

Curriculum Vitae
Bethany Ann Teachman

Personal Information

- ❖ Address: University of Virginia, Department of Psychology,
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Current Research Interests

Cognitive processes that contribute to the development, maintenance, and reduction of anxiety and mood disorders, especially automatic processing biases; stigma of mental illness.

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

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

Positions

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

Education

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

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| Grants |
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NIMH R01MH113752

Title: Effectiveness of interpretation training to reduce anxiety: Evaluating technology-based delivery models and methods to reduce attrition

Role: Principal Investigator

Location of Tenure: University of Virginia

Period Held: 2017-2021

NIMH 3R01MH113752-02S1

Diversity Supplement for NIMH R01MH113752

Role: Principal Investigator

Location of Tenure: University of Virginia

Period Held: 2018-2020

Arts and Sciences Diversity and Inclusion Grant

Title: Using psychological science to advance diversity & inclusion at UVA

Role: Co-Principal Investigator

Location of Tenure: University of Virginia

Period Held: 2019-2020

The 3 Cavaliers Project

Title: Automatic sensing and characterization of social interactions

Role: Co-Principal Investigator (with Co-PIs Laura Barnes and Jennifer Roe)

Location of Tenure: University of Virginia

Period Held: 2018-2019

Arts and Sciences Diversity and Inclusion Grant

Title: Educational Toolkits for Promoting a “Culture of Belonging” at UVA

Role: Co-Investigator

Location of Tenure: University of Virginia

Period Held: 2018-2019

Arts and Sciences Diversity and Inclusion Grant

Title: Partnering with graduate students to advance diversity and inclusion

Role: Principal Investigator

Location of Tenure: University of Virginia

Period Held: 2017-2019

NIAAA R01AA24732

Title: Evaluating change in drinking identity as a mechanism for reducing hazardous drinking

Role: Co-investigator (Principal Investigator: Kristen Lindgren)

Location of Tenure: University of Washington

Period Held: 2016-2021

NIMH R34MH106770

Title: Testing target engagement & effectiveness of web-based interpretation training for anxiety

Role: Principal Investigator

Location of Tenure: University of Virginia

Period Held: 2015-2017 (2018 No cost extension year)

University of Virginia Hobby Postdoctoral and Pre-doctoral Fellows Grant
Title: Dynamic monitoring of college students' mental health using big data analytics
Role: Co-Principal Investigator (along with Co-Principal Investigator Laura Barnes)
Location of Tenure: University of Virginia
Period Held: 2015-2018

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

NIAAA R01AA021763
Title: Using implicit measures to improve prediction of hazardous drinking
Role: Co-investigator (Principal Investigator: Kristen Lindgren)
Location of Tenure: University of Washington
Period Held: 2012-2017

NIA R01AG033033
Title: Age differences in distress following intrusive thoughts
Role: Principal Investigator
Location of Tenure: University of Virginia
Period Held: 2009-2014 (2015 No cost extension year)

NIH RO1MH075781
Title: Fear in the eye of the beholder: Fear and the perception of spatial layout
Role: Co-Investigator (Principal Investigator: Dennis Proffitt)
Location of Tenure: University of Virginia
Period Held: 2007-2011

Community-Based Research Grant from the University of Virginia Institute on Aging
Title: Aging and anxiety: Intrusive thoughts as a barrier to healthy aging
Role: Principal Investigator (with Joshua Magee)
Location of Tenure: University of Virginia
Period Held: 2008-2009

NIMH R03 MH068756
Title: Information processing and treatment for panic disorder
Role: Principal Investigator
Location of Tenure: University of Virginia
Period Held: 2005-2007

Max Planck Network on Aging Junior Fellow Grant
Title: Age differences in the predictors of, and responses to, anxiety symptoms
Role: Principal Investigator
Location of Tenure: University of Virginia
Period Held: 2006-2008

University of Virginia Institute on Aging Pilot Grant
Title: Subjective cognitive complaints as a predictor of anxiety and obsessional thinking in older populations
Role: Principal Investigator

Location of Tenure: University of Virginia
Period Held: 2004-2005

Social Sciences and Humanities Research Council of Canada
Title: Properties of disgust and fear
Role: Collaborator (Principal Investigator: Sheila Woody)
Location of Tenure: University of British Columbia
Period Held: 2001-2004

American Psychological Association Dissertation Research Award
Title: Implicit cognitive processing among individuals with spider phobia: Treatment outcome
Role: Principal Investigator
Location of Tenure: Yale University
Period Held: 2000-2001

Natural Sciences and Engineering Research Council of Canada Fellowship
Title: Implicit associations for fear-relevant stimuli among individuals with snake & spider fears
Role: Principal Investigator
Location of Tenure: Yale University
Period Held: 1999-2001

John F. Enders Collaborative Research Grant
Title: Implicit attitudes toward phobic stimuli: Changes over treatment
Role: Co-Principal Investigator
Location of Tenure: Yale University
Period Held: 1999-2000

Consulting

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

Agency for Healthcare Research and Quality R36 HS23727
Title: Explaining racial disparity in bipolar disorder treatment: how do providers contribute?
Role: Consultant (Principal Investigator: Kaja Johnson McMaster)
Location of Tenure: University of California, Berkeley
Period Held: 2015-2017

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

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

Period Held: 2009-2014

NIMH R01MH096027

Title: Stigma associated with a high-risk state for psychosis

Role: Consultant (Principal Investigator: Lawrence Yang)

Location of Tenure: Columbia University

Period Held: 2012-2017

NIAAA R21AA021151

Title: CBM: A novel intervention for alcohol dependence and social anxiety

Role: Consultant (Principal Investigator: Elise Clerkin)

Location of Tenure: Miami University

Period Held: 2013-2015

Mentorship on Grants and Awards

Harrison Undergraduate Research Award

Title: Distress intolerance and catastrophizing: Testing models of the relationship between anxiety and depersonalization

Role: Mentor for Noah French

Location of Tenure: University of Virginia

Period Held: 2019-2020

American Psychological Foundation's 2017 Randy F. Gerson Memorial Grant

Title: Development of a Novel Intervention for Training Flexible Thinking in Relationships

Role: Mentor for Karl Fua

Location of Tenure: University of Virginia

Period Held: 2017-2018

Presidential Fellows in Data Science Award

Title: Therapist in Your Pocket: Reinforcement Learning Approaches for Contextual, Personalized Emotion Regulation Recommendations

Role: Mentor for Miranda Beltzer and Mawulolo Ameko

Location of tenure: University of Virginia

Period Held: 2018-2019

K23NR16215-01

Title: Effects of psychological stress on arterial stiffness

Role: Mentor for Jeongok Logan, PhD

Location of Tenure: University of Virginia

Period Held: 2016-2019

Presidential Fellows in Data Science Award

Title: Applying machine learning to text communications to model suicide risk in real-time

Role: Mentor for Jeffrey Glenn and Alicia Nobles

Location of tenure: University of Virginia

Period Held: 2015-2016

American Psychological Association Dissertation Research Award

Title: The age of anxiety: A multi-dimensional perspective on age and anxiety across the adult life span

Role: Principal Investigator (with Jennifer Green)
 Location of Tenure: University of Virginia
 Period Held: 2013-2014

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

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

F31 MH074166 NIH Ruth L. Kirschstein National Research Service Award
 Title: Development of information processing in spider fear
 Role: Principal Investigator (with Shannan Smith-Janik)
 Location: University of Virginia
 Period Held: 2005-2007

American Psychological Association Mental Health and Substance Abuse Services Fellowship
 Title: Ethnic differences in somatic triggers of anxiety
 Role: Mentor for Tynessa Gordon
 Location: University of Virginia
 Period Held: 2004-2007

Scholarships, Fellowships, and Gifts

Center for International Studies Faculty Travel award (sponsoring outreach work in Romania)
 Location: University of Virginia
 Period Held: 2011

University of Virginia Teaching Fellowship
 Location: University of Virginia
 Period Held: 2006-2007

Charlottesville-Albemarle Community Foundation: Funding for study on stigma of mental illness through the Mental Health Services Fund
 Location: University of Virginia
 Period Held: 2003

Yale University Fellowship (annually for 5 years)
 Location: Yale University
 Period Held: 1997-2002

University of British Columbia Morris Belkin prize for Top Psychology Honors Thesis
 Location: University of British Columbia
 Period Held: 1996

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| Honors and Awards |
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| American Psychological Association Presidential Citation | 2019 |
| University of Western Australia Institute of Advanced Studies Visiting Fellow | 2019 |
| Society for a Science of Clinical Psychology Lawrence H. Cohen Outstanding Mentor Award | 2018 |
| Fellow, Association for Behavioral and Cognitive Therapies | 2015 |
| Association for Behavioral and Cognitive Therapies Outstanding Mentor Award | 2014 |
| Fellow, Association for Psychological Science | 2013 |
| American Psychological Association Distinguished Scientific Award for Early Career Contribution to Psychology (in the area of psychopathology) | 2012 |
| Programmatic Distinguished Visitor, University of Western Australia | 2011-2014 |
| International Max Planck Research School “The Life Course: Evolutionary and Ontogenetic Dynamics (LIFE)” Invited Faculty | 2010-present |
| Outstanding Professor Award, given to one member of the University of Virginia Psychology Department | 2008 |
| Early Career Award from the Anxiety SIG for the Association for Behavioral and Cognitive Therapies | 2007 |
| University of Virginia Teaching Fellowship | 2006 - 2007 |
| Max Planck International Research Network on Aging (Junior Fellow) | 2005-2008 |
| Mead Honored Faculty, University of Virginia Teaching award from the Mead Endowment in conjunction with the Dean of the College. | 2004 - 2005 |
| Yale University Psychology Department: Jane Olejarczyk Award Awarded to a graduate student who has contributed significantly to enhance the department. | 2000 - 2001 |
| Anxiety Disorders Association of America Trainee Travel Award Award presented at annual Anxiety Disorders Association of America conference in Austin, TX. | 2002 |
| Massachusetts General Hospital: Emerson Award Annual award recognizing the contribution of a manuscript authored by a clinical psychologist. | 2002 |

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| Editorial Positions |
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Associate Editor:

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

Editorial Boards:

- Cognitive Therapy and Research (2006-2014)

- Journal of Abnormal Psychology (2005-2010)
- Clinical Psychological Science (2016-current)

Guest Editor:

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

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| Publications |
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- **Books**

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

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

- **Peer-Reviewed Journal Articles**

Dreyer-Oren, S. E., Clerkin, E. M., Edwards, C. B., Teachman, B. A., & Steinman, S. A. (in press). Believing is seeing: Changes in visual perception following treatment for height fear. Journal of Behavior Therapy and Experimental Psychiatry, 62, 1-6.

Gorlin, E. I., Werntz, A. J., Fua, K., Lambert, A. E., Namaky, N., & Teachman, B. A. (in press). Remembering or knowing how we felt: Depression and anxiety symptoms predict retrieval processes during emotional self-report. Emotion.

Phelan, J., Lucas, J. W., Teachman, B. A., Braverman, B., Namaky, N., & Greenberg, M. (in press). A comparison of status and stigma processes: Explicit and implicit appraisals of "mentally ill people" and "uneducated people." Stigma and Health.

Teachman, B. A., Clerkin, E. M., Cunningham, W., Dreyer-Oren, S. E., & Werntz, A. J. (in press). Implicit cognition and psychopathology: looking back and looking forward. Annual Review of Clinical Psychology.

Teachman, B. A., Daniel, K. E., & Eberle, J. W. (in press). Using advances from cognitive science to understand the etiology and maintenance of psychopathology. Clinical Psychology Review.

Teachman, B. A., McKay, D., Barch, D. M., Prinstein, M. J., Hollon, S. D., & Chambless, D. L. (in press). How psychosocial research can help the National Institute of Mental Health achieve its grand challenge to reduce the burden of mental illnesses and psychological disorders. American Psychologist.

Washburn, J., Lilienfeld, S. O., Rosen, G. M., Gaudiano, B. A., Davison, G. C., Hollon, S. D., Otto, M., Penberthy, J. K., Sher, K., Weinand, J., Teachman, B. A., Peris, T. (in press). Reaffirming the scientific foundations of psychological practice recommendations of the Emory meeting on continuing education. Professional Psychology: Research and Practice.

- Glenn, J. J., Chow, P. I., & Teachman, B. A. (2019). How badly will I feel if you don't like me? Social anxiety and predictions of future affect. Journal of Social and Clinical Psychology, 38(3), 245-275.
- Lindgren, K. P., Baldwin, S. A., Ramirez, J. J., Olin, C. C., Peterson, K. P., Wiers, R. W., Teachman, B. A., Norris, J., Kaysen, D., & Neighbors, C. (2019). Self-control, implicit alcohol associations, and the (lack of) prediction of consumption in an alcohol taste test with college student heavy episodic drinkers. PloS One, 14(1), e0209940.
- Sarfan, L. D., Clerkin, E. M., Teachman, B. A., & Smith, A. R. (2019). Do thoughts about dieting matter? Testing the relationship between thoughts about dieting, body shape concerns, and state self-esteem. Journal of Behavior Therapy and Experimental Psychiatry, 62, 7-14.
- Teachman, B. A. (2019). Commentary on Hofmann and Hayes: The Water Looks Inviting, but How and When Do We Jump in?. Clinical Psychological Science, 7(1), 57-59.
- Boukhechba, M., Chow, P. I., Fua, K., Teachman, B. A., & Barnes L. E. (2018). Predicting social anxiety from GPS traces of college students. Journal of Medical Internet Research, 5(3).
- Chow, P. I., Portnow, S., Zhang, D., Salemink, E., Wiers, R. W., & Teachman, B. A. (2018). Comorbid interpretation and expectancy bias in social anxiety and alcohol use. Anxiety, Stress, and Coping, 31(6), 669-685.
- Edwards, C. B., Portnow, S., Namaky, N., & Teachman, B. A. (2018). Training less threatening interpretations over the Internet: Impact of priming anxious imagery and using a neutral control condition. Cognitive Therapy and Research, 42(6), 832-843.
- Geyer, E. C., Fua, K. C., Daniel, K. E., Chow, P. I., Bonelli, W., Huang, Y., Barnes, L. E. & Teachman, B. A. (2018). I Did OK, but Did I Like It? Using Ecological Momentary Assessment to Examine Perceptions of Social Interactions Associated With Severity of Social Anxiety and Depression. Behavior Therapy, 49(6), 866-880.
- Lindgren, K. P., Baldwin, S. A., Olin, C. C., Wiers, R. W., Teachman, B. A., Norris, J., Kaysen, D., & Neighbors, C. (2018). Evaluating within-person change in implicit alcohol associations: Increases in implicit alcohol associations predict changes in drinking risk and vice-versa. Alcohol and Alcoholism, 1-18.
- Lindgren, K. P., Ramirez, J. J., Wiers, R. W., Teachman, B. A., Norris, J., Olin, C. C., Gasser, M. L., Kaysen, D., & Neighbors, C. (2018). Mood selectively moderates the implicit alcohol association–drinking relation in college student heavy episodic drinkers. Psychology of Addictive Behaviors, 32(3), 338-349.
- Millner, A. J., Coppersmith, D. D., Teachman, B. A., & Nock, M. K. (2018). The Brief Death Implicit Association Test: Scoring recommendations, reliability, validity, and comparisons with the Death Implicit Association Test. Psychological Assessment, 30(10), 1356.

- Montes, K. S., Olin, C. C., Teachman, B. A., Baldwin, S. A., & Lindgren, K. P. (2018). Hazardous drinking has unique relationships with implicit and explicit drinking identity. Addictive Behaviors, *87*, 155-161.
- Muñoz, R. F., Chavira, D. A., Himle, J. A., Koerner, K., Muroff, J., Reynolds, J., Rose, R. D., Ruzek, J. I., Teachman, B. A., & Schueller, S. M. (2018). Digital apothecaries: A vision for making health care interventions accessible worldwide. mHealth, *4*.
- Chow, P. I., Fua, K., Huang, Y., Bonelli, W., Xiong, H., Barnes, L. E., & Teachman, B. A. (2017). Using mobile sensing to test clinical models of depression, social anxiety, state affect, and social isolation among college students. Journal of Medical Internet Research, *19*(3), e62.
- Chow, P. I., Gorlin, E. I., Beadel, J. R., Thomas, S., Vrana, S., Roberson-Nay, R., & Teachman, B. A. (2017). Examining the association between trait mindfulness and distress in response to a repeated CO₂ challenge. Mindfulness, 1-14.
- Fua, K. C., & Teachman, B. A. (2017). Dynamically tracking anxious individuals' affective response to valenced information. Emotion, *17*(6), 1030-1045.
- Glenn, J. J., Wertz, A. J., Slama, S. J. K., Steinman, S. A., Teachman, B. A., & Nock, M. K. (2017). Suicide and self-injury-related implicit cognition: A large-scale examination and replication. Journal of Abnormal Psychology, *126*(2), 199-211.
- Gorlin, E. I., & Teachman, B. A. (2017). The "How" and the "Why" of restoring goal-pursuit after a failure. Journal of Experimental Psychopathology, *8*(2), 88-109.
- Magee, J. C., Dreyer-Oren, S. E., Sarfan, L. D., Teachman, B. A., & Clerkin, E. M. (2017). Don't tell me what to think: Comparing self- and other-generated distraction methods for controlling intrusive thinking. Journal of Obsessive-Compulsive and Related Disorders. Advance online publication. doi:10.1016/j.jocrd.2017.12.003
- Maresh, E. L., Teachman, B. A., & Coan, J. A. (2017). Are you watching me? Interacting effects of fear of negative evaluation and social context on cognitive performance. Journal of Experimental Psychopathology, *8*(3), jep-059516.
- Namaky, N., Beltzer, M. L., Wertz, A. J., Lambert, A. E., Isaacowitz, D. M., & Teachman, B. A. (2017). Moderators of age effects on attention bias toward threat and its association with anxiety. Journal of Affective Disorders, *216*, 46-57
- Narr, R., & Teachman, B. A. (2017). Using advances from cognitive behavioral models of anxiety to guide treatment for social anxiety disorder. Journal of Clinical Psychology, *73*(5), 524-535.
- Roberson-Nay, R., Gorlin, E. I., Beadel, J. R., Cash, T., Vrana, S., & Teachman, B. A. (2017). Temporal stability of multiple response systems to 7.5% carbon dioxide challenge. Biological Psychology, *124*, 111-118.

- Werntz, A. J., Green, J. S., & Teachman, B. A. (2017). Implicit health associations across the adult lifespan. Psychology and Health, 32(12), 1429-1448.
- Beadel, J. R., Mathews, A., & Teachman, B. A. (2016). Cognitive Bias Modification to enhance resilience to a panic challenge. Cognitive Therapy and Research, 40(6), 799-812.
- Beadel, J. R., Ritchey, F. C., & Teachman, B. A. (2016). Role of fear domain match and baseline bias in interpretation training for contamination fear. Journal of Experimental Psychopathology, 7(1), 49-71.
- Cha, C. B., Glenn, J. J., Deming, C. A., D'Angelo, E. J., Hooley, J. M., Teachman, B. A., & Nock, M. K. (2016). Examining potential iatrogenic effects of viewing suicide and self-injury stimuli. Psychological Assessment, 28(11), 1510-1515.
- Gorlin, E. I., Lambert, A. E., & Teachman, B. A. (2016). When does it hurt to try? Effort as a mediator of the links between anxiety symptoms and the frequency and duration of unwanted thought recurrence. Personality and Individual Differences, 98, 137-144.
- Kulesza, M., Matsuda, M., Ramirez, J. J., Werntz, A. J., Teachman, B. A., & Lindgren, K. P. (2016). Towards greater understanding of addiction stigma: Intersectionality with race/ethnicity and gender. Drug and Alcohol Dependence, 169, 85-91.
- Lindgren, K. P., Gasser, M. L., Werntz, A. J., Namaky, N., Baldwin, S. A., & Teachman, B. A. (2016). Moderators of implicit and explicit drinking identity in a large US adult sample. Addictive Behaviors, 60, 177-183.
- Lindgren, K. P., Neighbors, C., Teachman, B. A., Baldwin, S. A., Norris, J., Kaysen, D., Gasser, M. L., & Wiers, R. W. (2016). Implicit alcohol associations, especially drinking identity, predict drinking over time. Health Psychology, 35(8), 908-918.
- Lindgren, K. P., Ramirez, J. J., Namaky, N., Olin, C. C., & Teachman, B. A. (2016). Evaluating the relationship between explicit and implicit drinking identity centrality and hazardous drinking. Addictive Behaviors Reports, 4, 87-96.
- Rowell, S. F., Green, J. S., Teachman, B. A., & Salthouse, T. A. (2016). Age does not matter: memory complaints are related to negative affect throughout adulthood. Aging and Mental Health, 20(12), 1255-1263.
- Werntz, A. J., Steinman, S. A., Glenn, J., Nock, M., & Teachman, B. A. (2016). Characterizing implicit mental health evaluations across clinical domains. Journal of Behavior Therapy and Experimental Psychiatry, 52, 17-28.
- Cody, M. W., Steinman, S. A., & Teachman, B. A. (2015). True and false memories in social anxiety disorder: Effects of speech anticipation and social content. Cognitive Therapy and Research, 39(6), 797-807.
- Emeh, C., Mikami, A. Y., & Teachman, B. A. (2015). Explicit and implicit positive illusory bias in children with attention-deficit/hyperactivity disorder. Journal of Attention Disorders. Advance online publication. doi:10.1177/1087054715612261
- Gorlin, E. I., & Teachman, B. A. (2015). Inhibitory control as a moderator of threat-related

- interference biases in social anxiety. Cognition and Emotion, 29(4), 723-735.
- Gorlin, E. I., & Teachman, B. A. (2015). Threat interference biases predict socially anxious behavior: The role of inhibitory control and minute of stressor. Behavior Therapy, 46(4), 493-509.
- Green, J. S., Magee, J. C., Steiner, A., & Teachman, B. A. (2015). When the “Golden Years” turn blue: Using the healthy aging literature to elucidate anxious and depressive disorders in older adulthood. International Journal of Behavioral Development, 41(2), 295-307.
- Kulesza, M., Teachman, B. A., Werntz, A. J., Gasser, M. L., & Lindgren, K. P. (2015). Correlates of public support toward federal funding for harm reduction strategies. Journal of Substance Abuse Treatment, Prevention and Policy, 10, 25.
- Lindgren, K. P., Neighbors, C., Teachman, B. A., Gasser, M. L., Kaysen, D., Norris, J., & Wiers, R. W. (2015). Habit doesn't make the predictions stronger: Implicit alcohol associations and habitualness predict drinking uniquely. Addictive Behaviors, 45, 139-145.
- Lindgren, K. P., Neighbors, C., Wiers, R. W., Gasser, M. L., & Teachman, B. A. (2015). Evaluating implicit drinking identity as a mediator of drinking motives and drinking outcomes. Addictive Behaviors, 43, 33-38.
- Lindgren, K. P., Wiers, R. W., Teachman, B. A., Gasser, M. L., Westgate, E. C., Cousijn, J., Enkema, M. C., & Neighbors, C. (2015). Attempted training of alcohol approach and drinking identity associations in us undergraduate drinkers: Null results from two studies. PLOS ONE. 10(8), e0134642.
- Mikami, A. Y., Schad, M. M., Teachman, B. A., Chango, J. M., & Allen, J. P. (2015). Implicit versus explicit rejection self-perceptions and adolescents' interpersonal functioning. Personality and Individual Differences, 86, 390-393.
- Roberson-Nay, R., Beadel, J. R., Gorlin, E. I., Latendresse, S. J., & Teachman, B. A. (2015). Examining the latent class structure of CO2 hypersensitivity using time course trajectories of panic response systems. Journal of Behavior Therapy and Experimental Psychiatry, 47, 68-76.
- Savage, J. E., McMichael, O., Gorlin, E. I., Beadel, J. R., Teachman, B. A., Vladimirov, V. I., Hettema, J. M., & Roberson-Nay, R. (2015). Validation of candidate anxiety disorder genes using a carbon dioxide challenge task. Biological Psychology, 109, 61-66.
- Steinman, S. A., & Teachman, B. A. (2015). Training less threatening interpretations over the Internet: Does the number of missing letters matter? Journal of Behavior Therapy and Experimental Psychiatry, 49, 53-60.
- Teachman, B. A., Norton, M. I., & Spellman, B. A. (2015). Memos to the president from a “Council of Psychological Science Advisors”. Perspectives on Psychological Science, 10, 697-700.
- Beadel, J. R., Smyth, F. L., & Teachman, B. A. (2014). Change processes during cognitive bias modification for obsessive compulsive beliefs. Cognitive Therapy and Research, 38, 103-119.
- Cabeleira, C., Steinman, S. A., Burgess, M. M., Bucks, R., MacLeod, C., Melo, W., & Teachman, B. A. (2014). Expectancy bias in anxious samples. Emotion, 14, 588-601.

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Chow, P. I., Fua, K., Xiong, H., Bonelli, W., Teachman, B. A., & Barnes, L. E. (2016). SAD: Social anxiety and depression dynamic monitoring system. Proceedings of the 2016 Computing and Mental Health Workshop, CHI: ACM Conference on Human Factors in Computing Systems (pp. 1-4).

Huang, Y., Xiong, H., Leach, K., Zhang, Y., Chow, P., Fua, K., Teachman, B. A., & Barnes, L. E. (2016). Assessing social anxiety using GPS trajectories and point-of-interest data. Proceedings of the 2016 ACM International Joint Conference on Pervasive and Ubiquitous Computing (pp. 898-903).

- **Book Reviews**

Teachman, B. A., & Gordon, T. L. (2004). Chicken soup for the psychologists' soul. Review of *Psychology 101½: The Unspoken Rules for Success in Academia* by Robert Sternberg. Contemporary Psychology: The APA Review of Books, 49, 792-794. doi:10.1037/004885

Teachman, B. A. (2004). Choosing a yellow brick road. Review of *Beginnings: The art and science of planning psychotherapy* by Mary Jo Peebles-Kleiger. Contemporary Psychology: The APA Review of Books, 49, 496-498. doi:10.1037/004413

- **Other Published Work**

Teachman, B. A. (2018, February). Finding new ways to calm the anxious mind. Psychological Science Agenda, 32(2). Retrieved from <https://www.apa.org>

Hollon, S., Bufka, L., & Teachman, B. A. (2018, May). Clinical practice guidelines are based on the literature we have, not the literature we wish we had: Response to Henriques, Saunders, and Otto. Clinical Psychologist.

- Teachman, B. A., Bufka, L., & Hollon, S. (2018, May). Advancing and disseminating the science of clinical psychology through American Psychological Association's Clinical Practice Guidelines. Clinical Psychologist.
- McKay, D., Jensen-Doss, A., Lilienfeld, S. O., Teachman, B., & White, B. (2018, September). Assessing harms and benefits in psychological interventions: Update from the Coalition for the Advancement and Application of Psychological Science (CAAPS). The Behavior Therapist.
- Teachman, B. A., Prinstein, M., McKay, D., Barch, D., & Hollon, S. (2017). Gaps in our understanding about how to reduce the burden of mental illness that psychosocial research can help fill. Brief submitted to the National Institute of Mental Health.
- Teachman, B. A. (2017, February). Working together to promote clinical science. The Behavior Therapist, 40(2), 54-55.
- Teachman, B. A. (2016, June 22). This is how I work [Web log post]. Retrieved from <https://howiwork-sci.com/2016/06/22/bethany-teachman/>
- Werntz, A. J., Kline, E., & Teachman, B. A. (2016, October 20). A therapist-free intervention that offers promise for reducing feelings of anxiety [Web log post]. Retrieved from <https://www.anxiety.org/cognitive-bias-modification-internet-based-treatment-for-anxiety-disorders>
- Lilienfeld, S., & Teachman, B. A. (2015, November 17). What is clinical science? [Web log post]. Retrieved from <http://alumni.virginia.edu/learn/2015/11/17/what-is-clinical-science/>
- Teachman, B. A. (2015, December 2). Jeb Bush was wrong: There are many careers for psychological scientists [Web log post]. Retrieved from <http://www.psychologicalscience.org/index.php/publications/observer/obsonline/many-careers-for-psychological-scientists.html>
- Teachman, B. A. (2014). Society for a Science of Clinical Psychology Presidential Column: Everyone should be so lucky! Clinical Science, *fall issue*.
- Teachman, B. A. (2014). Society for a Science of Clinical Psychology Presidential Column: Thinking about our future. Clinical Science, *spring issue*.
- Teachman, B. A. (2014). Society for a Science of Clinical Psychology Presidential Column: Don't just talk amongst yourselves, talk to someone new. Clinical Science, *winter issue*, 2-3.
- Teachman, B. A. (2012). Awards biography and bibliography. American Psychologist, 67, 644-646.
- Teachman, B. A. (2011). Training grants encourage integration of clinical science and practice. Invited article for Association for Psychological Science Observer, 25(1).
- Teachman, B. A. (2011). SSCP and APS team up to develop new job mentorship program. Invited article for Clinical Science, 14(3), 7.
- Teachman, B. A., & Steinman, S. A. (2010). Challenges and rewards of teaching and learning about evidence based practice. Invited article for Clinical Science, *fall issue*, 9-11.

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

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

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

Invited Talks and Colloquium

MindTrails: Using technology to change anxious thinking in the real world

Institute of Advanced Studies, University of Western Australia 2019, March

Center for Clinical Interventions, Government of Western Australia 2019, March

MindTrails: Using technology to shift anxious thinking

UVA Dynamics of Healthy Development Blitzarama 2018, October

Understanding anxiety in college students: Using technology to shift anxious thinking

UVA College Foundation 2018, October

Moving from the clinic to a screen near you: Changing anxious thinking in the real world

College Foundation New York Regional Board Meeting 2018, May

When conflict arises: Understanding the options available to faculty to raise & address complaints

University of Virginia, Faculty Guide program 2018, April

Faculty-Senate Retirement workshop

University of Virginia, Faculty Guide program 2018, March

Can I think about this a different way? Using digital technology to change anxious interpretations

University of Virginia, Social Psychology Seminar, Charlottesville, VA 2017, December

Am I done yet? Planning the right path to retirement

University of Virginia, Faculty Guide program 2017, November

Using technology to promote innovative Lithuanian mental health solutions

Lithuanian Ministry of Health Forum on Mental Health Innovations 2017, September

Taking a Break: Understanding the Different Types of Faculty Leaves

University of Virginia, Faculty Guide program 2017, September

Psychological First Aid

University of Virginia, Clinical Psychology Seminar, Charlottesville, VA 2017, September

Anxiety and its management

University of California, Davis Men's Basketball Team 2016, December

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

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

Virginia Conference on Geriatric Care: 'Sharing the Challenge: Tools for Successful Caregiving'

Emotional influences on perception and cognition: Be afraid...be very afraid 2008, February
University of Virginia psychology department colloquium

Anxiety disorders: Assessment, etiology, and treatment 2006-2008 (annually), February
Guest Lecture for University of Virginia's Curry Programs in Clinical and School Psychology

Automatic perceptual biases: A novel mode of fear expression 2007, December
FWO Scientific Research Community Meeting, Ghent, Belgium

Information processing in anxiety disorders: Automatic and insidious 2007, November
Early Career Award Address: Anxiety SIG, Association for Behavioral and Cognitive Therapies

Aging, bodily threat and anxiety
Maxnet Aging International Research Network meeting, Stockholm, Sweden. 2007, June

Changing interpretations: Consequences for anxiety disorders
University of Virginia, Cognitive Psychology Seminar, Charlottesville, VA. 2006, November

Aging, arousal and anxiety
Maxnet Aging International Research Network meeting, Charlottesville, VA. 2006, May

Aging and cognitive theories of anxiety
Maxnet Aging International Research Network meeting, Marbella, Spain. 2005, November

Obsessional beliefs and implicit appraisals of intrusive thoughts.
Stanford University, Psychology Department Personality Seminar, Stanford, CA. 2005, October

Using implicit associations to test cognitive theories of anxiety
Implicit Cognition and Attention in Experimental Psychopathology and Health 2005, August
research meeting, Netherlands.

Cognitive processing in anxiety disorders: Untangling the web of fear associations
Virginia Polytechnic Institute and State University, Blacksburg, VA. 2004, November

Cognitive processing in anxiety disorders: Why spiders are so creepy
Washington and Lee University, Lynchburg, VA. 2004, April

Using implicit cognition to examine changes following treatment for phobias and panic disorder
Implicit Cognition in Psychopathology Meeting, Belgium. 2003, August

Supporting your loved one: Coping and resources
Annual meeting of the National Eating Disorders Association, St. Charles, IL. 2003, October

Untangling the web of fear associations: An investigation of automatic processing in spider phobia
University of Wisconsin, Madison, WI. 2001, May
University of Pennsylvania, Philadelphia, PA. 2001, November
University of Waterloo, Waterloo, ON. 2002, January
University of Western Ontario, London, ON. 2002, January
University of Virginia, Charlottesville, VA. 2002, February
University of Missouri, Columbia, MO. 2002, February
Harvard University, Cambridge, MA 2002, March
Massachusetts General Hospital, Boston, MA 2002, June

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| <u>The skinny on automatic anti-fat bias</u> | |
| University of Wisconsin, Madison, WI. | 2001, October |
| University of Pennsylvania, Philadelphia, PA. | 2001, November |
| <u>Implicit fearful attitudes toward critters that creep and crawl</u> | |
| Yale University, Current Topics in Clinical Psychology, New Haven, CT. | 1999, November |
| <u>What you lookin' at? Self-focused attention, causal attributions and social anxiety</u> | |
| Yale University, Current Topics in Clinical Psychology, New Haven, CT. | 1999, January |
| Yale University, Current Topics in Social Psychology, New Haven, CT. | 1999, February |

Invited Meetings and Consulting

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| Co-leader of the Multidisciplinary Mental Health Summit on behalf of the Coalition for the Advancement and Application of Psychological Science | 2018 |
| Invited Chair for Association for Behavioral and Cognitive Therapies' Inaugural Think Tank on Advancing Digital Technologies to Provide Evidence-Based Care | 2017, 2018 |
| A conversation with NIMH leadership about the role of psychosocial research | 2017 |
| Coalition for the Advancement and Application of Psychological Science Virtual Town Hall (Organizer and moderator) | |
| Coalition for the Advancement and Application of Psychological Science (Chair bi-annual half-day meetings in spring and fall) | 2016-present |
| Clinical Science Summits sponsored by Association for Psychological Science | 2015 (August, October) |
| "Champions of psychology." Invited participant by the Association for Psychological Science Student Caucus at the annual meeting of the Association for Psychological Science, Washington D.C. | 2013 |
| Expert witness | 2010-2012 |
| "Schizophrenia prevention: Using the tools of cognitive neuroscience to understand stigma associated with the risk label in the community." Supported by the Irving Institute for Clinical and Translational Research of Columbia University | 2010-2011 |
| "Stigma Associated with a High-Risk State for Psychosis: Potential Adoption of a Controversial Diagnosis for DSM-V." Supported by Columbia University School of Public Health, Calderone Prize awarded to Lawrence Yang | 2009-2011 |
| Research Community of the Flemish Science Foundation (FWO-Vlaanderen): "Automatic Processes in Psychopathology and Health Related Behavior" | 2007-2012 |
| 'B' is for Bias, Southern Poverty Law Center | 2006 |
| American Psychological Association Science Leadership Conference | 2005, 2007 |

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| Selected Conference Presentations (since 2010) |
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- Teachman, B. A. (November, 2018). Conversation with NIMH Director Dr. Joshua Gordon on clinical psychological science, and ABCT and NIMH's shared mission to reduce the burden of mental illness. Invited moderator at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, D.C.
- Beltzer, M. L., Moulder, R. G., Baker, C., Comer, K., Teachman, B. A. (November, 2018). From Sandy Hook to Sutherland Springs: How mass shootings affect stigma about mental illness. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, D.C.
- Teachman, B. A. (November, 2018). The opportunities and limitations of digital interventions for emotional difficulties. Invited panel member at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, D.C.
- Teachman, B. A. (November, 2018). A duty to warn? A discussion of potentially harmful therapies. Invited panel member at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, D.C.
- Lucas, R. E., Fried, E., Kring, A., Teachman, B. A., & Wright, A. (May, 2018). Reproducibility in clinical science. Invited panel member at the annual meeting of the Association for Psychological Science, San Francisco, CA.
- Gorlin, E. I., Lambert, A. E., Teachman, B. A. (April, 2018). Self-focus without self-awareness: Probing the cognitive, affective, and motivational predictors of unaware mind-wandering during a reading comprehension task. Paper presented at the annual meeting of the Anxiety and Depression Association of America, Washington, DC.
- Teachman, B. A. (March, 2018). APA Clinical Practice Guidelines: Where are we now & where are we going? Invited presentation at the annual meeting of the American Psychological Association's Practice Leadership Conference, Washington, DC.
- Beadel, J. R., Mathews, A., & Teachman, B. A. (November, 2017). Increasing resilience to panic sensations through cognitive bias modification in an anxiety sensitive sample. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
- Beltzer, M.L., Adams, S.J., Beling, P.A., & Teachman, B.A. (November, 2017). Social anxiety and dynamic social reinforcement learning in a volatile environment. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
- Fua, K., & Teachman, B.A. (November, 2017). Tracking affective ratings over time: Anxious individuals' dynamic reactions to valenced information. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
- Steinman, S. A., Namaky, N., Thomas, S., Meissel, E., St. John, A. T., Pham, N., Werntz, A. J., Saunders, T., Gorlin, E. I., Arbus, S., Beltzer, M., Soroka, A. & Teachman, B. A. (November, 2017). Maximizing effects for cognitive bias modification for threat interpretations: Testing 15 variants of training. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
- Teachman, B. A. (November, 2017). Refining our understanding of cognitive biases in social anxiety: New insights based on diverse methodologies. Invited discussant at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
- Teachman, B. A. (November, 2017). New grounds to promote CBT in diverse contexts: Implications of clinical practice guidelines for clinical training, practice, research, and policy. Chair of panel at the annual meeting of the Association for Behavioral and Cognitive

- Therapies, San Diego, CA.
- Teachman, B. A. (November, 2017). The Virtual Research Lab: Opportunities and Challenges. Invited panelist at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
- Beltzer, M.L., Adams, S.J., Beling, P.A., & Teachman, B.A. (2017, October). Social anxiety and dynamic social reinforcement learning in a volatile environment: Evaluating differences in learning rate over time. Paper presented at the International Max Planck Research School on the Life Course (LIFE) Conference. Zurich, Switzerland.
- Chow, P. I., Huang, Y., Gong, J., Rucker, M., Bonelli, W., Leach, K., Fua, K., Gerber, M. S., Boukhechba, M., Teachman, B. A., & Barnes L. E. (October, 2017). Using smartphone sensors to understand behavioral dynamics of social anxiety. Paper presented at the meeting of the International Society for Research on Internet Interventions, Berlin, Germany.
- Beltzer, M.L., Moulder, R.L., Starns, A., Teachman, B.A. (May, 2017). Stigma in America: Large-scale effects of implicit and explicit beliefs about the dangerousness of individuals with mental illness. Paper presented at the annual meeting of the Association for Psychological Science, Boston, MA.
- Werntz, A. J., Ko, T. M., & Teachman, B. A. (May, 2017). Attitudes about mental health interventions: Treatment experience relates to implicit and explicit intervention efficacy associations. Paper presented at the annual meeting of the Association for Psychological Science, Boston, MA.
- Werntz, A. J., & Teachman, B. A. (2017, May). Examining implicit and explicit attitudes about mental health treatment across the adult lifespan. Paper presented at the International Max Planck Research School on the Life Course (LIFE) Conference. Ann Arbor, MI.
- Gorlin, E. I., & Teachman, B. A. (April, 2017). The “how” and the “why” of reengaging in goal-pursuit after a stressful failure: A novel intervention strategy. Paper presented at the annual meeting of the Anxiety and Depression Association of America, San Francisco, CA.
- Steinman, S. A., Namaky, N., Thomas, S., Meissel, E., St. John, A. T., Pham, N., Werntz, A. J., Saunders, T., Gorlin, E. I., Arbus, S., Beltzer, M., Soroka, A. & Teachman, B. A. (April, 2017). Which variations of cognitive bias modification for interpretations lead to the strongest effects? Paper presented at the annual meeting of the Anxiety and Depression Association of America, San Francisco, CA.
- Glenn, J. J., Nobles, A. L., Barnes, L., & Teachman, B. A. (October, 2016). Applying machine learning to electronic communications to identify suicide risk in real time. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York.
- McKay, D., Chambless, D., Teachman, B., Mancusi, L., Holloway, E., Jurska, J., & Grossman, S. (October, 2016). Changing funding trends from the National Institute of Mental Health: 1997-2015. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York.
- Teachman, B. A. (October, 2016). Psychological risk factors for anxiety and depressive disorders: Results from the Netherlands Study of Depression and Anxiety (NESDA). Invited discussant at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York.
- Teachman, B. A. (May, 2016). Advances in propection research: Making the future bright. Chair, symposium presented at the annual meeting of the Association for Psychological Science, New York, NY.
- Glenn, J. J., & Teachman, B. A. (November, 2015). Social anxiety and the prediction of future affect. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

- Gorlin, E. I., Lambert, A. E., & Teachman, B. A. (November, 2015). When does it hurt to try? Motivational and neurocognitive factors in the link between anxiety symptoms and unwanted thought recurrence. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Reuland, M. M. & Teachman, B. A. (November, 2015). Interpretation bias modification for youth and their parents: A novel treatment for early adolescent social anxiety. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Teachman, B. A. (November, 2015). Beyond reaction time bias: Neural, physiological, ecological, and clinical correlates of information processing mechanisms. Invited discussant at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Teachman, B. A. (November, 2015). Prospection: An examination of future thinking across anxiety, depression, and suicide. Invited discussant at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Lindgren, K. P., Neighbors, C., Ramirez, J., Gasser, M. L., Norris, J., Kaysen, D., Teachman, B. A., & Wiers, R.W. (June, 2015). Implicit and explicit alcohol cognitions predict alcohol outcomes prospectively. Paper presented at the annual meeting of the Research Society on Alcoholism, San Antonio, TX.
- Reuland, M. M., & Teachman, B. A. (May, 2015). Interpretation bias modification for youth and their parents: A novel treatment for early adolescent social anxiety. Paper presented at the annual meeting of the Association for Psychological Science, New York, NY.
- Steinman, S. A., & Teachman, B. A. (May, 2015). Internet-based cognitive bias modification: Impact of training. Paper presented at the annual meeting of the Association for Psychological Science, New York, NY.
- Teachman, B. A. (May, 2015). How to get published: Guidance from journal editors. Invited panel discussion at the annual meeting of the Association for Psychological Science, New York, NY.
- Beadel, J. R., Ritchey, F. C., & Teachman, B. A. (November, 2014). Importance of fear domain match in cognitive bias modification for interpretations. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Cha, C. B., Glenn, J. J., Deming, C. A., Hooley, J. M., Teachman, B. A., & Nock, M. K. (November, 2014). Any harm in asking? Examining iatrogenic effects of self-injury and suicide assessment. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Clerkin, E. M., Wertz, A. J., Magee, J. C., Lindgren, K. P., & Teachman, B. A. (November, 2014). Linking social anxiety and alcohol problems: Evaluating age differences in coping motives as a mediator. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Glenn, J. J., Steinman, S. A., Wertz, A. J., Slama, S. J. K., Teachman, B. A., & Nock, M. K. (November, 2014). Using implicit cognition tools to assess suicidal and self-injurious behaviors. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Gorlin, E. I. & Teachman, B. A. (November, 2014). Threat-related attentional biases as unique predictors of impaired social performance: When and for whom? Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Steinman, S. A., & Teachman, B. A. (November, 2014). Comparing the efficacy of cognitive bias modification and exposure therapy to reduce height fear. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Teachman, B. A. (November, 2014). Addressing controversies in empirically supported

- treatments: New standards on the horizon? Panel member at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Teachman, B. A. (November, 2014). New directions in information processing and psychopathology. Invited discussant at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Teachman, B. A. (November, 2014). Reexamining implicit cognition in psychopathology: The role of associative and propositional processes. Invited discussant at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Werntz, A. J., Steinman, S. A., Glenn, J. J., Nock, M. K., & Teachman, B. A. (November, 2014). Project Implicit Mental Health: Findings from a large-scale demonstration website. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Teachman, B. A. (August, 2014). Rising stars in clinical science from the Society for a Science of Clinical Psychology. Chair of symposium presented at the annual meeting of the American Psychological Association, Washington D.C.
- Teachman, B. A., & Werntz, A. J. (May, 2014). Project Implicit Mental Health: An online platform to discover mental health associations outside conscious control. Paper presented at the annual meeting of the Association for Psychological Science, San Francisco, CA.
- Gorlin, E. I., & Teachman, B. A. (November, 2013). Attentional control as a moderator of threat-related attentional biases in social anxiety. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
- Teachman, B. A. (November, 2013). Cognitive bias modification for treatment of anxiety disorders: Big picture considerations for implementation in the clinical setting. Panel member at the annual meeting of the Association of Behavioral and Cognitive Therapies, Nashville, TN.
- Teachman, B. A. (July, 2013). It's outside my control: Role of automatic cognitive processing in psychopathology. Moderator for Panel Discussion at the tri-annual meeting of the World Congress of Behavioral and Cognitive Therapies, Lima, Peru.
- Teachman, B. A. (July, 2013). Characterizing disgust-related processes: Implications for anxiety and related disorders (Chair: B. Olatunji). Invited discussant at the tri-annual meeting of the World Congress of Behavioral and Cognitive Therapies, Lima, Peru.
- Teachman, B. A. (July, 2013). Emerging contributions of cognitive bias modification (CBM) to health psychology (Chair: L. Notebaert). Invited discussant at the tri-annual meeting of the World Congress of Behavioral and Cognitive Therapies, Lima, Peru.
- Steinman, S. A., & Teachman, B. A. (May, 2013). Evaluating a novel treatment for height fear: Cognitive bias modification for interpretations. Paper presented at the annual meeting of the Association for Psychological Science, Washington D.C.
- Teachman, B. A. & Clerkin, E. M. (May, 2013). Regaining control of implicit anxiety associations. Invited symposium by the NIAAA (Co-chairs E. Witt and D. Falk), Implicit cognitions as modifiable targets in behavioral interventions. Paper presented at the annual meeting of the Association for Psychological Science, Washington D.C.
- Lindgren, K.P., Westgate, E. C., Gasser, M., Teachman, B., & Neighbors, C. (January, 2013). Drinker + Me: Implicit drinking identity as a predictor of drinking outcomes and intervention target. Paper presented at the annual conference of the Society for Personality and Social Psychology, New Orleans, LA.

- Clerkin, E. M., & Teachman, B. A. (November, 2012). Training OC-relevant interpretations: Lessons learned and extension to BDD. Paper presented at the annual conference of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
- Cody, M. W., & Teachman, B. A. (2012, November). Lured by illusion: Social phobia, anticipation, and false memories. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
- Steinman, S. A., & Teachman, B. A. (2012, November). Negative expectancy bias in anxious samples. Paper presented at the annual conference of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
- Teachman, B. A. (November, 2012). Recollective and anticipatory processes in SAD: Two sides of the same coin? New insights from experimental and clinical studies. Invited discussant at the annual conference of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
- Drabick, D., & Teachman, B.A. (Co-chairs) (2012, August). Emotion regulation from practice and research perspectives - Building an evidence-based bridge. Panelists: Eunice Chen, Marvin Goldfried, Lisa Napolitano. Invited panel at the annual meeting of the American Psychological Association, Orlando, FL.
- Teachman, B. A., & Clerkin, E. M. (2012, August). Altering automatic cognitive processing biases to improve emotion regulation skills: Social anxiety as a prototype. Invited symposium at the annual meeting of the American Psychological Association, Orlando, FL.
- Green, J. S., & Teachman, B.A. (2012, May). The age of anxiety: A multi-dimensional perspective on age and anxiety across the adult life span. Paper presented at the international program on lifespan development, International Max Planck Research School, Berlin, Germany.
- Steinman, S. A., & Teachman, B. A. (2012, April). Comparing interpretation bias modification to exposure therapy for acrophobia. Paper presented at the annual meeting of the Anxiety Disorders Association of America, Arlington, VA.
- Steinman, S. A., Teachman, B. A., & Smyth, F. L. (2011, November). Challenges of measuring implicit associations for complex clinical issues: Anxiety sensitivity as a prototype. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
- Teachman, B. A. (2011, November). Comorbid anxiety and disordered eating: Research findings and implications for treatment. Invited discussant at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
- Steinman, S. A., & Teachman, B. A. (2011, May). Implicit associations in anxiety and related disorders: Stories of success and failure. Paper presented at the annual meeting of the Association for Psychological Science, Washington, DC.
- Teachman, B. A. (2011, May). Using the tools of cognitive science to advance clinical theory and practice. Chair of symposium presented at the annual meeting of the Association for Psychological Science, Washington, DC.
- Simpson, J., & Teachman, B. A. (2010, November). The effect of implicit association training on emotional vulnerability in contamination fearful adults. Paper presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, San Francisco, CA.
- Steinman, S. A., & Teachman, B. A. (2010, November). Patterns and mechanisms of change in panic disorder. Paper presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, San Francisco, CA.

Teachman, B. A. (Chair) (2010, November). The elusive search: Finding work-life balance across stages of life and stages of career. Panelists: Bethany Teachman, Amie Grills-Taquechel, Alison McLeish, Elissa Brown. Panel presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, San Francisco, CA.

Teachman, B. A., & Smith-Janik, S. J. (2010, November). Disgust is a minor player in memory biases in spider fear. Paper presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, San Francisco, CA.

Teachman, B. A. (2010, June). Automatic associations in psychopathology: do they have surplus value? Invited discussant at the tri-annual meeting of the World Congress of Behavioral and Cognitive Therapies, Boston, MA.

Teachman, B. A., & Clerkin, E. M. (2010, June). Training interpretation biases among individuals with symptoms of obsessive compulsive disorder. Paper presented at the tri-annual meeting of the World Congress of Behavioral and Cognitive Therapies, Boston, MA.

Teaching Experience

Courses taught:

Abnormal Psychology (undergraduate lecture course)

Experimental Psychopathology (graduate seminar)

Psychological Intervention (graduate seminar)

Fear and Anxiety Disorders (undergraduate seminar)

Cognitive Biases in Anxiety and Related Disorders (undergraduate seminar)

Clinical Training and Experience

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

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

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

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

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

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

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

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

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| Leadership and Service Experience |
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National:

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

University of Virginia:

- 2018-present Chair, Arts and Sciences Committee to Implement the Future of Graduate Education
- 2018-present President Jim Ryan's University's Strategic Planning Committee

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

Regional

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| 2017-present | Charlottesville Area Community Foundation, Grants Portfolio Committee |
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Visiting Scholars (hosted by the lab):

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| 2018 | Nicola Hohensee (Germany) |
| 2010 | Wilson Melo (Brazil) |
| 2007-2008 | Bogdan Tulbure (Romania) |

Professional Affiliations

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

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| Ad Hoc Reviewer |
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Journals:

- Addictive Behaviors
- American Psychologist
- Anxiety, Stress and Coping
- Behavior Therapy
- Behaviour Research and Therapy
- Biological Psychology
- Child Development
- Clinical Psychology Review
- Cognitive Therapy and Research
- Depression and Anxiety
- Emotion
- Health Psychology
- International Journal of Cognitive Therapy
- Journal of Abnormal Psychology
- Journal of Abnormal Child Psychology
- Journal of Adolescent Health
- Journal of Affective Disorders
- Journal of Anxiety Disorders
- Journal of Behavior Therapy and Experimental Psychiatry
- Journal of Consulting and Clinical Psychology
- Journal of Psychiatric Research
- Journal of Social and Clinical Psychology
- Personality and Individual Differences
- Personality and Social Psychology Bulletin
- PLOS One
- Psychological Assessment
- Psychological Bulletin
- Psychological Medicine
- Psychological Science
- Psychology and Aging

Grant Agencies:

- National Institute of Mental Health Review Panels
 - ZMH1 ERB-D: Developmental/Early Phase Clinical Trials, 2016
 - ZMH1 ERB-D: Interventions/Biomarkers, 2016
 - Exploratory Clinical Trials of Novel Interventions for Mental Disorders (R61/R33), 2017
 - ZMH1 ERB-D: Special Emphasis Panel/Scientific Review Group, 2018 (R61/R33 early phase clinical trial applications for psychosocial/preventive interventions; R01 confirmatory efficacy for non-pharmacological interventions)
 - ZMH1 ERB-D: NIMH Special Emphasis Panel/Scientific Review Group 2019
- International OCD Foundation Grant Review Committee
- Dutch Technology Foundation STW
- Netherlands Organisation for Scientific Research (NWO)
- National Institute for Health Research, UK
- National Science Foundation
- Research Council of the University of Ghent
- Research Foundation - Flanders (Fonds Wetenschappelijk Onderzoek - Vlaanderen, FWO)
- Romanian National Council for Research and Development
- UK Medical Research Council, London

Other:

External dissertation evaluator, University of Western Australia (2008)
 Center for Advanced Study in the Behavioral Sciences applicant reviewer (2011)
 External dissertation evaluator, University of Haifa (2012)
 External dissertation evaluator, University of Groningen (2012)
 External dissertation evaluator, Ryerson University (2013, 2015)

External dissertation evaluator, University of Sydney (2014, 2015)
External dissertation evaluator, Concordia University (2016)

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| Listing of Selected Conference Posters Available Upon Request |
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