

Name: Iván C. Balán, Ph.D.

Title: Assistant Professor of Clinical Psychology (in Psychiatry)
Columbia University College of Physicians & Surgeons

Expertise and research focus

HIV Prevention
Motivational Interviewing
Latino Mental Health
LGBT Mental Health

Cultural focus

Latinos
LGBT

Education and clinical training

1987 BA, Rutgers University, Psychology
1990 MA, California School of Professional Psychology, Psychology
1996 PhD, California School of Professional Psychology, Clinical Psychology
1991-1993 Pre-Doctoral Psychology Internship, The Payne Whitney Clinic, The New York Hospital, New York, N.Y.

Career highlights

Grants/funding received

2013 – 2018 P30 MH43520; Remien (PI)
HIV Center for Clinical and Behavioral Studies
Role on project: Dr. Balan is a Core Investigator for the Intervention Science Core of HIV Center and provides consultation on cultural congruency of interventions.

2009 – 2013 NIH R01 MH082773 (PIs: Wulfert and Blanco)
Gambling Addiction: Treatment Mediators and Moderators
Role: Motivational Interviewing trainer and supervisor

2009 – 2013 R01 MH7969 Carballo-Diéguez (PI)
Rapid HIV Home Test and Decision-Making Among HIV-Negative Men
Role on project: Dr. Balan was Co-Investigator on this grant.

2008 – 2011 R21 AA18075 Balan (PI)
HIV-Prevention Intervention Targets In High-Risk Alcohol Venues In Argentina

2013 – 2018 P30 MH43520; Ehrhardt (PI)
HIV Center for Clinical and Behavioral Studies
Role on project: Dr. Balan is a Core Investigator for the Development Core and provides consultation on cross cultural issues in research.

2007 – 2012 R01 MH77226 Lewis-Fernandez (PI)
Motivational Anti-depressant Therapy for Hispanics
Role on project: Dr. Balan was Co-Investigator on this grant.

- 2006 - 2009 NIH R34 MH071570 (PI: Simpson)
Enhancing CBT Adherence with Motivational Interviewing in OCD
Role: Motivational Interviewing Fidelity Coder
- 2005 – 2011 R01 MH73410 Carballo-Diéguez (PI)
Predictors of HIV-Risk Behavior among Men in Argentina
Role on project: Dr. Balan was Co-Investigator on this grant.
- 2005 - 2010 NIH R01 DA020783 (PI: Blanco) 2/01/05-1/31/10
SMART: Improving Detection & Outcome of Psychiatric Co-morbidity in
Drug Treatment
Role on project: Interventionist, Motivational interviewing and supervisor
- 2003 – 2007 R01 MH69333 Carballo-Diéguez (PI)
Internet Use and HIV Risk Among Men in New York City
Role on project: Dr. Balan was a Co-Investigator on this grant.
- 2002- 2004 NIH R21 MH066388 (PI: Lewis-Fernández)
Improving Hispanic Retention in Antidepressant Therapy
Role on project: Co-investigator
- 1998-2001 2P50-MH43520-11 Carballo-Diéguez, PI
High Risk Latino Men: An empowerment program to reduce unsafe sex.
Role on Project: Intervention Facilitator
- 1994-1997 R01 MH52031 Carballo-Diéguez (PI)
Four ethnic groups of Latin-American men who have sex with men.
Role on Project: Interviewer Supervisor

Professional affiliations

Member, American Psychological Association
Member, Motivational Interviewing Network of Trainers (MINT)
Chair, MINT International Advisory Committee

Publications

Published Articles

2004

1. Carballo-Diéguez A, Dolezal C, Nieves Rosa L, Diaz F, Decena C, Balán I.: Looking for a tall, dark, macho man ...Sexual-role behavior variations in Latino gay and bisexual men. *Culture, Health and Sexuality* 2004; 6:159-171.

2005

2. Carballo-Diéguez A, Dolezal C, Leu CL, Nieves L, Díaz F, Decena C, Balán, I: A randomized clinical trial to test an HIV-prevention intervention for Latino gay and bisexual men. *Lessons learned. AIDS Care* 2005; 17(3): 314-328.

2006

3. Carballo-Diéguez A, Dowsett GW, Ventuneac A, Remien RH, Balán I, Dolezal C, Luciano O, Lin P: Cybercartography of popular Internet sites used by New York City

MSM interested in bareback sex. *AIDS Education and Prevention* 2006; 18 (6): 475-489.

2007

4. Carballo Diéguez A, Balán I, Morrow K, Rosen R, Mantell J, Gai F, Hoffman S, Maslankowski L, El-Sadr W, Mayer K: Acceptability of tenofovir gel as a vaginal microbicide by male participants in a phase I clinical trial (HPTN 050). *AIDS Care* 2007; 19(8): 1025-1030.

2008

5. Carballo-Diéguez A, Bauermeister JA, Ventuneac A, Dolezal C, Balán I, Remien R.: The use of rectal douches among HIV-uninfected and infected men who have unprotected receptive anal intercourse: Implications for rectal microbicides. *AIDS and Behavior*, 2008; 12 (6): 860-866. PMID: PMC2953367

6. Nodin N, Carballo-Diéguez A, Ventureac A, Balán I, Remien R: Knowledge and acceptability of alternative HIV prevention bio-medical products among MSM who bareback. *AIDS Care*, 2008; 20(1): 106-115.

2009

7. Markowitz JC, Patel S, Balán I, Blanco C, McNamara M, Yellow Horse Brave Heart M, Lewis-Fernández R: Towards an adaptation of interpersonal psychotherapy for depressed Hispanic patients. *Journal of Clinical Psychiatry*, 2009; 70(2): 214-22.

8. Balán I, Carballo-Diéguez A, Ventuneac A, Remien RH: Intentional condomless anal intercourse among Latino MSM who meet sexual partners on the Internet. *AIDS Education and Prevention*, 21(1): 14-24 PMID: PMC2745600

9. Carballo-Diéguez A, Ventuneac A, Bauermeister J, Dowsett GW, Dolezal C, Remien RH, Balán I, Rowe MS: Is “bareback” a useful construct from a primary HIV-prevention perspective? Definitions, identities, and community perspectives. *Culture, Health & Sexuality*, 2009; 11(1): 51-65. PMID: PMC2669431

10. Wilson P, Valera P, Ventuneac A, Balán I, Rowe M, Carballo-Diéguez A: Race-based sexual stereotyping and sexual partnering among men who use the internet to identify other men for bareback sex. *Journal of Sex Research*, 2009; 46 (5): 399–413. PMID: PMC2754596

11. Okuda M, Balán I, Petry NM, Oquendo M, Blanco C: Cognitive behavioral therapy for pathological gambling: Cultural considerations. *American Journal of Psychiatry*, 2009; 166:1325-1330. PMID: PMC2789341

2010

12. Barreda V, Carballo-Diéguez A, Marone R, Balán IC, Pando MA, Avila MM: Prevención del VIH/Sida en los circuitos de levante HSH: una asignatura pendiente [HIV/AIDS prevention in MSM cruising sites: an unfinished assignment]. *Sexualidad, Salud y Sociedad: Revista Latinoamericana*, 2010; 6: 41-62. PMID: PMC3161410

2011

13. Balán I, Carballo-Diéguez A, Marone R, Pando M, Barreda V, Avila MM: Aceptabilidad del diagnóstico rápido casero para HIV entre hombres gay y otros

hombres que tienen sexo con hombres (G&HSH) de la Ciudad de Buenos Aires. [Acceptability of Rapid Home HIV Testing Among MSM in Buenos Aires, Argentina]. Actualizaciones en SIDA, 2011; 19(71): 26-32. PMID: PMC3408545

14. Carballo-Diéguez A, Ávila MM, Balán IC, Marone RO, Pando MA, Barreda V: Presentación del estudio "Links" de hombres que tienen sexo con hombres en Buenos Aires, Argentina. [Overview of the LINKS study on men who have sex with men in Argentina]. Actualizaciones en SIDA, 2011; 19(71): 21-25. NIHMSID # 309976

15. Carballo-Diéguez A, Ventuneac A, Dowsett GW, Balán I, Bauermeister J, Remien RH, Dolezal C, Giguere R, Mabrugaña M: Sexual pleasure and intimacy among men who engage in "bareback sex". AIDS and Behavior, 2011; Suppl 1: S57-65. PMID: PMC3319084

16. Carballo-Diéguez A, Balán I, Dolezal C, Mello M: Recalled sexual experiences in childhood with older partners: A study of Brazilian men who have sex with men and male-to-female transgender persons. Archives of Sexual Behavior, 2011; 41: 363-376.

17. Carballo-Diéguez A, Balán I, Marone R, Pando MA, Dolezal C, Barreda V, Leu CS, Avila MM: Use of respondent driven sampling (RDS) generates a highly diverse sample of men who have sex with men MSM in Buenos Aires, Argentina. PLoS One, 2011; 21(6):(11):e27447 PMID: PMC3213136

2012

18. Carballo-Diéguez A, Frasca T, Dolezal C, Balán I: Will gay and bisexually active men at high risk of infection use over-the-counter rapid HIV tests to screen sexual partners? Journal of Sex Research, 2012; 49(4):379-87

19. Frasca T, Ventuneac A, Balán I, Carballo-Diéguez A: Inner contradictions among men who bareback. Qualitative Health Research. (In Press)

20. Pando MA, Balán I, Dolezal C, Marone R, Squiquera L, Barreda V, Gallo Vaulet ML, Rodríguez Fermepín M, Fernández Toscano M, Rey J, González JV, Picconi MA, Carballo-Diéguez A, Avila MM: HIV and other sexually transmitted infections among men who have sex with men recruited by respondent driven sampling (RDS) in Buenos Aires, Argentina. PLoS One. 2012;7(6):e39834. PMID: PMC3387227

21. Carballo-Diéguez A, Frasca T, Balán I, Ibitoye M, Dolezal, C: Use of a rapid HIV home test prevents HIV exposure in a high risk sample of men who have sex with men. AIDS & Behavior, 2012;16(7):1753-1760.

2013

22. Balán I, Carballo-Diéguez A, Ventuneac A, Remien RH, Ford, J: Are HIV- negative men who have sex with men and who bareback concerned about HIV infection? Implications for HIV risk reduction interventions. Archives of Sexual Behavior, 2013; 42(2):279-289. NIHMSID # 367132

23. Carballo-Diéguez A, Balán I, Dolezal C, Pando MA, Marone R, Barreda V, Avila MM: HIV testing practices among men who have sex with men (MSM) in Buenos Aires, Argentina. AIDS Care. (In Press)

24. Balán I, Carballo-Diéguez A, Frasca T, Dolezal, C, Ibitoye M: The impact of rapid HIV home test use with sexual partners on subsequent sexual behavior among men who have sex with men. *AIDS & Behavior*. (In Press)

25. Balán, I, Carballo-Dieguez A, Marone R, Dolezal C, Pando MA, Barreda V, Avila MM: High prevalence of substance use among men who have sex with men in Buenos Aires, Argentina: Implications for HIV risk behavior. *AIDS & Behavior*. 2013;17(4):1296-1304. NIHMSID #425681

26. Balán I, Moyers T, Lewis-Fernandez R: Motivational pharmacotherapy: Combining motivational interviewing and antidepressant therapy to improve treatment adherence. *Psychiatry: Biological and Interpersonal Processes*, 2013; 76(3): 203–209.

27. Lewis-Fernández R, Balán I, Patel S, Moyers T, Sanchez-Lacay A, Alfonso C, Schmidt A: Impact of motivational pharmacotherapy on treatment retention among depressed Latinos. *Psychiatry: Biological and Interpersonal Processes*, 2013; 76(3): 210–222.

28. Pando MA, Balán IC, Marone R, Dolezal C, Barreda V, Carballo-Dieguez A, Avila MM: HIV knowledge and beliefs among men who have sex with men (MSM) in Buenos Aires, Argentina. *AIDS & Behavior*. *AIDS and Behavior* 2013; 17(4): 1305-1312.

29. Pando MA, Balán IC, Marone R, Dolezal C, Barreda V, Carballo-Dieguez A, Avila MM: Low frequency of male circumcision and willingness to be circumcised among MSM in Buenos Aires, Argentina: Association with STIs. *Journal of the International AIDS Society* 2013;16(1):18500. PMID# 3676535

30. Carballo-Dieguez A, Balán I, Dolezal C, Ibitoye M, Pando MA, Marone R, Barreda V, Avila MM: HIV status disclosure among infected men who have sex with men (MSM) in Buenos Aires, Argentina. *AIDS Education and Prevention*. (In Press)

Articles in Review

31. Balán I, Lejuez C, Blanco C: Integrating motivational interviewing and brief behavioral activation therapy to improve treatment outcomes.

32. Dolezal, C., Balán I, Marone R, Barreda, V, Pando M, Avila MM, Carballo-Dieguez A: Childhood sexual experiences among MSM in Argentina.

33. Balán I, Barreda V, Marone R, Carballo-Dieguez A, Avila MM: Alcohol Use and the Creation of a High Risk Sexual Environment

INTERVENTION MANUALS

2003

1. Balán I, Moyers T, Lewis-Fernández R. (2003) Motivational antidepressant treatment. Written for NIMH R21 MH066388 Improving Hispanic Retention in Antidepressant Therapy (PI: Lewis-Fernández).

2006

2. Balán, I., Alegria, A., Blanco, C. (2006) Cognitive motivational therapy treatment manual for adolescent pathological gambling. Written for the Gambling Disorders Clinic, New York State Psychiatric Institute/Columbia University.

2007

3. Balán, I., Travaglini, L, Blanco, C. (2007) Motivational enhancement therapy for psychiatric referral: Treatment Manual. Written for NIH R01 DA020783 SMART: Improving Detection & Outcome of Psychiatric Co-morbidity in Drug Treatment (PI: Blanco).
4. Balán I. (2007) Module for the involvement of significant others in the treatment of pathological gamblers. Written for the Gambling Disorders Clinic, New York State Psychiatric Institute/Columbia University.
5. Balán I, Moyers T, Lewis-Fernández R: (2007) Motivational antidepressant treatment (v.2.), Updated for use in NIMH R01 MH 077226-01 Motivational Antidepressant Therapy for Hispanics (PI: Lewis-Fernández).

2010

6. Balán I, Daughters S, Lejuez C, Blanco C. (2010) Motivational Behavioral Activation Therapy. Written for NIH R01 DA023973; Substance Use Comorbidity Care: Evidence-Based Stepped Care Strategies for Depression (PI: Blanco).

Past/Current positions

- | | |
|--------------|---|
| 1991-1993 | Psychology Intern, New York Hospital-Cornell Medical Center, New York, NY |
| 1993-1996 | Staff Psychologist, St. Mary Hospital Community Mental Health Center, Hoboken, NJ |
| 1994-2002 | Psychologist, Department of Psychiatry, New York Presbyterian Hospital, New York, NY |
| 1994-1996 | Interviewer, HIV Center for Clinical and Behavioral Studies, New York State Psychiatric Institute, New York, NY |
| 1997-1998 | Research Scientist, Anxiety Disorders Clinic, New York State Psychiatric Institute, New York, NY |
| 1998-2001 | Research Scientist II, HIV Center for Clinical and Behavioral Studies, New York State Psychiatric Institute, New York, NY |
| 2000-present | Consultant, Hispanic AIDS Forum, Inc., New York, NY |
| 2002-2005 | Research Scientist III, Anxiety Disorders Clinic & HIV Center for Clinical and Behavioral Studies, New York State Psychiatric Institute, New York, NY |
| 2003-2010 | Adjunct Instructor, Robert J Milano School of Management and Urban Policy, The New School University, New York, NY |
| 2005-present | Research Project Manager, Anxiety Disorders Clinic & HIV Center for Clinical and Behavioral Studies, New York State Psychiatric Institute, New York, NY |
| 2008-present | Faculty, HIV Mental Health Training Project, New York State Psychiatric Institute/Columbia University |
| 2008-present | Assistant Professor of Clinical Psychology (in Psychiatry), College of Physicians & Surgeons, Columbia University, New York, NY |