

David S. Holmes
University of Kansas, Lawrence

Undergraduate Education

Northern Illinois University (1957-1961)
Degree: B.S. 1961

Graduate Education

Northwestern University (1961-1965)
Degrees: M.A. 1963; Ph.D. 1965

Clinical Psychology Internship

Harvard University Medical School (1963-1964)
(Massachusetts Mental Health Center)

Academic Appointments

Northwestern University, Evanston
Instructor (1964-1965)
Assistant Professor (1965-1966)
University of Texas, Austin
Assistant Professor (1966-1969)
Associate Professor (1969-1971)
Educational Testing Service, Princeton
Visiting Scholar, Personality and Social Behavior Research Group (1970-1971)
New School for Social Research, Visiting Professor (1971)
University of Kansas, Lawrence
Associate Professor of Psychology (1971-1973)
Professor of Psychology (1973-present)
Chancellors Club Distinguished Teaching Professor (1999-present)

Professional Affiliations and Appointments

American Psychological Association
Committee on Placement (1965); Chairperson
Assistant APA Convention Manager (1965)
Committee on Convention Innovation (1970-1973); Chairperson
Advanced Workshop Program (1973-1974); Chairperson
Board of Convention Affairs (1975-1981); Chairperson
Membership Committee (1981-1984); Chairperson

Finance Committee, Division of Clinical (1984-1986)
Fellowship Committee, Division of Clinical (1985-1987); Chairperson
Board of Scientific Affairs (1988-1990); Chairperson
Task Force on the APA Convention (1990)
Board of Educational Affairs (1991-1992)
Awards Committee, Division of Teaching (1990-1992); Chairperson
Executive Board, Teachers of Psychology in Secondary Schools (1993-1995)
Teaching Awards Committee, American Psychological Foundation (1993-1994)
Society for Psychophysiological Research
American Psychopathological Association
Committee on the Psychology Test for the Graduate Record Examination, Educational
Testing Service (1990-1996)
FMS Foundation; Scientific and Professional Advisory Board (1993-present)

Awards for Research

John Wiley's Award for Outstanding Research (1969)
Elected as a Fellow of the American Psychological Association
Division of Personality and Social Psychology (1981)
Division of Clinical Psychology (1983)
Division of Health Psychology (1986)
Division of Psychology Teaching (1988)
Division of General Psychology (1992)
Citation Award for Research from the Division of Health Psychology of the American
Psychological Association (1984)
Named to "Sports Medicine All-Star Team" by *Runner's World Magazine* (1985)
Elected as a Fellow of the American Psychopathological Association (1989)
G. Stanley Hall Lecturer, American Psychological Association (1992)
Saul Sells Memorial Lecturer, Southwestern Psychological Association (1994)

Awards for Teaching

Standard Oil (Indiana) Foundation Award for Excellence in Teaching (1972)
Named as one of the "Outstanding Educators in America" (1973)
Named by the Mortar Board Society as "Outstanding Educator at the University of
Kansas" (1977, 1998)
Outstanding University Teacher Award from the Division of Teaching of the American
Psychological Association (1988) (See *Teaching of Psychology*, 15, 1988, 116.)
Award for Distinguished Teaching in Psychology from the American Psychological
Foundation (1991) (See *American Psychologist*, 46, 1991, 784-785)
Kemper Fellowship for Teaching Excellence (1999)
Finalist for the H.O.P.E. Award ("Honor for an Outstanding Progressive Educator") (2004,
2007 & 2008)
Named as the Outstanding Teacher by the KU Learning Community Students (2007)
Award for Distinguished Teaching from the National Society of Collegiate Scholars
(2008)
John Fraser Award for Outstanding and Inspirational Teaching (2008)

College of Liberal Arts & Sciences Golden Anniversary Alumni Award from Northern Illinois University (2009) (This award from my Alma Mater recognized my academic and scientific contributions.)
Distinguished Chancellors Club Teaching Professorship (1999-present)

Professional Publications

Holmes, D., & Watson, R. (1965). Early childhood recollection and vocational choice. *Journal of Consulting Psychology, 29*, 486-488.

Holmes, D. (1965). Security feelings and affective tone of early recollections: A reevaluation. *Journal of Projective Techniques and Personality Assessment, 29*, 314-318.

Holmes, D. (1966). The application of learning theory to the treatment of a school behavior problem; A case study. *Psychology in the Schools, 3*, 355-358.

Holmes, D. (1967). "Closure" in a gapped circle figure. *American Journal of Psychology, 80*, 614-618.

Holmes, D. (1967). Male-female differences in MMPI ego-strength: An artifact. *Journal of Consulting Psychology, 31*, 408-410.

Holmes, D. (1967). Pupillary response, conditioning and personality. *Journal of Personality and Social Psychology, 5*, 98-103.

Holmes, D. (1967). Verbal conditioning or problem solving and cooperation? *Journal of Experimental Research in Personality, 2*, 289-295.

Holmes, D. (1967). Amount of experience in experiments as a determinant of performance in later experiments. *Journal of Personality and Social Psychology, 7*, 403-407.

Holmes, D. (1968). Dimensions of projection. *Psychological Bulletin, 69*, 248-268.

Holmes, D. (1968). The search for closure in a visually perceived pattern. *Psychological Bulletin, 70*, 296-312.

Holmes, D. (1968). *Reviews of research in behavior pathology*. New York: Wiley.

Barthell, C., & Holmes, D. (1968). High school yearbooks: A nonreactive measure of social isolation in graduates who later became schizophrenics. *Journal of Abnormal Psychology, 73*, 313-316.

Holmes, D., & Tyler, J. (1968). Direct versus projective measurement of achievement motivation. *Journal of Consulting and Clinical Psychology, 32*, 712-717.

Ritter, E., & Holmes, D. (1969). Behavioral contagion: Its occurrence as a function of differential restraint reduction. *Journal of Experimental Research in Personality, 3*, 242-246.

Holmes, D., & Schallow, J. (1969). Reduced recall after ego threat: Repression or response competition? *Journal of Personality and Social Psychology*, *13*, 145-152.

Holmes, D., & Appelbaum, A. (1970). Nature of prior experimental experience as a determinant of performance in a subsequent experiment. *Journal of Personality and Social Psychology*, *14*, 195-202.

Holmes, D. (1970). Differential change in affective intensity and the forgetting of unpleasant personal experiences. *Journal of Personality and Social Psychology*, *15*, 234-239.

Boulware, D., & Holmes, D. (1970). Preferences for therapists and related expectancies. *Journal of Consulting and Clinical Psychology*, *35*, 269-277.

Holmes, D. (1971). The Teaching Assessment Blank (TAB): A form for the student assessment of college instructors. *Journal of Experimental Education*, *39*, 34-38.

Holmes, D. (1971). The effect of expected grades on students' evaluations of college instructors. *Educational and Psychological Measurement*, *31*, 951-957.

Spiritus, A., & Holmes, D. (1971). The effects of models on interview responses. *Journal of Counseling Psychology*, *18*, 217-220.

Holmes, D. (1971). The conscious self-appraisal of achievement motivation: The self-peer rank method revisited. *Journal of Consulting and Clinical Psychology*, *36*, 23-26.

Holmes, D. (1971). Compensation for ego threat: Two experiments. *Journal of Personality and Social Psychology*, *18*, 234-237.

Holmes, D., & Houston, B. (1971). The defensive function of attributive projection. *Journal of Personality and Social Psychology*, *20*, 208-213.

Holmes, D. (1971). Visual aftermovements affects, pupillary constriction and personality differences. *Journal of Personality*, *39*, 473-480.

Holmes, D. (1971). Round robin therapy: A technique for implementing the effects of psychotherapy. *Journal of Consulting and Clinical Psychology*, *37*, 324-331.

Tudor, T., & Holmes, D. (1972). The use of analogies and opposites in helping interviewees verbalize their self-concepts. *Journal of Consulting and Clinical Psychology*, *38*, 445-448.

Holmes, D. (1972). The effect of disconfirmed grade expectancies on students' evaluations of their instructor. *Journal of Educational Psychology*, *63*, 130-133.

Holmes, D. (1972). Aggression, displacement, and guilt. *Journal of Personality and Social Psychology*, *21*, 296-301.

Holmes, D. (1972). Repression and interference: A further investigation. *Journal of Personality and Social Psychology*, 22, 163-170.

Holmes, D., & Jacobs, E. (1972). A comparison of students who sought help and their expectancies of counselors in a university dormitory and counseling center. *Journal of Consulting and Clinical Psychology*, 39, 269-272.

Horenstein, D., Houston, B., & Holmes, D. (1973). Relationship between clients', therapists', and judges' evaluations of the progress of psychotherapy. *Journal of Counseling Psychology*, 20, 149-153.

Tudor, T., & Holmes, D. (1973). Differential recall of successes and failures: Its relationship to defensiveness, achievement motivation, and anxiety. *Journal of Research in Personality*, 7, 208-224.

Holmes, D. (1973). Effectiveness of debriefing after a stress producing deception. *Journal of Research in Personality*, 7, 127-138.

Holmes, D., & Bennett, D. (1974). Experiments to answer questions raised by the use of deception in psychological research: I. Role playing as an alternative to deception; II. The effectiveness of debriefing after a deception; III. The effect of informed consent on deception. *Journal of Personality and Social Psychology*, 29, 358-367.

Holmes, D., & Houston, B. (1974). Effectiveness of situational redefinition and affective isolation for reducing stress. *Journal of Personality and Social Psychology*, 29, 212-218.

Holmes, D. (1974). Conscious control of thematic projection. *Journal of Consulting and Clinical Psychology*, 42, 323-329.

Houston, B., & Holmes, D. (1974). Effectiveness of avoidant thinking and reappraisal in coping with threat involving temporal uncertainty. *Journal of Personality and Social Psychology*, 30, 382-388.

Houston, B., & Holmes, D. (1975). Role playing versus deception: The ability of subjects to simulate self-report and physiological responses. *Journal of Social Psychology*, 96, 91-98.

Holmes, D. (1974). Investigations of repression: Differential recall of material experimentally or naturally associated with ego threat. *Psychological Bulletin*, 81, 632-653.

Holmes, D., & Jackson, R. (1975). Influence of locus of control on interpersonal attraction in situations involving reward and punishment. *Journal of Personality and Social Psychology*, 31, 132-136.

Holmes, D., & Urie, R. (1975). Effects of preparing children for psychotherapy. *Journal of Consulting and Clinical Psychology*, 311-318.

Marburg, C., Houston, B., & Holmes, D. (1976). Influence of multiple models on the behavior of institutionalized retarded children; Increased generalization to other models and other behaviors. *Journal of Consulting and Clinical Psychology, 44*, 514-519.

Jones, F., & Holmes, D. (1976). Alcoholism, alpha production, and biofeedback. *Journal of Consulting and Clinical Psychology, 44*, 224-228.

Holmes, D., & Frost, R. (1976). Effect of false autonomic feedback on self-reported anxiety, pain perception, and pulse rate. *Behavior Therapy, 7*, 330-334.

Bennett, D., & Holmes, D. (1975). Influence of denial (situation redefinition) and projection on anxiety associated with threat to self-esteem. *Journal of Personality and Social Psychology, 32*, 915-921.

McGovern, J., & Holmes, D. (1976). Influence of sex and dress on cooperation: An instance of "person" chauvinism. *Journal of Applied Social Psychology, 6*, 206-210.

Mayhugh, B., Boughton, G., & Holmes, D. (1976). Effects of pumper noise levels on firefighters' reaction times and decision making. *International Fire Chief, 42*, 14-15.

Holmes, D. (1976). Debriefing after psychological experiments. Part I: The effectiveness of post-deception dehoaxing. *American Psychologist, 31*, 858-867.

Holmes, D. (1976). Debriefing after psychological experiments. Part II: The effectiveness of post-experiment desensitizing. *American Psychologist, 31*, 868-875.

Bloom, L., Houston, B., Holmes, D., & Burish, T. (1977). The effectiveness of attentional diversion and situation redefinition for reducing stress due to a nonambiguous threat. *Journal of Research in Personality, 11*, 83-94.

Cline, M., Holmes, D., & Werner, J. (1977). Evaluations of the work of men and women as a function of the sex of the judge and type of work. *Journal of Applied Social Psychology, 7*, 89-93.

Holmes, D. (1977). Valins' post-deception dehoaxing revisited. *American Psychologist, 32*, 385.

Holmes, D. (1977). Reply to "A comment on 'Alcoholism, Alpha Production, and Biofeedback'." *Journal of Consulting and Clinical Psychology, 45*, 700-701.

White, T., Holmes, D., & Bennett, D. (1977). Effects of instructions, biofeedback, and cognitive activities on heart rate control. *Journal of Experimental Psychology; Human Learning & Memory, 3*, 477-484.

Holmes, D., Frost, R., & Bennett, D. (1977). Influence of adaptation period length on the

ability of humans to increase and decrease heart rate with instructions and biofeedback. *Behavioral Biology*, 20, 261-269.

Bennett, D., Holmes, D., & Frost, R. (1978). Effects of instructions, biofeedback, cognitive mediation, and reward on the control of heart rate and the application of that control in a stressful situation. *Journal of Research in Personality*, 12, 416-430.

Holmes, D. (1978). Projection as a defense mechanism. *Psychological Bulletin*, 85, 677-688.

Holmes, D., McCaul, K., & Solomon, S. (1978). Control of respiration as a means of controlling responses to threat. *Journal of Personality and Social Psychology*, 36, 198-204.

Frost, R., Burish, T., & Holmes, D. (1978). Stress and EEG-Alpha. *Psychophysiology*, 15, 394-397.

Rupert, P. & Holmes, D. (1978). Effects of multiple sessions of true and placebo heart rate biofeedback training on the heart rates and anxiety levels of anxious patients during and following treatment. *Psychophysiology*, 15, 582-590.

Frost, R., & Holmes, D. (1979). Effects of displacing aggression by annoyed and nonannoyed subjects. *Journal of Research in Personality*, 13, 221-233.

Holmes, D., Burish, T., & Frost, R. (1980). Effects of instructions and biofeedback on EEG-Alpha production and the effectiveness of EEG-Alpha biofeedback training for controlling arousal in subsequent stressful situation. *Journal of Research in Personality*, 14, 212-223.

McCaul, K., Solomon, S., & Holmes, D. (1979). Effects of slowed respiration and expectations on physiological and psychological responses to threat. *Journal of Personality and Social Psychology*, 37, 564-571.

Balloun, K., & Holmes, D. (1979). Effects of repeated examinations on the ability to detect guilt with a polygraphic examination; A laboratory experiment with a real crime. *Journal of Applied Psychology*, 64, 316-322.

Holmes, D., Solomon, S., & Buchsbaum, H. (1979). Utility of voluntary control of respiration and biofeedback for increasing and decreasing heart rate. *Psychophysiology*, 16, 432-437.

Roviaro, S., & Holmes, D. (1980). Arousal transfer: The influence of fear arousal on subsequent sexual arousal for subjects with high and low sex guilt. *Journal of Research in Personality*, 14, 307-320.

Ribordy, S.C., Holmes, D.S., & Buchsbaum, H.K. (1980). Effects of affective and cognitive distractions on anxiety reduction. *Journal of Social Psychology*, 112, 121-127.

Nielsen, D., Holmes, D. (1980). Effectiveness of EMG biofeedback for controlling arousal during training sessions and in subsequent stressful situations. *Biofeedback and Self-Regulation*, 5, 235-248.

Holmes, D.S., Curtright, C.A., McCaul, K.D., & Thissen, D. (1980). Biorhythms: Their utility for predicting post-operative recuperative time, death and athletic performance. *Journal of Applied Psychology*, 65, 224-227.

Frost, R., & Holmes, D. (1980). Effects of instructions and biofeedback for increasing and decreasing systolic blood pressure. *Journal of Psychosomatic Research*, 24, 21-27.

Solomon, S., Holmes, D.S., & McCaul, K. (1980). Behavioral control over aversive events: Does control that requires effort reduce anxiety and physiological arousal? *Journal of Personality and Social Psychology*, 39, 729-736.

Holmes, D.S., Solomon, S., Frost, R.O., & Morrow, E. (1980). Influence of respiratory patterns on the increases and decreases in heart rates in heart rate biofeedback training. *Journal of Psychosomatic Research*, 24, 147-154.

Holmes, D. (1981). The use of biofeedback for treating patients with migraine headaches, Raynaud's disease and hypertension: A critical evaluation. In L. Bradley & C. Prokop (Eds.), *Medical Psychology: A New Perspective*. New York: Academic Press, pp. 423-437.

Holmes, D.S., Frost, R.O., & Lutz, D.J. (1981). Multiple sessions of systolic blood pressure biofeedback: Its effects on ability to control systolic pressure during training, after training, and its effects on pulse rate. *Journal of Research in Personality*, 15, 30-43.

Holmes, D.S. (1981). Existence of classical projection and the stress-reducing function of attributive projection: A reply to Sherwood. *Psychological Bulletin*, 90, 460-466.

Reinke, B.J., Holmes, D.S., & Denney, N.W. (1981). Influence of a 'Friendly Visitor' program on the cognitive functioning and morale of elderly persons. *American Journal of Community Psychology*, 9, 491-504.

Jasnoski, M.L., Holmes, D.S., Solomon, S., & Aguiar, C. (1981). Exercise, changes in aerobic capacity, and changes in self-perceptions: an experimental investigation. *Journal of Research in Personality*, 15, 460-466.

Holmes, D.S., Frost, R.O., Bennett, D.H., Nielsen, D.H., & Lutz, D.J. (1981). Effectiveness of skin resistance biofeedback for controlling arousal in non-stressful and stressful situations: Two experiments. *Journal of Psychosomatic Research*, 25, 205-212.

Lutz, D.J., & Holmes, D.S. (1981). Instructions to change blood pressure and diastolic blood pressure biofeedback: Their effects on diastolic blood pressure, systolic blood pressure and anxiety. *Journal of Psychosomatic Research*, 25, 479-485.

Jasnoski, M.L., & Holmes, D.S. (1981). Influence of initial aerobic fitness, aerobic training, and changes in aerobic fitness on personality functioning. *Journal of Psychosomatic Research*, 25, 553-556.

McCaul, K.D., Holmes, D.S., & Solomon, S. (1982). Influence of facial expression on emotion: A reexamination. *Journal of Personality and Social Psychology*, 42, 145-152.

Holmes, D.S., Solomon, S., & Rump, B. (1982). Cardiac and subjective response to cognitive challenge and to controlled physical exercise by males and female coronary prone (Type A) and non-coronary prone persons. *Journal of Psychosomatic Research*, 26, 309-316.

Holmes, D.S. (1983). An alternative perspective concerning the differential physiological responsiveness of persons with Type A and Type B behavior patterns. *Journal of Research in Personality*, 17, 40-47.

Holmes, D.S., Solomon, S., Cappo, B.M., & Greenberg, J.L. (1983). Effects of Transcendental Meditation versus resting on physiological and subjective arousal. *Journal of Personality and Social Psychology*, 44, 1245-1252.

Holmes, D.S., & Burish, T.G. (1984). Effectiveness of biofeedback for treating migraine and tension headaches: A review of the evidence. *Journal of Psychosomatic Research*, 27, 515-532.

Holmes, D.S. (1984). Meditation and somatic arousal reduction: A review of the experimental evidence. *American Psychologist*, 39, 1-10.

Roviaro, S., Holmes, D.S., Holmsten, D. (1984). Influence of a cardiac rehabilitation program on the cardiovascular, psychological, and social functioning of cardiac patients. *Journal of Behavioral Medicine*, 7, 61-81.

Holmes, D.S., McGilley, B.M., & Houston, B.K. (1984). Task related arousal of Type A and Type B persons: Level of challenge and response specificity. *Journal of Personality and Social Psychology*, 46, 1322-1327.

Cano, L., Solomon, S., Holmes, D.S. (1984). Fear of success: The influence of sex, sex role identity, and components of masculinity. *Sex Roles*, 10, 341-347.

Holmes, D.S. (1984). Defense mechanisms. In R.J. Corsini (Ed.), *Wiley Encyclopedia of Psychology* (pp. 347-350). New York: Wiley.

McCann, I.L., & Holmes, D.S. (1984). Influence of aerobic exercise on depression. *Journal of Personality and Social Psychology*, 46, 1142-1147.

Cappo, B.M., & Holmes, D.S. (1984). The utility of prolonged respiratory exhalation for reducing physiological and psychological arousal in non-threatening and threatening situation. *Journal of Psychosomatic Research*, 28, 265-273.

Holmes, D.S., & Will, M.J. (1985). Expression of interpersonal aggression by angered and non-angered persons with the Type A and Type B Behavior Patterns. *Journal of Personality and Social Psychology*, 48, 723-727.

Holmes, D.S. (1985). Self-control of somatic arousal: An examination of meditation and biofeedback. *American Behavioral Scientist*, 28, 486-496.

Roth, D.L., & Holmes, D.S. (1985). Influence of physical fitness in determining the impact of stressful life events on physical and psychological health. *Psychosomatic Medicine*, 47, 164-173.

Reinke, B.J., Holmes, D.S., & Harris, R.L. (1985). The timing of psychosocial changes in women's lives: The years 25 to 45. *Journal of Personality and Social Psychology*, 48, 1353-1364.

Holmes, D.S. (1985). To meditate or rest, that is the question! *American Psychologist*, 40, 722-725.

Holmes, D.S. (1985). To meditate or rest? The answer is, rest. *American Psychologist*, 40, 728-731.

Holmes, D.S., & Roth, D.L. (1985). Association of aerobic fitness with pulse rate and subjective responses to psychological stress. *Psychophysiology*, 22, 525-529.

Schafer, D.E., Berghorn, F.J., Holmes, D.S., & Quadagno, J. (1986). The effects of reminiscing on the perceived control and social relations of institutionalized elderly. *Activities, Adaptation and Aging*, 8, 95-110.

Harris, R.L., Ellicott, A.M., & Holmes, D.S. (1986). The timing of psychosocial transitions and changes in women's lives: An examination of women aged 45 to 60. *Journal of Personality and Social Psychology*, 51, 409-416.

Schwartz, D.P., Burish, T.G., O'Rourke, D.F., & Holmes, D.S. (1986). Influence of personal and universal failure on the subsequent performance of persons with Type A and Type B behavior patterns. *Journal of Personality and Social Psychology*, 51, 459-462.

Holmes, D.S. (1987). Defense mechanisms. In R.J. Corsini (Ed.), *Concise encyclopedia of psychology* (pp. 295-298). New York: Wiley.

Holmes, D.S., & McGilley, B.M. (1987). Influence of a brief aerobic training program on heart rate and subjective response to stress. *Psychosomatic Medicine*, 49, 366-374.

Roth, D.L., & Holmes, D.S. (1987). Influence of aerobic exercise training and relaxation training on physical and psychological health following stressful life events. *Psychosomatic Medicine*, 49, 355-365.

Holmes, D.S. (1987). The influence of meditation versus rest on physiological arousal: A second examination. In M. West (Ed.), *The Psychology of Meditation*. Oxford, England: Oxford University Press, pp. 81-103.

Holmes, D.S., & Cappel, B.M. (1987). Prophylactic effect of aerobic fitness on cardiovascular arousal among individuals with a family history of hypertension. *Journal of Psychosomatic Research*, *31*, 601-605.

Lutz, D.J., Holmes, D.S., & Cramer, R.E. (1987). Hard-driving and speed-impatience components of the Type A behavior pattern as predictors of physiological arousal, subjective arousal and challenge seeking. *Journal of Psychosomatic Research*, *31*, 713-722.

Reinke, B.J., & Holmes, D.S. (1988). The "Friendly Visitor" data; A reply to Denney. *American Journal of Community Psychology*, *16*, 427-433.

McGilley, B.M., & Holmes, D.S. (1988). Aerobic fitness and response to psychological stress. *Journal of Research in Personality*, *22*, 129-139.

Jasnoski, M., Holmes, D.S., & Banks, D. (1988). Changes in personality associated with changes in aerobic and anaerobic fitness in women and men. *Journal of Psychosomatic Research*, *32*, 273-276.

Holmes, D.S., & Roth, D.L. (1988). Effects of aerobic exercise training and relaxation training on cardiovascular activity during psychological stress. *Journal of Psychosomatic Research*, *32*, 469-474.

Holmes, D.S., & McCaul, K.D. (1989). Laboratory research on defense mechanisms. In R. Neufeld (ed.), *Advances in investigation of psychological stress*. New York: Wiley, pp. 161-192.

Holmes, D.S. (1990). The evidence for repression: An examination of sixty years of research. In J. Singer (Ed.), *Repression and dissociation: Defense mechanisms and personality styles*. Chicago: University of Chicago Press.

Holmes, D.S. (1991). *Abnormal Psychology*. New York: HarperCollins.

Holmes, D.S. (1991). *Case studies in abnormal behavior*. New York: HarperCollins.

Flory, J. D., & Holmes, D. S. (1991). Effects of an acute bout of aerobic exercise on cardiovascular and subjective responses during subsequent cognitive work. *Journal of Research in Psychosomatic Medicine*, *35*, 225-230.

Holmes, D.S. (1993). Aerobic stress and the response to psychological stress. In P. Seraganian (Ed.), *Exercise psychology: The influence of physical exercise on psychological processes*. New York: Wiley.

Holmes, D.S. (1994). *Abnormal Psychology* (2nd Edition). New York: HarperCollins.

Holmes, D.S. (1994). *Case studies in abnormal behavior*, (Vol. II). New York: HarperCollins.

Holmes, D.S. (1995). Is there evidence for repression? No. *Harvard Mental Health Letter*.

Holmes, D.S (1997). *Psicologia dos Transtornos Mentais*. Artes Medicas.

Holmes, D. S. (1997). *Abnormal Psychology* (3rd Edition). New York: Addison-Wesley-Longman.

Holmes, D. S. (2001). Defense mechanisms. In E. Craighead & C. Nemeroff (eds), *The Corsinia Encyclopedia of Psychology and Behavioral Science (Third edition)*: New York: Wiley. 425-430.

Holmes, D. S. (2001). *Abnormal Psychology* (4th Edition). Boston, MA: Allyn & Bacon.

Holmes, D. S. (2002). *Psychology: The Science of Behavior and Mental Processes*. Dubuque, Iowa: Kendall-Hunt.

Holmes, D. S. (2004). *Psychology: The Science of Behavior and Mental Processes*. Belmont, CA: Wadsworth

Holmes, D. S. (2006). *Abnormal Psychology*. Belmont, CA: Wadsworth.

Bristow, D. J., & Holmes, D. S. (2007). The influence of cortisol levels on anxiety-related behavior of cows. *Physiology and Behavior*, 90, 626-628.

Holmes, D. S. (2009). *Abnormal Psychology; Symptoms, Causes and Treatments*. CA: Wadsworth.

Projects in Progress

Influence of Adjuvant Chemotherapy on Hormonal Changes and Cognitive Functioning of Patients with Breast Cancer (Waiting for work of co-authors)

Influence of an Exercise-Based Rehabilitation Program for Coronary Patients: A Six-Year Follow-Up (Submitted)

Effectiveness of Intermittent Positive Pressure Breathing, Incentive Spirometry, and Blow Bottle Therapy Following Coronary Bypass Surgery (In revision)

Why the Monks Came to the Bedroom at Night and Other Mysteries of Abnormal Behavior. (In Progress)