

Date: August, 2019

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

Licensure:

2015-present Pennsylvania License #PS017968

Awards, Honors and Membership in Honorary Societies:

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

BIBLIOGRAPHY

A. Research Publications, peer-reviewed

Representative publications

* Indicates Corresponding/Senior Author on publication

** Indicates Co-First Authorship on publication

1. **Asnaani, A.**, Benhamou, K., Kaczurkin, A.N., Turk-Karan, E., & Foa, E.B.: Beyond the constraints of an RCT: Naturalistic treatment outcomes for anxiety-related disorders. Behavior Therapy: in press.

2. **Asnaani, A.**, Kaczurkin, A., Fitzgerald, H., Jerud, A., & Foa, E.B.: The association between cognitive coping strategies and treatment outcomes in smokers with PTSD. Psychological Trauma: Theory, Research, Practice and Policy: in press.
3. Brown, L.A., Gallagher, T., Petersen, J., Benhamou, K., Foa, E.B., & **Asnaani, A.***: Does CBT for anxiety disorders exacerbate or reduce suicidal ideation? Findings from a naturalistic sample. Journal of Anxiety Disorders: in press.
4. Kaczurkin, A.N., Fitzgerald, H., Tyler, J., & **Asnaani, A.***: The contribution of anxiety sensitivity to obsessive-compulsive and anxiety symptoms in a naturalistic treatment setting. Cognitive Therapy and Research 42: 661-673, 2018.
5. **Asnaani, A.**, Gallagher, T., Foa, E.B.: Evidence-based protocols: Merits, drawbacks, and potential solutions. Clinical Psychology: Science and Practice 25: 1-13, 2018.
6. **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: The influence of Posttraumatic Stress Disorder on health functioning in active duty military. Journal of Traumatic Stress 31: 307-316, 2018.
7. Foa, E.B., **Asnaani, A.****, Zang, Y., Capaldi, S., Yeh, R.: 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: 38-46, 2018.
8. **Asnaani, A.**, Kaczurkin, A., Alpert, E., McLean, C.P., Simpson, H.B., & Foa, E.B.: The effect of treatment on quality of life and functioning in OCD. Comprehensive Psychiatry 73: 7-14, 2017.
9. **Asnaani, A.**, & Hall-Clark, B.: Recent developments in understanding ethnocultural and race differences in trauma exposure and PTSD. Current Opinion in Psychology 14: 96-101, 2017.
10. Foa, E.B., **Asnaani, A.**, Rosenfield, D., Zandberg, L., Gariti, P., & Imms, P.: Concurrent varenicline and Prolonged Exposure for patients with nicotine dependence and PTSD: A randomized controlled trial. Journal of Consulting and Clinical Psychology: 85: 862-872, 2017.
11. Zang, Y., Yu, J., Chazin, D., **Asnaani, A.**, Zandberg, L. J., & Foa, E. B.: Changes in coping behavior in a randomized controlled trial of concurrent treatment for PTSD and alcohol dependence. Behaviour Research and Therapy 90: 9-15, 2017.
12. Asher, M., **Asnaani, A.**, Aderka, I.: Gender differences in social anxiety disorder: A review. Clinical Psychology Review: 56: 1-12, 2017.
13. Hall-Clark, B., Sawyer, B., Golik, A., & **Asnaani, A.***: Racial/ethnic differences in symptoms of Post-traumatic Stress Disorder. Current Psychiatry Reviews 12: 124-138, 2016.
14. Zandberg, L., Rosenfield, D., McLean, C.P., Powers, M., **Asnaani, A.**, & Foa, E.B.: Concurrent treatment of posttraumatic stress disorder and alcohol dependence: Predictors and moderators of outcome. Journal of Consulting and Clinical Psychology: 84(1): 43-56, 2016.
15. **Asnaani, A.**, Kaczurkin, A., Tannahill, H., Fitzgerald, H.: Moderators of change in social anxiety during CBT in a transdiagnostic, naturalistic treatment-seeking sample. Journal of Experimental Psychopathology 7: 655-670, 2016.

16. **Asnaani, A.**, McLean, C.P., & Foa, E.B.: Updating Watson & Marks (1971): How has our understanding of the mechanisms of extinction learning evolved and where is our field going next? Behavior Therapy 47:654-668, 2016.
17. **Asnaani, A.**, Alpert, E., McLean, C.P., & Foa, E.B.: Resilient but addicted: The impact of resilience on the relationship between smoking withdrawal and PTSD. Journal of Psychiatric Research 65: 146-153, 2015.
18. **Asnaani, A.**, Farris, S., Carpenter, J., Zandberg, L., & Foa, E.B.: The relationship between anxiety sensitivity and posttraumatic stress disorder: What is the impact of nicotine withdrawal? Cognitive Therapy and Research: 39: 697-708, 2015.
19. **Asnaani, A.**, Aderka, I.M., Marques, L., Simon, N., Robinaugh, D.J., & Hofmann, S.G.: The structure of feared social situations among race-ethnic minorities and Whites with social anxiety disorder in the United States. Transcultural Psychiatry: 52: 791-807, 2015.
20. **Asnaani, A.**, Reddy, M.K., & Shea, M.T.: The impact of PTSD symptoms on physical and mental health functioning in returning veterans. Journal of Anxiety Disorders 28: 310-317, 2014.
21. **Asnaani, A.**, Rinck, M., Becker, E., & Hofmann, S.G.: The effects of approach-avoidance modification on social anxiety disorder: A pilot study. Cognitive Therapy and Research 38: 226-238, 2014.
22. Bullis, J.R., Boe, H.J., **Asnaani, A.**, & Hofmann, S.G.: The benefits of being mindful: Trait mindfulness predicts less stress reactivity to suppression. Journal of Behavior Therapy & Experimental Psychiatry 45: 57-66, 2014.
23. **Asnaani, A.**, Sawyer, A.T., Aderka, I.M., & Hofmann, S.G.: Effect of suppression, reappraisal, and acceptance of emotional pictures on acoustic eye-blink startle magnitude. Journal of Experimental Psychopathology 4: 182-193, 2013.
24. **Asnaani, A.**, & Hofmann, S.G.: Collaboration in culturally responsive therapy: Establishing a strong therapeutic alliance across cultural lines. Journal of Clinical Psychology: In Session 68: 187-197, 2012.
25. Hofmann, S.G., Sawyer, A.T., Fang, A., & **Asnaani, A.**: An emotion dysregulation model of anxiety and mood disorders. Depression and Anxiety 29: 409-416, 2012.
26. Hofmann, S.G., **Asnaani, A.**, Vonk, I.J.J., Sawyer, A.T., & Fang, A.: A review of meta-analyses of cognitive behavioral therapies. Cognitive Therapy and Research 36: 427-40, 2012.
27. McLean, C., **Asnaani, A.**, Litz, B., & Hofmann, S.G.: DSM-IV anxiety disorders across gender: Results from the Collaborative Psychiatric Epidemiology Studies. Journal of Psychiatric Research 45: 1027-1035, 2011.
28. McHugh, R.K., Hofmann, S.G., **Asnaani, A.**, Sawyer, A.T., & Otto, M.W.: The serotonin transporter gene and alcohol dependence: A meta-analytic review. Drug and Alcohol Dependence 108: 1-6, 2010.
29. **Asnaani, A.**, Richey, J.A., Dimaite, R., Hinton, D.E., & Hofmann, S.G.: A cross-ethnic comparison of lifetime prevalence rates of anxiety disorders. Journal of Nervous and Mental Disease 198: 551-555, 2010.
30. Hofmann, S.G., **Asnaani, A.**, & Hinton, D.E.: Cultural aspects in social anxiety and social anxiety disorder. Depression and Anxiety 27: 1117-1127, 2010.
31. **Asnaani, A.**, Gutner, C.A., Hinton, D.E., & Hofmann, S.G.: 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, 2009.
32. Hofmann, S.G., Heering, S., Sawyer, A.T., & **Asnaani, A.**: How to handle anxiety: The effects of reappraisal, acceptance, and suppression strategies on anxious arousal. Behaviour and Research Therapy 47(5): 389-394, 2009.
33. **Asnaani, A.**, Chelminski, I., Young, D., Zimmerman, M.: Diagnosing borderline personality disorder: Do the number of criteria met make a difference? Journal of Personality Disorders 21: 615 – 625, 2007.

Primary mentored publications

34. Hall-Clark, B.N., Kaczurkin, A., **Asnaani, A.**, Zhong, J., Peterson, A.L., Yarvis, J.S., Foa, E.B., & the STRONG STAR Consortium: 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: 741-745, 2017.
35. Kaczurkin, A.N., **Asnaani, A.**, Hall-Clark, B., Peterson, A.L., Yarvis, J.S., Foa, E.B., & the STRONG STAR Consortium: Ethnic and racial differences in clinically relevant symptoms in active duty military personnel with Posttraumatic Stress Disorder. Journal of Anxiety Disorders: 43: 90-98, 2016.
36. Chandra, R.M., Arora, L., Mehta, U.M., **Asnaani, A.**, & Radhakrishnan, R.: Asian Indians in America: The influence of values and culture on mental health. Asian Journal of Psychiatry: 22: 202-209, 2016.
37. Kaczurkin, A.N., **Asnaani, A.**, Alpert, E., & Foa, E.B.: 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, 2016.
38. Kaczurkin, A.N., **Asnaani, A.**, Zhong, J., & Foa, E.B.: The moderating effect of state anger on treatment outcome in female adolescents with PTSD. Journal of Traumatic Stress: 29(4): 325-31, 2016.
39. Chou, T., **Asnaani, A.**, & Hofmann, S.G.: Perception of racial discrimination and psychopathology across three U.S. ethnic minority groups. Cultural Diversity and Ethnic Minority Psychology 18: 74-81, 2012.

Co-authored publications

40. Brown, L.A., Belli, G., **Asnaani, A.**, & Foa, E.B.: A review of the role of negative cognitions about oneself, others, and the world in the treatment of PTSD. Cognitive Therapy and Research 43: 143-173, 2019.
41. Brown, L.A., Jerud, A., **Asnaani, A.**, **Petersen, J.**, **Zang, Y.**, & Foa, E.B.: Changes in posttraumatic stress disorder (PTSD) and depressive symptoms over the course of prolonged exposure. Journal of Consulting and Clinical Psychology 86: 452-463, 2018.
42. 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: 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, 2017.
43. Nickerson, A., Garber, B., Liddell, B., Litz, B.T., Hofmann, S.G., **Asnaani, A.**, Ahmed, O., Cheung, J., Huynh, L., & Bryant, R.: Impact of cognitive reappraisal on negative affect, heart rate, and intrusive memories in traumatized refugees. *Clinical Psychological Science* 5: 497-512, 2017.
 44. Beard, C., Fuchs, C., **Asnaani, A.**, Schulson, M., Schofield, C. A., Clerkin, E. M., & Weisberg, R. B.: A pilot open trial of cognitive bias modification for panic disorder. *Cognitive Therapy and Research* 40: 792-798, 2016.
 45. Capaldi, S., **Asnaani, A.**, Zandberg, L.J., Carpenter, J.K., & Foa, E.B.: Therapeutic alliance during prolonged exposure versus client-centered therapy for adolescent posttraumatic stress disorder. *Journal of Clinical Psychology* 72: 1026-1036, 2016.
 46. 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.: Emotional suppression in torture survivors: Relationship to posttraumatic stress symptoms and trauma-related negative affect. *Psychiatry Research*: 242: 233-9, 2016.
 47. Petrocchi, N., **Asnaani, A.**, Piquer Martinez, A., Nadkarni, A., & Hofmann, S.G.: Differences between people who use only Facebook and those who use Facebook plus Twitter. *International Journal of Human-Computer Interaction* 31: 157-165, 2015.
 48. Fang, A., Sawyer, A.T., **Asnaani, A.**, & Hofmann, S.G.: Social mishap exposures for social anxiety disorder: An important treatment ingredient. *Cognitive and Behavioral Practice* 20: 213-220, 2013.
 49. Hofmann, S.G., Sawyer, A.T., & **Asnaani, A.**: D-cycloserine as an augmentation strategy for cognitive-behavioral therapy for anxiety disorders: an update. *Current Pharmaceutical Design: Special Issue on Anxiety Disorders* 18: 5659-62, 2012.
 50. Hofmann, S.G., Smits, J.A.J., **Asnaani, A.**, Gutner, C.A., & Otto, M.W.: Cognitive enhancers for anxiety disorders. *Pharmacology, Biochemistry, & Behavior* 99: 275-284, 2011.
 51. Fang, A., **Asnaani, A.**, Gutner, C.A., Cook, C., & Hofmann, S.G.: Rejection sensitivity mediates the relationship between social anxiety and body dysmorphic concerns. *Journal of Anxiety Disorders* 25: 946-949, 2011.
 52. 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.: Culture and the anxiety disorders: Recommendations for DSM-V. *Depression and Anxiety* 27: 212-229, 2010.
 53. Hofmann, S.G., **Asnaani, A.**, Gutner, C., Sawyer, A.T., & Steenkamp, M.: Psychotherapy for anxiety disorders. *Japanese Society of Anxiety Disorders* 1: 123-132, 2009.

Research publications, under review

1. **Asnaani, A.**, Narine, K., Suzuki, N., Zang, Y., Schwartz, B., Yeh, R., Mannarino, A., Cohen, J., & Foa, E.B: Integration of technology to enhance screening of pediatric

PTSD: Results from a study in primary care community settings. Under review.

B. Other research publications

Chapters and Invited publications

1. **Asnaani, A.**, & McLean, C.P.: Ethics in Exposure Therapy in A. E. Wenzel (Ed) Sage Encyclopedia of Abnormal and Clinical Psychology, Sage Publications, New York, 2017.
2. Nickerson, A., Liddell, B., **Asnaani, A.**, Carlsson, J., Fazel, M., Knaevelsrud, C., Morina, N., Nuener, F., Newnham, E., & Rasmussen, A.: Trauma and mental health in forcibly displaced populations: A briefing paper prepared for the International Society for Traumatic Stress Studies, 2017.
3. Gallagher, T., Gay, N.G., **Asnaani, A.**, & Foa, E.B.: Empirically-Based Trauma Therapies in Wilson, L.C. (Ed.) The Wiley Handbook of the Psychology of Mass Shootings. Wiley Publishing, 2016.
4. **Asnaani, A.**, Zandberg, L.J., Petersen, J.: Barriers to CBT training: Is mobile technology the solution? The Clinical Psychologist 69: 6-13, 2016.
5. McLean, C.P., **Asnaani, A.**, & Foa, E.B.: Prolonged Exposure Therapy in Schnyder, U., & Cloitre, M. (Eds.) Evidence-based Treatments for Trauma-Related Disorders: A Practical Guide for Clinicians. Springer Press, New York, 2015.
6. **Asnaani, A.**, & Foa, E.B.: Expanding the Lens of Evidence-Based Practice in Psychotherapy To Include A Common Factors Perspective: Comment on Laska, Gurman, & Wampold. Psychotherapy 51: 487-90, 2015.
7. Hofmann, S. G., Gutner, C.A., & **Asnaani, A.**: Cognitive Enhancers for the Anxiety and Related Disorders in Neudeck, P., & Wittchen, H.U. (Eds.) Exposure Therapy: Rethinking the Model - Refining the Method, Springer Press, New York, 2012.
8. Hofmann, S. G., Glombiewski, J., **Asnaani, A.**, & Sawyer, A.T.: Mindfulness and acceptance: The Perspective of Cognitive Therapy in Herbert, J., & Forman, E. (Eds.) Acceptance and Mindfulness in Cognitive Behavior Therapy. Springer Publishing, New York, 2010.
9. Hofmann, S.G., Richey, J.A., **Asnaani, A.**, & Sawyer, A.T.: Avoiding Treatment Failures in Social Anxiety Disorder in Otto, M.W., & Hofmann, S.G. (Eds.) Avoiding Treatment Failures in the Anxiety Disorders, Springer Publishing, New York, 2010.
10. Hofmann, S. G., Richey, J. A., Sawyer, A., **Asnaani, A.**, & Rief, W.: Social Anxiety Disorder and the DSM-V in McKay, D., Abramowitz, J., Taylor, S., & Asmundson, G.J.G. (Eds.) Current Perspectives on the Anxiety Disorders: Implications for DSM-V and Beyond, Springer Publishing, New York, 2009.

Alternative Media:

1. **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/herstoire-collaborates-with-international-doctors/?fbclid=IwAR1vFWl6ar_4YLbOhGOfb6YjMfer9NPNEbaXU-jip7w9hW9doK3f0poGkIo
2. **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 citing the evaluation of 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/>
 3. **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
 4. **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/>
 5. **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>
 6. **Asnaani, A.:** “Five Phobias You May Not Realize You Experience.” Printed article by health and lifestyle Sonima 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
 7. **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 and completing user testing in pilot study.
 8. **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/>
 9. 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

TEACHING RESPONSIBILITIES

Courses:

1. Course Instructor, “*Cultural Diversity and Mental Health*” Graduate Level Seminar (PSY7860), Department of Psychology, University of Utah, August – December, 2019.
2. 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
3. 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*”
4. 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.
5. 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
6. 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.
6. 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
7. Course Instructor, “*Advanced Seminar in Abnormal Psychology*”, Summer Term Office, Boston University, July – August 2010 and July – August 2011.
8. 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.

9. Teaching Assistant, “*Abnormal Psychology*”, Department of Psychology, Brown University, September 1, 2006 – December 10, 2006.

Thesis/Dissertation Committees:

1. 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.
2. 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.
3. 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.
4. 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.
5. 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
6. 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 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, and Julie Petersen. Current mentees: Noah Suzuki, Gina Belli, Kevin Narine.
2. 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.
3. 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
4. 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.
5. 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.
6. 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
7. 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 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.
2. 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.
 3. 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.
 4. Clinical Supervisor, Center for Anxiety and Related Disorders, Graduate Department of Clinical Psychology, Boston University, 2011-2012. Individually-supervised 2nd year doctoral student: Caitlin Moore, M.A.

Lectures/Workshops by Invitation:

- | | |
|----------------|---|
| 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 | “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; “Culture and Anxiety: Culturally-Bound versus Universal
April 23, 2019 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;
March 2, 2017 “Treating PTSD with Prolonged Exposure: how does it work and how effective is it?”
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;
October 2, 2014;
September 15, 2016 “Treatment of Social Anxiety Disorder”
University of Pennsylvania Health System Psychiatry 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?"
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, 14th 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
159th Annual Meeting of the American Psychiatric Association,
Toronto, ON

ACADEMIC CONFERENCE PRESENTATIONS

Peer-Reviewed Poster Presentations:

† Indicates Primary Mentorship on poster

1. Bartolozzi, C. & **Asnaani, A.†**: PTSD, anxiety, and depression symptoms among trauma-exposed children in community settings. Poster presented at the 127th Annual Convention of the American Psychological Association, Chicago, IL, August, 2019.
2. 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 52nd Annual Convention of the Association for Behavioral and Cognitive Therapies, Washington, DC, November, 2018.
3. 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 52nd Annual Convention of the Association for Behavioral and Cognitive Therapies, Washington, DC, November, 2018.
4. 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.
5. 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.
6. 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.
7. Petersen, J., **Asnaani, A.†**, & Foa, E.B.: *Changes in functional impairment in anxiety disorders following 8 weeks of CBT*. Poster presented at the 51st Annual Convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA, November, 2017.
8. Petersen, J., & **Asnaani, A.†**: *Presence of depressive features in anxiety disorders*. Poster presented at the 51st Annual Convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA, November, 2017.

9. 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 51st Annual Convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA, November, 2017.
10. 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 33rd Annual Meeting for the International Society for Traumatic Stress Studies, Chicago, IL, November, 2017.
11. Benhamou, K., **Asnaani, A.†**, & Foa, E.B.: *Sleep dysfunction improvements in trauma-exposed patients in a naturalistic treatment setting*. Poster presented at the 33rd Annual Meeting for the International Society for Traumatic Stress Studies, Chicago, IL, November, 2017.
12. 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 33rd Annual Meeting for the International Society for Traumatic Stress Studies, Chicago, IL, November, 2017.
13. 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.
14. 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.
15. 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 32nd Annual Meeting for the International Society for Traumatic Stress Studies, Dallas, TX, November, 2016.
16. Berkowitz, S., **Asnaani, A.†**, & Foa, E.B.: *Using machine learning to predict dropout from Prolonged Exposure for PTSD*. Poster presented at the 50th Annual Convention of the Association for Behavioral and Cognitive Therapies, New York, NY, October, 2016.
17. 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 50th Annual Convention of the Association for Behavioral and Cognitive Therapies, New York, NY, October, 2016.
18. Tannahill, H., **Asnaani, A.†**, Zang, Y., Capaldi, S., Yeh, R., & Foa, E.B.: *Psychometric properties of the CPSS-5*. Poster presented at the 50th Annual Convention of the Association for Behavioral and Cognitive Therapies, New York, NY, October, 2016.
19. 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.

20. 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.
21. 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.
22. 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.
23. 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.
24. 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 49th Annual Convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL, November, 2015.
25. 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 49th Annual Convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL, November, 2015.
26. 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.
27. 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 48th Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA, November, 2014.
28. 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 48th Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA, November, 2014.
29. 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 48th Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA, November, 2014.
30. **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.
31. 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 45th Annual Convention of the Association for Behavioral and Cognitive Therapies, Toronto, Canada, November, 2011.
 32. Bullis, J., **Asnaani, A.†**, Boe, H.J., & Hofmann, S.G.: *The effects of emotion regulation strategies on subjective and physiological responses to a 15% CO₂ challenge task*. Poster presented at the 45th Annual Convention of the Association for Behavioral and Cognitive Therapies, Toronto, Canada, November, 2011.
 33. **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 2nd annual BU Science Poster Session, Boston, MA, March, 2011.
 34. Sawyer, A.T., **Asnaani, A.**, & Hofmann, S.G.: *Flexibility in emotion regulation: Can this influence subjective distress and physiological arousal?* Poster presented at the 44th Annual Convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA, November, 2010.
 35. Chou, T., **Asnaani, A.†**, & Hofmann, S.G.: *Perception of racial discrimination and mood and anxiety disorders in ethnic minorities*. Poster presented at the 5th Annual Convention of the World Congress for Behavioral and Cognitive Therapies, Boston, MA, June, 2010.
 36. Gutner, C., **Asnaani, A.**, & Hofmann, S.G.: *A cross-ethnic comparison of lifetime prevalence rates of anxiety disorders*. Poster presented at the 43rd Annual Convention of the Association for Behavioral and Cognitive Therapies, New York, NY, November, 2009.
 37. **Asnaani, A.**, Hinton, D., & Hofmann, S.G.: *Cultural differences in chronic pain*. Poster presented at the 43rd Annual Convention of the Association for Behavioral and Cognitive Therapies, New York, NY, November, 2009.
 38. Sawyer, A., Heering, S., **Asnaani, A.**, & Hofmann, S.G.: *The effects of suppression, reappraisal, or acceptance strategies on anxious arousal*. Poster presented at the 42nd Annual Convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL, November, 2008.
 39. **Asnaani, A.**, Richey, J.A., Sawyer, A., & Hofmann, S.G.: *Cross-cultural comparisons in social anxiety disorder*. Poster presented at the 42nd Annual Convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL, November, 2008.
 40. 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 42nd Annual Convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL, November, 2008.
 41. 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 41st Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA, November, 2007.

42. **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 40th Annual Convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL, November, 2006.

Peer-Reviewed Symposia/ Panels:

- November 23, 2019 “Change that matters: What, why, and how meaningful change happens in CBT for anxiety-related disorders”
Invited Discussant, Research Symposium to be presented at the 53rd 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 to be presented at the 53rd Annual Convention of the Association for Behavioral and Cognitive Therapies, Atlanta, GA
- 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 52nd 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 52nd 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 52nd 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 51st 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 51st 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 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 presented 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 presented at the 32nd 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 50th 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 50th 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 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 49th 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 49th 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 at the 49th 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 at the 49th 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 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 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 48th 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 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 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 46th 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 at the 45th 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 at the 44th 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 at the 5th 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 at the 43rd 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 at the 160th Annual Meeting of the American Psychiatric Association, San Diego, CA

GRANT SUPPORT

Currently ongoing grants:

1. 1 R61 MH111907-01 - *Estrogen-induced changes in the neural mechanisms of PTSD symptom reduction* (PI: Milad)
Funding Agency: NIMH
Role: Major Co-Investigator/Key Personnel
Status: Data Collection
2. Merit Grant Application - *Cognition and psychotherapy in PTSD: Mechanisms and functional outcomes* (PI: Scott)
Funding Agency: VA Rehabilitation Research and Development
Role: Consultant
Status: Protocol development and study procedures set-up
3. Penn ALACRITY P50 Grant Application - *Financial incentives for CBT for Insomnia for patients with PTSD* (PI: Gooneratne)
Funding Agency: Penn Center for Health Incentives and Behavioral Economics/Center for Mental Health Policy and Services Research
Role: Co-Investigator
Status: Protocol development and study procedures set-up

Recently concluded grants:

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

Recently 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.
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).
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) 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.

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

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) (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 (Chair of

- Continuing Education (CE) Committee, 2017-present; Scientific Reviewer, 2017-present; CE Accreditation Coordinator, 2015-17; Assistant Web Editor, 2011-2014; Member, 2006-present)
2. Society of Clinical Psychology – Division 12 of the American Psychological Association (Diversity Committee Member, 2017-18; Member, 2009-present)
 3. Society for the Psychological Study of Ethnic Minority Issues – Division 45 of the American Psychological Association (Member, 2012-present)
 4. Anxiety and Depression Association of America (Scientific Reviewer, 2015-present; Member, 2012-present)
 5. Association for Psychological Science (Member, 2014-present)
 6. Cultural-Clinical Psychology Workgroup (Annual Meeting Planning Committee 2016-18; Member, 2015-present)

Local:

1. Implementation Science Working Group at University of Pennsylvania (Member, 2017-present)
3. Penn Human Rights Clinic (Psychological Evaluator for Asylum Seekers, 2014-18)
4. University of Pennsylvania Community Health Initiative “Dance For Health” (Faculty Advisor to medical and nursing student volunteers, 2016-2018)

Organizing Roles in Scientific Meetings:

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

Editorial Positions:

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|--------------|---|
| 2018-present | Reviewer, <u>Transcultural Psychiatry</u> |
| 2017-present | Reviewer, <u>Emotion</u> |
| 2017-present | Reviewer, <u>The Harvard Review of Psychiatry</u> |
| 2017-present | Reviewer, <u>Journal of Clinical Child and Adolescent Psychology</u> |
| 2017-present | Reviewer, <u>Behavior Therapy</u> |
| 2016-present | Reviewer, <u>Psychological Trauma: Theory, Research, & Practice</u> |
| 2016-present | Reviewer, <u>Psychology of Addictive Behaviors</u> |
| 2016-present | Reviewer, <u>Journal of Contextual Behavioral Science</u> |
| 2016-present | Reviewer, <u>Behaviour Research and Therapy</u> |
| 2015-present | Reviewer, <u>Journal of Psychopathology and Behavioral Assessment</u> |
| 2015-present | Editorial Board Member (Review Editor), <u>Cultural Psychology</u> |
| 2015-present | Reviewer, <u>Journal of Experimental Psychopathology</u> |
| 2014-present | Reviewer, <u>Journal of Anxiety Disorders</u> |

2014-present Reviewer, Journal of Affective Disorders
2014-present Reviewer, Current Psychiatry Reports
2014-16 Section Co-Editor for “Disaster Psychiatry: Trauma, PTSD, and Related Disorders,” 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
2011-14 Assistant Web Editor, Association for Behavioral and Cognitive Therapies

Academic and Institutional Committees:

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. 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.
2. March, 2017: Implementation Science 3-day Intensive Research Institute, Masters of Science in Health Policy Research, University of Pennsylvania, Philadelphia, PA.
3. August, 2016: National Institute of Minority Health and Health Disparities (NIMHD) 5-day Intensive Research Institute, NIH, Bethesda, MD.
4. 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.
5. April, 2014: Prolonged Exposure for PTSD 4-day Intensive Supervisors Training Workshop (certified PE supervisor), CTSA, University of Pennsylvania, Philadelphia, PA.
6. October, 2013: Prolonged Exposure for PTSD 4-day Intensive Clinical Training Workshop (certified PE therapist), CTSA, University of Pennsylvania, Philadelphia, PA.

7. 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.