

Curriculum Vitae
Bethany Ann Teachman

Personal Information

- ❖ Address: University of Virginia, Department of Psychology,
102 Gilmer Hall, P.O. Box 400400, Charlottesville, VA, 22904-4400
- ❖ Contact: bteachman@virginia.edu, Phone: (434) 924-0676, Fax: (434) 982-4766

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

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: 2020-2021

NIMH 3R01MH113752-03S1

Administrative Supplement for NIMH R01MH113752

Role: Principal Investigator

Location of Tenure: University of Virginia

Period Held: 2020-2021

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: 2017-2021

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 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: 2016-2021

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

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

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: 2021-2024

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

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	2004 - 2005

Teaching award from the Mead Endowment in conjunction with the Dean of the College.

Yale University Psychology Department: Jane Olejarczyk Award 2000 - 2001
Awarded to a graduate student who has contributed significantly to enhance the department.

Anxiety Disorders Association of America Trainee Travel Award 2002
Award presented at annual Anxiety Disorders Association of America conference in Austin, TX.

Massachusetts General Hospital: Emerson Award 2002
Annual award recognizing the contribution of a manuscript authored by a clinical psychologist.

University of British Columbia Morris Belkin prize 1996
Awarded for Top Psychology Honors Thesis

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**

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. (in press). Distress intolerance, anxiety sensitivity, and negative interpretation bias strengthen the relationship between trait anxiety and depersonalization. Anxiety, Stress, and Coping.

Gruber, J., Mendle, J., Lindquist, K., Bliss-Moreau, E., Schmader, T., Akinola, M., Atlas, L., Barch, D. M., Feldman Barrett, L., Borelli, J. L., Bunge, S., Campos, B., Cantlon, J., Carter, R., Carter-Sowell, A., Chen, S., Clark, L. A., Cuddy, A. J. C., Craske, M. G., Crum, A., Davachi, L., Eiseberger, N. I., Ford, B. Q., Fredrickson, B., Goodman, S. H., Gopnik, A., Greenway, V. P., Harkness, K., Hebl, M., Heller, W., Hooley, J., Jampol, L., Johnson, S. L., Joormann, J., Kinzler, K. D., Kober, K., Kring, A., Paluck, B. L., Lombrozo, T., Lourenco, S. F., McRae, K., Monin, J. K., Moskowitz, J. T., Natsuaki, M., Oettingen, G., Pfeifer, J., Prause, N., Saxbe, D., Smith, P. K., Spellman, B. A., Sturm, V., Teachman, B., Thompson, R. J., Weinstock, L. M., & Williams, L. A. (2021) The future of women in psychological science. Perspectives on Psychological Science, 16(3), 483-516.

Ji, J. L., Bae, S., Zhang, D., Calicho-Mamani, C. P., Meyer, M. J., Funk, D., ... & Teachman, B. A. (2021). Multi-session online interpretation bias training for anxiety in a community sample. Behaviour Research and Therapy, 103864.

Moulder Jr, R. G., Daniel, K. E., Teachman, B., & Boker, S. M. (2021). Tangle: A metric for quantifying complexity and erratic behavior in short time series. Psychological Methods.

Namaky, N., Glenn, J. J., Eberle, J. W., & Teachman, B. A. (2021). Adapting cognitive bias modification to train healthy prospection. Behaviour Research and Therapy, 103923.

O'Bryan, E. M., Beadel, J. R., McLeish, A. C., & Teachman, B. A. (2021). Assessment of intolerance of uncertainty: Validation of a modified anagram task. Journal of Behavior Therapy and Experimental Psychiatry, 101671.

Prior, K., Salemin, E., Wiers, R. W., Teachman, B. A., Piggott, M., Newton, N. C., ... & Stapinski, L. A. (2021). A web-based cognitive bias modification intervention (re-train your brain) for emerging adults with co-occurring social anxiety and hazardous alcohol use: Protocol for a multiarm randomized controlled pilot trial. JMIR Research Protocols, 10(7), e28667.

Silverman, A. L., Werntz, A., Ko, T. M., & Teachman, B. A. (2021). Implicit and explicit beliefs about the effectiveness of psychotherapy vs. medication: a large-scale examination and replication. The Journal of Nervous and Mental Disease.

- Teachman, B. A., Werntz, A., & Silverman, A. L. (in press). Digital mental health services: Moving from promise to results. Cognitive and Behavioral Practice.
- Teachman, B. A., White, B. A., & Lilienfeld, S. O. (2021). Identifying harmful therapies: Setting the research agenda. Clinical Psychology: Science and Practice, 28(1), 101.
- Ameko, M. K., Beltzer, M. L., Cai, L., Boukhechba, M., Teachman, B. A., & Barnes, L. E. (2020, September). Offline contextual multi-armed bandits for mobile health interventions: A case study on emotion regulation. In Fourteenth ACM Conference on Recommender Systems (pp. 249-258).
- Anderson, G. E., Medina-DeVilliers, S., Namaky, N., Coan, J. A., & Teachman, B. A. (2020). Neural indicators of social and emotion regulation. The Harvard Brain, 1(1), 57–58.
- Beltzer, M. L., Moulder, R. G., Starns, A. L., & Teachman, B. A. (2020). Explicit-implicit discrepancy in macro-level mental illness stigma is linked to prevalence and care. Journal of Social and Clinical Psychology, 39(8), 675-707.
- Beltzer, M. L., Ameko, M. K., Daniel, K. E., Daros, A. R., Boukhechba, M., Barnes, L. E., & Teachman, B. A. (2020). Building an emotion regulation recommender algorithm for socially anxious individuals using contextual bandits. British Journal of Clinical Psychology.
- Daniel, K. E., Daros, A. R., Beltzer, M. L., Boukhechba, M., Barnes, L. E., & Teachman, B.A. (2020). How anxious are you right now? Using ecological momentary assessment to evaluate the effects of cognitive bias modification for social threat interpretations. Cognitive Therapy and Research, 44(3), 538-556.
- Daniel, K. E., Goodman, F. R., Beltzer, M. L., Daros, A. R., Boukhechba, M., Barnes, L. E., & Teachman, B. A. (2020). Emotion malleability beliefs and emotion experience and regulation in the daily lives of people with high trait social anxiety. Cognitive Therapy and Research, 44(6), 1186-1198.
- Daros, A.R., Daniel, K.E., Boukhechba, M., Chow, P.I., Barnes, L.E., & Teachman, B.A. (2020). Relationships between trait emotion dysregulation and emotional experiences in daily life: An experience sampling study. Cognition and Emotion, 34(4), 743-755.
- Glenn, J. J., Nobles, A. L., Barnes, L. E., & Teachman, B. A. (2020). Can text messages identify suicide risk in real time? A within-subjects pilot examination of temporally sensitive markers of suicide risk. Clinical Psychological Science, 8(4), 704-722.
- Gorlin, E. I., & Teachman, B. A. (2020). It matters what and why we forget: Comment on Fawcett and Hulbert. Journal of Applied Research in Memory and Cognition, 9(1), 42-47.
- Gruber, J., Prinstein, M.J., Abramowitz, J.S., Albano, A.M., Aldao, A., Borelli, J.L., Chung, T., Clark, L.A., Davila, J., Forbes, E.E., Gee, D. G., Hall, G.C.N., Hallion, L.S., Hinshaw, S.P., Hofmann, S.G., Hollon, S.D., Joormann, J., Kazdin, A.E., Klein, D.N., La Greca, A.M.,

- Levenson, R.W., MacDonald, A.W., McKay, D., McLaughlin, K.A., Mendle, J., Miller, A.B., Neblett, E.W., Nock, M.K., Olatunji, B.O., Persons, J.B., Rottenberg, J., Rozek, D.C., Schleider, J.L., Slavich, G.M., Teachman, B.A., Vine, V.J., Weinstock, L.M. (2020). Mental health and clinical psychological science in the time of COVID-19: Challenges, opportunities, and a call to action. American Psychologist.
- Hohensee, N., Meyer, M. J., & Teachman, B. A. (2020). The effect of confidence on dropout rate and outcomes in online cognitive bias modification. Journal of Technology in Behavioral Science, 1-9.
- Ji, J., Meyer, M. J., & Teachman B. A. (2020). Facilitating episodic simulation in anxiety: Role of sensory scaffolding and scenario modality. International Journal of Cognitive Therapy, 1-29.
- Lindgren, K. P., Baldwin, S.A., Peterson, K. P., Wiers, R. W., & Teachman, B. A. (2020). Change in implicit alcohol associations over time: Moderation by drinking history and gender. Addictive Behaviors, 107, 106413.
- Logan, J. G., Teachman, B. A., Liu, X., Farber, C. R., Liu, Z., & Annex, B. H. (2020). Acute psychological stress, autonomic function, and arterial stiffness among women. International Journal of Psychophysiology, 155, 219-226.
- Prior, K., Salemink, E., Wiers, R. W., Teachman, B. A., Piggott, M., Newton, N. C., ... & Stapinski, L. A. (2020). Acceptability and co-development of an online cognitive bias modification intervention for emerging adults with hazardous alcohol use and social anxiety: A mixed methods study. Alcoholism: Clinical and Experimental Research, 44(11), 2283-2297.
- Purtle, J., Marzalik, J. S., Halfond, R. W., Bufka, L. F., Teachman, B. A., & Aarons, G. A. (2020). Toward the data-driven dissemination of findings from psychological science. American Psychologist, 75(8), 1052.
- Rabasco, A., McKay, D., Washburn, J. J., Teachman, B. A., Gaudiano, B. A., & Davison, G. C. (2020). Standards for professional psychology continuing education sponsors: A comparative analysis of health service professions. Professional Psychology: Research and Practice.
- Werntz, A., Bufka, L., Adams, B., & Teachman B. A. (2020). Improving the reach of clinical practice guidelines: An experimental investigation of message framing on user engagement. Clinical Psychological Science, 8(5), 825-838.
- Beltzer, M. L., Adams, S., Beling, P. A., & Teachman, B. A. (2019). Social anxiety and dynamic social reinforcement learning in a volatile environment. Clinical Psychological Science, 7(6), 1372-1388.
- Daniel, K. E., Bae, S., Boukhechba, M., Barnes, L. E., & Teachman, B. A. (2019). Do I really feel better? Effectiveness of emotion regulation strategies depends on the measure and social anxiety. Depression and Anxiety, 36, 1182-1190.

- Daros, A. R., Daniel, K. E., Meyer, M. J., Chow, P. I., Barnes, L. E., & Teachman, B. A. (2019). Impact of social anxiety and social context on college students' emotion regulation strategy use: An experience sampling study. Motivation and Emotion, 1-12.
- Dreyer-Oren, S. E., Clerkin, E. M., Edwards, C. B., Teachman, B. A., & Steinman, S. A. (2019). Believing is seeing: Changes in visual perception following treatment for height fear. Journal of Behavior Therapy and Experimental Psychiatry, 62, 1-6.
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- **Peer Reviewed Papers in Published Conference Proceedings**

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Chow, P. I., Bonelli, W., Huang, Y., Fua, K., Teachman, B. A., & Barnes, L. E. (2016). DEMONS: An integrated framework for examining associations between physiology and self-reported affect tied to depressive symptoms. Proceedings of the 2016 ACM International Joint Conference on Pervasive and Ubiquitous Computing.

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- **Other Published Work**

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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>

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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

It has been a tough 17 months: Managing stress and mental health in a pandemic

Northside Library, Charlottesville, Virginia

August, 2021

Mental health in Virginia during COVID: Scope of the challenge & need for innovative solutions

Virginia State of Reform Health Care Policy Conference

2021, April

New Year, Same Anxiety? What 2020 taught us about managing stress that can help us start 2021 off strong!

Between the Columns UVA College Spotlight Speaker Series

2021, January

Managing the mental health impact of COVID-19

Invited speaker for UVA Second Year Council Speaker Series

2021, February

Invited speaker for UVA course Pandemics Beyond the Headlines

2021, January

Will 2020 ever end? Managing stress when the stressors never seem to stop

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	2020, August
Anxiety and Depression Association of America webinar	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	2021, January
Yale University, Psychology Colloquium	2020, February
Boston University, Psychology Colloquium	2019, October
Center for Clinical Interventions, Government of Western Australia	2019, April
Institute of Advanced Studies, University of Western Australia	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	2019, February
Webinars sponsored by APA (two presented)	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>Am I done yet? Planning the right path to retirement</u> University of Virginia, Faculty Guide program	~Annually 2017-2020
<u>Using technology to promote innovative Lithuanian mental health solutions</u> Lithuanian Ministry of Health Forum on Mental Health Innovations	2017, September
<u>Taking a Break: Understanding the Different Types of Faculty Leaves</u> University of Virginia, Faculty Guide program	~Annually 2017-2019
<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
<u>Moving from the clinic to a screen near you: Challenges in disseminating interpretation training</u> University of Virginia, Computer Science Department Colloquium, Charlottesville, VA	2016, December
University of Virginia, Center for Behavioral Health and Technology, Charlottesville, VA	2016, November
Association for Behavioral and Cognitive Therapies, 50 th Anniversary Invited Panel, New York, NY	2016, October
Teacher's College, Columbia University Psychology Department Colloquium, New York, NY	2016, October
University of Virginia, Clinical Psychology Seminar, Charlottesville, VA	2016, October
<u>Adapting Cognitive Bias Modification to Train Healthy Prospection</u> Templeton Science of Prospection Award Retreat	2016, August
<u>Memos to the President From a "Council of Psychological Science Advisers"</u> Society for Personality and Social Psychology's Presidential Plenary on Policy, Social Psychology, & You	2016, January
<u>Coming soon to a computer near you: Changing threat interpretations to reduce anxiety</u> Society for a Science of Clinical Psychology's Virtual Clinical Lunch	2015, October
<u>Thinking without fear: The science behind anxiety reduction</u> University of Virginia's "More than the Score" Lifetime Learning	2015, September
<u>It's not a heart attack, you're just out of breath: Changing threat interpretations to reduce anxiety</u>	

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 research meeting, Netherlands. 2005, August

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

<u>Implicit fearful attitudes toward critters that creep and crawl</u>	
Yale University, Current Topics in Clinical Psychology, New Haven, CT.	1999, November
<u>What you lookin' at? Self-focused attention, causal attributions and social anxiety</u>	
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

Co-leader of the annual Multidisciplinary Mental Health Summit on behalf of the Coalition for the Advancement and Application of Psychological Science	2018-present
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-present
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)

- 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).
- Werntz, 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.
- Werntz, 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 prospection 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). Prospection: 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 Teachman, 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

National:

- 2021-present Reviewer for the Society for Affective Science (SAS) 2021 Annual Conference
- 2020-present American Psychological Association Advisory Work Group on the Implementation of Evidence-Based Practice (EBPP) in Health Service Psychology
- 2019-present Co-chair, American Psychological Association Working group on Transdiagnostic Change Process Clinical Practice Guideline: Emotion Regulation
- 2016-present 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
- 2015-present 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, Selection committee, World Congress of Behavioral and Cognitive Therapies
- 2012-2013 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:

- 2020-present 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, Director of Diversity 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, 2015, 2019 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
- 2006-2008 Psychology Department Steering Committee (also 2003-2005)
- 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

2017-present 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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| <ul style="list-style-type: none"> ▪ Addictive Behaviors ▪ American Psychologist ▪ Anxiety, Stress and Coping ▪ Behavior Therapy ▪ Behaviour Research and Therapy ▪ Biological Psychology ▪ Child Development ▪ Clinical Psychology Review ▪ Cognitive and Behavioral Practice ▪ Cognitive Therapy and Research ▪ Computers in Human Behavior ▪ Depression and Anxiety ▪ Emotion ▪ Health Psychology ▪ International Journal of Cognitive Therapy ▪ Journal of Abnormal Psychology ▪ Journal of Abnormal Child Psychology ▪ Journal of Adolescent Health ▪ Journal of Affective Disorders ▪ Journal of Anxiety Disorders | <ul style="list-style-type: none"> ▪ Journal of Behavioral and Cognitive Therapy ▪ Journal of Behavior Therapy and Experimental Psychiatry ▪ Journal of Consulting and Clinical Psychology ▪ Journal of Psychiatric Research ▪ Journal of Social and Clinical Psychology ▪ Personality and Individual Differences ▪ Personality and Social Psychology Bulletin ▪ PLOS One ▪ Psychological Assessment ▪ Psychological Bulletin ▪ Psychological Medicine ▪ Psychological Science ▪ Psychology and Aging ▪ The Lancet Psychiatry ▪ Transactions on Affective Computing |
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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
- International OCD Foundation Grant Review Committee
- Dutch Technology Foundation STW
- 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)

Listing of Selected Conference Posters Available Upon Request
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