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CURRICULUM VITAE

**Anu Asnaani, Ph.D.**

The University of Utah Department of Psychology  
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Education:

- 2013 Ph.D. in Clinical Psychology, Boston University  
**Dissertation title:** “*The effects of approach-avoidance modification on social anxiety disorder.*”  
Mentor: Dr. Stefan Hofmann
- 2012 Pre-doctoral Resident in Clinical Psychology, Brown Alpert Medical School
- 2008 M.A. in Clinical Psychology, Boston University  
**Masters’ Thesis title:** “*A cross-ethnic comparison of lifetime prevalence rates of anxiety disorders.*”  
Mentor: Dr. Stefan Hofmann
- 2007 B.Sc. in Psychology (with Honors), Brown University  
**Honors’ Thesis title:** “*Borderline personality disorder: A two-part study on heterogeneity within the disorder.*”  
Mentor: Dr. Mark Zimmerman

Faculty Appointments:

- 2019- Assistant Professor, Department of Psychology, University of Utah, Salt Lake City, UT
- 2014-2018 Assistant Professor in Clinical Psychology, Department of Psychiatry, University of Pennsylvania Perelman School of Medicine, Philadelphia, PA
- 2013-2014 Instructor, Department of Psychiatry, University of Pennsylvania Perelman School of Medicine, Philadelphia, PA

Hospital and Administrative Appointments:

- 2017-2018 Associate Director, Center for the Treatment and Study of Anxiety (CTSA), University of Pennsylvania Perelman School of Medicine, Philadelphia, PA
- 2015-2018 Hiring Officer for Faculty Appointments and Post-Doctoral Positions, CTSA
- 2015-2018 Foreign Visitors Liaison, CTSA
- 2014-2015 Supervisor & Hiring Officer for Research Assistant staff, CTSA

Other Appointments:

2015-2018 Adjunct Teaching Appointment, Department of Psychology, School of Arts and Sciences, University of Pennsylvania, Philadelphia, PA

Licensure:

2019-present Utah License #11390437-2501  
2015-2019 Pennsylvania License #PS017968

Awards, Honors and Membership in Honorary Societies:

2022 Anne Marie Albano Early Career Award for the Integration of Science and Practice, Association of Behavioral and Cognitive Therapies  
2022 Outstanding Service Award, Association of Behavioral and Cognitive Therapies  
2022 Irwin Altman Outstanding Faculty Award, Department of Psychology, University of Utah  
2022 Superior Teaching Award – Tenure Track Faculty, College of Social and Behavioral Sciences, University of Utah  
2021 Community-Engaged Teaching and Scholarship Award, University of Utah  
2021 CSBS Junior Faculty Research Leave Award, Awarded for Spring semester of 2021-2022 academic year, University of Utah  
2020 Outstanding Early Career Psychologist Award, American Psychological Association Division 52 (International Psychology)  
2020 ABCT Researcher Spotlight Feature, Association of Behavioral and Cognitive Therapies  
2019 Awarded seed fund from the Equality and Justice Alliance (a U.K.-based advocacy group) with Co-PI (Dr. Robyn Charlery White) to conduct trauma training workshop in-person and remotely across Caribbean region in Spring 2020  
2017 Early Career Achievement Award, Association for Behavioral and Cognitive Therapies Anxiety Disorders Special Interest Group  
2017 Selected by National Institutes of Health (NIH) for merit-based Loan Repayment Program (LRP) Award based on current research productivity and potential for receiving future NIH grant funding  
2016 Selected from competitive pool as National Institute of Minority Health and Health Disparities (NIMHD) Research Institute Scholar, NIH  
2016; 2017 Penn Undergraduate Research Mentorship (PURM) research grant, University of Pennsylvania  
2015 Emerging Professional – Contributions to Research Award, American Psychological Association Division 45 Society for the Psychological Study of Culture, Ethnicity and Race  
2014 Clinical and Translational Science Award: Community Engagement and Research Core, University of Pennsylvania

- 2011 Clara Mayo Dissertation Fellowship Award, Boston University
- 2009 Teaching Fellow of the Year Award, Boston University
- 2007 Presidential Fellowship Award, Boston University
- 2007 Graduated with Honors, Brown University
- 2006 Faculty-nominated and elected to Sigma Xi Scientific Research Honor Society, Brown University
- 2006 Selected as one of five awardees from general pool of all poster submissions to present paper in Young Investigator Research Symposium at annual conference, American Psychiatric Association

Mentored Student Awards and Honors

- 2022 Association for Behavioral and Cognitive Therapies Graduate Student Research Grant Honorable Mention (Awardee/Mentee: Graduate student Kiran Kaur)
- 2022 Association for Psychological Science Student Grant Competition Winner (Awardee/Mentee: Graduate student Kiran Kaur; Project Title: *“Identifying the role of emotion regulation flexibility in the association between acculturative stress and emotional disorders”*)
- 2022 Kevin Hawley Memorial Award for exceptional graduate student peer support (Awardee/Mentee: Graduate student Kiran Kaur)
- 2022 Herbert W. Gustafson Endowed Graduate Fellowship (Awardee/Mentee: Graduate student Kiran Kaur)
- 2022 Clinical Area research commendation for primary mentored research (Mentees: Graduate students Manny Gutierrez Chavez and Kiran Kaur)
- 2022 Clinical Area service commendation for primary mentored graduate students (Mentees: Graduate students Manny Gutierrez Chavez and Kiran Kaur)
- 2021 Virtual Conference Award for conference presentation at ABCT, The Graduate School at University of Utah (Mentee: Graduate student Manuel Gutierrez Chavez)
- 2021 Virtual Conference Award for conference presentation at ABCT, The Graduate School at University of Utah (Mentee: Graduate student Kiran Kaur)
- 2021 Co-mentored poster awarded first place ranking in CSBS Research Day Poster Competition (Mentee: Undergraduate student Angela Pham)
- 2021 Martin Harris Hiatt endowed fellowship for primary mentored research (Awardee/Mentee: Graduate student Kiran Kaur)
- 2021 Frederick T. Rhodewalt Award for Innovative Scholarship awarded to primary mentored dissertation research endowed fellowship for primary mentored research (Awardee/Mentee: Graduate student Kent Hinkson)

- 2021 CSBS Outstanding Undergraduate Researcher Award for primary mentored research (Awardee/Mentee: Undergraduate student Angela Pham)
- 2021 Clinical Area research commendation for primary mentored research (Mentee: Graduate student Kiran Kaur)
- 2021 Primary mentored poster awarded virtual conference award at ADAA annual convention (Mentee: Graduate student Kiran Kaur)
- 2020 Diverse Undergraduate Research Award given to three primary mentored undergraduate students by the Department of Psychology (Mentees: Will Tanguy, Sami Saadi Soufi, and Angela Pham)
- 2020 Co-mentored poster awarded first place ranking in ABCT Anxiety Disorders SIG poster competition at ABCT annual convention (Mentee: Post-Baccalaureate RA Jesse McCann)
- 2020 Primary mentored poster awarded first place ranking in APA Division 52 (International Psychology) at APA annual convention (Mentee: Post-Baccalaureate RA Ifrah Majeed)
- 2020 Clayton research fellowship for incoming graduate student for high level of academic achievement (Mentee: Graduate student Kiran Kaur)

## BIBLIOGRAPHY

### A. Research Publications, peer-reviewed

#### Representative publications

\* Indicates Corresponding/Senior Author on publication

\*\* Indicates Co-First Authorship on publication

1. Contractor, A. A., Raifuddin, H., Kaur, K., & **Asnaani, A.** (in press). Asian Indians in the United States and posttraumatic stress disorder interventions: A narrative review. *Trauma, Violence, & Abuse*.
2. **Asnaani, A.**, Gutierrez Chavez, M., & Kaur, K. (in press). Ensuring interdisciplinary partnerships and commitment to Contextual Behavioral Science (CBS) principles among diverse scholars who serve diverse communities. *Journal of Contextual Behavioral Science*.
3. **Asnaani, A.**, Sanchez-Birkhead, A., Kaur, K., Mukundente, V., Napia, E., Tavake-Pasi, F., Villalta, J., Lee, D., Stark, L., Brown, H., & Crowell, S. (in press). Utilizing community partnerships to devise a framework for cultural adaptations to evidence-based mental health practice in diverse communities. *Cognitive and Behavioral Practice*.
4. Kaczurkin, A.N., Brown, L., Simon, S., & **Asnaani, A.\*** (in press). The relationship between cultural self-construal and social anxiety symptom severity in a clinical sample of treatment-seeking patients. *Transcultural Psychiatry*.
5. Kaczurkin, A. N., Tyler, J., Turk-Karan, E., Belli, G., & **Asnaani, A.\***. (2021). The association between insomnia and anxiety symptoms in a naturalistic anxiety treatment setting. *Behavioral sleep medicine, 19*(1), 110-125.

6. **Asnaani, A.**, Narine, K., Suzuki, N., Zang, Y., Schwartz, B., Yeh, R., Mannarino, A., Cohen, J., & Foa, E.B. (2020). An Innovative Mobile Game for Screening of Pediatric PTSD: a Study in Primary Care Settings. *Journal of Child & Adolescent Trauma*, 1-10.
7. **Asnaani, A.**, Charlery White, S.R., & Phillip, T.-M. (2020). Mobilizing mental health training efforts to align with advocacy for disenfranchised groups in global contexts: Trauma-related training in the Caribbean as an example. *The Behavior Therapist*, 43(7), 254-260.
8. **Asnaani, A.**, Charlery White, S.R., Majeed, I., & Phillip, T.-M. (2020). Trauma education and stigma reduction in global settings: An evaluation of the impact of a one-day trauma psychoeducation workshop with community stakeholders in the Caribbean nation of Saint Lucia. *International Journal of Environmental Research and Public Health*, 17(7), 2255.
9. **Asnaani, A.**, Tyler, J., McCann, J., Brown, L., Zang, Y. (2020). Anxiety sensitivity and emotion regulation as mechanisms of successful CBT outcome for anxiety-related disorders in a naturalistic treatment setting. *Journal of Affective Disorders*, 267, 86–95.
10. **Asnaani, A.**, Benhamou, K., Kaczurkin, A.N., Turk-Karan, E., & Foa, E.B. (2020). Beyond the constraints of an RCT: Naturalistic treatment outcomes for anxiety-related disorders. *Behavior Therapy*, 51(3), 434-446.
11. Brown, L.A., Narine, K., **Asnaani, A.**, Simon, S., Majeed, I., Cohen, D. (2020). Implementation of technology-driven comprehensive physical health assessment in an anxiety specialty clinic: Preliminary pilot study findings. *The Behavior Therapist*, 43(1), 19-26.
12. **Asnaani, A.**, Kaczurkin, A., Fitzgerald, H., Jerud, A., & Foa, E.B. (2020). The association between cognitive coping strategies and treatment outcomes in smokers with PTSD. *Psychological Trauma: Theory, Research, Practice and Policy*, 12(1), 92-100.
13. Brown, L.A., Gallagher, T., Petersen, J., Benhamou, K., Foa, E.B., & **Asnaani, A.\*** (2018). Does CBT for anxiety disorders exacerbate or reduce suicidal ideation? Findings from a naturalistic sample. *Journal of Anxiety Disorders*, 59, 10-16.
14. Kaczurkin, A.N., Fitzgerald, H., Tyler, J., & **Asnaani, A.\*** (2018). The contribution of anxiety sensitivity to obsessive-compulsive and anxiety symptoms in a naturalistic treatment setting. *Cognitive Therapy and Research*, 42(5), 661-673.
15. **Asnaani, A.**, Gallagher, T., Foa, E.B. (2018). Evidence-based protocols: Merits, drawbacks, and potential solutions. *Clinical Psychology: Science and Practice*, 25(4), Article e12266.
16. **Asnaani, A.**, Kaczurkin, A.N., Benhamou, K., Yarvis, J.S., Peterson, A.L., Young-McCaughan, S., Borah, E.V., Dondanville, K.A., Hembree, E., Litz, B.T., Mintz, J., & Foa, E.B., for the STRONG STAR Consortium. (2018). The influence of Posttraumatic Stress Disorder on health functioning in active duty military. *Journal of Traumatic Stress*, 31(2), 307-316.
17. Foa, E.B., **Asnaani, A.\*\***, Zang, Y., Capaldi, S., Yeh, R. (2018). The Child PTSD Symptom Scale for DSM-5 (CPSS-5): Psychometric Properties of Interview, Self-Report, and Screening Versions. *Journal of Clinical Child and Adolescent Psychology*, 47(1), 38-46.

18. **Asnaani, A.**, Kaczurkin, A., Alpert, E., McLean, C.P., Simpson, H.B., & Foa, E.B. (2017). The effect of treatment on quality of life and functioning in OCD. *Comprehensive Psychiatry*, *73*, 7-14.
19. **Asnaani, A.**, & Hall-Clark, B. (2017). Recent developments in understanding ethnocultural and race differences in trauma exposure and PTSD. *Current Opinion in Psychology*, *14*, 96-101.
20. Foa, E.B., **Asnaani, A.**, Rosenfield, D., Zandberg, L., Gariti, P., & Imms, P. (2017). Concurrent varenicline and Prolonged Exposure for patients with nicotine dependence and PTSD: A randomized controlled trial. *Journal of Consulting and Clinical Psychology*, *85*(9), 862-872.
21. Zang, Y., Yu, J., Chazin, D., **Asnaani, A.**, Zandberg, L. J., & Foa, E. B. (2017). Changes in coping behavior in a randomized controlled trial of concurrent treatment for PTSD and alcohol dependence. *Behaviour Research and Therapy*, *90*, 9-15.
22. Asher, M., **Asnaani, A.**, Aderka, I. (2017). Gender differences in social anxiety disorder: A review. *Clinical Psychology Review*, *56*, 1-12.
23. Hall-Clark, B., Sawyer, B., Golik, A., & **Asnaani, A.\*** (2016). Racial/ethnic differences in symptoms of Post-traumatic Stress Disorder. *Current Psychiatry Reviews*, *12*(2), 124-138.
24. Zandberg, L., Rosenfield, D., McLean, C.P., Powers, M., **Asnaani, A.**, & Foa, E.B. (2016). Concurrent treatment of posttraumatic stress disorder and alcohol dependence: Predictors and moderators of outcome. *Journal of Consulting and Clinical Psychology*, *84*(1), 43-56.
25. **Asnaani, A.**, Kaczurkin, A., Tannahill, H., Fitzgerald, H. (2016). Moderators of change in social anxiety during CBT in a transdiagnostic, naturalistic treatment-seeking sample. *Journal of Experimental Psychopathology*, *7*(4), 655-670.
26. **Asnaani, A.**, McLean, C.P., & Foa, E.B. (2016). Updating Watson & Marks (1971): How has our understanding of the mechanisms of extinction learning evolved and where is our field going next? *Behavior Therapy*, *47*(5), 654-668.
27. **Asnaani, A.**, Alpert, E., McLean, C.P., & Foa, E.B. (2015). Resilient but addicted: The impact of resilience on the relationship between smoking withdrawal and PTSD. *Journal of Psychiatric Research*, *65*, 146-153.
28. **Asnaani, A.**, Farris, S., Carpenter, J., Zandberg, L., & Foa, E.B. (2015). The relationship between anxiety sensitivity and posttraumatic stress disorder: What is the impact of nicotine withdrawal? *Cognitive Therapy and Research*, *39*(5), 697-708.
29. **Asnaani, A.**, Aderka, I.M., Marques, L., Simon, N., Robinaugh, D.J., & Hofmann, S.G. (2015). The structure of feared social situations among race-ethnic minorities and Whites with social anxiety disorder in the United States. *Transcultural Psychiatry*, *52*(6), 791-807.
30. **Asnaani, A.**, Reddy, M.K., & Shea, M.T. (2014). The impact of PTSD symptoms on physical and mental health functioning in returning veterans. *Journal of Anxiety Disorders*, *28*(3), 310-317.
31. **Asnaani, A.**, Rinck, M., Becker, E., & Hofmann, S.G. (2014). The effects of approach-avoidance modification on social anxiety disorder: A pilot study. *Cognitive Therapy and Research*, *38*(2), 226-238.
32. Bullis, J.R., Boe, H.J., **Asnaani, A.**, & Hofmann, S.G. (2014). The benefits of being

- mindful: Trait mindfulness predicts less stress reactivity to suppression. *Journal of Behavior Therapy & Experimental Psychiatry*, 45(1), 57-66.
33. **Asnaani, A.**, Sawyer, A.T., Aderka, I.M., & Hofmann, S.G. (2013). Effect of suppression, reappraisal, and acceptance of emotional pictures on acoustic eye-blink startle magnitude. *Journal of Experimental Psychopathology*, 4(2), 182-193.
34. **Asnaani, A.**, & Hofmann, S.G. (2012). Collaboration in culturally responsive therapy: Establishing a strong therapeutic alliance across cultural lines. *Journal of Clinical Psychology: In Session*, 68(2), 187-197.
35. Hofmann, S.G., Sawyer, A.T., Fang, A., & **Asnaani, A.** (2012). An emotion dysregulation model of anxiety and mood disorders. *Depression and Anxiety*, 29(5), 409-416.
36. Hofmann, S.G., **Asnaani, A.**, Vonk, I.J.J., Sawyer, A.T., & Fang, A. (2012). A review of meta-analyses of cognitive behavioral therapies. *Cognitive Therapy and Research*, 36(5), 427-40.
37. McLean, C., **Asnaani, A.**, Litz, B., & Hofmann, S.G. (2011). Gender differences in anxiety disorders: Prevalence, course of illness, comorbidity and burden of illness. *Journal of Psychiatric Research*, 45(8), 1027-1035.
38. McHugh, R.K., Hofmann, S.G., **Asnaani, A.**, Sawyer, A.T., & Otto, M.W. (2010). The serotonin transporter gene and alcohol dependence: A meta-analytic review. *Drug and Alcohol Dependence* 108(1-2), 1-6.
39. **Asnaani, A.**, Richey, J.A., Dimaite, R., Hinton, D.E., & Hofmann, S.G. (2010). A cross-ethnic comparison of lifetime prevalence rates of anxiety disorders. *Journal of Nervous and Mental Disease*, 198(8), 551-555.
40. Hofmann, S.G., **Asnaani, A.**, & Hinton, D.E. (2010). Cultural aspects in social anxiety and social anxiety disorder. *Depression and Anxiety*, 27(12), 1117-1127.
41. **Asnaani, A.**, Gutner, C.A., Hinton, D.E., & Hofmann, S.G. (2009). Panic Disorder, panic attacks, and panic attack symptoms across race-ethnic groups: Results of the Collaborative Psychiatric Epidemiology Studies. *CNS Neuroscience & Therapeutics*, 15(3), 249-254.
42. Hofmann, S.G., Heering, S., Sawyer, A.T., & **Asnaani, A.** (2009). How to handle anxiety: The effects of reappraisal, acceptance, and suppression strategies on anxious arousal. *Behaviour and Research Therapy*, 47(5), 389-394.
43. **Asnaani, A.**, Chelminski, I., Young, D., Zimmerman, M. (2007). Diagnosing borderline personality disorder: Do the number of criteria met make a difference? *Journal of Personality Disorders*, 21, 615 – 625.

#### Primary mentored publications

44. Kaur, K., Gutierrez Chavez, M., Tacana, T., Sanchez-Birkhead, A., Mukundente, V., Napia, E.E., Tavake-Pasi, F., Villalta, J., Lee, D., Sunada, G., Stark, L., Crowell, S., & **Asnaani, A.** (in press). Developing a best practice mental health treatment framework for culturally diverse communities: A mixed-methods approach. *Journal of Consulting and Clinical Psychology*.
45. Gutierrez Chavez, M., Kaur, K., Baucom, K. J. W., Sanchez-Birkhead, A., Sunada, G., Mukundente, V., Tavake-Pasi, F., Napia, E., Villalta, J., & **Asnaani, A.** (in press). Developing equitable interventions for ethnically diverse populations: Mental

- health and co-occurring physical health concerns in the context of the COVID-19 pandemic. *Translational Behavioral Medicine*.
46. Tyler, J., Mu, W., McCann, J., Belli, G., & **Asnaani, A.** (2021). The unique contribution of perfectionistic cognitions in predicting anxiety disorder symptoms in a treatment-seeking sample. *Cognitive Behaviour Therapy, 50*(2), 121-137.
  47. Hall-Clark, B.N., Kaczurkin, A., **Asnaani, A.**, Zhong, J., Peterson, A.L., Yarvis, J.S., Foa, E.B., & the STRONG STAR Consortium. (2017). Ethnoracial differences in PTSD symptoms and trauma-related cognitions in treatment-seeking active duty military personnel for PTSD. *Psychological Trauma: Theory, Research, Practice, and Policy, 9*(6), 741-745.
  48. Kaczurkin, A.N., **Asnaani, A.**, Hall-Clark, B., Peterson, A.L., Yarvis, J.S., Foa, E.B., & the STRONG STAR Consortium. (2016). Ethnic and racial differences in clinically relevant symptoms in active duty military personnel with Posttraumatic Stress Disorder. *Journal of Anxiety Disorders, 43*, 90-98.
  49. Chandra, R.M., Arora, L., Mehta, U.M., **Asnaani, A.**, & Radhakrishnan, R. (2016). Asian Indians in America: The influence of values and culture on mental health. *Asian Journal of Psychiatry, 22*, 202-209.
  50. Kaczurkin, A.N., **Asnaani, A.**, Alpert, E., & Foa, E.B. (2016). The impact of treatment condition and the lagged effects of PTSD symptom severity and alcohol use on changes in alcohol craving. *Behaviour Research and Therapy, 79*, 7-14.
  51. Kaczurkin, A.N., **Asnaani, A.**, Zhong, J., & Foa, E.B. (2016). The moderating effect of state anger on treatment outcome in female adolescents with PTSD. *Journal of Traumatic Stress, 29*(4), 325-31.
  52. Chou, T., **Asnaani, A.**, & Hofmann, S.G. (2012). Perception of racial discrimination and psychopathology across three U.S. ethnic minority groups. *Cultural Diversity and Ethnic Minority Psychology, 18*(1), 74-81.

#### Co-authored publications

51. Baucom, K. J. W., Bauman, T., Gutierrez Chavez, M., Nemirovsky, Y., Aguirre, M. C., Ramos, C., **Asnaani, A.**, Gutner, C. A., Ritchie, N. D., & Shah, M. (in press). Barriers to participation and lifestyle change among lower versus higher income participants in the National Diabetes Prevention Program: Lifestyle coach perspectives. *Translational Behavioral Medicine*.
52. Baucom, K.J.W., Bauman, T., Nemirovsky, Y., Gutierrez Chavez, M., Aguirre, M.C., Ramos, C., **Asnaani, A.**, Gutner, C.A., Ritchie, N.D., Shah, M., & Clark, L. (in press). Promises and pitfalls of dyads in the National Diabetes Prevention Program: Lifestyle coach perspectives. *American Journal of Health Promotion*.
53. Brown, L.A., Narine, K., **Asnaani, A.**, Bredemeier, K., & Mu, W. (in press). Changes in affect, physical activity, physical health, and sleep in cognitive behavioral therapy for anxiety. *Journal of Behavioral and Cognitive Therapy*.
54. Bryan, C.J., Russell, H.A., Bryan, A.O., Rozek, D.C., Leifker, F.R., Rugo, K.F., Baker, J.C., Khazem, L.R., Roberge, E.M., Shirley, D.M., & **Asnaani, A.** (in press). Impact of treatment setting and format on symptom severity following cognitive processing therapy for posttraumatic stress disorder (PTSD). *Behavior Therapy*.
55. Foa, E.B., Simpson, H.B.,....**Asnaani, A.**, et al. (in press). A randomized controlled



- trial to test if medicated patients with Obsessive Compulsive Disorder can discontinue medication after Exposure/Response Prevention augmentation. *JAMA Psychiatry*.
56. Wen, Z., Hammoud, M., Scott, J.C., Jimmy, J., Brown, L., Marin, M.-F., **Asnaani, A.**, Gur, R.C., Foa, E.B., & Milad, M.R. (in press). Exogenous estradiol modulates task-based and resting-state neural signature within multiple networks in women. *Neuropsychopharmacology*.
  57. Simpson, H.B., Foa, E.B.,...**Asnaani, A.**, et al. (in press). Maximizing remission from cognitive-behavioral therapy in medicated adults with Obsessive-Compulsive Disorder. *Behaviour Research and Therapy*.
  58. Cenkner, D. P., **Asnaani, A.**, DiChiara, C., Harb, G. C., Lynch, K. G., Greene, J., & Scott, C. (in press). Neurocognitive Predictors of Treatment Outcomes in Cognitive Processing Therapy for Posttraumatic Stress Disorder: Study Protocol. *Frontiers in Psychology*.
  59. Brown, L.A., Belli, G., **Asnaani, A.**, & Foa, E.B. (2019). A review of the role of negative cognitions about oneself, others, and the world in the treatment of PTSD. *Cognitive Therapy and Research*, 43(1), 143-173.
  60. Brown, L.A., Jerud, A., **Asnaani, A.**, Petersen, J., Zang, Y., & Foa, E.B. (2018). Changes in posttraumatic stress disorder (PTSD) and depressive symptoms over the course of prolonged exposure. *Journal of Consulting and Clinical Psychology*, 86(5), 452-463.
  61. Foa, E. B., McLean, C. P., Zandberg, L. J., Zang, Y., **Asnaani, A.**, Benhamou, K., Rosenfield, D., Campbell, H., Francis, J., Hanson, B. S., Lillard, I. J., Patterson, T. J., Scott, V., Weber, C., Wise, J. E., Zamora, C., Mintz, J., Young-McCaughan, S., & Peterson, A. L.; for the STRONG STAR Consortium. (2017). The implementation of Prolonged Exposure: Design of a multisite study evaluating the usefulness of workshop with and without consultation. *Contemporary Clinical Trials*, 61, 48-54.
  62. Nickerson, A., Garber, B., Liddell, B., Litz, B.T., Hofmann, S.G., **Asnaani, A.**, Ahmed, O., Cheung, J., Huynh, L., & Bryant, R. (2017). Impact of cognitive reappraisal on negative affect, heart rate, and intrusive memories in traumatized refugees. *Clinical Psychological Science*, 5(3), 497-512.
  63. Beard, C., Fuchs, C., **Asnaani, A.**, Schulson, M., Schofield, C. A., Clerkin, E. M., & Weisberg, R. B. (2016). A pilot open trial of cognitive bias modification for panic disorder. *Cognitive Therapy and Research*, 40(6), 792-798.
  64. Capaldi, S., **Asnaani, A.**, Zandberg, L.J., Carpenter, J.K., & Foa, E.B. (2016). Therapeutic alliance during prolonged exposure versus client-centered therapy for adolescent posttraumatic stress disorder. *Journal of Clinical Psychology*, 72(10), 1026-1036.
  65. Nickerson, A., Garber, B., Ahmed, O., **Asnaani, A.**, Cheung, J., Hofmann, S. G., Huynh, L., Liddell, B. J., Litz, B. T., Pajak, R. & Bryant, R. A. (2016). Emotional suppression in torture survivors: Relationship to posttraumatic stress symptoms and trauma-related negative affect. *Psychiatry Research*, 242, 233-9.
  66. Petrocchi, N., **Asnaani, A.**, Piquer Martinez, A., Nadkarni, A., & Hofmann,

- S.G. (2015). Differences between people who use only Facebook and those who use Facebook plus Twitter. *International Journal of Human-Computer Interaction*, 31(2), 157-165.
67. Fang, A., Sawyer, A.T., **Asnaani, A.**, & Hofmann, S.G. (2013). Social mishap exposures for social anxiety disorder: An important treatment ingredient. *Cognitive and Behavioral Practice*, 20(2), 213-220.
68. Hofmann, S.G., Sawyer, A.T., & **Asnaani, A.** (2012). D-cycloserine as an augmentation strategy for cognitive-behavioral therapy for anxiety disorders: an update. *Current Pharmaceutical Design: Special Issue on Anxiety Disorders*, 18(35), 5659-62.
69. Hofmann, S.G., Smits, J.A.J., **Asnaani, A.**, Gutner, C.A., & Otto, M.W. (2011). Cognitive enhancers for anxiety disorders. *Pharmacology, Biochemistry, & Behavior*, 99(2), 275-284.
70. Fang, A., **Asnaani, A.**, Gutner, C.A., Cook, C., & Hofmann, S.G. (2011). Rejection sensitivity mediates the relationship between social anxiety and body dysmorphic concerns. *Journal of Anxiety Disorders*, 25(7), 946-949.
71. Lewis-Fernandez, R., Hinton, D.E., Laria, A.J., Patterson, L.H., Hofmann, S.G., Craske, M.G., Stein, D.J., **Asnaani, A.**, & Liao, B. (2010). Culture and the anxiety disorders: Recommendations for DSM-V. *Depression and Anxiety*, 27, 212-229.
72. Hofmann, S.G., **Asnaani, A.**, Gutner, C., Sawyer, A.T., & Steenkamp, M. (2009). Psychotherapy for anxiety disorders. *Japanese Society of Anxiety Disorders*, 1, 123-132.

## B. Other research publications

### Chapters and invited publications

1. Contractor, A., & **Asnaani, A.** (2022). PTSD Treatment Considerations for Asian Indians in the United States. Invited commentary for “Clinician Corner” of the *International Society for Traumatic Stress Studies*.
2. **Asnaani, A.**, Majeed, I.M., Kaur, K., & Gutierrez Chavez, M. (in press). Diversity and Cultural Perspectives in Psychology. Invited Chapter in G. Asmundson (Ed.), *Comprehensive Clinical Psychology* (2nd ed.). Elsevier.
3. **Asnaani, A.**, & McLean, C.P. (2017). Ethics in Exposure Therapy. In A. E. Wenzel (Ed.), *Sage Encyclopedia of Abnormal and Clinical Psychology*. Sage Publications.
4. Nickerson, A., Liddell, B., **Asnaani, A.**, Carlsson, J., Fazel, M., Knaevelsrud, C., Morina, N., Nuener, F., Newnham, E., & Rasmussen, A. (2017). Trauma and mental health in forcibly displaced populations: A briefing paper prepared for the *International Society for Traumatic Stress Studies*.
5. Gallagher, T., Gay, N.G., **Asnaani, A.**, & Foa, E.B. (2016). Empirically-Based Trauma Therapies. In L.C. Wilson (Ed.), *The Wiley Handbook of the Psychology of Mass Shootings*. Wiley Publishing.
6. **Asnaani, A.**, Zandberg, L.J., Petersen, J. (2016). Barriers to CBT training: Is mobile technology the solution? *The Clinical Psychologist*, 69(4), 6-13.
7. McLean, C.P., **Asnaani, A.**, & Foa, E.B. (2015). Prolonged Exposure Therapy. In

- U. Schnyder & M. Cloitre (Eds.), *Evidence-based Treatments for Trauma-Related Disorders: A Practical Guide for Clinicians*. Springer Press.
8. **Asnaani, A.**, & Foa, E.B. (2015). Expanding the Lens of Evidence-Based Practice in Psychotherapy To Include A Common Factors Perspective: Comment on Laska, Gurman, & Wampold. *Psychotherapy*, 51(4), 487-90.
  9. Hofmann, S. G., Gutner, C.A., & **Asnaani, A.** (2012). Cognitive Enhancers for the Anxiety and Related Disorders. In P. Neudeck & H.U. Wittchen (Eds.), *Exposure Therapy: Rethinking the Model - Refining the Method*. Springer Press.
  10. Hofmann, S. G., Glombiewski, J., **Asnaani, A.**, & Sawyer, A.T. (2010). Mindfulness and acceptance: The Perspective of Cognitive Therapy. In J. Herbert & E. Forman (Eds.), *Acceptance and Mindfulness in Cognitive Behavior Therapy*. Springer Publishing.
  11. Hofmann, S.G., Richey, J.A., **Asnaani, A.**, & Sawyer, A.T. (2010). Avoiding Treatment Failures in Social Anxiety Disorder. In M.W. Otto & S.G. Hofmann (Eds.), *Avoiding Treatment Failures in the Anxiety Disorders*. Springer Publishing.
  12. Hofmann, S. G., Richey, J. A., Sawyer, A., **Asnaani, A.**, & Rief, W. (2009). Social Anxiety Disorder and the DSM-V. In D. McKay, J. Abramowitz, S. Taylor, & G.J.G. Asmundson (Eds.), *Current Perspectives on the Anxiety Disorders: Implications for DSM-V and Beyond*. Springer Publishing..

#### Alternative Media:

1. **Asnaani, A.**: “How 9/11, the pandemic and other big events rewire our fear circuitry.” Printed article by reporter Matt Canham from the *Salt Lake Tribune* citing expert opinion around how post-trauma symptoms can continue long after a traumatic event, and how additional, new traumas might re-ignite memories of previous traumas. September, 2021, <https://www.sltrib.com/news/2021/09/12/how-sept-put-all-us-front/>
2. **Asnaani, A.**: “When police dogs attack: Utah suspects have been bitten when they appear to be surrendering.” Joint investigation between the *Salt Lake Tribune* and *Fox 13 channel* news team citing expert opinion around the association between dog bites and potential development of post-traumatic stress disorder. June, 2021, print: <https://www.sltrib.com/news/2021/06/06/when-police-dogs-attack/>, video interview: <https://www.fox13now.com/news/fox-13-investigates/fox-13-investigates-some-utah-police-dogs-bite-even-when-suspects-are-surrendering>.
3. **Asnaani, A.**: “5 Things You Need to Stop Telling Yourself When Anxiety Creeps In.” Printed article by writer Eric Sangerama on *Medium* citing expert opinion around ways to manage feelings of anxiety. October, 2020, <https://medium.com/wholistique/5-things-you-need-to-stop-telling-yourself-when-anxiety-creeps-in-541d2716cbe6>
4. **Asnaani, A.**: “Going Outside This Weekend? Don’t Freak Out.” Printed article by writer Allie Volpe in *The New York Times* citing expert opinion around ways to balance COVID-19 pandemic precautions/public health guidelines and re-engaging in valued activities. May, 2020, <https://www.nytimes.com/2020/05/23/style/memorial-day-crowds-panic.html>
5. **Asnaani, A.**: “Don’t Go Down a Coronavirus Anxiety Spiral.” Printed article by

- reporter Louise Matsakis in *Wired* magazine citing expert opinion around ways to manage mental health concerns due to the COVID-19 public health crisis. March, 2020, <https://www.wired.com/story/how-to-stop-coronavirus-anxiety-spiral/>
6. **Asnaani, A.:** Featured on a series of nightly news segments on Saint Lucia-based national TV channel CHOICE TV and in printed features in local magazines in reference to trauma training workshop held in Caribbean sponsored by the Equality and Justice Alliance and a separate series on mental healthcare during the COVID-19 public health crisis. March, 2020, <https://www.slyomag.com/2020/02/25/the-herstaire-collective-is-set-to-host-a-workshop/> and <https://m.youtube.com/watch?v=rePb5Oxn-rs&feature=youtu.be>
  7. **Asnaani, A.:** Interviewed for a podcast discussing lack of fear in thrill-seeking individuals on *National Public Radio – Utah* with reporter Nate Hegyi. October, 2019, <https://www.kuer.org/post/waterboarding-and-electric-shock-await-visitors-extreme-haunts#stream/0>
  8. **Asnaani, A.:** Interviewed for a podcast discussing anxiety and mindfulness on the German-based podcast “*Allstagsduche*” by host Martin Alt. August, 2019, <https://martinalt.de/podcast/07-interview-anu-asnaani-angst/>
  9. **Asnaani, A.:** Featured on local nightly news segments on Saint Lucia-based TV channels (DBS and CHOICE News) and in printed features in local newspapers (The Voice Saint Lucia and The St. Lucia Star) in reference to trauma and self-care workshop conducted with mental health providers, counselors, advocates, public health educators, and government administrators on the island. March, 2019, [https://thevoiceslu.com/2019/03/herstaire-collaborates-with-international-doctors/?fbclid=IwAR1vFWl6ar\\_4YLbOhGOfB6YjMFER9NPNEbaXU-jip7w9hW9doK3f0poGkIo](https://thevoiceslu.com/2019/03/herstaire-collaborates-with-international-doctors/?fbclid=IwAR1vFWl6ar_4YLbOhGOfB6YjMFER9NPNEbaXU-jip7w9hW9doK3f0poGkIo)
  10. **Asnaani, A.:** “Universities Can Do Better To Help Students with Mental Illness.” Printed article by reporter Lucia Limanni in *Trauma and Mental Health Report* citing expert opinion on the need for specialized and evidence-based treatments for students struggling with emotional disorders who present to school-based counseling services. October, 2018, <http://trauma.blog.yorku.ca/2018/10/universities-can-do-better-to-help-students-with-mental-illness/>
  11. **Asnaani, A.:** “Anxiety: What You Need to Know.” Printed article by reporter for Here.Now series, an online series supported by the UJA Federation of New York and The Jewish Board. September, 2018, <https://www.kveller.com/article/anxiety-what-you-need-to-know/>
  12. **Asnaani, A.:** Moderator for Association of Behavioral and Cognitive Therapies Webinar “Stuck Points in CBT Training in Community Mental Health” presented by Dr. Lynn McFarr. August, 2018, [https://www.abctcentral.org/eStore/index.cfm?mz=110&prid=446&s\\_category\\_id=8](https://www.abctcentral.org/eStore/index.cfm?mz=110&prid=446&s_category_id=8)
  13. **Asnaani, A.:** “Contemporary Issues in Understanding Immigrant Mental Health Needs and Challenges.” American Psychological Association Division 12 Society of Clinical Psychology Website Newsletter/Blog Post. March, 2018, <https://www.div12.org/contemporary-issues-in-understanding-immigrant-mental-health-needs-and-challenges/>

14. **Asnaani, A.**: “Assessment and Treatment of PTSD in Children.” Televised interview with team at Elite Investigative Journal, aired on Comcast Channel 66 and Verizon Channel 29 every Monday night for four consecutive weeks. September, 2017, <https://www.eliteinvestigativejournal.com/saairahglobal>
15. **Asnaani, A.**: “Five Phobias You May Not Realize You Experience.” Printed article by health and lifestyle Sonima Wellness writer Cassie Shortsleeve featured on HuffPost citing causes and evidence-based treatments for the treatment of specific phobias and social anxiety. August, 2017, [https://www.huffingtonpost.com/sonimacom/5-phobias-you-may-not-rea\\_b\\_11571540.html](https://www.huffingtonpost.com/sonimacom/5-phobias-you-may-not-rea_b_11571540.html)
16. **Asnaani, A.**, Zandberg, L.J., Ruggiero, K.J., Rheingold, A.A., Borkman, A.L., & Foa, E.B.: *PE Consultant* Smartphone Application. Project lead for design and creation of mobile application funded by the Department of Defense which serves as a trainer of military and civilian providers in Prolonged Exposure treatment for patients with PTSD. Final build completed March, 2017. Currently available in Apple and Android stores.
17. **Asnaani, A.**: “Agoraphobia and the Telecommuter.” Printed article by reporter Lenika Cruz in *The Atlantic* citing expert opinion on links between panic disorder and agoraphobia and telecommuting. September, 2014, <http://www.theatlantic.com/health/archive/2014/09/agoraphobia-and-the-telecommuter/379483/>
18. Hofmann, S.G., **Asnaani, A.**, Sawyer, A.T., & Fang, A.: Session by session video instruction of therapy for social anxiety disorder using social mishaps, with patient-therapist role-plays. Psychotherapy and Emotion Research Lab (PERL) and Center for Anxiety and Related Disorders, January, 2012, [www.bostonanxiety.org/treatmenttools.html](http://www.bostonanxiety.org/treatmenttools.html)

## TEACHING RESPONSIBILITIES

### Courses:

1. Course Instructor, “*Cultural Diversity and Mental Health*” Graduate Level Seminar (PSY7860), Department of Psychology, University of Utah, August – December, 2019; August, 2021-December, 2021.
2. Course Instructor, “*Myths about Mental Illness in the Media*” Undergraduate Course (PSY3960), Department of Psychology, University of Utah, January, 2021-May, 2021.
3. Course Instructor, “*Advanced Research Methods in Clinical Psychology*” Graduate Level Seminar (PSY6535), Department of Psychology, University of Utah, January-May, 2020; January-May, 2021.
4. Course Instructor, “*Psychology of Abnormal Behavior*” Undergraduate Course (PSY2300), Department of Psychology, University of Utah, August-December, 2020.
5. Course Instructor/Research Mentor, Independent Study in Psychology (PY399), Department of Psychology, University of Pennsylvania, January 20, 2018 – May 11, 2018.  
Project Title: “*Variations in PTSD Characteristics Among Trauma-Exposed Urban Black and Non-Black Youth*”

- Mentee: Kevin Narine
6. CBT Program Coordinator/Primary Lecturer, Psychiatry Resident CBT Training Program, Department of Psychiatry, University of Pennsylvania Perelman School of Medicine, July, 2015 – May, 2018.  
Courses taught: “*CBT for anxiety disorders, OCD and PTSD*”; “*Advanced Issues in CBT*”; “*Behavioral Theory of the Mind*”; “*CBT Assessment*”; “*Trauma in the Community: Biological, Psychological, and Pharmacological Underpinnings*”
  7. Course Instructor, “*Diagnosis and Cognitive-Behavioral Treatment for Anxiety Disorders, OCD & PTSD*”, Department of Human Sciences, Musashino University International Week Intensive Summer Undergraduate Education Program, Tokyo, Japan, July 2017.
  8. Course Instructor/Research Mentor, Independent Study in Psychology (PY399), Department of Psychology, University of Pennsylvania, January 18, 2017 – May 15, 2017.  
Project Title: “*The Relationship between Culture and Treatment in Patients with OCD*”  
Mentee: Maham Ahmad
  9. Course Instructor, “*Myths about Mental Illness in the Media*” Advanced Abnormal Psychology Seminar (PSYC 462 920), Department of Psychology, University of Pennsylvania, July – August, 2016.
  10. Course Instructor/Research Mentor, Independent Study in Psychology (PY399), Department of Psychology, University of Pennsylvania, January 15, 2014 – May 20, 2014.  
Project Title: “*The Impact of Social Networks on the Diagnosis of Eating Disorders*”  
Mentee: Jacquelin Snell
  12. Course Instructor, “*Advanced Seminar in Abnormal Psychology*”, Summer Term Office, Boston University, July – August 2010 and July – August 2011.
  13. Teaching Fellow, “*Introduction to Psychology*” (2 semesters) and “*Abnormal Psychology*” (1 semester), Department of Psychology, Boston University, September 1, 2008 – May 20, 2009 and January 15, 2011 – May 20, 2011.
  14. Teaching Assistant, “*Abnormal Psychology*”, Department of Psychology, Brown University, September 1, 2006 – December 10, 2006.

Thesis/Dissertation/Preliminary Exam Committees:

1. Primary Research Supervisor, Undergraduate Honors’ Thesis, Department of Psychology, University of Utah, January 2022-present.  
Title: “*Impact of Trauma Exposure on Experimenter-Rated Versus Self-Reported Safety Behaviors During Distressing Tasks*”  
Honors’ Student: Caleb Woolston
2. Chair/First Reader, Masters’ Thesis Committee, College of Social and Behavioral Science, University of Utah, Salt Lake City, August 2021-April 2022.

Title: “*Developing Equitable Interventions for Ethnically Diverse Populations: Mental Health and Co-occurring Physical Symptoms in the Context of the COVID-19 Pandemic*”

Masters’ Candidate: Manuel Gutierrez Chavez, B.S.

3. Fourth Reader, Dissertation Committee, College of Nursing, University of Utah, Salt Lake City, October 2021-present.  
Title: “*Impact of Restrictive, Anti-immigration Policy on the Mental Health Outcomes of Hispanic/Latino Adolescents*”  
Doctoral Candidate: Denise Crismon, B.A.
4. Third Reader, Masters’ Thesis Committee, College of Social and Behavioral Science, University of Utah, Salt Lake City, October 2021-present.  
Title: “*Prenatal Exposure to Discrimination: Effects on Latina maternal and Fetal Psychophysiology*”  
Masters’ Candidate: Nicolette Molina, B.A.
5. Second Reader, Masters’ Thesis Committee, College of Social and Behavioral Science, University of Utah, Salt Lake City, February 2021-September 2021.  
Title: “*Predictors of Impairment and Self-Concept in Children and Adolescents with Persistent Tic Disorder*”  
Masters’ Candidate: Kirsten Bootes, B.A.
6. Chair/First Reader, Dissertation Committee, College of Social and Behavioral Science, University of Utah, Salt Lake City, June 2020-April 2022.  
Title: “*Using a Latent Class Analysis of Trauma and Depression Screens to Examine Suicide Risk in Primary Care*”  
Doctoral Candidate: Kent Hinkson, M.S.
7. Second Reader, Dissertation Committee, College of Social and Behavioral Science, University of Utah, Salt Lake City, August 2020-April 2022.  
Title: “*A Pilot Test of an Ecological Momentary Intervention Program Designed to Support a Web-Based Treatment of Relationship Distress in Romantic Partners*”  
Doctoral Candidate: Colin Adamo, M.S.
8. Second Reader, Dissertation Committee, College of Social and Behavioral Science, University of Utah, Salt Lake City, August 2020-March 2022.  
Title: “*Unsafe Havens: A Preliminary Test of Developmental Moral Injury Among Juvenile Justice-Involved Adolescents*”  
Doctoral Candidate: Mallory Kidwell, M.S.
9. Third Reader, Clinical Psychology Doctoral Preliminary Examination Committee, College of Social and Behavioral Science, University of Utah, Salt Lake City, April 2020-September 2020.

Title: “*A Theoretical Framework and Review of Refugee Youths’ Discrimination Experiences*”

Doctoral Candidate: Lucybel Mendez, M.S.

10. Second Reader, Clinical Psychology Doctoral Preliminary Examination Committee, College of Social and Behavioral Science, University of Utah, Salt Lake City, December 2019-February 2020.  
Title: “*Use of Mobile Technology as an Augment to Couples Therapy: A Methodological Proposal and Implications*”  
Doctoral Candidate: Colin Adamo, M.S.
11. Fourth Reader, Dissertation Committee, College of Social and Behavioral Science, University of Utah, Salt Lake City, December 2019-May 2021.  
Title: “*Respiratory Sinus Arrhythmia in Social Interactions: Effects of Interaction Valence and Self-Regulatory Effort*”  
Doctoral Candidate: Carlene Deits-Lebehn, M.S.
12. Third Reader, Clinical Psychology Doctoral Preliminary Examination Committee, College of Social and Behavioral Science, University of Utah, Salt Lake City, April 2020-July 2020.  
Title: “*Viewing Moral Injury Through a Developmental Lens*”  
Doctoral Candidate: Mallory Kidwell, M.S.
13. Primary Reader, Master of Liberal Arts Capstone Thesis Committee, College of Arts and Sciences, University of Pennsylvania, Philadelphia, July 2017 – May 2018.  
Title: “*Policy implications of cross-cultural differences in self concept for the treatment of mental health disorders*”  
Masters’ Candidate: Jason Freeman, B.A.
14. Third Reader and Workshop Co-Facilitator, Dissertation Committee, Department of Psychology, Drexel University, Philadelphia, February 2017 – May 2018.  
Title: “*Targeting therapists’ experiential avoidance during exposure delivery: An experimental investigation to improve the quality of exposure-based interventions*”  
Doctoral Candidate: Joanna Kaye, M.A.
15. Fourth Reader, Dissertation Committee, Department of Psychology, University of Haifa, Haifa, Israel, September 2016 – present.  
Title: “*Experiential avoidance in Social Anxiety Disorder: intrapersonal, interpersonal and physiological processes*”  
Doctoral Candidate: Maya Asher, M.A.



16. Primary Research Supervisor & Second Reader, Masters' Thesis Committee, Department of Psychology, Boston University, September 1, 2009 – May 18, 2010.  
Title: "*The association between religiosity and mental health help-seeking behavior*"  
Masters' Candidate: Alexandra Dick, B.A.
17. Primary Research Supervisor & First Reader, Undergraduate Honors' Thesis Committee, Department of Psychology, Boston University, September 1, 2008 – May 20, 2009.  
Title: "*Perception of racial discrimination and its association with psychopathology in ethnic minorities*"  
Honors' Student: Tina Chou
18. Primary Research Supervisor & First Reader, Undergraduate Honors' Thesis Committee, Department of Psychology, Boston University, September 1, 2008 – May 20, 2009.  
Title: "*Investigation of treatment-seeking behavior and outcomes in individuals with mood disorders in a nationally representative sample*"  
Honors' Student: Zachary Mardoc

Research Supervision:

1. Primary Research Supervisor for Clinical Psychology Doctoral Candidates, University of Utah Department of Psychology, 2020-present. Current mentees: Kent Hinkson, Kiran Kaur, and Manuel Chavez Gutierrez. Incoming co-mentee (Fall 2022): Brooke Franklin.
2. Research Supervisor for Post-Baccalaureate Visiting Scholars, Treatment Mechanisms, Community Empowerment, & Technology Innovations (TCT) Lab, University of Utah Department of Psychology, 2020-present. Current mentees: Rosalia Samuel (University of Toronto) and Monique Chantelle Aguirre (HEART Lab, University of Utah) .
3. Primary Research Supervisor for Post-Baccalaureate Research Assistants, Treatment Mechanisms, Community Empowerment, & Technology Innovations (TCT) Lab, University of Utah Department of Psychology, 2019-2021. Mentee: Ifrah Majeed.
4. Primary Research Supervisor for Undergraduate Research Assistants, Treatment Mechanisms, Community Empowerment, & Technology Innovations (TCT) Lab, University of Utah Department of Psychology, 2019-present. Current mentees: Angela Pham (Departmental Diverse Undergraduate Research Award recipient), Sami Saadi Soufi (Departmental Diverse Undergraduate Research Award recipient), Jasmine Noria Moretz, Caleb Woolston, Jiayu Gao, & Michael Wasser. Past mentees (2019-2021): Tracey Tacana, William Tanguy (Departmental Diverse Undergraduate Research Award recipient), Ally Snider Askew, Kaitlyn Curtis, Rachel Cole, and Hongku Lee.

5. Primary Research Supervisor for Post-Baccalaureate Research Assistants, Center for the Treatment and Study of Anxiety, University of Pennsylvania Perelman School of Medicine, 2013-2018. Previous mentees: Joseph Carpenter, Elizabeth Alpert, Natalie Gay, Rebecca Yeh, Jody Zhong, Hayley Fitzgerald, Hallie Tannahill, Kathy Benhamou, Julie Petersen, Noah Suzuki, Gina Belli, and Kevin Narine.
6. Primary Research Supervisor of Post-doctoral Fellows, Center for the Treatment and Study of Anxiety, University of Pennsylvania Perelman School of Medicine, 2014 – 2018. Mentees: Antonia Kaczurkin, Ph.D.; Yinyin Zang, Ph.D.; Thea Gallagher, Psy.D.; and Jeremy Tyler, Psy.D.
7. Primary Research Mentor, Penn Undergraduate Research Mentorship (PURM) 10-week summer program, Center for Undergraduate Research and Fellowships (CURF), Office of the Provost, University of Pennsylvania, Summer, 2017. Mentee: Savannah Simon
8. Primary Research Mentor, Visiting Masters in Clinical Psychology Program student from University of Bologna, Italy, for a 5-month self-designed structured research and academic learning program to cover the breadth of treatment research around anxiety disorders, OCD and PTSD, with a focus on diagnosis/treatment of PTSD in children, April, 2017 – September, 2017. Mentee: Caterina Bartolozzi, B.Sc.
9. Primary Research Mentor, Visiting Postgraduate Trainee in Clinical Psychology from University Hospital Marques de Valdecilla, Spain, for a 3-month self-designed structured research, clinical and academic learning program to cover the breadth of treatment research around anxiety disorders, OCD and PTSD, with a focus on diagnosis/treatment of PTSD in comorbid chronic migraine patients, February, 2017 – April, 2017. Mentee: Olga Umaran, M.A.
10. Primary Research Mentor, Penn Undergraduate Research Mentorship (PURM) 10-week summer program, Center for Undergraduate Research and Fellowships (CURF), Office of the Provost, University of Pennsylvania, Summer, 2016. Mentee: Madeline Rosato
11. Primary Research Mentor, Visiting Masters in Clinical Psychology Program student from Ruhr-University of Bochum, Germany, for a 2-month self-designed structured research and academic learning program to cover the breadth of treatment research around anxiety disorders, OCD and PTSD, August-September, 2015. Mentee: Katharina Sommer, B.Sc.

Clinical Supervision:

1. Clinical Supervisor, Behavioral Health Innovation and Dissemination Center (BHIDC), University of Utah, 2021-present. Supervisee: Kiran Kaur, M.S.
2. Clinical Supervisor of Advanced Doctoral Candidates, Center for the Treatment and Study of Anxiety, University of Pennsylvania Perelman School of Medicine, 2017-2018. Supervisees: Olga Tkachenko, M.A. and Leah Schumacher, M.A.
3. Clinical Supervisor of Post-doctoral Fellows, Center for the Treatment and Study of Anxiety, University of Pennsylvania Perelman School of Medicine,

- 2014 – 2018. Mentees: Antonia Kaczurkin, Ph.D., Jeremy Tyler, Ph.D., Alissa Jerud, Ph.D., and Jessica Bodie, Ph.D.
4. Clinical Supervisor in CBT Track, Psychiatry Training Program, Department of Psychiatry, University of Pennsylvania Perelman School of Medicine, 2014-2018. Individually-supervised residents: Kimberly Resnick, M.D.; Catharyn Turner, M.D.; Puneet Sahota, M.D., Ph.D.; Maria Lisotto, M.D.; Roberta Rasetti, M.D., Ph.D.; Hamid Naficy, M.D.; Sunny Tang, M.D.; Kenny Perez, M.D.; Rocksheng Zhong, M.D.; Andrew Migliaccio, M.D.
  5. Clinical Supervisor, Center for Anxiety and Related Disorders, Graduate Department of Clinical Psychology, Boston University, 2011-2012. Individually-supervised 2<sup>nd</sup> year doctoral student: Caitlin Moore, M.A.

Lectures/Workshops by Invitation:

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|------------------|--|
| March 25, 2022   | “Integrating Diversity Factors into Evidence-Based Treatments: Application and Training in Empirically-Based Guidelines for Diversity Perspectives in Mental Health”<br>Invited Half-Day Workshop Sole Facilitator, Department of Psychology, University of Pittsburgh, Pittsburgh, PA                               |
| March 25, 2022   | “Using Community-Partnered Approaches to Identify Mechanisms and Outcomes of Evidence-Based Interventions That Matter to Diverse Local and Global Communities”<br>Invited Research Colloquium, Department of Psychology, University of Pittsburgh, Pittsburgh, PA  |
| March 24, 2022   | “Broadening our Perspectives on Emotional Health Priorities and Preferences: Elevating the Voices of our Diverse Cultural Communities in Utah”<br>Invited Speaker, Social Solutions Series, University of Utah, Salt Lake City, UT   |
| March 16, 2022   | “Understanding Common Community Mental Health Concerns and Application of Practical Skills to Support Individuals in Crisis”<br>Mentor for graduate student presenters/workshop facilitators (Manny Gutierrez Chavez and Kiran Kaur), Utah Department of Health COVID Community Partnership team, Salt Lake City, UT |
| October 28, 2021 | “Mind-Body Connection: Taking a Holistic Approach to Stress Management”<br>Invited Speaker, Calvary Baptist Church Monthly Virtual Health and Wellness Townhall Series 2021-2022, Salt Lake City, UT   |
| October 7, 2021  | “Integrating Diversity-Related Considerations into Evidence-Based Practices for PTSD”  |

- Invited Speaker, Monthly Training Series, Women in Private Practice organization, UT
- September 22, 2021 “Incorporation of Diversity-Related Factors into Evidence-Based Treatments for PTSD”  
Invited Colloquium Speaker, National Center for PTSD Women’s Health Sciences Division, Boston VA, Boston, MA
- August 10, 2021 “Understanding Common Community Mental Health Concerns and Application of Practical Skills to Support Individuals in Crisis”  
Lead Workshop Facilitator (mentoring co-facilitators Manny Gutierrez Chavez and Kiran Kaur), Utah Department of Health Community Health Worker Section, Salt Lake City, UT
- June 28, 2021 “Addressing Mental Health Disparities in Culturally Diverse Groups Using a Community-Partnered Approach”  
Primary Mentor, Invited Speakers: Manny Gutierrez Chavez and Kiran Kaur, Utah CCTS Collaborative Community Engagement Team Grants Workshop, University of Utah, Salt Lake City, UT
- May 21, 2021 “Weaving Together Diversity and Clinical Science: Empirically-Derived Guidelines for Integrating Diversity Principles into Evidence-Based Practice, Research, and Teaching”  
Invited Half-Day Workshop Sole Facilitator, Department of Psychology, Boston University, Boston, MA
- May 13, 2021 “Sex, Gender and Women’s Health Across the Lifespan” Annual Symposium  
Invited Presenter, Center of Excellence in Women’s Health, University of Utah, Salt Lake City, UT
- March 16, 2021 “Bridging International Borders in Academia: Equity, Diversity, & Inclusion”  
Invited Panelist, Cross-departmental panel for female Asian students at the University of Utah and Asian University for Women (Chittagong, Bangladesh) to enhance awareness about resources and journeys in academia for diverse communities in both institutions, University of Utah’s Women of Color Academics (WoCA) Collective and the Asia Center, Salt Lake City, UT
- February 23, 2021; March 2, 2021 “Supporting Survivors of Trauma: A Two-Part Training Series to Improve Understanding of Psychological Consequences of Trauma and Application of Practical Skills to Support Individuals in Crisis”

Lead Workshop Facilitator and mentoring supervisor for graduate student workshop facilitators (Kent Hinkson, Manuel Gutierrez Chavez, & Kiran Kaur) for a virtual series serving front-line providers in 8 different Caribbean nations, the U.K., and the U.S.. Conducted in collaboration with the HERStoire Collective and funded by a research award given by the non-profit human rights organization Kaleidoscope Trust.

- February 5, 2021 “Integrated Qualitative and Quantitative Methods to Address Mental Health Disparities Using a Community-Based Approach”  
Invited Guest Lecturer, Graduate Seminar MDCRC 6480  
*“Engaging with Communities, Patients, and other Stakeholders to Enhance Research”* (Instructors: Dr. Ana Sanchez-Birkhead and Heather Brown), School of Medicine Clinical Research Center, University of Utah, Salt Lake City, UT
- January 14, 2021 “Basics of Exposure Therapy”  
Invited Guest Lecturer, Capstone Course on Counseling and Therapy (Prof. Crissa Levin), Department of Psychology, Utah State University, Logan, UT
- January 11, 2021 “Impact of the COVID-19 Public Health Crisis on the Emotional Well-Being of Diverse Communities in Salt Lake City”  
Invited Presenter, Meeting of the Minds Annual Meeting, University of Utah Alumni Center and Intermountain Healthcare (in collaboration with a number of other institutional and community-based organizations), Salt Lake City, UT
- December 10, 2020 “Understanding Emotional Health”  
Invited Presenter, Refugee Women’s Educational Series for Swahili-Speaking Women, Catholic Community Services (CCS), Salt Lake City, UT
- October 21, 2020 “Investigation of Community-Level Definitions of Mental Health, Mental Health Priority Areas, and Barriers to Care Across Diverse Communities: Development of a Framework for Culturally-Responsive, Evidence-Based Mental Health Intervention”  
Invited Presenter, Clinical Research & Methods (CRAM) Speaker Series, Center of Excellence in Women’s Health, University of Utah, Salt Lake City, UT
- August 4, 2020 PBS Documentary: “Bedlam” and accompanying panel “Policing Mental Health”  
Invited Panelist as expert on mental health on panel with advocates, police officers, and other mental health professionals  
CONNECT Summit County, UT

- July 15, 2020 “Review of Qualitative Interviewing Techniques and Their Application to the CFU-CCTS Mental Health Study”  
Workshop Co-Facilitator, Community Faces of Utah/Community Collaboration Engagement Team, University of Utah, Salt Lake City, UT
- June 26, 2020 “Exploration of Stressors in COVID-19 And Debriefing Session”  
Invited Speaker and Sole Facilitator, Ministry of Education District Guidance Counsellors’ Meeting, Government of Saint Lucia
- April 3, 2020 “Navigating Cultural Issues in Clinical Practice: Finding the Balance Between Cross-Cultural Competency and Fidelity to Evidence-Based Treatment”  
Invited Speaker, Monthly Didactic Series, Utah Center for Evidence Based Treatment, Salt Lake City, UT
- March 30, 2020 “Treatment Mechanisms, Community Empowerment, and Technology Innovations Lab Overview”  
Guest Lecture, Solutions Scholar Program, University of Utah, Salt Lake City, UT
- March 4, 2020 “*“The only way to get past fear is to go through it”*: An Introduction to Exposure Therapy Techniques for Phobias, OCD, and PTSD”  
Invited Speaker, Psychology Department, Salt Lake Community College, Taylorsville, UT
- February 26, 2020 “Expanding our Therapy Skills Toolbox: Understanding Psychological Consequences of Trauma, Learning about Effective Treatments and Practical Skills to Support Individuals in Crisis, and Improving Provider Self-Care”  
Sole Full Day Workshop Facilitator, in collaboration with the HERStoire Collective, and as sponsored by the Equality and Justice Alliance and the Eastern Caribbean Alliance for Diversity and Equity, Gros Islet, St. Lucia
- September 30, 2019 “Treatment Mechanisms, Community Empowerment, and Technology Innovations Lab Overview”  
Featured Speaker, Research Day, Psi Chi Honor Society in Psychology – University of Utah Chapter, Salt Lake City, UT
- April 23, 2019 “Mechanisms of CBT, Technological Innovations, & Diversity Considerations: Integrating Three Lines of Research in the Treatment of Anxiety-Based Disorders”  
Distinguished Visitor, Haverford College, Haverford, PA

- March 18, 2019 “Self-care and Mindfulness Practice in Daily Life”  
Invited Speaker, Bank of Saint Lucia Central Headquarters,  
Castries, St. Lucia
- March 14, 2019 “Broadening Our Understanding of Trauma: Psychological  
Consequences, Effective Treatments, and How to Engage in  
Provider Self-Care”  
Sole Full Day Workshop Facilitator, HERStoire Collective in  
collaboration with Ministry of Health and Wellness/Ministry of  
Education, Government of Saint Lucia, Castries, St. Lucia
- March 1, 2019 “Social Mishaps: An Important Ingredient in Treating Social  
Anxiety Disorder”  
Invited Sole Day Workshop Facilitator, Center for Hope and  
Health, LLC, Ardmore, PA
- May 22, 2018 “Examination of Mechanisms Underlying Effective Treatment of  
Anxiety Disorders, OCD and PTSD: Initial Findings”  
Invited Speaker, Behavioral Science Institute, Department of  
Experimental Psychopathology and Treatment, Radboud  
University, Nijmegen, Netherlands
- April 9, 2018;  
March 15, 2021 “Trauma Exposure and Posttraumatic Stress Disorder:  
Intersections with Gender and Gender-Based Assumptions”  
Invited Guest Lecturer, Advanced Undergraduate Seminar  
“Gender and Psychopathology” (Prof. Laura Sockol), Department  
of Psychology, Davidson College, Davidson, NC
- March 26, 2018 “Ensuring Multicultural Competency in Delivering Evidence-  
based Treatments”  
Invited Colloquium Speaker, Department of Psychology, Suffolk  
University, Boston, MA
- February 21, 2018 “Integrated Treatments for PTSD and Substance Dependence”  
Invited Speaker, Physicians’ Study Group on Addictions,  
Department of Psychiatry, University of Pennsylvania,  
Philadelphia, PA
- February 13, 2018 “Empirically-based Guidelines for Improving Alliance in  
Multicultural Therapy Settings”  
Invited Speaker, Department of Psychology Doctoral Program,  
University of Pennsylvania, Philadelphia, PA
- December 7, 2017;  
April 23, 2019 “Culture and Anxiety: Culturally-Bound versus Universal  
Syndromes”

- Invited Guest Lecturer, Undergraduate Course “Cultural Psychology” (Prof. Shu-wen Wang), Department of Psychology, Haverford College, Haverford, PA
- September 16, 2017; “Exposure Therapy for Pathological Anxiety from a  
September 23, 2017; Transdiagnostic Perspective with Experiential Practice”  
October 8, 2017; Invited Lead Workshop Facilitator, Drexel University/Philadelphia  
November 5, 2017 Behavior Therapy Association, Philadelphia, PA
- October 24, 2017 “Technological Innovations in Clinical Training, Practice, and  
Research: Striving to Find “Smart” Ways to Conduct Community-  
Based Work”  
Invited Speaker, Division of Dissemination and Training, National  
Center for PTSD, Palo Alto VA Hospital, Palo Alto, CA
- October 17, 2017 “Social Anxiety Disorder: Diagnosis, Treatment and Cultural  
Variants”  
Invited Guest Lecturer, Advanced Undergraduate Seminar  
“Anxiety Disorders, OCD and PTSD: Theory, Diagnosis, and  
Evidence-Based Practice” (Prof. Jeremy Tyler), Department of  
Psychology, College of Arts and Sciences, University of  
Pennsylvania, Philadelphia, PA
- October 5, 2017 “Tough Talks: Navigating Diversity in Professional Practice”  
Invited Speaker/Workshop Facilitator, Department of Psychology,  
Drexel University, Philadelphia, PA
- September 12, 2017 “Mechanisms of CBT in Anxiety, Technological Innovations, &  
Diversity Considerations: Integrating Three Lines of Research”  
Invited Colloquium Speaker, Department of Psychology, Utah  
State University, Logan, UT
- July 15-16, 2017 “Advanced Issues Faced During Processing During Prolonged  
Exposure for PTSD”  
Invited 2-Day Workshop Facilitator/Trainer, Society of PE Japan  
and Musashino University, Tokyo, Japan
- June 22, 2017 “Integrating Cultural Considerations Into Evidence-Based  
Treatment: Guidelines for Practice”  
Invited Guest Speaker, Annual Summer Diversity Conference,  
Department of Psychology, University of Maryland, College Park,  
MD
- August 9, 2016; “Treating PTSD with Prolonged Exposure: how does it  
March 2, 2017 work and how effective is it?”



- Invited Lecturer, University of Pennsylvania Masters of Social Work (MSW) program, Department of Social Work, Philadelphia, PA
- January 20, 2017 “Culture and therapeutic alliance: Seven empirically supported guidelines for improving multicultural competency in CBT”  
Invited Speaker, Association of Behavioral and Cognitive Therapies Webinar Series 2017
- September 19, 2013; “Treatment of Social Anxiety Disorder”  
October 2, 2014; Lecturer, University of Pennsylvania Health System Psychiatry  
September 15, 2016 Residency Seminar, Philadelphia, PA
- July 5, 2016 “Application of extinction learning and exposure therapy for the treatment of stuttering: How can we best use a behavioral approach?”  
Invited Distinguished Speaker, National Stuttering Association Annual Research Symposium, Atlanta, GA
- April 1, 2016 “Are the effects of traumatic stress reversible? The role of plasticity in psychosocial and biological treatments”  
Invited Speaker, Special Research Expert Symposium at the Anxiety and Depression Association of America Annual Meeting, Philadelphia, PA
- January 16, 2015; “Post-traumatic Stress Disorder: What works so far, and  
March 11, 2016 where are we going with improving our treatments?”  
Invited Lecturer, Chestnut Hill College Clinical Psychology Internship Consortium Seminar, Philadelphia, PA
- December 1, 2015 “Detection and Treatment Options for Veterans with PTSD”  
Invited Speaker, Seasons Hospice Care Facility, King of Prussia, PA
- November 20, 2015 “Prolonged Exposure Treatment of PTSD in a Forensic Population”  
Invited Full-Day Guest Speaker, National Swedish Prison and Probation Service Conference, Norrköping, Sweden
- October 15, 2015 Cultural Competence Committee Program on PTSD  
Invited Panelist as Expert on Assessment, Treatment, and Technological Innovations for PTSD,  
Penn Presbyterian Medical Center, Philadelphia, PA
- August 6, 2015 Play “Glory Denied”

- Invited Panelist as Expert on PTSD in Post-Performance Panel Discussion  
Vulcan Lyric Troupe, Prince Theater, Philadelphia, PA
- April 10, 2015 “Emotional symptoms and their interference in academic performance: how do we adequately assess the extent and impact of psychological dysfunction?”  
Distinguished Speaker, 14<sup>th</sup> Annual Disability Symposium, “Finding Balance” University of Pennsylvania, Philadelphia, PA
- March 9, 2015 “Post-traumatic Stress Disorder as a Result of Chronic, Critical Illnesses”  
Invited Speaker, University of California – San Diego Internal Medicine/Pediatrics Residency Monthly Program Meeting, San Diego, CA
- March 6, 2014; October 23, 2014 “Diagnosis and Treatment of Anxiety & Fear-Based Disorders”  
Invited Guest Lecturer, Undergraduate Course “Abnormal Psychology” (Prof. Courtenay Cavanaugh), Rutgers Department of Psychology, Camden, NJ
- September 16, 2014 “Empirical Evidence for and Implementation of Social Mishaps for Social Anxiety Disorder”  
Center for the Treatment and Study of Anxiety Monthly Clinical Research Seminar Series, Philadelphia, PA
- April 29, 2014 “Considerations for the Treatment of PTSD in Children Receiving Organ Transplants and Their Caregivers”  
Invited Speaker, NIH Clinical Trials in Organ Transplantation Annual Conference, Expert Symposium on PTSD, Atlanta, GA
- May 20, 2006 “Diagnosing borderline personality disorder: Do the number of criteria met make a difference?”  
Invited Speaker, Young Investigator Research Symposium at the 159<sup>th</sup> Annual Meeting of the American Psychiatric Association, Toronto, ON

## ACADEMIC CONFERENCE PRESENTATIONS

### Peer-Reviewed Poster Presentations:

† Indicates Primary Mentorship on poster

1. Aguirre, M.C., Diaz, Y., Bauman, T., Nemirovsky, Y., Gutierrez Chavez, M., Ramos, C., **Asnaani, A.**, Gutner, C., Ritchie, N.D., & Baucom, K.J.W. *Emotional, social, and structural barriers among Latinx participants in the National Diabetes Prevention Program*. Poster presented in the Latinx Special Interest Group poster

- session at the 55<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, New Orleans, LA, November, 2021.
2. Wen, Z., Hammoud, M., Scott, J.C., Jimmy, J., Brown, L., Marin, M.-F., **Asnaani, A.**, Gur, R.C., Foa, E.B., & Milad, M.R. *Exogenous estradiol modulates task-based and resting-state neural signature within multiple networks in women*. Poster presented at the Annual Convention of the American College of Neuropsychopharmacology, Puerto Rico, December, 2021.
  3. Tanguy, W., Kaur, K., & **Asnaani, A.†**. *Influence of distress tolerance and emotional clarity on state anxiety*. Poster presented at the 55<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, New Orleans, LA, November, 2021.
  4. Soufi, S.S., Hinkson, K.D., Brooks, M.M., **Asnaani, A.**, & Bryan, C.J. *Exploring the effect of trauma type, by gender, on the relationship between postsecondary academic performance and posttraumatic stress disorder*. Poster presented at the 55<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, New Orleans, LA, November, 2021.
  5. Pham, A. Askew, A., Gutierrez Chavez, M., Charlery White, R., & **Asnaani, A.†**. *Trauma-related burnout, self-care, and social support in front line providers in the Caribbean*. Poster presented at the 55<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, New Orleans, LA, November, 2021.
  6. Samuel, R., Majeed, I., & **Asnaani, A.†**: *Impact of the COVID-19 pandemic on self-care practices and well-being amongst mental health professionals and stakeholders in the Caribbean*. Poster presented at the Canadian Counselling and Psychotherapy Association Conference, Ottawa, ON, Canada, May, 2021.
  7. Pham, A., Kaur, K., Majeed, I., & **Asnaani, A.†**. *Emotional suppression and social anxiety: Testing the moderation effect of help-seeking stigma*. Poster presented at the College of Social and Behavioral Sciences Annual Research Day and awarded first place, University of Utah, Salt Lake City, UT, April, 2021.
  8. Tacana, T., Majeed, I., Alrabiah, R., Tyler, J., & **Asnaani, A.†**: *Exploring the relationship between resilience and post-traumatic stress symptoms following CBT treatment*. Poster presented at the Annual Meeting of the Anxiety and Depression Association of America, March, 2021.
  9. Kaur, K. **Asnaani, A.†**, & Sanchez-Birkhead, A.: *Impact of COVID-19 on emotional health for communities of color*. Poster presented at the Annual Meeting of the Anxiety and Depression Association of America, March, 2021.
  10. Samuel, R., Majeed, I., & **Asnaani, A.†**: *Impact of the COVID-19 pandemic on self-care practices and well-being amongst mental health professionals and stakeholders in the Caribbean*. Poster presented at the Annual Meeting of the Anxiety and Depression Association of America, March, 2021.
  11. McCann, J., Mu, W., Belli, G., **Asnaani, A.**, & Tyler, J.: *The unique contribution of perfectionistic cognitions to anxiety disorder symptoms in a treatment-seeking sample*. Poster presented at the 54<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA, November, 2020.

12. Majeed, I., White, R. C., & **Asnaani, A.†**: *Impact of a One-Day Trauma Workshop for Community Stakeholders on Improving Understanding of Trauma and Reducing Stigma towards Survivors in St. Lucia*. Poster presented at the 128<sup>th</sup> Annual Convention of the American Psychological Association, Washington, DC, August, 2020. Awarded first place ranking in Division 52 (International Psychology).
13. Bartolozzi, C. & **Asnaani, A.†**: *PTSD, anxiety, and depression symptoms among trauma-exposed children in community settings*. Poster presented at the 127<sup>th</sup> Annual Convention of the American Psychological Association, Chicago, IL, August, 2019.
14. Hammoud, M., Jimmy, J., Liebllich, S., Brown, L., **Asnaani, A.**, Scott, C., Gur, R., Foa, E.B., & Milad, M.: *Estradiol administration modulates functional activation of the fear extinction network in women using oral contraceptives: An fMRI study*. Poster presented at the 74<sup>th</sup> Annual Convention of Biological Psychiatry, Chicago, IL, May, 2019.
15. Suzuki, N., Yeh, R., Narine, K., Zang, Y., & **Asnaani, A.†**: *Using Technology as an Engaging Tool to Screen for Pediatric PTSD*. Poster presented at the 52<sup>nd</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Washington, DC, November, 2018.
16. Narine, K., Suzuki, N., Yeh, R., Foa, E.B., & **Asnaani, A.†**: *Variations in PTSD Characteristics Among Black and non-Black Youth*. Poster presented at the 52<sup>nd</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Washington, DC, November, 2018.
17. Tyler, J., Belli, G., & **Asnaani, A.†**: *Understanding the relative influence of perfectionistic cognitions, rumination, and anxiety sensitivity in social anxiety disorder and generalized anxiety disorder*. Poster presented at the Annual Meeting of the Anxiety and Depression Association of America, Washington, DC, April, 2018.
18. Ahmad, M. & **Asnaani, A.†**: *The Relationship between cultural values and treatment outcomes in Obsessive Compulsive Disorder*. Poster presented at the Annual Meeting of the Anxiety and Depression Association of America, Washington, DC, April, 2018.
19. Kaye, J., Glass, M., Suzuki, N., **Asnaani, A.**, Herbert, J., & Forman, E.: *Demographic and Clinical Factors Impact Therapists' Beliefs About Exposure Therapy*. Poster presented at the Annual Meeting of the Anxiety and Depression Association of America, Washington, DC, April, 2018.
20. Petersen, J., **Asnaani, A.†**, & Foa, E.B.: *Changes in functional impairment in anxiety disorders following 8 weeks of CBT*. Poster presented at the 51<sup>st</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA, November, 2017.
21. Petersen, J., & **Asnaani, A.†**: *Presence of depressive features in anxiety disorders*. Poster presented at the 51<sup>st</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA, November, 2017.
22. Tyler, J., **Asnaani, A.†**, Gallagher, T., Zandberg, L., Foa, E.B.: *Treatment effectiveness of Exposure and Response Prevention (EX/RP) for Obsessive Compulsive Disorder: Comparison of Randomized Control Trial (RCT) and outpatient clinic*

- (OC) outcomes. Poster presented at the 51<sup>st</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA, November, 2017.
23. Benhamou, K., **Asnaani, A.†**, Kaczurkin, A.N., Yarvis, J.S., Peterson, A.L., Young-McCaughan, S., Foa, E.B., & the STRONG STAR Consortium: *The influence of posttraumatic stress disorder on health functioning in active duty military*. Poster presented at the 33<sup>rd</sup> Annual Meeting for the International Society for Traumatic Stress Studies, Chicago, IL, November, 2017.
  24. Benhamou, K., **Asnaani, A.†**, & Foa, E.B.: *Sleep dysfunction improvements in trauma-exposed patients in a naturalistic treatment setting*. Poster presented at the 33<sup>rd</sup> Annual Meeting for the International Society for Traumatic Stress Studies, Chicago, IL, November, 2017.
  25. Umaran, O., **Asnaani, A.†**, & Foa, E.B.: *An empirical review of Post-Traumatic Stress Disorder in migraines: Epidemiology and implications for treatment*. Poster presented at the 33<sup>rd</sup> Annual Meeting for the International Society for Traumatic Stress Studies, Chicago, IL, November, 2017.
  26. Simon, S., & **Asnaani, A.†**: *Age of onset of anxiety pathology: Effects on severity of symptoms, quality of life, emotion regulation, and functioning before and during CBT treatment*. Poster presented at the University of Pennsylvania Center for Undergraduate Research and Fellowships Annual Research Open House, Philadelphia, PA, September, 2017.
  27. Petersen, J., **Asnaani, A.†**, & Foa, E.B.: *Changes in functional impairment following 8 weeks of CBT*. Poster presented at the Annual Meeting of the Anxiety and Depression Association of America, San Francisco, CA, April, 2017.
  28. Tannahill, H., **Asnaani, A.†**, Zang, Y., & Foa, E.B.: *Screening youth for PTSD with the CPSS-5 and addressing barriers to assessment and care*. Poster presented at the 32<sup>nd</sup> Annual Meeting for the International Society for Traumatic Stress Studies, Dallas, TX, November, 2016.
  29. Berkowitz, S., **Asnaani, A.†**, & Foa, E.B.: *Using machine learning to predict dropout from Prolonged Exposure for PTSD*. Poster presented at the 50<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, New York, NY, October, 2016.
  30. Fitzgerald, H., Kaczurkin, A., Tannahill, H., & **Asnaani, A.†**: *Moderators of change in social anxiety during CBT in a transdiagnostic, naturalistic treatment-seeking sample*. Poster presented at the 50<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, New York, NY, October, 2016.
  31. Tannahill, H., **Asnaani, A.†**, Zang, Y., Capaldi, S., Yeh, R., & Foa, E.B.: *Psychometric properties of the CPSS-5*. Poster presented at the 50<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, New York, NY, October, 2016.
  32. Rosato, M. & **Asnaani, A.†**: *The effect of expectancy and alliance on treatment outcome of exposure-based therapies for anxiety*. Poster presented at the University of Pennsylvania Center for Undergraduate Research and Fellowships Annual Research Open House, Philadelphia, PA, September, 2016.
  33. Chazin, D., Hossein, S., McLean, C.P., **Asnaani, A.†**, & Foa, E.B.: *Underdiagnosis and inadequate treatment of OCD in patient treatment histories: prevalence, predictors, and psychological impact in an outpatient sample*. Poster

- presented at the Annual Meeting of the Anxiety and Depression Association of America, Philadelphia, PA, April, 2016.
34. Takmil, S., Zhong, J., & **Asnaani, A.†**: *Clinical characteristics in a patient population with and without a diagnosis of PTSD*. Poster presented at the Annual Meeting of the Anxiety and Depression Association of America, Philadelphia, PA, April, 2016.
  35. Tannahill, H., **Asnaani, A.†**, Zhong, J., & Foa, E.B.: *The impact of individualistic and collectivistic value orientations on anxiety-related psychopathology*. Poster presented at the Annual Meeting of the Anxiety and Depression Association of America, Philadelphia, PA, April, 2016.
  36. Fitzgerald, H., Kaczurkin, A., **Asnaani, A.**, & Foa, E.B.: *Measuring anxiety sensitivity across the anxiety disorders in a naturalistic treatment setting*. Poster presented at the Annual Meeting of the Anxiety and Depression Association of America, Philadelphia, PA, April, 2016.
  37. Alpert, E., **Asnaani, A.†**, McLean, C.P., Kaczurkin, A., Simpson, H.B., & Foa, E.B.: *The utility of the Yale-Brown Obsessive Compulsive Scale and Obsessive-Compulsive Inventory-Revised for predicting Quality of Life in OCD*. Poster presented at the 49<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL, November, 2015.
  38. Zhong, J., Kaczurkin, A., **Asnaani, A.**, & Foa, E.B.: *Trait anger, emotion regulation, and PTSD symptom severity in female adolescent survivors of sexual assault*. Poster presented at the 49<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL, November, 2015.
  39. Gay, N., Capaldi, S., & **Asnaani, A.†**: *Parental psychopathology and its role in childhood PTSD*. Poster presented at the Annual Meeting of the Anxiety and Depression Association of America, Miami, FL, April, 2015.
  40. Carpenter, J., **Asnaani, A.†**, Farris, S., Zandberg, L., & Foa, E.B.: *The role of nicotine withdrawal in moderating the relationship between anxiety sensitivity and post-traumatic stress disorder*. Poster presented at the 48<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA, November, 2014.
  41. Alpert, E., **Asnaani, A.†**, McLean, C.P., & Foa, E.B.: *Resilient but addicted: The impact of resilience on the relationship between smoking withdrawal and PTSD*. Poster presented at the 48<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA, November, 2014.
  42. Yeh, R., Carpenter, J., Capaldi, S., **Asnaani, A.†**, Zandberg, L., & Foa, E.B.: *Examining therapeutic alliance in adolescents with PTSD utilizing prolonged exposure versus client-centered therapy*. Poster presented at the 48<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA, November, 2014.
  43. **Asnaani, A.**, Reddy, M.K., & Shea, M.T.: *The impact of PTSD symptoms on physical and mental health functioning in returning veterans*. Poster presented at the Annual Meeting of the Anxiety and Depression Association of America, San Diego, CA, April, 2013.
  44. Garcia, I., **Asnaani, A.†**, Sawyer, A.T., & Hofmann, S.G.: *Effects of cultural*

- values on emotion regulation strategies during an acoustic eye-blink startle paradigm.* Poster presented at the 45<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Toronto, Canada, November, 2011.
45. Bullis, J., **Asnaani, A.**†, Boe, H.J., & Hofmann, S.G.: *The effects of emotion regulation strategies on subjective and physiological responses to a 15% CO<sub>2</sub> challenge task.* Poster presented at the 45<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Toronto, Canada, November, 2011.
46. **Asnaani, A.**, Sawyer, A.T., Aderka, I.M., & Hofmann, S.G.: *How to regulate the emotional blink: Effect of emotion regulation strategies on acoustic eye-blink startle magnitude.* Poster presented at the 2<sup>nd</sup> annual BU Science Poster Session, Boston, MA, March, 2011.
47. Sawyer, A.T., **Asnaani, A.**, & Hofmann, S.G.: *Flexibility in emotion regulation: Can this influence subjective distress and physiological arousal?* Poster presented at the 44<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA, November, 2010.
48. Chou, T., **Asnaani, A.**†, & Hofmann, S.G.: *Perception of racial discrimination and mood and anxiety disorders in ethnic minorities.* Poster presented at the 5<sup>th</sup> Annual Convention of the World Congress for Behavioral and Cognitive Therapies, Boston, MA, June, 2010.
49. Gutner, C., **Asnaani, A.**, & Hofmann, S.G.: *A cross-ethnic comparison of lifetime prevalence rates of anxiety disorders.* Poster presented at the 43<sup>rd</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, New York, NY, November, 2009.
50. **Asnaani, A.**, Hinton, D., & Hofmann, S.G.: *Cultural differences in chronic pain.* Poster presented at the 43<sup>rd</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, New York, NY, November, 2009.
51. Sawyer, A., Heering, S., **Asnaani, A.**, & Hofmann, S.G.: *The effects of suppression, reappraisal, or acceptance strategies on anxious arousal.* Poster presented at the 42<sup>nd</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL, November, 2008.
52. **Asnaani, A.**, Richey, J.A., Sawyer, A., & Hofmann, S.G.: *Cross-cultural comparisons in social anxiety disorder.* Poster presented at the 42<sup>nd</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL, November, 2008.
53. Richey, J.A., Schmidt, N.B., **Asnaani, A.**, Sawyer, A., & Hofmann, S.G.: *Affective distress versus physical discomfort: Differential relations with subjective responding to an environmental stressor.* Poster presented at the 42<sup>nd</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL, November, 2008.
54. Chelminski, I., Zimmerman, M., & **Asnaani, A.**: *Is the circadian phase delay more pronounced among the depressed psychiatric outpatients in the winter?* Poster presented at the 41<sup>st</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA, November, 2007.
55. **Asnaani, A.**, Zimmerman, M., Chelminski, I., Young, D., & Ruggiero, C.: *Clinical differences between patients with borderline personality disorder with and without a history of childhood sexual abuse.* Poster presented at the 40<sup>th</sup>

Annual Convention of the Association for Behavioral and Cognitive Therapies,  
Chicago, IL, November, 2006.

Peer-Reviewed Symposia/Panels/Workshops:

- April 8, 2022 “Exploring the relationships among interoceptive exposure, distress tolerance, and emotion regulation in a remotely delivered experimental study”  
**Co-Author/Primary Mentor** (Speaker: Kiran Kaur, M.S.), Research symposium presented at the Annual Convention of the Rocky Mountain Psychological Association, Salt Lake City, UT
- April 7, 2022 “Developing an equitable intervention approach for communities of color: Mental health and co-occurring physical health concerns in the context of the COVID-19 pandemic”  
**Co-Author/Primary Mentor** (Speaker: Manuel Gutierrez Chavez, B.A.), Research symposium presented at the Annual Convention of the Rocky Mountain Psychological Association, Salt Lake City, UT
- November 21, 2021 “Longitudinal results of a one-day evidence-based trauma education and skills-building workshop with front-line providers in the Caribbean”  
**Co-Author/Primary Mentor** (Speaker: Manuel Gutierrez Chavez, B.A.), Research symposium presented at the 55<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, New Orleans, LA
- November 19, 2021 “Using a community-engaged approach to adapting and implementing evidence-based treatments for generalized anxiety: Development of a treatment framework across culturally-diverse communities”  
**Co-Author/Primary Mentor** (Speaker: Kiran Kaur, M.S.), Research symposium presented at the 55<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, New Orleans, LA
- November 19, 2021 “The perfect storm: Experiences of racism, political strife, and public health stressors during the COVID-19 pandemic in Asian American and Pacific Islander communities”  
**Invited Panelist/Primary Organizer**, Panel discussion presented at the 55<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, New Orleans, LA
- November 20, 2021 “Towards creating an inclusive, equitable, and culturally responsive clinical environment for doctoral trainees of color”



- Invited Panelist**, Panel discussion presented at the 55<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, New Orleans, LA
- November 21, 2021 “Challenges and opportunities in the promotion of cognitive behavioral therapies for social anxiety”  
**Invited Panelist**, Panel discussion presented at the 55<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, New Orleans, LA
- November 12, 2021 “12-month follow-up data of daily delivery of Cognitive Processing Therapy for veterans”  
**Co-Author** (Speaker: Erika Roberge), Research symposium accepted for presentation at the Annual Meeting of the International Society for Traumatic Stress Studies, virtual
- July 22, 2021 “Practical strategies to reducing racial disparities in mental health access and outcomes in prevention science”  
**Workshop Facilitator**, Invited workshop accepted to the annual meeting for Society of Prevention Research, Washington, DC (unable to present due to COVID-19-related scheduling issues)
- June 24, 2021 “Past, present, and future of CBT: Reflecting on the historical developments of radical behaviorism, relational frame theory, acceptance and commitment therapy, and contextual behavioral science”  
**Invited Panelist**, Panel discussion presented to the Annual Convention of the Association for Contextual Behavioral Science, held virtually
- June 3, 2021 “Impact of COVID-19 on emotional health for five communities of color in Salt Lake City”  
**Primary Mentor/Co-Author** (Speaker: Kiran Kaur, M.S.), Symposium in Mental Health & The Brain subsection of the University of Utah Health COVID-19 Symposium, held virtually
- November 22, 2020 “Psychologists as Social Justice Advocates: Intertwining Research and Advocacy to Improve Mental Health and Equity among Marginalized Groups”  
**Primary Mentor/Co-Author** (Speaker: Ifrah Majeed, B.A.), Research Symposium presented at the 54<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA

- November 21, 2020 “Closing the Gap: Transporting Evidence-Based Interventions to Diverse “Real World” Settings via Community-Partnered Research”  
**Invited Panelist**, Panel presented at the 54<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA
- November 21, 2020 “Barriers to Mental Health Treatment Access among Marginalized Racial and Ethnic Groups”  
**Invited Speaker**, Research Symposium presented at the 54<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA
- November 20, 2020 “Strategies for engaging in advocacy as a psychological professional: A skills-based introduction”  
**Workshop Facilitator**, Invited Mini-Workshop presented at the 54<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA
- November 23, 2019 “Change that matters: What, why, and how meaningful change happens in CBT for anxiety-related disorders”  
**Invited Discussant**, Research Symposium presented at the 53<sup>rd</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Atlanta, GA
- November 22, 2019 “Advocacy in Action: Psychologists’ role in advocacy to improve the health of marginalized populations”  
**Invited Panelist**, Panel presented at the 53<sup>rd</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Atlanta, GA
- November 22, 2019 “What holds us back? The role of therapist factors in the cautious implementation of exposure therapy”  
**Co-Author** (Speaker: Joanna L. Kaye), Research symposium presented at the 53<sup>rd</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Atlanta, GA
- October 16, 2019 “Sister2Sister Safe-Space Program: Use of Innovative Virtual and Physical Forums to Increase Access to Education, Psychosocial Support and Resources”  
**Co-Author** (Speaker: Dr. Robyn Charlery White), Research symposium presented at the Caribbean Congress on Adolescent and Youth Health, West Indies
- November 18, 2018 “Out of the ivory tower, and into the real world: Effectiveness and sustainability of CBT in naturalistic settings”

- Invited Speaker/Chair**, Research Symposium presented at the 52<sup>nd</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Washington, DC
- November 18, 2018 “Methodological innovations in the investigation of refugee mental health”  
**Invited Discussant**, Research Symposium presented at the 52<sup>nd</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Washington, DC
- November 16, 2018 “Broadening perspectives: Understanding the challenges in implementation of evidence-based treatments from the viewpoints of policy-makers, clinicians, and researchers”  
**Moderator**, Panel discussion presented at the 52<sup>nd</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Washington, DC
- November 19, 2017 “How do we improve engagement in evidence-based therapies for individuals from diverse backgrounds? Suggested strategies, current efforts, and how to move forward”  
**Invited Panelist**, Panel at the 51<sup>st</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA
- November 18, 2017 “Strategies for providing effective training in CBT with diverse populations”  
**Invited Panelist**, Panel at the 51<sup>st</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA
- July 7, 2017 “Modifying interpretation bias: Advancing our understanding of mechanisms underlying successful treatment outcomes in Exposure in Ritual Prevention”  
**Invited Presenter/Co-Author** (Speaker: Dr. Jessica Grisham), Research symposium presentation at the Annual Meeting of the International OCD Foundation, San Francisco, CA
- April 8, 2017 “Moderators of change in social anxiety during CBT in a transdiagnostic, naturalistic treatment-seeking sample”  
**Invited Speaker**, Research symposium presentation at the Anxiety and Depression Association of America Annual Meeting, San Francisco, CA
- November 11, 2016 “Varenicline and Prolonged Exposure for patients with nicotine dependence and PTSD: A randomized controlled trial”

- Invited Speaker**, Research symposium presentation at the 32<sup>nd</sup> Annual Meeting of the International Society for Traumatic Stress Studies, Dallas, TX
- October 29, 2016 “Under the influence: The co-occurrence of substance use disorders with PTSD and potential mechanisms maintaining their comorbidity”  
**Chair**, Research Symposium presented at the 50<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, New York, NY
- October 29, 2016 “Taking the lab into the clinic: Incorporating biomarkers into PTSD treatment research”  
**Chair**, Research Symposium presented at the 50<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, New York, NY
- April 2, 2016 “The impact of treatment condition and the lagged effects of PTSD symptom severity and alcohol use on changes in alcohol craving”  
**Invited Speaker**, Research symposium presentation at the Anxiety and Depression Association of America Annual Meeting, Philadelphia, PA
- April 1, 2016 “We know it works, but how? Mechanisms of behavioral therapy across affective disorders”  
**Chair**, Research Symposium at the Anxiety and Depression Association of America Annual Meeting, Philadelphia, PA
- November 14, 2015 “Addressing minority stress in CBT: Considerations for diverse populations”  
**Invited Panelist**, Panel at the 49<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL
- November 14, 2015 “Disseminating and implementing evidence-based treatments effectively: Successes, pitfalls, and paving the way to the future”  
**Moderator**, Panel discussion at the 49<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL
- November 13, 2015 “Predictors and moderators of alcohol use in PTSD”  
**Co-Author** (Speaker: Dr. Laurie Zandberg), Research symposium presentation at the 49<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL
- November 13, 2015 “A pilot study of attention and interpretation modification for panic disorder.”

- Co-Author** (Speaker: Dr. Risa Weisberg), Research symposium presentation at the 49<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL
- November 6, 2015 “Impact of cognitive reappraisal and emotion suppression on affect, heart rate and intrusive memories in traumatized refugees”  
**Co-Author** (Speaker: Dr. Angela Nickerson), Research symposium presentation at the Annual Meeting of the International Society for Traumatic Stress Studies, New Orleans, LA
- April 10, 2015 “Risk and resilience factors in smokers with PTSD”  
**Invited Speaker**, Research symposium presentation at the Anxiety and Depression Association of America Annual Meeting, Miami, FL
- November 22, 2014 “Novel and innovative applications of evidence-based treatments for emotional disorders in adolescent patients”  
**Chair**, Research Symposium at the 48<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA
- March 28, 2014 “Using the computerized approach-avoidance task: a novel, implicit approach to targeting SAD”  
**Co-Author** (Speaker: Dr. Stefan Hofmann), Research symposium presentation at the Annual Meeting of the Anxiety and Depression Association of America, Chicago, IL
- April 6, 2013 “Effects of approach-avoidance modification on social anxiety disorder”  
**Invited Speaker**, Research symposium presentation at the Anxiety and Depression Association of America Annual Meeting, San Diego, CA
- November 17, 2012 “Modifying cognitive biases: Emerging data on applications and effects on clinical disorders”  
**Co-Chair**, Research Symposium at the 46<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD
- November 12, 2011 “Cross-cultural aspects in social anxiety disorder”  
**Invited Speaker**, Research symposium presentation at the 45<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Toronto, Canada
- November 19, 2010 “The effects of reappraisal, acceptance, and suppression on

- fear-potentiated startle”  
**Invited Speaker**, Research symposium presentation at the 44<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA
- June 3, 2010 “Augmentation of extinction-based treatments in anxiety disorders”  
**Invited Speaker**, Research symposium presentation at the 5<sup>th</sup> Annual Convention of the World Congress for Behavioral and Cognitive Therapies, Boston, MA
- November 20, 2009 “The Affective Style Questionnaire: Development and psychometric properties”  
**Invited Speaker**, Research symposium presentation at the 43<sup>rd</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, New York, NY
- May 22, 2007 “Clinical differences between patients with post-traumatic stress disorder with and without psychotic symptoms”  
**Co-Author** (Speaker: Dr. Brian Mika), Research symposium presentation at the 160<sup>th</sup> Annual Meeting of the American Psychiatric Association, San Diego, CA
- May 22, 2006 “Heterogeneity of Borderline Personality Disorder: Do the number of criteria make a difference?”  
**Invited Speaker**, Young Investigator Research symposium presentation at the Annual Convention of the American Psychiatric Association, Toronto, Canada

## GRANT SUPPORT

### Currently ongoing grants:

1. *Family-based lifestyle intervention to prevent diabetes in Hispanic/Latino communities in Utah* (PI: K. Baucom)  
Funding Agency: American Diabetes Association  
Role: Co-Investigator  
Status: Selected for funding
2. NIMH 1R41MH129004-01 - *Improving Patient Care through objective monitoring of at-home repetitive ritual behaviors in Obsessive-Compulsive Disorder*  
Funding Agency: National Institute of Mental Health (STTR award)  
Role: Principal Investigator  
Status: Data Collection
3. Boeing Company – *Suicide and Trauma Reduction Initiative for VETerans (STRIVE) Treatment Outcomes Study* (PI: Bryan)

Funding Agency: Boeing Company  
Role: Site Principal Investigator  
Status: Data Collection

4. VA ORD I01 RX002699 Merit Grant Application - *Cognition and psychotherapy in PTSD: Mechanisms and functional outcomes* (PI: Scott)  
Funding Agency: VA Rehabilitation Research and Development  
Role: Co-Investigator  
Status: Data Collection
5. College for Social and Behavioral Sciences Research Incentive Seed Grant Program - *Understanding Implementation of the CDC National Diabetes Prevention Program Delivered to Hispanic/Latinx Americans* (PI: K. Baucom)  
Funding Agency: University of Utah  
Role: Co-Investigator  
Status: Data Collection
6. Larry H. Miller Wellness Initiative Seed Grant - *Understanding Implementation of the CDC National Diabetes Prevention Program Delivered to Hispanic/Latinx Americans* (PI: K. Baucom)  
Funding Agency: University of Utah Driving Out Diabetes program  
Role: Co-Investigator  
Status: Data Collection

Submitted/unfunded grants (since July 2019):

7. *Development and testing of a culturally-responsive trauma intervention to promote health equity among underserved Asian Indian communities* (PI: Contractor, University of North Texas)  
Funding Agency: National Institute of Health  
Status: Submitted May, 2022  
Role: Co-Investigator/Key Personnel
8. *Treating relationships and safety together (TR&ST): Preliminary efficacy of a couple-based intervention for suicide* (PI: Leifker)  
Funding Agency: National Institute of Health  
Status: Submitted February, 2022  
Role: Co-Investigator
9. *Advancing understanding of racism-related health disparities beginning before birth: A multisite study with Black and Latina pregnant women* (PI: Carter, Georgia State University; Site PIs: Conradt & Crowell)  
Funding Agency: National Institute of Health (R01 application)  
Status: Scored in fundable range after second submission, revised and resubmitted (initially submitted February, 2021; resubmitted October, 2021)  
Role: Co-Investigator

10. *Addressing chronic worry and distress among vulnerable communities against the backdrop of COVID-19 using a hybrid effectiveness-implementation approach*  
Funding Agency: Patient-Centered Outcomes Research Institute (Addressing Health Disparities clinical trial study)  
Status: Not scored or funded (submitted May 2021)  
Role: Principal Investigator
11. *Protege a tu familia: CHW-initiated telenovela intervention to address vaccine hesitancy and uptake among Hispanic families* (PIs: Sanchez-Birkhead & Kepka, College of Nursing)  
Funding Agency: National Institute of Health (R01 application)  
Status: Scored, not funded (submitted February, 2021)  
Role: Co-Investigator
12. *Development of a smartwatch application supporting a mindfulness approach and pilot testing in older adults with generalized anxiety disorder and associated insomnia* (PI: Gooneratne, University of Pennsylvania)  
Funding Agency: National Institute of Health (STTR application)  
Status: Not scored or funded (submitted January, 2021)  
Role: Consultant
13. *Optimizing Adolescent Mental Health Treatment through Virtual Reality Exergaming* (PI: Nelson; Department of Occupational and Recreational Therapies)  
Funding Agency: College of Health Competitive Seed Grant  
Status: Not funded (first submission to Huntsman Mental Health & Department of Psychiatry Seed Grant; March, 2020; second submission to College of Health Competitive Seed Grant program; November, 2020)  
Role: Co-Investigator
14. *Distinguishing Adjustment Disorders from Chronic Behavioral Health Disorders After Sexual Assault and Other Military-Relevant Stressors* (PI: Leifker)  
Funding Agency: Department of Defense  
Submitted: October, 2019  
Status: Not funded  
Role: Co-Investigator

Relevant concluded grants:

1. Utah Center for Clinical and Translational Science (CCTS) Community-Initiated Translational Research Pilot Program - *Investigation of Community-Level Definitions of Mental Health, Mental Health Priority Areas, and Barriers to Care Across Diverse Communities: Development of a Framework for Culturally-Responsive, Evidence-Based Mental Health Intervention* (PI: **Asnaani**)  
Years supported: 5/1/2020-4/30/2021  
Funding Agency: NIH/NCATS  
Role: Principal Investigator



2. 1 R61 MH111907-01 - *Estrogen-induced changes in the neural mechanisms of PTSD symptom reduction* (PI: Milad)  
Years supported: 1/1/2018-12/31/2019  
Funding Agency: NIMH  
Role: Co-Investigator/Key Personnel
3. Penn ALACRITY P50 Grant Application - *Financial incentives for CBT for Insomnia for patients with PTSD* (PI: Gooneratne)  
Years supported: 3/30/2018-6/30/2020  
Funding Agency: Penn Center for Health Incentives and Behavioral Economics/Center for Mental Health Policy and Services Research  
Role: Co-Investigator
4. 1U01MH109991-01 - *Dimensional connectomics of anxious misery* (PI: Sheline)  
Years supported: 04/01/16 – 04/30/18  
Funding Agency: NIMH  
Role: Co-Investigator
5. W81YWH-12-2-0116 - *Implementation of Prolonged Exposure in the Army: Is Consultation Necessary for Effective Dissemination?* (PI: Foa)  
Years supported: 06/01/15 – 09/29/17  
Funding Agency: Department of Defense  
Role: Clinical Supervisor/Conducting site visits to military posts
6. 2R01 MH045404-20 - *Attaining and Maintaining Wellness in OCD* (PI: Foa)  
Years supported: 09/01/13 – 07/31/17  
Funding Agency: NIMH  
Role: Independent Evaluator
7. W81XWH-08-2-0111 PT074199P19 - *Massed vs spaced trials for prolonged exposure for PTSD* (PI: Foa)  
Years supported: 09/01/13 – 07/31/17  
Funding Agency: Department of Defense  
Role: Data analysis/research manager
8. 8UL1TR000003 – *Testing and dissemination of screening measure for PTSD in youth* (PI: **Asnaani**)  
Years supported: 07/01/14 – 12/31/15  
Funding Agency: Community Engagement and Research Core, University of Pennsylvania  
Role: Principal Investigator
9. R01- DA023507-01A1– *Treatment of smoking in individuals with PTSD* (PI: Foa)  
Years supported: 09/01/13 – 05/31/14  
Funding Agency: NIDA  
Role: Independent Evaluator/Data Manager

Relevant concluded projects:

1. *REDCap Moderators and Mediators in CBT study* (PI: **Asnaani**)  
Years active: 2015 – 2019  
Description: Examined proposed mechanisms of change over course of empirically-supported psychotherapies for anxiety disorders, OCD and PTSD via an online electronic capture system (REDCap) for all patients seeking treatment at the Center for the Treatment and Study of Anxiety (CTSA) at Penn. Assessed a range of self-reported mechanisms and symptom change across all diagnoses at pre-, mid-, and post-treatment from both patients and clinicians as a new research practice fully integrated into standard clinical practice.  
Role: Principal Investigator
  
2. *Mechanisms of Treatment in the Open Clinic Study* (MTOCS) (PI: **Asnaani**)  
Years active: 2016 – 2019  
Description: Extended previous study started in 2015 by examining objective measures of proposed mechanisms of psychotherapy outcome in patients seeking treatment for OCD, PTSD, and primary anxiety disorders. Patients were given computer-based task batteries (e.g., implicit association tasks, distress tolerance, emotion regulation practice with psychophysiological measurement, computerized behavioral intolerance to uncertainty decision-making tasks) that were dependent on their primary diagnosis, based on hypothesized mediators of treatment for each individual disorder. In addition, those with a primary diagnosis of OCD had the option to complete a brief cognitive bias modification program designed to modify the tendency to interpret situations as being threatening, completed in the lab and at home for two weeks prior to the start of treatment. All patients were re-assessed repeatedly on all objective measures throughout treatment, and paid for participation.  
Supported by: Internal Penn Undergraduate Research Mentorship (PURM) award (\$10, 000; \$7, 000 in undergraduate RA stipend support over two summers, \$3,000 in equipment and participant payment costs).  
Role: Principal Investigator
  
3. *Reliability and validity of brief tablet game screen for PTSD in children* (PI: **Asnaani**)  
Years active: 2017 – 2019  
Description: The purpose of this study was to examine how reliable and easy to use a tablet game that helps clinicians assess for PTSD symptoms was, and how well it performed in accurately detecting PTSD in children aged 8-12 years. This study built upon a previously funded study (PI: **Asnaani**, Grant: 8UL1TR000003 awarded by the Clinical and Translational Science Award: Community Engagement and Research Core, University of Pennsylvania) that examined the psychometric properties of the interviewer and self-reported version of the Child PTSD Symptom Scale for DSM-5 by providing the 6 most frequently endorsed items to create a brief screen of PTSD that was put into a creative format using a mobile game. This tablet game was designed using an interactive and animated game format to help make it less

distressing to screen for PTSD in children. The research team went into two primary care clinics in South/West Philadelphia and two other child-treatment community psychology clinics to meet with potential child participants and their families, consenting them to the study if eligible/interested, and then administering the game with some paper and pencil forms.

Role: Principal Investigator

4. *Physical health outcomes in anxiety disorder treatment (PHIT study) (PI: Brown)*

Years active: 2017 - 2019

Description: The purpose of this study was to assess the acceptability of the Way To Health (WTH) patient portal in patients seeking anxiety disorder, PTSD, and OCD treatment. The WTH portal included data from the following: physical health indices from the Withings health monitor (a type of smart watch/Fitbit device) and nursing assessments, responses to electronic momentary assessment (eMA) text messaging prompts, self-report and clinician-interview symptom ratings, and cognitive/psychophysiological assessments. This patient portal was used to measure and eventually promote physical and psychological health in patients. In this pilot study, we will compare the patient- and clinician-rated acceptability of the WTH portal to assessment as usual (AAU). AAU typically includes self-reported, objective and clinician-rated measures of psychological symptoms, i.e., the study procedures used in MTOCS (see #2 above).

Supported by: Institute for Translational Medicine and Therapeutics (ITMAT) at University of Pennsylvania (\$50, 000 in equipment costs, RA support, and participant payments)

Role: Co-Investigator

5. *PE Consultant Smartphone Application: Development and Feasibility Testing (PI: Asnaani)*

Years active: 2014-2017

Description: The purpose of this study was to develop a smartphone application that provides automated supervision for therapists being trained on Prolonged Exposure, with modules for each session of the PE protocol that provide specific guidance on implementation, challenges faced, fidelity checklists, and short instructional videos that are responsive to specific areas in need of more training upon checklist completion. Created as a deliverable in a DoD-funded grant, this study entailed an extensive development period in close collaboration with colleagues at the Medical University of South Carolina, followed by a one-year testing period with two cohorts of trained PE community therapists to assess feasibility, usability, acceptability and utility of this application.

Supported by: Department of Defense grant W81YWH-12-2-0116 (PI: Foa)

Role: Principal Investigator for this portion of the larger parent study

## PROFESSIONAL ACTIVITIES

Memberships in Professional & Scientific Societies and Other Professional Activities:

International:

1. International Society for Traumatic Stress Studies (Scientific Reviewer, 2016-present; Member, 2014-present)
2. Health Education, Empowerment, Research, Stories (HERStoire Collective) (Consultant and Virtual Safespace moderator, Women's empowerment and sexual health initiative in Saint Lucia, March 2018 – present)

National:

1. Association for Behavioral and Cognitive Therapies
  - a. Faculty Advisor, Oppression and Resilience: Minority Mental Health Special Interest Group, 2019-present
  - b. Continuing Education (CE) Committee member, 2016-present; organizer and moderator of most highly attended webinar in ABCT history examining ways to actively be anti-racist in professional psychology settings, May, 2021
  - c. Research Facilitation Committee member, 2021-present
  - d. Diversity, Equity, and Inclusion Taskforce, 2019-2020
  - e. Chair of Continuing Education (CE) Committee, 2017-2020
  - f. Scientific Reviewer, 2017-present
  - g. CE Accreditation Coordinator, 2015-17
  - h. Assistant Web Editor, 2011-14
  - i. Member, 2006-present
2. Society of Clinical Psychology – Division 12 of the American Psychological Association
  - a. Diversity Committee Member, 2017-18
  - b. Member, 2009-present
3. Society for the Psychological Study of Ethnic Minority Issues – Division 45 of the American Psychological Association (Member, 2012-2018)
4. Anxiety and Depression Association of America (Scientific Reviewer, 2015-2019; Member, 2012-18)
5. Association for Psychological Science (Member, 2014-2018)
6. Cultural-Clinical Psychology Workgroup
  - a. Annual Meeting Planning Committee 2016-18
  - b. Member, 2015-present

Local:

1. Salt Lake City Calvary Baptist Church Health Fair Committee (Member and mental health lead, 2021-present); organized and presented booth at CBC Health Fair with colleague Dr. Katie Baucom on May 14, 2022.
2. Utah Department of Health Community Health Worker and COVID Community Partnership team (Mental health collaborator and trainer, 2021-present)

3. Implementation Science Working Group at University of Pennsylvania (Member, 2017-19)
4. Penn Human Rights Clinic (Psychological Evaluator for Asylum Seekers, 2014-18)
5. University of Pennsylvania Community Health Initiative “Dance For Health” (Faculty Advisor to medical and nursing student volunteers, 2016-18)

Organizing Roles in Scientific Meetings:

1. Organizing Committee (Chair), Annual Meeting of the Cultural-Clinical Psychology workgroup, August 2017-May 2018, San Francisco, CA
2. Organizing Committee (Chair), Annual Meeting of the Cultural-Clinical Psychology workgroup, October 2016-May 2017, Boston, MA
3. Local Arrangements Committee (Member), World Congress for Behavioral and Cognitive Therapies, April 2010- June 2010, Boston, MA

Invited Editorial Positions:

- |              |   |
|--------------|---|
| 2021-present | Invited Associate Editor, <u>ABCT Clinical Practice Series</u> , Oxford University Press  |
| 2020-present | Invited Editorial Board Member, <u>Cognitive and Behavioral Practice</u>  |
| 2020-present | Invited Editorial Board Member, <u>Journal of Contextual Behavioral Science</u>   |
| 2020-present | Invited Editorial Board Member, <u>Behavior Therapy</u>   |
| 2019-2020    | Guest Editor, Special Issue for “ <i>Addressing Health Disparities in Anxiety and Related Disorders: Current Efforts in the Field to Improve Treatment Access and Effectiveness of Interventions in Diverse Populations,</i> ” <u>International Journal of Environmental Research and Public Health</u> |
| 2015-2018    | Editorial Board Member (Review Editor), <u>Cultural Psychology</u>  |
| 2014-16      | Section Co-Editor for “ <i>Disaster Psychiatry: Trauma, PTSD, and Related Disorders,</i> ” <u>Current Psychiatry Reports</u>  |
| 2011-14      | Assistant Web Editor, <u>Association for Behavioral and Cognitive Therapies</u>   |

Invited Ad-Hoc Reviewer Positions:

- |              |   |
|--------------|---|
| 2022-present | Reviewer, <u>Epidemiology &amp; Psychiatric Sciences</u>                        |
| 2021-present | Reviewer, <u>Implementation Science</u>   |
| 2020-present | Reviewer, <u>Psychological Trauma: Theory, Research, Practice, &amp; Policy</u> |
| 2020-present | Reviewer, <u>International Journal of Cognitive Therapy</u>                     |
| 2020-present | Reviewer, <u>Journal of Latinx Psychology</u>                                   |
| 2019-present | Reviewer, <u>Journal of Traumatic Stress</u>                                    |
| 2018-present | Reviewer, <u>Transcultural Psychiatry</u>                                       |
| 2017-present | Reviewer, <u>Emotion</u>  |

- 2017-present Reviewer, The Harvard Review of Psychiatry  
2017-present Reviewer, Journal of Clinical Child and Adolescent Psychology  
2017-present Reviewer, Behavior Therapy  
2016-present Reviewer, Psychological Trauma: Theory, Research, & Practice  
2016-present Reviewer, Psychology of Addictive Behaviors  
2016-present Reviewer, Journal of Contextual Behavioral Science  
2016-present Reviewer, Behaviour Research and Therapy  
2015-present Reviewer, Journal of Psychopathology and Behavioral Assessment  
2015-present Reviewer, Journal of Experimental Psychopathology  
2014-present Reviewer, Journal of Anxiety Disorders  
2014-present Reviewer, Journal of Affective Disorders  
2014-present Reviewer, Current Psychiatry Reports  
2013-present Reviewer, BMC Psychiatry  
2012-present Reviewer, Cultural Diversity and Ethnic Minority Psychology  
2012-present Reviewer, Cognitive Therapy and Research  
2011-present Reviewer, CNS Neuroscience and Therapeutics

### INSTITUTIONAL SERVICE

- 2019-present Clinical Training Committee member, Department of Psychology, University of Utah  
2021 (Fall) Undergraduate Program Committee member, Department of Psychology, University of Utah  
2019-2021 Diversity Committee (Member 2019-2020; Co-Chair, 2020-2021), Department of Psychology, University of Utah  
Awards received: College of Social and Behavioral Sciences award *Advancing Equity and Connecting Communities* (2021); University of Utah *Beacons of Excellence* award (2021)  
2020 Poster Reviewer, Undergraduate Research Symposium, Office of Undergraduate Research, University of Utah  
2020 Award Review Committee, Clayton Graduate Awards for Excellence in Research, Department of Psychology, University of Utah  
2016-18 Department of Psychiatry Supervision Workgroup, University of Pennsylvania  
2015-18 Executive Committee, Center for the Treatment and Study of Anxiety, University of Pennsylvania  
2013-16 Monthly Research Series Coordinator, Center for the Treatment and Study of Anxiety, University of Pennsylvania  
2012-13 Resident Representative, Suicide Prevention Workshop Planning Committee, Brown Alpert Medical School  
2012-13 Resident Representative, Diversity Committee, Brown Alpert Medical School  
2011-12. Student Representative, Clinical Staff Meeting, Center for Anxiety and Related Disorders (CARD), Boston University

- 2010-12 Student Monthly Research Series Coordinator, CARD, Boston University  
2009-12 Clinical Program Interclass Coordinator, Boston University

### **CERTIFICATIONS/ADDITIONAL TRAINING**

1. March, 2021: Utah Center for Clinical and Translational Sciences Training on “Writing Winning NIH Proposals”, Salt Lake City, UT.
2. June, 2020: Utah Center for Clinical and Translational Sciences Training on Culturally-Responsive Community Recruitment Strategies, Salt Lake City, UT.
3. September, 2019: Utah Center for Clinical and Translational Sciences (CCTS) Full-Day Workshop entitled “Community-Initiated Translational Research Pilot Awards Technical Assistance Workshop”, University of Utah, Salt Lake City, UT.
4. May, 2018: National Institutes of Health (NIH) 2-day Intensive Research Institute on Global Mental Health entitled "Diversity: A Tool for Solving Grand Challenges in Global Mental Health", NIH, Bethesda, MD.
5. March, 2017: Implementation Science 3-day Intensive Research Institute, Masters of Science in Health Policy Research, University of Pennsylvania, Philadelphia, PA.
6. August, 2016: National Institute of Minority Health and Health Disparities (NIMHD) 5-day Intensive Research Institute, NIH, Bethesda, MD.
7. July, 2014: Exposure and Response Prevention for OCD 4-day Intensive Clinical Training Workshop, Center for the Treatment and Study of Anxiety (CTSA), University of Pennsylvania, Philadelphia, PA.
8. April, 2014: Prolonged Exposure for PTSD 4-day Intensive Supervisors Training Workshop (certified PE supervisor), CTSA, University of Pennsylvania, Philadelphia, PA.
9. October, 2013: Prolonged Exposure for PTSD 4-day Intensive Clinical Training Workshop (certified PE therapist), CTSA, University of Pennsylvania, Philadelphia, PA.
10. September 2011 - May, 2012: Completed year-long course consisting of didactic and applied training as clinical supervisor for junior graduate students/therapists new to therapy, Department of Psychology/CARD, Boston University, Boston, MA.