

BIOGRAPHICAL SKETCH

Provide the following information for the key personnel and other significant contributors in the order listed on Form Page 2.
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NAME		POSITION TITLE	
Metzler, Thomas J.		Senior Research Statistician	
EDUCATION/TRAINING (Begin with baccalaureate or other initial professional education, such as nursing, and include postdoctoral training.)			
INSTITUTION AND LOCATION	DEGREE (if applicable)	YEAR(s)	FIELD OF STUDY
Tulane University	B.S.	1977	Psychology
University of California, Berkeley	M.A.	1981	Cognitive Psychology
University of California, Berkeley	C.Phil	1984	Cognitive Psychology

A. Positions and Honors**Positions and Employment**

- 1/78-6/81 Teaching Assistant, Department of Psychology, University of California, Berkeley
7/81-8/84 Research Assistant, Department of Psychology, University of California, Berkeley
9/84-6/85 Graduate Student Instructor, Department of Psychology, University of California, Berkeley
9/85-6/86 Instructor, Department of Psychology, University of California, Berkeley
6/86-11/91 Staff Research Associate, Langley Porter Psychiatric Institute, University of California, San Francisco
11/91-11/95 Staff Research Associate, Department of Psychiatry, University of California, San Francisco, and VA Medical Center, San Francisco
11/95-11/02 Statistician, Department of Psychiatry, University of California, San Francisco, and VA Medical Center, San Francisco
11/02-Now Senior Research Statistician, Mental Health Service, VA Medical Center, San Francisco

Honors and Awards

- 1973-77 Tulane University Academic Scholarship
1973-77 National Merit Scholarship
1977 Departmental Honors in Psychology, Tulane University
1982-83 National Institute of Mental Health Pre-Doctoral training grant

B. Selected peer-reviewed publications (in chronological order)

- Zatzick, D.F., Marmar, C.R., Weiss, D.S., & Metzler, T. (1994). Does trauma-linked dissociation vary across ethnic groups? *Journal of Nervous and Mental Disease*, 182, 576-582.
- Weiss, D.S., Marmar, C.R., Metzler, T.J., & Ronfeldt, H. (1995). Predicting symptomatic distress in emergency services personnel. *Journal of Consulting and Clinical Psychology*, 63, 361-368.
- Tichenor, V., Marmar, C.R., Weiss, D.S., Metzler, T.J., & Ronfeldt, H.M. (1996). The relationship of peritraumatic dissociation and posttraumatic stress: Findings in female Vietnam theater veterans. *Journal of Consulting and Clinical Psychology*, 64, 1054-1059.
- Marmar, C.R., Schoenfeld, F.B., Weiss, D.S., Metzler, T.J., Zatzick, D.S., Wu, R.M, Smiga, S., Tecott, L., & Neylan, T.C. (1996). Open trial of fluvoxamine treatment for combat-related posttraumatic stress disorder. *Journal of Clinical Psychiatry*, 57 (suppl 8): 66-72.
- Marmar, C.R., Weiss, D.S., Metzler, T., Ronfeldt, H., & Foreman, C. (1996). Stress responses of emergency services personnel to the Loma Prieta earthquake interstate 880 freeway collapse and control traumatic incidents. *Journal of Traumatic Stress*, 9, 63-85.

6. Marmar, C.R., Weiss, D.S., **Metzler, T.J.**, & Delucchi, K. (1996). Characteristics of emergency services personnel related to peritraumatic dissociation during critical incident exposure. *American Journal of Psychiatry*, *153*, 94-102.
7. Marmar, C.R., Weiss, D.S., & **Metzler, T.** (1997). The Peritraumatic Dissociative Experiences Scale. In J.P. Wilson & T. M. Keane (Eds.) *Assessing psychological trauma and PTSD: A practitioners handbook*. (pp. 412-428). New York: Guilford Press.
8. Marmar, C.R., Weiss, D.S., & **Metzler, T.J.** (1997). Peritraumatic dissociation and posttraumatic stress disorder. J.D. Bremner & C. R. Marmar (Eds.), *Trauma, memory, and dissociation*. Washington, D.C.: American Psychiatric Association.
9. Zatzick, D.F., Marmar, C.R., Weiss, D.S., Browner, W., **Metzler, T.J.**, Golding, J.M., Stewart, A., Schlenger, W.E., & Wells, K.B. (1997). Posttraumatic stress disorder and functioning and quality of life outcomes in male Vietnam veterans. *American Journal of Psychiatry*, *154*, 1690-1695.
10. Zatzick, D.F., Marmar, C.R., Weiss, D.S., Browner, W., **Metzler, T.J.**, Golding, J.M., Stewart, A., Schlenger, W.E., & Wells, K.B. (1997). Posttraumatic stress disorder and functioning and quality of life outcomes in female Vietnam veterans. *Military Medicine*, *162*, 661-665.
11. Armstrong, K., Zatzick, D., **Metzler, T.**, Weiss, D.S., Marmar, C.R., Garma, S., Ronfeldt, H., & Roepke, L. (1998). Debriefing of American Red Cross personnel: Pilot study on participants' evaluations and case examples from the 1994 Los Angeles earthquake relief operation. *Social Work in Health Care*, *27*, 33-50.
12. Marmar, C., Weiss, D., & **Metzler, T.** (1998). Peritraumatic dissociation and posttraumatic stress disorder. In J.D. Bremner & C.R. Marmar (Eds.), *Trauma, memory, and dissociation* (pp.229-252). Washington, D.C., American Psychiatric Press.
13. Neylan, T.C., Marmar, C.R., **Metzler, T.J.**, Weiss, D.S., Zatzick, D.F., Delucchi, K.L., Wu, R.M., & Schoenfeld, F.B. (1998). Sleep disturbances in the Vietnam generation: Findings from a nationally representative sample of male Vietnam veterans. *American Journal of Psychiatry*, *155*, 929-933.
14. Marmar, C.R., Weiss, D.S., **Metzler, T.J.**, Delucchi, K.L., Best, S.R., & Wentworth, K.A. (1999). Longitudinal course and predictors of continuing distress following critical incident exposure in emergency services personnel. *Journal of Nervous and Mental Disease*, *187*, 15-22.
15. Brunet, A., Weiss, D.S., **Metzler, T.J.**, Best, S.R., Neylan, T.C, Rogers, C., Fagan, J.A., & Marmar, C.R. (2001). The Peritraumatic Distress Inventory: A proposed measure of PTSD Criterion A. *American Journal of Psychiatry*, *158*, 1480-1485.
16. Neylan, T.C., **Metzler, T.J.**, Schoenfeld, F.B., Weiss, D.S., Lenoci, M., Best, S.R., Lipsey, T.L., & Marmar, C.R. (2001). Fluvoxamine and sleep disturbances in posttraumatic stress disorder. *Journal of Traumatic Stress*, *14*, 461-467.
17. Pole, N., Best, S.R., Weiss, D.S., **Metzler, T.**, Liberman, A.M., Fagan, J., & Marmar, C.R. (2001). Effects of gender and ethnicity on duty-related posttraumatic stress symptoms among urban police officers. *Journal of Nervous and Mental Disease*, *189*, 442-448.
18. Vedantham, K., Brunet, A., Boyer, R., Weiss, D.S., **Metzler, T.J.**, & Marmar, C.R. (2001). Posttraumatic stress disorder, trauma exposure, and the current health of Canadian bus drivers. *Canadian Journal of Psychiatry*, *46*, 149-155.
19. Liberman, A., Best, S.R., **Metzler, T.J.**, Fagan, J.A., Weiss, D.S., & Marmar, C.R. (2002). Routine occupational work stress as a risk factor for stress reactions among police officers. *Policing*, *25*, 421-441.
20. Neylan, T.C., **Metzler, T.J.**, Best, S.R., Weiss, D.S., Fagan, J.A., Liberman, A., Rogers, C., Vedantham, K., Brunet, A., Lipsey, T.L., & Marmar, C.R. (2002). Critical incident exposure and sleep quality in police officers. *Psychosomatic Medicine*, *64*, 345-352.
21. Mohr, D., Vedantham, K., Neylan, T., **Metzler, T.J.**, Best, S., & Marmar, C.R. (2003). The mediating effects of sleep in the relationship between traumatic stress and health symptoms in urban police officers. *Psychosomatic Medicine*, *65*, 485-489.
22. Neylan, T.C., Jasiukaitis, P.A., Lenoci, M., Scott, J.C., **Metzler, T.J.**, Weiss, D.S., Schoenfeld, F.B., Yehuda, R., & Marmar, C.R. (2003). Temporal instability of auditory and visual event-related potentials in posttraumatic stress disorder. *Biological Psychiatry*, *53*, 216-225.
23. Neylan, T.C., Lenoci, M., Maglione, M.L., Rosenlicht, N.Z., **Metzler, T.J.**, Otte, C., Schoenfeld, F.B., Yehuda, R., & Marmar, C.R. (2003). Delta sleep response to metyrapone in post-traumatic stress disorder. *Neuropsychopharmacology*, *28*, 1666-1676.

24. Neylan, T.C., Lenoci, M., Maglione, M.L., Rosenlicht, N.Z., Leykin, Y., **Metzler, T.J.**, Schoenfeld, F.B., & Marmar, C.R. (2003). The effect of nefazodone on subjective and objective sleep quality in posttraumatic stress disorder. *Journal of Clinical Psychiatry*, *64*, 445-450.
25. Neylan, T.C., Lenoci, M., Rothlind, J., **Metzler, T.J.**, Schuff, N., Du, A.T., Franklin, K.W., Weiss, D.S., Weiner, M.W., & Marmar, C. R. (2004). Attention, learning, and memory in posttraumatic stress disorder. *Journal of Traumatic Stress*, *17*, 41-46.
26. Neylan, T.C., Brunet, A., Pole, N., Best, S. R., **Metzler, T. J.**, Yehuda, R., & Marmar, C. R. (2005). PTSD symptoms predict waking salivary cortisol levels in police officers. *Psychoneuroendocrinology*, *30*, 373-381.
27. Otte, C., Neylan, T.C., Pole, N., **Metzler, T.**, Best, S., Henn-Haase, C., Yehuda, R., & Marmar, C. R. (2005). Association between childhood trauma and catecholamine response to psychological stress in police academy recruits. *Biological Psychiatry*, *57*, 27-32.
28. Pole, N., Best, S.R., **Metzler, T.**, & Marmar, C. (2005, October). Hispanics, at greater risk for PTSD. *Clinician's Research Digest*, *23*, 3.
29. Pole, N., Best, S. R., **Metzler, T.**, & Marmar, C. R. (2005). Why are Hispanics at greater risk for PTSD? *Cultural Diversity and Ethnic Minority Psychology*, *11*, 144-161.
30. Otte, C., Lenoci, M., **Metzler, T.**, Yehuda, R., Marmar, C. R., & Neylan, T. C. (2005). Hypothalamic-Pituitary-Adrenal Axis Activity and Sleep in Posttraumatic Stress Disorder. *Neuropsychopharmacology*, *30*(6), 1173-80.
31. Franklin, K., Neylan, T., Lenoci, M., **Metzler, T.**, Rothlind, J., Henn-Haase, C., et al. (2006). Neuropsychological functioning in posttraumatic stress disorder and alcohol abuse. *Neuropsychology*, *20*(6), 716-26.
32. Marmar, C.R., McCaslin, S., **Metzler, T.J.**, Best, S.R., Weiss, D.S., Fagan, J., Liberman, A., Pole, N., Otte, C., Yehuda, R., Mohr, D., Neylan, T. (2006). Predictors of posttraumatic stress in police and other first responders. *New York Academy of Sciences*, *1071*, 1-18.
33. McCaslin, S.E., Rogers, C.E., **Metzler, T.J.**, Best, S.R., Weiss, D.S., Fagan, J.A., Liberman, A., Marmar, C.R. (2006). The impact of personal threat on police officers' response to critical incident stressors. *Journal of Nervous and Mental Disease*, *194*(8), 591-7.
34. McCaslin, S.E., **Metzler, T.J.**, Best, S.R., Liberman, A., Weiss, D.S., Fagan, J., & Marmar, C.R. (2006). Alexithymia and PTSD symptoms in urban police officers: Cross-sectional and prospective findings. *Journal of Traumatic Stress*, *19*(3), 361-73.
35. Neylan, T., Lenoci, M., Franklin, K., **Metzler, T.**, Henn-Haase, C., Hierholzer, R.W., Lindley, S.E., Otte, C., Schoenfeld, F. B., Marmar, C. R. (2006). No improvement of posttraumatic stress disorder symptoms with guanfacine treatment. *American Journal of Psychiatry*, *163*(12), 2186-8.
36. Inslicht, S.S., Marmar, C.R., Neylan, T.C., **Metzler, T.**, Hart, S.L., Otte, C., McCaslin, S.E., Larkin, G.L., Hyman, K.B. & Baum, A.S. (2006). Increased Cortisol in Women with Intimate Partner Violence-Related Posttraumatic Stress Disorder. *Psychoneuroendocrinology*, *31*(10), 1295-6.
37. Fikretoglu, D., Brunet, A., Best, S., **Metzler, T.**, Delucchi, K., Weiss, D.S., Fagan, J., & Marmar, C.R. (2006). The Relationship Between Peritraumatic Distress and Peritraumatic Dissociation: an Examination of Two Competing Models. *Journal of Nervous and Mental Disease*, *194*(11), 853-8.
38. McCaslin, S.E., Rogers, C.E., **Metzler, T.J.**, Best, S.R., Weiss, D.S., Fagan, J.F., Liberman, A., & Marmar, C.R. (2006). The impact of personal threat on police officers' responses to critical incident stressors. *Journal of Nervous and Mental Disease*, *194*(8) 591-7.
39. Pole, N., Neylan, T.C., Otte, C., **Metzler, T.J.**, Best, S.R., Henn-Haase, C., & Marmar C.R. (2007) Association Between Childhood Trauma and Emotion-Modulated Psychophysiological Responses to Startling Sounds: A Study of Police Cadets. *Journal of Abnormal Psychology*, *116*(2), 352-61.
40. Maia, D.B., Marmar, C.R., **Metzler, T.**, Nóbrega, A., Berger, W., Mendlowicz, M.V., Coutinho, E.S., & Figuera, I. (2007). Post-Traumatic Stress Symptoms in an Elite Unit of Brazilian Police Officers: Prevalence and Impact on Psychosocial Functioning and on Physical and Mental Health. *Journal of Affective Disorder*, *97*(1-3), 241-5.
41. Otte, C., Lenoci, M., **Metzler, T.**, Yehuda, R., Marmar, C.R., & Neylan, T.C. (2007). Effects of metyrapone on hypothalamic-pituitary-adrenal axis and sleep in women with post-traumatic stress disorder. *Biological Psychiatry*, *61*(8), 952-6.

42. Difede, J., Malta, L.S., Best, S., Henn-Haase, C., **Metzler, T.**, Bryant, R., & Marmar, C. (2007). A randomized controlled clinical treatment trial for World Trade Center attack-related PTSD in disaster workers. *Journal of Nervous and Mental Disease*, 195(10), 861-5.
43. Maia, D.B., Marmar, C.R., Mendlowicz, M.V., **Metzler, T.**, Nóbrega, A., Peres, M.C., Coutinho, E.S., Volchan, E., Figueira, I. (2007). Abnormal serum lipid profile in Brazilian police officers with post-traumatic stress disorder. *Journal of Affective Disorder*, 107(1-3), 259-63.
44. Fikretoglu, D., Brunet, A., Best, S.R., **Metzler, T.J.**, Delucchi, K., Weiss, D.S., Fagan, J., Liberman, A., Marmar, C.R. (2007). Peritraumatic fear, helplessness and horror and peritraumatic dissociation: do physical and cognitive symptoms of panic mediate the relationship between the two? *Behaviour Research and Therapy*, 45(1), 39-47.

C. Research Support

Ongoing Research Support

Prospective Study of PTSD in Police Officers 10/01/97-12/31/12
NIMH

The major goal of this project is to determine prospectively if baseline psychosocial characteristics and biologic responses of police academy recruits explain posttraumatic stress and general functional disturbances following critical incident exposure during police service.

Role: Statistician

PI: Charles Marmar, MD

CBT and DCS Treatment of PTSD 04/01/06-03/31/09
in EOF and OIF Veterans
DOD

The purpose of the proposed research is to evaluate the effectiveness of cognitive behavior therapy (CBT) alone and in combination with D-Cycloserine (DCS), and NMDA partial agonist, for the treatment of Iraq and Afghanistan veterans with combat or military sexual trauma related symptoms of Posttraumatic Stress Disorder.

Role: Statistician

PI: Charles Marmar, MD

DVA Mental Illness Research, 08/01/98-09/30/10
Education and Clinical Center (MIRECC)

The major goal of this project is to test the efficacy of innovative treatments for Alzheimer's disease and PTSD.

Role: Statistician

PI: Jerome Yesavage, MD

UCSF Academic Senate 03/14/08-03/13/09
Randomized Controlled Trial of Mental Health Treatment for Darfur Refugees in Cairo

The major goal of this study is to decrease levels of depression, trauma symptoms, and interpersonal violence in Darfur refugees in Cairo.

Role: Statistician

PI: Drs. Charles Marmar and Susan Meffert

Neuroendocrine Regulation of Sleep in PTSD 04/01/05-03/31/09
NIH/NIMH

The major goal of this project is to examine neuroendocrine factors mediating sleep disturbances in men and women with chronic Posttraumatic Stress Disorder (PTSD).

Role: Statistician

Principal Investigator/Program Director (Last, First, Middle): Marmar, Charles R.

PI: Thomas Neylan, MD

Cognitive Behavioral Treatment of Insomnia
in Posttraumatic Stress Disorder
NIH

03/01/08-02/28/11

The major goal of this project is to improve treatment of sleep disturbances in PTSD. The specific aim is to test cognitive behavior therapy for treating sleep disturbances in subjects with PTSD.

Role: Statistician

PI: Thomas Neylan, MD