

## CURRICULUM VITAE

MICHELLE GAYLE NEWMAN

### CONTACT INFORMATION

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371 Moore Bldg. University Park, PA 16802-3103  
**Phone:** (814) 863-1148  
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**email** mgn1@psu.edu

### EDUCATION

1992-1994 **Postdoctoral Fellow**, Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine.  
1991-1992 **Internship:** Department of Veterans Affairs Medical Center, Palo Alto, CA. (A.P.A. accredited).  
1988-1992 **Ph.D. in Clinical Psychology**, State University of New York at Stony Brook (A.P.A. accredited).  
1984-1987 **M.A. in Clinical Psychology**, State University of New York at Stony Brook.  
1977-1981 **B.S. (Cum Laude)** in Psychology, University of Massachusetts at Amherst  
Summer 1980 **Exchange student**, Oxford University, England.

### OCCUPATIONAL RECORD

2012-p **Professor of Psychology and Psychiatry** The Pennsylvania State University  
2002-p **Director of the Center for the Treatment of Anxiety and Depression**, The Pennsylvania State University  
2002-2012 **Associate Professor of Psychology and Psychiatry** The Pennsylvania State University  
2003-2010 **Director of Clinical Training**, The Pennsylvania State University  
1996-2002 **Assistant Professor of Psychology**, The Pennsylvania State University  
1996-p **Licensed Clinical Psychologist**, License #: PS008386L, National Provider Number 1649791757, CAQH Provider ID:15085004  
1994-1996 **Affiliate Assistant Professor of Psychology and Senior Research Associate**, The Pennsylvania State University

### HONORS AND AWARDS

2021 **Recognized as an Expertscape World Expert in Anxiety Disorders.** Based on PubMed algorithm that places me in the top 0.1% of scholars writing about Anxiety Disorders over the past 10 years. <https://expertscape.com/ex/anxiety+disorders>

- 2020 **Fellow, Association for Psychological Science** for sustained and outstanding distinguished contributions to psychological science.
- 2019 **Raymond Lombra Award for Distinction in the Social or Life Sciences.** This award recognizes a tenured faculty member of the Penn State University College of the Liberal Arts who, by his or her outstanding work in the field of social or life sciences, has demonstrated excellence in research and scholarship.
- 2019 **Toy Caldwell-Colbert Award for Distinguished Educator in Clinical Psychology from American Psychological Association Society of Clinical Psychology (Division 12).** For excellence in mentoring clinical psychology graduate students, interns, postdoctoral fellows and junior faculty and providing outstanding support, encouragement, and promoting education and training, professional and personal development, and career guidance to junior colleagues.
- 2018 **Outstanding Service Award from Association for Behavioral and Cognitive Therapies** This award was for “my vision and leadership in expanding the reach and impact of ABCT’s flagship journal, Behavior Therapy”
- 2016 **Fellow, Association for Behavioral and Cognitive Therapies**
- 2013, 2014 **Certificate of appreciation for distinguished service as chair of the Society of Clinical Psychology (Division 12) Fellowship Committee.**
- 2012 **Fellow, American Psychological Association Society of Psychotherapy (Division 29).**
- 2011 **Fellow, American Psychological Association Society of Clinical Psychology (Division 12),**
- 2010 **Beck Institute Scholar. Beck Institute for Cognitive Therapy and Research.** Fellowship program for individuals who have and will make significant contributions to the field of cognitive therapy.
- 2009 **Distinguished Publication of Psychotherapy Research Award from the American Psychological Association. Society of Psychotherapy (Division 29):** This award recognizes the first author of the best published peer reviewed empirical article on psychotherapy in the preceding calendar year.
- 2006 **Samuel M. Turner Clinical Research Award from the American Psychological Association. Society of Clinical Psychology**

(Division 12). For distinguished contribution to research in applied clinical psychology

- 1989 **Nominated to Sigma Xi the honors society for researchers**
- 1981 **Phi Beta Kappa**
- 1980 **Exchange Student, Oxford University**

#### GRANTS AND CONTRACTS AWARDED

- 4/2023-3/2026 **Co-Investigator: Collaborative Research: CCRI: CCRI: New: An Open Data Infrastructure for Bodily Expressed Emotion Understanding.** \$1,354,374, .75 months, PI James Wang
- 8/2022-7/2027 **DSMB Member: NIMH: R01MH125951 and R01MH125949 CO2 Reactivity as a Biomarker of Non-Response to Exposure-based Therapy.** PIs Jasper Smits and Michael Otto
- 9/15/2022-3/15/2024 **Co-Investigator: CTSI-AHN Pilot RFA Does Measurement-Based Care for Mood and Anxiety Disorders Improve Treatment Outcomes and Reduce Cost of Care?** Total cost: \$99,083, PI: Guodong Liu
- 10/1/2022-9/30/2025 **Co-Investigator: National Science Foundation: CIF: Small: Interpretable Machine Learning based on Deep Neural Networks: A Source Coding Perspective.** Total Amount: \$600,000, 0.50 months, PI: Jia Li
- 1/1/2020-12/31/2023 **Co-investigator: Penn State University Center for Social Data Analytics and College of Information Sciences and Technology (Internal Seed). Emotion in Motion — A Data Infrastructure for Computational Modeling and Recognition of Bodily Expression of Emotion.** Total cost \$35,000. PI: James Wang
- 2018-2024 **Principal Investigator: NIMH: 1R01MH115128-01A1 Harnessing Mobile Technology to Reduce Mental Health Disorders in College Populations.** Total Cost \$ 3,758,599, 1.8 academic Months.
- 2019-2021 **Co-Investigator: NSF: #1921783 CCRI: Planning: Planning to Develop a Body Language Dataset for the Artificial Intelligence Research Community.** Total Cost \$100,000..25 Summer Salary Effort. PI: James Wang.
- 2019-2021 **Principal Investigator: Contract with Limbix Efficacy of Virtual Reality Exposure Therapy Scripts for Social Phobia.** Total Cost \$15,000.
- 2018-2022 **Faculty Associate: Center for Innovation in Intensive Longitudinal Studies (CHILS) U24197565.** Faculty Associate. U24. PI: Sy-Min Chow. Total Cost: 1,873,420.
- 2016-2019 **Co-investigator: IST Research Seed Grant. Emotion and Mental State Estimation.** PI: James Wang. Total Cost \$56,000.00

- 2014- 2018 **Principal Investigator: Cancer Control and Population Health Program of the Penn State Hershey Cancer Institute Seed Funding, Multi-Modal Emotion Blogging and Social Networking for Cancer Survivors.** Total cost: \$25,000.00
- 2012- 2017 **Co-Investigator: NSF 1110970, SoCS: Studying the Computability of Emotions by Harnessing Massive Online Social Data. NEU supplement for support for "Research Experiences for Undergraduates"** PI: James Wang. Total cost: \$ 96,000.00.
- 2012- 2016 **Co-Investigator: The Pennsylvania State University Social Science Research Institute Level II grant. Validity and clinical utility of intensive repeated measures assessment.** PI Ken Levy. Direct cost: \$30,000.00
- 2011- 2017 **Principal Investigator: NSF 1110970 (2011-2012) and Co-Principal Investigator (2012-2017), SoCS: Studying the Computability of Emotions by Harnessing Massive Online Social Data.** Total cost: \$720,821.00
- 2011-2016 **Principal Investigator: The Pennsylvania State University Social Science Research Institute Level I grant. The brain mechanisms of maladaptive repetitive thought and its effects on emotional processing: An fMRI pilot study.** Direct cost: \$5,000.00
- 2012-2016 **Co-Mentor: K23 Career Development Award, A novel intervention to improve treatment adherence in bipolar disorder.** Awarded to Susan Wenze at Brown University.
- 2011-2016 **Member Data Safety and Monitoring Board: Adding Motivational Interviewing to Cognitive Behavioral Therapy for Severe Generalized Anxiety Disorder.** Canadian Institute for Health Research. PI: Henny Westra, York University.
- 2011-2015 **Principal Investigator: The Pennsylvania State University Social Science Research Institute Level I grant. An interdisciplinary research team for momentary assessment and intervention of perseverative thought processes.** Direct cost: \$4,940.00
- 2011-2014 **Co-investigator: The Pennsylvania State University Social Science Research Institute Level I grant. Extending EMA Studies to Populations with Psychopathology: An Outpatient Pilot Study.** PI: Aaron Pincus. Direct cost: \$4,920.00
- 2006-2009 **Consultant: NIH R34, Combined treatment for GAD.** PI: Paul Crits-Christoph, University of Pennsylvania
- 2005-2008 **Co-investigator: NICHD RFA U01HD051217, Work, stress, health and parenting among hotel employees.** PI: Ann Crouter. Direct cost: \$1, 049, 545. Percent effort 5-10%.
- 2004-2005 **Principal Investigator: The Pennsylvania State University Children, Youth, and Family Consortium Grant. Web-based treatment of child anxiety.** Direct cost: \$24,200.

- 2004-2005 **Co- investigator: The Pennsylvania State University Children, Youth, and Family Consortium Grant.** *Racial disparities in college adjustment, engagement and performance*, PI: T. Vescio. Direct cost: \$25,562.
- 1998-2003 **Co- investigator: NIMH Grant RO1 MH58593-02.** *Cognitive and interpersonal therapies for generalized anxiety.* PI: Thomas D. Borkovec. Direct cost: \$ 1,485,000. Percent Effort: 20%. The goal of this study is to compare the impact of cognitive behavioral therapy alone to combined cognitive behavioral therapy plus interpersonal/experiential therapy for generalized anxiety disorder.
- 1998-2000 **Principal investigator: Research and Graduate Studies Offices Grant,** College of Liberal Arts, Penn State University. *The efficacy of palmtop computer assisted therapy for panic disorder.* Direct cost: \$2,500.00. The goal of this study is to compare the efficacy of bibliotherapy to brief palmtop computer assisted therapy for panic disorder.
- 1996-1998 **Co- Investigator: NIMH Grant 2RO1MH39172-12.** *Desensitization and cognitive therapy in general anxiety.* PI: Thomas D. Borkovec, Direct Cost: \$489, 958. Percent Effort: 10%. The goal of this project was to pilot test a therapy that combined cognitive behavioral, interpersonal and emotional processing techniques for generalized anxiety disorder.
- 1996-1998 **Co-Investigator: Interdisciplinary Seed Grant.** *Obtaining behavioral science data through the internet: A study of validity and reliability.* PI: Ray Palmer. Direct Cost: \$3,000. The goal of this project was to determine the validity and reliability of specific self-report assessment devices administered over the Internet.
- 1/1/2020-12/31/2023 **Co-investigator:** Penn State University Center for Social Data Analytics and College of Information Sciences and Technology (Internal Seed). *Emotion in Motion — A Data Infrastructure for Computational Modeling and Recognition of Bodily Expression of Emotion.* Total cost \$35,000. PI: James Wang
- 2019-2021 **Co-Investigator: NSF: #1921783 CCRI: Planning: Planning to Develop a Body Language Dataset for the Artificial Intelligence Research Community.** Total Cost \$100,000..25 Summer Salary Effort. PI: James Wang.
- 2019-2021 **Principal Investigator: Contract with Limbix** *Efficacy of Virtual Reality Exposure Therapy Scripts for Social Phobia.* Total Cost \$15,000.
- 2018-2023 **Principal Investigator: NIMH: 1R01MH115128-01A1** *Harnessing Mobile Technology to Reduce Mental Health Disorders in College Populations.* Total Cost \$ 3,758,599, 1.8 academic Months.

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- 2016-2019 **Co-investigator: IST Research Seed Grant.** *Emotion and Mental State Estimation.* PI: James Wang. Total Cost \$56,000.00
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- 2011- 2017 **Principal Investigator: NSF 1110970 (2011-2012) and Co-Principial Investigator (2012-2017), SoCS: Studying the Computability of Emotions by Harnessing Massive Online Social Data.** Total cost: \$720,821.00
- 2011-2016 **Principal Investigator: The Pennsylvania State University Social Science Research Institute Level I grant.** *The brain mechanisms of maladaptive repetitive thought and its effects on emotional processing: An fMRI pilot study.* Direct cost: \$5,000.00
- 2012-2016 **Co-Mentor: K23 Career Development Award,** A novel intervention to improve treatment adherence in bipolar disorder. Awarded to Susan Wenzel at Brown University.
- 2011-2016 **Member Data Safety and Monitoring Board: Adding Motivational Interviewing to Cognitive Behavioral Therapy for Severe Generalized Anxiety Disorder.** Canadian Institute for Health Research. PI: Henny Westra, York University.
- 2011-2015 **Principal Investigator: The Pennsylvania State University Social Science Research Institute Level I grant.** *An interdisciplinary research team for momentary assessment and intervention of perseverative thought processes.* Direct cost: \$4,940.00
- 2011-2014 **Co-investigator: The Pennsylvania State University Social Science Research Institute Level I grant.** *Extending EMA Studies to Populations with Psychopathology: An Outpatient Pilot Study.* PI: Aaron Pincus. Direct cost: \$4,920.00
- 2006-2009 **Consultant: NIH R34, Combined treatment for GAD.** PI: Paul Crits-Christoph, University of Pennsylvania

- 2005-2008 **Co-investigator: NICHD RFA U01HD051217, *Work, stress, health and parenting among hotel employees.*** PI: Ann Crouter. Direct cost: \$1, 049, 545. Percent effort 5-10%.
- 2004-2005 **Principal Investigator: The Pennsylvania State University Children, Youth, and Family Consortium Grant. *Web-based treatment of child anxiety.*** Direct cost: \$24,200.
- 2004-2005 **Co- investigator: The Pennsylvania State University Children, Youth, and Family Consortium Grant. *Racial disparities in college adjustment, engagement and performance,*** PI: T. Vescio. Direct cost: \$25,562.
- 1998-2003 **Co- investigator: NIMH Grant RO1 MH58593-02. *Cognitive and interpersonal therapies for generalized anxiety.*** PI: Thomas D. Borkovec. Direct cost: \$ 1,485,000. Percent Effort: 20%. The goal of this study is to compare the impact of cognitive behavioral therapy alone to combined cognitive behavioral therapy plus interpersonal/experiential therapy for generalized anxiety disorder.
- 1998-2000 **Principal investigator: Research and Graduate Studies Offices Grant, College of Liberal Arts, Penn State University. *The efficacy of palmtop computer assisted therapy for panic disorder.*** Direct cost: \$2,500.00. The goal of this study is to compare the efficacy of bibliotherapy to brief palmtop computer assisted therapy for panic disorder.
- 1996-1998 **Co- Investigator: NIMH Grant 2RO1MH39172-12. *Desensitization and cognitive therapy in general anxiety.*** PI: Thomas D. Borkovec, Direct Cost: \$489, 958. Percent Effort: 10%. The goal of this project was to pilot test a therapy that combined cognitive behavioral, interpersonal and emotional processing techniques for generalized anxiety disorder.
- 1996-1998 **Co-Investigator: Interdisciplinary Seed Grant. *Obtaining behavioral science data through the internet: A study of validity and reliability.*** PI: Ray Palmer. Direct Cost: \$3,000. The goal of this project was to determine the validity and reliability of specific self-report assessment devices administered over the Internet.

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**GRANTS PENDING**


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**PATENTS**


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- August 7, 2018 10,043,099 Wang, J. Z., Lu, X., Suryanarayan, P., Adams, R. B., Jr., Li, J. and **Newman, M. G.**, Automatically Computing Emotions Aroused from Images through Shape Modeling
- February 27, 2018 9,904,869 Wang, J. Z., Lu, X., Suryanarayan, P., Adams, R. B., Jr., Li, J. and **Newman, M. G.**, Automatically Computing Emotions Aroused from Images through Shape Modeling.

January 31, 2017 9,558,425 Wang, J. Z., Lu, X., Suryanarayan, P., Adams, R. B., Jr.,  
Li, J. and **Newman, M. G.**, Automatically Computing  
Emotions Aroused from Images through Shape Modeling.

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**EDITOR**


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Jan 2014-Dec 2017 *Behavior Therapy*

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**ASSOCIATE EDITOR**


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Jan 2018-p *Journal of Anxiety Disorders*

Jan 2009-Dec 2013 *Behavior Therapy*

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**EDITORIAL COMMITTEE**


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Jan 2018- Dec 2023 *Annual Review of Clinical Psychology*

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**EDITORIAL BOARD**


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2013-p *Health Behavior and Policy Review* (Founding member of the board)

2012-p *American Journal of Health Behavior*

2010-p *Psychotherapy Research*

2001-p *Behavior Therapy*

2001-p *Cognitive Therapy and Research*

2005-2011 *Cognitive and Behavioral Practice*

2001-2004 *Journal of Clinical Psychology*

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**REVIEW BOARD**


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1996-2012 *American Journal of Health Behavior*

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**GUEST EDITOR**


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2022-p *Journal of Anxiety Disorders*. Special series on the Contrast Avoidance Model

2022-p *Psychotherapy Research*. Special series on the therapeutic relationship in digital mental health

2016 *Behavior Therapy*. Special series for 50<sup>th</sup> Anniversary Issue of Behavior Therapy

2014 *Behavior Therapy*. Special Series entitled: "Two-Way Bridge Between Science and Practice"

2012 *Behavior Therapy*. Special Series entitled: "Breaking the Glass Ceiling"

2004 *Journal of Clinical Psychology*. Special Series entitled: "Technology and Psychotherapy"

1999 *Journal of Clinical Psychology* Special Series entitled "Contemporary Challenges and New Directions in Psychotherapy"

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**PROFESSIONAL AND SCIENTIFIC COMMITTEE MEMBERSHIPS**


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February 2019-p Alies Muskin Career Leadership Program (CDLP) Mentor as part of the ADAA CDLP Mentorship Program.

2016-p Anxiety and Depression Association of America Program Committee



|               |   |
|---------------|---|
| 2013-p        | Association for the Advancement of Behavioral and Cognitive Therapy Program Committee   |
| Nov 2018-2021 | Publications Coordinator, Association for the Advancement of Behavioral and Cognitive Therapy.  |
| 2016-2019     | Anxiety and Depression Association of America Co-Chair Poster Committee and Conference Committee  |
| 2013-2019     | Association for the Advancement of Behavioral and Cognitive Therapy Publications Committee  |
| 2012-2016     | Chair, American Psychological Association Division 12 Fellowship Committee  |
| 2015          | Society of Ambulatory Assessment Program Committee  |
| 2011-2012     | Committee member, American Psychological Association Division 12 Fellowship Committee.  |
| 2009-2015     | American Psychological Association Two-way Bridge Committee, co-sponsored by Division 12 and Division 29.   |
| 2001-2014     | American Psychological Association Division 12 Task Force on Defining Principles of Therapeutic Change (TFDPTC).  |
| 2000 -2014    | Association for the Advancement of Behavior Therapy Task Force to Develop Common Psychotherapy Language   |
| 2010-2011     | American Psychological Association, Division 12 Nominations and Elections Committee   |
| 2009          | Association for the Advancement of Behavioral and Cognitive Therapy Program Committee   |
| 2001          | North American Society for Psychotherapy Research Selection Committee   |
| 1999          | Association for the Advancement of Behavior Therapy Program Committee   |
| 1999          | Special NIH subcommittee to develop a template for effectiveness research. This includes developing a multi-purpose treatment manual and research protocol to be used for primary care interventions. |
| 1998          | Member of the assessment (core battery) committee of a Clinical Research Network sponsored by the Pennsylvania Psychological Association  |

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**GRANT REVIEW**

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|----------------|--|
| February 2022  | Chair, Traumatic Brain Injury and Psychological Health Grant Review Panel of the Department of Defense |
| Sept 2016-2018 | American Psychological Foundation Review Committee for David H. and Beverly A. Barlow Grant.           |

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|--------------------|--|
| Feb 2010           | NIH Interventions Review Committee for Adult Mood and Anxiety Disorders, ad hoc reviewer           |
| March 2006         | Reviewer for NIH panel for predoctoral, postdoctoral, and minority fellowship applications.        |
| Oct 2004           | NIH Special Emphasis Panel   |
| May 2003           | Reviewer for NIMH Loan Repayment Program Applications  |
| March 2003         | NIH Special Emphasis Panel   |
| Oct 1999-June 2001 | Reviewer for NIH study section on Behavioral and Biobehavioral Processes 5 (Adult Psychopathology) |
| Dec 1998           | NIH Special Emphasis Panel   |

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### VISITING SCHOLAR

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August 1998      University of Queensland, Queensland, Australia

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### GOOGLE SCHOLAR CITATION STATISTICS

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| Citation indices | All   | Since 2018 |
|------------------|-------|------------|
| Citations        | 15397 | 7260       |
| h-index          | 66    | 44         |
| i10-index        | 154   | 139        |

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### JOURNAL PUBLICATIONS

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(\*indicates current or former graduate or undergraduate student, # indicates shared first authorship.)

186. Rackoff, G. N.\*, Fitzsimmons-Craft, E., Taylor, C. B., Wilfley, D. E., & **Newman, M. G.** (in press). Psychotherapy utilization by United States college students. *Journal of American College Health*.  
<https://doi.org/10.1109/FG52635.2021.9667028> [Pdf](#)
185. Wang, J. Z., Zhao, S., Wu, C., Adams, R. B., **Newman, M. G.**, Shafir, T., Tsachor, R. (in press). Unlocking the emotional world of visual media: An overview of the science, research, and impact of emotion understanding. *Proceedings of the IEE*.  
<https://doi.org/10.1109/JPROC.2023.3273517> [Pdf](#)
184. Zainal, N. H.\* & **Newman, M. G.** (in press). Prospective network analysis of proinflammatory proteins, lipid markers, and depression components in midlife community women. *Psychological Medicine*. (Accepted July 4, 2022) PMID: 35924730, PMCID: 9898473 <https://doi.org/10.1017/S003329172200232X> [Pdf](#)
183. Zainal, N. H.\* & **Newman, M. G.** (2023). A cross-lagged prospective network analysis of depression and anxiety and cognitive functioning components in midlife community adult women. *Psychological Medicine*, 53(9), 4060-4171. PMID: 35534458 PMCID: 9646930 <https://doi.org/10.1017/S0033291722000848> [Pdf](#)
182. D'Adamo, L. D.\*, Paraboschi, L.\*, Grammer, A. C.\*, Fennig, M.\*, Graham, A. K., Yaeger, L. H., **Newman, M. G.**, Wilfley, D. E., Taylor, C. B., Eisenberg, D., Fitzsimmons-Craft, E. E. (2023). Reach and uptake of digital mental health interventions based on cognitive-behavioral therapy for college students: A

- systematic review. *Journal of Behavioral and Cognitive Therapy*, 33(2), 97-117.  
<https://doi.org/10.1016/j.jbct.2023.05.002> **Pdf**
181. Rackoff, G. N.\*, Monocello, L. T., Fowler, L. A.\*, Vázquez, M. M.\*, Shah, J.\*, Fitzsimmons-Craft, E. E., Taylor, C. B., Eisenberg, D., Wilfley, D. E., & **Newman, M. G.** (2023). Using social influence strategies to improve rates of online mental health survey participation: Results from two experiments. *Journal of Behavioral and Cognitive Therapy*, 33(2), 81-89.  
<https://doi.org/10.1016/j.jbct.2023.05.001> **Pdf**
180. LaFreniere, L. S.\* & **Newman, M. G.** (2023). Upregulating positive emotion in generalized anxiety disorder: A randomized controlled trial of the Skilljoy ecological momentary intervention. *Journal of Consulting and Clinical Psychology*, 91(6), 381–387. <https://doi.org/10.1037/ccp0000794> **Featured publication of the American Psychological Association’s Kudos Showcase. Winner of the 2020 Distinguished Dissertation Award in Clinical Psychology from APA Division 12 Pdf**
179. Jacobson, N. C.\*, Evey, K. J.\*, Wright, A. G. C., & **Newman, M. G.** (2023). Integration of discrete and global structures of affect across three large samples: Specific emotions within-persons and global affect between-persons. *Emotion*, 23(4), 1202–1211. PMID: 34591509 PMCID: PMC8964824  
<https://doi.org/10.1037/emo0001022> **Pdf**
178. Sanghvi, D. E.\*, Rackoff, G. N.\*, & **Newman, M. G.** (2023). Latent class analysis of post-traumatic stress disorder symptoms after exposure to hurricane Ike: Associations with demographics, mental health, and well-being. *Social Science & Medicine*, 327, 115942. <https://doi.org/10.1016/j.socscimed.2023.115942> **Pdf**
177. Llera, S. J. & **Newman, M. G.** (2023). Incremental validity of the contrast avoidance model: A comparison with intolerance of uncertainty and negative problem orientation. *Journal of Anxiety Disorders*, 95, 102699.185.  
<https://doi.org/10.1016/j.janxdis.2023.102699> **Pdf**
176. Baik, S. Y.\* & **Newman, M. G.** (2023). The transdiagnostic use of worry and rumination to avoid negative emotional contrasts following negative events: A momentary assessment study. *Journal of Anxiety Disorders*, 95, 102679. PMID: 36565682, PMCID: 10080671 <https://doi.org/10.1016/j.janxdis.2023.102679> **(Winner of the 2023 Best Clinical Paper Award, Penn State, Department of Psychology) Pdf**
175. Sanghvi, D.\*, Zainal, N. H. \*, & **Newman, M. G.** (2023) Trait self-acceptance mediates parental childhood abuse predicting depression and anxiety symptoms in adulthood. *Journal of Anxiety Disorders*, 94, 102673.  
<https://doi.org/10.1016/j.janxdis.2023.102673> **Pdf**
174. Kim, H.\* & **Newman, M. G.** (2023). Worry and rumination enhance a positive emotional contrast based on the framework of the contrast avoidance model. *Journal of Anxiety Disorders*, 94, 102671 PMID: 36681058, PMCID: 10071830  
<https://doi.org/10.1016/j.janxdis.2023.102671> **Pdf**
173. Llera, S. J.\* & **Newman, M. G.** (2023). Contrast avoidance predicts and mediates the effect of trait worry on problem-solving impairment. *Journal of Anxiety Disorders*, 94, 102674. PMID: 36681059, PMCID: 9987319.  
<https://doi.org/10.1016/j.janxdis.2023.102674> **Pdf**

172. Barber, K. E.\*, Zainal, N. H.\*, & **Newman, M. G.** (2023). The mediating effect of stress reactivity in the 18-year relationship between generalized anxiety and depression severity. *Journal of Affective Disorders*, 325, 502-512. PMID: 36642311, PMCID: 9930685 <https://doi.org/10.1016/j.jad.2023.01.041> [Pdf](#)
171. Zainal, N. H.\*, & **Newman, M. G.** (2023). A randomized controlled trial of a 14-day mindfulness ecological momentary intervention (MEMI) for generalized anxiety disorder. *European Psychiatry*, 66(1), e12 <https://www.doi.org/10.1192/j.eurpsy.2023.2>. **Winner of the ABCT Best dissertation award and the FABBS dissertation award.** [Pdf](#)
170. Barber, K. E.\* Zainal, N. H.\*, & **Newman, M. G.** (2023). Positive relations mediate the bidirectional connections between depression and anxiety symptoms. *Journal of Affective Disorders*, 324, 387-394. PMID: 36584704, PMCID: 9893796 <https://doi.org/10.1016/j.jad.2022.12.082> [Pdf](#)
169. **Newman, M. G.**, Rackoff, G. N.\*, Zhu, Y.\*, & Kim, H.\* (2023). A transdiagnostic evaluation of contrast avoidance across generalized anxiety disorder, major depressive disorder, and social anxiety disorder. *Journal of Anxiety Disorders*, 93, 102662. <https://doi.org/10.1016/j.janxdis.2022.102662> [Pdf](#)
168. LaFreniere, L. S.\* & **Newman, M. G.** (2023). Reducing contrast avoidance in GAD by savoring positive emotions: Outcome and mediation in a randomized controlled trial. *Journal of Anxiety Disorders*, 93, 102659. <https://doi.org/10.1016/j.janxdis.2022.102659> PMID:36549218, PMCID: 9976801 [Pdf](#)
167. Woods, W. C., Edershile, E. A. Ringwald, W. R., Sharpe, B. M., Himmelstein, P. H., **Newman, M. G.**, Wilson, S. J., Ellison, W. D., Levy, K. N. Pincus, A. L., Creswell, J. D., & Wright, A. G. C. (2023). Psychometric evaluation of a Visual Interpersonal Analogue Scale. *Psychological Assessment*, 35(4), 311-324. PMID: 36656726 <https://doi.org/10.1037/pas0001210> [Pdf](#)
166. Zainal, N. H.\*, & **Newman, M. G.** (2023). Corrigendum: Curiosity does help to protect against anxiety and depression symptoms but not conversely. *Journal of Affective Disorders*, 323, 894-897. PMID: 36435400, PMCID: 9867916 <https://doi.org/10.1016/j.jad.2022.11.038> [Pdf](#)
165. Constantino, M. J., Castonguay, L. G., Coyne, A. E., Boswell, J. F., & **Newman, M. G.** (2023). Baseline overly accommodating interpersonal problems in relation to parsed alliance-outcome associations in cognitive behavioral therapy for generalized anxiety disorder. *Psychotherapy Research*, 33(1), 3-15. **Special Section Part II- CBT Relationships.** <https://doi.org/10.1080/10503307.2022.2086836> PMID: 35696653, PMCID: PMC9744962 [Pdf](#)
164. Zainal, N. H.\* & **Newman, M. G.** (2023). Elevated anxious and depressed mood relates to future executive dysfunction in older adults: A longitudinal network analysis of psychopathology and cognitive functioning. *Clinical Psychological Science*, 11(2), 218-238. PMID: 36993876, PMCID: 10046395 <https://doi.org/10.1177/21677026221114076> [Pdf](#)
163. Zainal, N. H. & **Newman, M. G.** (2022) Executive functioning constructs in anxiety, obsessive-compulsive, post-traumatic stress, and related disorders. *Current*

- Psychiatry Reports*, 24, 871–880. PMID: 36401677, PMCID: PMC9676877  
<https://doi.org/10.1007/s11920-022-01390-9> Pdf
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6. Pincus, A. L., Doweigillo, E. A., Levy, K. N., Wilson, S. J., & Newman, M. G. (2016). Personality disorders and interpersonal functioning in daily life [abstract]. *International Journal of Psychology*, 51 (Suppl. 1), 892.  
<https://onlinelibrary.wiley.com/doi/10.1002/ijop.12337>
7. Newman, M. G., Shin, K. E.\*, & Zuellig, A. R.\* (2016). Household Composition in Childhood Questionnaire. *APA PsycTESTS*. <https://doi.org/10.1037/t58239-000>
8. Llera, S. J.\*, & **Newman, M. G.** (2014). Emotional Coping Questionnaire for Contrast Avoidance [Database record]. *APA PsycTESTS*. <https://doi.org/10.1037/t34265-000>
9. Kim, H.\* & **Newman, M. G.** (2014). Effect of worry and rumination on emotional avoidance in anxiety and depression [abstract]. *Proceedings of the 122<sup>nd</sup> Annual Convention of the American Psychological Association*.  
<https://doi.org/10.1037/e541632014-001>
10. Erickson, T. M.\*, Siebert, E. C., Carlile, J. A., Scarsella, G. M., **Newman, M. G.** (2013) Differentiating depression, social anxiety, and worry using the interpersonal circumplex. [abstract]. *Proceedings of the 121<sup>st</sup> Annual Convention of the American Psychological Association*. doi: <http://https://doi.org/10.1037/e618522013-001>
11. Sliwinski, M., Almeida, D., Newman, M. G., Smyth, J. (2011). Does anticipation of daily stressors reduce emotional reactivity? [abstract] *Gerontologist*, 51 (suppl. 2), 225  
<https://doi.org/10.1093/geront/gns068>

12. Llera, S. J.\* & **Newman, M. G.** (2011). An experimental examination of emotional avoidance in generalized anxiety disorder: Data supporting a new theory of emotional contrast avoidance [abstract]. *Proceedings of the 119<sup>th</sup> Annual Convention of the American Psychological Association*. <https://doi.org/10.1037/e701132011-001>
13. **Newman, M. G.**, Holmes, M.\*, Zuellig, A. R.\*, Kachin, K. E.\*, & Behar, E.\* (2006). Panic Disorder Self-Report. *APA PsycTESTS*. <https://doi.org/10.1037/t01750-000>
14. Przeworski, A. & **Newman, M. G.** (2003). Book review: Empirically supported therapies: Current and future applications. *the Behavior Therapist*, 26, 411-412.
15. **Newman, M. G.** (2003). Social Phobia Diagnostic Questionnaire [Database record]. Retrieved from *PsycTESTS*. <https://doi.org/10.1037/t04987-000>
16. **Newman, M. G.**, Zuellig, A. R., Kachin, K. E., Constantino, M. J., Przeworski, A., Erickson, T., & Cashman-McGrath, L. (2002). Generalized Anxiety Disorder Questionnaire-IV (GAD-Q-IV). *APA PsycTESTS*. <https://doi.org/10.1037/t04994-000>
17. Stone, A.A., Greenberg, M.A., Kennedy-Moore, E., & **Newman, M. G.** (1990). An examination of self-reported coping assessment [abstract]. *Proceedings of the 11th Annual Meeting of the Society of Behavioral Medicine* (p 117).
18. **Newman, M. G.**, & Glass, D.C. (1990). Do moderate and heavy drinkers use maladaptive coping strategies [Abstract]? *Proceedings of the 11th Annual Meeting of the Society of Behavioral Medicine* (p 172).<sup>1</sup>

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#### MANUSCRIPTS SUBMITTED FOR PUBLICATION

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1. Zainal, N. H.\* & **Newman, M. G.** *Mindfulness enhances cognitive functioning: A meta-analysis of 109 randomized controlled trials*. Manuscript invited for resubmission in *Health Psychology Review*.
  2. Barber, K. E.\* , Rackoff, G. N.\* , & **Newman, M. G.** *Day-to-day directional relationships between sleep duration and negative affect*. Manuscript invited for resubmission in *Journal of Psychosomatic Research*.
  3. Zainal, N. H.\* & **Newman, M. G.** *Which clients with generalized anxiety disorder benefit from a brief mindfulness app versus a self-monitoring app? A machine learning analysis*. Manuscript invited for resubmission in *Journal of Anxiety Disorders*.
  4. Schwob, J. T., & **Newman, M. G.** *Brief imaginal exposure exercises for social anxiety disorder: A randomized controlled trial of a self-help momentary intervention app*. Manuscript invited for resubmission in *Journal of Anxiety Disorders*
  5. D'Adamo, L.\* , Grammer , A. C.\* , Rackoff, G. N.\* , Fitzsimmons-Craft, E. E., Lipson, S. K., **Newman, M. G.**, Taylor, C. B., Eisenberg, D., Wilfley, D. E. *Preferred treatment focus among college students with eating disorders and comorbid mental health problems in a cognitive-behavioral guided self-help program*. Manuscript invited for resubmission in *International Journal of Eating Disorders*
  6. Van Doren, N., Zhu, Y., Vázquez, M. M., Shah, J., Grammer, A. C., Fitzsimmons-Craft, E. E., Eisenberg, D., Wilfley, D. E., Taylor, C. B., & **Newman, M. G.** *Barriers to mental*
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- health treatment in United States college students of color*. Manuscript invited for resubmission in *Psychiatric Services*.
7. Vázquez, M. M., Fowler, L. A., Grammer, A. C., Zhu, Y., Fitzsimmons-Craft, E. E., Lipson, S. K., Shah, J., Eisenberg, D., **Newman, M. G.**, Taylor, C. B., & Wilfley, D. E., *Disparities in mental health symptoms among sexual and gender diverse subgroups in a national sample of college students*. Manuscript invited for resubmission in *Psychology of Sexual Orientation and Gender Diversity*
  8. Fitzsimmons-Craft, E. E., Ashe, E. R., Topooco, N., Zainal, N. H., Rackoff, G. N., Eisenberg, D., Shah, J., Desage, C., Wilfley, D. E., Taylor, C. B. & **Newman, M. G.** *Training, supervision, and experience of coaches offering digital guided self-help for mental health concerns*
  9. Van Doren, N.\* , Zainal, N. H.\* , Hong, R. Y., & **Newman, M. G.** *Cross-cultural and gender invariance of five common symptom and cognitive vulnerability measures in the United States and Singapore*
  10. LaFreniere, L. S.\* & **Newman, M. G.** *Deficient probabilistic learning in generalized anxiety disorder: Avoidance of punishment versus approach of reward.*
  11. Vázquez, M. M., Fowler, L. A.\*, Kleinberg, A. A., Monocello, L. T., Ferry, H. W., Szlyk, H. S., Fitzsimmons-Craft, E. E., **Newman, M. G.**, Eisenberg, D., Taylor, C. B., & Wilfley, D. E. *A qualitative investigation of sexual orientation identities among gender diverse college students.*
  12. Sandella, M. F., Rackoff, G. N. & **Newman, M. G.** *Prospective relationships among depression and perceived opportunity in juvenile offenders*
  13. Soto, J. A., Albrecht-Soto, S., Perez, C. R. & **Newman, M. G.** *Examining the effectiveness of reappraisal in the context of discrimination*
  14. Ng, M. H. S., Zainal, N. H. & **Newman, M. G.** *Positive reappraisal coping mediates the relationship between parental abuse and lack of affection on adulthood generalized anxiety severity.*

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#### UNPUBLISHED MANUALS

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- Hofmann, S. G., & Newman, M.G. *Manual for the group treatment of speech anxiety*. Unpublished manual, Stanford University.
- Raue, P.J., Castonguay, L.G., Newman, M.G., Gaus-Binkley, V., & Shearer, D. *Coding manual for the working alliance inventory-observer form*. Unpublished manual, State University of New York at Stony Brook.

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#### BOOK REVIEWS

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- Oxford University Press (2013)  
 Sage Publications (2011)  
 Wiley Publishing Company (2011)  
 Guilford (2011)  
 Guilford (2010)  
 Springer Publishing Company (2003)  
 Sage Publications (May 1997).

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#### INVITED SCIENTIFIC PRESENTATIONS

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- Newman, M. G.** (2016, May). *Using applied and basic science research to inform improvements in psychotherapy for generalized anxiety disorder*. Invited presentation to faculty at Stanford University, Palo Alto, CA.
- Newman, M. G.** (2014, October). *Using applied and basic science research to inform improvements in psychotherapy for generalized anxiety disorder*. Invited presentation to faculty at University of Massachusetts Medical School, Worcester, MA
- Newman, M. G.** (2013, January). *Using applied and basic science research to inform improvements in psychotherapy for generalized anxiety disorder*. Invited presentation to faculty at University of South Florida, Tampa, Florida.
- Newman, M. G.** (2012, October). *Ecological momentary intervention for generalized anxiety disorder*. Invited presentation to working group on couples therapy at Penn State University, University Park, PA.
- Newman, M. G.** (2012, August). *Mechanisms of cognitive behavioral therapy for generalized anxiety disorder*. Invited presentation to the faculty at Southern Methodist University, Dallas, Texas.
- Newman, M. G.** (2011, June). *How might stress lead to seizures? Lessons from the field of anxiety research*. Invited presentation to Expert Panel Stress and Seizure Workshop. University of Cincinnati, Cincinnati, Ohio.
- Newman, M. G., & Behar, E.** (2011, January). *Cognitive behavioral therapy for generalized anxiety disorder*. Invited presentation at the Beck Institute for Cognitive Therapy and Research, Philadelphia, PA.
- Barber, J., Critchfield, K. L., Levy, K. N., **Newman, M. G., & Kaslow, N. J.** (2010, August). *Five Psychotherapy Researchers Illustrate the Empirical Value of Science to the Practitioner*. Plenary session sponsored by Division 29 of the 118<sup>th</sup> Annual American Psychological Association, San Diego, CA.
- Newman, M. G., Fisher, A. J., & Borkovec, T. D.** (2009, August). *Moderators of Psychotherapy Outcome for Generalized Anxiety Disorder*. In E. Behar (chair) Mediators and moderators of treatment outcome. Invited talk hosted by the Society of Clinical Psychology (Division 12). Paper presented at the 117<sup>th</sup> Annual Meeting of the American Psychological Association, Toronto, Canada.
- Newman, M. G. & Castonguay, L. G.** (2008, October). *The need, hope, disappointments, and new directions in a quest to improve therapy for generalized anxiety disorder*. Invited presentation to the faculty of University of Pennsylvania.
- Newman, M. G.** (2007, June). *Palmtop computer-assisted therapy*. Paper presented at the Inaugural Summit on Behavioral Telehealth, Harvard Medical School, Boston, MA.
- Newman, M. G.** (2006, August). *Progress, problems and solutions pertaining to Internet Interventions for Anxiety Disorders*. Invited talk hosted by the Society of Clinical Psychology (Division 12, Section IV, Clinical Psychology of Women). Plenary presented at the 114<sup>th</sup> Annual Meeting of the American Psychological Association, New Orleans, LA.
- Castonguay, L. G. & **Newman, M. G.** (2006, March). *Toward improving psychotherapy outcome: A search for principles of change and the development of integrative treatments*. Invited address presented at the Experimental Psychopathology Symposium on Recent Developments in Research on the Effectiveness of Psychological Interventions. University of Amsterdam, Amsterdam, Netherlands.

- Newman, M. G.,** Stiles, W. B., Woody, S. R. & Janeck, A. (2006, March). *Empirically supported principles in the treatment of anxiety disorders*. Experimental Psychopathology Symposium on Recent Developments in Research on the Effectiveness of Psychological Interventions. University of Amsterdam, Amsterdam, Netherlands.
- Newman, M. G. &** Castonguay, L. G. (2006, March). *Integrative therapy for the treatment of GAD*. Experimental Psychopathology Symposium on Recent Developments in Research on the Effectiveness of Psychological Interventions. University of Amsterdam, Amsterdam, Netherlands.
- Newman, M. G.** (2005, June). *Self-Help and Minimal Contact Therapies for Anxiety Disorders*. Invited paper presented at the 1<sup>st</sup> annual meeting of the Penn State Neuroscience Research Conference, Anxiety, Mood, and Sleep Disorders: Role of Stress and Trauma. Hershey, PA.
- Newman, M.G.** (2004, May). *Cognitive behavioral therapy for the treatment of generalized anxiety disorder*. In John Greist (Chair) GAD: Evidence-based considerations from pathophysiology to long-term management. Invited industry sponsored symposium presented at the American Psychiatric Association. New York, N.Y.
- Newman, M.G.,** Kenardy, J.A., Dow, M.G.T., Johnston, D.W., & Taylor, C. B. (2004, May). *A Comparison of Standard CBT to Brief CBT with and without adjunctive computer assistance: An international multicentre trial*. Invited paper presented at the 157<sup>th</sup> Annual Meeting of the American Association for Technology in Psychiatry. New York, N.Y.
- Newman, M.G.** (1998, August). *Cost-effectiveness in the treatment of anxiety disorders*. Invited address presented to the faculty of the University of Queensland, Brisbane, Queensland in Australia.
- Newman, M.G.** (1996, June). *The role of interpersonal problems in the treatment of generalized anxiety disorder*. Invited address presented at Stanford University.

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## WORKSHOPS

- Lu, X., Sawant, N., **Newman, M. G.,** Adams, R. B., Wang, J. Z. & Li, J. (2016, October). *Identifying Emotions Aroused from Paintings*. 1st Workshop on Visual Analysis of Sketches. In Proceedings of the 14<sup>th</sup> European Conference on Computer Vision, 2016. Amsterdam, The Netherlands.
- Castonguay, LG., & **Newman, M. G.** (2007, September). *Integrative therapy for generalized anxiety disorder: An illustration of additive design in psychotherapy research*. Workshop presented at the European SPR Research Methods Conference. Geneva.
- Newman, M. G.** (2006, March). *Cognitive Behavioral Therapy for Generalized Anxiety Disorder*. All day workshop presented at the University of Pennsylvania, Philadelphia.
- Newman, M. G.** (1998, August). *Cognitive Behavioral Therapy for Generalized Anxiety Disorder*. Workshop presented at the University of Queensland, Brisbane, Queensland in Australia.

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## INVITED CONFERENCES

- Inaugural Summit on Behavioral Telehealth (2005, June), Harvard Medical School, Boston, MA.
- 1<sup>st</sup> annual meeting of the Penn State Neuroscience Research Conference, Anxiety, Mood, and Sleep Disorders: Role of Stress and Trauma. Hershey, PA.

1st International Congress of Computer-Assisted Therapy: (1996, December). Stanford University, Palo Alto, CA.

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***SYMPOSIA CHAIRED OR CO-CHAIRLED***

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- Frontiers in Transdiagnostic Perspectives: Exploring Immune and Endocrine Markers as Potential Missing Links in Common Mental Disorders* (2022, November). Symposium presented at the 56th annual meeting of the Association for Behavioral and Cognitive Therapies, New York, New York.
- Mobile Apps for Depression and Anxiety Disorders: Promises and Pitfalls.* (2021, November). Symposium presented at the 55th annual meeting of the Association for Behavioral and Cognitive Therapies, New Orleans, LA (virtual).
- Frontiers of Executive and Neurocognitive Functioning in Psychopathology Research and Treatment* (2021, March). Symposium presented at the 41st Annual Meeting of the Anxiety and Depression Association of America (ADAA), virtual conference.
- Frontiers of Executive and Neurocognitive Functioning in Psychopathology Research and Treatment* (2020, March). Symposium accepted for the 40<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), San Antonio, TX. **Note: Cancelled due to the corona virus.**
- Cognitive and Electrophysiological Advances in Anxiety and Related Disorders.* (2019, November). Symposium presented at the 53<sup>rd</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Atlanta, Georgia.
- The Role of Executive Functioning and Other 'Cold' Cognitive Domains in Anxiety and Depressive Disorders.* (2019, April) Symposium presented at the 39<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), Chicago, IL.
- Executive Function in Anxiety and Depressive Disorders.* (2018, November). Symposium presented at 52<sup>nd</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies (ABCT) Washington, DC.
- Investigating Emotion Dysregulation in Worry: The Role of Emotional Contrast Avoidance.* (2018, November). Symposium presented at 52<sup>nd</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies (ABCT) Washington, DC.
- Interpersonal and Emotion Regulation Processes in Anxiety and Mood Disorders* (2018, April). Symposium presented at the 38<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), Washington, DC.
- Understanding Symptoms and Comorbidity of Mood and Anxiety Disorders Through Daily Emotional Experiences: Ecological Momentary Assessment Studies* (2018, April). Symposium presented at the 38<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), Washington, DC.
- Emotion Regulation Models of Worry: Testing Theory in Diverse Contexts for Ecological Validity and Transdiagnostic Generalizability* (2018, April). Symposium presented at the 38<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), Washington, DC.
- Interpersonal Processes in Social Anxiety Disorder: New Methodologies and Findings on Interpersonal Relationships and Empathy* (2018, April). Symposium presented at the 38<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), Washington, DC.

- How can ecological momentary assessment help us understand mood and anxiety pathology better?* (2017, November). Symposium presented at the 51<sup>st</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies (ABCT). San Diego, CA.
- The contrast avoidance model: Reconceptualizing worry in GAD and as a transdiagnostic process* (2017, April). Symposium presented to the 37<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America, San Francisco, CA.
- Advances in the treatment for generalized anxiety Disorder: New Results from RCTs* (2017, April). Symposium presented to the 37<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America, San Francisco, CA.
- Bridging the mental health Gap: The way forward* (2016, December). Panel discussion presented at the Bridging the Mental Health Treatment Gap: Innovations in Mental Health Care in India Conference, Goa India.
- Mana Maali online intervention for anxiety in college students* (2016, December). Symposium presented at the Bridging the Mental Health Treatment Gap: Innovations in Mental Health Care in India Conference, Goa India.
- Anxiety and depression: Specificity, overlap, and interrelatedness.* (2016, October). Symposium to be presented to the 50<sup>h</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, New York, N. Y.
- Anxiety and Depression: Specificity, Overlap, and Interrelatedness.* (2016, April). Symposium presented at the 36<sup>th</sup> Annual Convention of the Anxiety and Depression Association of America, Philadelphia, PA.
- Anxiety and depression in the lesbian, gay, and bisexual community: From basic science to clinical practice.* (2016, April) Symposium presented at the 36<sup>th</sup> Annual Convention of the Anxiety and Depression Association of America, Philadelphia, PA.
- Dissemination, Implementation and Evaluation of Evidence-Based Practices in Nontraditional Settings: Leveraging Mobile Technologies to Overcome Barriers.* (2015, November) Symposium presented to the 49<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Improving Exposure Outcome in Anxiety Disorders.* (2015, November) Symposium presented to the 49<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Bridging Research and Practice: Clinical experiences in conducting empirically supported treatments for PTSD, OCD, and GAD.* (2015, June) Symposium presented at the 45<sup>th</sup> Annual Meeting of the Society for Psychotherapy Research, Philadelphia, PA.
- How successful are research strategies to enhance efficacy of generalized anxiety disorder?* (2015, June) Symposium presented at the 45<sup>th</sup> Annual Meeting of the Society for Psychotherapy Research, Philadelphia, PA.
- Anxiety and Depression: Specificity, Overlap, and Interrelatedness.* (2014, March). Symposium presented the 34<sup>th</sup> Annual Conference of the Anxiety and Depression Association of America, Chicago, IL.
- Techniques and Mechanisms of Action from CBT for anxiety disorders.* (2011, June). Symposium presented at the 42<sup>nd</sup> International Meeting of the Society for Psychotherapy Research. Bern, Switzerland.
- Scientific exploration of emotional functioning in generalized anxiety disorder (GAD): Emphasis on the nature and pathogenic mechanisms* (2010, November). Symposium presented at the 44<sup>th</sup> Annual Association for the Advancement of Behavioral and



- Cognitive Therapies, San Francisco, CA.
- What the clinician and researcher need from each other.* (2010, August). Division 12 sponsored discussion at the 118<sup>th</sup> Annual Meeting of the American Psychological Association, San Diego, CA.
- A bridge between SPR and ABCT: Process, outcome and mechanisms in psychotherapy for anxiety and stress disorders.* (2010, June). Symposium presented at the 41<sup>st</sup> International Meeting of the Society for Psychotherapy Research, Asilomar, CA.
- Breaking the Glass Ceiling: Conversations with Eminent Women in Psychology.* (2009, November). Panel presented at the 43<sup>rd</sup> Annual Meeting of the Association of Behavioral and Cognitive Therapies. New York, NY.
- Filling the Gap Between Genes and Clinical Syndromes: The Search for Endophenotypes in Mood and Anxiety Disorders.* (2009, November). Symposium presented at the 43<sup>rd</sup> Annual Meeting of the Association for the Advancement of Behavioral and Cognitive Therapies, New York, New York.
- Emotion, emotional expression, and emotional processing in generalized anxiety disorder.* (2002, November). Symposium presented at the 36<sup>th</sup> Annual meeting of the Association for Advancement of Behavior Therapy. Reno, Nevada. Discussant: Michelle G. Newman.
- The generality of psychotherapy beyond targeted anxiety disorder symptoms.* (2001, November). Symposium presented at the 35<sup>th</sup> Annual meeting of the Association for Advancement of Behavior Therapy. Philadelphia, PA. Discussant: Diane L. Chambless.
- Research and theory on social phobia subtypes.* (1998, November). Panel presented at the 32<sup>nd</sup> Annual meeting of the Association for Advancement of Behavior Therapy. Washington, D.C. Discussant: Rick Heimberg, Ph.D.
- Future directions in anxiety disorder psychotherapy research.* (1998, June). Panel presented at the 29<sup>th</sup> Annual Meeting of the Society for Psychotherapy Research. Snowbird, Utah. Panel members: Tom Borkovec, Ph.D., Debra Hope, Ph.D., Michael Kozak, Ph.D., Rich McNally, Ph.D., and C. Barr Taylor, M.D.
- Computer applications in the delivery of cognitive behavioral therapy.* (1997, November). Symposium presented to the 31<sup>st</sup> Annual meeting of the Association for Advancement of Behavior Therapy. Miami, FL. Discussant: Frank Andrasik, Ph.D.

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## CONFERENCE PRESENTATIONS

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- D'Adamo, L., Paraboschi, L., Grammer, A.C., Fennig, M., Graham, A.K., Yaeger, L.H., Newman, M.G., Wilfley, D.E., Taylor, C.B., Eisenberg, D., & Fitzsimmons-Craft, E.E. (2023, November). Reach and uptake of digital mental health interventions based on cognitive-behavioral therapy for college students: A systematic review. Poster to be presented at the 57<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Seattle, WA.
- Baik, S. Y., & Newman M. G. (2023, June). *The Transdiagnostic Use of Worry and Rumination to Avoid Negative Emotional Contrasts following Negative events: A Momentary Assessment Study.* Symposium presented at the 10<sup>th</sup> World Congress of Cognitive and Behavioral Therapies, Seoul, Korea.
- Rosen, F. N. & LaFreniere, L. S., & Newman, M. G. (November, 2022). *Duration of positive emotion after savoring in those with and without generalized anxiety disorder.* Peer-

- reviewed accepted lecture presented at the annual meeting of the Clinical Psychology at Liberal Arts Colleges Special Interest Group; Association for Behavioral and Cognitive Therapies Convention, New York, NY
- Zainal, N. H. & **Newman, M. G.** (2022, November). Increased inflammation predicts nine-year change in major depressive disorder diagnostic status. In Zainal, N.H. & Newman M.G. (Chairs) *Frontiers in Transdiagnostic Perspectives: Exploring Immune and Endocrine Markers as Potential Missing Links in Common Mental Disorders* (2022, November). Symposium presented at the 56th annual meeting of the Association for Behavioral and Cognitive Therapies, New York, New York.
- Shin, K. E. & **Newman, M. G.** (2022, November). Interpersonal heterogeneity in generalized anxiety disorder: A mixture model approach. In K. E. Shin & G. T. Wallace (Co-Chairs), *Expanding your analytic toolkit: Applying innovative statistical methods to clinical science*. Paper presented at the 56<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Shin, K. E., Cha, C. B., & **Newman, M. G.** (2022, November). Daily emotion dynamics in anxious and depressed adults: Association with suicidal ideation and attempt. In K. E. Shin & C. B. Cha (Co-Chairs), *Examining intra-daily fluctuations in psychological processes among suicidal individuals*. Paper presented at the 56<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Fitzsimmons-Craft, E. E., Taylor, C. B., Eisenberg, D., Rackoff, G. N., Enrique, A., Richards, D., Wilfley, D. E., & **Newman, M. G.** (2022, September). *Harnessing Mobile Technology to Reduce Mental Health Disorders in College Populations*. Paper presented at the 11<sup>th</sup> Annual Meeting for the International Society of Research on Internet Interventions (ISRII), Pittsburgh, PA.
- Rackoff, G. N., Fitzsimmons-Craft, E. E., Taylor, C. B., Eisenberg, D., Wilfley, D. E., & **Newman, M. G.** (2022, September). *A Randomized Controlled Trial of Smartphone-Accessible Online Self-Help for Stress Related to COVID-19*. Paper presented at the 11<sup>th</sup> Annual Meeting of the International Society for Research on Internet Interventions (ISRII), Pittsburgh, PA.
- Fitzsimmons-Craft, E. E., Rackoff, G. N., Shah, J., DePietro, B., Firebaugh, M., **Newman, M. G.**, Collins, L. M., Wilfley, D. E., & Taylor, C. B. (2022, September). *Optimizing a chatbot to facilitate mental health services use in individuals with eating disorders following online screening*. Paper to be presented at the 28th Annual Meeting of the Eating Disorders Research Society. Philadelphia, PA.
- Shin, K. E., Cha, C. B., & **Newman, M. G.** (2022, April). Harnessing mobile technology to elucidate symptom and treatment processes in internalizing disorders. In J. Hur (Chair), Technology-enabled clinical research and service. Paper presented at the biannual meeting of the Korean Clinical Psychology Association, Seoul, South Korea.
- Zainal, N. H. & **Newman, M. G.**, Tan, H. H., & Hong, R. Y. S. (2022, March). *Two randomized controlled trials of a 14-day mindfulness ecological momentary intervention for anxiety disorders*. In Zainal, N. H. (Chair). Targeted Cognitive Interventions for Anxiety, Depression, and Related Disorders: Promoting New Frontiers for Translational Science. Symposium presented at the 42<sup>nd</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), Denver, CO.
- Newman, M. G.**, Shin, K. E., Schwob, J. T., Rackoff, G. N., Van Doren, N., & Kim H. (2022, March). *Worry's effect on positive emotional contrasts: A momentary assessment*

- study of the Contrast Avoidance Model within social interactions*. In S. J. Llera (Chair) The contrast avoidance model: New directions for the understanding and treatment of generalized anxiety disorder. Symposium presented at the 42<sup>nd</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), Denver, CO.
- LaFreniere, L. S. & **Newman, M. G.** (2022, March). *Engaging positive emotion to reduce contrast avoidance in GAD: Results from a randomized controlled trial*. In S. J. Llera (Chair) The contrast avoidance model: New directions for the understanding and treatment of generalized anxiety disorder. Symposium presented at the 42<sup>nd</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), Denver, CO.
- Llera, S. J. & **Newman, M. G.** (2022, March) *Contrast avoidance negatively impacts the problem-solving process: Results from an experimental study*. In S. J. Llera (Chair) The contrast avoidance model: New directions for the understanding and treatment of generalized anxiety disorder. Symposium presented at the 42<sup>nd</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), Denver, CO.
- Newman, M. G.** (2021, November). Discussant for Daniel, K. E. & Meyer, A. E. (Co-Chairs). *In the here and now: Using smartphones and wearable sensor technology to study anxiety and emotion regulation in daily life*. Symposium presented at the 55th annual meeting of the Association for Behavioral and Cognitive Therapies, New Orleans, LA (virtual).
- Kim, H., Shin, K. E. & **Newman, M. G.** (2021, November). *Comparison of student and treatment-seeking GAD populations: Similarities and differences in pathological worry and comorbidities*. In Timpano, K. R. & Abramovitch, A. (Co-Chairs). Psychopathology in college students: Implications for research, theory, and public health policies. Symposium presented at the 55th annual meeting of the Association for Behavioral and Cognitive Therapies, New Orleans, LA (virtual).
- Kim, H. & **Newman, M. G.** (2021, November). *Rumination uniquely avoids negative emotional contrast to sadness: An analysis using emotional facial expression*. In S. Llera & H. Kim (Co-Chairs) Emotion dysregulation in repetitive-negative thinking: Investigating the role of emotional contrast avoidance. Symposium presented at the 55th annual meeting of the Association for Behavioral and Cognitive Therapies, New Orleans, LA (virtual).
- Llera, S. J. & **Newman, M. G.** (2021, November). *Incremental validity of the CAM: Comparison with Intolerance of Uncertainty and Negative Problem Orientation*. In S. Llera & H. Kim (Co-Chairs) Emotion dysregulation in repetitive-negative thinking: Investigating the role of emotional contrast avoidance. Symposium presented at the 55th annual meeting of the Association for Behavioral and Cognitive Therapies, New Orleans, LA (virtual).
- Rackoff, G. N. & **Newman, M. G.** (2021, November). *A randomized controlled trial of smartphone-accessible online self-help for stress related to COVID-19*. In N. H. Zainal & M. G. Newman (Co-Chairs), Mobile apps for depression and anxiety disorders: Promises and pitfalls. Symposium presented at the 55th annual meeting of the Association for Behavioral and Cognitive Therapies, New Orleans, LA (virtual).
- Schwob, J. & **Newman, M. G.** (2021, November). *Imexposure smartphone application: Brief imaginal exposure exercises for avoidance in socially anxious individuals*. In N. H.

- Zainal & M. G. Newman (Co-Chairs), Mobile apps for depression and anxiety disorders: Promises and pitfalls. Symposium presented at the 55th annual meeting of the Association for Behavioral and Cognitive Therapies, New Orleans, LA (virtual).
- LaFreniere, L. S. & **Newman, M. G.** (2021, November). *Upregulating positive emotion in generalized anxiety disorder: A randomized controlled trial of the skilljoy ecological momentary intervention*. In N. H. Zainal & M. G. Newman (Co-Chairs), Mobile apps for depression and anxiety disorders: Promises and pitfalls. Symposium presented at the 55th annual meeting of the Association for Behavioral and Cognitive Therapies, New Orleans, LA (virtual).
- Zainal, N. H. & **Newman, M. G.** (2021, November). *A randomized controlled trial of a 14-day mindfulness ecological momentary intervention for generalized anxiety disorder*. In N. H. Zainal & M. G. Newman (Co-Chairs), Mobile apps for depression and anxiety disorders: Promises and pitfalls. Symposium presented at the 55th annual meeting of the Association for Behavioral and Cognitive Therapies, New Orleans, LA (virtual).
- Shin, K. E., **Newman, M. G.**, & Jacobson, N. C. (2021, November). *Emotion network density as a potential clinical marker: Comparison of ecological momentary assessment and daily diary*. In D. G. Jordan & G. T. Wallace (Co-Chairs), Novel analytic approaches to clinical science: Integrating recent advances to statistical methodology. Symposium presented at the 55<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, New Orleans, LA (virtual).
- LaFreniere, L. S. & **Newman, M. G.** (2021, March). *Upregulating Positive Emotion in Generalized Anxiety Disorder: A Randomized Controlled Trial of the Skilljoy Ecological Momentary Intervention*. In L. LaFreniere (Chair) Search and Enjoy: Using Technology to Enhance and Examine Positive Well-Being. Symposium presented at the 41<sup>st</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), virtual
- Shwob, J. T. & **Newman, M. G.** (2021, March). *Imexposure Smartphone Application: Brief Imaginal Exposure Exercises to Promote Self-Efficacy in Socially Anxious Individuals*. In L. LaFreniere (Chair) Search and Enjoy: Using Technology to Enhance and Examine Positive Well-Being. Symposium presented at the 41<sup>st</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), virtual
- Kim, H. & **Newman, M. G.** (2021, March). *Effects of Repetitive Negative Thought on Positive Affect: Testing Contrast Enhancement of Amusement in Worry and Rumination Based on the Contrast Avoidance Model*. In S. J. Llera (Chair). Worry: Does It Hinder or Help? Exploring Effects on Cognitive, Social, and Emotional Processing, and Identifying Novel Biomarkers. Symposium presented at the 41<sup>st</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), virtual conference.
- Llera, S. J. & **Newman, M. G.** (2021, March) *Worry Negatively Impacts the Problem-solving Process: Results from an Experimental Study*. In S. J. Llera (Chair). Worry: Does It Hinder or Help? Exploring Effects on Cognitive, Social, and Emotional Processing, and Identifying Novel Biomarkers. Symposium presented at the 41<sup>st</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), virtual conference.
- Newman, M. G.** (2021, March) Discussant for *Worry: Does It Hinder or Help? Exploring Effects on Cognitive, Social, and Emotional Processing, and Identifying Novel*

- Biomarkers*. Symposium presented at the 41<sup>st</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), virtual conference.
- Zainal, N. H. & Newman, M. G. (2021, March). *Worry Amplifies Theory-of-mind Reasoning for Negatively Valenced Social Stimuli in Generalized Anxiety Disorder*. In S. J. Llera (Chair). *Worry: Does It Hinder or Help? Exploring Effects on Cognitive, Social, and Emotional Processing, and Identifying Novel Biomarkers*. Symposium presented at the 41<sup>st</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), virtual conference.
- Zainal, N. H. & Newman, M. G. (2021, March). *Mindfulness Enhances Cognitive Functioning: A Meta-Analysis of 95 Randomized Controlled Trials*. In Zainal, N.H. & Newman, M.G. In Zainal, N. H. & Newman M. G. (Chairs). *Frontiers of Executive and Neurocognitive Functioning in Psychopathology Research and Treatment*. Symposium presented at the 41<sup>st</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), virtual conference.
- Kim, H, Kim, S. & Newman, M. G. (2020, November). *Uncovering the Dynamic Network Structure of the Emotion Regulation Deficits in Social Anxiety Disorder*. In Henderson, C. & Shin K. E, (Chairs) *Uncovering Dynamic Clinical Processes: Statistical Approaches for Intensive Longitudinal Data*. Symposium presented at the 54<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies (ABCT), virtual conference.
- Newman, M. G. (2020, November). Discussant for *Uncovering Dynamic Clinical Processes: Statistical Approaches for Intensive Longitudinal Data*. Symposium presented at the 54<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies (ABCT), virtual conference.
- Shin, K. E. & Newman, M. G. (2020, November). *Modeling Dynamic Symptom Relations in Depression and Anxiety: A Network Analysis Approach*. In Henderson, C. & Shin K. E, (Chairs) *Uncovering Dynamic Clinical Processes: Statistical Approaches for Intensive Longitudinal Data*. Symposium presented at the 54<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies (ABCT), , virtual conference.
- Juarascio, J. G., Wilhelm, S. & Newman, M. G. (2020, November). In Gentile, J. (Moderator) *Technology Use in Mental Healthcare: Real Life Opportunities and Challenges*. Panel discussion presented at the 54<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies (ABCT), virtual conference.
- Kim, H. & Newman, M. G. (2020, March). *Effects of Repetitive Negative Thought on Positive Affect: Testing Contrast Enhancement of Amusement in Worry and Rumination Based on the Contrast Avoidance Model*. In Llera, S. J. (Chair) *Worry: Does It Hinder or Help? Exploring Effects on Cognitive, Social, and Emotional Processing, and Identifying Novel Biomarkers?* Symposium accepted at the 40<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), San Antonio, TX. **Note: Canceled due to the corona virus.**
- Newman, M. G. (2020, March). Discussant for *Worry: Does It Hinder or Help? Exploring Effects on Cognitive, Social, and Emotional Processing, and Identifying Novel Biomarkers?* Symposium presented at the 40<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), San Antonio, TX. **Note: Cancelled due to the corona virus.**

- Kim, H. & Newman, M. G. (2020, March). *Effects of Repetitive Negative Thought on Positive Affect: Testing Contrast Enhancement of Amusement in Worry and Rumination Based on the Contrast Avoidance Model*. In Llera, S. J. (Chair) Worry: Does It Hinder or Help? Exploring Effects on Cognitive, Social, and Emotional Processing, and Identifying Novel Biomarkers? Symposium accepted at the 40<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), San Antonio, TX. **Note: Canceled due to the corona virus.**
- Zainal, N. H. & Newman, M. G. (2020, March). *Worry Amplifies Theory-Of-Mind Reasoning for Negatively Valenced Social Stimuli in Generalized Anxiety Disorder*. In Llera, S. J. (Chair) Worry: Does It Hinder or Help? Exploring Effects on Cognitive, Social, and Emotional Processing, and Identifying Novel Biomarkers? Symposium accepted at the 40<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), San Antonio, TX. **Note: Canceled due to the corona virus.**
- Llera, S. J. & Newman, M. G. (2020, March). *Does Worry Hinder or Help the Problem-Solving Process? A Test of Worry Using an In-Vivo Problem-Solving Task*. In Llera, S. J. (Chair) Worry: Does It Hinder or Help? Exploring Effects on Cognitive, Social, and Emotional Processing, and Identifying Novel Biomarkers? Symposium accepted at the 40<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), San Antonio, TX. **Note: Canceled due to the corona virus.**
- Zainal, N. H. & Newman, M. G. (2020, March). *What Aspects of Executive and Other Cognitive Functioning Do Mindfulness-Based Interventions Impact? A Meta-Analysis of 60 Randomized Controlled Trials?* In Newman M. G. and Zainal N. H. (Chairs) Frontiers of Executive and Neurocognitive Functioning in Psychopathology Research and Treatment. Symposium accepted at the 40<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), San Antonio, TX. **Note: Canceled due to the corona virus.**
- Zainal, N. H. & Newman, M. G. (2019, November). *Dynamic Within-Persons Trait Worry-Working Memory Relations Across 23 Years*. In H. Zainal & M. Newman (Chairs) Cognitive and Electrophysiological Advances in Anxiety and Related Disorders. Symposium presented at the 53rd Annual Meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Atlanta, Georgia.
- Zainal, N. H. & Newman, M. G. (2019, November). *Relation Between Cognitive and Behavioral Strategies and Future Change in Common Mental Health Problems Across 18 Years*. In I. Engelhard & M. A. Hagenaars (Chairs) Transdiagnostic Approaches in the Aetiology and Treatment of Anxiety Disorders. Symposium presented at the 53rd Annual Meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Atlanta, Georgia.
- LaFreniere, L. S., Newman, M. G., and Lord, S. (2019, October). *Upregulating positive emotion in Generalized Anxiety Disorder: A randomized controlled trial of the SkillJoy ecological momentary intervention*. Selected lecture presented at the Dartmouth-Hitchcock Medical Center Scientific Retreat 2019, Hanover, NH.
- Zainal, N. H. & Newman, M. G. (2019, March). *Psychopathological diagnoses predict executive functioning and other cognitive domains nine years later*. In M. G. Newman and N. H. Zainal (Chairs) The Role of Executive Functioning and Other 'Cold' Cognitive Domains in Anxiety and Depressive Disorders. Symposium

- presented at the 39<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), Chicago, IL.
- Newman, M. G.** (2019, March). Discussant for E. Bernstein and E. Kleiman (Chairs). *Emotion regulation in daily life: Understanding emotional disorders and emotional wellbeing through experience sampling and wearable monitoring*. Symposium presented at the 39<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), Chicago, Illinois.
- Newman, M. G.** (2018, November). Discussant for C. McLean (Chair). *If you build it, they will come... but how do we get them to stay? The role of support in e-health interventions*. Symposium presented at 52<sup>nd</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies (ABCT) Washington, DC.
- Newman, M. G.** (2018, November). Discussant for H. Kim and M. G. Newman (Chairs). *Investigating Emotion Dysregulation in Worry: The Role of Emotional Contrast Avoidance*. Symposium presented at 52<sup>nd</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies (ABCT) Washington, DC.
- Newman, M. G., Kanuri, N., Jacobson, N. C., Thomas, N., Abbott, J. M., Jones, M., Sharma, S., & Taylor, C. B.** (2018, November). *Using Online Interventions to Treat GAD Among Indian University Students*. In Shin, K. E. (chair) Innovating mental health science with an ecological momentary approach: Applications to clinical samples, treatment data, and treatment delivery. Symposium presented at 52<sup>nd</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies (ABCT) Washington, DC.
- Shin, K. E., & Newman, M. G.** (2018, November). *Daily Anxiety Ratings: Time-Varying Moderation of Treatment Outcomes in GAD*. In Shin, K. E. (chair) Innovating mental health science with an ecological momentary approach: Applications to clinical samples, treatment data, and treatment delivery. Symposium presented at 52<sup>nd</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies (ABCT) Washington, DC.
- Shin, K. E. & Newman, M. G.** (2018, November). *Social Anxiety, Generalized Anxiety, Depression: Interpersonal Problems*. In H. Kim (Chair). Interpersonal Dysfunction in Social Anxiety Disorder: The Role of Social Perceptions, Perfectionism, and Empathy. Symposium presented at 52<sup>nd</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies (ABCT) Washington, DC.
- Shin, K. E., Levy, K. N., Pincus, A.L. & Newman, M. G.** (2018, November). *Momentary Worry Predicting Contrast Avoidance: Ecological Momentary Assessment in a Mixed Outpatient Sample*. In H. Kim and M. G. Newman (chairs). Investigating Emotion Dysregulation in Worry: The Role of Emotional Contrast Avoidance. Symposium presented at 52<sup>nd</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies (ABCT) Washington, DC.
- LaFreniere, L. S., & Newman, M. G.** (2018, November). *Smartphone Treatment Mechanisms: Untrue Worries in a GAD Intervention*. In Shin, K. E. (chair) Innovating mental health science with an ecological momentary approach: Applications to clinical samples, treatment data, and treatment delivery. Symposium presented at 52<sup>nd</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies (ABCT) Washington, DC.
- Zainal, N. H. & Newman, M. G.** (2018, November). *Reasoning Deficits Mediate Anxiety: Predicting Depression Severity*. In H. Zainal and M. Newman (chairs). Executive

- Function in Anxiety and Depressive Disorders. Symposium presented at 52<sup>nd</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies (ABCT) Washington, DC.
- Jacobson, N. C. & **Newman, M. G.** (2018, November). *Clinical Anxiety, Clinical Depression, and Momentary Affect in Daily Life*. In De Nadai, A. & Henderson, C. (Chairs). Applications of Bayesian Estimation in Clinical Research. Symposium presented at 52<sup>nd</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies (ABCT) Washington, DC.
- Jacobson, N. C. & **Newman, M. G.** (2018, November). *Ideographic Dynamic Factor Models of Affect in a Transdiagnostic Sample*. In De Nadai, A. (Chair). Novel Methods in Clinical Psychology. Symposium presented at 52<sup>nd</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies (ABCT) Washington, DC.
- Kim, H. & **Newman, M. G.** (2018, November). *Paradoxical increase in anxiety during relaxation training*. In H. Kim and M. G. Newman (chairs). Investigating Emotion Dysregulation in Worry: The Role of Emotional Contrast Avoidance. Symposium presented at 52<sup>nd</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies (ABCT) Washington, DC.
- Kim, H. & **Newman, M. G.** (2018, November). *Role of Social Anxiety and Perfectionism in Adolescents' Social Isolation*. In H. Kim (Chair). Interpersonal Dysfunction in Social Anxiety Disorder: The Role of Social Perceptions, Perfectionism, and Empathy. Symposium presented at 52<sup>nd</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies (ABCT) Washington, DC.
- Kim, H. & **Newman, M. G.** (2018, November). *Is Test-Retest Reliability an Analysis of Choice for Repeatability?: Bland-Altman Agreement Tests*. In De Nadai, A. (Chair). Novel Methods in Clinical Psychology. Symposium presented at 52<sup>nd</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies (ABCT) Washington, DC.
- Johnson, B. N., Levy, K. N., Ellison, W. D., Scala, J. W., Pincus, A. L., & **Newman, M. G.** (2018, June). *Determining the clinical utility of borderline personality disorder subtypes*. In S. Zilcha-Mano (Chair), *Unique characteristics of psychotherapy with patients with personality disorders*. Symposium presented at the 49<sup>th</sup> annual convention of the Society for Psychotherapy Research, Amsterdam, Netherlands.
- Zainal, H. & **Newman, M.G.** (2018, April). *Worry Amplifies Theory-of-Mind Reasoning of Negatively Valenced Social Stimuli in Generalized Anxiety Disorder*. In Zainal, H. & Newman, M.G. (Chairs) Interpersonal and Emotion Regulation Processes in Anxiety and Mood Disorders. Symposium presented at the 38<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), Washington, DC.
- Jacobson, N. C. & **Newman, M.G.** (2018, April). *Depression Variability Predicts Later Anxiety for Those with Depressive Disorders*. In Shin, K. E. & Newman, M.G. (Chairs) Understanding Symptoms and Comorbidity of Mood and Anxiety Disorders Through Daily Emotional Experiences: Ecological Momentary Assessment Studies. Symposium presented at the 38<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), Washington, DC.
- Shin, K. E. & **Newman, M.G.** (2018, April). *Daily Affect Dynamics Mediating the Long-Term Maintenance and Comorbidity of Depression and Generalized Anxiety Disorder*. In Shin, K. E. & Newman, M.G. (Chairs) Understanding Symptoms and



- Comorbidity of Mood and Anxiety Disorders Through Daily Emotional Experiences: Ecological Momentary Assessment Studies. Symposium presented at the 38<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), Washington, DC.
- Shin, K. E. & **Newman, M.G.** (2018, April). *Worry Predicting Contrast Avoidance, Not Emotional Avoidance: Experience Sampling Study in a Transdiagnostic Clinical Sample*. In Kim, H. & Newman, M.G. (Chairs) Emotion Regulation Models of Worry: Testing Theory in Diverse Contexts for Ecological Validity and Transdiagnostic Generalizability Symposium presented at the 38<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), Washington, DC.
- Shin, K. E. & **Newman, M.G.** (2018, April). *Self- and Other-Perception of Interpersonal Problems: Moderation of Agreement and Bias by Social Anxiety, Generalized Anxiety, and Depression*. In Kim, H. & Newman, M.G. (Chairs) Interpersonal Processes in Social Anxiety Disorder: New Methodologies and Findings on Interpersonal Relationships and Empathy. Symposium presented at the 38<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), Washington, DC.
- Kim, H. & **Newman, M.G.** (2018, April). *The Paradox of Relaxation Training: Understanding the Role of Relaxation Induced Anxiety in Contrast Avoidance*. In Kim, H. & Newman, M.G. (Chairs) Emotion Regulation Models of Worry: Testing Theory in Diverse Contexts for Ecological Validity and Transdiagnostic Generalizability Symposium presented at the 38<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), Washington, DC.
- Kim, H. & **Newman, M.G.** (2018, April). *The Effects of Social Anxiety and Multidimensional Perfectionism on Popularity in Adolescent Friendship Networks*. In Kim, H. & Newman, M.G. (Chairs) Interpersonal Processes in Social Anxiety Disorder: New Methodologies and Findings on Interpersonal Relationships and Empathy. Symposium presented at the 38<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), Washington, DC.
- Newman, M.G.** (2018, April). Discussant for Kim, H. & Newman, M.G. (Chairs). Emotion Regulation Models of Worry: Testing Theory in Diverse Contexts for Ecological Validity and Transdiagnostic Generalizability. Symposium presented at the 38<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), Washington, DC.
- Jacobson, N.C. & **Newman, M.G.** (2017, November). *Cross-sectional and Longitudinal Associations among Facets of Neuroticism with Anxiety and Depressive Disorders*. In G. K. Khazanov (Chair) Common and specific predictors of depression and anxiety across diverse settings. Symposium presented at 51<sup>st</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies (ABCT) in November 2017 San Diego, CA.
- Jacobson, N.C. & **Newman, M.G.** (2017, November). *Using the Differential Time-Varying Effect Model to Examine Timing Effects of Interventions*. In Alessandro S. De Nadal (Chair) Cutting edge longitudinal models in CBT. Symposium presented at the 51<sup>st</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies (ABCT), San Diego, CA.

- Jacobson, N.C. & **Newman, M.G.** (2017, November). *Effect of Depression Variability on Later Anxiety for Those with Depressive Disorders*. In K.E. Shin & M. G. Newman (Chairs), How can ecological momentary assessment help us understand mood and anxiety pathology better? Symposium presented at the 51<sup>st</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies (ABCT). San Diego, CA.
- Shin, K. E. & **Newman, M.G.** (2017, November). *Mediation of maintenance and sequential comorbidity in depression and GAD: Negative and positive affect dynamics*. In K.E. Shin & M. G. Newman (Chairs), How can ecological momentary assessment help us understand mood and anxiety pathology better? Symposium presented at the 51<sup>st</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies (ABCT). San Diego, CA.
- Zainal, H. & **Newman, M.G.** (2017, November). *Worry amplifies theory-of-mind reasoning in generalized anxiety disorder: evidence for intact and contextual-dependent ToM in GAD*. In L. S. LaFreniere (Chair) New developments in understanding cognitive processing in anxiety. Symposium presented at the 51<sup>st</sup> Annual Meeting of the Association of Behavioral and Cognitive Therapies Symposium, San Diego, California
- Zainal, H. & **Newman, M.G.** (2017, November) *Longitudinal structural equation modeling: An applied example to understand the mechanisms underlying depression predicting anxiety measured 18 years apart*. In Alessandro S. De Nadal (chair) Cutting edge longitudinal models in CBT. Symposium presented at the 51<sup>st</sup> Annual Meeting of the Behavioral and Cognitive Therapies Symposium, San Diego, California.
- LaFreniere, L. S. & **Newman, M. G.** (2017, November). Probabilistic and operant learning tendencies in generalized anxiety disorder: Deficits in positive reinforcement response. In L. S. LaFreniere, (Chair). *New developments in understanding cognitive processing in anxiety*. Symposium presented at the 51<sup>st</sup> Annual Meeting of the Behavioral and Cognitive Therapies Symposium, San Diego, California.
- Newman, M.G.** (2017, November). *How to Get Published in Cognitive and Behavioral Practice and Behavior Therapy*. Symposium presented at the 51<sup>st</sup> Annual Meeting of the Behavioral and Cognitive Therapies Symposium, San Diego, California.
- Newman, M. G.**, Jacobson, N. C. and Szkodny, L. E. & Sliwinski, M. J. (2017, April). *Contrast avoidance in daily life*. In M. G. Newman (Chair), The contrast avoidance model: Reconceptualizing worry in GAD and as a transdiagnostic process. Symposium presented to the 37<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America, San Francisco, CA.
- Kim, H. & **Newman, M. G.** (2017, April). Emotional contrast avoidance in Generalized anxiety disorder and major depressive disorder: A comparison between the perseveration processes of worry and rumination. In M. G. Newman (Chair), *The contrast avoidance model: Reconceptualizing worry in GAD and as a transdiagnostic process*. Symposium presented to the 37<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America, San Francisco, CA.
- Newman, M. G.**, & LaFreniere, L. S. & Jacobson, N. C. (2017, April). Peak and trajectories of change in relaxation induced anxiety as predictors of outcome from CBT for GAD. In L. LaFreniere & M. G. Newman (Chairs) *Advances in the treatment for generalized anxiety Disorder: New Results from RCTs*. Symposium presented to the

- 37<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America, San Francisco, CA.
- LaFreniere, L. S. & **Newman, M. G.** (2017, April). A brief ecological momentary intervention for generalized anxiety disorder: A Randomized controlled trial of the worry outcome journal. In L. LaFreniere & M. G. Newman (Chairs) *Advances in the treatment for generalized anxiety Disorder: New Results from RCTs*. Symposium presented to the 37<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America, San Francisco, CA.
- Talluru, S., Colaco, B., Arora, P., **Newman, M. G.**, Kanuri, N., Ruzek, J. I., Manjula, M., Taylor, C. B. (2016, December). *Evaluating the usability, feasibility and acceptability of an online-guided self-help program, customized for Indian college students*. In M. Newman (Chair). *Mana Maali online intervention for anxiety in college students*. Symposium presented at the Bridging the Mental Health Treatment Gap: Innovations in Mental Health Care in India Conference, Goa India.
- Newman, M. G.**, Kanuri, N., Ruzek, J. I., Kuhn, E., Thomas, N., Abbott, J. M., Jones, M., Sharma, S., & Taylor, C. B. (2016, December). *Pilot Implementation of an online guided anxiety program in BITs Pilani*. In M. Newman (Chair). *Mana Maali online intervention for anxiety in college students*. Symposium presented at the Bridging the Mental Health Treatment Gap: Innovations in Mental Health Care in India Conference, Goa India.
- Newman, M. G.** Patel, V., Pathare, S. & Velleman, R. (2016, December). In M. Newman (chair) *Bridging the mental health Gap: The way forward*. Panel discussion presented at the Bridging the Mental Health Treatment Gap: Innovations in Mental Health Care in India Conference, Goa India.
- Kim, H. & **Newman, M. G.** (2016, October). *Emotional contrast avoidance in generalized anxiety disorder and major depressive disorder: A comparison between the perseveration processes of worry and rumination*. In Erickson, T. M. (Chair), The contrast avoidance model: Reconceptualizing worry in GAD and as a transdiagnostic process. Symposium presented to the 50<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, New York, N. Y.
- Jacobson, N. C. & **Newman, M. G.** (2016, October). *Anxiety and depression as bidirectional risk factors for one-another: A meta-analysis of longitudinal studies*. In Jacobson, N. C. & Newman, M. G. (chairs) *Anxiety and depression: Specificity, overlap, and interrelatedness*. Symposium presented to the 50<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, New York, N. Y.
- Newman, M. G.**, Jacobson, N. C. and Szkodny, L. E. & Sliwinski, M. J. (2016, October). *Contrast avoidance in daily life*. In Erickson, T. M. (chair), The contrast avoidance model: Reconceptualizing worry in GAD and as a transdiagnostic process. Symposium presented to the 50<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, New York, N. Y.
- Chu, B. C., **Newman, M. G.**, Behar, E., Kamholz, B. W., Khanna, M., Martell, C., McLeod, B. D., Nixon, R. D. V., Sloan, D. M., & Ritz, T. (2016, October). How to Get Published in Cognitive and Behavioral Practice and Behavior Therapy. Special session presented to the 50<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, New York, N. Y.

- Newman, M. G.** (Discussant). (2016, October). In Christensen, K. A. (Chair), *Life span and methodological perspectives on interpersonal emotion regulation: Implications for clinical science*. Symposium presented to the 50<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, New York, N. Y.
- Newman, M. G., & LaFreniere, L. S.** (2016, June). A randomized controlled trial of a brief ecological momentary intervention for Generalized Anxiety disorder. In Y. Kivity, (chair) *Capturing the moment: Use of daily diary methods to enhance psychotherapy and psychopathology research*. Symposium presented at the 46<sup>th</sup> Annual Meeting of the Society for Psychotherapy Research, Jerusalem, Israel.
- Newman, M. G., & LaFreniere, L. S. & Jacobson, N. C.** (2016, June). Peak and trajectories of change in relaxation induced anxiety as predictors of outcome from CBT for GAD. In Solomonov, N. and McCarthy, K. S. (chairs) *A closer look at mechanisms of change and their predictors in treatments for anxiety disorders*. Symposium presented at the 46<sup>th</sup> Annual Meeting of the Society for Psychotherapy Research, Jerusalem, Israel.
- Newman, M. G., Kanuri, N., Ruzek, J. I., Kuhn, E., Thomas, N., Abbott, J. M., Jones, M., Sharma, S., & Taylor, C. B.** (2016, April). *A randomized controlled trial of feasibility, acceptability, and efficacy of online, CBT-based guided self-help programs to reduce anxiety among students in India*. In I. Rosso (Chair) *Technology-based Applications of Cognitive Behavioral Therapy in Anxiety, Depression and PTSD*. Symposium presented at the 36<sup>th</sup> Annual Convention of the Anxiety and Depression Association of America, Philadelphia, PA.
- Newman, M. G., Cohen, J., Seager, I., Pachankas, J.** (2016, April). Discussant for M. Newman (chair). *Anxiety and depression in the lesbian, gay, and bisexual community: From basic science to clinical practice*. Symposium presented at the 36<sup>th</sup> Annual Convention of the Anxiety and Depression Association of America, Philadelphia, PA.
- Cohen, J. M., Taylor, C. B., & **Newman, M. G.** (2016, April). *Recognizing risk: Anxiety and depression in the lesbian, gay and bisexual community*. In M. Newman (chair). *Anxiety and depression in the lesbian, gay, and bisexual community: From basic science to clinical practice*. Symposium presented at the 36<sup>th</sup> Annual Convention of the Anxiety and Depression Association of America, Philadelphia, PA.
- Asmundson, G. A., Chu, B. C., Kamholz, B. W., **Newman, M. G.**, Pine, D. (2016, April). *Meet the editor's panel*. Panel presented at the 36<sup>th</sup> Annual Convention of the Anxiety and Depression Association of America, Philadelphia, PA.
- Jacobson, N. C., & **Newman, M. G.** (2016, April). *Anxiety disorders as a longitudinal risk factor for depressive disorders: A meta-analysis*. In Jacobson, N. C. & Newman M. G. (Chairs) *Anxiety and Depression: Specificity, Overlap, and Interrelatedness*. Symposium presented at the 36<sup>th</sup> Annual Convention of the Anxiety and Depression Association of America, Philadelphia, PA.
- Kanuri, N., **Newman, M. G.**, Colaco, B., Singampalli, S., Ruzek, J. I., Kuhn, E., Manjula, M., Jones, M., Srivastava, A., & Taylor, C. B. (2016, April). *Using a community-based participatory research (CBPR) approach to implement and evaluate digital mental health interventions in Indian universities*. In Development and Dissemination of Mobile Apps for PTSD and Anxiety. Symposium presented at the Eighth Scientific Meeting of the International Society for Research on Internet Interventions, Seattle, Washington.

- Kanuri, N., **Newman, M. G.**, Ruzek, J. I., Kuhn, E., Manjula, M., Jones, M., Thomas, N., Abbott, J. M., Sharma, S., Colaco, C., & Taylor, C. B. (2016, April). *Implementing a stepped-care model of digital mental health interventions in Indian universities: The role of engagement in development*. In Enhancing Engagement in Digital Mental Health Interventions: Exploring Predictors and Methods of Engagement. Symposium presented to the Eighth Scientific Meeting of the International Society for Research on Internet Interventions, Seattle, Washington.
- Newman, M. G.**, Castonguay, L. G., Jacobson, N. C.\*, & Moore, G. A. (2015, November). *Adult Attachment as a Moderator of CBT Versus CBT Plus Interpersonal and Emotional Processing Therapy for GAD*. In M. Antony (Chair) Innovations in the Treatment of Generalized Anxiety Disorder. Symposium presented to the 49<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Jacobson, N. C.\*, Chow, S. M., & **Newman, M. G.** (2015, November). *Analyzing All Non-Linear Dynamics in Intensive Longitudinal Data*. In N. Jacobson, & L. Rappaport (Chairs) Novel Analytic Methods to Clinical Psychology. Symposium presented to the 49<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Jacobson, N. C.\* **Newman, M.G.**, & Marvin R. Goldfried, Ph.D. (2015, November) *Effectiveness, Strengths, and Limitations of Empirically Supported Treatments for Obsessive-Compulsive Disorder based on Feedback from Clinicians*. In Szkodny, L. E., Jacobson, N. C., & Newman M. G. (Chairs). Dissemination, Implementation and Evaluation of Evidence-Based Practices in Nontraditional Settings: Leveraging Mobile Technologies to Overcome Barriers. Symposium presented to the 49<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Szkodny, L. E.\*, **Newman, M. G.**, & Goldfried, M. R. (2015, November) *The Use of Empirically Supported Psychological Treatments for Posttraumatic Stress Disorder in Clinical Practice*. In Szkodny, L. E., Jacobson, N. C., & Newman M. G. (Chairs). Dissemination, Implementation and Evaluation of Evidence-Based Practices in Nontraditional Settings: Leveraging Mobile Technologies to Overcome Barriers. Symposium presented to the 49<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Shin, K. E.\* & **Newman, M. G.** (2015, November). *Preventing Return of Fear after Exposure with Retrieval Cues*. In Shin, K. E. and Newman, M. G. (Chairs). Improving Exposure Outcome in Anxiety Disorders. Symposium presented to the 49<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Johnson, B. N., Levy, K. N., Ellison, W. D., Scala, J. W., Wilson, S. J., **Newman, M. G.**, & Pincus, A. L. (2015, October). *Using ecological momentary assessment to identify daily risk for suicidality and self-injury in borderline personality disorder*. In K. N. Levy (Chair), Borderline personality disorder in the here-and-now: Elucidating patterns of variability and behavior through ecological momentary assessment. Symposium conducted at the 14th annual convention of the International Society for the Study of Personality Disorders, Montreal, QC, Canada.
- Scala, J. S., Ellison, W. D., Johnson, B. N., Pincus, A. L., **Newman, M. G.**, Wilson, S. J., & Levy, K. N. (2015, October). *An ecological momentary assessment approach to examining the role of negative affect, impulsivity, and self-concept clarity in*

- predicting self-injurious urges in borderline personality disorder.* In K. N. Levy (Chair), *Borderline personality disorder in the here-and-now: Elucidating patterns of variability and behavior through ecological momentary assessment.* Symposium conducted at the 14th annual convention of the International Society for the Study of Personality Disorders, Montreal, QC, Canada.
- Ellison, W. D., Levy, K. N., Pincus, A. L., **Newman, M. G.**, Wilson, S. J., & Molenaar, P. C. M. (2015, October). *A person-specific approach to modeling ecological momentary assessment data in borderline personality disorder.* In K. N. Levy (Chair), *Borderline personality disorder in the here-and-now: Elucidating patterns of variability and behavior through ecological momentary assessment.* Symposium conducted at the 14th annual convention of the International Society for the Study of Personality Disorders, Montreal, QC, Canada.
- Jacobson, N. C. **Newman, M.G.**, & Marvin R. Goldfried, Ph.D. (2015, June) *Clinical Feedback About Empirically Supported Treatments for Obsessive-Compulsive Disorder based on Feedback from Clinicians.* In Szkodny, L. E., Jacobson, N. C., & Newman M. G. (Chairs). *Bridging Research and Practice: Clinical experiences in conducting empirically supported treatments for PTSD, OCD, and GAD.* Symposium presented at the 45<sup>th</sup> Annual Meeting of the Society for Psychotherapy Research, Philadelphia, PA.
- Szkodny, L. E., **Newman, M. G.**, & Goldfried, M. R. (2015, June). *Treatments for Posttraumatic Stress Disorder in Clinical Practice.* In Szkodny, L. E., Jacobson, N. C., & Newman M. G. (Chairs). *Bridging Research and Practice: Clinical experiences in conducting empirically supported treatments for PTSD, OCD, and GAD.* Symposium presented at the 45<sup>th</sup> Annual Meeting of the Society for Psychotherapy Research, Philadelphia, PA.
- LaFreniere, L. S., Szkodny, L. E., **Newman, M. G.**, & Goldfried, M. R. (2015, June). *Clinicians experiences in conducting empirically supported treatments for generalized anxiety disorder.* In Szkodny, L. E., Jacobson, N. C., & Newman M. G. (Chairs). *Bridging Research and Practice: Clinical experiences in conducting empirically supported treatments for PTSD, OCD, and GAD.* Symposium presented at the 45<sup>th</sup> Annual Meeting of the Society for Psychotherapy Research, Philadelphia, PA.
- Newman, M. G.**, Castonguay, L. G., Jacobson, N. C., & Moore, G. A. (2015, June). *Attachment as a moderator of CBT for GAD with and without interpersonal and emotional processing techniques.* In Newman M. G. (Chair). *How successful are research strategies to enhance efficacy of generalized anxiety disorder?* Symposium presented at the 45<sup>th</sup> Annual Meeting of the Society for Psychotherapy Research, Philadelphia, PA.
- Kanuri, N., Cohen, J. M., Jones, M., Ruzek, J., Taylor, C. B., & **Newman, M. G.** (2015, June). *Coached self-help: Notes from the field.* In Moessner M. (Chair). *Moving beyond efficacy: Investigation of settings, processes, and training in Internet based interventions.* Symposium presented at the 45<sup>th</sup> Annual Meeting of the Society for Psychotherapy Research, Philadelphia, PA.
- Angus, L., Barber, J. P., DeRubeis, R. J., Friedlander, M. L., Goldfried, M. R., Heatherington, L., McMain, S., **Newman, M. G.**, & Watson, J. (2015, June). *Psychotherapy research 25<sup>th</sup> anniversary: How the psychotherapy traditions are*

- evolving*. Roundtable discussion presented at the 45<sup>th</sup> Annual Meeting of the Society for Psychotherapy Research, Philadelphia, PA.
- Barber, J. P., Perry, C., Hollon, S., Strauss, B., Chambless, D. L., **Newman, M. G.**, & McMains, S., (2015, June). *How can we improve the scientific status of dynamic therapy?* Roundtable discussion presented at the 45<sup>th</sup> Annual Meeting of the Society for Psychotherapy Research, Philadelphia, PA.
- Newman, M. G.** (2015, June). Discussant for Braun, M. (chair). *Internet and communication technologies in psychotherapy: Perspectives and outcomes*. Symposium presented at the 45<sup>th</sup> Annual Meeting of the Society for Psychotherapy Research, Philadelphia, PA.
- Jacobson, N. C., Chow, S., & **Newman, M. G.**, (2015, June). *The Differential Time-Varying Effect Model (DTVEM): Identifying optimal time lags in intensive longitudinal data*. Talk presented at the 4<sup>th</sup> Annual Society for Ambulatory Assessment, University Park, PA
- Jacobson, N. C. & **Newman, M. G.** (2014, November). *Analyzing all longitudinal interdependencies in intensive longitudinal data simultaneously with person-specific models*. In Jacobson, N. C. (Chair) Novel analytic methods to clinical psychology. Symposium presented at the 48<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Ellison, W. Levy, K. N. Pincus, A. L., **Newman, M. G.**, Wilson, S. J. & Molenaar, P. C. M. (2014, April). *A person-specific approach to modeling ecological momentary assessment data in borderline personality disorder*. Symposium presented at the 34<sup>th</sup> Annual meeting of the North American Society for the Study of Personality Disorders, Boston, MA.
- Szkodny, L. E. & **Newman, M. G.** (2014, March). *Differentiating anxiety and depression: The role of maladaptive repetitive thought*. In Jacobson, N. C. and Newman, M. G. (chairs) Anxiety and depression: Specificity, overlap, and interrelatedness. Symposium presented at the 34<sup>th</sup> Annual Conference of the Anxiety and Depression Association of America, Chicago, IL.
- Jacobson, N. C. & **Newman, M. G.** (2014, March). *Anxiety predicting depression across minutes, hours, and days: An ecological momentary assessment*. In Jacobson, N. C. and Newman, M. G. (chairs) Anxiety and depression: Specificity, overlap, and interrelatedness. Symposium presented at the 34<sup>th</sup> Annual Conference of the Anxiety and Depression Association of America, Chicago, IL.
- Newman, M. G.** Jacobson, N. C. & Fisher, A. J. (2013, November). *Attachment as a moderator of CBT for GAD with and without interpersonal and emotional processing techniques*. In Dugas, M. J. (Chair). Beyond the horserace: What are the factors that predict and explain treatment response to CBT for GAD? Symposium presented at the 47<sup>th</sup> Annual Association for the Advancement of Behavioral and Cognitive Therapies, Nashville, TN.
- Newman, M. G.** & Fisher, A. J. (2013, November). *Interpersonal problems as moderators of change in therapy for generalized anxiety disorder: Comparison between CBT, BT, and CT*. In Millstein, D. J. & Orsillo, S. M. (chairs). Expanding the focus in GAD: Understanding and addressing problems in interpersonal functioning and their impact on treatment outcome. Symposium presented at the 47<sup>th</sup> Annual Association for the Advancement of Behavioral and Cognitive Therapies, Nashville, TN.

- Newman, M. G.**, Yen, J., Mitra, P., Murphy, W., Jacobson, N. C., and Kim, H. (2013, November). *Supervised Machine Learning Classification of Journals Entries About Emotional Personal Experiences*. Talk presented at The American Medical Informatics Association, Washington, D. C.
- Jacobson, N. C., **Newman, M. G.**, & Goldfried, M. R. (2013, June). *Clinical experiences in conducting empirically supported treatments: Obsessive-compulsive disorder*. In M. R. Goldfried (Chair), Building a two-way bridge between research and practice: Experiences in conducting empirically supported treatments. Symposium presented at the 29<sup>th</sup> Annual Meeting of the Society for the Exploration of Psychotherapy Integration, Barcelona, Spain.
- Szkodny, L. E., **Newman, M. G.**, & Goldfried, M. R. (2013, June). *Clinical Experiences in Conducting Empirically Supported Treatments for Posttraumatic Stress Disorder*. In M. R. Goldfried (Chair), Building a two-way bridge between research and practice: Experiences in conducting empirically supported treatments. Symposium presented at the 29<sup>th</sup> Annual Meeting of the Society for the Exploration of Psychotherapy Integration, Barcelona, Spain.
- Newman, M. G.** & Fisher, A. J. (2013, April). *Mediated moderation in cognitive behavioral therapy for generalized anxiety disorder: Establishment of flexibility in anxiety mediates duration as a moderator*. In Meuret, A. E. & Smits, J. (Chairs) Mediators and moderators of treatment outcome for anxiety disorders. Symposium presented at the 33<sup>rd</sup> Annual Conference of the Anxiety and Depression Association of America, San Diego, CA.
- Jacobson, N. C., & **Newman, M. G.** (2013, April). *State anxiety predicting state depression across hours: An ecological momentary assessment*. Talk presentation at the Association for the Workshop on Intensive Longitudinal Methods: Analysis of Diary and Experience Sampling Data Conference in April 2013 at State College, Pennsylvania.
- Newman, M. G.** & Llera, S. J. (2012, November). *A novel theory of experiential avoidance in generalized anxiety disorder: Does worry enable avoidance of emotional experiencing?* In Mohlman, J. (Chair) Emotional contrast: Mood swings and the challenges they bring. Symposium presented at the 46<sup>th</sup> Annual Association for the Advancement of Behavioral and Cognitive Therapies, National Harbor, MD.
- Newman, M. G.** & Fisher, A. J. (2012, November). *Mediated moderation in cognitive behavioral therapy for generalized anxiety disorder: The establishment of ordered patterns in intensive repeated measures of anxiety mediates duration as a moderator*. In McHugh, R. K. (Chair) Diagnosis and treatment of GAD. Symposium presented at the 46<sup>th</sup> Annual Association for the Advancement of Behavioral and Cognitive Therapies, National Harbor, MD.
- Newman, M. G.**, Koerner, N., Mennin, D., Orsillo, S. & Zinbarg, R. (2012, November). In Lee, J. K. and Mashal, N. M. (Chairs). *Overcoming avoidance using CBT. New perspectives on the integration of exposure-based strategies in the treatment of generalized anxiety disorder*. Roundtable discussion presented at the 46<sup>th</sup> Annual Association for the Advancement of Behavioral and Cognitive Therapies, National Harbor, MD.
- Castonguay, L. G., Nelson, D. L., Boswell, J. F., Nordberg, S., McAleavey, A. A., **Newman, M.G.**, & Borkovec, T. B. (2012, June). *Corrective experiences in cognitive behavior*



- therapy*. Talk presented to the 43<sup>rd</sup> Annual Meeting of the Society for Psychotherapy Research, Virginia Beach, VA.
- Newman, M. G.**, Consoli, A. J., Taylor, C. B. (2012, June). *Palmtop computer program as a group psychotherapy aid in treating generalized anxiety disorder*. In Eels, T. D. (Chair) Computer-assisted cognitive therapy for major depression and anxiety disorder. Symposium presented to the 43<sup>rd</sup> Annual Meeting of the Society for Psychotherapy Research, Virginia Beach, VA.
- Llera, S. J. & **Newman, M. G.** (2012, June). *Experimental examination of the contrast avoidance model in generalized anxiety disorder: Implications for treatment*. In Etchebarne, I. (Chair) Research about approaches to generalized anxiety disorder. Symposium presented to the 43<sup>rd</sup> Annual Meeting of the Society for Psychotherapy Research, Virginia Beach, VA.
- Newman, M. G.** (2012, June). *Human-adapted healing practice - evidence and implications for psychotherapy*. Discussant for symposium presented at the 43<sup>rd</sup> Annual Meeting of the Society for Psychotherapy Research, Virginia Beach, VA.
- Llera, S. J., Newman, M. G., & **Szkodny, L. E.** (2012, June). *Experimental examination of the contrast avoidance model in generalized anxiety disorder: Treatment implications*. In I. Etchebarne (Chair), Research about approaches to generalized anxiety disorder. Symposium presented at the 43<sup>rd</sup> International Meeting of the Society for Psychotherapy Research, Virginia Beach, VA. (Presenter).
- Fisher, A. J., & **Newman, M. G.** (2011, November). *Comparative strengths of latent growth and quasi-simplex models for the analysis of longitudinal data*. In Atkins, D. & Fisher, A. J. (Chairs) Longitudinal models for clinical research: Overview and recommendations. Symposium presented at the 45<sup>th</sup> Annual Association for the Advancement of Behavioral and Cognitive Therapies, Toronto, Canada.
- Newman, M. G.**, & Fisher, A. J. (2011, November). *Interpersonal problems as moderators of change in the treatment of GAD: Comparison between CBT, BT, and CT*. In Meuret, A. E., & Wolitzky-Taylor, K. (Chairs) Moderators and predictors of psychosocial and pharmacological treatments for anxiety disorders and depression. Symposium presented at the 45<sup>th</sup> Annual Association for the Advancement of Behavioral and Cognitive Therapies, Toronto, Canada.
- Newman, M. G.**, & Szkodny, L. E. (2011, November). *Clinical experiences in conducting empirically supported treatments for generalized anxiety disorder*. In Goldfried, M. R. (chair) Building a two-way bridge between research and practice: Disseminating clinical experiences in conducting empirically supported treatments. Symposium presented at the 45<sup>th</sup> Annual Association for the Advancement of Behavioral and Cognitive Therapies, Toronto, Canada.
- Newman, M. G.**, & Fisher, A. J. (2011, November). *Change in expectancy/credibility as a mediator of cognitive behavioral treatment outcome in generalized anxiety disorder: mechanism of action or proxy for symptom change?* In McLean, C. P. (Chair) Mediators of change in CBT for anxiety disorders. Symposium presented at the 45<sup>th</sup> Annual Association for the Advancement of Behavioral and Cognitive Therapies, Toronto, Canada.
- Sliwinski, M., Almeida, D., **Newman, M. G.**, Smyth, J. (2011, November). *Does anticipation of daily stressors reduce emotional reactivity?* Talk presented to the Annual Meeting of the Gerontology Society of America, Boston, MA.

- Newman, M. G., & Fisher A. J.** (2011, June). *Expectancy as a moderated mediator of cognitive behavioral treatment outcome in generalized anxiety disorder*. In M. G. Newman (Chair) Techniques and Mechanisms of Action from CBT for anxiety disorders. Symposium presented at the 42<sup>nd</sup> International Meeting of the Society for Psychotherapy Research. Bern, Switzerland.
- Fisher A. J., **Newman, M. G.**, & Molenaar, P. C. M. (2011, June). *Establishment of dynamic patterns during psychotherapy creates attractor states for continued positive gains post-treatment*. In N. Stultz, (Chair) Modeling and predicting change in psychotherapy. Symposium presented at the 42<sup>nd</sup> International Meeting of the Society for Psychotherapy Research. Bern, Switzerland. **Winner Society for Psychotherapy Research, Hans H. Strupp Memorial Award**
- Gray, M. A., Stiles, W. B., Borkovec, T. D., **Newman, M. G.**, Castonguay, L. G. (2011, June). *Assimilation analysis of cognitive therapy for generalized anxiety disorder: Observations from a successful-outcome case*. In Gray, M. A. (Chair) Vocal configurations and the resolution of problematic experiences: Recent modifications and enhancements to the assimilation model. Symposium presented at the 42<sup>nd</sup> International Meeting of the Society for Psychotherapy Research. Bern, Switzerland.
- Nelson, D., Castonguay, L. G., Nordberg, S., Boswell, J., Mcleavey, A., **Newman, M. G.**, Borkovec, T. D. (2011, June). *Corrective experiences in cognitive behavior therapy*. In Castonguay, L. G. (chair) Corrective experiences: Disconfirmations and transformations across theoretical approaches. Symposium presented at the 42<sup>nd</sup> International Meeting of the Society for Psychotherapy Research. Bern, Switzerland.
- Castonguay, L. G., Nelson, D., Boswell, J., Nordberg, S., Mcleavey, A., **Newman, M. G.**, Borkovec, T. D. (2011, June). Corrective experiences in interpersonal/emotion deepening therapy. In Castonguay, L. G. (chair) Corrective experiences: Disconfirmations and transformations across theoretical approaches. Symposium presented at the 42<sup>nd</sup> International Meeting of the Society for Psychotherapy Research. Bern, Switzerland.
- Fisher, A. J., **Newman, M. G.**, & Molenaar, P.C.M. (2011, May). *Establishment of dynamic patterns during psychotherapy creates attractor states for continued positive gains post-treatment: Implications for idiographic interventions*. In Kenneth Levy (Chair) Innovative methods for closing the science-practice gap II. Paper presented at the 27<sup>th</sup> Annual Meeting of the Society for the Exploration of Psychotherapy Integration, Washington D.C.
- Goldfried, M. R., Hollon, S. D., **Newman, M. G.**, Sobell, L. C., & Klonsky, D. (2010, November). *Needed: A two-way bridge between research and practice*. Panel discussion presented at the 44<sup>th</sup> Annual Association for the Advancement of Behavioral and Cognitive Therapies, San Francisco, CA.
- Newman, M. G.** & Llera, S. J. (2010, November). *A new model of experiential avoidance in generalized anxiety disorder: Does worry enable avoidance of emotional experiencing?* In C. Suveg (Chair) Emotion-based variants of CBT for psychopathology. Symposium presented at the 44<sup>th</sup> Annual Association for the Advancement of Behavioral and Cognitive Therapies, San Francisco, CA.
- Fisher, A. J. & **Newman, M. G.** (2010, November). *Chronic worry, phasic worry, and clinically-diagnosed GAD: Strong inference and the source of impaired autonomic functioning in GAD*. In M.G. Newman and S. J. Llera (Chairs) Scientific exploration

- of emotional functioning in generalized anxiety disorder (GAD): Emphasis on the nature and pathogenic mechanisms. Symposium presented at the 44<sup>th</sup> Annual Association for the Advancement of Behavioral and Cognitive Therapies, San Francisco, CA.
- Llera, S. J. & **Newman, M. G.** (2010, November). *An experimental examination of emotional avoidance in generalized anxiety disorder*. In M.G. Newman and S. J. Llera (Chairs) Scientific exploration of emotional functioning in generalized anxiety disorder (GAD): Emphasis on the nature and pathogenic mechanisms. Symposium presented at the 44<sup>th</sup> Annual Association for the Advancement of Behavioral and Cognitive Therapies, San Francisco, CA.
- Erickson, T. M., **Newman, M. G.**, Abelson, J. L. (2010, November). *Discrepant perspectives on the interpersonal characteristics of worriers based upon self vs. peer assessment*. In Rodebaugh, T. & Renshaw, K. (Chairs). Interpersonal factors in anxiety disorders. Symposium presented at the 44<sup>th</sup> Annual Association for the Advancement of Behavioral and Cognitive Therapies, San Francisco, CA.
- Newman, M. G.**, Sobell, L. C., Campbell, L. F., & Levenson, H. (2010, August). *What the clinician and researcher need from one-another*. Roundtable discussion panel sponsored by Division 12 of the 118<sup>th</sup> Annual American Psychological Association, San Diego, CA.
- Levy, K. N., Barber, J., Critchfield, K. L., **Newman, M. G.**, & Kaslow, N. J. (2010, August). *Five psychotherapy researchers illustrate the empirical value of science to the practitioner*. Plenary session sponsored by Division 29 of the 118<sup>th</sup> Annual American Psychological Association, San Diego, CA.
- Newman, M. G.**, Przeworski, A., Fisher, A. J. and Borkovec, T. D. (2010, June). *Do cognitive and behavioral therapies for GAD generalize to comorbid Axis I conditions?* In A. Gloster (chair) Positive side-effects of CBT. Symposium presented at the 6<sup>th</sup> World Congress of Behavioral and Cognitive Therapies, Boston, MA.
- Szkodny, L. E. & **Newman, M. G.** (2010, June). *Differentiation of analogue generalized anxiety disorder and depression using the Perseverative Thinking Questionnaire*. In B. J. Weiss and D. A. Hope (chairs) Contemporary approaches to worry and its treatment. Symposium presented at the 6<sup>th</sup> World Congress of Behavioral and Cognitive Therapies, Boston, MA.
- Newman, M.G.**, Crits-Christoph, P., Szkodny, L E., Llera, S. J. (2010, June). *Emotional avoidance in generalized anxiety disorder: Basic findings and clinical implications*. In Castonguay, L. G. (moderator) Can psychopathology be helpful? Clinical implications of basic research in abnormal psychology. Symposium presented at the 41<sup>st</sup> International Meeting of the Society for Psychotherapy Research, Asilomar, CA.
- Boswell, J., Castonguay, L. G., **Newman, M. G.**, and Borkovec, T. D. (2010, June). *Client emotional arousal and session outcome in the treatment of generalized anxiety disorder*. In J. Ogrodniczuk (moderator) treating patients with alexithymia. Symposium presented at the 41<sup>st</sup> International Meeting of the Society for Psychotherapy Research, Asilomar, CA.
- Przeworski, A., **Newman, M. G.**, Castonguay, L.G. & Constantino, M. (2010, June). *The relationship between therapeutic alliance, compliance with CBT homework, and outcome In GAD*. In M. Newman (Chair) A bridge between SPR and ABCT: Process, outcome and mechanisms in psychotherapy for anxiety and stress disorders.

- Symposium presented at the 41<sup>st</sup> International Meeting of the Society for Psychotherapy Research, Asilomar, CA.
- McGinn, L., & **Newman, M.G.** (2009, November) *Breaking through the glass ceiling: A conversation with eminent women in clinical psychology*. Clinical roundtable discussion presented at the 43<sup>rd</sup> Annual Meeting of the Association for the Advancement of Behavioral and Cognitive Therapies, New York, New York.
- Newman, M.G.**, Fisher, A. J., & Borkovec, T. D. (2009, November). *Mediators of cognitive behavioral treatment outcome in generalized anxiety disorder*. In L. McGinn (Chair) The mediating impact of cognitive processes in anxiety: A test of cognitive models of anxiety. Symposium presented at the 43<sup>rd</sup> Annual Meeting of the Association for the Advancement of Behavioral and Cognitive Therapies, New York, New York.
- Fisher, A. J., **Newman, M. G.**, Granger, D. A., & McDermott, M. (2009, November). *Autonomic dysregulation distinguishes individuals with GAD from healthy and pathological controls*. In A. J. Fisher and M. Newman (Chairs) Filling the gap between genes and clinical syndromes: The search for endophenotypes in mood and anxiety disorders Symposium presented at the 43<sup>rd</sup> Annual Meeting of the Association for the Advancement of Behavioral and Cognitive Therapies, New York, New York.
- Newman, M. G.**, Fisher, A. J., & Borkovec, T. D. (2009, August). *Moderators of psychotherapy outcome for generalized anxiety disorder*. In E. Behar (chair) Mediators and moderators of treatment outcome. Symposium presented at the 117<sup>th</sup> Annual Meeting of the American Psychological Association, Toronto, Canada.
- Newman, M. G.**, Castonguay, L. G., Fisher, A. J., & Borkovec, T. D. (2008, November). *The addition of interpersonal and emotional processing techniques to the treatment of generalized anxiety disorder*. In Taylor, C. T., and Amir, N. (Chairs) Novel Approaches to the Treatment of Generalized Anxiety Disorder. Paper presented at the 42<sup>nd</sup> Annual Meeting of the Association for the Advancement of Behavioral and Cognitive Therapies, Orlando, Fla.
- Fisher, A. J. & **Newman, M. G.** (2008, June). *Interpersonal moderators of change in treatment for of GAD*. In Huppert, J. (Chair) Mechanisms of change in CBT: Relationship of interpersonal, cognitive, and symptom domains to outcome. Paper presented at the 39<sup>th</sup> Annual Meeting of the Society for Psychotherapy Research, Barcelona, Spain. **Winner Society for Psychotherapy Research, Laura N. Rice Memorial Award.**
- Castonguay, L. G., Constantino, M. J., Przeworski, A., **Newman, M.G.** & Borkovec, T. D. (2008, June). *Alliance, therapist adherence, therapist competence, and client receptivity: New analyses on change processes in CBT for generalized anxiety disorder*. In M. J. Constantino (Chair). The nature and influence of participant and relationship factors in CBT for generalized anxiety disorder. Paper presented at the 39<sup>th</sup> Annual Meeting of the Society for Psychotherapy Research, Barcelona, Spain.
- DeGeorge, J., Constantino, M. J., Castonguay, L. G. Manning, M. A., **Newman, M. G.** & Borkovec, T. D. (2008, June). *Empathy and the therapeutic alliance: Their relationship to each other and to outcome in CBT for generalized anxiety disorder*. In M. J. Constantino, (Chair). The nature and influence of participant and relationship factors in CBT for generalized anxiety disorder. Paper presented at the 39<sup>th</sup> Annual Meeting of the Society for Psychotherapy Research, Barcelona, Spain.

- Constantino, M. J., Klecak, A., Castonguay, L. G., Manning, M. A., **Newman, M. G.**, & Borkovec, T. D. (2008, June). *Patient characteristics, relationship process, and outcome in CBT for generalized anxiety disorder*. In M. J. Constantino (Chair). The nature and influence of participant and relationship factors in CBT for generalized anxiety disorder. Paper presented at the 39<sup>th</sup> Annual Meeting of the Society for Psychotherapy Research, Barcelona, Spain.
- Newman, M. G.**, Castonguay, L. G., Fisher, A. J., & Borkovec, T. D. (2008, June). *A randomized controlled trial of interpersonal and emotional processing focused treatment in generalized anxiety disorder*. In D. Chambless (Chair) Celebrating Tom Borkovec's Legacy. Paper presented at the 39<sup>th</sup> Annual Meeting of the Society for Psychotherapy Research, Barcelona, Spain.
- Newman, M.G.**, Castonguay, L.G., Fisher, A. J. & Borkovec, T.D. (2007, November). *Interpersonal and emotion processing focused treatment in generalized anxiety disorder*. In L.G. Castonguay (Chair) New Directions in the Etiology and Treatment of GAD. Paper presented to the 41<sup>st</sup> Annual meeting of the Association for the Advancement of Behavioral and Cognitive Therapies, Philadelphia, PA.
- Newman, M.G.** Przeworski, & Fisher, A. J. (2007, June). *Predictors and moderators of cognitive behavioral treatment outcome in generalized anxiety disorder*. In R. Zinbarg (Chair) Predictors of outcome of psychotherapy of generalized anxiety disorder. Symposium presented at the 38<sup>th</sup> Annual Meeting of the Society for Psychotherapy Research, Madison, WI.
- Erickson, T. M. & **Newman, M. G.**, & Pincus, A. L. (2007, June). *Interpersonal predictors of cross-situational variability in social perceptions and behavior*. Talk presented at the 10<sup>th</sup> Annual meeting of the Society for Interpersonal Theory and Research, Madison, WI.
- Newman, M. G.** (2006, November). *How does use of a palmtop computer facilitate generalization of CBT?* In M. Zachary Rosenthal (Chair) From therapy to the natural environment: Changing behavior in contexts that matter by targeting skill transfer/generalization. Panel discussion presented at the 40<sup>th</sup> Annual meeting of the Association for the Advancement of Behavioral and Cognitive Therapies (formerly AABT), Chicago, IL
- Castonguay, L.G. **Newman, M. G.**, Borkovec, T. D., Grosse Holtforth, M., Boswell, J. F., Antuaco, L.A., Kakouros, A. A., Nelson, D. L., & Zack, S. E. (2006, June). *Clients' emotional experience in cognitive behavioral and interpersonal/emotional processing treatments: An attempt to replicate previous findings*. Talk presented at the annual meeting of the Society for Psychotherapy Research, Edinburgh Scotland.
- Newman, M. G.**, Stiles, W. B., Janeck, A. & Woody, S. R. (2005, September). *Therapeutic principles in the treatment of anxiety disorders*. In L. G. Castonguay & L. E. Beutler (chairs) Empirically based principles of change in the treatment of dysphoric, anxiety, personality, and substance use disorders. Symposium presented at the 35<sup>th</sup> Annual Congress of The European Association for Behavioural and Cognitive Therapies. Thessaloniki, Greece.
- Goldfried, M. R., Marks, I. M., **Newman, M. G.**, & Stricker, G. (2005, November). *Towards a common language in psychotherapy*. Panel discussion presented at the 39<sup>th</sup> Annual meeting of the Association for the Advancement of Behavioral and Cognitive Therapies (formerly AABT). Washington, DC.

- Newman, M. G.**, Groff, M. D., Llera, S., Borkovec, T. D. & Castonguay, L. G. (2005, November). *Does self-control desensitization practice predict treatment outcome in GAD clients?* In S. Hayes (Chair) The role of exposure in anxiety interventions. Symposium presented to the 39<sup>th</sup> Annual meeting of the Association for the Advancement of Behavioral and Cognitive Therapies (formerly AABT). Washington, DC.
- Newman, M.G.** (2005, November). *Overview of the nature and treatment of anxiety disorders.* In A. Przeworski (Chair) The nature and treatment of generalized anxiety disorder--an interdisciplinary approach. Symposium presented to the 39<sup>th</sup> Annual meeting of the Association for the Advancement of Behavioral and Cognitive Therapies (formerly AABT). Washington, DC.
- Przeworski, A., **Newman, M.G.**, Borkovec, T. D. & Castonguay, L.G. (2005, November). *Changes in GAD symptoms as a result of treatment: An analysis of the controllability of worry and physiological GAD symptoms.* In A. Przeworski (Chair) The nature and treatment of generalized anxiety disorder--an interdisciplinary approach. Symposium presented to the 39<sup>th</sup> Annual meeting of the Association for the Advancement of Behavioral and Cognitive Therapies (formerly AABT). Washington, DC.
- Llera, S., **Newman M. G.**, Castonguay, L. G., & Borkovec, T. D. (2005, November). *Effects of CBT treatment for GAD on health problems and physical symptoms.* In A. Przeworski (Chair) The nature and treatment of generalized anxiety disorder--an interdisciplinary approach. Symposium presented to the 39<sup>th</sup> Annual meeting of the Association for the Advancement of Behavioral and Cognitive Therapies (formerly AABT). Washington, DC.
- Pincus, A. L., Przeworski, A., Yamasaki, A., Kasoff, M. B., **Newman, M. G.**, Castonguay, L. G. & Borkovec, T. D. (2005, June). *Interpersonal pathoplasticity in generalized anxiety disorder: A cluster analytic replication.* Talk presented at the Society for Interpersonal Theory and Research. Montreal, Canada.
- Constantino, M. J., Castonguay, L. G., Angtuaco, L. A., Pincus, A. L., **Newman, M. G.**, & Borkovec, T. D. (2005, June). *The impact of interpersonal-intrapsychic complementarity on the development and course of the therapeutic alliance.* In G. Maramba (moderator) The therapeutic relationship in integrative therapy for generalized anxiety disorder. Symposium presented at the 36<sup>th</sup> annual meeting of the Society for Psychotherapy Research. Montreal, Canada.
- Castonguay, L. G., **Newman, M. G.**, Borkovec, T. D., Antuaco, L. A., Boswell, J. F., Kakouros, A. A., & Nelson, D. L. (2005, June). *Testing the reliability of therapeutic relationship findings in cognitive-behavioral and interpersonal/ emotional processing treatments.* In G. Maramba (moderator) The therapeutic relationship in integrative therapy for generalized anxiety disorder. Symposium presented at the 36<sup>th</sup> annual meeting of the Society for Psychotherapy Research, Montreal, Canada.
- Holtforth, M. G., Castonguay, L. G., **Newman, M. G.**, Borkovec, T. D., Boswell, J. F., Antuaco, L. A., & Kakouros, A. (2005, June). *Fear of vulnerability as a predictor of alliance and session experiences.* In G. Maramba (moderator) The therapeutic relationship in integrative therapy for generalized anxiety disorder. Symposium presented at the 36<sup>th</sup> annual meeting of the Society for Psychotherapy Research, Montreal, Canada.

- Maramba, G. J., Castonguay, L. G., **Newman, M. G.**, & Borkovec, T. D. Boswell, J. F., Erickson, T. M., Pimentel, C. A., Ried, J. J., & Sharpless, B. A. (2005, June). *The early alliance as a predictor of outcome*. In G. Maramba (moderator) The therapeutic relationship in integrative therapy for generalized anxiety disorder. Symposium presented at the 36<sup>th</sup> annual meeting of the Society for Psychotherapy Research, Montreal, Canada.
- Przeworski, A., **Newman, M. G.**, Consoli, A., & Taylor, C. B. (2004, December). *Computer-assisted group therapy for generalized anxiety disorder*. Talk presented at the Department of Health and Human Services e-Therapy, Telehealth, Telepsychiatry and Beyond Conference, Rockville, MD.
- Przeworski, A., **Newman, M.G.**, Castonguay, L.G., & Borkovec, T.D. (2004, November) *Axis I and II comorbidity and the relationship to outcome in adult GAD*. In A. Przeworski (Chair) Causes and effects of comorbidity in principal generalized anxiety disorder and social phobia: A lifespan approach. Symposium presented at the 38<sup>th</sup> Annual meeting of the Association for Advancement of Behavior Therapy. New Orleans, LA.
- Newman, M.G.**, Kenardy, J.A., Dow, M.G.T., Johnston, D.W., & Taylor, C. B. (2004, May). *A comparison of standard CBT to brief CBT with and without adjunctive computer assistance: An international multicentre trial*. Talk presented at the 157<sup>th</sup> Annual Meeting of the American Association for Technology in Psychiatry. New York, N.Y.
- Constantino, M. J., Castonguay, L. G., Pincus, A. L., Reid, J., **Newman, M. G.**, & Borkovec, T.D. (2003, November). *Interpersonal/ intrapsychic process in psychotherapy: The impact of self-verification strivings on the working alliance*. Talk presented at the meeting of the North American Chapter of the Society for Psychotherapy Research, Newport, RI.
- Stiles, W.B., **Newman, M.G.**, Woody, S.R., Janek, A. (2003, November). Empirically supported principals in the treatment of anxiety disorders: Responsiveness as a framework. Talk presented at the meeting of the North American Chapter of the Society for Psychotherapy Research, Newport, RI.
- Newman, M.G.** (2003, November). *Predictors of GAD outcome*. In E. Behar and A. Przeworski (Chairs) moderating variables, mediating variables, and therapeutic techniques in the treatment of GAD. Symposium presented at the 37<sup>th</sup> Annual meeting of the Association for Advancement of Behavior Therapy. Boston, Massachusetts.
- Dzus, E.E. & **Newman, M.G.** (2003, November). *The reduction of relaxation-induced anxiety as a predictor of treatment outcome in a sample of persons undergoing treatment for generalized anxiety disorder*. In E. Behar and A. Przeworski (Chairs) moderating variables, mediating variables, and therapeutic techniques in the treatment of GAD. Symposium presented at the 37<sup>th</sup> Annual meeting of the Association for Advancement of Behavior Therapy. Boston, Massachusetts.
- Przeworski, A. & **Newman, M.G.** (2003, November). *Predictors of treatment outcome in generalized anxiety disorder*. In E. Behar and A. Przeworski (Chairs) Moderating variables, mediating variables, and therapeutic techniques in the treatment of GAD. Symposium presented at the 37<sup>th</sup> Annual meeting of the Association for Advancement of Behavior Therapy. Boston, Massachusetts.

- Zuellig, A.R., **Newman, M.G.**, Borkovec, T.D. & Castonguay, L.G. (2003, November). *A comparison of the effect of three therapies on generalized anxiety disorder adults' self-reported internal working models of attachment*. In E. Behar and A. Przeworski (Chairs) moderating variables, mediating variables, and therapeutic techniques in the treatment of GAD. Symposium presented at the 37<sup>th</sup> Annual meeting of the Association for Advancement of Behavior Therapy. Boston, Massachusetts.
- Bouchard, S., **Newman, M.G.**, Allard, M. & Mallen, M.J. (2003, November). *Mediators of the therapeutic alliance in CBT and telehealth*. Clinical Roundtable presented at the 37<sup>th</sup> Annual meeting of the Association for Advancement of Behavior Therapy. Boston, Massachusetts.
- Castonguay, L.G. **Newman, M.G.**, Borkovec, T.D., Schut, A.J., Reid, J.J., Maramba, G.G. & Beberman, R.A. (2003, June). *Dynamics of relationships in cognitive-behavioral and interpersonal/emotional processing therapies*. Symposium presented at the 34<sup>th</sup> annual Meeting of the Society for Psychotherapy Research, Weimar, Germany.
- Castonguay, L.G. **Newman, M.G.**, Borkovec, T.D., Schut, A.J., Reid, J.J., Beberman, R.A. & Maramba, G.G. (2003, May). *Types of change achieved in integrative therapy*. In J. Barber (Chair) symposium presented at the 19<sup>th</sup> annual Meeting of the Society for the Exploration of Psychotherapy integration, New York, N.Y.
- Mennin, D., Roemer, L. & **Newman, M.G.** (2003, May). *Can treatment for the anxiety disorders really be improved through integration?: A discussion of diverse approaches*. Panel discussion presented at the 19<sup>th</sup> annual Meeting of the Society for the Exploration of Psychotherapy integration, New York, N.Y.
- Kenardy, J.A., **Newman, M.G.**, Johnston, D.W., Taylor, B.C., & Dow, M.G.T. (2003, May). *The effective delivery of cognitive behavioral therapy for panic disorder: An international multicentre trial*. Talk presented at the 156<sup>th</sup> Annual Meeting, of American Psychiatric Association, San Francisco, CA.
- Newman, M.G.**, Przeworski, A. & Borkovec, T.D. (2003, March). *The impact of cognitive and behavioral therapies for GAD on comorbid Axis I conditions*. In M. Craske (Chair) Treatment approaches for comorbidity in anxiety disorders. Symposium presented at the 23<sup>rd</sup> Annual Conference of the Anxiety Disorders Association of America, Toronto, Canada.
- Oathes, D.J., Yamasaki, A.S., Ray, W.J., **Newman, M.G.**, & Castonguay, L.G (2002, November). *EEG gamma-band activity: role in negative affect, worry and generalized anxiety disorder*. In M. Newman (Chair) Emotion, emotional expression, and emotional processing in generalized anxiety disorder. Symposium presented to the 36<sup>th</sup> Annual meeting of the Association for Advancement of Behavior Therapy. Reno, Nevada.
- Newman, M.G.**, Castonguay, L.G., & Borkovec, T.D. (2002, November). *Emotion-focused therapy for Generalized Anxiety Disorder*. In M. Newman (Chair) Emotion, emotional expression, and emotional processing in generalized anxiety disorder. Symposium presented to the 36<sup>th</sup> Annual meeting of the Association for Advancement of Behavior Therapy. Reno, Nevada.
- Erickson, T.M. & **Newman, M.G.** (2002, November). *Emotional expression in GAD analogues based on an emotional disclosure task*. In M. Newman (Chair) Emotion, emotional expression, and emotional processing in generalized anxiety disorder.



- Symposium presented to the 36<sup>th</sup> Annual meeting of the Association for Advancement of Behavior Therapy. Reno, Nevada.
- Kenardy, J.A., Dow, M.G.T., Johnston, D.W., **Newman, M.G.**, Taylor, B.C. (2002, September). *The Effective Delivery of Cognitive Behavioural Therapy for Panic Disorder: An International Multicentre Trial*. Talk presented at the 32<sup>nd</sup> European Association of Behavioural and Cognitive Therapies, Maastricht, The Netherlands.
- Erickson, T.M. & **Newman, M.G.** (2002, August). *Interpersonal differences between GAD and nonGAD participants*. In A.L. Pincus (Chair) Interpersonal problems and Anxiety Disorders. Symposium presented to the Annual meeting of the American Psychological Association. Chicago, Illinois.
- Przeworski, A., & **Newman, M.G.** (2002, June). *Recommendations for the identification and treatment of clients who may not benefit from brief cost-effective approaches to anxiety*. In M. Koptka (Chair), the evolution of mental health care: what it means for psychotherapy research. Symposium presented at the 33<sup>rd</sup> International Meeting of the Society for Psychotherapy Research, Santa Barbara, CA.
- Borkovec, T.D, **Newman, M.G.**, & Castonguay, L.G. (2002, June). *Cognitive-behavioral and interpersonal/emotional processing treatments for generalized anxiety disorder*. In L. Castonguay (Chair), Integrative therapy for generalized anxiety disorder: Treatment protocols, outcome, and process. Symposium presented at the 33<sup>rd</sup> International Meeting of the Society for Psychotherapy Research, Santa Barbara, CA.
- Newman, M.G.**, Castonguay, L.G., & Borkovec, T.D (2002, June). *Integrating Cognitive-behavioral and interpersonal/emotional Processing treatments for Generalized Anxiety Disorder: Preliminary outcome findings*. In L. Castonguay (Chair), Integrative therapy for generalized anxiety disorder: Treatment protocols, outcome, and process. Symposium presented at the 33<sup>rd</sup> International Meeting of the Society for Psychotherapy Research, Santa Barbara, CA.
- Castonguay, L.G., Vives, A., Zuellig, A., Okruch, A., Wentz, R., Schut, A., Beberman, R., **Newman, M.G.**, & Borkovec, T.D. (2002, June). *The therapist's focus of intervention in cognitive-behavioral and interpersonal/emotional processing treatments for generalized anxiety disorder*. In L. Castonguay (Chair), Integrative therapy for generalized anxiety disorder: Treatment protocols, outcome, and process. Symposium presented at the 33<sup>rd</sup> International Meeting of the Society for Psychotherapy Research, Santa Barbara, CA.
- Newman, M.G.**, Przeworski, A., & Borkovec, T.D. (2001, November). *The effect of psychotherapy for GAD on comorbid Axis I conditions*. In M. Newman (Chair) the generality of psychotherapy beyond targeted anxiety disorder symptoms. Symposium presented at the 35<sup>th</sup> Annual meeting of the Association for Advancement of Behavior Therapy, Philadelphia, PA.
- Castonguay, L.G. Schut, A.J., Reid, J., **Newman, M.G.**, & Borkovec, T.D. (2001, November). *The therapist's engagement in cognitive-behavioral and interpersonal/emotional deepening therapies*. Symposium presented at the North American Meeting of the Society for Psychotherapy Research. Puerto Vallarta, Mexico
- Castonguay, L.G., **Newman, M.G.**, Borkovec, T.D., Schut, A.J., Kasoff, M.B., & Hines, C.E. (2001, July). *Client's emotion in integrative psychotherapy*. In L.G. Castonguay (Chair) Emotion and its assessment. Symposium presented to the Society for Psychotherapy Research, Montevideo, Uruguay.

- Przeworski, A., **Newman, M.G.**, Castonguay, L. G., & Constantino, M. (2001, July). *The relationship between therapeutic alliance, compliance with CBT homework, and outcome in GAD*. In D. Hope (Chair) Between Pre-test and Post-test: The process of change in Treatment of Anxiety Disorders. Symposium presented to the World Congress of Behavioral and Cognitive Therapies, Vancouver, British Columbia.
- Newman, M.G.**, Cameron, R.P. Zuellig, A.R, Cashman, L.A., Kenardy, J., Dow, M., & Taylor C.B. (2001, July). *A comparison of brief palmtop computer-enhanced CBT to bibliotherapy for panic disorder*. In J. Kenardy (Chair) Palmtop computers in CBT For panic disorder. Symposium presented to the World Congress of Behavioral and Cognitive Therapies, Vancouver, British Columbia.
- Newman, M.G.**, Cameron, R.P. Zuellig, A.R, Cashman, L.A., Kenardy, J., Dow, M., & Taylor C.B. (2000, November). *A comparison of brief palmtop computer-enhanced CBT to bibliotherapy for panic disorder*. In N. Schmidt (Chair) Advances in Technology for the Assessment and Treatment of Anxiety Disorders. Symposium presented to the 34th Annual meeting of the Association for Advancement of Behavior Therapy, New Orleans, LA.
- Newman, M.G.**, Castonguay, L.G., Molnar, C. & Borkovec, T.D. (2000, November). *Interpersonal factors in GAD*. In J. Gayle Beck (Chair) Interpersonal processes in anxiety: From genesis to disorder. Symposium presented to the 34th Annual meeting of the Association for Advancement of Behavior Therapy, New Orleans, LA.
- Newman, M.G.**, Castonguay, L.G., Borkovec, T.D., & Schut, A.J. (1999, November). *Integrating cognitive-behavioral, interpersonal, and humanistic interventions: Why should we and how can we?* Symposium presented at the First Mid-Atlantic Chapter Meeting of the Society for Psychotherapy Research, College Park, MD.
- Castonguay, L.G., Schut, A.J., **Newman, M.G.**, & Borkovec, T.D. (1999, April). The therapist and client experience in integrative treatment for generalized anxiety disorder. In L. Castonguay (Chair) *Improving behavior therapy for generalized anxiety disorder: An integrative approach*. Symposium presented at the Annual meeting of the Society for the Exploration of Psychotherapy Integration, Miami, FL.
- Newman, M.G.**, Castonguay, L.G. & Borkovec, T.D. (1999, March). Cognitive behavior therapy for generalized anxiety disorder: Strengths and limitations. In L. Castonguay (Chair) *Improving behavior therapy for generalized anxiety disorder: An integrative approach*. Symposium presented at the Annual meeting of the Society for the Exploration of Psychotherapy Integration, Miami, FL.
- Newman, M.G.**, Castonguay, L.G. & Borkovec, T.D. (1999, March). New dimensions in the treatment of generalized anxiety disorder: Interpersonal focus and emotional deepening. In L. Castonguay (Chair) *Improving behavior therapy for generalized anxiety disorder: An integrative approach*. Symposium presented at the Annual meeting of the Society for the Exploration of Psychotherapy Integration, Miami, FL.
- Borkovec, T.D., **Newman, M.G.**, & Castonguay, L.G. (1998, November). The potential role of interpersonal processing in treatment of generalized anxiety disorder. In C.L. Turk (Chair) *Conceptual issues in generalized anxiety disorder*. Symposium presented at the 32nd Annual meeting of the Association for Advancement of Behavior Therapy, Washington, D.C. Discussant: Rick Heimberg, Ph.D.
- Newman, M.G.**, Schut, A.J., Kachin, K.E., & Constantino, M. (1998, November). Comparison of the validity and reliability of various social phobia subtype

- definitions. In M.G. Newman (Chair) *Research and theory on social phobia subtypes*. Symposium presented at the 32nd Annual meeting of the Association for Advancement of Behavior Therapy, Washington, D.C. Discussant: Rick Heimberg, Ph.D.
- Newman, M.G.** (1998, November). Recommendations for the identification and treatment of clients who may not benefit from brief cost-effective CBT approaches to anxiety. In D. Haaga (Chair) *Stepped care models in behavior therapy*. Symposium presented at the 32nd Annual meeting of the Association for Advancement of Behavior Therapy, Washington, D.C. Discussant: Gerald Davison, Ph.D.
- Kenardy, J., Dow, M., **Newman, M.G.**, & Taylor, C.B. (1998, July). *Evaluation of cost effective cognitive-behaviour therapy for panic disorder: A multi-site cross-national study*. Talk presented at the World Congress of Behavioural and Cognitive Therapies. Acapulco, Mexico.
- Newman, M.G.**, & Kachin K. E. (1998, June). Health status, psychological diagnosis, and psychotherapy: Evidence from an ecologically valid sample. In D. Mohr (Moderator) *Why psychotherapy researchers should be interested in medical populations*. Panel presented at the 29th Annual Meeting of the Society for Psychotherapy Research. Snowbird, Utah.
- Newman, M.G.**, Kenardy, J., Herman, S. & Taylor, C.B. (1997, November). The efficacy of palmtop computer-enhanced CBT for panic disorder. In S. Hofmann (Chair) *Innovative tools for the treatment of anxiety disorders*. Symposium presented to the 31st Annual meeting of the Association for Advancement of Behavior Therapy. Miami, FL. Discussant: Rick Heimberg, Ph.D.
- Newman, M.G.**, Consoli, A., & Taylor, C.B. (1997, November). A palmtop computer program for the treatment of GAD. In M.G. Newman (Chair) *Computer applications in the delivery of cognitive behavioral therapy*. Symposium presented to the 31st Annual meeting of the Association for Advancement of Behavior Therapy. Miami, FL. Discussant: Frank Andrasik, Ph.D.
- Kenardy, J., Dow, M., **Newman, M.G.**, & Taylor, C.B. (1997, November). Brief computer-assisted CBT for panic disorder: A cross-national randomised treatment outcome study. In M.G. Newman (Chair) *Computer applications in the delivery of cognitive behavioral therapy*. Symposium presented to the 31st Annual meeting of the Association for Advancement of Behavior Therapy. Miami, FL. Discussant: Frank Andrasik, Ph.D.
- Borkovec, T.D., **Newman, M.G.**, and Castonguay, L.G. (1996, June). *Cognitive behavioral treatment of generalized anxiety disorder and the role of interpersonal factors*. Talk presented at the 27th Annual Meeting of the Society for Psychotherapy Research, Amelia Island, FL.

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## POSTERS

- Baik, S.Y., & Newman M.G. (2023, April). *The Effects of Negative Repetitive Thinking on Positive Emotional Contrasts following Positive Daily Events: The Application of the Contrast Avoidance Model*. Poster presented at the 43rd Annual Convention of the Anxiety and Depression Association of America (ADAA), Washington DC, USA.
- Baik, S.Y., & Newman M.G. (2023, April). *The Transdiagnostic Use of Worry and Rumination to Avoid Negative Emotional Contrasts following Negative events: A*

- Momentary Assessment Study*. Poster presented at the 43rd Annual Convention of the Anxiety and Depression Association of America (ADAA), Washington DC, USA.
- Kim, H., **Newman, M.G.**, & Kim, S. (2023, April). *Interpersonal Problems in Social Anxiety Disorder: Comparison between Social Interaction Anxiety and Social Performance Anxiety*. Poster presented at the 43rd Annual Convention of the Anxiety and Depression Association of America (ADAA), Washington DC, USA.
- Kim, H., **Newman, M.G.**, & Kim, S. (2023, April). *Social Interaction Anxiety and Social Performance Anxiety Differentially Predict Depression Symptoms*. Poster presented at the 43rd Annual Convention of the Anxiety and Depression Association of America (ADAA), Washington DC, USA.
- Van Doren, N.\*, Vázquez M. M.\*, Zhu, Y.\*, Wilfley, D. E., & **Newman M. G.** *Understanding barriers to mental healthcare in BIPOC college students* (2023, May). Poster presented at the American Psychiatric Association, San Francisco, CA.
- Zhu Y.\*, Van Doren, N.\*, & **Newman M. G.** (2022, November). *Associations between worry, rumination, and contrast avoidance tendencies in people with generalized anxiety disorder and major depressive disorder*. Poster presented at the 56<sup>th</sup> ABCT Special Interest Group, New York, N. Y.
- Baik, S. Y.\*, & **Newman M. G.** (2022, November). *The effects of worry and rumination on positive emotional contrasts in daily life in generalized anxiety disorder and depression: Application of the contrast avoidance model*. Poster presented at the 56th Annual Meeting of the Association for Behavioral and Cognitive Therapies, New York, N. Y.
- Barber, K. E.\*, Zainal, N. H.\* & **Newman, M. G.** (2022, November). Stress reactivity mediates the relationships between generalized anxiety disorder and major depressive disorder over 18 years. Poster presented at the 56th annual meeting of the Association for Behavioral and Cognitive Therapies, New York, New York.
- Barber, K. E.\*, Zainal, N. H.\* & **Newman, M. G.** (2022, November). The mediating role of positive relationships in the bidirectional connections between depression and anxiety symptoms. Poster presented at the 56th annual meeting of the Association for Behavioral and Cognitive Therapies, New York, New York.
- LaFreniere, L. S.\* & **Newman, M. G.** & Yun, H. (2022, November). Reducing contrast avoidance in GAD by savoring positive emotions: Outcome and mediation in a randomized controlled trial. Poster presented at the 56th annual meeting of the Association for Behavioral and Cognitive Therapies, New York, New York.
- Rackoff, G. N.\*, Baik, S.Y.\* & **Newman, M. G.** (2022, November). Who uses online self-help? Using machine learning to predict treatment uptake? Poster presented at the 56th annual meeting of the Association for Behavioral and Cognitive Therapies, New York, New York. **Winner of ISRII best poster Award.**
- Topooco, N., Fowler, L., Fitzsimmons-Craft, E. E., DePietro, B., Vázquez, M. M., Firebaugh, M. L., Ceglarek, P., Monterubio, G., **Newman, M.G.**, Eisenberg, D., Wilfley, D. E., & Taylor C.B (2022, September). *Digital interventions to address mental health needs in colleges: Perspectives of student stakeholders*. Poster presentation at the 11th International Society for Research on Internet Interventions conference, Pittsburgh, PA, USA.
- Sanghvi, D.\*, Zainal. N. H.\*, **Newman, M. G.** (2022, May) *Trait self-acceptance mediates parental childhood abuse predicting common mental health symptoms in adulthood.*

- Poster presentation at the Institute of Psychological Science and Practice's 5th Annual Psychology Conference, Teachers College, Columbia University, New York, N.Y.
- Vázquez M. M.\*, Grammer A. C.\*, Fowler L. A.\*, Fitzsimmons-Craft E. E., Lipson S, K., Shah J., **Newman M. G.**, Eisenberg D., Wilfley D. E., Taylor C. B. (2022, May). *Disparities in Mental Health Symptoms Among Sexual and Gender Minority Subpopulations in a National Sample of College Students*. Poster presentation at the American Psychiatric Association Annual Meeting, New Orleans, LA.
- D'Adamo, L., Grammer, A. C., Rackoff, G. N., Fennig, M., Fitzsimmons-Craft, E. E., Lipson, S. K., **Newman, M. G.**, Eisenberg, D., Taylor, C.B., & Wilfley, D.E. (2022, April). *Characterizing participant preferences for treatment focus among college students with psychiatric comorbidities*. Poster presented at annual meeting of the Society of Behavioral Medicine, Baltimore, MD.
- Kim, H. & **Newman, M. G.** (2022, March). *Avoidance of negative emotional contrast from worry and rumination: An application of the contrast avoidance model*. Poster presented at the 42<sup>nd</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), Denver, CO.
- Barber, K. E., Zainal, N. H., & **Newman, M. G.** (2022, March). *The role of stress reactivity in the bidirectional relationships between generalized anxiety and depression symptoms*. Poster presented at the 42<sup>nd</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), Denver, CO.
- Shin, K. E., **Newman, M. G.**, & Cha, C. B. (2022, March). *Daily emotion dynamics in suicidal adults: Harnessing ecological momentary assessment*. Poster presented at the 42<sup>nd</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), Denver, CO.
- Baik, S. Y., Shin, K. E., Fitzsimmons-Craft, E. E., Taylor, C. B., Daniel Eisenberg, Wilfley, D. E., **Newman, M. G.** (2022, March). *Comorbidities of mental disorders and quality of life in college students*. Poster presented at the 42<sup>nd</sup> Annual Meeting of the Anxiety and Depression Association of America (ADAA), Denver, CO.
- Barber, K. E., Zainal, N. H., & **Newman, M. G.** (2022, March). The mediating effect of stress reactivity in the 18-year bidirectional relationship between generalized anxiety and depression severity. Poster to be presented at the 42<sup>nd</sup> Annual Meeting of the Annual Meeting of the Anxiety and Depression Association of America, Denver, Colorado.
- Shah, J. R., Grammar, A. C., Vázquez, M. M., Fitzsimmons-Craft, E. E., **Newman, M. G.**, Eisenberg, D., Taylor, C. B., Wilfley, D. E. (2021, August). *Evaluating measures of disadvantaged financial background as predictors of mental health disorders in college students*. Poster presented at: the NIDA, NIAAA, and NIMH Diversity Supplement Professional Development Workshop. August 26, 2021. Bethesda, MD.
- Vázquez, M. M., Grammer, A. C., Fowler, L. A., Fitzsimmons-Craft, E. E., Lipson, S. K., Shah, J., **Newman, M. G.**, Eisenberg, D., Wilfley, D. E., Taylor, C. B. (2021, August). *Differences in mental health symptoms among sexual and gender minority subgroups of college students*. Poster presented at: the NIDA, NIAAA, and NIMH Diversity Supplement Professional Development Workshop. August 26, 2021. Bethesda, MD.

- Nguyen, V. V.\* **Zainal, N. H.**, & Newman, M. G. (2021, April). Why sleep is key: Poor sleep quality is a mechanism for the bidirectional relationship between major depressive disorder and generalized anxiety disorder across 18 years. Poster session presented at the meeting of the Psi Chi Undergraduate Research Conference at the Pennsylvania State University.
- Suzette, N. M.\* **Zainal, N. H.**, & Newman, M. G. (2021, April). Focus on emotion and venting mediates the 18-year bi-directional major depressive disorder-generalized anxiety disorder relation. Poster session presented at the meeting of the Psi Chi Undergraduate Research Conference at the Pennsylvania State University.
- Rackoff, G. N. & **Newman, M. G.** (2021, March). *Distinct Locus of Control Dimensions Predict the Rise and Fall of Depressive Symptoms Throughout Widowhood*. Poster presented at the 41<sup>st</sup> Annual Meeting of the Anxiety and Depression Association of America, virtual conference.
- Win, E., Zainal, N. H. & **Newman, M. G.** (2021, March). *Trait Anger Expression Mediates Childhood Trauma Predicting for Adulthood Anxiety, Depressive, and Alcohol Use Disorders*. Poster presented at the 41<sup>st</sup> Annual Meeting of the Anxiety and Depression Association of America, virtual conference.
- Newman, M. G.** & Schwob, J. T. (2020, November). *Frequency of Day to Day Sudden Gains and Reversals During Psychotherapy Predict Outcome from Cognitive-behavioral Therapy for Generalized Anxiety Disorder*. Poster presented at the 54th Annual Meeting of the Association for Behavioral and Cognitive Therapies (ABCT), virtual conference.
- Shin, K. E. & **Newman, M. G.** Nicholas C. Jacobson (2020, November). *Emotion Network Density as a Potential Clinical Marker: Comparison of Ecological Momentary Assessment and Daily Diary*. Poster presented at the 54th Annual Meeting of the Association for Behavioral and Cognitive Therapies (ABCT), virtual conference.
- Van Doren, N., Zainal, N. H., & **Newman, M. G.** (2020, April). *Cross-cultural and gender invariance of emotion regulation in the United States and India*. Poster session accepted to the meeting of the Society for Affective Science, San Francisco, California, United States. **Note: Canceled due to the corona virus.**
- Chen, S.\* , Shin, K. E.\* , & **Newman, M. G.** (2020, April). *Testing the anxiety-reducing effects of dark chocolates in public speaking anxiety*. Presented at the 2020 Penn State Undergraduate Exhibition. Virtual conference due to COVID-19. **Winner of the Peter T. Luckie Award for Outstanding Research in Social and Behavioral Science.**
- Rackoff G. N. & **Newman, M. G.** (2020, March). *Prolonged heart rate and elevation following stress mediates the relationship between depression and inflammation*. Poster presented at the 40<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America, San Antonio, TX. **Note: Canceled due to the corona virus.**
- Rackoff G. N. & **Newman, M. G.** (2020, March). *The Effects of Worry on Exposure Process and Outcome*. Poster accepted at the 40<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America, San Antonio, TX. **Note: Canceled due to the corona virus.**
- Rackoff G. N. & **Newman, M. G.** (2020, March). *Daily Stress-Related Anhedonia Predicts Lower Positive Affect and Diagnosis of Internalizing Disorders Across Seven Years*.

- Poster accepted at the 40<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America, San Antonio, TX. **Note: Canceled due to the corona virus.**
- Bartek, M. E.,\* Zainal, N. H.\*, & Newman, M. G. (2020, March). *Marital instability and spousal empathy mediate childhood maternal and paternal affection predicting adulthood depression*. Poster accepted for the National Conference on Undergraduate Research, Bozeman, Montana, United States.
- King, B., Boswell, J., Schwartzman, C., Lehrbach, K., Castonguay, L. G., & **Newman, M. G.** (2019, November). *A Comparison of Regular and Brief Versions of an Intervention Fidelity Measure Designed for Varied Practice Settings*. Poster presented at the 53rd Annual Meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Atlanta, Georgia.
- Schwob, J. T.\* & **Newman, M. G.** (2019, November). *Brief Imaginal Exposure Exercises for Social Speech Anxiety Delivered via a Smartphone Application*. Poster presented at the 53rd Annual Meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Atlanta, Georgia.
- LaFreniere L. S.\* & **Newman, M. G.** (2019, November). *Deficits in Probabilistic Learning by Positive and Negative Reinforcement in Generalized Anxiety Disorder*. Poster presented at the 53rd Annual Meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Atlanta, Georgia.
- Kim, H.\*, Newman, M.G. (2019, November). *Ecological momentary assessment of emotion dysregulation processes in social anxiety disorder: application of multilevel vector autoregressive modeling and network analysis*. Poster presented at the 53rd Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT) Clinical Research Methods and Statistics SIG poster exhibition, Atlanta, GA, USA.
- Shin, K. E., & **Newman, M. G.** (2019, November). *Dynamics of symptom relations in major depressive disorder and generalized anxiety disorder: Time-series network analysis approach*. Presented at the 2019 Association for Behavioral and Cognitive Therapies Annual Convention. Atlanta, GA.
- LaFreniere, L. S.\*, **Newman, M. G.** (2019, October). *Upregulating positive emotion in generalized anxiety disorder: A randomized controlled trial of the SkillJoy ecological momentary intervention*. Poster session accepted for presentation at the Dartmouth-Hitchcock Research Retreat 2019, Lebanon, NH.
- Shin, K. E., & **Newman, M. G.** (2019, March). *Interpersonal subgroups in generalized anxiety disorder*. Presented at the 2019 Penn State Graduate Exhibition. University Park,
- Schwob, J.T.\*, Goodnight, J.A., Newman, M.G. (2018, November). *A Smartphone Application Developed for Treatment of Generalized Anxiety Disorder*. Poster Presentation. ABCT 52<sup>nd</sup> Annual Convention, Washington, DC
- Bosley, H. G.,\* Fernandez, K., Fisher, A. J., & Newman, M.G. (2018, November). Generalized anxiety disorder is related to positive affect deficits within a hierarchical structural model of psychopathology. Poster presented at the 52<sup>nd</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.
- Szkodny, L. E., & Newman, M. G. (2018, November). (De)constructing trauma: using an ecological momentary assessment approach to examine maintenance of posttraumatic symptoms in daily life. Poster presented at the 52<sup>nd</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.

- Zainal, N. H., & **Newman, M.G.** (2018, April) *Why perseverance is key: Lowering disorder severity 18 years later*. Poster presented at the 38<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America, Washington, DC.
- LaFreniere, L. S., & **Newman, M.G.** (2018, April) *The Impact of uncontrollability beliefs and worry-related distress on an ecological momentary intervention for generalized anxiety disorder: A mediation model*. Poster presented at the 38<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America, Washington, DC.
- LaFreniere, L. S., & **Newman, M.G.** (2018, April) *Deficits in positive reinforcement response during probabilistic learning in generalized anxiety disorder (GAD)*. Poster presented at the 38<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America, Washington, DC.
- LaFreniere, L. S., & **Newman, M.G.** (2018, April) *Probabilistic learning by avoidance versus approach in those with generalized anxiety disorder (GAD)*. Poster presented at the 38<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America, Washington, DC.
- Szkodny, L. E., & **Newman, M.G.** (2018, April) *PTSD in daily life: Using an ecological momentary assessment approach to examine maintenance of posttraumatic symptoms*. Poster presented at the 38<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America, Washington, DC.
- Johnson, B. N., Levy, K. N., Ellison, W. D., Scala, J. W., Pincus, A. L., & **Newman, M. G.** (2018, March). *Screening BPD in everyday life: Evaluating the ecological validity of the McLean Screening Instrument for BPD*. Poster to be presented to the 2018 Annual convention of the North American Society for the Study of Personality Disorders, New York, NY.
- Shin, K. E., & **Newman, M. G.** (2018, March). *Daily emotional experiences contributing to maintenance and comorbidity in depression and generalized anxiety disorder over 18 years*. Presented at the 2018 Penn State Graduate Exhibition. University Park, PA.
- Kim, H. **Newman, M. G.** (2017, November). *Comorbidity networks of DSM-IV mental disorders*. Poster presented at the 51<sup>st</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies Special Interest Group Poster Exposition, San Diego, CA
- Shin, K., & **Newman, M.G.** (2017, November) *Self- and Other-Perception of Interpersonal Problems: Moderation of Agreement and Bias by Social Anxiety, Generalized Anxiety, and Depression*. Poster presented at the 51<sup>st</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies (ABCT). San Diego, CA.
- Zainal, H. & **Newman, M.G.** (2017, November). *Worry amplifies theory-of-mind reasoning of negatively valenced social stimuli in generalized anxiety disorder*. Poster presented at the 51<sup>st</sup> Annual Meeting of the Association of Behavioral and Cognitive Therapies (Special Interest Group: Neurocognitive Therapies/Translational Research SIG), San Diego, California.
- Zainal, H. & **Newman, M.G.** (2017, November) *Perceived controllability mediates the prospective link between depression predicting anxiety 18 years later*. Poster presented at the 51<sup>st</sup> Annual Meeting of the Association of Behavioral and Cognitive Therapies, San Diego, California.
- Zainal, H. & **Newman, M.G.** (2017, November). *Partner disagreement mediates the prospective link between depression predicting anxiety 18 years later*. Poster



- presented at the 51<sup>st</sup> Annual Meeting of the Association of Behavioral and Cognitive Therapies, San Diego, California.
- LaFreniere, L.S., & **Newman, M. G.** (2017, November). *Probabilistic learning deficits in GAD: Avoidance versus approach response*. Poster presented at the 51<sup>st</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies Convention, San Diego, CA.
- LaFreniere, L.S., & **Newman, M. G.** (2017, November). *Mediation of the link between positive worry beliefs and symptoms by percentage of untrue worries in treatment for GAD*. Poster presented at the 51<sup>st</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies Convention, San Diego, CA.
- Dawood, S., Hallquist, M.N., Pincus, A.L., Levy, K.N., **Newman, M. G.**, & Wilson, S.J. (2017, July). *Visualization of event-contingent interpersonal data*. Poster presented at the 20<sup>th</sup> Annual Meeting of the Society for Interpersonal Theory and Research, Pittsburgh, PA.
- Shin, K. E., & **Newman, M. G.** (2017, May). *Using retrieval cues to prevent return of public speaking anxiety after exposure: Clinical analogue study*. Presented at the 2017 Program for Translational Research on Adversity and Neurodevelopment (P-TRAN) Inaugural Symposium. University Park, PA.
- Zainal, H. & **Newman, M. G.** (2017, April). *Inhibitory control and inductive reasoning independently predict clinically significant generalized anxiety symptoms 9 years later*. Poster presented at the 37<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America, San Francisco, CA.
- Zainal, H. & **Newman, M. G.** (2017, April). *Income moderates telephone-administered care outcomes for caregiver's anxiety*. Poster presented at the 37<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America, San Francisco, CA.
- Zainal, H. & **Newman, M. G.** (2017, April). *Cognitive behavior therapy plus behavior management versus information and referral care in a randomized controlled trial for dementia caregivers: moderating role of perceived social support*. Poster presented at the 37<sup>th</sup> Annual Meeting of the Anxiety and Depression Association of America, San Francisco, CA.
- Dowgwillo, E. A., Molenaar, P. C. M., Pincus, A. L., Levy, K. N., **Newman, M. G.**, & Wilson, S. J. (2017, March). *Person specific assessment of interpersonal dynamics*. Poster presented at the Society for Personality Assessment, San Francisco, CA.
- LaFreniere, L. S., **Newman, M. G.**, & Graham, J. (2016, October). *Risk attraction, parenting, and peer deviancy: Differences in the influence of parental support and control on adolescents' friend choice based on their liking for risk*. Poster presented at the 50<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, New York, N. Y.
- LaFreniere, L. S., & **Newman, M. G.** (2016, October). *Can't stop, won't stop: The influence of thought control beliefs on worry during treatment for generalized anxiety disorder*. Poster presented at the 50<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, New York, N. Y.
- LaFreniere, L. S., & **Newman, M. G.** (2016, October). *A brief ecological momentary intervention for GAD: An RCT of the worry outcome journal*. Poster presented at the 50<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, New

- York, N. Y. **Winner of the Association for Behavioral and Cognitive Therapy Anxiety SIG, Best Poster Award.**
- Zainal, H. & Newman, M. G. (2016, October). *Depressive symptoms within healthy and cognitively impaired elderly: Examination of socio-demographic, neuropsychological, neurobiological, and cardiovascular risk factors*. Poster presented at the 50<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, New York, N. Y.
- Zainal, H. Magiati, I., & Newman, M. G. (2016, October). *Correlates of parent- and child-reported anxiety in a community sample of children and adolescents with high-functioning autism spectrum disorders*. Poster presented at the 50<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, New York, N. Y.
- Shin, K. E., **Newman, M. G.**, & Lanza, S. (2016, October). *Time-varying processes in a randomized trial of applied relaxation and CBT for generalized anxiety disorder*. Poster presented at the 50<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, New York, N. Y.
- Shin, K. E., **Newman, M. G.**, Hammaker, S. Fabinyi, C., Sheintoch, M., Kilbert, R., Purnell, J., Choi, J. (2016, October). *Effects of trait and state worry on interpersonal perceptions and behaviors*. Poster presented at the 50<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, New York, N. Y.
- Dawood, S., Pincus, A.L., Levy, K.N., **Newman, M. G.**, & Wilson, S. J. (2016, July). *Exploring variability and instability in interpersonal behaviors and perceptions in borderline personality disorder and anxiety disorder*. Paper presented at the 19<sup>th</sup> Annual Meeting of the Society for Interpersonal Theory and Research in Berlin, Germany.
- Kim, H., & **Newman, M. G.** (2016, April). *An Application of Social Network Analysis to the Comorbidity Study of DSM-IV Mental Disorders*. Poster presented at the Annual Convention of the International Network for Social Network Analysis, Newport Beach, CA.
- Lord, K., Jacobson, N. C., & **Newman M. G.** (2016, April). *Social support in bereaved spouses mediates the relationship between anxiety and depression*. Poster presented at the 36<sup>th</sup> Annual Convention of the Anxiety and Depression Association of America, Philadelphia, PA.
- Lord, K. Jacobson, N. C., & **Newman M. G.** (2016, April). *Social criticism moderates the relationship between anxiety disorders and depressive disorders 10 years later*. Poster presented at the 36<sup>th</sup> Annual Convention of the Anxiety and Depression Association of America, Philadelphia, PA.
- Shin, K. E., & **Newman, M. G.** (2016, April). *Revisiting emotional process theory: Predicting exposure outcome*. Poster presented at the 36<sup>th</sup> Annual Convention of the Anxiety and Depression Association of America, Philadelphia, PA.
- Shin, K. E., & **Newman, M. G.** (2016, April). *Time-varying processes in a randomized trial of applied relaxation and CBT for generalized anxiety disorder*. Poster presented at the 36<sup>th</sup> Annual Convention of the Anxiety and Depression Association of America, Philadelphia, PA.
- Kim, H. & **Newman, M. G.** (2016, April). *The network structure of 12-month DSM-IV disorders: An application of network analysis on the Collaborative Psychiatric Epidemiology Surveys*. Poster presented at the 36<sup>th</sup> Annual Convention of the Anxiety

- and Depression Association of America, Philadelphia, PA. **Poster selected for a guided poster tour chaired by Jordon Smoller, M. D.**
- Kim, H. & **Newman, M. G.** (2016, April). *Perfectionism as the primary cause of interpersonal deficits of social anxiety: Applications of social network analysis and structural equation modeling*. Poster presented at the 36<sup>th</sup> Annual Convention of the Anxiety and Depression Association of America, Philadelphia, PA.
- Zainal, N. H., Magiati, I. & **Newman, M. G.** (2016, April). *A comparison between caregiver-reported anxiety and other emotional and behavioral difficulties in children and adolescents with autism spectrum disorders attending specialist or mainstream schools*. Poster presented at the 36<sup>th</sup> Annual Convention of the Anxiety and Depression Association of America, Philadelphia, PA.
- Shin, K. E., **Newman, M. G.** (2016, April). *Daily affect variability mediates the relationship between childhood maternal affection and adult GAD and depression symptoms*. Poster presented at the 36<sup>th</sup> Annual Convention of the Anxiety and Depression Association of America, Philadelphia, PA.
- Shin, K. E., **Newman, M. G.**, Zuellig, A. R. (2016, April). *Childhood experiences in adults generalized anxiety disorder and panic disorder*. Poster presented at the 36<sup>th</sup> Annual Convention of the Anxiety and Depression Association of America, Philadelphia, PA.
- Colaco, B., **Newman, M. G.**, Kanuri, N., Forsberg, S., Sharvit, S. S., Cohen, J., Kuhn, E., Ruzek, J. I., Manjula, M., Jones, M., & Taylor, C. B. (2016, April). *Role of supervision and monitoring in enhancing coach competence in an online, guided self-help program for reducing anxiety in Indian university students: Designing for international, cross-cultural collaboration*. Poster presented at the Eighth Scientific Meeting of the International Society for Research on Internet Interventions, Seattle, Washington.
- LaFreniere, L., S.,\* **Newman, M. G.** & Graham, J. W. (2015, November). *The Impact of Parent-Child Relationships on Adolescents' Peer Choice and Alcohol Use*. Poster presented at the 49<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Newman, M. G.** & LaFreniere, L., S.\* (2015, November). *Trends and Effects of Relaxation-Induced Anxiety in Generalized Anxiety Disorder Across Treatment*. Poster presented at the 49<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Newman, M. G.**, Shin, K. E.\* , Zuellig, A. (2015, November). *Childhood Psychopathology and Parental Attachment in Adults with GAD and Panic*. Poster presented at the 49<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Kim, H.\* , & **Newman, M. G.** (2015, November). *The role of multidimensional perfectionism in social anxiety and interpersonal alienation*. Poster presented at the 49<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Kim, H.\* , Lu, X, Costa, M. Kandemir, B., Adams, R. B., Li, J., Wang, J. Z., & **Newman, M. G.** (2015, May). *The Image Stimuli for Emotion Elicitation (ISEE): Development and Validation of a Novel Picture Database*. Poster presented at the 49<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Kanuri, N.\* , **Newman, M. G.**, Ruzek, J. I., Kuhn, E., Manjula, M., Cohen, J., Jones, M., & Taylor, C. B. (2015, November). *Efficacy and Effectiveness of CBT-based, Online*

- Guided Self-help Programs to Reduce Anxiety among Students in Indian Universities.* Poster presented at the Special Interest Group Exposition for the Dissemination and Implementation Science SIG at the 49<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL. **Winner of the Association for Behavioral and Cognitive Therapy Dissemination SIG, Best Poster Award.**
- Kanuri, N. S., **Newman, M. G.**, Forsberg, S., Cohen, J., Kuhn, E., Ruzek, J., Raheem, I., Sharma, S., & Taylor, C. B. (2015, November). *Beyond the Barriers to Mental Health Care: The Development and Implementation of a Guided Self-help Coach Training Protocol for Indian Non-professional Clinicians.* Poster presented at the 49<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Cohen, J., Clifford, A., Tormala, T., Taylor, C. B., & **Newman, M. G.** (2015, November). *Psychosocial Correlates of Depression Symptomatology in Gay and Bisexual Young Men.* Poster presented at the 49<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Kim, H., Lu, X, Costa, M. Kandemir, B., Adams, R. B., Li, J., Wang, J. Z., & **Newman, M. G.** (2015, May). Development and validation of the Image Stimuli for Emotion Elicitation (ISEE). Poster presented at the 27<sup>th</sup> Annual Association for Psychological Science Convention, New York, N.Y.
- Kim, S., Kim, H., **Newman, M.G.**, & Kwon, J. H. (2015, May). *Validation of the Korean version of the Social Phobia Diagnostic Questionnaire (K-SPDQ).* Poster presented at the 27<sup>th</sup> Annual Association for Psychological Science Convention, New York, N.Y.
- Kim, S., Kim, H., **Newman, M. G.**, & Kwon, J., (2015, May). *Emotion Regulation and Emotion Experience in Individuals with Social Anxiety Disorder in Daily Life.* Paper presented at The 5<sup>th</sup> Annual Asian CBT Conference, Nanjing, China
- Szkodny, L. E. & **Newman, M. G.** (2015, March). *Shielding the self: An examination of the relationship between maladaptive repetitive thinking and interpersonal dysfunction in generalized anxiety disorder.* Poster presented at the Annual Meeting of the Society for Personality Assessment, Brooklyn, NY.
- Kanuri, N., Cohen, J. M., Kuhn, E., Ruzek, J. Hoffman, J. **Newman, M. G.** & Taylor, C. B. (2014, November). *Preventing GAD: Prevalence of Risk Categories using the Penn State – Stanford Anxiety Disorders Screen.* Poster presented at the 48<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Cohen, J. M., Kanuri, N., Kuhn, E., Ruzek, J. Hoffman, J. Taylor, C. B. & **Newman, M. G.** (2014, November). *An evaluation of the psychometric properties of the PTSD Checklist for DSM-5.* Poster presented at the 48<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Szkodny, L. E. Jacobson, N. C., & **Newman, M. G.** (2014, November). *A preliminary investigation of the relationship between PTSD symptomatology and variability in daily thought processes using an ecological momentary assessment approach.* Poster presented at the 48<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Szkodny, L. E. & **Newman, M. G.** (2014, November). *Assessing facets of maladaptive repetitive thought: The development and validation of the Perseverative Cognitions Questionnaire.* Poster presented at the 48<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

- Szkodny, L. E., **Newman, M. G.** & Goldfried, M. R. (2014, November). *Conducting empirically supported treatments for posttraumatic stress disorder: Implications for research and practice*. Poster presented at the 48<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- LaFreniere, L. S. & **Newman, M. G.** (2014, November). *Worry, anxiety, and substance use in youth: GAD symptoms as a protective factor against drug and alcohol abuse*. Poster presented at the 48<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Shin, K. E. & **Newman, M. G.** (2014, November). *Using retrieval cues to reduce contextual renewal of fear after exposure*. Poster presented at the 48<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Shin, K. E. & **Newman, M. G.** (2014, November). *Gender differences in the return of fear after exposure*. Poster presented at the 48<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Newman, M. G.**, Castonguay, L. G. & Shin, K. E. (2014, November). *Self-reported attachment styles in generalized anxiety disorder*. Poster presented at the 48<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Kim, H. & **Newman, M. G.** (2014, November). *An experimental examination of Emotional Contrast Avoidance in GAD and major depressive disorder*. Poster presented at the 48<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Jacobson, N. C., **Newman, M. G.** & Goldfried, M. R. (2014, November). *Clinical experiences in conducting empirically supported treatments: Obsessive-compulsive disorder*. Poster presented at the 48<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Kim, S., **Newman, M.G.**, & Kwon, J. H. (2014, November). *The relationship between cognitive coping strategies and daily emotions in individuals with social anxiety disorder: An ecological momentary assessment*. Poster presented at the 48<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Kim, H., & Newman, M. G. (2014, August). *The impact of worry and rumination on emotional avoidance in anxiety and depression*. Poster presented at the 122<sup>nd</sup> Annual Convention of the American Psychological Association, Washington, DC.
- Szkodny, L. E., Jacobson, N. C., & **Newman, M. G.** (2014, March). *Using an ecological momentary assessment approach to examine the relationship between neuroticism and conscientiousness and variability in constructive and unconstructive thought processes*. Poster presented at the Annual Meeting of the Society for Personality Assessment, Arlington, VA. **Honorable Mention, for the Best Student Poster Award.**
- Szkodny, L. E., **Newman, M. G.**, & Goldfried, M. R. (2013, November). *Building a two-way bridge between research and practice: Experiences in conducting empirically supported treatments for posttraumatic stress disorder*. Poster presented at the 29<sup>th</sup> Annual Meeting of the International Society for Traumatic Stress Studies, Philadelphia, PA.

- Kim, H. & **Newman, M. G.** (2013, November). *The effect of perfectionism on social anxiety, interpersonal relationship and consequential depression*. Poster presented at the 47<sup>th</sup> Annual Association for the Advancement of Behavioral and Cognitive Therapies, Nashville, TN.
- Jacobson, N. C., & **Newman, M. G.** (2013, May). *The temporal relationship between anxiety and depression: A meta-analysis*. Poster presentation at the Association for Psychological Science (APS) Conference, Washington DC. **Honorable Mention, Association for the Psychological Science Student Caucus Student Research Awards.**
- Jacobson, N. C., & **Newman, M. G.** (2013, May). *Avoidance mediates earlier anxiety and later depression over a decade later*. Poster presentation at the Association for Psychological Science (APS) Conference, Washington DC.
- Jacobson, N. C., & **Newman, M. G.** (2013, May). *Anxiety predicts depression over the course of minutes, hours, and days: An ecological momentary assessment*. Poster presentation at the Association for Psychological Science (APS) Conference, Washington DC.
- Szkodny, L. E. & **Newman, M. G.** (2013, March). *Personality beliefs as predictors of posttraumatic symptoms*. Poster presented at the Annual Meeting of the Society for Personality Assessment, San Diego, CA.
- Szkodny, L. E. & **Newman, M. G.** (2012, November). *Evaluating intraindividual variability in posttraumatic symptomatology using ecological momentary assessment*. Poster presented at the 46<sup>th</sup> Annual Association for the Advancement of Behavioral and Cognitive Therapies, National Harbor, MD.
- Szkodny, L. E. & **Newman, M. G.** (2012, November). *Examining the relationship between perseverative cognitions and interpersonal dysfunction in generalized anxiety disorder*. Poster presented at the 46<sup>th</sup> Annual Association for the Advancement of Behavioral and Cognitive Therapies, National Harbor, MD.
- Jacobson, N. C. & **Newman, M. G.** (2012, November). *Testing the mediating role of avoidance between anxiety and depression*. Poster presented at the 46<sup>th</sup> Annual Association for the Advancement of Behavioral and Cognitive Therapies, National Harbor, MD.
- Jacobson, N. C. & **Newman, M. G.** (2012, November). *The temporal precedence of anxiety and depression: A meta-analysis*. Poster presented at the 46<sup>th</sup> Annual Association for the Advancement of Behavioral and Cognitive Therapies, National Harbor, MD.
- Jacobson, N. C. & **Newman, M. G.** (2012, November). *Anxiety as a temporal predictor of depression during brief time periods: An ecological momentary assessment*. Poster presented at the 46<sup>th</sup> Annual Association for the Advancement of Behavioral and Cognitive Therapies, National Harbor, MD.
- Szkodny, L. E. & **Newman, M. G.** (2012, June). *Using ecological momentary assessment to advance understanding of how to tailor treatment of posttraumatic symptoms to the individual*. Poster presented at the 43<sup>rd</sup> Annual Meeting of the Society for Psychotherapy Research, Virginia Beach, VA.
- Mortazavi, A., **Newman, M. G.**, & Kachin, K. (2011, November). *Using the Medical Questionnaire to assess change in medical symptoms and predict response to psychotherapy in anxious clients*. Poster presented at the 45<sup>th</sup> Annual Association for the Advancement of Behavioral and Cognitive Therapies, Toronto, Canada.

- Szkodny, L. E., Mogel, J. A., **Newman, M. G.**, & Sliwinski, M. J. (2011, November). *Evaluating the quantity and quality of worrisome and intrusive thoughts and their triggers: An ecological momentary assessment approach*. Poster presented at the 45<sup>th</sup> Annual Association for the Advancement of Behavioral and Cognitive Therapies, Toronto, Canada. **Winner of the Best Student Poster Award from Anxiety Special Interest Group.**
- Llera, S. J. & **Newman, M. G.** (2011, August). *An experimental examination of emotional avoidance in generalized anxiety disorder: Data supporting a new theory of emotional contrast avoidance*. Poster presented at the 119<sup>th</sup> Annual American Psychological Association, Washington, DC.
- Koif, D. F. & Newman, M. G. (2010, November). *Cognitive-behavior therapy and smartphone technology: An ecological momentary intervention for the treatment of depression*. Poster presented at the 44<sup>th</sup> Annual Association for the Advancement of Behavioral and Cognitive Therapies, San Francisco, CA.
- Fisher, A. J. & **Newman, M. G.** (2009, November). *The decoupling of mood and anxiety: A longitudinal analysis of symptom course in psychotherapy*. Poster presented at the 43<sup>rd</sup> Annual Meeting of the Association for the Advancement of Behavioral and Cognitive Therapies, New York, New York.
- Llera, S. J. & **Newman, M. G.** (2009, November). *Worry and emotional reactivity to personalized exposures in generalized anxiety disorder*. Poster presented at the 43<sup>rd</sup> Annual Meeting of the Association for the Advancement of Behavioral and Cognitive Therapies, New York, New York.
- Koif, D. F. & **Newman, M. G.** (2009, November). *A pilot study of a mobile phone based cognitive-behavioral treatment for generalized anxiety disorder*. Poster presented at the 43<sup>rd</sup> Annual Meeting of the Association for the Advancement of Behavioral and Cognitive Therapies, New York, New York.
- Szkodny, L. E. & **Newman, M. G.** (2009, November). *Development of the Perseverative Thinking Questionnaire*. Poster presented at the 43<sup>rd</sup> Annual Meeting of the Association for the Advancement of Behavioral and Cognitive Therapies, New York, New York.
- Llera, S. J. & **Newman, M. G.** (2008, November). *The effects of worry on emotional avoidance in generalized anxiety disorder: Physiological reactivity and subjective emotional experience*. Poster presented at the 42<sup>nd</sup> Annual Meeting of the Association for the Advancement of Behavioral and Cognitive Therapies, Orlando, Fla.
- Fisher, A. J., Llera, S. J. & **Newman, M. G.** (2008, November). *Affect intensity and physiological arousal*. Poster presented at the 42<sup>nd</sup> Annual Meeting of the Association for the Advancement of Behavioral and Cognitive Therapies, Orlando, Fla.
- Fisher, A. J., **Newman, M. G.**, Castonguay, L. G., & Borkovec, T. D. (2008, November). *Structural relationships between worry, depression, and generalized anxiety disorder in a clinically anxious sample with matched controls*. Poster presented at the 42<sup>nd</sup> Annual Meeting of the Association for the Advancement of Behavioral and Cognitive Therapies, Orlando, Fla.
- Fisher, A. J., & **Newman, M. G.** (2008, November). *A proposed specific factor for generalized anxiety disorder within the integrative hierarchical model*. Poster presented at the 42<sup>nd</sup> Annual Meeting of the Association for the Advancement of

- Behavioral and Cognitive Therapies, Orlando, Fla.
- Erickson, T. M. & **Newman, M. G.** (2007, November). *Interpersonal behavior as emotion regulation*. Poster presented at the 41<sup>st</sup> Annual meeting of the Association for the Advancement of Behavioral and Cognitive Therapies, Philadelphia, PA.
- Fisher, A. J. & **Newman, M. G.** (2007, November). *Growth curve analysis of treatment outcome in generalized anxiety disorder*. Poster presented at the 41<sup>st</sup> Annual meeting of the Association for the Advancement of Behavioral and Cognitive Therapies, Philadelphia, PA.
- Llera, S. J. & **Newman, M. G.** (2007, November). *Emotional avoidance in GAD: The moderating effects of worry on both subjective and physiological emotional responding*. Poster presented at the 41<sup>st</sup> Annual meeting of the Association for the Advancement of Behavioral and Cognitive Therapies, Philadelphia, PA. **Winner Best Student Poster Award from Anxiety Special Interest Group.**
- Sibrava, N. J., Pincus, A. L., Przeworski, A., Yamasaki, A. S., **Newman, M. G.**, and Borkovec, T. D. (2007, November). *Heterogeneity in the presentation of GAD*. Poster presented at the 41<sup>st</sup> Annual meeting of the Association for the Advancement of Behavioral and Cognitive Therapies, Philadelphia, PA.
- Przeworski, A. & **Newman, M. G.** (2007, November). *The psychometric properties of the Intolerance of Uncertainty Scale for Children*. Poster presented at the 41<sup>st</sup> Annual meeting of the Association for the Advancement of Behavioral and Cognitive Therapies, Philadelphia, PA.
- Erickson, T. M. & **Newman, M. G.** (2007, March). *Predicting cross-situational dysregulation of social behavior: Differential effects of worry, social anxiety, and depressive symptoms*. Poster presented at the 27<sup>th</sup> Annual meeting of the Anxiety Disorders Association of America, St. Louis, MO.
- Olsen, E. L. & **Newman, M. G.** (2006, November). *Avoidance Reactions as a Predictor of PTSD Secondary to Childhood Sexual Abuse*. Poster presented at the 40<sup>th</sup> Annual meeting of the Association for the Advancement of Behavioral and Cognitive Therapies (formerly AABT), Chicago, IL
- Llera, S. & **Newman, M. G.** (2006, November). *The effects of worry on emotional avoidance in generalized anxiety disorder: Physiological reactivity and subjective experience*. Poster presented at the 40<sup>th</sup> Annual meeting of the Association for the Advancement of Behavioral and Cognitive Therapies (formerly AABT), Chicago, IL
- Maramba, G.J.K., Castonguay, L.G., Newman, M.G., & Borkovec, T.D. (2006, October). *Qualitative and quantitative analysis of early session dropout*. Poster presented at the North American Society for Psychotherapy Research, Burr Oak, Ohio.
- Erickson, T.E., Olsen, E. L., & **Newman, M. G.** (2006, March). *A multimethod investigation of "interpersonal rigidity": What predicts fluctuation of social behavior?* Poster presented at the Annual Graduate Exhibition, The Pennsylvania State University.
- Sibrava, N. J., Borkovec, T. D., **Newman, M. G.**, & Castonguay, L. G. (2005, November). *Change in specific patterns of worry content in the treatment of GAD*. Poster presented at the 39<sup>th</sup> Annual meeting of the Association for the Advancement of Behavioral and Cognitive Therapies (formerly AABT). Washington, DC.
- Constantino, M. J., Collins, A. J., Castonguay, L. G., **Newman, M. G.**, & Borkovec, T. (2004, November). *Patient characteristics as predictors of the therapeutic alliance in cognitive-behavioral therapy for generalized anxiety disorder*. Poster presented at the



- 38<sup>th</sup> annual meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.
- Marks, I., Borgo, S., Goldfried, M. R., **Newman, M. G.**, Sibia, L., Stricker, G., Sungur, M., Moore, K. (2004, October). *Common language for psychotherapy procedures*. Poster presented at the Annual Meeting of the Mexican Psychological Society, Acapulco, MX.
- Behar, E., Solomon, A., **Newman, M.G.**, Gammage, L., & Biss, S. (2003, November). *The PTSD Checklist (PCL-S): Reliability and validity in an undergraduate student sample*. Poster presented at the 37<sup>th</sup> Annual meeting of the Association for Advancement of Behavior Therapy. Boston, Massachusetts.
- Molnar, C.E., **Newman, M.G.**, & Ray, W.J. (2002, November). *Implications of Eysenck's Unified Theory of Anxiety for research about the relationship between personality and anxiety*. Poster presented at the thirty-sixth Annual Convention of the Association for the Advancement of Behavior Therapy, Reno, NV.
- Constantino, M. J., Castonguay, L. G., Pinel, E. C., **Newman, M. G.**, Reid, J., & Borkovec, T. D. (2002, November). *Self-view certainty in individuals with generalized anxiety disorder*. Poster presented at the 36th annual meeting of the Association for the Advancement of Behavior Therapy, Reno, NV.
- Przeworski, A. & **Newman M.G.** (2001, November). *The role of self-focus in social anxiety*. Poster presented at the 35th Annual meeting of the Association for Advancement of Behavior Therapy, Philadelphia, PA.
- Kachin, K. E., **Newman, M. G.**, & Pincus A. L. (2000, June). *Symptom-Based Versus Interpersonal Approaches to Classifying Subtypes of Social Phobia*. Poster presented at Society for Interpersonal Theory and Research, Evanston, Illinois.
- Zuellig, A.R., **Newman, M.G.**, Alcaine, O.M., & Behar, E.S. (1999, November). *Childhood history of PTSD in adults with generalized anxiety disorder, panic disorder and nondisordered controls*. Poster presented at the 33rd Annual meeting of the Association for Advancement of Behavior Therapy, Toronto, Canada.
- Kachin, K.E., **Newman, M.G.**, & Constantino, M. (1999, November). *Assessment of interpersonal profiles of social phobia subtypes*. Poster presented at the 33rd Annual meeting of the Association for Advancement of Behavior Therapy, Toronto, Canada.
- Newman, M.G.**, Zuellig, A.R., Kachin, K.E., & Constantino, M. J. (1998, November). *Examination of the reliability and validity of the PDSR: A self-report measure of panic disorder*. Poster presented at the 32nd Annual meeting of the Association for Advancement of Behavior Therapy, Washington, D.C.
- Zuellig, A.R., Kachin, K.E. & **Newman, M.G.** (1998, November). *Childhood attachment styles in adults with generalized and specific social phobia disorder*. Poster presented at the 32nd Annual meeting of the Association for Advancement of Behavior Therapy, Washington, D.C.
- Castonguay, L.G., Constantino, M.J., & **Newman, M.G.** (1998, November). *Working alliance and client improvement in cognitive-behavioral treatment for generalized anxiety disorder*. Poster presented at the 32nd Annual meeting of the Association for Advancement of Behavior Therapy, Washington, D.C.
- Molnar, C.E., Chilton, A., Coyle, J.T., Ray, W.J., **Newman, M.G.**, Borkovec, T.D., & Quigley, K.S. (1998, September). *Individual differences in worry and the startle reflex during worry, sadness, and neutral verbal linguistic activity*. Poster presented

- at the 38<sup>th</sup> Annual Convention for the Society for Psychophysiological research. Denver, Colorado.
- Zuellig, A.R., **Newman, M.G.**, Kachin, K.E., & Constantino, M. J. (1997, November). *Childhood attachment styles in adults with generalized anxiety disorder or panic disorder*. Poster presented at the 31st Annual meeting of the Association for Advancement of Behavior Therapy, Miami, FL.
- Newman, M.G.**, Zuellig, A.R., Kachin, K.E., & Constantino, M. J. (1997, November). *Examination of the reliability and validity of the GADQ-IV: A revised self-report measure of Generalized Anxiety Disorder*. Poster presented at the 31st Annual meeting of the Association for Advancement of Behavior Therapy, Miami, FL.
- Newman, M.G.**, Kachin, K.E., Zuellig, A.R. & Constantino, M.J. (1997, November). *The reliability and validity of the social phobia questionnaire: A new self-report measure for social phobia*. Poster presented at the 31st Annual meeting of the Association for Advancement of Behavior Therapy, Miami, FL.
- Consoli, A., **Newman, M.G.**, & Taylor, C.B. (1997 February). *Technology and Counseling: Computer Assisted Therapy*. Poster presented at the Annual Meeting of the California Association for Counseling and Development, San Francisco, CA.
- Zuellig, A.R. & **Newman, M.G.** (1996, November). *Childhood anxiety disorders in adults diagnosed with generalized anxiety disorder or panic disorder*. Poster presented at the 30th Annual Meeting of the Association for the Advancement of Behavior Therapy, New York, New York.
- Newman, M.G.**, Clayton, L., Arnow, B., Dea, R., & Taylor, C.B. (1996, March). *Health and medical utilization of adults who were sexually abused as children*. Poster presented at the Fourth International Congress of Behavioral Medicine, Washington, D.C. (Presenter).
- Newman, M.G.**, Kenardy, J., Herman, S., & Taylor, C.B. (1995, November). *Palmtop computer-enhanced CBT for panic disorder*. Poster presented at the 29th Annual Meeting of the Association for the Advancement of Behavior Therapy, Washington, DC.
- Herman, S., **Newman, M.G.**, Kenardy, J., & Taylor, C.B. (1994, March). *Computers as an adjunct to cognitive-behavioral treatment of panic disorder*. Poster presented at The Anxiety Disorders Association of America's 14th National Conference, Santa Monica, CA.
- Hofmann, S.G., **Newman, M.G.**, Taylor, C.B., & Roth, W.T. (1992, November). *How different are social phobics with and without avoidant personality disorder?* Poster presented at the 26th Annual Meeting of the Association for the Advancement of Behavior Therapy, Boston, MA.
- Newman, M.G.**, Hofmann, S.G, Roth, W.T., & Taylor, C.B. (1992, November). *Cognitive changes with behavioral treatment of speech phobics*. Poster presented at the 26th Annual Meeting of the Association for the Advancement of Behavior Therapy, Boston, MA.
- Newman, M.G.**, & Stone, A.A. (1990, August). *Humor as a moderator of physiological responsiveness to stress*. Poster presented at the 98th Annual Convention of the American Psychological Association, Boston, MA.

Stone, A.A., Greenberg, M.A., Kennedy-Moore, E., & **Newman, M.G.** (1990, April). *An Examination of self-reported coping assessment*. Poster presented at the 11th Annual Meeting of the Society of Behavioral Medicine, Chicago, Illinois.

**Newman, M.G.**, & Glass, D.C. (1990, April). *Do moderate and heavy drinkers use maladaptive coping strategies?* Poster presented at the 11th Annual Meeting of the Society of Behavioral Medicine, Chicago, Illinois.

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## TEACHING EXPERIENCE

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### Undergraduate Courses

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| Advanced Research Methods          | Fall, 1996/ Spring 1997/ Fall, 1997/<br>Fall 1999/ Fall 2000/ Fall 2001/Fall<br>2002/ Spring 2003/ Fall 2005. |
| Adjustment<br>Senior Seminar (CBT) | Spring 1999.<br>Fall 2011/Spring 2012/Fall 2012   |

### Graduate Courses

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|-----------------------------|---|
| Graduate Research Methods   | Spring 2004   |
| Behavioral Medicine Seminar | Spring 1997/ Fall 2002.   |
| Clinical Supervision of CBT | Fall, 1996/Spring, 1997/ Summer,<br>1997/ Fall, 1997, Spring 1998, Fall<br>1998, Spring 1999/ Fall 2000/Spring<br>2001/ Fall 2001/Spring 2002. Fall<br>2004/Spring 2005, Fall 2006/Spring<br>2007, Fall 2007/Spring 2008, Fall<br>2008/Spring 2009, Fall 2009/Spring<br>2010, Fall 2011/Spring 2012. Fall<br>2012/Spring 2013, Fall 2013/Spring<br>2014, Fall 2014/Spring 2015, Fall<br>2015/ Spring 2016, Fall 2016/ Spring<br>2017, Fall 2017/Fall 2018/Spring<br>2019, Fall 2019/Spring 2020, Fall<br>2020/Spring 2021. Fall 2021/Spring<br>2022, Fall 2022/Spring 2023. |

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## DISSERTATIONS CHAIRED

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Dissertation Committee Chair, Schwob, Jeremy (Advisor, Penn State University Psychology, Ph.D.) *A Brief-Ecological Momentary Intervention for Generalized Anxiety Disorder: A Randomized Controlled Trial of The Worry Outcome App* (March 14, 2023).

Dissertation Committee Chair, Rackoff, Gavin (Advisor, Penn State University Psychology), Ph.D. *Development and Evaluation of an Audio-Based Self-Guided Behavioral Activation Intervention for Depression* (December 14, 2022).

Dissertation Committee Chair, Zainal, Nur Hani (Advisor, Penn State University Psychology), Ph.D. *A Randomized Controlled Trial of a 14-Day Mindfulness Ecological Momentary Intervention (EMI) for Generalized Anxiety Disorder (GAD)*. (March 22, 2019-June 16, 2021).

- Dissertation Committee Chair, Kim, Hanjoo. (Advisor, Penn State University, Psychology), Ph.D, "The effects of repetitive thought on emotional contrast avoidance: Computer based analysis of emotional facial expressions" (October 30, 2017-May 27, 2020).
- Dissertation Committee Chair, Shin, Ki Eun. (Advisor, Penn State University, Psychology), Ph.D, "Dynamic network of daily symptoms in major depressive disorder and generalized anxiety disorder: Network analysis approach" (April 2, 2018-March, 2020).
- Dissertation Committee Chair, LaFreniere, Lucas. (Advisor, Penn State University, Psychology), Ph.D, " Upregulating positive affect in generalized anxiety disorder: A randomized controlled trial of the skillJoy ecological momentary intervention " (February 13, 2018-May 20, 2019).
- Dissertation Committee Chair, Jacobson, Nick. (Advisor, Penn State University, Psychology), Ph.D, "Meta-Analyses of the Distinct Neurological Activation and Bidirectional Longitudinal Associations between Anxiety and Depression" (Proposal, July 18, 2017-March 2018).
- Dissertation Committee Chair, Szkodny, Lauren. (Advisor, Penn State University, Psychology), Ph.D, " The Dynamics of Trauma: Using an Ecological Momentary Assessment Approach to Examine Daily Maintenance of Posttraumatic Symptoms " (Proposal, July 10, 2014-October 11, 2016).
- Dissertation Committee Chair, Llera, Sandra. (Advisor, Penn State University, Psychology), Ph.D, "An Experimental Examination of Emotional Avoidance in General Anxiety Disorder: Supporting a New Theory of Emotional Contrast Avoidance." (July 17, 2011).
- Dissertation Committee Chair, Fisher, Aaron. (Advisor, Penn State University, Psychology), Ph.D, "Necessary Versus Sufficient Causes of Impaired Physiological Functioning in Generalized Anxiety Disorder." (May 13, 2011).
- Dissertation Committee Chair, Shresta, Srijana. (Advisor, Penn State University, Psychology), Ph.D, "Quality of Life Among Elderly Nepali Women." (July 19, 2010).
- Dissertation Committee Chair, Dzus, Ellen. (Advisor, Penn State University, Psychology), Ph.D, "The role of potential protective factors in the relationship between anger and aggression: A cross-cultural investigation." (July 1, 2007).
- Dissertation Committee Chair, Przeworski, Amy. (Advisor, Penn State University, Psychology), Ph.D, "The Development and Psychometric Properties of the Intolerance of Uncertainty Scale for Children." (October 2, 2006).
- Dissertation Committee Chair, Erickson, Thane. (Advisor, Penn State University, Psychology), Ph.D, "Predictors of Unpredictability and Covariates of Invariability: Multimethod Assessment of Interpersonal Rigidity and Oscillation." (July 19, 2006).
- Dissertation Committee Chair, Molnar, Christine. (Advisor, Penn State University), Ph.D, "A Taxometric Analysis of the Latent Structure of the Repressor Personality Construct." (June 18, 2003).
- Dissertation Committee Chair, Vives, Allen. (Co-Advisor, Penn State University), Ph.D, "The psychological sequelae of victimization based on sexual orientation: A proposed

- structural equation model for suicidality among lesbian, gay, and bisexual young adults." (November 15, 2001).
- Dissertation Committee Chair, Zeullig, Andrea. (Advisor, Penn State University), Ph.D, "Comparison of the Effect of Three Therapies on Generalized Anxiety Disordered Adults' Self-Reported Internal Working Models of Attachment." (June 29, 2001).
- Dissertation Committee Chair, Kachin, Kevin. (Advisor, Penn State University), Ph.D, "The Construct Validity of the Medical Questionnaire." (December 14, 2000).

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#### **DISSERTATION COMMITTEE MEMBER**

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- Essie Asan
- Alexandra Halberstadt
- Zhang, Sitao. Penn State University, Psychology. Automated Recognition of Bodily Expression of Emotion in the Wild. (August 9, 2022-)
- Rosenstein, Lia. Penn State University, Psychology. Comparing Borderline Personality Disorder and DSM-5 Level of Personality Functioning using Multisurface Interpersonal Construct Validation. (September 15, 2021-)
- Bliton, Chloe F. Penn State University, Psychology. Dynamic Indices of Interpersonal Perception as a Core Mechanism for Borderline Personality Disorder. (August 16, 2021-May 11, 2023)
- Van Doren, Natalia Characterizing the Role of Affect in Substance Use in Daily Life: A Novel Application of Latent Profile Analysis for Daily Diary Data. (September 1, 2021-May 16, 2022)
- Minnick, M. Penn State University, Psychology. Emotion Beliefs among Socially Anxious Individuals: Their Association with Anxiety Sensitivity, Working Memory and Anxiety Reactivity to Social Evaluative Stress. (August 14, 2017- May 6, 2019).
- Cho, S., Ph.D, "Parental anxiety as an environmental context for anxiety symptom development in childhood." (September 24, 2014 – June 18, 2018).
- Temes, C. (Penn State University, Psychology), Ph.D, "A Multilevel Examination of Risk for Borderline Personality Disorder and Associated Outcomes." (September 12, 2014 – June 8, 2017).
- Leifker, F. (Pennsylvania State University, Psychology), "The Longitudinal Role of Positivity During Aggressive Conflicts: Helpful or Harmful?". (September 12, 2014 –October 30, 2016).
- Cohen, J. (Co-Advisor, Stanford PsyD Consortium, Palo Alto University, Psychology), Ph.D, "Anxiety in sexual minority young adults." (June 2014 - May 13, 2016).
- Parker-Gilbert, K. (Penn State University, Psychology), Ph.D, "The Role of Avoidance in PTSD Symptom Maintenance." (June 10, 2013 – June 16, 2015).
- Lu, X. (Penn State University, IST), Ph.D, "From Aesthetics to Emotions: Modeling Affective Concepts From Large-Scale Images." (November 2011 - August, 2015).
- Roche, M. (Psychology), Ph.D, "Advancing the DSM-5 Personality Disorder Proposal." (July 8, 2013 - December 8, 2014).
- Sippel, L. (Penn State University, Psychology), Ph.D, "Social Information Processing and

- Aggression: The Functional Role of Fear." (November 2012 - May 27, 2014).
- Perez, C. (Penn State University, Psychology), Ph.D, "Reappraising Reappraisal: The Influence of Emotion Regulation on Affective and Physiological Response to Racism." (August 2009 - May 28, 2013).
- Hanley, K. (Penn State University, Psychology), Ph.D, "The Ability to Shift Emotions in Individuals with Generalized Anxiety Disorder." (September 2, 2011 - April 29, 2013).
- Sexton, K. (University of Concordia, Psychology), Ph.D, "Distinct Negative Beliefs about Uncertainty and their Association with Worry: An Exploration of the Factors of the Intolerance of Uncertainty Scale and Their Correlates." (August 2011 - November 2, 2011).
- Boswell, J. (Penn State University, Psychology), Ph.D, "Client Emotion In Cognitive-Behavioral and Interpersonal/Emotional Processing Therapy For Generalized Anxiety Disorder." (April 15, 2010).
- Sibrava, N. (Penn State University, Psychology), Ph.D, "Therapist and Client Attachment and the Therapeutic Alliance." (July 14, 2009).
- Cain, N. (Penn State University, Psychology), Ph.D, "Interpersonal pathoplasticity in social phobia: A clinical replication." (July 13, 2009).
- Zack, S. (Penn State University, Psychology), Ph.D, "Alliance By Treatment Effects In Generalized Anxiety Disorder." (October 16, 2008).
- Duncan, L. (Penn State University, HDFS), Ph.D, "Assessment of mindful parenting among parents of early adolescents: Development and validation of the Interpersonal Mindfulness in Parenting scale." (July 9, 2007).
- Smith LeBeau, L. (Penn State University, Psychology), Ph.D, "The Grass is Always Greener...or is it? The Consequences of Variability of Information & Relationship Uncertainty in the Relationship Social Comparison Process." (June 7, 2007).
- Polen, D. (Penn State University, Psychology), "MS Control, Coping, and Social Support: Relationship to Depression in Multiple Sclerosis." (September 28, 2006).
- Behar, E. (Penn State University, Psychology), Ph.D, "The Effects of Verbal and Imaginal Worry on Physiological and Subjective Functioning During Interoceptive Exposure." (November 21, 2005).
- Ghebrial, M. (Penn State University, Psychology), Ph.D, "Hormone-Behavior Correlates among Male and Female Psychopathic Participants: Relationship to Gray's Model of Behavioral Inhibition and Activation Systems." (November 6, 2005).
- Ruscio, A. (Penn State University, Psychology), Ph.D, "Categorical Versus Dimensional Diagnosis of Generalized Anxiety Disorder: How Well Do They Predict Response to Treatment." (June 16, 2004).
- Bruce, J. (Penn State University, Psychology), Ph.D, "The Relationship Between Pain, Emotional Memory, and Depression in a Sample of Patients with Multiple Sclerosis." (January 18, 2004).
- Alcaine, O. (Penn State University), Ph.D, "Generalized Anxiety Disorder among US Latinos: The Uncontrollability, Diagnosis, & Expression of Chronic Worry." (September 26, 2003).

- Constantino, M. (Penn State University), Ph.D, "Interpersonal/Intrapsychic process in psychotherapy: The impact of self-verification strivings on the working alliance." (August 2, 2002).
- Halperin, G. (Penn State University), Ph.D, "Therapist personality & tactics of interpersonal influence." (June 21, 2002).
- Jarrett, E. (Penn State University), Ph.D, "Attachment Disturbances and Interpersonal Problems in Individuals with Panic Disorder/Agoraphobia." (May 11, 2001).
- Welch, B. (Penn State University), Ph.D, "Impact of Partial Hospitalization on Recovery From Psychiatric Illness on a Geriatric Population." (March 15, 2000).
- Aronson, K. (Advisor, Penn State University), Ph.D, "The Role of Emotional Reactivity in Symptom Reporting: Somatic Sensitivity or Negative Reporting Style?". (August 11, 1999).
- Frey, J. (Penn State University), Ph.D. (March 1998)

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### **MASTERS THESES CHAIRED**

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- Masters Committee Chair Adam Calderon (Advisor, Penn State University, Psychology), MA,
- Masters Committee Chair, Candice Basterfield (Advisor, Penn State University, Psychology), MA, "Examining the relation between confirmation bias and perseverative cognition in a college sample." (January 2022- )
- Masters Committee Chair, Seung Yeon (Irene) Baik (Advisor, Penn State University, Psychology), MA, "The role of repetitive thinking on emotional reactivity to daily events in depression and generalized anxiety disorder: Application of the contrast avoidance model" (December 10, 2020 –June 29, 2022)
- Masters Committee Chair, Gavin Rackoff (Advisor, Penn State University, Psychology), MA, "Testing the effects of worry on response to an exposure intervention" (April 2019 – March 23, 2020)
- Masters Committee Chair Jeremy Schwob " (Advisor, Penn State University, Psychology), MA, "A smartphone application for the treatment of generalized anxiety disorder" (September, 2018- January 21, 2019)
- Masters Committee Chair, Zainal, Nur Hani., (Advisor, Penn State University, Psychology), MA, " Theory of Mind in Generalized Anxiety Disorder " (March, 2016- May 1, 2017).
- Masters Committee Chair, Shin, Ki Eun (Advisor, Penn State University, Psychology), MA, "Effects of Worry on Social Cognition and Interpersonal Behaviors in Generalized Anxiety Disorder " (June 6, 2015-July 8, 2016).
- Masters Committee Chair, LaFreniere, Lucas S., (Advisor, Penn State University, Psychology), MA, " Avoidance and Reinforcement Learning in Generalized Anxiety Disorder " (April 21, 2015-June 13, 2016).
- Masters Committee Chair, Kim, Hanjoo (Advisor, Penn State University, Psychology), MA, "The Effects of Rumination on Emotional Avoidance in Major Depressive Disorder: An Application of Contrast Avoidance Model of Worry" (June 22, 2015-September 16, 2016).
- Masters Committee Chair, Jacobson, Nicholas (Advisor, Penn State University, Psychology), MA, "Anxiety as a Temporal Predictor of Depression during Brief Time Periods: An Ecological Momentary Assessment." (April 29, 2013-May 13, 2015).

- Masters Committee Chair, Koif, Darryl. (Advisor, Penn State University, Psychology) MA, "Efficacy of a Smartphone-Based Self-Guided Treatment for Depression: A Multi-Case Study." (July 19, 2011).
- Masters Committee Chair, Szkodny, Lauren. (Advisor, Penn State University, Psychology), MA, "The Perseverative Thinking Questionnaire: Development and Validation." (July 18, 2010).
- Masters Committee Chair, Fisher, Aaron. (Advisor, Penn State University, Psychology), MA, "Proposed Specific Factors for Generalized Anxiety Disorder Within the Integrative Hierarchical Model of Anxiety and Depression." (July 14, 2008).
- Masters Committee Chair, Llera, Sandra. (Advisor, Penn State University, Psychology), MA, "The Effects of Worry on Emotional Avoidance In Generalized Anxiety Disorder: Physiological Reactivity And Subjective Emotional Experience." (April 15, 2008).
- Masters Committee Chair, Dzus, Ellen. (Penn State University), MA, "Relaxation-induced anxiety as a predictor of treatment outcome in a sample of persons undergoing treatment for generalized anxiety disorder." (June 27, 2003).
- Masters Committee Chair, Erickson, Thane. (Advisor, Penn State University), MA, "Interpersonal impact in GAD." (March 21, 2003).
- Masters Committee Chair, Przeworski, Amy. (Advisor, Penn State University), MA, "The role of self-focus in social anxiety." (April 5, 2002).
- Masters Committee Chair, Molnar, Christine. (Advisor, Penn State University), MA, "Worry, depression and modulation of the startle reflex." (July 1, 1998).
- Masters Committee Chair, Cashman, Laurie. (Advisor, Penn State University), MA, "Promoting psychosocial discourse within the pediatric office visit: Development and test of a parent intervention." (February 19, 1998).
- Masters Committee Chair, Zeullig, Andrea. (Advisor, Penn State University), MA, "Childhood anxiety and parental attachment in adults with generalized anxiety disorder and panic disorder." (December 17, 1997).
- Masters Committee Chair, Kachin, Kevin. (Advisor, Penn State University), MA, "Interpersonal differences between subgroups of social phobia." (May 2, 1997).

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#### **MASTERS COMMITTEE MEMBER**

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- Asin, E. (Penn State University, Psychology), MA Establishing Construct Validity of Schizotypy Within and Across Interpersonal Circumplex Surfaces (June 1, 2020-June 17, 2021).
- Qian, J. (Penn State University, Psychology), MA Implications of sexual identification for perceptions of stigma, concealment behaviors, and well-being among men with same-sex tendencies (March 25, 2019-March 18, 2021).
- Bliton, Chloe F. (Penn State University, Psychology), MA The Initial Construction and Validation of the Interpersonal Influence Tactics Circumplex (Iit-C) (October 2017-October 26, 2018).
- Minnick, M. (Penn State University, Psychology), MA, "Modification of Attentional Bias to Social Threat: The Mediating Effects of Working Memory on Anxiety and Emotion Regulation Strategies in Socially Anxious Individuals." (June 17, 2014 – August 24, 2015).
- Dowgwillo, E. (Penn State University, Psychology), MA, "Differentiating Dark Triad



- Traits Within and Across Interpersonal Circumplex Surfaces." (December 11, 2013 - April 27, 2015).
- Temes, C. (Penn State University, Psychology), MA, "Understanding Heterogeneity in Non-suicidal Self-Injury: A Latent Class Analysis Approach." (September 2011 - February 23, 2012).
- Lamont, J. (Penn State University, Psychology), "Effects of State and Trait Body Shame on Health-Related Outcome Measures." (June 22, 2011).
- Dawson-Andoh, N. (Penn State University, Psychology), MA, "Depictions of African-American Women In Jet Magazine." (April 20, 2011).
- Sippel, L. (Penn State University, Psychology), MA, "Posttraumatic Stress Disorder Symptoms and Intimate Violence Perpetration: Evidence for the Role of Shame Processing Bias." (November 22, 2010).
- Nguyen, J. (Penn State University, Psychology), MA, "Attentional Focus and Intrinsic Values in Socially Anxious Individuals." (July 15, 2008).
- Killeen, L. (Penn State University, Psychology), MA, "The Association between Parent-Child Interactions & Marital Quality." (February 22, 2006).
- Cain, N. (Penn State University, Psychology), MA, "Distinguishing vulnerable narcissism from avoidant personality using measures of interpersonal problems & social anxiety." (December 17, 2005).
- Shresta, S. (Advisor, Penn State University, Psychology), MA, "Influence of risk factors on the symptoms of depression & depletion in the oldest old." (December 17, 2005).
- Sibrava, N. (Penn State University, Psychology), "A Catastrophizing Assessment of Worries & Goals." (July 21, 2005).
- Beberman, R. (Penn State University, Psychology), MA, "Patterns of Working Alliance Development and Therapeutic Outcome for Clients with Comorbid Borderline Personality Disorder." (August 23, 2004).
- Reid, J., MA, "The process of assimilation & its relation to sudden gains in cognitive therapy for depression." (May 2004).
- McLaughlin, K. (Penn State University, Psychology), MA, "The effect of worry & rumination on mood & cognitive activity." (April 8, 2004).
- Hassel, R. (Penn State University, Psychology), MA, "Journaling: A Tale of Two Genders." (November 17, 2003).
- Antuaco, L. (Penn State University), MA, "Socioeconomic Status and Psychotherapy: An Investigation of Stressful Events, Health, social Support Work Functioning, and Quality of Life." (July 6, 2003).
- Polen, D. (Penn State University), "Relationship between motor output difficulties and speeded cognitive task performance in multiple sclerosis." (May 17, 2003).
- Heck, S. (Penn State University), MA, "Parental Representations & Dimensions of Personality: A Replication Across Methods & an Exploration of Attitudinal and Psychodynamic Moderators." (October 22, 1999).
- Gaines, J. (Penn State University), MA, "Effects of Worry Versus Relaxation on Interpersonal Problem-Solving Abilities." (July 12, 1999).
- Alcaine, O. (Penn State University), MA, "The Effects of Relaxation & Worry on the

Accessing of Automatic Thoughts & Rational Responses." (September 19, 1998).  
 Welch, B. (Penn State University), MA. (June 1992).

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#### **COMPREHENSIVE DOCTORAL EXAM COMMITTEE CHAIR**

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- Rackoff, G. (Advisor, Penn State University, Psychology) (May 24, 2022)
- Schwob, J. (Advisor, Penn State University, Psychology) (May 3, 2022)
- Zainal, H. (Advisor, Penn State University, Psychology), (July 17, 2018)
- Shin, K. E. (Advisor, Penn State University, Psychology), (August 8, 2017)
- LaFreniere, L.C. (Advisor, Penn State University, Psychology), (June 12, 2017)
- Kim, H. (Advisor, Penn State University, Psychology), Ph.D. (January 2017).
- Jacobson, N. (Advisor, Pennsylvania State University, Psychology), Ph.D. (April 2016).
- Szkodny, L. (Advisor, Penn State University, Psychology). (September 20, 2011).
- Fisher, A. (Advisor, Penn State University, Psychology). (August 20, 2009).
- Llera, S. (Advisor, Penn State University, Psychology). (August 13, 2008).
- Shresta, S. (Advisor, Penn State University, Psychology). (April 18, 2006).
- Dougherty (Dzus), E. (Advisor, Penn State University, Psychology). (September 13, 2005).
- Przeworski, A. (Advisor, Penn State University, Psychology). (September 26, 2004).
- Erickson, T. (Advisor, Penn State University, Psychology). (August 30, 2004).
- Molnar, C. (Advisor, Penn State University, Psychology). (May 10, 2000).
- Zeullig, A. (Advisor, Penn State University). (September 10, 1999).
- Kachin, K. (Advisor, Penn State University, Psychology). (June 2, 1999).
- Vives, A. (Co-Advisor, Penn State University). (May 4, 1999).

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#### **COMPREHENSIVE DOCTORAL EXAM COMMITTEE MEMBER**

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- Asin, E. (Pennsylvania State University, Psychology) April 13, 2023.
- Halberstadt, A. (Pennsylvania State University, Psychology) December 8, 2022.
- Van Doren, N. (Pennsylvania State University, Psychology), Ph.D. December 18, 2020
- Chloe Bliton (Pennsylvania State University, Psychology), Ph.D. August 21, 2020
- Rosenstein, Lia (Pennsylvania State University, Psychology), Ph.D. August 28, 2020
- Minnick, M. (Pennsylvania State University, Psychology), Ph.D. (January 2017 – April 11, 2017).
- Temes, C. (Penn State University, Psychology), MA. (March 26, 2013 - March 26, 2014).
- Cho, S. (Psychology), Ph.D. (December 11, 2013).
- Roche, M. (Penn State University, Psychology). (October 2011 - May 1, 2013).
- Leifker, F. (Pennsylvania State University, Psychology). (August 29, 2012).
- Perez, C. (Penn State University, Psychology). (September 7, 2011).
- Parker-Maloney, K. (Penn State University, Psychology), Ph.D. (August 31, 2011).
- Hanley, K. (Penn State University, Psychology). (September 10, 2010).
- Sippel, L. (Penn State University, Psychology). (September 3, 2010).
- Cain, N. (Penn State University, Psychology). (August 24, 2007).

- Sibrava, N. (Penn State University, Psychology). (August 13, 2007).
- Boswell, J. (Penn State University, Psychology). (August 9, 2007).
- Duncan, L. (Penn State University, HDFS). (May 2006).
- Polen, D. (Penn State University, Psychology). (October 8, 2004).
- Behar, E. (Penn State University, Psychology). (October 17, 2003).
- Ghebrial, M. (Penn State University). (March 25, 2003).
- Bruce, J. (Penn State University). (September 20, 2002).
- Ruscio, A. (Penn State University). (July 15, 2001).
- Halperin, G. (Penn State University). (June 1, 2000).
- Constantino, M. (Penn State University). (June 1, 2000).
- Alcaine, O. (Penn State University). (May 25, 2000).
- Doughty, J. (Penn State University). (October 20, 1999).
- Jarrett, E. (Penn State University). (July 8, 1998).
- Aronson, K. (Co-Advisor, Penn State University, Psychology). (December 16, 1997).

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#### **MCNAIR SCHOLAR ADVISOR**

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- Tiara Ogaldez (Advisor) (June 2021-July 2021).
- Bartek, Madeline (Advisor) (June 2019-July 2021).
- Anderson, N. (Advisor). (June 2006 - August 2006). McNair Scholar in supervised research

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#### **MINOR ADVISOR**

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- *Perez, C. (Advisor), "Adding Insult to Injury: Reappraisal as a Potentially Ruminative Thought Process."* (August 2009 - October 26, 2011).

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#### **UNDERGRADUATE HONORS THESIS ADVISOR**

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- Kirsten J. Mahalaris (2022-p)
- Kaitlin Kirk (2020-2021)
- Drishti Sanghvi 2022-p Trait self-acceptance mediates parental childhood abuse predicting common mental health symptoms in adulthood., In Process. (August 2022 - Present).
- Abby Ransom (2022-p) The mediating effect of stress reactivity in the 18-year relationship between generalized anxiety and depression severity, (Psychology, Penn State University). (April 2021 - March 2022).
- Vivian Nguyen (2020-2021) Poor sleep quality is a mechanism for the bidirectional relationship between major depressive disorder and generalized anxiety disorder across 18 years., (Psychology, Penn State University). (April 2021 - March 2022).
- Kathryn Barber (2020-p) The mediating effect of stress reactivity in the 18-year relationship between generalized anxiety and depression severity, (Psychology, Penn State University). (April 2021 - March 2022).
- Emma Win (2020-2022) Trait anger expression mediates childhood trauma predicting for adulthood anxiety, depressive, and alcohol use disorders., (Psychology, Penn State University). (April 2021 - March 2022).
- Natalie Marr (2020-2022) Focus on and venting of negative emotion mediates the 18-year bi-directional relations between major depressive disorder and generalized anxiety disorder symptoms, (Psychology, Penn State University). (April 2021 - March 2022).

- Linhao Zhang (2018-2019).
- Kayla Lord (April 2015-2016).

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**SELECTED AWARDS OF STUDENTS I MENTORED**


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| <b>May 2023</b>   | <i>Best Clinical Paper Award</i> (Irene Baik)   |
| <b>April 2023</b> | <i>Research and Graduate Studies Office (RGSO) Dissertation Support Award</i> , (Gavin Rackoff) Pennsylvania State University   |
| <b>2022-2024</b>  | NUS–Overseas Postdoctoral Fellowship (OPF) – A fellowship that supports Singaporeans for their Ph.D. studies and post-doctoral fellowship, who have a strong likelihood for success within an academic career to serve as a tenure-track assistant professor (conducting research, teaching, and clinical supervision) at NUS starting July 2024. |
| <b>June 2022</b>  | Paper selected as Editor’s choice by the European Psychiatric Association “Life satisfaction prevents cognitive decline: Latent change score analyses across 23 years”  |
| <b>2022</b>       | <i>International Society for Research on Internet Interventions Best Poster Award</i> (Gavin Rackoff).  |
| <b>2022</b>       | <i>Ellen V. Piers Graduate Scholarship in Clinical Psychology</i> (Jeremy Schwob).  |
| <b>2022</b>       | <i>Best Clinical Paper Award</i> (Gavin Rackoff)  |
| <b>2021</b>       | <i>ADAA CDLP Award</i> (Ki Eun Shin)  |
| <b>2021</b>       | <i>ADAA CDLP Award</i> (Hanjoo Kim)   |
| <b>2021</b>       | <i>ADAA CDLP Award</i> (Nur Hani Zainal)  |
| <b>2021</b>       | <i>ABCT student travel award</i> (Nur Hani Zainal)  |
| <b>2021</b>       | <i>National University of Singapore Development Grant</i> (SGD \$10,000) (Nur Hani Zainal)  |
| <b>2021</b>       | <i>APA Division 29 Student Excellence in Teaching/Mentorship Award</i> (Nur Hani Zainal)..  |
| <b>2021</b>       | <i>Eric A. Walker Award</i> . The award is presented annually to the student who has contributed most to enhancing the reputation of the University through extracurricular activities (Anibal (A.J.) Rodriguez).   |
| <b>2021</b>       | <i>Best Clinical Paper Award</i> (Gavin Rackoff)  |
| <b>2021</b>       | <i>Honorable Mention Best Departmental Paper award</i> (Nur Hani Zainal)  |
| <b>2021</b>       | <i>Charles N. Cofer Memorial Award in Psychology and Student Marshall</i> (Emma Win)  |
| <b>2021</b>       | <i>Mona Shibley Bird Memorial Scholarship in Psychology</i> (Shuangshuang (Sydney Thiem)  |
| <b>2021</b>       | <i>Mona Shibley Bird Memorial Scholarship in Psychology</i> (Shuangshuang (Danielle) Chen))   |
| <b>2021</b>       | <i>Costello Family Scholarship in Psychology</i> (Kaitlin Mazor)  |
| <b>2021</b>       | <i>Costello Family Scholarship in Psychology</i> (Emma Win)   |
| <b>2020-2021</b>  | <i>Susan Welch/Nagle Family Graduate Fellowship</i> -awarded to a Penn State graduate student exhibiting academic excellence in a program within the College of the Liberal Arts (Nur Hani Zainal).   |
| <b>2020</b>       | <i>Association for Behavioral and Cognitive Therapy Leonard Krasner Student Dissertation Award</i> (Nur Hani Zainal).   |

- 2020** *Federation of Associations in Behavioral & Brain Sciences (FABBS) Doctoral Dissertation Research Excellence Award 2019-20* This award is to acknowledge and honor graduate student scientists who have conducted doctoral dissertation research of superior scientific quality and broader societal impact. (Nur Hani Zainal) <http://fabbs.org/honoring-our-scientists/research-excellence-awards/doctoral-dissertation/>
- 2020** *Peter T. Lukie Award for Outstanding Research in Social and Behavioral Science.* Undergraduate research award given to a junior at Penn State (Danielle Chen).
- 2020** *American Psychological Association, Society for the Science of Clinical Psychology Distinguished Dissertation Award in Clinical Psychology* award for excellence, innovation, and commitment to research demonstrated by a dissertation in clinical psychology (Lucas LaFreniere).
- 2019-2020** Sigma Chi Madson Graduate Scholarship (USD \$1,000) (Jeremy Schwob)
- 2019** Inducted into Phi Kappa Phi honor society for performing in the top 10% of doctoral students across all disciplines (Lucas LaFreniere)
- 2019** *Singapore-based LBKM Prestigious scholarship (SGD\$15,000).* (Nur Hani Zainal).
- 2019** *National University of Singapore Development Grant (SGD \$10,000)* (Nur Hani Zainal)
- 2019** *National University of Singapore-Overseas Graduate Scholarship* (Nur Hani Zainal) A scholarship that supports Singaporeans with a high likelihood for a career in academia following their doctoral studies and post-doctoral fellowship, eventually serving as a tenure-track faculty member in a clinical PhD program at NUS by mid-2024.
- 2019** *American Psychological Association, Division 29 Student Excellence in Teaching and Mentoring Award* (Ki Eun Shin).
- 2019** *Research and Graduate Studies Office (RGSO) Dissertation Support Award,* (Nur Hani Zainal) Pennsylvania State University
- 2019** *Superior Teaching and Research Award* (Ki Eun Shin)
- 2019** *Superior Teaching and Research Award* (Nur Hani Zainal)
- 2019** *Honorable Mention Best Departmental Paper Award* (Nur Hani Zainal)
- 2019** *Penn State University Best Clinical Paper Award* (Nur Hani Zainal)
- 2019** *Singapore-based LBKM Merit scholarship (SGD\$7,500).* (Nur Hani Zainal).
- 2019** *Harold F. Martin Graduate Assistant Outstanding Teaching Award.* (Luc LaFreniere)
- 2018** *Singapore-based LBKM Merit scholarship (SGD\$7,500).* (Nur Hani Zainal).
- 2018** *Federation of Associations in Behavioral & Brain Sciences (FABBS) Doctoral Dissertation Research Excellence Award 2017-18* This award is to acknowledge and honor graduate student scientists who have conducted doctoral dissertation research of superior scientific quality and broader societal impact. (Nick Jacobson) <http://fabbs.org/honoring-our-scientists/research-excellence-awards/doctoral-dissertation/>
- 2018** *Penn State University Outstanding Graduate Student Teacher Award,* Pennsylvania State University Department of Psychology (Luc LaFreniere)

- 2018** *Penn State University Outstanding Publication by a Graduate Student, Pennsylvania State University Department of Psychology (Nick Jacobson).*
- 2018** *Research and Graduate Studies Office (RGSO) Dissertation Support Award, (Ki Eun Shin) Pennsylvania State University*
- 2018** *Penn State University Best Clinical Paper Award (Ki Eun Shin)*
- 2018** *Penn State University College of the Liberal Arts Raymond Lombra Graduate Student Award for Excellence in Research in the Social Sciences (Nick Jacobson).*
- 2018** *Penn State University College of Liberal Arts Superior Teaching and Research Award (Luc LaFreniere)*
- 2017** *Singapore-based LBKM Merit scholarship (SGD\$7,500). (Hani Zainal).*
- 2017** *Association for Behavioral and Cognitive Therapy Anxiety Disorders Special Interest Group Best Poster Award (Luc LaFreniere)*
- 2017** *National Science Foundation Rising Star Award (Aaron Fisher)*
- 2016** *Singapore-based LBKM Merit scholarship (SGD\$7,500). (Hani Zainal)*
- 2016** *Outstanding Publication by a Graduate Student, Department of Psychology, Pennsylvania State University (Luc LaFreniere).*
- 2016** *Marty Murphy Award for Excellence in Clinical Psychology (Luc LaFreniere).*
- 2016** *Anxiety and Depression Association of America poster selected for a guided poster tour (Hanjoo Kim).*
- 2015** *Association for Behavioral and Cognitive Therapy Dissemination SIG, Best Poster Award for Efficacy and Effectiveness of CBT-Based Online Guided Self-Help Programs to Reduce Anxiety Among Students in Indian Universities (Nitya Kanuri)*
- 2015** *Association for Behavioral and Cognitive Therapy Leonard Krasner Dissertation Award (Lauren Szkodny).*
- 2014** *American Psychological Association Society for the Science of Clinical Psychology Distinguished Dissertation Award (Lauren Szkodny).*
- 2014** *Marty Murphy Award for Excellence in Clinical Psychology (Nick Jacobson).*
- 2014** *Honorable Mention, Society for Personality Assessment for Presenting “Using an ecological momentary assessment approach to examine the relationship between neuroticism and conscientiousness and variability in constructive and unconstructive thought processes” (Lauren Szkodny. Nick Jacobson)*
- 2013** *Honorable Mention, Association for the Psychological Science Student Caucus Student Research Awards for Presenting “The Temporal Relationship Between Anxiety and Depression: A Meta-Analysis (Nick Jacobson).*
- 2012** *Research and Graduate Studies Office (RGSO) Dissertation Support Award, The Pennsylvania State University (Lauren Szkodny).*
- 2012** *International Society for Traumatic Stress Studies (ISTSS) Student Research Grant (Lauren Szkodny).*
- 2012** *Donald A. Trumbo Psychology Department Student Research Fund – Dissertation Support (Lauren Szkodny).*

- 2012** *Sole Honorable Mention in the 2012 American Psychological Association Division 1 Anne Anastasi Award for a student with less than two years of graduate study (Nick Jacobson).*
- 2011** *Association for Behavioral and Cognitive Therapies Anxiety Sig Best Student Poster Award (Lauren Szkodny, Nick Jacobson).*
- 2011** *Child Intervention, Prevention & Services (CHIPS) Fellowship (Amy Przeworski).*
- 2010** *College of Liberal Arts Dissertation Support Grant (Aaron Fisher).*
- 2010** *Salometrics Graduate Student Research Award (Aaron Fisher).*
- 2010** *American Psychological Foundation COGDOP Graduate Research Fellowship (Aaron Fisher).*
- 2010** *Outstanding Publication By a Graduate Student, Pennsylvania State University (Aaron Fisher).*
- 2009** *Graduate Teaching Fellowship, The Pennsylvania State University (Sandra Llera)*
- 2009** *Diversity Research Fellowship (Sandra Llera)*
- 2009** *Outstanding Graduate Student in Women's Studies Award (Srijana Shresta).*
- 2009** *Outstanding Publication By a Graduate Student, Pennsylvania State University (Aaron Fisher).*
- 2008** *Diversity Research Fellowship (Srijana Shresta).*
- 2008** *Research and Graduate Studies Office, Pennsylvania State University Semester Release (Srijana Shresta).*
- 2008** *Psi Chi Outstanding Teaching Assistant Award (Aaron Fisher).*
- 2008** *North American Society of Psychotherapy Research Laura N. Rice Memorial Award (Aaron Fisher).*
- 2007** *Nagle Family Graduate Fellowship, Pennsylvania State University (Aaron Fisher).*
- 2007** *Herman Goffberg Memorial Fund Research Award, The Pennsylvania State University (Aaron Fisher).*
- 2007** *Association for Behavioral and Cognitive Therapies Anxiety Sig Best Student Poster Award (Sandra Llera).*
- 2007** *Eileen and Hershel Leibowitz Fund Grant (Srijana Shresta).*
- 2007** *Research and Graduate Studies Office Dissertation Award, The Pennsylvania State University (Srijana Shresta).*
- 2007** *Jhamandas Watumull Fund Tuition Grant-in Aid (Srijana Shresta).*
- 2007** *American Association of University Women's International Dissertation Fellowship (Srijana Shresta).*
- 2007** *Psi Chi Outstanding Teaching Assistant Award (Sandra Llera).*
- 2005** *NIH Student Loan Repayment Fellowship (Christine Molnar).*
- 2005** *Summer Workshop in fMRI Informatics Award (Christine Molnar).*
- 2005** *Research and Graduate Studies Office Dissertation Award, The Pennsylvania State University (Thane Erickson).*
- 2005** *Bruce V. Moore Dissertation Award, The Pennsylvania State University (Amy Przeworski).*
- 2004** *Teaching Fellowship, The Pennsylvania State University (Amy Przeworski).*
- 2004-2005** *Weiss Graduate Scholar Fellowship (Thane Erickson)*

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| <b>2003</b>      | <i>Research and Graduate Studies Office Dissertation Award, The Pennsylvania State University (Thane Erickson).</i>           |
| <b>2003</b>      | <i>Research and Graduate Studies Office Dissertation Award, The Pennsylvania State University (Amy Przeworski).</i>           |
| <b>2003</b>      | <i>American Psychological Association Society for the Science of Clinical Psychology Dissertation Grant (Amy Przeworski).</i> |
| <b>2001</b>      | <i>Student Marshall, Penn State University Top Graduate in Psychology (Jason Moser)</i>                                       |
| <b>2001</b>      | <i>Marty Murphy Award for Excellence in Clinical Psychology (Amy Przeworski).</i>   |
| <b>2001-2002</b> | <i>Weiss Graduate Scholar Fellowship (Thane Erickson)</i>   |
| <b>1998</b>      | <i>Pennsylvania Psychological Association Student Book Award (Andrea Zuellig).</i>  |
| <b>1998</b>      | <i>Carolyn Sherif Memorial Fund Award (Andrea Zuellig)</i>  |

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#### **FORMER PRIMARY GRADUATE STUDENT MENTEES**

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- Hani Zainal graduated 2022 (Currently a research postdoctoral fellow at Harvard).
- Hanjoo Kim graduated 2020 (Currently a research postdoctoral fellow at at Michigan Medicine, University of Michigan).
- Ki Eun Shin graduated 2020 (Currently an Assistant Professor at LIU Post)
- Lucas LaFreniere graduated 2020 (Currently an Assistant Professor at Skidmore College).
- Nicholas Jacobson graduated 2019 (Currently an Assistant Professor at Dartmouth)
- Sunghye Jen Cho graduated 2018 (Currently a postdoc at Rutgers University).
- Lauren Szkodny graduated 2016 (Currently an Assistant professor at Dartmouth-Hitchcock Medical Center).
- Aaron J. Fisher graduated 2012 (Currently an Associate Professor at UC Berkeley).
- Sandra Llera graduated 2011 (Currently an Associate Professor at Towson University)
- Srijana Shresta graduated 2010 (Currently an Assistant Professor at Wheaton College)
- Ellen Dzus graduated 2007 (private practice)
- Amy Przeworski graduated 2006 (Currently an Associate Professor at Case Western Reserve University)
- Thane Erickson graduated 2006 (Currently a Professor at Seattle Pacific University).
- Christine Molnar graduated 2002 (private practice)
- Andrea Zuellig graduated 2002 (private practice)
- Kevin Kachin graduated 2001 (Currently a Manager of Implementation Strategy at the Human Performance Institute).
- Allan P. Vives graduated 2001 (Currently in private practice)
- Keith Aronson graduated 1999 (Currently Associate Director, Clearinghouse for Military Family Readiness and Associate Director, Social Science Research Institute (SSRI) at PSU)

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#### **FORMER GRADUATE STUDENTS FOR WHOM I SERVED ON THEIR COMMITTEE AND/OR SERVED AS A SECONDARY MENTOR**

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- Christina Temes graduated 2017 (currently an Instructor at Mass General Hospital).



- Feea Leifker graduated 2016 (currently a researcher at University of Utah)
- Michael Roche graduated 2014 (Currently an Assistant Professor, Penn State Altoona)
- Lauren Sippel graduated 2014 (Geisel School of Medicine at Dartmouth, Assistant Professor, Department of Psychiatry)
- Chris Perez graduated 2013 (Currently an Assistant Professor at University of La Verne).
- James Boswell graduated 2010 (Currently an Associate Professor at University of Albany).
- Nick Sibrava graduated 2009 (Currently an Assistant Professor at Baruch College)
- Nicole Cain graduated 2009 (Currently an Associate Professor at Rutgers University)
- Sanno Zack graduated 2008 (Currently an Adjunct Clinical Professor at Palo Alto University).
- Evelyn Behar graduated 2005 (Currently an Associate Professor at Hunter College)
- Jared Bruce, graduated 2004 (Currently an Associate Professor at University of Missouri, Kansas City)
- Ayelet Ruscio graduated 2004 (Currently an Associate Professor at University of Pennsylvania)
- Katie McLaughlin graduated 2004 (Currently an Assistant Professor at Harvard University)
- Michael Constantino, graduated 2002 (Currently a Professor at UMass, Amherst)
- Greg Halperin graduated 2002 (Vice President Client Services, Kanter TNS)

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#### **COMMITTEE WORK AT DEPARTMENT, COLLEGE, CAMPUS AND UNIVERSITY**

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- Reviewer of two applications for the CTSI's TL1 Translational Research Training Program (March 2022)
- Student-Mentor committee (October 2019-p)
- Clinic Steering Committee (September 2018-p)
- Quantitative Methods Committee (September 2018-May 2021)
- Preliminary review of Associate Professor for promotion to Full Professor at Penn State Hershey (2019).
- Innovative Methods for Social and Behavioral Data Search Committee (February 2017-February 2018)
- Quantitative Methods Committee (September 2015-August 2017)
- Immediate Tenure Committee, Committee Member. (February 2015 - 2017)
- Graduate Training Committee, Committee Member. (September 2014 – July 2015)
- DSM-5 Committee, Committee Member. (January 2014 - 2016)
- Clinical Student Attrition Committee, Committee Member. (September 2011 - 2014)
- Search Committee for FMRI Center director, Committee Member. (August 2013 - July 2014).
- Search Committee for a Social Psychology faculty member within the Culture in Context theme, Committee Member. (August 2012 - July 2013).
- Search committee to search
- Non-IT committee, Committee Member. (September 2011 - June 2012)
- Methods Cluster Hire Search Committee, Committee Member, University. (October 2011

- May 2012).
- Area Coordinators Committee, Committee Member. (September 2009 - May 2010)
- Search Committee for Assistant clinic director, Committee Member. (September 2009 - May 2010).
- Area Coordinators Committee, Committee Member. (September 2008 - August 2009)
- Graduate Training Committee, Committee Member. (September 2008 - August 2009)
- Planning and Advisory Committee, Committee Member, Elected. (September 2007 - August 2008)
- Search Committee, Committee Member. (September 2007 - August 2008)
- Search Committee, Committee to replace Tom Uhde in Hershey Psychiatry, Committee Member. (September 2007 - May 2009).
- Course and Curriculum Committee, Committee Member. (August 2007 - August 2008)
- Tenure and Promotion Committee, Committee Member, Elected. (September 2007 - May 2008). I was part of two subcommittees
- Child Clinic Move Committee, Committee Chair. (September 2006 - August 2007)
- Clinic-Clinical Faculty Interface Committee, Committee Chair. (September 2006 - August 2007)
- Clinical Self-Study Preparation Committee, Committee Chair. (September 2006 - August 2007)
- Planning and Advisory Committee, Committee Member, Elected. (September 2006 - August 2007)
- Tenure & Promotion Committee, Committee Member, Elected. (September 2006 - August 2007), Served as the chair of one subcommittee
- Child Clinic Move Committee, Committee Chair. (September 2005 - August 2006)
- Clinical Self-Study Preparation Committee, Committee Chair. (September 2005 - August 2006)
- Planning and Advisory Committee, Committee Member, Elected. (September 2005 - August 2006)
- Tenure & Promotion Committee, Committee Member, Elected. (September 2005 - August 2006)
- Search Committee for 4 faculty and the CSC director, Co-Chairperson. (August 2005 - July 2006)
- CYFC funded faculty review, Committee Member. (September 2005 - August 2006).
- Adult Clinical faculty Search Committee, Committee Chair. (August 2005 - July 2006)
- CYFC Steering Committee, Committee Member. (September 2004 - August 2007).
- Clinical building subcommittee, Committee Member. (September 2004 - August 2005)
- Space Committee, Committee Member. (September 2004 - August 2005)
- Adult Clinical Faculty Search committee, Committee Member. (September 2003 - August 2004)
- Director of Clinical Training, Administrator, Elected. (January 2004 - May 2010)
- Space Committee, Committee Member. (September 2003 - August 2004)

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**EXTERNAL REVIEWER**

- Illinois Institute of Technology 2021 (promotion to Full Professor)
- Rutgers University 2021 (promotion to Associate Professor)
- Rutgers University 2020 (promotion to Full Professor)
- Seattle Pacific University, 2018 (promotion to Full Professor)
- University of Waterloo 2016 (promotion to Full Professor)
- Virginia Tech University 2016 (promotion to Associate Professor)
- Vanderbilt University 2016 (promotion to Full Professor)
- Drexel University, 2013 (promotion to Full Professor)
- Clark University, 2013 (promotion to Associate Professor)
- Oklahoma State University, 2010 (promotion to Associate Professor)
- Seattle Pacific University, 2010 (promotion to Associate Professor)

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### **MEDIA ATTENTION: PUBLISHED INTERVIEWS**

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- *Medium* (April 28, 2022). The Case Against Prescription Antidepressants: Experts still don't know how they work, and new research finds little evidence of long-term benefit. <https://medium.com/@mheidj/the-case-against-prescription-antidepressants-f2834705017c>
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- *The New York Times* (December 16, 2021) Worry Burnout is Real <https://www.nytimes.com/2021/12/16/well/worry-burnout-covid.html>
- *WPSU* story (December 16, 2021). How Penn State Students Say COVID Affected Their Mental Health. <https://radio.wpsu.org/2021-12-16/how-penn-state-students-say-the-pandemic-has-affected-their-mental-health>
- *WIRED* (interviewed October 26, 2021). Virtual reality as a treatment for anxiety disorders.
- *The New York Times* (interviewed September 16, 2021). How to know you no longer need therapy.
- *The New York Times* (April 23, 2021) Can We Learn to Live With Germs Again? The health of our bodies and microbiomes may depend on society's return to lifestyles that expose us to bacteria, despite the risks. <https://www.nytimes.com/2021/04/23/opinion/covid-germs-health.html>
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- *Psychology Today* (December 28, 2020) An Alternative Theory of Generalized Anxiety Disorder: People with GAD worry a lot. But what do they actually fear? <https://www.psychologytoday.com/us/blog/insight-therapy/202012/alternative-theory-generalized-anxiety-disorder>
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- *Elemental* (November 3, 2020). Today Feels Impossible. Here's How Science Suggests We Cope. <https://elemental.medium.com/today-feels-impossible-heres-how-science-suggests-we-cope-15f3e781778b>
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- *Psychology Today* (August 26, 2020) Feeling anxious? Try this reality check. Overcome negative expectations by facing your fears. <https://www.psychologytoday.com/us/blog/why-bad-looks-good/202008/feeling-anxious-try-reality-check>
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- *Medium* (March 19, 2020) Science Explains Why Uncertainty Is So Hard on Our Brain <https://elemental.medium.com/science-explains-why-uncertainty-is-so-hard-on-our-brain-6ac75938662>
- *Living Magazine* (January 27, 2020) Dispel the heat of stress with relaxation techniques to enter the chill zone. <https://www.livingmagazine.net/cool-off/>
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#### **MEDIA ATTENTION: RADIO AND TELEVISION INTERVIEWS**

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- *WPSU Conversations Live* program on Seasonal Affective Disorder Aired February 22, 2018. <https://wpsu.psu.edu/tv/programs/conversationslive/seasonal-affective-disorder/>
- *National Public Radio* for the program “*Here & Now*” Aired March 28, 2017 (Worry research). <http://www.wbur.org/hereandnow/2017/03/28/politics-why-we-worry>
- The above broadcast was also publicized on the Association for Anxiety and Depression of America website; <https://www.adaa.org/adaa-members-in-the-news#2017>
- *National Public Radio* for the program “*The Infinite Mind*”: April 2001. (computer-assisted therapy research).
- *Medstar* (Syndicated medical series for TV news January 1998 (humor research).
- *ABC News “The Post”* (new newsmagazine TV show): January 1998 (computer-assisted therapy research).
- *National Public Radio* for the program “*To the Best of Our Knowledge*”: October 1997 (humor research).
- *CNN Headline News*: March 1994 (computer-assisted therapy & panic disorder research).
- *Health Matters*: January 1994. (computer-assisted therapy & panic disorder research)