

Mary (Molly) Schadegg, Ph.D.

Curriculum Vitae (Last Updated: 9/5/2025)

Department of Psychology
University of South Alabama
Mobile, AL

mschadegg@southalabama.edu

Current Position

2025 - Current Assistant Professor of Psychology
Clinical and Counseling Psychology Doctoral Program
Department of Psychology
University of South Alabama
Mobile, AL
Director of the Transdiagnostic Processes and Anxiety Related Conditions (TRAC) Lab

Education

2023 - 2025 Post Doctoral Research Fellow
Anxiety, Stress, and Prolonged Grief Program
NYU Grossman School of Medicine/NYU Langone Health
New York, NY
PI: Naomi Simon, MD MSc

2022 - 2023 Doctoral Psychology Internship
Salem Veterans Affairs Medical Center, Salem, VA (APA-Accredited)
Director of Training: Dana Holohan, Ph.D.

2023 Doctor of Philosophy, Clinical Psychology
University of Mississippi, University, MS (APA-Accredited)
GPA: 4.0
Dissertation: *Transdiagnostic processes of generalized anxiety disorder: An experimental investigation evaluating the role of emotion regulation in uncertain contexts* (defended 11/30/2022)
Chair: Laura J. Dixon, Ph.D.

2018 Master of Arts, Clinical Psychology
Towson University, Towson, MD
GPA: 3.95
Thesis: *Contrast Avoidance Model: Relationship to Intolerance of Uncertainty and Fear of Change* (defended 12/8/2017)
Chair: Sandra J. Llera, Ph.D.

2014 Bachelor of Arts, Psychology
Pennsylvania State University, University Park, PA
GPA: 3.83

Peer-Reviewed Publications

15. **Schadegg, M. J.**, Gallo, L., Ozdoba, A., & Szuhany, K., (accepted). Exercise for Mood: Cultural Adaptations of a Group Exercise Intervention for Diverse Outpatients in an Urban Community to Improve Exercise Engagement and Mood Outcomes.
14. Courtney, R. E., **Schadegg, M. J.**, Curry, L., Johns II, W., Walters-Threat, L., Tirando, D., Epperly, R., Naylor, J. C., Lentz, T., & Harden, S. M. (accepted). Determining the Uptake of Best Practices in Pain Interdisciplinary Teams: A Scoping Review. *Journal of Public Health*.
13. Shepherd, W. S., **Schadegg, M. J.**, & Dixon, L. J., (2025). Examining the Contrast Avoidance Model to Understand the Association between Generalized Anxiety Disorder and Sleep Difficulties. *Psychiatric Quarterly*, 1-15.
12. Courtney, R. E., **Schadegg, M. J.**, Hicks, H., Truitt, M., Bolton, R. E., Dezzutti, B., Cannizzo, F., Darnall, B., Radatz, M., & Harden, S. M. (2024). Using Lean Six Sigma Methods to Develop an Efficient and Sustainable Interdisciplinary Team Program for Chronic Pain in a VA: PREVAIL Interdisciplinary Team Track. *Global Advances in Integrative Medicine and Health*, 13, 27536130241290798.
11. **Schadegg, M. J.**, Dixon, L. J., & Lee, A. A., (2024). Emotion Regulation Difficulties and Smoking Behavior Among Adults with Chronic Obstructive Pulmonary Diseases. *Psychiatric Quarterly*, 95(3), 433-445.
10. Dixon, L. J., **Schadegg, M. J.**, Clark, H. L., Sevier, C. J., & Witcraft, S. M. (2024). Prevalence, phenomenology, and impact of misophonia in a nationally representative sample of US adults. *Journal of Psychopathology and Clinical Science*.
9. Courtney, R. E., **Schadegg, M. J.**, Bolton, R., Smith, S., & Harden, S. (2024). Using a Whole Health Approach to Build Biopsychosocial-Spiritual Personal Health Plans for Veterans with Chronic Pain. *Pain Management Nursing*, 25(1), 69-74.
8. Dixon, L., **Schadegg, M.**, Clark, H., & Perry, M. (2023). Public awareness of Misophonia in US adults: a Population-based study. *Current Psychology*, 1-10.
7. Courtney, R. E., & **Schadegg, M. J.** (2023). Chronic, Noncancer Pain Care in the Veterans Administration: Current Trends and Future Directions. *Anesthesiology Clinics*, 41(2), 519-529.
6. Carswell, S. B., Gordon, M. S., Gryczynski, J., Taxman, F. S., **Schadegg, M.**, Ferguson, K. N., & Maher, K. M. (2022). Continuing care app for probationers and parolees with substance use disorders. *Journal of Drug Education*, 51(1-2), 32-48.
5. Dixon, L. J., Witcraft, S. M., & **Schadegg, M. J.** (2021). COVID-19 anxiety and mental health among university students during the early phases of the US pandemic. *Journal of American College Health*, 1-9.
<https://doi.org/10.1080/07448481.2021.1923504>

4. **Schadegg, M. J.**, Clark, H. L., & Dixon, L. J. (2021). Evaluating anxiety sensitivity as a moderator of misophonia and dimensions of aggression. *Journal of Obsessive-Compulsive and Related Disorders*, 30, 100657. <https://doi.org/10.1016/j.jocrd.2021.100657>
3. Boullion, G. Q., Witcraft, S. M., **Schadegg, M. J.**, Perry, M. M., & Dixon, L. J. (2021). Emotion regulation difficulties and depression among individuals with dermatological and body dysmorphic concerns. *The Journal of Nervous and Mental Disease*, 209(9), 650-655. <https://doi.org/10.1097/NMD.0000000000001355>
2. Buhk, A. H., **Schadegg, M. J.**, Dixon, L. J., & Tull, M. T. (2020). Investigating the role of negative and positive emotional avoidance in the relation between generalized anxiety disorder and depression symptom severity. *Journal of Contextual Behavioral Science*, 16, 103-108. <https://doi.org/10.1016/j.jcbs.2020.03.006>.
1. Gordon, M. S., Carswell, S. B., **Schadegg, M. J.**, Mangen, K., Merkel, K., Tangires, S., & Vocci, F. J. (2017). Avatar-assisted therapy: a proof-of-concept pilot study of a novel technology-based intervention to treat substance use disorders. *American Journal of Drug & Alcohol Abuse*, 43(5), 518-524. <https://doi.org/10.1080/00952990.2017.1280816>.

Manuscripts Under Review

1. **Schadegg, M. J.**, Sevier, C. J., Shepherd, W. S., Witcraft, S. M., & Dixon, L. J., (under review). Interactive Effects of Intolerance of Uncertainty and Emotion Regulation on Generalized Anxiety Disorder Symptoms
2. Freshley, A., Clark, H. L., **Schadegg, M. J.**, & Dixon, L. J., (under review). Investigating clinical correlates of adults with and without misophonia: Results from a population-based study.
3. Courtney, R. E., **Schadegg, M. J.**, Brice, P., Friedman, B., & Fanning, J., (under review). Determining the Interconnection Between Personality and Physical Activity on Perceived Stress in a Diverse Sample.
4. Courtney, R. E., Vebares, T., **Schadegg, M. J.**, Johns, W., Walters-Threat, L., & Harden, S. M. (under review). A Brief Assessment of Preferences For and Experiences with Yoga Among Appalachian Veterans.
5. Courtney, R. E., **Schadegg, M. J.**, Caretti, J., Vebares, T. J., Legard, C., Johns III, W., Smith, S., Patil, T., Wagner, R., Mastronardi, K., Bolton, R., Darnall, B. D., Hadlandsmayth, K., Oursler, K. K., & Naylor, J. (under review). Preferences and Outcomes Associated with a Whole Health Interdisciplinary Team Program (PREVAIL): A Cohort Study.
6. **Schadegg, M. J.**, Santacatterina, M., Szuhany, K., Bragdon, L., Kim, J., Dutton, M. A.,

Baker, A., Bui, E., Mete, M., Hoge, E., & Simon, N. (under review). Role of emotion regulation in treatment response to MBSR or escitalopram for individuals with primary anxiety disorders

Analyses Posted on Open Science Forum

1. **Schadegg, M. J.**, Rosenfield, D., Szuhany, K., Hoeppner, S., Bui, E., Hoge, E., Khalsa, S. B., Hofmann, S. G., & Simon, N., (in prep). Predicting Outcomes from Yoga, Cognitive Behavioral Therapy, and Stress Education for Generalized Anxiety Disorder

Chapters

1. Skaf, S., **Schadegg, M.**, & Simon, N. (2024). Combining Pharmacotherapy with PE for PTSD. In *Prolonged Exposure for PTSD: Innovations to Improve Access, Engagement, and Outcomes* (pp. 231-244). Cham: Springer Nature Switzerland.

Symposia and Panels Chaired or Discussant

1. Dixon, L. J. & **Schadegg, M. J.** (2022, November). *Building misophonia knowledge through the examination of phenotypes, mechanisms, treatment strategies, stakeholder perceptions, and public awareness*. Symposium chaired at the 56th Annual Meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

Oral Presentations

11. Courtney, R.E., **Schadegg, M.J.**, Curry, L., Johns II, W., Walters-Threat, L., Tirando, D., Woods, K., Epperly, R., Naylor, J., Lentz, T., & Harden, S. (under review). *Determining the Uptake of Best Practices in Pain Interdisciplinary Teams: A Scoping Review*. Oral presentation at the 18th Annual Conference on the Science of Dissemination and Implementation in Health, National Harbor, MD.
10. **Schadegg, M. J.**, Sabeti, C., Cornejo, G., Simon, N. M., & Szuhany, K. L. (2025, November). *Characterization of Motivation and Exercise Avoidance in Generalized Anxiety Disorder vs. Social Anxiety Disorder*. Paper to be presented at the 59th Annual Meeting of the Association for Behavioral and Cognitive Therapies, New Orleans, LA.
9. Raio, C, Mao, N., Vranos, S., Irwin, M., Perez, A. B., **Schadegg, M. J.**, Szuhany, K. L., & Simon, N. M. (2025, November). Factors associated with the acquisition and extinction of conditioned threat responses in adults with generalized anxiety disorder. Paper to presented at the 59th Annual Meeting of the Association for Behavioral and Cognitive Therapies, New Orleans, LA.
8. **Schadegg, M. J.**, Cornejo, G, Usdan, H, Santacatterina, M, Szuhany, K. L., Mete, M, Bui, E, Baker, A. W., Simon, N, & Hoge, E (2025, April). Role of emotion regulation in treatment response to MBSR or escitalopram for individuals with primary anxiety

- disorders. Paper presented in K. Szuhany (Chair), *Innovative Approaches in Assessment, Intervention, and Analytic Methods for Anxiety Disorder Treatment*. Symposium submitted to the 2025 Annual Anxiety and Depression Association of America Convention, Las Vegas, NV
7. Szuhany, K. L., **Schadegg, M. J.**, Gallo, L., & Ozdoba, A (2024, November). Exercise for Mood: Cultural Adaptations of a Group Exercise Intervention for Diverse Outpatients in an Urban Community to Improve Exercise Engagement and Mood Outcomes. Paper submitted in K. Szuhany (Chair), *Adapting Exercise Interventions to Increase Community Engagement, Engage Vulnerable Populations, and Utilize Innovative Assessment Methods*. Symposium presented to the 58th Annual Meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
 6. Dixon, L. J., **Schadegg, M. J.**, Clark, H. L., Perry, M. M., Sevier, C. J., & Hana, L. (2022, November). Assessing public awareness and knowledge of misophonia in a nationally representative sample of adults. Paper presented in L. Dixon & **M. Schadegg** (Chairs), *Building misophonia knowledge through the examination of phenotypes, mechanisms, treatment strategies, stakeholder perceptions, and public awareness*. Symposium presented at the 56th Annual Meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
 5. **Schadegg, M. J.**, (2022, October). *Transdiagnostic processes of generalized anxiety disorder: An experimental investigation evaluating the role of emotion regulation in uncertain contexts*. Research presented at the Salem Veteran Affairs Medical Center Continued Education Series, Salem, VA.
 4. Holohan, D. R., & **Schadegg, M. J.**, (2022, September). *Evaluating the Impact of Supplementing Residential Substance Use Treatment with Written Exposure Therapy for Veterans with Co-Occurring PTSD and Substance Use Disorders*. Grant presented at the Research and Development Monthly Investigator's Meeting. Salem Veteran Affairs Medical Center, Salem, VA.
 3. Dixon, L. J., **Schadegg, M. J.**, Boullion, G. Q., Witcraft, S. M., & Perry, M. M. (2019, November). Obsessive-compulsive related disorders, emotion regulation, and quality of life in adults with skin disease. In J. McCann (Chair), *Change that matters: What, why, and how meaningful change happens in CBT for anxiety-related disorders*. Paper presented at the Association for Behavioral and Cognitive Therapies 53rd Annual Convention, Atlanta, GA.
 2. **Schadegg, M. J.**, & Dixon, L. J. (2019, April). *Aggression and sound: The role of anxiety sensitivity in misophonia and aggression*. Data Blitz presented at the 6th annual University of Mississippi Psychology Research Day, University, MS.
 1. Gordon, M. S., Carswell, S. B., & **Schadegg, M. J.** (2017, September). *Technology Interventions for Individuals with Substance Use Disorders Under Community Supervision*. Paper presented at Leveraging Technology to Improve Treatment Outcomes for Justice-Involved Populations. National Institute on Drug Abuse, in partnership with the National Institute on Justice, North Bethesda, MD.

Poster Presentations

23. Badillo Perez, A, **Schadegg, M. J.**, Szuhany, K, Raio, C, & Simon, N. (2025, May). *Worrying about worry? Exploring the potential of self-compassion to address negative metacognition in GAD.* Poster presented at the 2025 Annual Convention of American Psychiatric Association, Los Angeles, California.
22. **Schadegg, M.J.**, Mao, N., Irwin, M., Szuhany, K., Raio, C, & Simon, N. (2025, April). *Role of Anxiety Severity, Worry, and Emotion Regulation on Reactivity to Aversive Stimuli in Adults with Generalized Anxiety Disorder.* Poster presented at the 2025 Annual Convention of Anxiety and Depression Association of American (ADAA), Las Vegas, NV
21. Wilson, N., Almada-Makebish, L., **Schadegg, M. J.**, Cornejo, G., Irwin, M., Goodwin, L., Badillo Perez, A., Baker, A. W., Bragdon, L. B., Simon, N. M., & Szuhany, K. L. (2025, April). *Why Aren't You Exercising? The Association between Anxiety Sensitivity, Physical, Cognitive, and Social Concerns, and Depressive Symptoms on Exercise Engagement.* Poster presented at the 2025 Annual Convention of Anxiety and Depression Association of American (ADAA), Las Vegas, NV
20. Usdan, H, **Schadegg, M. J.**, Irwin, M, Baker, A. W., Simon, N. M., & Szuhany, K. L. (2024, November). *Exploring the Effect of Anxiety Disorder Diagnosis and Experiencing a Trauma on Emotion Regulation Deficits.* Poster presented at the 58th Annual Meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
19. **Schadegg, M. J.**, Goodwin, E, Grueskin, E, Baker, A. W., Simon, N, & Szuhany, K (2024, November). *Characterization of Anger Attacks Among Those With Anxiety Disorders.* Poster presented at the 58th Annual Meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
18. **Schadegg, M. J.**, Usdan, H, Cornejo, G, Szuhany, K, Mete, M, Bui, E, Baker, A, Simon, N, & Hoge, E (2024, April). *Differential Emotion Regulation Changes among Adults with Anxiety Disorders in a Randomized Clinical Trial of Mbsr Vs. Escitalopram.* Poster presented at the 2024 Annual Anxiety and Depression Association of America Convention, Boston, MA.
17. Cornejo, G, Irwin, M, **Schadegg, M. J.**, Grueskin, E, Yan, J, Baker, A. W., Simon, N, & Szuhany, K (2024, April). *Examining Interactive Effects between Anxiety Sensitivity and Emotion Regulation on Anxious Symptom Severity.* Poster presented at the 2024 Annual Anxiety and Depression Association of America Convention, Boston, MA.
16. **Schadegg, M. J.**, Hicks, N., Curry, L., Spicer, D., Patel, S., Scott, T., & Courtney, R. E. (2024, March). *Pain School: Examining the Reach and Feasibility of a Standardized Pain Education Class in a Rural VA.* Poster presentation at the 40th Annual Meeting of the American Academy of Pain Medicine, Scottsdale, AZ.
15. **Schadegg, M. J.**, Fair, L. G., & Laura J. Dixon, L. J. (2022, November). *Using a*

Behavioral Paradigm of Uncertainty to Investigate Emotion Regulation among Individuals with and without Generalized Anxiety Disorder Symptoms. Poster presented at the 56th Annual Meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

14. Shepherd, W. S., Nyary, A. L., **Schadegg, M. J.**, Dixon, L. J. (2022, April). *Contrast avoidance helps explain sleep disturbances in individuals with anxiety.* Poster presented at the 7th Annual University of Mississippi Psychology Research Day, Oxford, MS.
13. **Schadegg, M. J.**, Shepherd, W. S., & Dixon, L. J. (2021, November). *Investigating the Contribution of Emotion Dysregulation in Skin Picking among Adults with Skin Disease.* Poster presented for the 55th Association for Behavioral and Cognitive Therapies Annual Convention, New Orleans, LA.
12. Hana, L. M., **Schadegg, M. J.**, & Dixon, L. J. (2021, November). *How Does Physiological Arousal Affect Avoidance? Examining Anxiety Sensitivity, Nonacceptance, and Safety Behaviors in Socially Anxious College Students.* Poster presented for the 55th Association for Behavioral and Cognitive Therapies Annual Convention, New Orleans, LA.
11. Shepherd, W. S., **Schadegg, M. J.**, & Dixon, L. J. (2021, September). *Testing the Association between Emotion Regulation and the Contrast Avoidance Model.* Poster presented at the Mississippi Psychological Association 72nd Annual Convention, Biloxi, MS.
10. **Schadegg, M. J.**, & Dixon, L. J. (2020, November). *Investigating the Role of Emotion Dysregulation in Anxiety and Chronic Disease Self-Management among Adults with Skin Disease.* Poster presented for the 54th Association for Behavioral and Cognitive Therapies Annual Convention, Philadelphia, PA
9. Perry, M. M., **Schadegg, M. J.**, & Dixon, L. J. (2020, November). *Understanding the Impact of Maternal Parenting Practices on College Students' Experiences of Social Anxiety through Emotion Regulation.* Poster presented for the 54th Association for Behavioral and Cognitive Therapies Annual Convention, Philadelphia, PA
8. **Schadegg, M. J.**, Witcraft, S. M., Perry, M. M., Boullion, G. Q., & Dixon, L. J. (2019, November). *An Aggressive Reaction to Sound: The Interactive Effects of Anxiety Sensitivity and Misophonia on Facets of Aggression.* Poster presented for the Association for Behavioral and Cognitive Therapies 53rd Annual Convention, Atlanta, GA.
7. Witcraft, S. M., **Schadegg, M. J.**, Boullion, G. Q., Perry, M. M., & Dixon, L. J. (2019, November). *What Sensitivities Matter in Dental Anxiety? Investigating Sensitivity to Anxiety, Pain, and Disgust.* Poster presented for the 53rd Association for Behavioral and Cognitive Therapies Annual Convention, Atlanta, GA
6. Perry, M.M, Boullion, G. Q., **Schadegg, M.J.**, Witcraft, S.M. & Dixon, L. J. (2019, November). *Examining Interpersonal and Intrapersonal Emotion Regulation, Social*

Anxiety, and Aggression among College Students. Poster presented for the 53rd Annual Association for Behavioral and Cognitive Therapy Convention, Atlanta, GA.

5. Boullion, G. Q., Perry, M. P., Witcraft, S. M., **Schadegg, M. J.**, & Dixon, L. J. (2019, November). *Social Anxiety and Loneliness: The Indirect Effect of Emotion Regulation Difficulties*. Poster presented for the 53rd Annual Association for Behavioral and Cognitive Therapy Convention, Atlanta, GA.
4. Grace, D. M., Reynolds, A. S., **Schadegg, M. J.**, & Dixon, L. J. (2019, April). *I Can't Stress This Enough: Correlates of Stress in a Southern University Population*. Poster presented for the 6th annual University of Mississippi Psychology Research Day, University, MS.
3. **Schadegg, M. J.**, & Llera, S (2018, November). *Fear of Change: A New Concept and its Relationship to the Underlying Mechanisms of GAD*. Poster presented for the 52nd Annual Association for Behavioral and Cognitive Therapy Convention, Washington, DC.
2. **Schadegg, M. J.**, & Llera, S (2018, April). *Relationship between Contrast Avoidance Model and Intolerance of Uncertainty: A Path Analysis*. Poster presented for the 38th Annual Anxiety and Depression Association of America Convention, Washington, DC.
1. Blue, T. R., **Schadegg, M. J.**, Gordon, M., & Rich, J. D. (2018, March). *Long-term Follow-up of Individuals under Community Supervision Who Refused Rapid HIV Testing*. Poster presented for the Academic and Health Policy Conference on Correctional Health. Academic Consortium on Criminal Justice Health, Houston, TX.

Grant Experience

Aug 2025-Aug 2027 (funded)	Misophonia Data Discovery Award <i>Objective Measurement and Establishment of Attention to Threat and Avoidance as Core Components of Misophonia</i> Role: Principal Investigator Amount Awarded: \$75,000
Jun 2024 (not funded)	F. J. McGuigan Early Career Investigator Research Grant <i>Establishing Objective Measurement and Validation of Avoidance as Core Component of the Understudied Condition Misophonia</i> Role: Principal Investigator
Jan 2024 (not funded)	Graduate Women In Science Fellowship <i>Examining the Underlying Psychological Mechanisms Associated with Misophonia</i> Role: Principal Investigator
Aug 2023 – Current	National Center for Complementary and Integrative Health (R61 AT012026-01)

	<i>Randomized Placebo-Controlled Trial to Determine the Biological Signature of Cannabidiol as a Treatment for Social Anxiety Disorder</i> Role: Independent Evaluator PI: Naomi Simon, M.D. MSc
Aug 2023 – Current	National Institute of Mental Health (K23 MH122773) <i>Optimizing Exercise for the Treatment of Anxiety</i> Role: Independent Evaluator PI: Kristin Szuhany, Ph.D.
Aug 2023 – Current	National Center for Complementary and Integrative Health (1R01 AT011257-01) <i>Mindfulness Based Stress Reduction and Stress Education Mechanisms in Generalized Anxiety Disorder</i> Role: Independent Evaluator PI: Naomi Simon, M.D. MS
July 2022 – Nov 2022	RR&D Small Projects in Rehabilitation Research (SPiRE) <i>Evaluating the Impact of Supplementing Residential Substance Use Treatment with Written Exposure Therapy for Veterans with Co-occurring PTSD and Substance Use Disorders.</i> Role: Grant Administrator PI: Dana Holohan, Ph.D. Amount Awarded: \$230,000
June 2021 – June 2022	Misophonia Research Fund Grant <i>Advancing the Characterization and Assessment of Misophonia Through Laboratory and Populations-based Research</i> Role: Research Coordinator PI: Laura J. Dixon, Ph.D. Amount awarded: \$399,986
Sep 2019 – Aug 2020	National Institute of Minority Health and Health Disparities (2R44 MD008848-02) <i>Continuing Care App for Probationers and Parolees with Substance Use Disorders (Randomized control trial)</i> Role: Research Consultant PI: Steven Carswell, Ph.D.
Jan 2018 - Jul 2018	National Institute on Drug Abuse (N44 DA-16-5580) <i>Screening Assessment and Resources</i> Role: Research Coordinator PI: Jami L. Obermayer, Ph.D.
May 2016 - Jul 2018	National Institute of Minority Health and Health Disparities (1R41 MD008848-01) <i>Continuing Care App for Probationers and Parolees with Substance Use Disorders (Feasibility trial)</i> Role: Research Coordinator

PI: Steven Carswell, Ph.D.

- Jan 2017 - Jun 2017 **National Cancer Institute** (1R43 CA195849-01)
Mobile Mindfulness Based Smoking Cessation
 Role: Research Coordinator
 PI: Jami L. Obermayer, Ph.D.
- May 2016 - Jan 2017 **National Institute of Minority Health and Health Disparities**
 (1R41 MD009540-01)
Avatar Assisted Therapy for Probationers and Parolees with Substance Use Disorders
 Role: Research Coordinator
 PI: Michael Gordon, D.P.A
- May 2016 - Sep 2016 **National Institute on Drug Abuse** (5R01 DA030771)
A Randomized Controlled Trial and Cohort Study of HIV Testing and Linkage to Care at Community Corrections
 Role: Research Assistant
 PI: Michael Gordon, D.P.A
- Aug 2012 - May 2014 **National Institute of Mental Health**
Early Growth & Development Study (EGDS)
 Role: Research Assistant
 PI: Ginger Moore, Ph.D.

Awards and Honors

- 2025 2025 Alies Muskin Career Development Leadership Program (CDLP), Basic Neuroscience/Clinical Research Track awardee (\$500), Anxiety and Depression Association of America
- 2022 Clinical Graduate Student Research Award (\$75), University of Mississippi
- 2018 - 2022 Graduate Honors Fellowship (\$3,000 per year), University of Mississippi
- 2018 - 2021 Psychology Department Travel Award (\$400), University of Mississippi
- 2016 Research Assistantship (full tuition waiver), Towson University
- 2010 - 2014 Dean's List, Pennsylvania State University

Research Experience

- Aug 2023 – Jul 2025 **Post Doctoral Research Fellow**
 Anxiety, Stress, and Prolonged Grief Program
 NYU Langone Health, New York, NY
 PI: Naomi Simon, MD MSc
- Administer diagnostic, symptom, and cognitive assessments including the SCID-5, MINI-5, SIGH-A, MADRS, LSAS, CGI, and MoCA.
 - Serving as the clinician for the Trier Social Stress Test
 - Mentor research assistants on independent research projects and participant clinical phone screening

- Develop projects and prepare manuscripts for publication in areas of anxiety and stress related disorders

Jul 2022 - Jul 2023

Clinical Psychology Doctoral Research Intern

Salem VA Medical Center, Salem, VA

12-Month Research Rotation

Supervisor: Rena “Liz” Courtney, Ph.D.

- Managed data sets in REDCap
- Prepared manuscripts for publication in the area of translational research for chronic pain.

Aug 2018 -June 2022

Graduate Research Assistant

University of Mississippi, Department of Psychology, University, MS
Health and Anxiety Research and Treatment Lab (HART)

Supervisor: Laura J. Dixon, Ph.D.

- Developed studies using daily diary methods and behavioral paradigms to examine health related behaviors and transdiagnostic processes in those with GAD symptoms.
- Prepared manuscripts for publication in the areas of transdiagnostic mechanisms, anxiety, and health.
- Mentored undergraduates and junior graduate students in abstract submissions to conferences and honor’s theses.
- Coordinated a grant funded study focused on the creation of a clinical interview for misophonia as well as examining physiological reactions, and mental health comorbidities in misophonia.
- Administered diagnostic assessments including the DIAMOND and the DIPD.

Sep 2019 - Aug 2020

Research Consultant

Friends Research Institute (FRI), Baltimore, MD

Contact: Steven Carswell, Ph.D.

- Designed interface and content for phone application created to provide after-care support for those leaving SUD treatment
- Prepared manuscript on feasibility of application created for SUD treatment after-care.

Aug 2016 - Aug 2018

Graduate Research Assistant

Towson University, Department of Psychology, Towson, MD

Llera’s Lab on Emotion Regulation and Anxiety (LLERA)

Supervisor: Sandra J. Llera, Ph.D.

- Helped troubleshoot research issues and run participants for Towson undergraduate student’s research projects
- Submitted IRB application for both pilot study and thesis research
- Developed, and conducted original research for Master’s thesis
- Analyzed data using path modeling with MPlus 7.3

- Prepared and submitted thesis research to annual ADAA Conference

May 2016 - Jul 2018

Research Coordinator

Friends Research Institute (FRI), Baltimore, MD

Supervisor: Dr. Michael Gordon

- Managed study research assistants and staff.
- Created, organized, and maintained study materials for baseline and follow-up assessments for numerous grant funded studies.
- Liaised with inner city clinic staff to recruit study participants for multiple studies.
- Designed interface for app created to provide after-care support for those leaving SUD treatment
- Recruited, interviewed, and trained feasibility trial participants from Baltimore city, and an inner city clinic for numerous studies
- Managed data and ran statistical analyses using SPSS and created manuscript ready statistical tables
- Recruited for and ran demonstration sessions on how to use the Avatar Assisted Therapy program with clinicians and patients
- Created recruitment advertisement for Baltimore city paper and recruitment flyers to be used in prisons and community clinics
- Participated in manuscript preparation including literature reviews, writing, and editing before submission for publication
- Created conference presentations and contributed to the creation of posters for various ongoing studies
- Prepared grant applications for Phase II randomized control trials

Aug 2016 - Dec 2016

Graduate Research Assistant

Towson University, Department for Occupational Therapy and Occupational Sciences, Towson, MD

Supervisor: Regena Stevens-Ratchford, Ph.D.

- Organized data, developed statistical tables, and assisted in the writing and submission of manuscript on mixed methods ballroom dance
- Assisted in the creation of posters for presentation at the 2016 Maryland Occupational Therapy Association conference.

Aug 2014 - Aug 2016

Research Assistant

George Mason University, Fairfax, VA

Cognitive Vulnerability Lab

Supervisor: John Riskind, Ph.D.

Aug 2012 - May 2014 **Undergraduate Research Assistant**
 Pennsylvania State University, University Park, PA
 Parent-Infant Interaction Lab
 Supervisor: Ginger Moore, Ph.D.

Teaching Experience

2025-Current	Teacher of Record University of South Alabama, Mobile, AL Undergraduate Courses: PSY 414: Introduction to Clinical Psychology Graduate Courses: PSY 590: Special Topics
2024-2025	Virtual Instructor University of Miami, Coral Gables, FL Undergraduate Course: PSY 240: Psychopathology
2024	Lecturer for Medical Student Seminar NYU Grossman School of Medicine, New York, NY Seminar: Introduction to Cognitive Behavioral Therapy Occurs every 6 weeks during medical student psychiatry rotation
Spring 2022	Teacher of Record University of Mississippi, University, MS Course: 311: Psychopathology: An Integrative Approach <i>Undergraduate level</i> Overall Rating: 4.4/5.0
May 2019 – May 2021	Teaching Assistant University of Mississippi, University, MS Course: Learning
Fall 2018	Teaching Assistant University of Mississippi, University, MS Course: Introduction to Psychology
Fall 2018	Guest Lecturer University of Mississippi, University, MS Course: Introduction of Psychology, "Sensation and Perception: Sight"
Aug 2011 - May 2012	Undergraduate Teaching Assistant Pennsylvania State University, University Park, PA Course: Introduction to Psychology

Supervision/Mentoring Experience

- 2022 **Psychology Intern Clinical Supervisor**
 Behavioral Medicine-Sleep Clinic, Salem VAMC, Salem, VA
 Tiered supervision provided to 3rd year psychology practicum student supervised by a licensed clinical psychologist.
 Supervisor: Drew Bassett, Ph.D.
- 2018 - 2022 **Graduate Student Mentor: Undergraduate Honors Thesis Projects**
 Health and Anxiety Research and Treatment Lab, University of Mississippi, University, MS
The Relationship Between the Contrast Avoidance Model and Dysfunctions of Generalized Anxiety Disorder
 Whitney Shepherd, Defended: Spring 2022
- Examination of sleep disturbance, anxiety sensitivity, and depression in an undergraduate sample*
 Dasha Grace, Defended: Spring 2020
- 2020 - 2022 **Graduate Student Peer Mentor**
 Department of Psychology, University of Mississippi, University, MS
 Mentored first year students through the transition into graduate school.
- 2021 **Graduate Student Clinical Peer Supervisor**
 Psychological Services Center, University of Mississippi, University, MS
 Tiered supervision provided to two 2nd year graduate students supervised by a licensed clinical psychologist.
 Supervisor: Kristin Austin, Ph.D.

Licensure and Certification

- 2024 **New York State Psychologist Licensure**
 Number: 026896
- 2020 **American Psychological Association Telepsychology Best Practice 101**,
 8-hour Continuing Education training, American Psychological Association
- 2019 **Examination for Professional Practice in Psychology (EPPP)**, Passed at the Doctoral Level
- 2019 **Nonviolent Crisis Intervention**, Certified through the Crisis Prevention Institute

Clinical Experience

- Jul 2022-Jul 2023 **Clinical Psychology Doctoral Intern**
 Salem Veteran Affairs Medical Center-APA accredited, Salem, VA

March 2023 – July 2023

Substance Use Treatment Program

Supervisors: Jennifer Self, Ph.D.

Position Overview:

- Provided integrated, evidence-based intervention, and consultation for Veterans as part of an interdisciplinary treatment team in a SUDs residential program.
- Led CBT-SUD groups for resident Veterans at an in-patient program focused on treatment of substance use.
- Implemented manualized Written Exposure Therapy (WET) for resident Veterans with comorbid PTSD and SUD.
- Provided and coded Motivational Interviewing interventions for Veterans struggling with tobacco and alcohol use.

Geropsychology/Center for Aging and Neurocognitive Sciences

Supervisor: Lauren Hagemann, Ph.D.

Position Overview:

- Provided CBT and ACT for older adult Veterans and manualized protocols for caregivers of those with cognitive deficits.

November 2022 – March 2023

Evidence-Based Psychotherapy/Mental Health Clinic

Supervisor: Lisa Mieskowski, Ph.D.

Position Overview:

- Provided evidence-based interventions (e.g., ACT for depression; ERP; CBT for Worry) for Veterans struggling with mood and anxiety related disorders.
- Administered evidence-based assessments for Veterans to provide differential diagnoses to inform both behavioral and psychopharmacological treatments.

Clinical Neuropsychology/Center for Aging and Neurocognitive Sciences

Supervisor: Sagar Lad, Ph.D.

Position Overview:

- Administered, and scored batteries of neuropsychiatric assessments. Conducted written case conceptualizations. Developed recommendations, and provided differential diagnoses to inform treatment plans.
- Assessments included CVLT-3, Trail Making, measures of verbal fluency, WCST, clock drawing test, the MOCA, Stroop Test., COWAT, FAS, RBANS, and measures of motor functioning.

July 2022 – November 2022

Primary Care Mental Health Integration/Behavioral Medicine Clinic

Supervisor: Drew Bassett, Ph.D.

Position Overview:

- Provided integrated, evidence-based assessment, intervention, and consultation for Veterans as part of an interdisciplinary treatment team in primary care clinics (e.g., risk assessments, brief interventions).
- Provided integrated, evidence-based, brief interventions chairside in the Oncology clinic to Veterans with cancer and other chronic illness diagnoses.
- Provided evidence-based interventions for sleep disorders (e.g., CBT-I).
- Co-led evidence-based groups for Sleep Hygiene and Tinnitus Management.

Feb 2019 – May 2022

Graduate Student Therapist

Psychological Services Center, University of Mississippi, University, MS

Supervisors: Laura J Dixon Ph.D.; Stefan E. Schulenberg Ph.D.; John Young Ph.D.; & Alan Gross, Ph.D.

Position Overview: Provided evidence-based interventions to diverse patients from the greater northeast Mississippi region and University of Mississippi campus presenting with anxiety, depressive, trauma, personality, substance use, bipolar, and eating disorders.

Jan 2021 – Jan 2022

Opioid Replacement Therapist

Willow, Pain, & Wellness, Oxford, MS

Supervisor: John Young, Ph.D.

Position Overview: Worked as part of a multidisciplinary pain management team, providing evidenced-based group and individual psychological interventions to patients undergoing opioid replacement therapy who have co-occurring chronic pain and/or substance use disorder(s).

Jun 2020 - Jun 2021

Psychological Assessor and Individual/Group Therapist

Stonewater Adolescent Recovery Center, Oxford, MS

Supervisor: Kristin Austin, Ph.D.; Scott Gustafson, Ph.D.

Position Overview:

- Provided comprehensive psychological testing to male adolescents with primary diagnoses of substance use disorder(s) struggling with co-occurring problems that include attention-deficit/hyperactivity disorder, specific learning disorder, intellectual disability, and other psychological difficulties. Conducted written and assessment case conceptualizations. Presented assessment results and recommendations to a

multidisciplinary team to facilitate collaboration in providing comprehensive services.

- Delivered evidence-based interventions to adolescent (13 to 18 years old) male residential patients with severe substance use disorders and co-occurring mental health problems in individual and group therapies. Worked as part of a multidisciplinary team that included therapists, medical staff, teachers, and direct care staff to provide comprehensive care.

Jun 2020 - Jun 2021

Psychological Assessor

Psychological Assessment Clinic, University of Mississippi, University, MS

Supervisor: Kristin Austin, Ph.D.; Scott Gustafson, Ph.D.

Position Overview: Provided comprehensive psychological testing and feedback to adults with presenting problems including attention-deficit/hyperactivity disorder, specific learning disorder, and other psychological difficulties. Conducted written assessment case conceptualizations.

Jul 2019 - Jun 2020

Outpatient Therapist

Communicare, Lafayette County Office

Region 2 Community Mental Health Center, Oxford, MS

Supervisor: Scott Gustafson, Ph.D. & Dixie Church, MA, LMFT

Position Overview: Provided evidence-based interventions to diverse patients including those suffering from anxiety, depressive, substance use, personality disorders, as well as serious mental illness (e.g., schizophrenia, bipolar disorder). Worked as part of a multidisciplinary team including other mental health service providers, and medical providers, to provide comprehensive services.

Aug 2017 - May 2018

Clinical Intern Therapist

The ProBono Counseling Project, Towson, MD

Supervisor: Sherri Bloom, LCSW-C & Dorcas Hutton, LCPC

Summer 2012, 2013

Clinical Intern

Summit Clinical Services, LLC, Leonardtown, MD

Supervisor: Sarah Mead, LCSW-C

Service and Administrative Roles

2024

Reviewer for American Psychological Foundation

Member for Grant Review Committee for:

2024 Practice Based Evidence Fund Grant

2024 Sharon Stephens Brehm Undergraduate Psychology Scholarships

2024 Visionary Grants

2024	Reviewer for Association for Behavioral and Cognitive Therapies Annual Convention Reviewed poster, round table, and symposium submissions for the annual convention.
Jul - Nov 2022	Clinical Psychology Doctoral Intern – Administrative Rotation Salem Veteran Affairs Medical Center, Salem, VA Completed IRB submissions and Just In Time paperwork for RR&D Small Projects in Rehabilitation Research.
2020 - 2022	Psychology Research Committee Graduate Representative Department of Psychology, University of Mississippi, University, MS Represented graduate students to the faculty research committee and organized submissions and day of poster presentations for departmental research day.
2019 - 2020	Graduate Student Advisory Committee Member Department of Psychology, University of Mississippi, University, MS Elected to represent graduate student interests to the Department of Psychology Chair.
2019	University of Mississippi Psychology Research Day Poster Presentation Judge Department of Psychology, University of Mississippi, University, MS
2017 - 2018	Psychology Graduate Student Association (PGSA) - Communication and Social Media Coordinator Department of Psychology, Towson University, Towson, MD Managed social presence of the PGSA and advertised for the first annual departmental research day.
2016 - 2018	Graduate Student Advisory Member College of Liberal Arts, Towson University, Towson, MD Elected to represent graduate student interests to the Department of Psychology Chair.

Workshops and Seminars Attended

Fall 2022	Motivational Interview/Motivational Enhancement Therapy Training (8hrs) Salem VA Medical Center, Salem, VA Instructors: Steven Lash, Ph.D. and Phil Lehman, Ph.D.
Fall 2021	Advanced Evidence-Based Clinical Intervention: Supervision Seminar (16 weeks) University of Mississippi, University, MS Instructor: John Young, Ph.D.

- Nov 2021 **Misophonia Research Fund Annual Meeting**
REAM Foundation and Milken Institute, Chicago, IL
- Jul 2021 **Diagnostic Interview for Anxiety, Mood, And Obsessive-Compulsive And Related Neuropsychiatric Disorders (DIAMOND) Training Program (2hrs)**
Online training by Hartford HealthCare
- Oct 2020 **Clinical Suicidology (2hrs)**
Online training at National Register of Health Service Psychologists
Instructors: Samantha Chalker, Ph.D., Blaire Ehret, Ph.D., Josephine Au, Ph.D., and David Jobes, Ph.D.
- Fall 2020 **Dialectical Behavior Therapy Seminar (16 weeks)**
University of Mississippi, University, MS
Instructor: Laura J. Dixon, Ph.D.
- Nov 2019 **Functional Analysis in Process-Based CBT (2 hrs)**
Association for Behavioral and Cognitive Therapy Convention, Atlanta, GA
Instructors: Stefan G Hofmann, Ph.D. & Steven C. Hayes, Ph.D.
- Oct 2019 **An Introduction to Relational Frame Theory (web-based)**
Online training at Foxy Learning
Instructor: Eric J. Fox
- Sep 2019 **Administration and scoring of the Woodcock-Johnson – Fourth Edition (WJ-IV) Tests of Achievement, Cognitive Abilities, and Oral Language (2 hrs)**
University of Mississippi, University, MS
Instructor: Marci Weber, Alexis Liberto, Ashley Polk, Gina Boullion, & Dan Pineau
- Fall 2019 **Evidence-based Services Seminar (16 weeks)**
University of Mississippi, University, MS
Instructor: John Young, Ph.D.
- Spring 2019 **Acceptance and Commitment Therapy Seminar (16 weeks)**
University of Mississippi, University, MS
Instructor: Kelly Wilson, Ph.D.
- Nov 2018 **Dimensions and Diagnosis of Autism Spectrum Disorder (2 hrs)**
University of Mississippi, University, MS
Instructor: Joshua C. Fulwiler, Ph.D.

Journal of Anxiety Disorders
Harvard Review of Psychiatry
Journal of Psychiatric Practice

Mentored Reviewer

Alpha Psychiatry
Journal of Obsessive-Compulsive and Related Disorders
Journal of Cognitive Therapy and Research
Journal of Personality Assessment
Journal of Anxiety Disorders

Professional Affiliations

2024	American Psychological Association, Member
2023 - 2024	Graduate Women In Science, Member
2019 - Current	Association for Behavioral and Cognitive Therapies, Member
2018 - Current	Anxiety and Depression Association of America, Member
2016 - 2017	Association of Psychological Science, Student Member