvera-Tindel, T., Hong, S., Maisel, A., Rutledge, T. *Tai-Chi: Well-Being and Heart Failure*, National Center for Alternative and Complementary Medicine/National Institutes of Health (R21AT001910-01A2 NCCAM); (\$400,000), 9/1/05-8/31/09.
- Hanson, S., Hunter, L., **Bormann, J. E. (Co-I)**, Sobo, E., Belding, W. S., Miranda, V. (2007). *Effectiveness of Mantram Repetition in Reducing Maternal and Paternal Childbirth Related Fears*. Master's Thesis, San Diego State University, San Diego, CA. Partially funded by the San Diego State School of Nursing Institute of Nursing Research.
- Anthony, B., Hunter, L., **Bormann, J. E. (Co-I)**, Sobo, E. Hanson, S., Belding, W. S., Miranda, V. (2006). *Efficacy of Mantram Repetition During Childbirth: A Feasibility Study*. Master's Thesis, San Diego State University, San Diego, CA. Partially funded by the San Diego State School of Nursing Institute of Nursing Research.
- Gifford, A. L. & **Bormann, J. E. (Co-I)** (2001). *Validation of HIV Medication History Questionnaire*, Funded in part by NIH/National Institute of Nursing Research (R01NR0445) and the University-wide AIDS Research Program.