

**Curriculum Vitae**  
**Bethany Ann Teachman**

**Personal Information**

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**Current Research Interests**

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

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

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

**Positions**

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

**Education**

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

<b>Grants</b>
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NIMH R01MH113752

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

Role: Principal Investigator

Location of Tenure: University of Virginia

Period Held: 2017-2021

Arts and Sciences Diversity and Inclusion Grant

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

Role: Co-Investigator

Location of Tenure: University of Virginia

Period Held: 2018-2019

Arts and Sciences Diversity and Inclusion Grant

Title: Partnering with graduate students to advance diversity and inclusion

Role: Principal Investigator

Location of Tenure: University of Virginia

Period Held: 2017-2019

NIAAA R01AA24732

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

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

Location of Tenure: University of Washington

Period Held: 2016-2021

NIMH R34MH106770

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

Role: Principal Investigator

Location of Tenure: University of Virginia

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

University of Virginia Hobby Postdoctoral and Pre-doctoral Fellows Grant

Title: Dynamic monitoring of college students’ mental health using big data analytics

Role: Co-Principal Investigator (along with Co-Principal Investigator Laura Barnes)

Location of Tenure: University of Virginia

Period Held: 2015-2018

Templeton Science of Prospection Award

Title: Adapting cognitive bias modification to train healthy prospection

Role: Principal Investigator

Location of Tenure: University of Virginia

Period Held: 2014-2016

NIAAA R01AA021763

Title: Using implicit measures to improve prediction of hazardous drinking

Role: Co-investigator (Principal Investigator: Kristen Lindgren)  
Location of Tenure: University of Washington  
Period Held: 2012-2017

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

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

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

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

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

University of Virginia Institute on Aging Pilot Grant  
Title: Subjective cognitive complaints as a predictor of anxiety and obsessional thinking in older populations  
Role: Principal Investigator  
Location of Tenure: University of Virginia  
Period Held: 2004-2005

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

American Psychological Association Dissertation Research Award

Title: Implicit cognitive processing among individuals with spider phobia: Treatment outcome

Role: Principal Investigator

Location of Tenure: Yale University

Period Held: 2000-2001

Natural Sciences and Engineering Research Council of Canada Fellowship

Title: Implicit associations for fear-relevant stimuli among individuals with snake & spider fears

Role: Principal Investigator

Location of Tenure: Yale University

Period Held: 1999-2001

John F. Enders Collaborative Research Grant

Title: Implicit attitudes toward phobic stimuli: Changes over treatment

Role: Co-Principal Investigator

Location of Tenure: Yale University

Period Held: 1999-2000

Consulting

Arts and Sciences Diversity and Inclusion Grant

Title: Diversifying Scholarship at UVa: Forging Interdisciplinary Connections, Empowering Students, and Promoting a Culture of Inclusivity

Role: Faculty Sponsor/Consultant (Principal Investigators: Jamie Albright, Marlen Gonzalez)

Location of Tenure: University of Virginia

Period Held: 2017

Agency for Healthcare Research and Quality R36 HS23727

Title: Explaining racial disparity in bipolar disorder treatment: how do providers contribute?

Role: Consultant (Principal Investigator: Kaja Johnson McMaster)

Location of Tenure: University of California, Berkeley

Period Held: 2015-2017

NICHD R24 LM011718

Title: Culture, Health and Adolescence Research Network (CHARN)

Role: Consultant (Principal Investigator: Emily Ozer)

Location of Tenure: University of California, Berkeley

Period Held: 2014-2015

NSF 0819240

Title: Collaborative research: A multi-method approach to stigma and status processes

Role: Consultant (Principal Investigator: Jeffrey Lucas; Co-PI: Jo Phelan)

Location of Tenure: University of Maryland, College Park and Columbia University, Mailman School of Public Health

Period Held: 2009-2014

NIMH R01MH096027

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

Role: Consultant (Principal Investigator: Lawrence Yang)

Location of Tenure: Columbia University

Period Held: 2012-2017

NIAAA R21AA021151

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

Role: Consultant (Principal Investigator: Elise Clerkin)

Location of Tenure: Miami University

Period Held: 2013-2015

#### Mentorship on Grants and Awards

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

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

Role: Mentor for Karl Fua

Location of Tenure: University of Virginia

Period Held: 2017-2018

#### Presidential Fellows in Data Science Award

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

Role: Mentor for Miranda Beltzer and Mawulolo Ameko

Location of tenure: University of Virginia

Period Held: 2018-2019

K23NR16215-01

Title: Effects of psychological stress on arterial stiffness

Role: Mentor for Jeongok Logan, PhD

Location of Tenure: University of Virginia

Period Held: 2016-2019

#### Presidential Fellows in Data Science Award

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

Role: Mentor for Jeffrey Glenn and Alicia Nobles

Location of tenure: University of Virginia

Period Held: 2015-2016

#### American Psychological Association Dissertation Research Award

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

Role: Principal Investigator (with Jennifer Green)

Location of Tenure: University of Virginia

Period Held: 2013-2014

K99 AA017669, R00 AA017669 NIH Pathway to Independence Award

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

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

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

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

#### **Scholarships, Fellowships, and Gifts**

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

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

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

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

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

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

<b>Editorial Positions</b>
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**Associate Editor:**

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

**Editorial Boards:**

- Cognitive Therapy and Research (2006-2014)
- Journal of Abnormal Psychology (2005-2010)
- Clinical Psychological Science (2016-current)

#### **Guest Editor:**

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

<b>Publications</b>
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- **Books**

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

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

- **Journal Articles**

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

Lindgren, K. P., Ramirez, J. J., Wiers, R. W., Teachman, B. A., Norris, J., Olin, C. C., Gasser, M. L., Kaysen, D., & Neighbors, C. (in press). Mood selectively moderates the implicit alcohol association – drinking relation in college student heavy episodic drinkers. Psychology of Addictive Behaviors.

Maresh, E. L., Teachman, B. A., & Coan, J. A. (in press). Are you watching me? Interacting effects of fear of negative evaluation and social context on cognitive performance. Journal of Experimental Psychopathology.

Millner, A. J., Coppersmith, D., Teachman, B. A., & Nock, M. K. (in press). The Brief Death Implicit Association Test: Scoring recommendations, reliability, validity and comparisons with the Death Implicit Association Test. Psychological Assessment.

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

Lindgren, K. P., Baldwin, S. A., Olin, C. C., Wiers, R. W., Teachman, B. A., Norris, J., Kaysen, D., & Neighbors, C. (2018). Evaluating within-person change in implicit alcohol associations: Increases in implicit alcohol associations predict changes in drinking risk and vice-versa. Alcohol and Alcoholism, 1-18.

Chow, P. I., Fua, K., Huang, Y., Bonelli, W., Xiong, H., Barnes, L. E., & Teachman, B. A. (2017). Using mobile sensing to test clinical models of depression, social anxiety, state affect,



- and social isolation among college students. Journal of Medical Internet Research, 19(3), e62.
- Chow, P. I., Gorlin, E. I., Beadel, J. R., Thomas, S., Vrana, S., Roberson-Nay, R., & Teachman, B. A. (2017). Examining the association between trait mindfulness and distress in response to a repeated CO<sub>2</sub> challenge. Mindfulness, 1-14.
- Fua, K. C., & Teachman, B. A. (2017). Dynamically tracking anxious individuals' affective response to valenced information. Emotion, 17(6), 1030-1045.
- Glenn, J. J., Wertz, A. J., Slama, S. J. K., Steinman, S. A., Teachman, B. A., & Nock, M. K. (2017). Suicide and self-injury-related implicit cognition: A large-scale examination and replication. Journal of Abnormal Psychology, 126(2), 199-211.
- Gorlin, E. I., & Teachman, B. A. (2017). The "How" and the "Why" of restoring goal-pursuit after a failure. Journal of Experimental Psychopathology, 8(2), 88-109.
- Magee, J. C., Dreyer-Oren, S. E., Sarfan, L. D., Teachman, B. A., & Clerkin, E. M. (2017). Don't tell me what to think: Comparing self- and other-generated distraction methods for controlling intrusive thinking. Journal of Obsessive-Compulsive and Related Disorders. Advance online publication. doi:10.1016/j.jocrd.2017.12.003
- Namaky, N., Beltzer, M. L., Wertz, A. J., Lambert, A. E., Isaacowitz, D. M., & Teachman, B. A. (2017). Moderators of age effects on attention bias toward threat and its association with anxiety. Journal of Affective Disorders, 216, 46-57
- Narr, R., & Teachman, B. A. (2017). Using advances from cognitive behavioral models of anxiety to guide treatment for social anxiety disorder. Journal of Clinical Psychology, 73(5), 524-535.
- Roberson-Nay, R., Gorlin, E. I., Beadel, J. R., Cash, T., Vrana, S., & Teachman, B. A. (2017). Temporal stability of multiple response systems to 7.5% carbon dioxide challenge. Biological Psychology, 124, 111-118.
- Wertz, A. J., Green, J. S., & Teachman, B. A. (2017). Implicit health associations across the adult lifespan. Psychology and Health, 32(12), 1429-1448.
- Beadel, J. R., Mathews, A., & Teachman, B. A. (2016). Cognitive Bias Modification to enhance resilience to a panic challenge. Cognitive Therapy and Research, 40(6), 799-812.
- Beadel, J. R., Ritchey, F. C., & Teachman, B. A. (2016). Role of fear domain match and baseline bias in interpretation training for contamination fear. Journal of Experimental Psychopathology, 7(1), 49-71.
- Cha, C. B., Glenn, J. J., Deming, C. A., D'Angelo, E. J., Hooley, J. M., Teachman, B. A., & Nock, M. K. (2016). Examining potential iatrogenic effects of viewing suicide and self-injury stimuli. Psychological Assessment, 28(11), 1510-1515.

- Gorlin, E. I., Lambert, A. E., & Teachman, B. A. (2016). When does it hurt to try? Effort as a mediator of the links between anxiety symptoms and the frequency and duration of unwanted thought recurrence. Personality and Individual Differences, *98*, 137-144.
- Kulesza, M., Matsuda, M., Ramirez, J. J., Werntz, A. J., Teachman, B. A., & Lindgren, K. P. (2016). Towards greater understanding of addiction stigma: Intersectionality with race/ethnicity and gender. Drug and Alcohol Dependence, *169*, 85-91.
- Lindgren, K. P., Gasser, M. L., Werntz, A. J., Namaky, N., Baldwin, S. A. & Teachman, B. A. (2016). Moderators of implicit and explicit drinking identity in a large US adult sample. Addictive Behaviors, *60*, 177-183.
- Lindgren, K. P., Neighbors, C., Teachman, B. A., Baldwin, S. A., Norris, J., Kaysen, D., Gasser, M. L., & Wiers, R. W. (2016). Implicit alcohol associations, especially drinking identity, predict drinking over time. Health Psychology, *35*(8), 908-918.
- Lindgren, K. P., Ramirez, J. J., Namaky, N., Olin, C. C., & Teachman, B. A. (2016). Evaluating the relationship between explicit and implicit drinking identity centrality and hazardous drinking. Addictive Behaviors Reports, *4*, 87-96.
- Rowell, S. F., Green, J. S., Teachman, B. A., & Salthouse, T. A. (2016). Age does not matter: memory complaints are related to negative affect throughout adulthood. Aging and Mental Health, *20*(12), 1255-1263.
- Werntz, A. J., Steinman, S. A., Glenn, J., Nock, M., & Teachman, B. A. (2016). Characterizing implicit mental health evaluations across clinical domains. Journal of Behavior Therapy and Experimental Psychiatry, *52*, 17-28.
- Cody, M. W., Steinman, S. A., & Teachman, B. A. (2015). True and false memories in social anxiety disorder: Effects of speech anticipation and social content. Cognitive Therapy and Research, *39*(6), 797-807.
- Emeh, C., Mikami, A. Y., & Teachman, B. A. (2015). Explicit and implicit positive illusory bias in children with attention-deficit/hyperactivity disorder. Journal of Attention Disorders. Advance online publication. doi:10.1177/1087054715612261
- Gorlin, E. I., & Teachman, B. A. (2015). Inhibitory control as a moderator of threat-related interference biases in social anxiety. Cognition and Emotion, *29*(4), 723-735.
- Gorlin, E. I., & Teachman, B. A. (2015). Threat interference biases predict socially anxious behavior: The role of inhibitory control and minute of stressor. Behavior Therapy, *46*(4), 493-509.
- Green, J. S., Magee, J. C., Steiner, A., & Teachman, B. A. (2015). When the “Golden Years” turn blue: Using the healthy aging literature to elucidate anxious and depressive disorders in older

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

- Clerkin, E. M., Fisher, C. R., Sherman, J. W., & Teachman, B. A. (2014). Applying the Quadruple Process Model to evaluate change in implicit attitudinal responses during therapy for panic disorder. Behaviour Research and Therapy, *52*, 17-25.
- Clerkin, E. M., Teachman, B. A. Smith, A. R., & Buhlmann, U. (2014). Specificity of implicit shame associations: Comparison across body dysmorphic, obsessive compulsive, and social anxiety disorders. Clinical Psychological Science, *2*, 560-575.
- Clerkin, E. M., Werntz, A. J., Magee, J. C., Lindgren, K. P., & Teachman, B. A. (2014). Evaluating age differences in coping motives as a mediator of the link between social anxiety symptoms and alcohol problems. Psychology of Addictive Behaviors, *28*, 880-886.
- Cody, M. W., Clerkin, E. M., Stevens, E. S., Gasser, M. L., Pasciuti, M. L., & Teachman, B. A. (2014). Social anxiety disorder and global/local performance on a visuospatial processing task. Journal of Experimental Psychopathology, *5*, 83-96.
- Gordon, T. L., Steiner, A. R. W., & Teachman, B.A. (2014). Physical triggers of anxiety in African Americans. The Journal of Black Psychology. 0095798414535637.
- Gorlin, E. I., Beadel, J. R., Roberson-Nay, R., & Teachman, B. A. (2014). The self-fulfilling panic prophecy: Anxiety-related control attributions uniquely predict reactivity to a 7.5% CO<sub>2</sub> challenge. Cognitive Therapy and Research, *35*, 585-599.
- Lai, C. K., Marini, M., Lehr, S. A., Cerruti, C., Shin, J. L., Joy-Gaba, J. A., Ho, A. K., Teachman, B. A., Wojcik, S. P., Koleva, S. P., Frazier, R. S., Heiphetz, L., Chen, E., Turner, R. N., Haidt, J., Kesebir, S., Hawkins, C. B., Schaefer, H. S., Rubichi, S., Sartori, G., Dial, C. M., Sriram, N., Banaji, M. R., & Nosek, B. A. (2014). Reducing implicit racial preferences: I. A comparative investigation of 17 interventions. Journal of Experimental Psychology: General, *143*, 1765-1785.
- Lambert A. E., Hu, Y., Magee, J. C., Beadel, J. R., & Teachman B. A. (2014). Thought suppression across time: Change in frequency and duration of thought recurrence. Journal of Obsessive-Compulsive and Related Disorders, *3*, 21-28.
- Magee, J. C., Smyth, F. L., & Teachman, B. A. (2014). A web-based examination of responses to intrusive thoughts across the adult lifespan. Aging and Mental Health, *18*, 326-339.
- Reuland, M. M., & Teachman, B. A. (2014). Interpretation bias modification for youth and their parents: A novel treatment for early adolescent social anxiety. Journal of Anxiety Disorders, *28*, 851-864.
- Steinman, S. A., & Teachman, B.A. (2014). Reaching new heights: Comparing interpretation bias modification to exposure therapy for extreme height fear. Journal of Consulting and Clinical Psychology, *82*, 404-417.
- Teachman, B.A. (2014). No appointment necessary: Treating mental illness outside the therapist's

- office. Perspectives on Psychological Science, *9*, 85-87.
- Beadel, J. R., Green, J. S., Hosseinbor, S. & Teachman, B. A. (2013). Influence of age, thought content, and anxiety on suppression of intrusive thoughts. Journal of Anxiety Disorders, *27*, 598-607.
- Green, J. S. & Teachman, B. A. (2013). Predictive validity of explicit and implicit threat overestimation in contamination fear. Journal of Obsessive-Compulsive and Related Disorders , *2*, 1–8. doi:10.1016/j.jocrd.2012.09.002
- Lambert, A. E., Smyth, F. L., Beadel, J. R., & Teachman B .A. (2013). Aging and repeated thought suppression success. PLoS ONE *8*(6): e65009. doi:10.1371/journal.pone.0065009
- Lindgren, K. P., Kaysen, D., Werntz, A. J., Gasser, M. L., & Teachman, B. A. (2013). Wounds that can't be seen: Implicit trauma associations predict posttraumatic stress disorder symptoms. Journal of Behavior Therapy and Experimental Psychiatry, *44*, 368-375.
- Menatti, A., Smyth, F. L., Teachman, B. A., & Nosek, B. A. (2013). Reducing stigma toward individuals with mental illnesses: A brief, online manipulation. Stigma Research and Action. Retrieved from <https://osf.io/eafhs/>.
- Smith-Janik, S., Green, J. S., & Teachman, B. A. (2013). Age differences in information processing biases in spider fear. International Journal of Cognitive Therapy, *6*, 401-420.
- Steinman, S. A., Hunter, M. D., & Teachman, B. A. (2013). Do patterns of change during treatment for panic disorder predict future panic symptoms? Journal of Behavior Therapy and Experimental Psychiatry, *44*(2), 150-157. doi:10.1016/j.jbtep.2012.09.003
- Steinman, S. A., Smyth, F. L., Bucks, R., MacLeod, C., & Teachman, B. A. (2013). Anxiety-linked expectancy bias across the adult lifespan. Cognition and Emotion, *27*, 345-355. doi:10.1080/02699931.2012.711743
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- **Peer Reviewed Papers in Published Conference Proceedings**

Ameko, M. K., Cai, L., Boukhechba, M., Daros, A., Chow, P. I., Teachman, B. A., Gerber, M., & Barnes, L. E. (2018). Cluster-based approach to improve affect recognition from passively sensed data. The IEEE Conference on Biomedical and Health Informatics (BHI 2018). Nevada.

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Nobles, A., Glenn, J., Kowsari, J., Teachman, B. A., & Barnes, L. E. (2018). Identification of imminent suicide risk among young adults using text messages. Proceedings of the 2018 CHI Conference on Human Factors in Computing Systems, Montréal, QC, Canada.

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- **Book Reviews**

Teachman, B. A., & Gordon, T. L. (2004). Chicken soup for the psychologists' soul. Review of Psychology 101<sup>1/2</sup>: The Unspoken Rules for Success in Academia by Robert Sternberg. Contemporary Psychology: The APA Review of Books, 49, 792-794. doi:10.1037/004885

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

- **Other Published Work**

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

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understanding about how to reduce the burden of mental illness that psychosocial research can help fill. Brief submitted to the National Institute of Mental Health.

Teachman, B. A. (2017, February). Working together to promote clinical science. The Behavior Therapist, 40(2), 54-55.

Werntz, A. J., Kline, E., & Teachman, B. A. (2016, October 20). A therapist-free intervention that offers promise for reducing feelings of anxiety [Web log post]. Retrieved from <https://www.anxiety.org/cognitive-bias-modification-internet-based-treatment-for-anxiety-disorders>

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Teachman, B. A. (2011). SSCP and APS team up to develop new job mentorship program. Invited article for Clinical Science, 14(3), 7.

Teachman, B. A., & Steinman, S. A. (2010). Challenges and rewards of teaching and learning about evidence based practice. Invited article for Clinical Science, *fall issue*, 9-11.

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

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

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

### **Invited Talks and Colloquium**

<u>When conflict arises: Understanding the options available to faculty to raise &amp; address complaints</u> University of Virginia, Faculty Guide program	2018, April
<u>Faculty-Senate Retirement workshop</u> University of Virginia, Faculty Guide program	2018, March
<u>Can I think about this a different way? Using digital technology to change anxious interpretations</u> University of Virginia, Social Psychology Seminar, Charlottesville, VA	2017, December
<u>Am I done yet? Planning the right path to retirement</u> University of Virginia, Faculty Guide program	2017, November
<u>Using technology to promote innovative Lithuanian mental health solutions</u> Lithuanian Ministry of Health Forum on Mental Health Innovations	2017, September
<u>Taking a Break: Understanding the Different Types of Faculty Leaves</u> University of Virginia, Faculty Guide program	2017, September
<u>Psychological First Aid</u> University of Virginia, Clinical Psychology Seminar, Charlottesville, VA	2017, September
<u>Anxiety and its management</u> University of California, Davis Men's Basketball Team	2016, December
<u>Responding to critical incidents</u> [related to acts of bigotry on campus] University of Virginia, Faculty Senate meeting	2016, December
<u>Moving from the clinic to a screen near you: Challenges in disseminating interpretation training</u> University of Virginia, Computer Science Department Colloquium, Charlottesville, VA	2016, December
University of Virginia, Center for Behavioral Health and Technology, Charlottesville, VA	2016, November
Association for Behavioral and Cognitive Therapies, 50 <sup>th</sup> Anniversary Invited Panel, New York, NY	2016, October
Teacher's College, Columbia University Psychology Department Colloquium, New York, NY	2016, October
University of Virginia, Clinical Psychology Seminar, Charlottesville, VA	2016, October

- Adapting Cognitive Bias Modification to Train Healthy Prospection  
Templeton Science of Prospection Award Retreat 2016, August
- Memos to the President From a “Council of Psychological Science Advisers”  
Society for Personality and Social Psychology’s Presidential Plenary on Policy, Social Psychology, & You 2016, January
- Coming soon to a computer near you: Changing threat interpretations to reduce anxiety  
Society for a Science of Clinical Psychology’s Virtual Clinical Lunch 2015, October
- Thinking without fear: The science behind anxiety reduction  
University of Virginia’s “More than the Score” Lifetime Learning 2015, September
- It’s not a heart attack, you’re just out of breath: Changing threat interpretations to reduce anxiety  
Virginia Commonwealth University, Positive Psychology Research Group 2014, October  
University of Washington, Center for the Study of Health and Risk Behaviors 2014, June  
Society for a Science of Clinical Psychology Presidential Address at the annual meeting of the Association for Psychological Science 2014, May  
University of Virginia, Behavioral Medicine, Charlottesville, VA 2014, January
- Regaining control: Interventions for automatic & strategic cognitive biases in adult anxiety  
National Institute of Mental Health “Brain Camp” 2014, May
- Implicit anxiety associations: Can you regain control?  
University of Virginia psychology department colloquium, Charlottesville, VA 2013, February
- Changing thinking to reduce anxiety: Implications of a lifespan perspective  
LIFE Fall Academy (Int’l Max Planck Research School), Charlottesville, VA 2012, October
- Reducing symptoms by changing implicit associations tied to anxiety disorders  
University of Virginia, Behavioral Medicine, Charlottesville, VA 2012, October  
Invited address at the 23rd Annual Conference on Psychology in the Public Sector, Western State Hospital, Staunton, VA 2012, October
- Changing thinking to reduce anxiety: Translational potential of cognitive bias modification  
Virginia Commonwealth University, Virginia Institute for Psychiatric Behavioral Genetics 2012, December and  
University of Groningen 2012, June  
University of Western Australia psychology department, Perth, Australia 2012, May
- Interactive Model of Anxious processing (IMAP): I think therefore I panic  
University of California Berkeley, Institute of Personality & Social Research 2012, February  
Stanford University, Department of Psychology, Affective Area Seminar 2011, October  
Stanford University, Department of Psychology, Social Area Seminar 2011, October



Mental disorder: What's that?

Presenter and panelist at the Center for Advanced Study in the Behavioral Sciences (CASBS)  
 "Crosstalk" series at Stanford University 2011, October

Dissemination of evidence based treatment

Presenter and panelist at the Center for Advanced Study in the Behavioral Sciences (CASBS)  
 "Looking Ahead" series at Stanford University 2011, September

Treating anxiety disorders in adults

Invited workshop for Romanian psychologists sponsored by the Alexandru Ione  
 Cruz University in Iasi, Romania 2011, July

Aging and emotional health: Relieving stress and managing negative moods

Charlottesville Senior Center (invited workshop) 2010, November

Aging and emotional reactions: Not a simple story

Guest Lecture for University of Virginia's Art & Aging Class in Psychology 2010, September

Understanding cognitive processing in anxiety disorders from a developmental perspective

LIFE Spring Academy (Int'l Max Planck Research School), Charlottesville, VA 2010, May

I think therefore I panic: Biased cognitive processing in panic disorder

University of Virginia, Women's Work Program, Charlottesville, VA 2010, December  
 University of Virginia, Social Psychology Seminar, Charlottesville, VA 2010, March  
 University of Virginia, Psychology Research Class, Charlottesville, VA 2010, March

The PACT Lab Sampler Plate: A taste of anxiety, and an amuse-bouche of biased cognitive processing and intervention in a lifespan perspective sauce

University of Virginia, Cognitive Psychology Seminar, Charlottesville, VA 2009, November

It's out of my control: Automatic processing in anxiety disorders

University of CO at Boulder psychology department colloquium, Boulder, CO 2008, February  
 Washington University psychology department colloquium, St Louis, MO 2008, October  
 Dickinson College psychology department colloquium, Carlisle, PA 2009, January  
 University of Virginia psychology department colloquium, Charlottesville, VA 2009, February  
 University of Western Australia psychology department, Perth, Australia 2009, March  
 Concordia University psychology department colloquium, Montreal, QC 2009, March

Facing the mirror again: Body dysmorphic disorder assessment and treatment 2009, March

Workshop for the Australian Association of Cognitive Behaviour Therapies, Perth, Australia

Treatment planning in clinical psychology: An evidence-based approach 2009, March

Workshop for the Australian Association of Cognitive Behaviour Therapies, Perth, Australia

Obsessional beliefs and responses to intrusive thoughts: A lifespan perspective 2008, November

University of Virginia, Developmental Psychology Seminar, Charlottesville, VA

- Managing anxiety problems among patients and caregivers 2008, February  
Virginia Conference on Geriatric Care: 'Sharing the Challenge: Tools for Successful Caregiving'
- Emotional influences on perception and cognition: Be afraid...be very afraid 2008, February  
University of Virginia psychology department colloquium
- Anxiety disorders: Assessment, etiology, and treatment 2006-2008 (annually), February  
Guest Lecture for University of Virginia's Curry Programs in Clinical and School Psychology
- Automatic perceptual biases: A novel mode of fear expression 2007, December  
FWO Scientific Research Community Meeting, Ghent, Belgium
- Information processing in anxiety disorders: Automatic and insidious 2007, November  
Early Career Award Address: Anxiety SIG, Association for Behavioral and Cognitive Therapies
- Aging, bodily threat and anxiety  
Maxnet Aging International Research Network meeting, Stockholm, Sweden. 2007, June
- Changing interpretations: Consequences for anxiety disorders  
University of Virginia, Cognitive Psychology Seminar, Charlottesville, VA. 2006, November
- Aging, arousal and anxiety  
Maxnet Aging International Research Network meeting, Charlottesville, VA. 2006, May
- Aging and cognitive theories of anxiety  
Maxnet Aging International Research Network meeting, Marbella, Spain. 2005, November
- Obsessional beliefs and implicit appraisals of intrusive thoughts.  
Stanford University, Psychology Department Personality Seminar, Stanford, CA. 2005, October
- Using implicit associations to test cognitive theories of anxiety  
Implicit Cognition and Attention in Experimental Psychopathology and Health 2005, August  
research meeting, Netherlands.
- Cognitive processing in anxiety disorders: Untangling the web of fear associations  
Virginia Polytechnic Institute and State University, Blacksburg, VA. 2004, November
- Cognitive processing in anxiety disorders: Why spiders are so creepy  
Washington and Lee University, Lynchburg, VA. 2004, April
- Using implicit cognition to examine changes following treatment for phobias and panic disorder  
Implicit Cognition in Psychopathology Meeting, Belgium. 2003, August
- Supporting your loved one: Coping and resources  
Annual meeting of the National Eating Disorders Association, St. Charles, IL. 2003, October

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

The skinny on automatic anti-fat bias  
 University of Wisconsin, Madison, WI. 2001, October  
 University of Pennsylvania, Philadelphia, PA. 2001, November

Implicit fearful attitudes toward critters that creep and crawl  
 Yale University, Current Topics in Clinical Psychology, New Haven, CT. 1999, November

What you lookin' at? Self-focused attention, causal attributions and social anxiety  
 Yale University, Current Topics in Clinical Psychology, New Haven, CT. 1999, January  
 Yale University, Current Topics in Social Psychology, New Haven, CT. 1999, February

### **Invited Meetings and Consulting**

Invited Chair for Association for Behavioral and Cognitive Therapies' Inaugural Think Tank on  
 Advancing Digital Technologies to Provide Evidence-Based Care 2017

A conversation with NIMH leadership about the role of psychosocial research 2017  
 Coalition for the Advancement and Application of Psychological Science Virtual Town Hall  
 (Organizer and moderator)

Coalition for the Advancement and Application of Psychological Science 2016-present  
 (Chair bi-annual half-day meetings in spring and fall)

Clinical Science Summits sponsored by Association for Psychological Science 2015 (August,  
 October)

"Champions of psychology." Invited participant by the Association for Psychological Science  
 Student Caucus at the annual meeting of the Association for Psychological Science, Washington  
 D.C. 2013

Expert witness 2010-2012

"Schizophrenia prevention: Using the tools of cognitive neuroscience to understand stigma  
 associated with the risk label in the community." Supported by the Irving Institute for Clinical  
 and Translational Research of Columbia University 2010-2011

“Stigma Associated with a High-Risk State for Psychosis: Potential Adoption of a Controversial Diagnosis for DSM-V.” Supported by Columbia University School of Public Health, Calderone Prize awarded to Lawrence Yang 2009-2011

Research Community of the Flemish Science Foundation (FWO-Vlaanderen): 2007-2012  
 “Automatic Processes in Psychopathology and Health Related Behavior”

‘B’ is for Bias, Southern Poverty Law Center 2006

American Psychological Association Science Leadership Conference 2005, 2007

### **Selected Conference Presentations (since 2010)**

Beadel, J. R., Mathews, A., & Teachman, B. A. (November, 2017). Increasing resilience to panic sensations through cognitive bias modification in an anxiety sensitive sample. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

Beltzer, M.L., Adams, S.J., Beling, P.A., & Teachman, B.A. (November, 2017). Social anxiety and dynamic social reinforcement learning in a volatile environment. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

Fua, K., & Teachman, B.A. (November, 2017). Tracking affective ratings over time: Anxious individuals' dynamic reactions to valenced information. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

Steinman, S. A., Namaky, N., Thomas, S., Meissel, E., St. John, A. T., Pham, N., Werntz, A. J., Saunders, T., Gorlin, E. I., Arbus, S., Beltzer, M., Soroka, A. & Teachman, B. A. (November, 2017). Maximizing effects for cognitive bias modification for threat interpretations: Testing 15 variants of training. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

Teachman, B. A. (November, 2017). Refining our understanding of cognitive biases in social anxiety: New insights based on diverse methodologies. Invited discussant at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

Teachman, B. A. (November, 2017). New grounds to promote CBT in diverse contexts: Implications of clinical practice guidelines for clinical training, practice, research, and policy. Chair of panel at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

Teachman, B. A. (November, 2017). The Virtual Research Lab: Opportunities and Challenges. Invited panelist at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

Beltzer, M.L., Adams, S.J., Beling, P.A., & Teachman, B.A. (2017, October). Social anxiety and dynamic social reinforcement learning in a volatile environment: Evaluating differences in learning rate over time. Paper presented at the International Max Planck Research School on the Life Course (LIFE) Conference. Zurich, Switzerland.

Chow, P. I., Huang, Y., Gong, J., Rucker, M., Bonelli, W., Leach, K., Fua, K., Gerber, M. S., Boukhechba, M., Teachman, B. A., & Barnes L. E. (October, 2017). Using smartphone sensors to understand behavioral dynamics of social anxiety. Paper presented at the meeting of the International Society for Research on Internet Interventions, Berlin, Germany.

Beltzer, M.L., Moulder, R.L., Starns, A., Teachman, B.A. (May, 2017). Stigma in America:

- Large-scale effects of implicit and explicit beliefs about the dangerousness of individuals with mental illness. Paper presented at the annual meeting of the Association for Psychological Science, Boston, MA.
- Werntz, A. J., Ko, T. M., & Teachman, B. A. (May, 2017). Attitudes about mental health interventions: Treatment experience relates to implicit and explicit intervention efficacy associations. Paper presented at the annual meeting of the Association for Psychological Science, Boston, MA.
- Werntz, A. J., & Teachman, B. A. (2017, May). Examining implicit and explicit attitudes about mental health treatment across the adult lifespan. Paper presented at the International Max Planck Research School on the Life Course (LIFE) Conference. Ann Arbor, MI.
- Gorlin, E. I., & Teachman, B. A. (April, 2017). The “how” and the “why” of reengaging in goal-pursuit after a stressful failure: A novel intervention strategy. Paper presented at the annual meeting of the Anxiety and Depression Association of America, San Francisco, CA.
- Steinman, S. A., Namaky, N., Thomas, S., Meissel, E., St. John, A. T., Pham, N., Werntz, A. J., Saunders, T., Gorlin, E. I., Arbus, S., Beltzer, M., Soroka, A. & Teachman, B. A. (April, 2017). Which variations of cognitive bias modification for interpretations lead to the strongest effects? Paper presented at the annual meeting of the Anxiety and Depression Association of America, San Francisco, CA.
- Glenn, J. J., Nobles, A. L., Barnes, L., & Teachman, B. A. (October, 2016). Applying machine learning to electronic communications to identify suicide risk in real time. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York.
- McKay, D., Chambless, D., Teachman, B., Mancusi, L., Holloway, E., Jurska, J., & Grossman, S. (October, 2016). Changing funding trends from the National Institute of Mental Health: 1997-2015. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York.
- Teachman, B. A. (October, 2016). Psychological risk factors for anxiety and depressive disorders: Results from the Netherlands Study of Depression and Anxiety (NESDA). Invited discussant at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York.
- Glenn, J. J., & Teachman, B. A. (November, 2015). Social anxiety and the prediction of future affect. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Gorlin, E. I., Lambert, A. E., & Teachman, B. A. (November, 2015). When does it hurt to try? Motivational and neurocognitive factors in the link between anxiety symptoms and unwanted thought recurrence. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Reuland, M. M. & Teachman, B. A. (November, 2015). Interpretation bias modification for youth and their parents: A novel treatment for early adolescent social anxiety. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Teachman, B. A. (November, 2015). Beyond reaction time bias: Neural, physiological, ecological, and clinical correlates of information processing mechanisms. Invited discussant at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Teachman, B. A. (November, 2015). Prospection: An examination of future thinking across anxiety, depression, and suicide. Invited discussant at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

- Lindgren, K. P., Neighbors, C., Ramirez, J., Gasser, M. L., Norris, J., Kaysen, D., Teachman, B. A., & Wiers, R.W. (June, 2015). Implicit and explicit alcohol cognitions predict alcohol outcomes prospectively. Paper presented at the annual meeting of the Research Society on Alcoholism, San Antonio, TX.
- Reuland, M. M., & Teachman, B. A. (May, 2015). Interpretation bias modification for youth and their parents: A novel treatment for early adolescent social anxiety. Paper presented at the annual meeting of the Association for Psychological Science, New York, NY.
- Steinman, S. A., & Teachman, B. A. (May, 2015). Internet-based cognitive bias modification: Impact of training. Paper presented at the annual meeting of the Association for Psychological Science, New York, NY.
- Teachman, B. A. (May, 2015). How to get published: Guidance from journal editors. Invited panel discussion at the annual meeting of the Association for Psychological Science, New York, NY.
- Beadel, J. R., Ritchey, F. C., & Teachman, B. A. (November, 2014). Importance of fear domain match in cognitive bias modification for interpretations. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Cha, C. B., Glenn, J. J., Deming, C. A., Hooley, J. M., Teachman, B. A., & Nock, M. K. (November, 2014). Any harm in asking? Examining iatrogenic effects of self-injury and suicide assessment. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Clerkin, E. M., Wertz, A. J., Magee, J. C., Lindgren, K. P., & Teachman, B. A. (November, 2014). Linking social anxiety and alcohol problems: Evaluating age differences in coping motives as a mediator. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Glenn, J. J., Steinman, S. A., Wertz, A. J., Slama, S. J. K., Teachman, B. A., & Nock, M. K. (November, 2014). Using implicit cognition tools to assess suicidal and self-injurious behaviors. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Gorlin, E. I. & Teachman, B. A. (November, 2014). Threat-related attentional biases as unique predictors of impaired social performance: When and for whom? Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Steinman, S. A., & Teachman, B. A. (November, 2014). Comparing the efficacy of cognitive bias modification and exposure therapy to reduce height fear. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Teachman, B. A. (November, 2014). Addressing controversies in empirically supported treatments: New standards on the horizon? Panel member at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Teachman, B. A. (November, 2014). New directions in information processing and psychopathology. Invited discussant at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Teachman, B. A. (November, 2014). Reexamining implicit cognition in psychopathology: The role of associative and propositional processes. Invited discussant at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Wertz, A. J., Steinman, S. A., Glenn, J. J., Nock, M. K., & Teachman, B. A. (November, 2014). Project Implicit Mental Health: Findings from a large-scale demonstration website. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies,

- Philadelphia, PA.
- Teachman, B. A. (August, 2014). Rising stars in clinical science from the Society for a Science of Clinical Psychology. Chair of symposium presented at the annual meeting of the American Psychological Association, Washington D.C.
- Teachman, B. A., & Werntz, A. J. (May, 2014). Project Implicit Mental Health: An online platform to discover mental health associations outside conscious control. Paper presented at the annual meeting of the Association for Psychological Science, San Francisco, CA.
- Gorlin, E. I., & Teachman, B. A. (November, 2013). Attentional control as a moderator of threat-related attentional biases in social anxiety. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
- Teachman, B. A. (November, 2013). Cognitive bias modification for treatment of anxiety disorders: Big picture considerations for implementation in the clinical setting. Panel member at the annual meeting of the Association of Behavioral and Cognitive Therapies, Nashville, TN.
- Teachman, B. A. (July, 2013). It's outside my control: Role of automatic cognitive processing in psychopathology. Moderator for Panel Discussion at the tri-annual meeting of the World Congress of Behavioral and Cognitive Therapies, Lima, Peru.
- Teachman, B. A. (July, 2013). Characterizing disgust-related processes: Implications for anxiety and related disorders (Chair: B. Olatunji). Invited discussant at the tri-annual meeting of the World Congress of Behavioral and Cognitive Therapies, Lima, Peru.
- Teachman, B. A. (July, 2013). Emerging contributions of cognitive bias modification (CBM) to health psychology (Chair: L. Notebaert). Invited discussant at the tri-annual meeting of the World Congress of Behavioral and Cognitive Therapies, Lima, Peru.
- Steinman, S. A., & Teachman, B. A. (May, 2013). Evaluating a novel treatment for height fear: Cognitive bias modification for interpretations. Paper presented at the annual meeting of the Association for Psychological Science, Washington D.C.
- Teachman, B. A. & Clerkin, E. M. (May, 2013). Regaining control of implicit anxiety associations. Invited symposium by the NIAAA (Co-chairs E. Witt and D. Falk), Implicit cognitions as modifiable targets in behavioral interventions. Paper presented at the annual meeting of the Association for Psychological Science, Washington D.C.
- Lindgren, K.P., Westgate, E. C., Gasser, M., Teachman, B., & Neighbors, C. (January, 2013). Drinker + Me: Implicit drinking identity as a predictor of drinking outcomes and intervention target. Paper presented at the annual conference of the Society for Personality and Social Psychology, New Orleans, LA.
- Clerkin, E. M., & Teachman, B. A. (November, 2012). Training OC-relevant interpretations: Lessons learned and extension to BDD. Paper presented at the annual conference of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
- Cody, M. W., & Teachman, B. A. (2012, November). Lured by illusion: Social phobia, anticipation, and false memories. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
- Steinman, S. A., & Teachman, B. A. (2012, November). Negative expectancy bias in anxious samples. Paper presented at the annual conference of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
- Teachman, B. A. (November, 2012). Recollective and anticipatory processes in SAD: Two sides of the same coin? New insights from experimental and clinical studies. Invited discussant at

the annual conference of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

Drabick, D., & Teachman, B.A. (Co-chairs) (2012, August). Emotion regulation from practice and research perspectives - Building an evidence-based bridge. Panelists: Eunice Chen, Marvin Goldfried, Lisa Napolitano. Invited panel at the annual meeting of the American Psychological Association, Orlando, FL.

Teachman, B. A., & Clerkin, E. M. (2012, August). Altering automatic cognitive processing biases to improve emotion regulation skills: Social anxiety as a prototype. Invited symposium at the annual meeting of the American Psychological Association, Orlando, FL.

Green, J. S., & Teachman, B.A. (2012, May). The age of anxiety: A multi-dimensional perspective on age and anxiety across the adult life span. Paper presented at the international program on lifespan development, International Max Planck Research School, Berlin, Germany.

Steinman, S. A., & Teachman, B. A. (2012, April). Comparing interpretation bias modification to exposure therapy for acrophobia. Paper presented at the annual meeting of the Anxiety Disorders Association of America, Arlington, VA.

Steinman, S. A., Teachman, B. A., & Smyth, F. L. (2011, November). Challenges of measuring implicit associations for complex clinical issues: Anxiety sensitivity as a prototype. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.

Teachman, B. A. (2011, November). Comorbid anxiety and disordered eating: Research findings and implications for treatment. Invited discussant at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.

Steinman, S. A., & Teachman, B. A. (2011, May). Implicit associations in anxiety and related disorders: Stories of success and failure. Paper presented at the annual meeting of the Association for Psychological Science, Washington, DC.

Teachman, B. A. (2011, May). Using the tools of cognitive science to advance clinical theory and practice. Chair of symposium presented at the annual meeting of the Association for Psychological Science, Washington, DC.

Simpson, J., & Teachman, B. A. (2010, November). The effect of implicit association training on emotional vulnerability in contamination fearful adults. Paper presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, San Francisco, CA.

Steinman, S. A., & Teachman, B. A. (2010, November). Patterns and mechanisms of change in panic disorder. Paper presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, San Francisco, CA.

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

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

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



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

### **Teaching Experience**

#### **Courses taught:**

Abnormal Psychology (undergraduate lecture course)

Experimental Psychopathology (graduate seminar)

Psychological Intervention (graduate seminar)

Fear and Anxiety Disorders (undergraduate seminar)

Cognitive Biases in Anxiety and Related Disorders (undergraduate seminar)

### **Clinical Training and Experience**

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

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

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

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

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

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

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

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

### **Leadership and Service Experience**

#### **National:**

2016-present Chair, Coalition for the Advancement and Application of Psychological Science

2016-present Chair (starting 2017), American Psychological Association Advisory Steering

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

### **University of Virginia:**

- 2018-present Reappointment Review Committee for Dean Ian Baucom
- 2018-present Arts and Sciences Committee to Implement the Future of Graduate Education
- 2017-present Psychology Department, Director of Diversity and Inclusion

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

### Regional

- 2017-present Charlottesville Area Community Foundation, Grants Portfolio Committee

### Visiting Scholars (hosted by the lab):

- 2010 Wilson Melo (Brazil)  
 2007-2008 Bogdan Tulbure (Romania)

<h3>Professional Affiliations</h3> <ul style="list-style-type: none"> <li>▪ American Association for the Advancement of Science</li> <li>▪ Anxiety Disorders Association of America</li> <li>▪ Association for Behavioral and Cognitive Therapies               <ul style="list-style-type: none"> <li>-Anxiety Disorders Special Interests Group</li> <li>-Women's Special Interests Group</li> </ul> </li> <li>▪ Association for Psychological Science</li> <li>▪ American Psychological Association               <ul style="list-style-type: none"> <li>-Division 12</li> </ul> </li> <li>▪ Society for the Science of Clinical Psychology</li> <li>▪ Past member- Society for Personality and Social Psychology</li> <li>▪ Past member- Obsessive Compulsive Foundation</li> <li>▪ Past member- Sigma Xi, The Scientific Research Society</li> </ul>
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<b>Ad Hoc Reviewer</b>
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**Journals:**

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

**Grant Agencies:**

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

**Other:**

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

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

External dissertation evaluator, Concordia University (2016)

<b>Listing of Selected Conference Posters Available Upon Request</b>
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