

## Tatyana V. Avilova

### CONTACT INFO

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### EMPLOYMENT

Research Associate  
Institute of Social Science, the University of Tokyo 2022-present

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### EDUCATION

Ph.D., Economics, Columbia University 2022  
Thesis: Essays in Health Economics  
Thesis Committee: Dr. Douglas Almond, Dr. Sandra Black, Dr. Adam Sacarny, Dr. David Weinstein, Dr. Michael Best  
  
M.A., Economics, Columbia University 2018  
B.A., Economics, Harvard College (*magna cum laude*) 2013

**RESEARCH INTERESTS** Health Economics, Economic Education, Applied Microeconomics

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### PUBLICATIONS

[“A Randomized Trial of Letters to Encourage Prescription Monitoring Program Use And Safe Opioid Prescribing”](#) with [Adam Sacarny](#), [David Powell](#), [Ian Williamson](#), [Weston Merrick](#), and [Mireille Jacobson](#). *Health Affairs*. 2023;42(1): 140-9.

[“What Can UWE Do for Economics?”](#)  
with [Claudia Goldin](#). *AEA Papers and Proceedings*. 2018;108: 186-90.

### WORKING PAPERS

[“Regulation Attenuation: Cross-Border Spillovers and Policies in the Opioid Epidemic”](#)  
(Job Market Paper)

“Patient Cost Sharing and Prescription Drug Trends: Evidence from Japan” (draft forthcoming)

### WORK IN PROGRESS

“Impact of New Curriculum for Introductory Economics Courses on Student Opinions and Economic Knowledge”  
with [Rena Rosenberg](#) and [Sarah Thomas](#)

“Income Shocks and Consumer Response: Evidence from the 2018-19 US Government Shutdown”

“Hospital Implementation of Work-Life Balance Programs and Nurse Stress, Work-Family Conflict, and Work Satisfaction in Ibaraki Prefecture”

## FELLOWSHIPS, GRANTS & HONORS

2021-22	<i>Dissertation Fellowship</i> (Columbia University)
2020-21	<i>Wueller Teaching Award</i> , runner-up for best teaching assistant for undergraduate electives (Department of Economics, Columbia University)
2019-20	<i>Wueller Teaching Award</i> , best teaching assistant for undergraduate electives (Department of Economics, Columbia University)
2018-19	<i>Alison Hanson Jones Fellowship for Economics and History</i> (Graduate School of Arts and Sciences, Columbia University)
2018-19	<i>Wueller Teaching Award</i> , runner-up for best teaching assistant for principles of economics (Department of Economics, Columbia University)
2018	<i>Harriss Prize</i> , runner-up for best 2 <sup>nd</sup> year PhD paper (Department of Economics, Columbia University, for “Patient Cost Sharing and Prescription Drug Trends: Evidence from Japan”)
2017-18	<i>Wueller Teaching Award</i> , best teaching assistant for principles of economics (Department of Economics, Columbia University)
2013-14	<i>Fulbright Research Fellowship</i> , University of Tsukuba
2013	<i>Phi Beta Kappa</i>
2013	<i>ACTR National Post-Secondary Russian Essay Contest</i> , Second Place (Heritage Learners, Level 3)
2012-13	<i>Tazuko Ajiro Monane Prize</i> (Harvard University, for outstanding achievement in the study of the Japanese language)
2009-10	<i>Harvard College Scholar</i>

## CONFERENCE & SEMINAR PRESENTATIONS (including scheduled)

2023	Keio University
2022	Bowdoin College; University of Alberta; RAND; the University of Tokyo (Institute of Social Science); Department of Justice; Bentley University; Virginia Tech; the University of Tokyo (Center for Contemporary Japanese Studies); 3 <sup>rd</sup> Asian Workshop on Econometrics & Health Economics ( <i>discussant</i> ); Waseda University
2021	<i>LACDev (Liberal Arts College Development) Conference</i> at Oberlin College, ( <i>discussant</i> )
2020	<i>ASSA Meeting</i> , San Diego, CA (“Promoting Female Participation in Undergraduate Economics” paper session)

- 2019 *CORE USA 2019 Workshop*, Barnard College
- 2018 *Undergraduate Women in Economics Conference*, University of Illinois Urbana-Champaign
- 2018 *ASSA Meeting*, Philadelphia, PA (“Gender Issues in Economics” paper session)

### CONFERENCE & SEMINAR ORGANIZING

- 2017-2021 *Student Research Breakfast*, Department of Economics, Columbia University
- 2019-2021 *Diverse Economics Conference: People, Perspectives, Careers*, with the Federal Reserve Bank of Richmond and Robins School of Business, University of Richmond  
(2019: in-person; 2020, 2021: online)
- 2019 *Young Economists Symposium*, Department of Economics, Columbia University
- 2018 *Undergraduate Women in Economics Conference*, University of Illinois Urbana-Champaign
- 2017 *Undergraduate Women in Economics Conference*, Colorado State University
- 2016 *Undergraduate Women in Economics Conference*, University of Virginia

### APPOINTMENTS

- Jan – May 2021 Research Assistant for Adam Sacarny, Columbia University
- Jan – May 2020 Research Assistant for CORE USA Project, Barnard College
- Aug 2014 – 2020 Project Manager, Undergraduate Women in Economics Challenge, for Claudia Goldin, National Bureau of Economic Research
- Jun – Jul 2012 Research Assistant for Kazuo Yamaguchi, Research Institute of Economy, Trade, and Industry (RIETI), Japan
- Jun – Aug 2011 Research Assistant for Claudia Goldin, Harvard University
- Jun – Aug 2011 Research Assistant for Nathan Nunn, Harvard University

### PROFESSIONAL ACTIVITIES

- Journals:** *Social Science Japan Journal* (Editorial Board Member); *Southern Economic Journal* (refereeing)
- Membership:** Japan Health Economics Association (医療経済学会), Undergraduate Women in Economics (Project Manager)

### TEACHING EXPERIENCE & TRAINING

#### Columbia University

#### *Principles of Economics*

Instructor, Summer 2020

Teaching assistant, S2019 (with Prof. Brendan O’Flaherty)

Teaching assistant, S2018 (with Prof. Sunil Gulati)

<i>Economic Development of Japan</i>	Teaching assistant, F2020 (with Prof. David Weinstein) Teaching assistant, F2019 (with Dr. Edward Lincoln) Teaching assistant, F2018 (with Prof. David Weinstein) Teaching assistant, F2017 (with Prof. David Weinstein)
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### **Columbia University Mailman School of Public Health**

<i>Analysis of Large Scale Data</i>	Teaching assistant, F2019 (with Prof. Adam Sacarny) Teaching assistant, F2018 (with Prof. Adam Sacarny)
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### **Training**

Spring 2021	<i>Pedagogies of Race and Oppression Learning Community</i> , Columbia GSAS Office of Academic Diversity and Inclusion and Columbia's Center for Teaching and Learning
Spring 2021	<i>Inclusive Teaching Seminar</i> , Columbia's Center for Teaching and Learning
Summer 2018	<i>Innovative Teaching Summer Institute (ITSI)</i> , Columbia's Center for Teaching and Learning

### **SERVICE & MENTORING**

Spring 2021	Undergraduate Mentoring Program, Department of Economics, Columbia University
2018-2019	Association of Graduate Economics Students (AGES) President, Department of Economics, Columbia University
2017-2018	AGES 2 <sup>nd</sup> year cohort co-representative
2017-2019	AGES Graduate Mentoring Program, Dept. of Economics, Columbia University
2016-2017	AGES 1 <sup>st</sup> year cohort co-representative
Spring 2016	Non-Resident Tutor in Economics, Harvard University

### **PERSONAL**

<b>Citizenship</b>	USA, Russian Federation
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<b>Languages</b>	Russian (native), English (native), Japanese (JLPT N2), French (conversational), Spanish (conversational)
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## PUBLICATION and WORKING PAPER ABSTRACTS

[“A Randomized Trial of Letters to Encourage Prescription Monitoring Program Use And Safe Opioid Prescribing”](#) with [Adam Sacarny](#), [David Powell](#), [Ian Williamson](#), [Weston Merrick](#), and [Mireille Jacobson](#). *Health Affairs*. 2023;42(1): 140-9.

**Abstract:** To facilitate safer prescribing of opioids and other drugs, nearly all states operate prescription monitoring programs (PMPs), which collect and share data on controlled substance dispensing. Policy makers have sought to raise clinicians’ engagement with these programs but lack evidence on effective interventions. Working with the Minnesota Prescription Monitoring Program, we conducted a randomized trial to assess whether letters to clinicians increased program use and decreased risky coprescribing of opioids with benzodiazepines or gabapentinoids. In March 2021 we randomly assigned 12,000 coprescribers to either a control arm or one of three study arms sent differing letters. The respective letters highlighted a new mandate to check the PMP before prescribing, provided information about coprescribing risks with a list of coprescribed patients, or contained both messages combined. Letters highlighting the mandate alone or along with coprescribing information increased PMP search rates by 4.5 and 4.0 percentage points, respectively, with no significant effect on coprescribing. These letters also increased PMP account-holding rates among clinicians. Effects persisted for at least eight months. The letter with only coprescribing information had no detected effects on key outcomes. Our results support the use of simple letter interventions as evidence-based tools to increase PMP engagement and potentially facilitate better-informed prescribing.

[“What Can UWE Do for Economics?”](#)

with [Claudia Goldin](#). *AEA Papers and Proceedings*. 2018;108: 186-90.

**Abstract:** Men outnumber women as undergraduate economics majors by three to one nationwide. Even at the best research universities and liberal arts colleges men outnumber women by two to one or more. The Undergraduate Women in Economics Challenge began in 2015 as an RCT with 20 treatment schools and at least 30 control schools to evaluate whether better course information, mentoring, encouragement, career counseling, and more relevant instructional content could move the needle. Although the RCT is still in the field, results from several within treatment-school randomized trials demonstrate that uncomplicated and inexpensive interventions can substantially increase women in economics.

[“Regulation Attenuation: Cross-Border Spillovers and Policies in the Opioid Epidemic”](#)

(Job Market Paper)

**Abstract:** Prescription drug monitoring programs (PDMPs)—online systems that health care providers and pharmacists can use to query patient prescription records—are one of the most widely-used state tools in regulating the prescribing and dispensing of opioids. However, the staggered adoption of PDMPs over time has created opportunities for patients to evade monitoring by going to a state that does not have a PDMP. This paper evaluates how spillovers attributable to policy non-coordination between neighboring states impact the effectiveness of PDMPs. I find that after prescribers gain access to PDMPs, opioid volume and

prescription opioid deaths decrease in counties with a PDMP that are insulated from opportunities for evasion. I find a similar effect in counties with a PDMP that are exposed to evasion. This suggests that exposure to evasion through proximity to non-PDMP areas does not significantly attenuate the policy effect. I also find evidence that opioid volume and prescription opioid deaths decrease in counties without a PDMP that are exposed to spillovers from counties with the policy. Illicit opioid deaths are not affected in any counties with a PDMP but decrease in counties without a PDMP that are exposed to spillovers. I discuss the potential mechanisms through which spillovers may operate.

#### Patient Cost Sharing and Prescription Drug Trends: Evidence from Japan (draft forthcoming)

**Abstract:** This paper studies the impact of a change in patient cost sharing on total prescription drug spending. I exploit a feature of the Japanese health care system, where an individual's coinsurance rate is determined primarily by their age. I contribute to the existing literature by investigating heterogeneous effects by patient sex and drug therapeutic class (focusing on cardiovascular drugs, antibiotics, vitamins, antihistamines, and psychotropic drugs). I find that for the whole sample, price elasticity for spending ranges from  $-0.12$  to  $-0.23$ . This is comparable to previous estimates of price elasticity of spending for general medical services ( $-0.2$ ). I find no evidence of heterogeneous effects by sex over the whole sample of prescriptions, but I do find statistically significant differences between women and men within therapeutic drug classes. I also conduct exploratory analysis on the effect of changes in patient cost sharing on the volume of prescriptions. I estimate a price elasticity of demand between  $-0.33$  and  $-0.69$ , which is larger than previous estimates of demand elasticity for general medical services ( $-0.16$  to  $-0.2$ ). I also find evidence that physicians do not respond on the intensive margin by prescribing more expensive medications. Although Japanese patients are more likely to be prescribed brand-name drugs, patients on generics may be more price sensitive to changes in patient cost sharing. Overall, the findings suggest that physicians respond by prescribing a greater quantity of medications, either on the extensive or the intensive margin.