

Curriculum Vitae
Bethany Ann Teachman

Personal Information

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Current Research Interests

Cognitive processes that contribute to the development, maintenance, and reduction of anxiety and mood disorders; mobile sensing and digital mental health interventions.

Project Implicit Health (launched September, 2011), Principal Investigator
www.projectimplicithealth.com Public web site to assess implicit mental health associations

MindTrails (launched Spring, 2016), Principal Investigator
<https://mindtrails.virginia.edu/> Public web site to study online cognitive bias modification

Positions

Professor	Department of Psychology, University of Virginia	2014 - present
Fellow	Stanford Center for Advanced Study in the Behavioral Sciences (CASBS)	2011 - 2012
Director of Clinical Training	Department of Psychology, University of Virginia	2010 – present (except for sabbaticals)
Associate Professor	Department of Psychology, University of Virginia	2008 - 2014
Assistant Professor	Department of Psychology, University of Virginia	2002 - 2008
Visiting Scholar	Department of Psychology, Stanford University	Fall 2005

Education

Clinical Psychology	University of Virginia	2002 – 2003
Postdoctoral Residency	Clinical psychologist license (#0810003303) granted August 2003 by Commonwealth of Virginia, Department of Health Professions	
Clinical Psychology Intern	Massachusetts General Hospital Cognitive Behavioral Scientist track	2001 – 2002
Ph.D., Psychology	Yale University Doctoral thesis: <i>Untangling the web of fear associations: An investigation of automatic processing in spider phobia</i> Supervised by Sheila Woody, Ph.D.	May, 2002
M.S., Psychology	Yale University Masters thesis: <i>Self-focused attention and causal attributions in evaluative social situations</i> Supervised by Sheila Woody, Ph.D.	May, 1999
Honours B.A., Psychology	University of British Columbia Honours thesis: <i>Moral development in the peer and family context</i> Supervised by Larry Walker, Ph.D.	May, 1996
Student Exchange Program	University of Melbourne, Australia	1994-1995

Grants

NIMH Smart and Connected Health 1R01MH132138-01

Title: Context-Aware Micro-Interventions for Social Anxiety

Role: Co-Principal Investigator (with Co-PI Laura Barnes)

Location of Tenure: University of Virginia

Period Held: 2022-2026

President and Provost's Fund for Institutionally Related Research

Title: Flexible care on campus and off: Improving UVA student, faculty, and staff mental health through Hoos Think Calmly

Role: Principal Investigator

Location of Tenure: University of Virginia

Period Held: 2021-2023

The 3 Cavaliers Project

Title: Assessing anxious thinking patterns among patients with neurodegenerative movement disorders

Role: Co-Principal Investigator (with Co-PIs Jessie Gibson and Madaline Harrison)

Location of Tenure: University of Virginia

Period Held: 2021-2023

NIMH 3R01MH113752-04S1

Health Disparities Supplement for NIMH R01MH113752

Role: Principal Investigator

Location of Tenure: University of Virginia

Period Held: 2020-2023 (no cost extension)

NIMH 3R01MH113752-03S1

Administrative Supplement for NIMH R01MH113752

Role: Principal Investigator

Location of Tenure: University of Virginia

Period Held: 2020-2022

Center for Evidence-Based Mentoring

Title: Using technology to enhance mentors' support of mentee's mental health

Role: Site director for University of Virginia subcontract, Principal Investigator Jean Rhodes

Location of Tenure: University of Virginia and University of Massachusetts Boston

Period Held: 2020-2022

UVA COVID-19 Rapid Response Grant (GIDI)

Title: Online intervention to reduce COVID-19 anxiety and predict mental health trajectories over time

Role: Principal Investigator

Location of Tenure: University of Virginia

Period Held: 2020-2021

UVA Engineering Research Innovation Bridging grant
Title: Context-aware micro-interventions for social anxiety
Role: Co-Investigator, Co-PIs Laura Barnes and Mehdi Boukhechba
Location of Tenure: University of Virginia
Period Held: 2020-2021

NIMH 3R01MH113752-02S1
Diversity Supplement for NIMH R01MH113752
Role: Principal Investigator
Location of Tenure: University of Virginia
Period Held: 2018-2020

NIMH R01MH113752
Title: Effectiveness of interpretation training to reduce anxiety: Evaluating technology-based delivery models and methods to reduce attrition
Role: Principal Investigator
Location of Tenure: University of Virginia
Period Held: 2017-2023 (no cost extension)

Learning Technology Incubator Grant Program, UVa College & Graduate School of Arts and Sciences
Title: Creating and disseminating evidence-based clinical psychology training resources
Role: Principal Investigator, in collaboration with multiple UVA faculty and the Committee for Advancement of Resources Supporting Evidence-based Practice (CARSEP)
Location of Tenure: University of Virginia
Period Held: 2019-2020

Society for a Science of Clinical Psychology Varda Shoham Clinical Scientist Training Initiative Grant - Innovation in Clinical Science Track
Title: A clearinghouse for effective treatment elements
Role: Principal Investigator, in collaboration with the Committee for Advancement of Resources Supporting Evidence-based Practice (CARSEP)
Location of Tenure: multi-site
Period Held: 2019-2020

Association for Psychological Science Fund for Teaching and Public Understanding of additional grants Psychological Science
Title: Creating and disseminating clinical science resources
Role: Principal Investigator, in collaboration with the Committee for Advancement of Resources Supporting Evidence-based Practice (CARSEP)
Location of Tenure: multi-site
Period Held: 2019-2020

Arts and Sciences Diversity and Inclusion Grant
Title: Using psychological science to advance diversity & inclusion at UVA
Role: Co-Principal Investigator

Location of Tenure: University of Virginia
Period Held: 2019-2020

The 3 Cavaliers Project

Title: Automatic sensing and characterization of social interactions
Role: Co-Principal Investigator (with Co-PIs Laura Barnes and Jennifer Roe)
Location of Tenure: University of Virginia
Period Held: 2018-2019

Arts and Sciences Diversity and Inclusion Grant

Title: Educational Toolkits for Promoting a “Culture of Belonging” at UVA
Role: Co-Investigator
Location of Tenure: University of Virginia
Period Held: 2018-2019

Arts and Sciences Diversity and Inclusion Grant

Title: Partnering with graduate students to advance diversity and inclusion
Role: Principal Investigator
Location of Tenure: University of Virginia
Period Held: 2017-2019

NIAAA R01AA24732

Title: Evaluating change in drinking identity as a mechanism for reducing hazardous drinking
Role: Co-investigator (Principal Investigator: Kristen Lindgren)
Location of Tenure: University of Washington
Period Held: 2016-2022 (no cost extension)

NIMH R34MH106770

Title: Testing target engagement & effectiveness of web-based interpretation training for anxiety
Role: Principal Investigator
Location of Tenure: University of Virginia
Period Held: 2015-2017 (2018 No cost extension year)

University of Virginia Hobby Postdoctoral and Pre-doctoral Fellows Grant

Title: Dynamic monitoring of college students’ mental health using big data analytics
Role: Co-Principal Investigator (along with Co-Principal Investigator Laura Barnes)
Location of Tenure: University of Virginia
Period Held: 2015-2018

Templeton Science of Prospection Award

Title: Adapting cognitive bias modification to train healthy prospection
Role: Principal Investigator
Location of Tenure: University of Virginia
Period Held: 2014-2016

NIAAA R01AA021763

Title: Using implicit measures to improve prediction of hazardous drinking
Role: Co-investigator (Principal Investigator: Kristen Lindgren)
Location of Tenure: University of Washington
Period Held: 2012-2017

NIA R01AG033033

Title: Age differences in distress following intrusive thoughts
Role: Principal Investigator
Location of Tenure: University of Virginia
Period Held: 2009-2014 (2015 No cost extension year)

NIH RO1MH075781

Title: Fear in the eye of the beholder: Fear and the perception of spatial layout
Role: Co-Investigator (Principal Investigator: Dennis Proffitt)
Location of Tenure: University of Virginia
Period Held: 2007-2011

Community-Based Research Grant from the University of Virginia Institute on Aging

Title: Aging and anxiety: Intrusive thoughts as a barrier to healthy aging
Role: Principal Investigator (with Joshua Magee)
Location of Tenure: University of Virginia
Period Held: 2008-2009

NIMH R03 MH068756

Title: Information processing and treatment for panic disorder
Role: Principal Investigator
Location of Tenure: University of Virginia
Period Held: 2005-2007

Max Planck Network on Aging Junior Fellow Grant

Title: Age differences in the predictors of, and responses to, anxiety symptoms
Role: Principal Investigator
Location of Tenure: University of Virginia
Period Held: 2006-2008

University of Virginia Institute on Aging Pilot Grant

Title: Subjective cognitive complaints as a predictor of anxiety and obsessional thinking in older populations
Role: Principal Investigator
Location of Tenure: University of Virginia
Period Held: 2004-2005

Social Sciences and Humanities Research Council of Canada

Title: Properties of disgust and fear
Role: Collaborator (Principal Investigator: Sheila Woody)
Location of Tenure: University of British Columbia

Period Held: 2001-2004

American Psychological Association Dissertation Research Award

Title: Implicit cognitive processing among individuals with spider phobia: Treatment outcome

Role: Principal Investigator

Location of Tenure: Yale University

Period Held: 2000-2001

Natural Sciences and Engineering Research Council of Canada Fellowship

Title: Implicit associations for fear-relevant stimuli among individuals with snake & spider fears

Role: Principal Investigator

Location of Tenure: Yale University

Period Held: 1999-2001

John F. Enders Collaborative Research Grant

Title: Implicit attitudes toward phobic stimuli: Changes over treatment

Role: Co-Principal Investigator

Location of Tenure: Yale University

Period Held: 1999-2000

Consulting/Collaborator

Dutch Scientific Research Society (VIDI)

Title: Time for Change: Sensitivity to experimental perturbations as a predictor of anxiety improvement in treatment

Role: Collaborator (Principal Investigator: Elske Salemink)

Location of Tenure: Utrecht University

Period Held: 2019-2022

University of Sydney Lifespan Research Network

Title: Preventing the escalation of anxiety and alcohol use during the transition to young adulthood: Pilot trial of the Re-Train Your Brain cognitive bias modification program

Role: Collaborator (Principal Investigator: Katrina Prior)

Location of Tenure: University of Sydney

Period Held: 2020-2022

IDEA faculty grant

Title: Exploring the psychological aspects of recovery following ACL reconstruction in participants with low and high kinesiophobia: A mixed-methods study

Role: Collaborator (Principal Investigator: Mandeep Kaur)

Location of Tenure: University of Virginia

Period Held: 2020-2021

Sydney University Lifespan seed funding grant

Title: Preventing the exacerbation of anxiety and alcohol use comorbidity through cognitive re-training

Role: Co-investigator (Principal Investigator: Katrina Prior)

Location of Tenure: University of Sydney
 Period Held: 2019-2020

Arts and Sciences Diversity and Inclusion Grant
 Title: Diversifying Scholarship at UVa: Forging Interdisciplinary Connections, Empowering Students, and Promoting a Culture of Inclusivity
 Role: Faculty Sponsor/Consultant (Principal Investigators: Jamie Albright, Marlen Gonzalez)
 Location of Tenure: University of Virginia
 Period Held: 2017

NICHHD R24 LM011718
 Title: Culture, Health and Adolescence Research Network (CHARN)
 Role: Consultant (Principal Investigator: Emily Ozer)
 Location of Tenure: University of California, Berkeley
 Period Held: 2014-2015

NSF 0819240
 Title: Collaborative research: A multi-method approach to stigma and status processes
 Role: Consultant (Principal Investigator: Jeffrey Lucas; Co-PI: Jo Phelan)
 Location of Tenure: University of Maryland, College Park and Columbia University, Mailman School of Public Health
 Period Held: 2009-2014

NIMH R01MH096027
 Title: Stigma associated with a high-risk state for psychosis
 Role: Consultant (Principal Investigator: Lawrence Yang)
 Location of Tenure: Columbia University
 Period Held: 2012-2017

NIAAA R21AA021151
 Title: CBM: A novel intervention for alcohol dependence and social anxiety
 Role: Consultant (Principal Investigator: Elise Clerkin)
 Location of Tenure: Miami University
 Period Held: 2013-2015

Mentorship on Grants and Awards

Harrison Undergraduate Research Award
 Title: Modifying a Digital Anxiety Intervention for Asian American Pacific Islander Communities [renamed]
 Role: Mentor for Sreya Kunapuli
 Location of Tenure: University of Virginia
 Period Held: 2022-2023

GIDI-UP (UVA Global Infectious Diseases Institute): Summer Research Award
 Title: Longitudinal Assessment of Anxiety in Response to COVID-19
 Role: Mentor for Tylar Schmitt and María Larrazábal

Location of Tenure: University of Virginia
Period Held: 2022

National Science Foundation Graduate Research Fellowship
Title: Testing Accuracy of Machine Learning Approaches in Classifying Low Base-Rate Events
Role: Mentor for Ilana Ladis
Location of Tenure: University of Virginia
Period Held: 2021-2024

NIH/NCATS KL2TR00316 through the integrated Translational Health Research Institute of Virginia (iTHRIV) Scholars Program Mentored Career Development Award
Title: Measurement and modification of threat interpretation bias to reduce anxiety in Huntington's Disease
Role: Mentor for Jessie Gibson
Location of Tenure: University of Virginia
Period Held: 2021-2023

AIM Youth Mental Health
Title: AIM Clinical Science Fellow
Role: Mentor for Alexandra Wertz
Location of Tenure: University of Virginia
Period Held: 2021-2022

Double Hoo Research Grant
Title: Understanding the relationship between eHealth intervention users and human supportive figures: Does gender matter?
Role: Mentor for Suraj Patel and Alexandra Silverman
Location of Tenure: University of Virginia
Period Held: 2020

iTHRIV Mentored Career Development Program
Title: Improving the understanding of depression among cancer caregivers using ecological momentary assessment
Role: Mentor for Dr. Kelly Shaffer
Location of Tenure: University of Virginia
Period Held: 2019-2022

Harrison Undergraduate Research Award
Title: Distress intolerance and catastrophizing: Testing models of the relationship between anxiety and depersonalization
Role: Mentor for Noah French
Location of Tenure: University of Virginia
Period Held: 2019-2020

American Psychological Foundation's 2017 Randy F. Gerson Memorial Grant
Title: Development of a novel intervention for training flexible thinking in relationships

Role: Mentor for Karl Fua
Location of Tenure: University of Virginia
Period Held: 2017-2018

Presidential Fellows in Data Science Award
Title: Therapist in your pocket: Reinforcement learning approaches for contextual, personalized emotion regulation recommendations
Role: Mentor for Miranda Beltzer and Mawulolo Ameko
Location of tenure: University of Virginia
Period Held: 2018-2019

K23NR16215-01
Title: Effects of psychological stress on arterial stiffness
Role: Mentor for Jeongok Logan, PhD
Location of Tenure: University of Virginia
Period Held: 2016-2019

Presidential Fellows in Data Science Award
Title: Applying machine learning to text communications to model suicide risk in real-time
Role: Mentor for Jeffrey Glenn and Alicia Nobles
Location of tenure: University of Virginia
Period Held: 2015-2016

American Psychological Association Dissertation Research Award
Title: The age of anxiety: A multi-dimensional perspective on age and anxiety across the adult life span
Role: Principal Investigator (with Jennifer Green)
Location of Tenure: University of Virginia
Period Held: 2013-2014

K99 AA017669, R00 AA017669 NIH Pathway to Independence Award
Title: Retraining automatic biases related to problem drinking in College students
Role: Mentor for Kristen Lindgren, PhD
Location of Tenure: University of Washington
Period Held: 2008-2013

F31MH083337 NIH Ruth L. Kirschstein National Research Service Award
Title: Modifying implicit social anxiety associations: An experimental intervention
Role: Principal Investigator (with Elise Clerkin)
Location of Tenure: University of Virginia
Period Held: 2008-2009

F31 MH074166 NIH Ruth L. Kirschstein National Research Service Award
Title: Development of information processing in spider fear
Role: Principal Investigator (with Shannan Smith-Janik)
Location: University of Virginia

Period Held: 2005-2007

American Psychological Association Mental Health and Substance Abuse Services Fellowship

Title: Ethnic differences in somatic triggers of anxiety

Role: Mentor for Tynessa Gordon

Location: University of Virginia

Period Held: 2004-2007

Scholarships, Fellowships, and Gifts

Center for International Studies Faculty Travel award (sponsoring outreach work in Romania)

Location: University of Virginia

Period Held: 2011

University of Virginia Teaching Fellowship

Location: University of Virginia

Period Held: 2006-2007

Charlottesville-Albemarle Community Foundation: Funding for study on stigma of mental illness through the Mental Health Services Fund

Location: University of Virginia

Period Held: 2003

Yale University Fellowship (annually for 5 years)

Location: Yale University

Period Held: 1997-2002

Honors and Awards

American Psychological Association Division 12 Society of Clinical Psychology 2023

Invited Speaker for the American Psychological Foundation's (APF) Spielberger EMPathy Symposium

Featured Woman of the Month by the Committee on Women in Medicine and Science at UVA 2023

Inaugural Psychology Dept. Excellence in Diversity, Inclusion, and Equity Award 2020

Fellow, American Association for the Advancement of Science 2019

Public Voices Fellowship with the Op-Ed Project 2019

American Psychological Association Presidential Citation 2019

University of Western Australia Institute of Advanced Studies Visiting Fellow 2019

Society for a Science of Clinical Psychology Lawrence H. Cohen Outstanding Mentor Award 2018

Fellow, Association for Behavioral and Cognitive Therapies	2015
Association for Behavioral and Cognitive Therapies Outstanding Mentor Award	2014
Fellow, Association for Psychological Science	2013
American Psychological Association Distinguished Scientific Award for Early Career Contribution to Psychology (in the area of psychopathology)	2012
Programmatic Distinguished Visitor, University of Western Australia	2011-2014
International Max Planck Research School “The Life Course: Evolutionary and Ontogenetic Dynamics (LIFE)” Invited Faculty	2010-present
Outstanding Professor Award, given to one member of the University of Virginia Psychology Department	2008
Early Career Award from the Anxiety SIG for the Association for Behavioral and Cognitive Therapies	2007
University of Virginia Teaching Fellowship	2006 - 2007
Max Planck International Research Network on Aging (Junior Fellow)	2005-2008
Mead Honored Faculty, University of Virginia Teaching award from the Mead Endowment in conjunction with the Dean of the College.	2004 - 2005
Yale University Psychology Department: Jane Olejarczyk Award Awarded to a graduate student who has contributed significantly to enhance the department.	2000 - 2001
Anxiety Disorders Association of America Trainee Travel Award Award presented at annual Anxiety Disorders Association of America conference in Austin, TX.	2002
Massachusetts General Hospital: Emerson Award Annual award recognizing the contribution of a manuscript authored by a clinical psychologist.	2002
University of British Columbia Morris Belkin prize Awarded for Top Psychology Honors Thesis	1996

Editorial Positions

Associate Editor:

- Perspectives on Psychological Science (2010-2015)
- Cognition and Emotion (2007-2010)

Editorial Boards:

- Cognitive Therapy and Research (2006-2014)
- Journal of Abnormal Psychology (2005-2010)
- Clinical Psychological Science (2016-current)
- Affective Science (2019-current)
- Stigma and Health (2021-current)

Guest Editor:

- Psychotherapy (2012, Special section organized by APA, Div. 12 Science & Practice cmt.)
- Journal of Behavior Therapy and Experimental Psychiatry (2005-2006, Special section)
- Clinical Psychology Review (2017-2018, Special section)

Publications

- **Books**

Bernstein, D. A., Teachman, B. A., Olatunji, B. O., & Lilienfeld, S. O. (2020). Introduction to clinical psychology: Bridging science and practice (Ninth edition). Cambridge University Press.

Teachman, B. A., Schwartz, M., Gordic, B., & Coyle, B. (2003). Helping your child overcome an eating disorder: What you can do at home, Oakland, CA: New Harbinger.

Woody, S., Detweiler-Bedell, J., Teachman, B. A., & O'Hearn, T. (2002). Treatment planning in psychotherapy: Taking the guesswork out of clinical care, New York: Guilford Press.

- **Peer-Reviewed Journal Articles**

Wernitz, A., O'Shea, B. A., Sjobeck, G., Howell, J., Lindgren, K. P., & Teachman, B. A. (2023). Implicit and explicit COVID-19 associations and mental health in the United States: A large-scale examination and replication. Anxiety, Stress, & Coping, 1-20.

Beltzer, M. L., Ameko, M. K., Daniel, K. E., Daros, A. R., Boukhechba, M., Barnes, L. E., & Teachman, B. A. (2022). Building an emotion regulation recommender algorithm for socially anxious individuals using contextual bandits. British Journal of Clinical Psychology, 61, 51-72.

Beltzer, M. L., Daniel, K. E., Daros, A. R., & Teachman, B. A. (in press). Examining social reinforcement learning in social anxiety. Journal of Behavior Therapy and Experimental Psychiatry.

Beltzer, M. L., Daniel, K. E., Daros, A. R., & Teachman, B. A. (in press). Social reinforcement learning parameters change following web-based interpretation bias modification: Secondary analysis of a digital mental health intervention. JMIR Formative Research.

Beltzer, M. L., Moulder, R. G., Baker, C., Comer, K., & Teachman, B. A. (2022). Effects of mass shootings on mental illness stigma in the United States. Personality and Social Psychology Bulletin, 01461672221097180.

- Daniel, K. E., Fua, K., Werntz, A., Doss, B., Lawrence, E., & Teachman, B. A. (in press). Development and validation of the Flexibility in Partner Perspectives Scale. Contemporary Family Therapy.
- Daniel, K. E., Larrazabal, M. A., Boukhechba, M., Barnes, L. E. & Teachman, B. A. (in press). State and trait emotion regulation diversity in social anxiety. Clinical Psychological Science.
- Daniel, K. E., Moulder, R. G., Teachman, B. A., & Boker, S. M. (in press). Stability and spread: A novel method for quantifying transitions within multivariate binary time series data. Behavior Research Methods.
- Daniel, K. E., Southward, M. W., & Teachman, B. A. (in press). Investigating psychiatric symptoms as predictors of the reasons people do not regulate their emotions in daily life. Emotion.
- Eberle, J. W., Boukhechba, M., Sun, J., Zhang, D., Funk, D., Barnes, L., & Teachman, B. A. (in press). Shifting episodic prediction with online cognitive bias modification: A randomized controlled trial. Clinical Psychological Science.
- Grassetti, S. N., Meehan, S. M., Beveridge, R. M., Teachman, B. A., Stanton, A. G., Jazmine Cooper, P., & Daniel, K. E. (in press). Evaluation of health service psychology graduate program “visit days” designed to aid in the recruitment of underrepresented and/or marginalized students. Training and Education in Professional Psychology.
- Greenwald, A. G., Dasgupta, N., Dovidio, J. F., Kang, J., Moss-Racusin, C. A., & Teachman, B. A. (2022). Implicit-bias remedies: Treating discriminatory bias as a public-health problem. Psychological Science in the Public Interest, 23(1), 7-40.
- Grossman, I. et al. (in press). Insights into accuracy of social scientists' forecasts of societal change. Nature Human Behaviour.
- Hofferber, B., Daniel, K. E., & Teachman, B. A. (in press). How anxiety self-identity, emotion malleability beliefs and perceived effort predict the frequency of emotion regulation strategy use. The Oculus, The Virginia Journal of Undergraduate Research.
- Howell, J. L., Sweeny, K., Hua, J., Werntz, A., Hussain, M., Hinojosa, B. M., ... & Teachman, B. A. (2022). The role of uncertainty, worry, and control in well-being: Evidence from the COVID-19 outbreak and pandemic in US and China. Emotion.
- Ladis, I., Daros, A. R., Boukhechba, M., Daniel, K. E., Chow, P. I., Beltzer, M. L., Barnes, L. E., & Teachman, B. A. (in press). When and where do people regulate their emotions? Patterns of emotion regulation in unselected and socially anxious young adults. Journal of Social and Clinical Psychology.

- Ladis, I., Seitov, A., Barnes, L. E., & Teachman, B. A. (2023). Perceived burdensomeness and thwarted belongingness in text messages of suicide attempt survivors. Archives of Suicide Research, 1-12.
- Ladis, I., Toner, E. R., Daros, A. R., Daniel, K. E., Boukhechba, M., Chow, P. I., Barnes, L. E., Teachman, B. A., & Ford, B. Q. (in press). Assessing emotion polyregulation in daily life: Who uses it, when is it used, and how effective is it? Affective Science.
- Ladis, I., Valladares, T. L., Coppersmith, D. D. L., Glenn, J. J., Nobles, A. L., Barnes, L. E., & Teachman, B. A. (in press). Inferring sleep disturbance from text messages of suicide attempt survivors: A pilot study. Suicide and Life-Threatening Behavior.
- Joyner, K. J., Anderson, L. M., Bekele, B. M., Callahan, J. L., Egbert, A. H., Grus, C., Hill, K., Keilin, G., Lopez, G., Mehta, T., Sequeira, S., Siegel, W., Silberbogen, A. K., Strauman, T. J., Vas, S. N., Wall, J., Washburn, J. J., Yee, C. M., & Teachman, B. A. (in press). Exploring different visions for the future of health service psychology internships: Reports from an initial stakeholder meeting. the Behavior Therapist.
- Lindgren, K. P., Jaffe, A. E., Kaysen, D., Teachman, B. A., Young-McCaughan, S., Peterson, A. L., Resick, P. A., & Wachen, J. S. (2023). Implicit trauma identity associations in treatment-seeking U.S. military personnel do not predict or change in response to cognitive processing therapy for PTSD. Psychological Trauma: Theory, Research, Practice and Policy, 15(4), 656-664.
- Lindgren, K. P., Baldwin, S. A., Peterson, K. P., Ramirez, J. J., Teachman, B. A., Kross, E., Wiers, R. W., & Neighbors, C. (2022). Maturing out: Between- and within-person changes in social network drinking, drinking identity, and hazardous drinking following college graduation. Clinical Psychological Science.
- Logan, J. G., Yun, S., Teachman, B. A., Bao, Y., Farber, E., & Farber, C. R. (2022). Genome-wide mRNA expression analysis of acute psychological stress responses. MEDICC Review, 24(2), 35-42.
- Silverman, A. L., Boggs, J. M., Eberle, J. W., Baldwin, M., Behan, H. C., Baglione, A. Paolino, V., Vela de la Garza Evia, Á. F., Boukhechba, M., Barnes, L., Funk, D. H., & Teachman, B. A. (in press). Minimal effect of messaging on engagement in a digital anxiety intervention. Professional Psychology: Research and Practice.
- Silverman, A. L., Fua, K., Werntz, A., & Teachman, B. A. (in press). More than one way to say I love you: An internet-based intervention for training flexible thinking in romantic relationships. Journal of Clinical Psychology.
- Silverman, A. L., & Teachman, B. A. (2022). The relationship between access to mental health resources and use of preferred effective mental health treatment. Journal of Clinical Psychology, 78(6), 1020-1045.

- Teachman, B. A., Wertz, A., & Silverman, A. L. (2022). Digital mental health services: Moving from promise to results. Cognitive and Behavioral Practice, *29*(1), 97-104.
- Washburn, J. J., Teachman, B. A., Gaudiano, B., Penberthy, J. K., Peris, T., Davison, G., & Hollon, S. D. (in press). The central role of lifelong learning and humility in clinical psychology. Clinical Psychological Science.
- Wertz, A., Silverman, A., Behan, H., Patel, S. K., Beltzer, M. L., Boukhechba, M., Barnes, L., & Teachman, B. A. (2022). Lessons learned: Providing supportive accountability in an online anxiety intervention. Behavior Therapy, *53*(3), 492-507.
- Berenbaum, H., Washburn, J. J., Sbarra, D., Reardon, K. W., Schuler, T., Teachman, B. A., ... & Lee, S. S. (2021). Accelerating the rate of progress in reducing mental health burdens: Recommendations for training the next generation of clinical psychologists. Clinical Psychology: Science and Practice, *28*(2), 107.
- Daniel, K. E., Mendu, S., Baglione, A., Cai, L., Teachman, B. A., Barnes, L. E., & Boukhechba, M. (2021). Cognitive bias modification for threat interpretations: Using passive Mobile Sensing to detect intervention effects in daily life. Anxiety, Stress, and Coping, 1-15.
- French, N. J., Eberle, J. W., & Teachman, B. A. (2021). Distress intolerance, anxiety sensitivity, and negative interpretation bias strengthen the relationship between trait anxiety and depersonalization. Anxiety, Stress, and Coping, 1-14.
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Teachman, B. A. (2021, April). It is OK not to feel OK. Published in UVA Thoughts From the Lawn. Retrieved from <https://alumni.virginia.edu/learn/2021/04/02/it-is-ok-not-to-feel-ok/>

Kelly, J. interviewing Teachman, B. A. (2021, April). What is ‘doomscrolling?’ Why do we do it, and how can we stop? Published in UVA Today. Retrieved from <https://news.virginia.edu/content/what-doomscrolling-why-do-we-do-it-and-how-can-we-stop>

Teachman, B. A. (2020, November). Keep calm and carry on – but how? A psychologist offers 10 tips to manage the uncertainty and stress of election aftermath. Published in The Conversation. Retrieved from <https://theconversation.com/keep-calm-and-carry-on-but-how-a-psychologist-offers-10-tips-to-manage-the-uncertainty-and-stress-of-election-aftermath-149605>

- Kelly, J. interviewing Teachman, B. A. (2020, November). Is the election stressing you out? Our anxiety expert has advice for you. Published in UVA Today. Retrieved from <https://news.virginia.edu/content/election-stressing-you-out-our-anxiety-expert-has-advice-you>
- Teachman, B. A. (2020, September). 3 research-based ways to cope with the uncertainties of pandemic life. Published in The Conversation. Retrieved from <https://theconversation.com/3-research-based-ways-to-cope-with-the-uncertainties-of-pandemic-life-144778>
- Teachman, B. A. (2020, May). Why anxiety should not be feared. Published in Anxiety and Depression Association of America blog. Retrieved from <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/why-anxiety-should-not-be-feared>
- Teachman, B. A. (2020, March). Feeling overwhelmed? Approach coronavirus as a challenge to be met, not a threat to be feared. Published in The Conversation. Retrieved from <https://theconversation.com/feeling-overwhelmed-approach-coronavirus-as-a-challenge-to-be-met-not-a-threat-to-be-feared-134211>
- Kelly, J. interviewing Teachman, B. A. (2020, March). Expert offers practical advice to manage your coronavirus anxiety. Published in UVA Today. Retrieved from <https://news.virginia.edu/content/expert-offers-practical-advice-manage-your-coronavirus-anxiety>
- Teachman, B. A. (2019, October). Phones can help our anxiety and not just add to it. Op-ed published in The Hill. Retrieved from <https://thehill.com/opinion/healthcare/465519-phones-can-help-our-anxiety-and-not-just-add-to-it>
- Teachman, B. A. (2018, February). Finding new ways to calm the anxious mind. Psychological Science Agenda, 32(2). Retrieved from <https://www.apa.org>
- Hollon, S., Bufka, L., & Teachman, B. A. (2018, May). Clinical practice guidelines are based on the literature we have, not the literature we wish we had: Response to Henriques, Saunders, and Otto. Clinical Psychologist.
- Teachman, B. A., Bufka, L., & Hollon, S. (2018, May). Advancing and disseminating the science of clinical psychology through American Psychological Association's Clinical Practice Guidelines. Clinical Psychologist.
- McKay, D., Jensen-Doss, A., Lilienfeld, S. O., Teachman, B., & White, B. (2018, September). Assessing harms and benefits in psychological interventions: Update from the Coalition for the Advancement and Application of Psychological Science (CAAPS). The Behavior Therapist.
- Teachman, B. A., Prinstein, M., McKay, D., Barch, D., & Hollon, S. (2017). Gaps in our understanding about how to reduce the burden of mental illness that psychosocial research can

help fill. Brief submitted to the National Institute of Mental Health.

Teachman, B. A. (2017, February). Working together to promote clinical science. The Behavior Therapist, 40(2), 54-55.

Teachman, B. A. (2016, June 22). This is how I work [Web log post]. Retrieved from <https://howiwork-sci.com/2016/06/22/bethany-teachman/>

Werntz, A. J., Kline, E., & Teachman, B. A. (2016, October 20). A therapist-free intervention that offers promise for reducing feelings of anxiety [Web log post]. Retrieved from <https://www.anxiety.org/cognitive-bias-modification-internet-based-treatment-for-anxiety-disorders>

Lilienfeld, S., & Teachman, B. A. (2015, November 17). What is clinical science? [Web log post]. Retrieved from <http://alumni.virginia.edu/learn/2015/11/17/what-is-clinical-science/>

Teachman, B. A. (2015, December 2). Jeb Bush was wrong: There are many careers for psychological scientists [Web log post]. Retrieved from <http://www.psychologicalscience.org/index.php/publications/observer/obsonline/many-careers-for-psychological-scientists.html>

Teachman, B. A. (2014). Society for a Science of Clinical Psychology Presidential Column: Everyone should be so lucky! Clinical Science, *fall issue*.

Teachman, B. A. (2014). Society for a Science of Clinical Psychology Presidential Column: Thinking about our future. Clinical Science, *spring issue*.

Teachman, B. A. (2014). Society for a Science of Clinical Psychology Presidential Column: Don't just talk amongst yourselves, talk to someone new. Clinical Science, *winter issue*, 2-3.

Teachman, B. A. (2012). Awards biography and bibliography. American Psychologist, 67, 644-646.

Teachman, B. A. (2011). Training grants encourage integration of clinical science and practice. Invited article for Association for Psychological Science Observer, 25(1).

Teachman, B. A. (2011). SSCP and APS team up to develop new job mentorship program. Invited article for Clinical Science, 14(3), 7.

Teachman, B. A., & Steinman, S. A. (2010). Challenges and rewards of teaching and learning about evidence based practice. Invited article for Clinical Science, *fall issue*, 9-11.

Teachman, B. A. (August, 2010). Understanding the interplay between anxiety and cognition from a lifespan perspective. Invited article for The Life Course: Evolutionary and Ontogenetic Dynamics (LIFE) Newsletter.

Teachman, B. A. (2008, April). Information processing in anxiety disorders: Automatic and insidious. Invited article for the Association for Behavioral and Cognitive Therapies Anxiety Disorder Special Interest Group Newsletter.

Teachman, B. A. (2008). What to expect from cognitive behavioral therapies. Invited article for Association for Behavioral and Cognitive Therapies web site.

Dissemination:

Fleischmann, M. R., Namaky, N., & Teachman, B. (2020, May 25). Behavioral activation techniques while physical distancing. <https://doi.org/10.17605/OSF.IO/RH7NT>

French, N. J., & Teachman, B. (2020, April 17). Social anxiety exposures while physical distancing. <https://doi.org/10.17605/OSF.IO/B2E5N>

Invited Talks, Podcasts, Webinars and Colloquium	
<u>Overcoming Anxiety Interview Series: Featured Speaker</u> Online summit organized by morethananxiety.com	2023, May
<u>Panel on Diversifying Clinical Psychology: Graduate Admissions</u> Council of University Directors of Clinical Psychology	2023, April
<u>Implicit health biases: Managing impact on clinical research and care</u> Veteran Affairs Accelerating Greater Equity in Medicine series	2023, April
<u>Panel on Women in STEM</u> Women's Center and Women in Medicine Initiatives	2023, April
<u>Graduate students: The engine of a research university</u> UVA Arts & Sciences College Foundation Board of Trustees	2023, March
<u>Podcast on MindTrails and PACT lab research</u> HOOS in STEM podcast: Inaugural episode	2023, February
<u>Panel on pursuing a career in clinical psychology</u> University of Virginia, Student Psychology Society	2023, February
<u>How to manage sadness, self-criticism, and that desire to just curl up in a ball</u> University of Virginia, Faculty Employee Assistance Program & Faculty Guide program	2022, December
<u>Manage anxious thoughts and negative thinking patterns, so they don't manage you</u> University of Virginia, Faculty Employee Assistance Program	2022, June
<u>Adding to Clinicians' Toolbox: Using Technology to Change Anxious Thinking</u> Invited keynote address, Brazilian Federation of CBT	2022, April

<u>Taking a Break: Understanding the Different Types of Faculty Leaves</u> University of Virginia, Faculty Guide program	~Annually 2017-2023
<u>Managing Conflict & Advocating for Yourself: Who can Help</u> University of Virginia, Faculty Guide program	~Annually 2022-2023
<u>Evaluating The Clinical Utility Of Interpretation Bias Modification Depends On One's Own Interpretation Bias</u> Invited keynote address, Association for Cognitive Bias Modification, Tel Aviv, Israel (virtual)	2022, February
<u>Am I done yet? Planning the right path to retirement</u> University of Virginia, Faculty Guide program	~Annually 2017-2022
<u>Managing Emotions & Supporting Relationships During COVID</u> University of Virginia, Faculty Employee Assistance & Faculty Guide Programs	2021, October
<u>It has been a tough 17 months: Managing stress and mental health in a pandemic</u> Northside Library, Charlottesville, Virginia	2021, August
<u>Mental health in Virginia during COVID: Scope of the challenge & need for innovative solutions</u> Virginia State of Reform Health Care Policy Conference	2021, April
<u>New Year, Same Anxiety? What 2020 taught us about managing stress that can help us start 2021 off strong!</u> Between the Columns UVA College Spotlight Speaker Series	2021, January
<u>Managing the mental health impact of COVID-19</u> Invited speaker for UVA Second Year Council Speaker Series Invited speaker for UVA course Pandemics Beyond the Headlines	2021, February 2021, January
<u>Will 2020 ever end? Managing stress when the stressors never seem to stop</u> University of Virginia, Faculty Guide program	2020, October
<u>On embracing an open-science mindset</u> Research Matters Podcast	2020, August
<u>Managing the roller coaster of emotions during COVID-19</u> Student Impact Summer Community Leadership Program Guest Speaker Anxiety and Depression Association of America webinar	2020, August 2020, May
<u>Managing anxiety when the world is upside down</u> Between the Columns UVA College Spotlight Speaker Series	2020, May
<u>Panel on Student Resilience and Motivation During the Pandemic</u> Student Impact and Resiliency Project	2020, May

<u>Managing Mental Health During COVID-19</u> Webinar sponsored by UVA Provost's Office	2020, April
<u>MindTrails: Using technology to change anxious thinking in the real world</u> Florida International University, Ctr. for Children and Families Speaker Series Yale University, Psychology Colloquium Boston University, Psychology Colloquium Center for Clinical Interventions, Government of Western Australia Institute of Advanced Studies, University of Western Australia	2021, January 2020, February 2019, October 2019, April 2019, March
<u>American Psychological Association (APA) Clinical Practice Guideline for the Treatment of Depression Across Three Age Cohorts</u> Presentation to the APA Council in Washington, DC Webinars sponsored by APA (two presented)	2019, February 2019, February
<u>MindTrails: Using technology to shift anxious thinking</u> UVA Dynamics of Healthy Development Blitzarama	2018, October
<u>Understanding anxiety in college students: Using technology to shift anxious thinking</u> UVA College Foundation	2018, October
<u>Moving from the clinic to a screen near you: Changing anxious thinking in the real world</u> College Foundation New York Regional Board Meeting	2018, May
<u>When conflict arises: Understanding the options available to faculty to raise & address complaints</u> University of Virginia, Faculty Guide program	2018, April
<u>Faculty-Senate Retirement workshop</u> University of Virginia, Faculty Guide program	2018, March
<u>Can I think about this a different way? Using digital technology to change anxious interpretations</u> University of Virginia, Social Psychology Seminar, Charlottesville, VA	2017, December
<u>Using technology to promote innovative Lithuanian mental health solutions</u> Lithuanian Ministry of Health Forum on Mental Health Innovations	2017, September
<u>Psychological First Aid</u> University of Virginia, Clinical Psychology Seminar, Charlottesville, VA	2017, September
<u>Anxiety and its management</u> University of California, Davis Men's Basketball Team	2016, December
<u>Responding to critical incidents</u> [related to acts of bigotry on campus] University of Virginia, Faculty Senate meeting	2016, December

- Moving from the clinic to a screen near you: Challenges in disseminating interpretation training
 University of Virginia, Computer Science Department Colloquium, 2016, December
 Charlottesville, VA
- University of Virginia, Center for Behavioral Health and Technology, 2016, November
 Charlottesville, VA
- Association for Behavioral and Cognitive Therapies, 2016, October
 50th Anniversary Invited Panel, New York, NY
- Teacher's College, Columbia University Psychology Department Colloquium, 2016, October
 New York, NY
- University of Virginia, Clinical Psychology Seminar, Charlottesville, VA 2016, October
- Adapting Cognitive Bias Modification to Train Healthy Prospection
 Templeton Science of Prospection Award Retreat 2016, August
- Memos to the President From a "Council of Psychological Science Advisers"
 Society for Personality and Social Psychology's Presidential Plenary on Policy, 2016, January
 Social Psychology, & You
- Coming soon to a computer near you: Changing threat interpretations to reduce anxiety
 Society for a Science of Clinical Psychology's Virtual Clinical Lunch 2015, October
- Thinking without fear: The science behind anxiety reduction
 University of Virginia's "More than the Score" Lifetime Learning 2015, September
- It's not a heart attack, you're just out of breath: Changing threat interpretations to reduce anxiety
 Virginia Commonwealth University, Positive Psychology Research Group 2014, October
 University of Washington, Center for the Study of Health and Risk Behaviors 2014, June
 Society for a Science of Clinical Psychology Presidential Address at the annual meeting of the
 Association for Psychological Science 2014, May
 University of Virginia, Behavioral Medicine, Charlottesville, VA 2014, January
- Regaining control: Interventions for automatic & strategic cognitive biases in adult anxiety
 National Institute of Mental Health "Brain Camp" 2014, May
- Implicit anxiety associations: Can you regain control?
 University of Virginia psychology department colloquium, Charlottesville, VA 2013, February
- Changing thinking to reduce anxiety: Implications of a lifespan perspective
 LIFE Fall Academy (Int'l Max Planck Research School), Charlottesville, VA 2012, October
- Reducing symptoms by changing implicit associations tied to anxiety disorders
 University of Virginia, Behavioral Medicine, Charlottesville, VA 2012, October
 Invited address at the 23rd Annual Conference on Psychology in the Public
 Sector, Western State Hospital, Staunton, VA 2012, October
- Changing thinking to reduce anxiety: Translational potential of cognitive bias modification

- Virginia Commonwealth University, Virginia Institute for Psychiatric and Behavioral Genetics 2012, December
- University of Groningen 2012, June
- University of Western Australia psychology department, Perth, Australia 2012, May
- Interactive Model of Anxious processing (IMAP): I think therefore I panic
- University of California Berkeley, Institute of Personality & Social Research 2012, February
- Stanford University, Department of Psychology, Affective Area Seminar 2011, October
- Stanford University, Department of Psychology, Social Area Seminar 2011, October
- Mental disorder: What's that?
- Presenter and panelist at the Center for Advanced Study in the Behavioral Sciences (CASBS)
"Crosstalk" series at Stanford University 2011, October
- Dissemination of evidence based treatment
- Presenter and panelist at the Center for Advanced Study in the Behavioral Sciences (CASBS)
"Looking Ahead" series at Stanford University 2011, September
- Treating anxiety disorders in adults
- Invited workshop for Romanian psychologists sponsored by the Alexandru Ione
Cruz University in Iasi, Romania 2011, July
- Aging and emotional health: Relieving stress and managing negative moods
- Charlottesville Senior Center (invited workshop) 2010, November
- Aging and emotional reactions: Not a simple story
- Guest Lecture for University of Virginia's Art & Aging Class in Psychology 2010, September
- Understanding cognitive processing in anxiety disorders from a developmental perspective
- LIFE Spring Academy (Int'l Max Planck Research School), Charlottesville, VA 2010, May
- I think therefore I panic: Biased cognitive processing in panic disorder
- University of Virginia, Women's Work Program, Charlottesville, VA 2010, December
- University of Virginia, Social Psychology Seminar, Charlottesville, VA 2010, March
- University of Virginia, Psychology Research Class, Charlottesville, VA 2010, March
- The PACT Lab Sampler Plate: A taste of anxiety, and an amuse-bouche of biased cognitive processing and intervention in a lifespan perspective sauce
- University of Virginia, Cognitive Psychology Seminar, Charlottesville, VA 2009, November
- It's out of my control: Automatic processing in anxiety disorders
- University of CO at Boulder psychology department colloquium, Boulder, CO 2008, February
- Washington University psychology department colloquium, St Louis, MO 2008, October
- Dickinson College psychology department colloquium, Carlisle, PA 2009, January
- University of Virginia psychology department colloquium, Charlottesville, VA 2009, February
- University of Western Australia psychology department, Perth, Australia 2009, March

- Concordia University psychology department colloquium, Montreal, QC 2009, March
- Facing the mirror again: Body dysmorphic disorder assessment and treatment 2009, March
Workshop for the Australian Association of Cognitive Behaviour Therapies, Perth, Australia
- Treatment planning in clinical psychology: An evidence-based approach 2009, March
Workshop for the Australian Association of Cognitive Behaviour Therapies, Perth, Australia
- Obsessional beliefs and responses to intrusive thoughts: A lifespan perspective 2008, November
University of Virginia, Developmental Psychology Seminar, Charlottesville, VA
- Managing anxiety problems among patients and caregivers 2008, February
Virginia Conference on Geriatric Care: 'Sharing the Challenge: Tools for Successful Caregiving'
- Emotional influences on perception and cognition: Be afraid...be very afraid 2008, February
University of Virginia psychology department colloquium
- Anxiety disorders: Assessment, etiology, and treatment 2006-2008 (annually), February
Guest Lecture for University of Virginia's Curry Programs in Clinical and School Psychology
- Automatic perceptual biases: A novel mode of fear expression 2007, December
FWO Scientific Research Community Meeting, Ghent, Belgium
- Information processing in anxiety disorders: Automatic and insidious 2007, November
Early Career Award Address: Anxiety SIG, Association for Behavioral and Cognitive Therapies
- Aging, bodily threat and anxiety
Maxnet Aging International Research Network meeting, Stockholm, Sweden. 2007, June
- Changing interpretations: Consequences for anxiety disorders
University of Virginia, Cognitive Psychology Seminar, Charlottesville, VA. 2006, November
- Aging, arousal and anxiety
Maxnet Aging International Research Network meeting, Charlottesville, VA. 2006, May
- Aging and cognitive theories of anxiety
Maxnet Aging International Research Network meeting, Marbella, Spain. 2005, November
- Obsessional beliefs and implicit appraisals of intrusive thoughts.
Stanford University, Psychology Department Personality Seminar, Stanford, CA. 2005, October
- Using implicit associations to test cognitive theories of anxiety
Implicit Cognition and Attention in Experimental Psychopathology and Health 2005, August
research meeting, Netherlands.
- Cognitive processing in anxiety disorders: Untangling the web of fear associations

- Virginia Polytechnic Institute and State University, Blacksburg, VA. 2004, November
- Cognitive processing in anxiety disorders: Why spiders are so creepy
Washington and Lee University, Lynchburg, VA. 2004, April
- Using implicit cognition to examine changes following treatment for phobias and panic disorder
Implicit Cognition in Psychopathology Meeting, Belgium. 2003, August
- Supporting your loved one: Coping and resources
Annual meeting of the National Eating Disorders Association, St. Charles, IL. 2003, October
- Untangling the web of fear associations: An investigation of automatic processing in spider phobia
University of Wisconsin, Madison, WI. 2001, May
University of Pennsylvania, Philadelphia, PA. 2001, November
University of Waterloo, Waterloo, ON. 2002, January
University of Western Ontario, London, ON. 2002, January
University of Virginia, Charlottesville, VA. 2002, February
University of Missouri, Columbia, MO. 2002, February
Harvard University, Cambridge, MA 2002, March
Massachusetts General Hospital, Boston, MA 2002, June
- The skinny on automatic anti-fat bias
University of Wisconsin, Madison, WI. 2001, October
University of Pennsylvania, Philadelphia, PA. 2001, November
- Implicit fearful attitudes toward critters that creep and crawl
Yale University, Current Topics in Clinical Psychology, New Haven, CT. 1999, November
- What you lookin' at? Self-focused attention, causal attributions and social anxiety
Yale University, Current Topics in Clinical Psychology, New Haven, CT. 1999, January
Yale University, Current Topics in Social Psychology, New Haven, CT. 1999, February

Invited Meetings and Consulting

- Program Chair, Society for Digital Mental Health inaugural conference 2022, 2023
- Academy of Psychological Clinical Science Clinical Science Training Summit 2023
- Co-leader of the annual Multidisciplinary Mental Health Summit on behalf of the Coalition for the Advancement and Application of Psychological Science 2018-2020
- Invited Chair for Association for Behavioral and Cognitive Therapies' Inaugural Think Tank on Advancing Digital Technologies to Provide Evidence-Based Care 2017, 2018
- A conversation with NIMH leadership about the role of psychosocial research 2017
Coalition for the Advancement and Application of Psychological Science Virtual Town Hall (Organizer and moderator)

Coalition for the Advancement and Application of Psychological Science (Chair bi-annual half-day meetings in spring and fall)	2016-2022
Clinical Science Summits sponsored by Association for Psychological Science	2015 (August, October)
“Champions of psychology.” Invited participant by the Association for Psychological Science Student Caucus at the annual meeting of the Association for Psychological Science, Washington D.C.	2013
Expert witness	2010-2012
“Schizophrenia prevention: Using the tools of cognitive neuroscience to understand stigma associated with the risk label in the community.” Supported by the Irving Institute for Clinical and Translational Research of Columbia University	2010-2011
“Stigma Associated with a High-Risk State for Psychosis: Potential Adoption of a Controversial Diagnosis for DSM-V.” Supported by Columbia University School of Public Health, Calderone Prize awarded to Lawrence Yang	2009-2011
Research Community of the Flemish Science Foundation (FWO-Vlaanderen): “Automatic Processes in Psychopathology and Health Related Behavior”	2007-2012
‘B’ is for Bias, Southern Poverty Law Center	2006
American Psychological Association Science Leadership Conference	2005, 2007

Selected Conference Presentations (since 2010)

- Eberle, J. W., Daniel, K. E., Bae, S., Behan, H. C., Silverman, A. L., Baglione, A. N., Werntz, A., French, N. J., Ji, J. L., Hohensee, N., Tong, X., Huband, J. M., Boukhechba, M., Funk, D. H., Barnes, L. E., & Teachman, B. A. (June, 2023). Web-based interpretation bias training to reduce anxiety: A sequential multiple-assignment randomized trial. Flash talk presented at the annual meeting of the Society for Digital Mental Health (Virtual).
- Gibson, J., Eberle, J. W., Werntz, A., & Teachman, B. A. (June, 2023). Advancing access to psychosocial anxiety treatment in neurodegenerative movement disorders. Flash talk presented at the annual meeting of the Society for Digital Mental Health (Virtual).
- Ladis, I., McGuinn, B., Glenn, J. J., Nobles, A. L., Barnes, L. E., & Teachman, B. A. (June, 2023). Who are you texting? Emotional communication via text messages by young adults with a suicide attempt history. Flash talk presented at the annual meeting of the Society for Digital Mental Health (Virtual).
- Teachman, B. A. (June, 2023). Making digital mental health work for marginalized communities. Moderator for panel discussion presented at the meeting of the Society for Digital Mental Health (virtual).
- Daniel, K. E., Moulder, R. G., Boker, S. M., & Teachman, B. A. (May, 2023). Investigating emotion regulation strategy switching in the daily lives of socially anxious people. Paper

presented at the annual meeting of the Association for Psychological Science, Washington, D.C.

- Larrazabal, M. A., Eberle, J. W., Behan, H. C., Vela de la Garza Evia, A. F., Boukhechba, M., Funk, D. H., Barnes, L. E., Boker, S. M. & Teachman, B. A. (May, 2023). Evaluating online cognitive bias modification for interpretation as a tool to reduce anxiety and depression during COVID-19. Paper presented at the annual meeting of the Association for Psychological Science, Washington, D.C.
- Toner, E. R., Leventhal, E. L., Davidson, B., Boukhechba, M., Barnes, L. E., & Teachman, B. A. (May, 2023). Hoos Think Calmly: Co-design of a mobile anxiety intervention for a university community. Paper presented at the annual meeting of the Association for Psychological Science, Washington, D.C.
- Toner, E. R., Leventhal, E. L., Rucker, M., Davidson, B., Boukhechba, M., Barnes, L. E., & Teachman, B. A. (May, 2023). Administering and evaluating interpretation bias modification in real time: A mixed-methods feasibility and acceptability study. Paper presented at the Association for Cognitive Bias Modification, Bethesda, MD.
- Ladis, I., Seitov, A., Barnes, L. E., & Teachman, B. A. (April, 2023). Perceived burdensomeness and thwarted belongingness in text messages of suicide attempt survivors. Paper presented at the annual Suicide Research Symposium (Virtual).
- Silverman, A.L., Boggs, J.M., Eberle, J.W., Baldwin, M., Behan, H.C., Baglione, A. Paolino, V., Vela de la Garza Evia, Á.F., Boukhechba, M., Barnes, L., & Teachman, B.A. (November, 2022). Feasibility and acceptability of a web-based interpretation training program delivered to patients with anxiety in a healthcare system. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Teachman, B. A. (November, 2022). Mental health and resilience during a global stressor: Examination of mechanistic affective cognitive processes during COVID-19 pandemic and efficacy of online training procedures. Invited discussant at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Teachman, B. A. (November, 2022). Harnessing real world behavior data to optimize treatment delivery. Invited discussant at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Beltzer, M.L., Daniel, K.E., Daros, A.R., & Teachman, B.A. (2022, September). Social reinforcement learning parameters change with web-based interpretation bias modification. Paper presented at the 11th meeting of the International Society for Research on Internet Interventions (ISRII), Pittsburgh, PA.
- Teachman, B. A. (2022, June). Panel on developing standards to evaluate digital mental health treatments. Moderator for panel discussion presented at the meeting of the Society for Digital Mental Health (virtual).
- Ji, J. L., Bae, S., Zhang, D., Calicho-Mamani, C. P., Meyer, M. J., Funk, D., Portnow, S., Barnes, L. E., & Teachman, B. A. (2022, February). Multi-session online interpretation bias training for anxiety in a community sample. Paper presented at the inaugural conference for the Association for Cognitive Bias Modification, Tel Aviv, Israel (virtual).
- Larrazabal, M. A., Eberle, J. W., Behan, H. C., Vela de la Garza Evia, A. F., Boukhechba, M., Funk, D. H., Barnes, L. E., Teachman, B. A. (2022, February). COVID-19 anxiety moderates the effectiveness of Cognitive Bias Modification for Interpretation as a tool to reduce anxiety. Paper presented at the inaugural conference for the Association for Cognitive Bias Modification, Tel Aviv, Israel (virtual).

- Teachman, B. A. (2022, February). Innovative models to increase access to mental health care following COVID-19. Moderator for presentations and panel discussion presented at the annual meeting of the American Association for the Advancement of Science (virtual).
- Washburn, J., Teachman, B. A., Lee, S., & Daniel, K. E. (2022, January). Evolution in education and training: Rethinking the PhD in clinical psychology. Panel discussion presented at the annual Midwinter Meeting for the Council of University Directors of Clinical Psychology (virtual).
- Daniel, K. E., Moulder, R.G., Boker, S.M., & Teachman, B.A. (2021, November). Affect and emotion regulation dynamics in the daily lives of people high in trait social anxiety. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (virtual).
- Silverman, A., Werntz, A., Ko, T., & Teachman, B. A. (2021, November). Implicit and explicit beliefs about the effectiveness of psychotherapy vs. medication. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (virtual).
- Teachman, B. A. (2021, November). Assembling a dream team: Innovative approaches to improving quality, access, and impact of mentorship in clinical psychology (Chaired by Coniglio, K.). Invited panelist at the annual meeting of the Association for Behavioral and Cognitive Therapies (virtual).
- Teachman, B. A. (2021, November). Successful mentorship for women and underrepresented groups (Chaired by McGarrity, L.). Invited panelist at the annual meeting of the Association for Behavioral and Cognitive Therapies (virtual).
- Werntz, A., & Teachman, B. A. (2021, November). "I know CBT would benefit me, but...": Stakeholder attitudes on therapy for anxiety. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (virtual).
- Stanton, A. G., Teachman, B. A., & Hurd, N. (2021, August). Amplifying student voices to advance diversity, equity, and inclusion at the University of Virginia. Paper presented at the annual meeting of the American Psychological Association (virtual).
- Ji, J., Salemink, E., & Teachman, B. A. (2021, July). Investigating the link between interpretation flexibility and anxiety and depression symptoms. Paper presented at the international midsummer meeting of the Association for Cognitive Bias Modification (virtual).
- Werntz, A., Silverman, A., Behan, H., Beltzer, M. L., Boukhechba, M., Barnes, L., & Teachman, B. A. (2021, July). Lessons learned: Providing supportive accountability to individuals enrolled in an online anxiety intervention. Paper presented at the international midsummer meeting of the Association for Cognitive Bias Modification (virtual).
- Muran, J. C. & Teachman, B. A. (Moderators; June 2021). Recommendations for a transdiagnostic clinical practice guideline on emotion regulation. Invited semi-plenary for the Society for Psychotherapy Research (virtual convention).
- Daniel, K. E. & Teachman, B. A. (November, 2020). Evaluating the impact of cognitive bias modification for social threat interpretations in daily life using ecological momentary assessment and passively sensed mobility data. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (virtual convention).
- Namaky, N.,* Eberle, J. W.,* & Teachman, B. A. (November, 2020). Near and far transfer of online cognitive bias modification for negative prospection: Effects on expectancy bias and positive outlook but not on anxiety and performance during a speech stressor. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (virtual convention). *authors contributed equally
- Silverman, A. L., & Teachman, B. A. (November, 2020). Relationship between beliefs about mental health treatment, multi-level barriers, and use of mental health treatment. Paper

- presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (virtual convention).
- Teachman, B. A. (November, 2020). Cognitive bias modification: novel strategies to improve access and outcomes in children, adolescents, and adults. Invited discussant at the annual meeting of the Association for Behavioral and Cognitive Therapies (virtual convention).
- Teachman, B. A. (November, 2020). Opening the toolbox: Expanding access to clinical psychological science through open science practices. Panel chaired by M. Southward and K. Linthicum at the annual meeting of the Association for Behavioral and Cognitive Therapies (virtual convention).
- Wernitz, A., & Teachman, B. A. (November, 2020). Increasing the appeal of CBT: Latent Profile Analysis of reactions to different ways of describing CBT. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (virtual convention).
- Beltzer, M.L., Daniel, K.E., Daros, A., Barnes, L., & Teachman, B.A. (November, 2019). Using social feedback to update expectancies of future social performance: An investigation in social anxiety. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
- Calicho-Mamani, C. P., Espinosa, S. A., & Teachman, B. A. (November, 2019). Reaching underserved populations: Spanish translation and modification of MindTrails, an online, anxiety-reduction cognitive bias modification program. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
- Daniel, K.E., Meyer, A., Reilly, E., Hollon, S., Jensen-Doss, A., Mennin, D., Muroff, J., Schuler, T., White, B., & Teachman, B.A. (November, 2019). Barriers to accessing training resources in evidence-based principles: A needs assessment. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
- Sarfan, L. D., Clerkin, E. M., Teachman, B. A., & Smith, A. R. (November, 2019). Am I good enough? The role of self-evaluation in the context of body image and disordered eating. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
- Teachman, B. A. (November, 2019). What wisdom does ecological momentary assessment offer to clinician and client stakeholders? Invited discussant at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
- Teachman, B. A. (November, 2019). Bridging the gap: Addressing barriers and improving access to evidence-based psychotherapy. Invited discussant at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
- Wernitz, A., Bufka, L., & Teachman, B. A. (November, 2019). Improving the reach of clinical practice guidelines: An experimental investigation of message framing on user engagement. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
- Teachman, B. A. (July, 2019). Open science and reproducibility in CBT research: Where do we go from here? Panel chaired by A. Ouimet at the tri-annual meeting of the World Congress of Behavioral and Cognitive Therapies, Berlin, Germany.
- Teachman, B. A. (July, 2019). Fearless: Steve Hollon's quest to change the culture of American psychology. Symposium presented at the tri-annual meeting of the World Congress of Behavioral and Cognitive Therapies, Berlin, Germany.

- Teachman, B. A. (July, 2019). Depression-linked disturbances in emotional memory - New directions in assessment and modulation. (Chair: J. Ji). Invited discussant at the tri-annual meeting of the World Congress of Behavioral and Cognitive Therapies, Berlin, Germany.
- Beltzer, M.L., Ameko, M., Barnes, L.E., & Teachman, B.A. (May, 2019). Context and person matter: Building a recommender system for emotion regulation strategies. Symposium presented at the annual meeting of the Association for Psychological Science, Washington DC.
- Daniel, K.E., Bae, S., Barnes, L.E. & Teachman, B.A. (May, 2019). What is effective? Assessing different aspects of emotion regulation effectiveness in daily life. Symposium presented at the annual meeting of the Association for Psychological Science, Washington DC.
- Eberle, J. W., Boukhechba, M. O., Sun, J., Zhang, D., Funk, D. H., Barnes, L. E., & Teachman, B. A. (May, 2019). Online cognitive bias modification to shift negative prospection: A randomized controlled trial. Symposium presented at the annual meeting of the Association for Psychological Science, Washington DC.
- Namaky, N., Glenn, J. J., Eberle, J. W., & Teachman, B. A. (May, 2019). Adapting cognitive bias modification to train healthy prospection. Symposium presented at the annual meeting of the Association for Psychological Science, Washington DC.
- Teachman, B. A. (May, 2019). Enhancing the clinical training toolkit: Training today for the psychologists of tomorrow. Panel chaired by A. Werntz presented at the annual meeting of the Association for Psychological Science, Washington DC.
- Teachman, B. A. (May, 2019). Large-scale collaborative efforts advancing clinical science research. Panel chaired by J. Tackett presented at the annual meeting of the Association for Psychological Science, Washington DC.
- Teachman, B. A. (November, 2018). Conversation with NIMH Director Dr. Joshua Gordon on clinical psychological science, and ABCT and NIMH's shared mission to reduce the burden of mental illness. Invited moderator at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, D.C.
- Beltzer, M. L., Moulder, R. G., Baker, C., Comer, K., Teachman, B. A. (November, 2018). From Sandy Hook to Sutherland Springs: How mass shootings affect stigma about mental illness. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, D.C.
- Teachman, B. A. (November, 2018). The opportunities and limitations of digital interventions for emotional difficulties. Invited panel member at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, D.C.
- Teachman, B. A. (November, 2018). A duty to warn? A discussion of potentially harmful therapies. Invited panel member at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, D.C.
- Lucas, R. E., Fried, E., Kring, A., Teachman, B. A., & Wright, A. (May, 2018). Reproducibility in clinical science. Invited panel member at the annual meeting of the Association for Psychological Science, San Francisco, CA.
- Gorlin, E. I., Lambert, A. E., Teachman, B. A. (April, 2018). Self-focus without self-awareness: Probing the cognitive, affective, and motivational predictors of unaware mind-wandering during a reading comprehension task. Paper presented at the annual meeting of the Anxiety and Depression Association of America, Washington, DC.

- Teachman, B. A. (March, 2018). APA Clinical Practice Guidelines: Where are we now & where are we going? Invited presentation at the annual meeting of the American Psychological Association's Practice Leadership Conference, Washington, DC.
- Beadel, J. R., Mathews, A., & Teachman, B. A. (November, 2017). Increasing resilience to panic sensations through cognitive bias modification in an anxiety sensitive sample. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
- Beltzer, M.L., Adams, S.J., Beling, P.A., & Teachman, B.A. (November, 2017). Social anxiety and dynamic social reinforcement learning in a volatile environment. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
- Fua, K., & Teachman, B.A. (November, 2017). Tracking affective ratings over time: Anxious individuals' dynamic reactions to valenced information. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
- Steinman, S. A., Namaky, N., Thomas, S., Meissel, E., St. John, A. T., Pham, N., Werntz, A. J., Saunders, T., Gorlin, E. I., Arbus, S., Beltzer, M., Soroka, A. & Teachman, B. A. (November, 2017). Maximizing effects for cognitive bias modification for threat interpretations: Testing 15 variants of training. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
- Teachman, B. A. (November, 2017). Refining our understanding of cognitive biases in social anxiety: New insights based on diverse methodologies. Invited discussant at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
- Teachman, B. A. (November, 2017). New grounds to promote CBT in diverse contexts: Implications of clinical practice guidelines for clinical training, practice, research, and policy. Chair of panel at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
- Teachman, B. A. (November, 2017). The Virtual Research Lab: Opportunities and Challenges. Invited panelist at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
- Beltzer, M.L., Adams, S.J., Beling, P.A., & Teachman, B.A. (2017, October). Social anxiety and dynamic social reinforcement learning in a volatile environment: Evaluating differences in learning rate over time. Paper presented at the International Max Planck Research School on the Life Course (LIFE) Conference. Zurich, Switzerland.
- Chow, P. I., Huang, Y., Gong, J., Rucker, M., Bonelli, W., Leach, K., Fua, K., Gerber, M. S., Boukhechba, M., Teachman, B. A., & Barnes L. E. (October, 2017). Using smartphone sensors to understand behavioral dynamics of social anxiety. Paper presented at the meeting of the International Society for Research on Internet Interventions, Berlin, Germany.
- Beltzer, M.L., Moulder, R.L., Starns, A., Teachman, B.A. (May, 2017). Stigma in America: Large-scale effects of implicit and explicit beliefs about the dangerousness of individuals with mental illness. Paper presented at the annual meeting of the Association for Psychological Science, Boston, MA.
- Werntz, A. J., Ko, T. M., & Teachman, B. A. (May, 2017). Attitudes about mental health interventions: Treatment experience relates to implicit and explicit intervention efficacy associations. Paper presented at the annual meeting of the Association for Psychological Science, Boston, MA.

- Werntz, A. J., & Teachman, B. A. (2017, May). Examining implicit and explicit attitudes about mental health treatment across the adult lifespan. Paper presented at the International Max Planck Research School on the Life Course (LIFE) Conference. Ann Arbor, MI.
- Gorlin, E. I., & Teachman, B. A. (April, 2017). The “how” and the “why” of reengaging in goal-pursuit after a stressful failure: A novel intervention strategy. Paper presented at the annual meeting of the Anxiety and Depression Association of America, San Francisco, CA.
- Steinman, S. A., Namaky, N., Thomas, S., Meissel, E., St. John, A. T., Pham, N., Werntz, A. J., Saunders, T., Gorlin, E. I., Arbus, S., Beltzer, M., Soroka, A. & Teachman, B. A. (April, 2017). Which variations of cognitive bias modification for interpretations lead to the strongest effects? Paper presented at the annual meeting of the Anxiety and Depression Association of America, San Francisco, CA.
- Glenn, J. J., Nobles, A. L., Barnes, L., & Teachman, B. A. (October, 2016). Applying machine learning to electronic communications to identify suicide risk in real time. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York.
- McKay, D., Chambless, D., Teachman, B., Mancusi, L., Holloway, E., Jurska, J., & Grossman, S. (October, 2016). Changing funding trends from the National Institute of Mental Health: 1997-2015. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York.
- Teachman, B. A. (October, 2016). Psychological risk factors for anxiety and depressive disorders: Results from the Netherlands Study of Depression and Anxiety (NESDA). Invited discussant at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York.
- Teachman, B. A. (May, 2016). Advances in propection research: Making the future bright. Chair, symposium presented at the annual meeting of the Association for Psychological Science, New York, NY.
- Glenn, J. J., & Teachman, B. A. (November, 2015). Social anxiety and the prediction of future affect. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Gorlin, E. I., Lambert, A. E., & Teachman, B. A. (November, 2015). When does it hurt to try? Motivational and neurocognitive factors in the link between anxiety symptoms and unwanted thought recurrence. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Reuland, M. M. & Teachman, B. A. (November, 2015). Interpretation bias modification for youth and their parents: A novel treatment for early adolescent social anxiety. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Teachman, B. A. (November, 2015). Beyond reaction time bias: Neural, physiological, ecological, and clinical correlates of information processing mechanisms. Invited discussant at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Teachman, B. A. (November, 2015). Propection: An examination of future thinking across anxiety, depression, and suicide. Invited discussant at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Lindgren, K. P., Neighbors, C., Ramirez, J., Gasser, M. L., Norris, J., Kaysen, D., Teachman, B. A., & Wiers, R. W. (June, 2015). Implicit and explicit alcohol cognitions predict alcohol outcomes prospectively. Paper presented at the annual meeting of the Research Society on Alcoholism, San Antonio, TX.

- Reuland, M. M., & Teachman, B. A. (May, 2015). Interpretation bias modification for youth and their parents: A novel treatment for early adolescent social anxiety. Paper presented at the annual meeting of the Association for Psychological Science, New York, NY.
- Steinman, S. A., & Teachman, B. A. (May, 2015). Internet-based cognitive bias modification: Impact of training. Paper presented at the annual meeting of the Association for Psychological Science, New York, NY.
- Teachman, B. A. (May, 2015). How to get published: Guidance from journal editors. Invited panel discussion at the annual meeting of the Association for Psychological Science, New York, NY.
- Beadel, J. R., Ritchey, F. C., & Teachman, B. A. (November, 2014). Importance of fear domain match in cognitive bias modification for interpretations. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Cha, C. B., Glenn, J. J., Deming, C. A., Hooley, J. M., Teachman, B. A., & Nock, M. K. (November, 2014). Any harm in asking? Examining iatrogenic effects of self-injury and suicide assessment. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Clerkin, E. M., Werntz, A. J., Magee, J. C., Lindgren, K. P., & Teachman, B. A. (November, 2014). Linking social anxiety and alcohol problems: Evaluating age differences in coping motives as a mediator. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Glenn, J. J., Steinman, S. A., Werntz, A. J., Slama, S. J. K., Teachman, B. A., & Nock, M. K. (November, 2014). Using implicit cognition tools to assess suicidal and self-injurious behaviors. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Gorlin, E. I. & Teachman, B. A. (November, 2014). Threat-related attentional biases as unique predictors of impaired social performance: When and for whom? Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Steinman, S. A., & Teachman, B. A. (November, 2014). Comparing the efficacy of cognitive bias modification and exposure therapy to reduce height fear. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Teachman, B. A. (November, 2014). Addressing controversies in empirically supported treatments: New standards on the horizon? Panel member at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Teachman, B. A. (November, 2014). New directions in information processing and psychopathology. Invited discussant at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Teachman, B. A. (November, 2014). Reexamining implicit cognition in psychopathology: The role of associative and propositional processes. Invited discussant at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Werntz, A. J., Steinman, S. A., Glenn, J. J., Nock, M. K., & Teachman, B. A. (November, 2014). Project Implicit Mental Health: Findings from a large-scale demonstration website. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Teachman, B. A. (August, 2014). Rising stars in clinical science from the Society for a Science of Clinical Psychology. Chair of symposium presented at the annual meeting of the American Psychological Association, Washington D.C.

- Teachman, B. A., & Werntz, A. J. (May, 2014). Project Implicit Mental Health: An online platform to discover mental health associations outside conscious control. Paper presented at the annual meeting of the Association for Psychological Science, San Francisco, CA.
- Gorlin, E. I., & Teachman, B. A. (November, 2013). Attentional control as a moderator of threat-related attentional biases in social anxiety. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
- Teachman, B. A. (November, 2013). Cognitive bias modification for treatment of anxiety disorders: Big picture considerations for implementation in the clinical setting. Panel member at the annual meeting of the Association of Behavioral and Cognitive Therapies, Nashville, TN.
- Teachman, B. A. (July, 2013). It's outside my control: Role of automatic cognitive processing in psychopathology. Moderator for Panel Discussion at the tri-annual meeting of the World Congress of Behavioral and Cognitive Therapies, Lima, Peru.
- Teachman, B. A. (July, 2013). Characterizing disgust-related processes: Implications for anxiety and related disorders (Chair: B. Olatunji). Invited discussant at the tri-annual meeting of the World Congress of Behavioral and Cognitive Therapies, Lima, Peru.
- Teachman, B. A. (July, 2013). Emerging contributions of cognitive bias modification (CBM) to health psychology (Chair: L. Notebaert). Invited discussant at the tri-annual meeting of the World Congress of Behavioral and Cognitive Therapies, Lima, Peru.
- Steinman, S. A., & Teachman, B. A. (May, 2013). Evaluating a novel treatment for height fear: Cognitive bias modification for interpretations. Paper presented at the annual meeting of the Association for Psychological Science, Washington D.C.
- Teachman, B. A. & Clerkin, E. M. (May, 2013). Regaining control of implicit anxiety associations. Invited symposium by the NIAAA (Co-chairs E. Witt and D. Falk), Implicit cognitions as modifiable targets in behavioral interventions. Paper presented at the annual meeting of the Association for Psychological Science, Washington D.C.
- Lindgren, K.P., Westgate, E. C., Gasser, M., Teachman, B., & Neighbors, C. (January, 2013). Drinker + Me: Implicit drinking identity as a predictor of drinking outcomes and intervention target. Paper presented at the annual conference of the Society for Personality and Social Psychology, New Orleans, LA.
- Clerkin, E. M., & Teachman, B. A. (November, 2012). Training OC-relevant interpretations: Lessons learned and extension to BDD. Paper presented at the annual conference of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
- Cody, M. W., & Teachman, B. A. (2012, November). Lured by illusion: Social phobia, anticipation, and false memories. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
- Steinman, S. A., & Teachman, B. A. (2012, November). Negative expectancy bias in anxious samples. Paper presented at the annual conference of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
- Teachman, B. A. (November, 2012). Recollective and anticipatory processes in SAD: Two sides of the same coin? New insights from experimental and clinical studies. Invited discussant at the annual conference of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
- Drabick, D., & Teachman, B.A. (Co-chairs) (2012, August). Emotion regulation from practice and research perspectives - Building an evidence-based bridge. Panelists: Eunice Chen,

- Marvin Goldfried, Lisa Napolitano. Invited panel at the annual meeting of the American Psychological Association, Orlando, FL.
- Teachman, B. A., & Clerkin, E. M. (2012, August). Altering automatic cognitive processing biases to improve emotion regulation skills: Social anxiety as a prototype. Invited symposium at the annual meeting of the American Psychological Association, Orlando, FL.
- Green, J. S., & Teachman, B.A. (2012, May). The age of anxiety: A multi-dimensional perspective on age and anxiety across the adult life span. Paper presented at the international program on lifespan development, International Max Planck Research School, Berlin, Germany.
- Steinman, S. A., & Teachman, B. A. (2012, April). Comparing interpretation bias modification to exposure therapy for acrophobia. Paper presented at the annual meeting of the Anxiety Disorders Association of America, Arlington, VA.
- Steinman, S. A., Teachman, B. A., & Smyth, F. L. (2011, November). Challenges of measuring implicit associations for complex clinical issues: Anxiety sensitivity as a prototype. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
- Teachman, B. A. (2011, November). Comorbid anxiety and disordered eating: Research findings and implications for treatment. Invited discussant at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
- Steinman, S. A., & Teachman, B. A. (2011, May). Implicit associations in anxiety and related disorders: Stories of success and failure. Paper presented at the annual meeting of the Association for Psychological Science, Washington, DC.
- Teachman, B. A. (2011, May). Using the tools of cognitive science to advance clinical theory and practice. Chair of symposium presented at the annual meeting of the Association for Psychological Science, Washington, DC.
- Simpson, J., & Teachman, B. A. (2010, November). The effect of implicit association training on emotional vulnerability in contamination fearful adults. Paper presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, San Francisco, CA.
- Steinman, S. A., & Teachman, B. A. (2010, November). Patterns and mechanisms of change in panic disorder. Paper presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, San Francisco, CA.
- Teachman, B. A. (Chair) (2010, November). The elusive search: Finding work-life balance across stages of life and stages of career. Panelists: Bethany Teachmann Amie Grills-Taquechel, Alison McLeish, Elissa Brown. Panel presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, San Francisco, CA.
- Teachman, B. A., & Smith-Janik; S. J. (2010, November). Disgust is a minor player in memory biases in spider fear. Paper presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, San Francisco, CA.
- Teachman, B. A. (2010, June). Automatic associations in psychopathology: do they have surplus value? Invited discussant at the tri-annual meeting of the World Congress of Behavioral and Cognitive Therapies, Boston, MA.
- Teachman, B. A., & Clerkin, E. M. (2010, June). Training interpretation biases among individuals with symptoms of obsessive compulsive disorder. Paper presented at the tri-annual meeting of the World Congress of Behavioral and Cognitive Therapies, Boston, MA.

Teaching Experience

Courses taught:

Abnormal Psychology (undergraduate lecture course)

Experimental Psychopathology (graduate seminar)

Psychological Intervention (graduate seminar)

Fear and Anxiety Disorders (undergraduate seminar)

Cognitive Biases in Anxiety and Related Disorders (undergraduate seminar)

Clinical Training and Experience

University of Virginia's Mary Ainsworth Psychological Clinic: Therapist and Supervisor
July 2002 – present, Director: Lee Llewellyn, Ph.D.

Massachusetts General Hospital: Clinical Psychology Fellow (cognitive-behavior track)
July 2001- 2002, Directors: Michael Otto, Ph.D., Steven Safren, Ph.D., Sheila O'Keefe, Ed.D.

Yale Psychological Services Clinic: Assistant Director
July 2000 - 2001, Primary Supervisor: Todd O'Hearn, Ph.D.

Yale Psychological Services Clinic: Anxiety Disorders Practicum
July 1999 – 2001, Primary Supervisors: Sheila Woody, Ph.D., Diane Sholomskas, Ph.D.

Yale Center for Eating and Weight Disorders: Therapist
July 1998 – 1999, Primary Supervisors: Marlene Schwartz, Ph.D., Kristin Siebrecht, Ph.D.

Yale Psychological Services Clinic: Intake Clinician
Sept. 1997 - July 1998, Primary Supervisors: Sheila Woody, Ph.D., Rhonda Adessky, Ph.D.

West Haven VA Hospital, Connecticut (interviews with inner-city adolescents to assess PTSD and substance abuse) Summer 1998, Primary Supervisor: Deborah Lipschitz, M.D.

St Paul's Hospital (in-patient eating disorder unit), British Columbia: Assessor
Fall 1996 - Spring 1997, Primary Supervisor: Josie Geller, Ph.D.

Leadership and Service Experience
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National:

2021-present	Society for Digital Mental Health Board member and Events Committee Leader
2021-2022	Reviewer for the Society for Affective Science (SAS) Annual Conference
2020-2022	American Psychological Association Advisory Work Group on the Implementation of Evidence-Based Practice (EBPP) in Health Service Psychology
2019-2021	Co-chair, American Psychological Association Working group on Transdiagnostic Change Process Clinical Practice Guideline: Emotion Regulation
2016-2022	Chair (then past Chair), Coalition for the Advancement and Application of Psychological Science (CAAPS)

- 2016-2019 Chair (2017-2019), American Psychological Association Advisory Steering Committee for Development of Clinical Practice Guidelines
- ~2016-present Therapist providing *pro bono* treatment as part of the Give An Hour program to serve active military, veterans and their families
- 2015-2020 Chair, Committee for Advancement of Resources Supporting Evidence-based Practice (CARSEP)
- 2015 Association for Behavioral and Cognitive Therapies, convention program reviewer
- 2014-present American Psychological Association Federal Advocacy Coordinator (FEDAC) campus representative
- 2014, 2015 American Psychological Association Science Directorate's Dissertation Research Award reviewer
- 2013-2015 President, Society for a Science of Clinical Psychology (on Board for 3-year cycle)
- ~2013-2018 Reviewer for Society for a Science of Clinical Psychology annual poster competition at the Association for Psychological Science convention
- 2013 Program chair for Society for a Science of Clinical Psychology's programming at the 2014 American Psychological Association's convention
- 2012 American Psychological Association Division 12 Program Committee
- 2012, 2015-2019 Council of University Directors of Clinical Psychology, (Student) Nominations Committee
- 2011 Association for Psychological Science, search committee for editor for new journal *Psychological Clinical Science*
- 2010-2014 Chair, Varda Shoham Clinical Science Training Grant Committee, Society for a Science of Clinical Psychology
- 2010-2016 Chair, Committee for Psychological Science Career Mentorship Program, Society for a Science of Clinical Psychology and Association for Psychological Science
- 2010-2011 American Psychological Association Division 12 Mentorship Program
- 2009-2011 At-Large Representative to the Society for a Science of Clinical Psychology Board (Division 12, Section III of the American Psychological Association)
- 2009-2010, 2012-2013 Selection committee, World Congress of Behavioral and Cognitive Therapies annual conference
- 2008-2010 Web Advisory Board, Association for Behavioral and Cognitive Therapies
- 2008-present 'Ambassador', Association for Behavioral and Cognitive Therapies (invited position to help promote the organization)
- 2008-present Advisory Board Member, Anxiety Special Interest Group for the Association for Behavioral Cognitive Therapies
- 2008, 2011 Nominations Committee, Society for a Science of Clinical Psychology
- 2008-2009 Society for a Science of Clinical Psychology representative to American Psychological Association Summit Committee to evaluate prescription privileges for psychologists
- 2007 Editor, Anxiety disorder sections for the update to the American Psychological Association Division 12 Empirically Supported Treatments web site
- 2005-2011 Science & Practice Committee, American Psychological Association Division 12
- 2002 Association for the Advancement of Behavior Therapy Program Committee
- 1999-2001 Clinical Representative, American Psychological Association Science Student Council

University of Virginia:

- 2023 Chair, Grand Challenges Research Investments Steering Committee on Digital Technology and Youth Development
- 2022-present Psychology Department Steering Committee (also 2003-2005, 2006-2008)
- 2022-2023 Chair, Psychology Department Clinical Faculty Search Committee
- 2022-present Psychology Department Faculty and Student Award Nominations
- 2020-2022 Member of Arts and Sciences Advisory Committee on Graduate Education
- 2018-2019 Chair, Arts and Sciences Committee to Implement the Future of Graduate Education
- 2018-2019 President Jim Ryan's University's Strategic Planning Committee
- 2018 Search committee for an Associate Dean for Diversity and Inclusion
- 2018 Reappointment Review Committee for Dean Ian Baucom
- 2017-present Psychology Department, Co-Director of Diversity, Equity and Inclusion
(except for sabbaticals)
- 2017-2018 Arts and Sciences Committee to Reimagine the Future of Graduate Education
- 2016-2017 Arts and Sciences Committee to Imagine the Future of the Graduate School
- 2016-2018 Arts and Sciences Promotion and Tenure Committee
- 2016-2017 Psychology Department Cognitive Faculty Search Committee
- 2015-present Faculty Guide (appointed by Provost's office)
- 2010-present (as requested) Departmental Promotion and Tenure Committees
- 2014 Vice President for Research Internal Review Committee
- 2014-2015 Gilmer Hall renovations committee
- 2010-present Psychology Department, Director of Clinical Training
(except for sabbaticals)
- 2010-present Chair, Psychology Department Graduate Student Well-Being Committee
(except for sabbaticals)
- 2012-2016 Chair, Psychology Department Clinical Area Multicultural Evaluation Committee
- 2010-present Psychology Department Graduate Committee (with some gaps; also 2004-2005)
- 2012 Faculty mentor for To Write Love On Her Arms/Students for Mental Health Awareness student groups (also 2004-~2007, 2010-2011)
- 2010-2011 Chair, Psychology Department Colloquium Committee
- 2009-2011 Student Mentor, Office of African American Affairs (also 2002-2005)
- 2008-2010 Graduate student mentor for Tomorrow's Professor Today program
- 2008-2009 Psychology Department Human Participants Committee
- 2006, Spring Psychology Department Computer/Shop Committee
- 2004-2005 Faculty mentor for College Technology Internship Program
- 2003-2005 Psychology Department Clinical Faculty Search Committee
- 2003-2004 Psychology Department Interdisciplinary Committee
- 2003 Faculty Marshall, commencement services
- 2002-~2007 Faculty Sponsor, HOPE student group for the prevention of eating disorders

Regional

- 2023-present Charlottesville Area Community Foundation, Board member
- 2017-2021 Charlottesville Area Community Foundation, Grants Portfolio Committee

Visiting Scholars (hosted by the lab):

- 2018 Nicola Hohensee (Germany)

2010 Wilson Melo (Brazil)
 2007-2008 Bogdan Tulbure (Romania)

Professional Affiliations

- American Association for the Advancement of Science
- Anxiety Disorders Association of America
- Association for Behavioral and Cognitive Therapies
 - Anxiety Disorders Special Interests Group
 - Women's Special Interests Group
- Association for Psychological Science
- American Psychological Association
 - Division 12
- Society for the Science of Clinical Psychology
- Past member- Society for Personality and Social Psychology
- Past member- Obsessive Compulsive Foundation
- Past member- Sigma Xi, The Scientific Research Society

Ad Hoc Reviewer

Journals:

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| ▪ Addictive Behaviors | ▪ Journal of Anxiety Disorders |
| ▪ Addictive Behaviors Reports | ▪ Journal of Behavioral and Cognitive Therapy |
| ▪ Affective Science | ▪ Journal of Behavior Therapy and Experimental Psychiatry |
| ▪ American Psychologist | ▪ Journal of Consulting and Clinical Psychology |
| ▪ Anxiety, Stress and Coping | ▪ Journal of Psychiatric Research |
| ▪ Behavior Therapy | ▪ Journal of Social and Clinical Psychology |
| ▪ Behaviour Research and Therapy | ▪ Personality and Individual Differences |
| ▪ Biological Psychology | ▪ Personality and Social Psychology Bulletin |
| ▪ Child Development | ▪ PLOS One |
| ▪ Clinical Psychology Review | ▪ Psychological Assessment |
| ▪ Cognitive and Behavioral Practice | ▪ Psychological Bulletin |
| ▪ Cognitive Therapy and Research | ▪ Psychological Medicine |
| ▪ Computers in Human Behavior | ▪ Psychological Science |
| ▪ Depression and Anxiety | ▪ Psychology and Aging |
| ▪ Emotion | ▪ The Lancet Psychiatry |
| ▪ Health Psychology | ▪ Transactions on Affective Computing |
| ▪ International Journal of Cognitive Therapy | |
| ▪ Journal of Abnormal Psychology | |
| ▪ Journal of Abnormal Child Psychology | |
| ▪ Journal of Adolescent Health | |
| ▪ Journal of Affective Disorders | |

Grant Agencies:

- National Institute of Mental Health Review Panels
 - ZMH1 ERB-D: Developmental/Early Phase Clinical Trials, 2016
 - ZMH1 ERB-D: Interventions/Biomarkers, 2016

- Exploratory Clinical Trials of Novel Interventions for Mental Disorders (R61/R33), 2017
- ZMH1 ERB-D: Special Emphasis Panel/Scientific Review Group, 2018 (R61/R33 early phase clinical trial applications for psychosocial/preventive interventions; R01 confirmatory efficacy for non-pharmacological interventions)
- ZMH1 ERB-D: NIMH Special Emphasis Panel/Scientific Review Group 2019
- ZMH1 ERB-G (08): NIMH Early Phase Clinical Trials, 2020
- NIMH Psychosocial Clinical Trial Review, 2020
- NIMH Psychosocial Clinical Trial Review, 2021
- NIMH Psychosocial Clinical Trial Review, 2022
- NIMH Psychosocial Clinical Trial Review, 2022
- Dutch Technology Foundation STW
- International OCD Foundation Grant Review Committee
- John Templeton Foundation
- Netherlands Organisation for Scientific Research (NWO)
- National Institute for Health Research, UK
- National Science Foundation
- Research Council of the University of Ghent
- Research Foundation - Flanders (Fonds Wetenschappelijk Onderzoek - Vlaanderen, FWO)
- Romanian National Council for Research and Development
- UK Medical Research Council, London
- United States-Israel Binational Science Foundation

Other:

External dissertation evaluator, University of Western Australia (2008)

Center for Advanced Study in the Behavioral Sciences applicant reviewer (2011)

External dissertation evaluator, University of Haifa (2012)

External dissertation evaluator, University of Groningen (2012)

External dissertation evaluator, Ryerson University (2013, 2015, 2021)

External dissertation evaluator, University of Sydney (2014, 2015)

External dissertation evaluator, Concordia University (2016)

Data Safety and Monitoring Board member

- P50 Center Grant: Michelle Craske & Kate Wolitzky-Taylor (PIs)

Listing of Selected Conference Posters Available Upon Request
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