Betsey Zenk Nuseibeh, MM, MEd, MT-BC

Doctoral Candidate and T32 Fellow
Department of Health and Wellness Design
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EDUCATION

Ph.D. Public Health, Department of Health and Wellness Design Indiana University	Started Fall 2021 Anticipated Graduation Summer 2025
M.Ed. Special Education, Intervention Specialist University of Cincinnati	2007
M.M. Oboe Performance College Conservatory of Music, University of Cincinnati	2002
B.M. Music Therapy University of Iowa	2000

AWARDS

Best Research Poster American Psychosocial Oncology Society Annual Meeting March 7, 2025	2025
Indiana University School of Public Health-Bloomington Gamma Beta Chapter of Delta Omega Honorary Society	2024
Honorable Mention, Behavioral and Population Science/Epidemiology, Graduate Students Indiana University Simon Comprehensive Cancer Center Cancer Research Day, May 2, 2024	2024
1st Place, Behavioral and Population Science/Epidemiology, Graduate Students Indiana University Simon Comprehensive Cancer Center Cancer Research Day, May 4, 2023	2023
T32 Predoctoral Fellow Interdisciplinary Training in Behavioral Oncology (T32CA117865) Indiana University School of Nursing	2022- Present
Distinguished Alumni of the Year University of Cincinnati, College-Conservatory of Music	2019

RESEARCH EXPERIENCE

Graduate Student Researcher The Jordan Lab, Indiana University	June 2022- Present

Bloomington, IN
A Just in Time Mobile Stress Intervention for Cancer Survivors (MOSAIC). (CTSI Translational Public Health Grant [UL1TR002529; MPIs: Moe, Wiehe, & Wodicka; Project MPIs: Jordan and Johns]).
MOSAIC is a three-phase, mixed methods study focused on the co-design and testing of a novel technology-based Acceptance and Commitment Therapy stress intervention for breast cancer survivors.
Specific roles:

- Participated in the co-design process.
- Led data collection and analysis of Phase 1.
- Prepared the manuscript reporting quantitative and qualitative outcomes of Phase 1.

Graduate Student Researcher
Laboratory of Shelley A. Johns, PsyD, HSPP, ABPP, Indiana University
Indianapolis, IN
Acceptance and Commitment Therapy for Fear of Recurrence in Breast Cancer Survivors (FACing Fear). (NCI-funded clinical trial [R01CA255480; PI: Johns]).
FACing Fear is a 3-arm, randomized controlled trial comparing behavioral interventions to address fear of recurrence in breast cancer survivors.
Specific roles:

- Led a team of qualitative researchers analyzing qualitative data exploring the impact of fear of recurrence on breast cancer survivors' lives, how they were coping with fear at baseline, and what they hoped to gain by participating in the trial.
- Prepared the manuscript reporting qualitative outcomes.

GRANTS

ACTIVE

Champion Center for Cancer Prevention and Control Pilot Grant. (PI: **Nuseibeh**) 11/1/2023-
Project Resonance: Adapting a Music Therapy Singing Intervention with Black Breast Cancer Survivors. 05/31/2025
This pilot funding supports the adaptation and assessment of the feasibility and acceptability of a singing intervention that has shown promise in improving autonomic nervous system regulation in healthy young adults. In Phase I of this mixed methods study, the singing intervention will be adapted through co-design with Black breast cancer survivors (N=7), and assessed for feasibility and acceptability through survey response and semi-structured qualitative interviews. In Phase II, Black breast cancer survivors (N=20) will sing the adapted intervention, rate its feasibility and acceptability, and complete semi-structured qualitative interviews. Each participant (N=27) will wear an electrocardiogram while singing for analysis of autonomic nervous system regulation.

PUBLICATIONS

Nuseibeh, B.Z., Johns, S.A., Shih, P.C., Lewis, G.F., Gowan, T.M., Jordan, E.J. (2024). Co-designing the MOSAIC mHealth app with breast cancer survivors: User-centered design approach. *Journal of Medical Internet Research (JMIR), Formative Research, 8,* e59426Ph.

Nuseibeh, B.Z., Hoy, M. S., Panoch, J.E., Gowan, T.M., Buckles, D. M., Schwarz, M.E., Johns, S. A. (2024). "Getting Out of a Dark Place": A qualitative exploration of the impact, current coping, and what people with breast cancer hope to gain by participating in a fear of recurrence clinical trial. *Supportive Care in Cancer,* 32(12), 776.

Kim, J., Lee, J., Kim, Y., **Nuseibeh, B.**, Han, S. (2023). The effects of a nature-based virtual reality program on emotional health and quality of life among older adults with dementia. *American Journal of Health Behavior, 47*(1), 3-12.

Kim, Y., Lee, J., **Nuseibeh, B.**, Jung, M., Kim, J. (2022). The utilization of nature-based virtual reality (VR) practice for the wellbeing of older adults with dementia. *Alzheimer's & Dementia. 18,* e062801.

INTERNATIONAL/NATIONAL CONFERENCE PAPERS AND PRESENTATIONS

Nuseibeh, B.Z.*,* Yao, X., Shih, P.C., Nelson, E.J., Prather, A.A., Schootman, M., Carter, S.J., Jordan, E.J. (2025, March 26-29). *Daily stress and adverse childhood experiences (ACEs) in mid-life: Evidence from Ecological Momentary Assessment.* [Poster session]. Society of Behavioral Medicine. San Francisco, CA, United States.

Nuseibeh, B.Z., Hays, M., Li, Y., Johns, S.A. (2025, March 5-7). *Correlates of decreased fear of cancer recurrence among breast cancer survivors participating in a three-arm randomized controlled trial*. [Poster session]. American Psychosocial Oncology Society. Pittsburgh, PA, United States.

Nuseibeh, B., Hoy, M. S., Panoch, J.E., Gowan, T. M., Buckles, Schwarz, M.E., D. M**.,** Johns, S. A. (2024, September 24-27). *"Getting Out of a Dark Place": A qualitative exploration of the impact of fear of recurrence on the daily lives of breast cancer survivors enrolled in a randomized controlled trial.* [Poster session]. International Psycho-Oncology Society. Maastrich, the Netherlands.

Nuseibeh, B., Johns, S.A., Shih, P., Lewis, G., & Jordan, E. (2023, November 12-15). *Co-designing a stress management mobile health application with breast cancer survivors: The MOSAIC study* [Roundtable]. American Public Health Association. Atlanta, GA, United States.

Nuseibeh, B. (2022, September 10-13). *Creative Resilience: Arts-based applications of resilience theory for the certified recreation therapy specialist* [Conference session]. American Therapeutic Recreation Association. Birmingham, AL, United States.

Nuseibeh, B., Wang, W., Cole, S. (2022, September 7-10). *The mediating role of resilience in the relation between travel participation and life satisfaction* [Poster session]. Academy of Spinal Cord Injury Professionals, Inc. Kansas City, MO, United States.

LOCAL CONFERENCE PAPERS AND PRESENTATIONS

Nuseibeh, B. (2024, September 17). *2024 Lifestyle Medicine & Wellness Series: Music as Medicine* [Invited presentation]. Osher Center for Integrative Health at the University of Cincinnati. Online.

Nuseibeh, B., Hoy, M. S., Panoch, J.E., Gowan, T. M., Buckles, Schwarz, M.E., D. M**.,** Johns, S. A. (2024, May 3). *"Getting Out of a Dark Place": A qualitative exploration of the impact of fear of recurrence on the daily lives of breast cancer survivors enrolled in a randomized controlled trial* [Poster session]. IU Simon Comprehensive Cancer Center. Indianapolis, IN, United States.

Nuseibeh, B. Johns, S.A., Shih, P., Lewis, G., & Jordan, E. (2023, May 4). *Closing the care gap: An Acceptance and Commitment Therapy mobile health application for breast cancer survivors* [Poster session]. IU Simon Comprehensive Cancer Center. Indianapolis, IN, United States.

Nuseibeh, B. (2022, May 14) *Peaceful resonance: Music therapy and pain management* [Invited presentation]. University of Cincinnati Integrative Health and Wellness. Cincinnati, OH, United States.

Nuseibeh, B. (2022, March 4). *Beyond trauma-informed care: Resilience theory and its applications for the recreation therapist* [Conference presentation]. Recreation Therapists of Indiana. Indianapolis, IN, United States.

Nuseibeh, B. (2021, March). *Common Time: Creating resilience through shared music* [Invited presentation]. Mental Health America of Northern Kentucky and Southwest Ohio Conference. Online.

Nuseibeh, B. (2020, October 21). *Common Time: Creating resilience through shared music* [Invited presentation]. Tristate Trauma Network Fall Conference. Online.

Nuseibeh, B. (2020, May 12). *Common Time: Creating resilience through shared music* [Invited presentation]. Ohio Trauma Informed Care Conference. Online.

CURRICULUM DEVELOPMENT

2021	Developed new course: MEDS 2090 Music and Health, University of Cincinnati, online asynchronous.

TEACHING

Course	Title	Students	Term
	University of Cincinnati		
MEDS 2090	Music and Health Graduate and Undergraduate	21	Fall 2024 online
MEDS 2090	Music and Health Graduate and Undergraduate	34	Spring 2024 online
MEDS 2090	Music and Health Graduate and Undergraduate	26	Fall 2023 online
MEDS 2090	Music and Health Graduate and Undergraduate	41	Spring 2023 online
MEDS 2090	Music and Health Graduate and Undergraduate	32	Fall 2022 online
MEDS 2090	Music and Health Undergraduate	28	Spring 2022 online

INTR 3051	Music and Memory Undergraduate	26	Spring 2022 online
INTR 3051	Music and Memory Graduate	28	Fall 2021 online
INTR 3051	Music and Memory Undergraduate	24	Spring 2021 online

HIGHLIGHTED PROFESSIONAL EXPERIENCE

Melodic Connections **Founder and Executive Director**	Founder and vision leader for non-profit agency providing community music therapy services to Greater Cincinnati. Developed evidenced-based programming, receiving annual grant funding over $150,000. Total budget $700,000. Served over 3,000 individuals in 2019. Staff of 12. Collaborations included Cincinnati Public Schools, Cincinnati Children's Hospital, Cincinnati Symphony Orchestra.	August 2008- December 2020

PROFESSIONAL EXPERIENCE

Osher Center for Integrative Health, University of Cincinnati **Music Therapist**	Developed and supervised online clinical music therapy programming such as "Songs of Strength," a weekly online session promoting emotional regulation for cancer survivors. Will develop music therapy programming and data collection for the University of Cincinnati Blood Cancer Healing Center, estimated to begin Fall 2025.	January 2020- present
Finding Hope Consulting **Music Therapist**	Member of Cincinnati clinical consulting team providing Trauma Informed/Responsive Care training throughout Greater Cincinnati. Provide insight regarding practical therapeutic applications of music during training sessions. Sessions provided for administrators, teachers, social workers, psychologists, peer support specialists, mentors, and parents.	August 2020- August 2021

CERTIFICATIONS

Asset Based Community Development	2018
Trauma Informed/Responsive Care	2018
Intervention Specialist, K-12, Ohio	2007
Music Therapist, board-certified	2001

SERVICE

Pink-4-Ever Ending Disparities, 501c3 (Mission: eliminating breast cancer disparities for black women), Invited presentation regarding the health benefits of music therapy.	March 2024 September 2024

Search and Screen Committee, Department of Health and Wellness Design, Student Representative, School of Public Health, Indiana University.	2023-2024
Strategic Planning Committee for Research and Extramural Funding, Student Member, School of Public Health, Indiana University.	2023
College Conservatory of Music, University of Cincinnati, Dean's Advisory Board: Member, Board of Directors.	2019-2023
Joining Forces, Early Childhood Committee: Member, served on Initiating Healing Task Force.	2019-2020