A LETTER FROM
THE DIRECTOR
IRIS F. LITT, M.D.

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The Pacific Rim Consortium on Women’s Studies held its second conference, “Women’s Self-Representation and Culture,” in Japan this spring. Hosted by Japan’s Josai University, the three-day conference focused on developments in the theory and praxis of women’s self-representation in literature, film, and the visual media.

CELEBRATING NEW PUBLICATIONS

David Tyack, professor in Stanford’s School of Education, and Elisabeth Hansot, professor of political science and former Institute visiting scholar, celebrated the arrival of their book, Learning Together: A History of Coeducation in American Public Schools. The book-signing was held at Serra House on November 28.

On January 9, Susan Groag Bell and Marilyn Yalom were the guests of honor at another Institute book party to celebrate the publication of Revealing Lives: Autobiography, Biography and Gender. Both books are available through the order form in the Institute brochure.
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Continued on page 2

WOMEN'S ISSUES
CAN PSYCHOTHERAPY PROLONG CANCER SURVIVAL?

(The following is excerpted from an editorial written by David Spiegel, M.D., that appeared in Psychosomatics, Vol. 31, No. 4, Fall 1990. It is reprinted with permission of the American Psychiatric Press. Dr. Spiegel recently addressed Institute scholars on this topic at the weekly Women’s Health Research Seminars. NOTE: For references to the literature, see complete article in Psychosomatics.)

During its intellectual odyssey, psychiatry has been caught between the Scylla of mindless materialism and the Charybdis of disembodied spiritualism. By the end of the nineteenth century, we had conceptualized the psyche as little more than the product of our genetic heritage and then followed Freud in the opposite direction, attributing personality and psychopathology to early life experience, despite Freud's avowed goal of a biology of the psyche. At the end of the twentieth century, we have again returned to biology as the key to understanding all mental function and psychiatric illness.

Thus, it is of more than passing interest to examine the literature on the opposite problem: the effects of mental events on physical processes. What evidence indicates that the mind can influence the course of disease in the body? The brain is such a complex and elegant organ system that it would be strange indeed if it did not control behavior and physical processes in a way that has survival value. Why did we evolve all this cortex if not to help us prolong life and master our environment? Evidence that Type A personality style predicts vulnerability to heart disease and that relaxation training is an extremely effective treatment for mild

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women and gender issues until the last two decades. Not only must we “catch up” and fill the gender gap in the data base about women, but also “keep up” in order to study the effects of women’s changing roles on themselves, their families and the larger society.

We have all learned the importance of having data in order to influence policymakers, as well as educators. Interaction with legislators about contemporary issues which affect women’s lives has been effective because of the credibility established through our respected scholarship.

The Institute is well-situated to disseminate its research findings to serve his educational function. Through links with the Feminist Studies Program and other Stanford centers, schools and departments, our work reaches out to and is influenced by faculty, students and members of the community. In addition, these individuals have participated as speakers and listeners in our programs, seminars and lecture series. Our Jing Lyman Lectures alone have reached thousands over the past fourteen years.

We also have the obligation to educate researchers from other fields so that they may include the study of women in their work. For example, we have established a Women’s Health Research Seminar Series, through which we have stimulated attention to research needs in the area of women’s health. We are in the process of planning a large conference which will bring together researchers and policy makers to examine the health status of four critical segments of California women: adolescents, the aging, minorities, and women in the workplace.

Research findings often lead the way to change. The current focus on the treatment of Stanford’s female faculty, following the resignation of Frances Conley, is a good example. This unhappy event has prompted us to undertake a study of women faculty members’ experiences at Stanford. In conjunction with the ongoing efforts of the Faculty Women’s Caucus (a group formed by the Institute) on this topic, such a project can have a positive effect not only for women currently at Stanford, but for those yet to come.

By concerning ourselves with research on women and gender, and by bringing that research to policymakers, educators and the public, we are closer to our ultimate goal, that of improving the life experiences of all women.

Iris F. Litt, M.D.
Director

SPRING RESEARCH AWARDS

Gender Research Fund
A Gender Research Fund award of $5,000 was made to Professor William L. Haskell, of the Stanford Heart Disease Prevention Program, in support of his project, “A Survey to Determine the Specific Needs of Women for Cardiac Rehabilitation.” The purpose of the study is to survey approximately 250 cardiac rehabilitation programs in the U.S. to determine women’s utilization of the programs and the specific services offered them.

Marilyn Yalom Fund
Affiliated scholar Harriet Blodgett will use her grant to defray publication costs of Capacious Hold-All: An Anthology of Englishwomen’s Diary Writings. It will include excerpts from thirty-two diaries, spanning the late sixteenth to mid-twentieth centuries.

Professor Jan Krawitz, of the Department of Communication, will produce a documentary film, “Statistic.” She intends to personalize the experience of rape by interweaving the circumstances of the assault with the more tangible legacy left in its wake, and by using the voices of women who have been victims.

ASSOCIATES TO OFFER FIRST INSTITUTE FACULTY RESEARCH FELLOWSHIP

The Associates of the Institute for Research on Women and Gender are pleased to announce the first Associates Faculty Research Fellowship. The award of $10,000 will support a Stanford faculty member’s research that takes gender as a central focus. The fellowship has been made possible by the very successful fundraising efforts of the Associates, who provide an essential base of support for Institute activities.

The Associates Board has approved the current funding of the fellowship and has made a commitment to making it an ongoing reality by focusing future fundraising efforts on the award. It is hoped that research supported by this fund will further our understanding of how gender—society’s definition of what is masculine and feminine—impacts the lives of women and their families.

Applications are being solicited from faculty throughout the University, including the Stanford Graduate Schools of Education, Business, Engineering, Law, and Medicine. A committee of three Stanford faculty, one graduate student, the Institute director and associate director, and one member of the Associates Board will review the applications.

Applicants should submit a complete description of the proposed research, including a brief overview of the literature, description of the procedure and methodology to be used, time-line for completion, and detailed budget. Where appropriate, a copy of the approval from the Human Subjects committee should be attached. The completed application may not exceed ten pages and should be sent to Sherri Matteo, Ph.D., Institute for Research on Women and Gender, Serra House, Stanford University, Stanford, CA 94305-8640, by September 1. The recipient will be announced on October 15.
SCHOLARS’ COLUMN

Affiliated scholar Lucia Chiavolia Birnbaum presented a paper to the conference of the American Association of Religion, Hebrew Union College, Los Angeles, this spring: "Black Madonnas: Metaphor for Popular Religious and Political Beliefs. The Case of Italy."

During spring quarter, affiliated scholar Marcia Falk gave talks at UC/Berkeley, “The Spiritual Journey of a Jewish Feminist,” and at UC/Santa Cruz, “Sensuality and Spirituality in Jewish Women’s Poetry.”

Former visiting scholar Shelley Fisher Fishkin has been instrumental in founding the Charlotte Perkins Gilman Society and has been named editor of its newsletter. News items, calls for papers, and requests for free copies may be addressed to her, American Studies Program, GAR 303, University of Texas, Austin 78712.


Nancy Jecker, newly arrived visiting scholar, gave a talk at the Institute’s June 11 Women’s Health Research Seminar, “Ethical Issues in Access to Health Care for Women.” Recent publications include Aging and Ethics: Philosophical Problems in Gerontology (Humana Press, 1991), which she edited, and an article, “Ethical Issues in the Care of Elderly Women,” in George Aagard and Morton Stenchezeeveer (eds.) Care of the Elderly Female Patient (Elsevier, 1991).

Phyllis Koestenbaum, affiliated scholar, has had poems published in Epoch: “The Library” and “Admission of Failure” and in Colorado North Review: Three sonnets from Scene of the Crime and “After Trice (Vallejo).”

Communication Professor Jan Krawitz’s documentary film, “Mirror, Mirror,” on the theme of how women relate to their bodies, was presented May 9 at the de Young Museum in San Francisco. It will be shown the week of August 27 on PBS Channel 9 in the series called “Point of View.”

Visiting scholar Carol Lashof’s radio play “Medusa’s Tale” appears in Antaeus 66: Plays in One Act, now available in bookstores and libraries.

Sherri Matteo, associate director, gave “Gender Bias in the Classroom” for the annual Stanford Medical School’s conference on “Women and Medicine,” organized by the women medical students.

In March, affiliated scholar Karen Offen gave the first Grace Martin Lecture for the inauguration of the Martin Institute for Peace Studies and Conflict Resolution at the University of Idaho, speaking on “Women and Peace: Historical Perspectives.”

Offen presented a paper at the March conference of the Society for French Historical Studies, “Toward a Historiography of Women’s and Gender History for Modern France,” and more recently was elected president of the Western Association of Women Historians at the group’s annual meeting at Asilomar.

In April, Toni O’Shaughnessy, Feminist Studies dissertation fellow, presented “Maternal Ideology and the Necessity of Infanticide” at the annual convention of the American Society for Eighteenth-Century Studies. She received her Ph.D. in June, and in the fall will begin an assistant professorship at the University of Pennsylvania.

Mary Louise Pratt, professor of Spanish and Portuguese and comparative literature co-authored Women, Culture and Politics in Latin America (1990, UC Press). She has given talks on gender and nationalism in Latin American women’s writing for UCLA, UCSC and the Modern Language Association.


Visiting scholar Stephanie Riger’s article on “Gender Dilemmas in Sexual Harassment Policies and Procedures” is in the May 1991 issue of The American Psychologist.

SCHOLARS’ PROGRAM TO HAVE NEW CHAIR

On behalf of everyone at the Institute, we thank Edith Gelles for doing a superb job as chair of the Scholars’ Program. In that capacity, she organized the semi-monthly scholars’ seminars; social events to introduce new scholars to the program; and end-of-year gatherings of scholars and staff. In addition, she served on Institute policy committees and as editor of this Newsletter for two years. We are deeply grateful for her efforts, which have been greatly responsible for the success of the Scholars’ Program these past five years.

Gelles recently completed her manuscript, Portia: The World of Abigail Adams, which will be published by Indiana University Press. Her current project confronts the issue of "republican motherhood" in Colonial America.

We are pleased to announce that Phyllis Koestenbaum, who has been an affiliated scholar for seven years,
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WOMEN'S HEALTH SEMINARS A SUCCESS

This spring the Institute implemented weekly seminars on women's health research. The series brought together Stanford faculty, scholars, and students from the Humanities and Sciences as well as the Medical School to present their in-progress research on a wide range of topics, including menstrual cycle physiology, breast cancer, panic attacks, doctor-patient communication, and a number of issues concerned with aging. The fall schedule for the seminars is in preparation and will be announced in the fall newsletter.

Thank you...
...to all of our friends and supporters who continue to give so generously of their time and energy. We would particularly like to thank the members of this year's Associates Board:

Rima Abu-Zayyad, Audrey Burkard, Suz Cameron, Margi Catron, Elaine French, Cathy Latta, Carol Louchheim, Mary Anna Matsumoto, Marnie Paulus, Jan Pieper, Lisa Stelck, Sara Taft, Anita Weissberg, Jane Yates.

We would also like to thank those responsible for the success of the Institute's luncheon and dinner talks in Los Angeles, San Francisco, Chicago, and New York. Among the many individuals who have been so central to outreach efforts are:

In San Francisco: Linda Hawes Clever, Jean Douglass, Peggy Drexler, Leslie Hume, Louise Rosenberg, Caroline Voorsanger, Anita Weissberg.


In New York: Jerry English, Sara Niccolls, Lise Pfeiffer.

In Washington: Cary Ridder, Julie Greer Sedky, Lisa Anderson Todd, Christy Wise.

In Chicago: Linda Barber, Rocky Barber, Francis Blair, Jo Caldwell, Ann Grube, John Grube, Mary Ittelson, Penny Pritzker, Judith Thornburg, Abbie von Schlegell.

Special thanks to individuals in Stanford's Office of Development: Donna Lawrence, Patricia Sterling, Jonie Etchemendy.

In addition, we thank our Corporate Associates, who continue to help us plan and who attend our Corporate seminars. Finally, we thank the person who coordinates all of our efforts with individuals and corporate representatives, Carolyn Barnes. We are, as always, deeply grateful for her assistance.

THE JING LYMAN SERIES IN REVIEW

Fall - International Perspectives on Maternal and Child Health

Funded by a grant from the Ford Foundation, the fall series examined the effects of cultural development on women's reproductive health and the health of their children.

Visiting UC/Berkeley professor Soheir Morsy opened the series with a discourse on women's reproductive health and medical anthropology in Egypt. Neera Sohoni drew from her 20 years of experience with UNICEF and the Indian government in a discussion on the vulnerability of female children, and the link between child nurturing and women's development in India.

Ruth Sidel, professor of sociology at Hunter College, presented a comparative analysis of maternal and child health care in China, Sweden and the United States. Robert Hatcher, M.D., M.P.H., addressed the effect of cultural practices on the success or failure of any family planning program. Betsy Hartmann, Director of the Hampshire College Population and Development Program, described her research in Bangladesh. She discussed issues of family planning, examined the impact of population control on the development of maternal and child health services in South Asia, and described current strategies of reform.

The series concluded with a panel discussion moderated by Sylvia Cerel, teaching fellow at the Program in Human Biology, on sexually transmitted infections and reproductive health. Willard Cates of the Centers for Disease Control in Atlanta, Donald Francis, CDC advisor to California and chair of Mayor Art Agnos' AIDS Task Force, and Ruth Greenblatt, assistant professor at UCSF Medical School, joined forces to discuss how various cultural practices lead to the transmission of STDs and AIDS.

Winter - Life Writing and Gender

The winter quarter series explored the effects gender, race, and ethnicity have on life writing. William Youngs, professor of history at Eastern Washington University, presented a talk based on his book in progress about General John J. Pershing and his wife Frankie. Edith Gelles, Institute affiliated scholar and author of the forthcoming Portia: The World of

Continued on page 6
Abigail Adams, discussed the difficulties of writing about the life of a famous statesman’s wife and maintaining the focus on her.

Gloria Hull, professor of women’s studies and literature at UCSC, described the particular experience of Black women biographers. Professor Barbara Babcock, Professor of Law at Stanford, talked about the subject of her forthcoming biography, Clara Shortridge Foltz, the first woman attorney in California.

In a joint presentation, Institute affiliated scholar Susan Groag Bell and senior scholar Marilyn Yalom discussed the theory and practice of autobiography. Benjamin Saenz, Ph.D. candidate in English, gave a Chicano perspective in his talk about writing the self into time through poetry. In the final lecture, English professor Diane Middlebrook discussed feminist theory and the practice of biography.

Spring - Celebrating 100 Years of Stanford Women

In the spirit of celebration, the spring lecture series focused on the women of Stanford - past, present and future. Stanford faculty, staff, students, and graduates discussed the impact their Stanford education or association has had on their professional lives.

The series opened with a panel discussion by Kate Kelly, KPIX newscaster, Lisa Stelck, founder of Thistleberry Preschool, and Helen Leong, founder of Leong Ventures, on how their Stanford experience has enhanced their career opportunities. Rachel Bagby, graduate of Stanford Law School and member of Bobby McFerrin’s Voicestra, reflected on how Stanford has affected her life, both on and off campus. Roxanne Nilan, Ph.D. candidate in History, introduced us to the first women of Stanford, and told of their experiences as college students. Jing Lyman, long-time Institute supporter and wife of former Stanford President Richard Lyman discussed her 33-year association with Stanford and how it has led to her involvement in countless other organizations. Cecilia Burciaga, Associate Dean of Student Resources, described what it is like to be a Chicana in administration and reflected on the journey that brought her to Stanford. Professor Herant Katchadourian presented the results of a 10 year study he conducted which followed the career paths and personal lifestyle choices of a group of Stanford graduates. Finally, Dr. Linda Clever, Stanford trustee and Chair of Occupational Medicine at Presbyterian Medical Center in San Francisco, talked about juggling family and career and presented some helpful coping strategies.

Celine Myers
Program Coordinator

INSTITUTE TO PARTICIPATE IN NEW LEADERSHIP PROGRAM

The Institute will represent Stanford in a new program, NEW Leadership (New Education for Women’s Leadership), developed by the Center for the American Woman and Politics at Rutgers University. Funded by the Kellogg Foundation, the Center has selected twelve colleges and universities to participate in the first year of the program.

NEW Leadership will educate young women in leadership skills and theory in addition to teaching them women’s political history. Myra Strober, a professor in Stanford’s School of Education, will attend the ten-day inaugural session with graduate student Maureen Porter and undergraduate Feyrouz Damji.

Following the summer session, and under the guidance of Professor Strober, the students will conduct campus-based projects during the 1991-92 academic year to implement what they have learned. They return to Rutgers next summer to present their findings and serve as mentors for the next wave of students.

We are honored to be part of this initiative and wish them great success.

UPCOMING EVENTS

Institute Will Hold Open House During Centennial Finale

The Institute will hold an Open House on Sunday, September 29, from 4:00-6:00 p.m. Everyone is invited to stop by Serra House to talk with Institute faculty and scholars, view an art exhibit by Stanford graduate, Gini Holmes, browse through our library and listen to selections from our audiocassette collection. Light refreshments will be available.

Serra House Will Exhibit Prints by Stanford Grad Gini Holmes

The Institute will exhibit mixed media works of Gini Holmes during the Centennial Weekend in late September, continuing through fall quarter. Holmes is a traditionally trained printmaker who utilizes more experimental means with which to create her imagery. None of her images are preconceived; rather, they are constructed from several images which are added to and around the first one to create a piece which tells a story. Most of these stories have to do with the artist’s life and how she perceives it.

Holmes received her Stanford B.F.A. in lithography and drawing in 1972 and an M.S. in visual studies and experimental graphics in 1980 from M.I.T.
hypertension provides support for the idea of a mind-body relationship that goes in two directions.

Greer et al. found that cancer patients with a “fighting spirit” survived longer. These earlier studies received support from Goldstein and Antoni, who found more repressive coping styles among breast cancer patients as compared with controls, and from Hislop et al., who found that extraversion and social activity were predictive of longer survival among breast cancer patients.

However, there have been negative studies as well. Cassileth et al. found that psychosocial variables did not predict cancer progression, and Zonderman et al. found no relationship between depression and cancer mortality, suggesting that mood is not of prognostic significance.

Analogous work with other diseases has yielded comparably intriguing results. In a series of studies with geriatric patients, Rodin found that patients offered education and counseling lived longer on average than their peers who were not randomized to this type of psychosocial support.

Our group became interested in examining psychosocial treatment effects on survival time after we completed a randomized prospective psychosocial support trial for metastatic breast cancer patients. Eighty-six women with this disease were assigned at random either to a control condition of routine oncologic care or to a year of weekly support groups. In these groups they discussed their fears about dying and ways of living the remainder of their lives as richly as possible, improving doctor-patient communication, strengthening family relationships, grieving losses within the group, building a strong sense of mutual support, and using hypnosis to control pain and other somatic symptoms. At the end of the intervention year, we found that patients randomized to this treatment had significantly less mood disturbance, fewer phobic responses, and half the pain of the control group. These encouraging, if not surprising, results were published in the early 1980s.

We undertook a follow-up study of the patients in an effort to prove that one could improve the quality of life without affecting its quantity. We fully expected that the treated patients would be found to have lived better, but not longer. We obtained state death records on all but three of the patients. We talked to those three, who had all been randomized to the treatment condition. We then computed survival time from randomization to death. Our research team was shocked by the results. We discovered that, compared to the control subjects, who lived on average only 18.9 months, the patients randomized to psychosocial treatment lived on average 36.6 months, twice the survival time. This difference was of sufficient magnitude that it had clinical as well as statistical significance. Indeed, the time from date of metastasis to death was significantly longer for the group randomized to treatment.

We undertook a complex series of analyses to assure that there were no baseline differences that could account for the observed differences in survival time. None were found. This study has recently appeared in Lancet.

This was the first time that we had undertaken a study absolutely convinced that the outcome would show no difference between intervention and control samples. We were thus doubly surprised to find a substantial difference. This study provides convincing evidence that patients randomized to intensive psychosocial treatment live longer, that something happens that slows the progression of the illness. It does not, on the other hand, make cancer go away. Only three patients, two in the control group, died of causes other than the cancer: a stroke and suicide. A long-term treatment group survivor recently died of Parkinson’s disease.

Furthermore, it must be empha-

sized that at no time did we convey to the patients, nor did we believe ourselves, that the intervention would have any effect on longevity. Thus, there was no placebo component to the survival difference. What we did was provide intensive support. Patients became extremely close to one another. They visited one another at the hospital, wrote poems to and about one another, and grieved when members died. They came to feel socially integrated, even as they worked through feelings about their own death.

What is the mechanism of the difference we observed? It may be that because the treatment patients were less depressed, they ate better or were more active physically, thereby enabling their bodies to fight the illness better. It may be that they interacted with their physicians in such a way that they encouraged their doctors to more vigorously treat the disease. The action of some psycho-neuro-immune mechanism is possible as well. Perhaps we helped them reduce stress and associated endocrine responses such as cortisol levels, as in the Rodin study, which would reduce suppression of the immune response. There may be some other neuroimmune mechanism. We have no evidence from this study that any of these were involved, but all are possible explanations.

There is growing evidence that social integration is an important factor in health status. For example, the recently bereaved have higher death rates than cohorts who have not suffered such losses. Married cancer patients live longer than unmarried cancer patients, all other things being equal. Social integration has survival value, as House et al. demonstrated in a recent review in Science.

It is of interest that women were found to benefit most from relationships with other women (as in our study), while men benefited most from marriage. That would seem to imply that it is good for your health to be involved with a woman, regardless of
TIME TO RENEW!!!

We need your financial support! If you wish to stay informed of our activities, please send us your check for $8 for 1991-92, payable to Stanford University. To our Associates: You will, of course, continue to receive the Newsletter as a courtesy for your membership.

Your gender. (Alas, the corollary is that a relationship with a man does not do your health much good, regardless of your gender.) Perhaps we created an intense and supportive social network that repaired the social isolation often suffered by cancer patients.

Clearly, further research is required to more extensively examine the effects of psychotherapeutic treatment on survival time with cancer. Likewise, we are at the threshold of understanding possible mechanisms of life extension. Systematic investigation of issues ranging from treatment compliance, diet, and exercise, to the psychobiology of stress management and psycho-neuro-immunology offers promise of elucidating this mind-body problem.

Whatever the mechanism, we believe that for the first time we have accrued exciting evidence that comprehensive cancer treatment involves not only aggressive surgical, radiotherapeutic, and chemotherapeutic intervention, but intensive psychosocial support as well. It must be done in a way that encourages patients to utilize their psychological and social resources to cope as effectively (and realistically) as possible with cancer, without blaming them for their own mortality. Perhaps now Engel’s dream of true biopsychosocial treatment will be put into practice.

will chair the Scholars’ Program beginning this fall. Koestenbaum has recently completed a novel-like sequence of 366 sonnets, Scene of the Crime, which juxtaposes events of her life with contemporary crimes and the holocaust. Criminal Sonnets, a sequence of 65, is also circulating. Her current project is gathering materials for new poems, drafting them, and preparing older poems for manuscripts. A recipient of a 1986 NEA grant and 1990 grants from the Santa Clara County Arts Council and Money for Women/Barbara Deming Memorial Fund, she teaches composition and creative writing at West Valley College and poetry-writing workshops.

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