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# MICHAEL E. LEVIN, PH.D.

*CURRICULUM VITAE*

Utah State University  
2810 Old Main Hill  
Logan, UT 84322

Phone: (541)531-3892  
E-mail: Mike.Levin@USU.edu

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## EDUCATION

- Clinical Psychology Internship** 2013  
Brown University Clinical Psychology Training Consortium
- Ph.D. in Clinical Psychology** 2013  
University of Nevada Reno  
Dissertation: Evaluating a Prototype Acceptance and Commitment Training Web-Based Prevention Program for Depression and Anxiety in College Students (Chair: Steven C. Hayes, Ph.D.)
- M.A. in Psychology** 2010  
University of Nevada Reno  
Thesis: Enhancing the Precision of Implicit Cognition Measures: A Test of the Mixed Trial – Implicit Relational Assessment Procedure (Chair: Steven C. Hayes, Ph.D.)
- B.A. in Psychology (Summa Cum Laude)** 2005  
University of Colorado Boulder

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## PROFESSIONAL POSITIONS

- Associate Professor** 8/18 – present
- Assistant Professor** 8/13 – 7/18  
Department of Psychology, Utah State University  
Combined Clinical/Counseling Psychology Ph.D. Program
- Research Associate** 2/08 – 08/19  
NIH-Funded Small Business Grants to Develop Web-Based ACT Programs  
Contextual Change LLC, Reno, NV
- Clinical Psychology Resident** 7/12 – 6/13  
Brown University Clinical Psychology Training Consortium
- Graduate Research Assistant** 11/06 – 6/12  
NIMH-Funded Prevention of Suicidality in College Students Grant  
NIDA-Funded Stigma/Burnout in Addiction Counselors Grant  
University of Nevada, Reno

## GRANTS

### GRANTS UNDER REVIEW

A randomized controlled trial of supportive coaching for web-based acceptance and commitment therapy for hoarding disorder

Principal Investigator: Jennifer Krafft\* (Advisor: Michael Levin)

Funding Source: International OCD Foundation - Young Investigator Award

Role on Project: Co-Investigator

A randomized trial of web-based acceptance and commitment therapy plus exposure and response prevention for adolescent obsessive-compulsive disorder

Principal Investigator: Julie Petersen\* (Advisor: Michael Twohig)

Funding Source: International OCD Foundation - Young Investigator Award

Role on Project: Co-Investigator

Examining the Feasibility and Efficacy of Web-based ACT enhanced Behavioral Treatment of Trichotillomania in Adults: A Randomized Waitlist-Controlled Trial

Principal Investigator: Leila Capel\* (Advisor: Michael Twohig)

Funding Source: International OCD Foundation - Young Investigator Award

Role on Project: Co-Investigator

Parent Hearing Aid Management Intervention: A Novel Approach to Improve Daily

Principal Investigator: Karen Munoz

Agency: National Institute on Deafness and Other Communication Disorders

Role on Project: Co-Investigator

ACT for Caregivers: Online training for dementia family caregivers in Sweden

Principal Investigator: Beth Fauth

Agency: Forte

Role on Project: Co-Investigator

Treating Psychological Morbidities in Adolescent and Young Adult (AYA) Leukemia and Lymphoma Survivors: Feasibility and Acceptability of a Blended Acceptance and Commitment Therapy (ACT) Intervention

Principal Investigator: Casey Walsh

Agency: National Cancer Institute

Role on Project: Co-Investigator

## CURRENT FUNDED GRANTS

Pilot evaluation of peer-support coaching to increase adherence to online self-help for college mental health

Principal Investigator: Michael E. Levin

Funding Source: Utah State University Research Catalyst Grant

Period: 7/1/2020 - 6/30/2021

Role on Project: Principal Investigator

Total Costs: \$19,978

Psychological flexibility in adults with ASD: Psychological distress in the context of COVID-19

Principal Investigator: Ty Aller

Funding Source: National Research Consortium on Mental Health in Intellectual and Developmental Disabilities

Role on Project: Co-Investigator

Total Costs: \$10,000

A Process-Based App Intervention Study for Clinical Perfectionism

Principal Investigator: Clarissa Ong

Agency: Association for Contextual Behavioral Science Research Development

Period: 1/1/2020 - 3/31/2021

Role on Project: Co-Investigator

Total Costs: \$4,988

## PREVIOUS FUNDED GRANTS

Can eHealth coaching after early childhood hearing aid fitting improve parents coping and child outcomes?

Principal Investigator: Karen Munoz

Agency: Utah State University Research Catalyst Grant

Period: 7/1/2019 - 6/30/2020

Role on Project: Co-Investigator

Total Costs: \$19,685

Development and Evaluation of ACT on Health: An Online Health Promotion Program

Principal Investigator: Michael E. Levin

Agency: Utah State University Extension Grants Program

Period: 4/1/2018 - 12/31/2019

Role on Project: Principal Investigator

Total Costs: \$29,961

Mindfulness and Acceptance Applied in College through Web-Based Guided Self-Help (Phase II)

Principal Investigators: Michael E. Levin, Jacqueline Pistorello & Crissa Levin

Agency: National Center for Complementary and Alternative Medicine

R44 AT006952  
Period: 9/1/14 – 3/1/19  
Role on Project: Principal Investigator  
Total Costs: \$1,179,756

Development of a Web-based Acceptance and Commitment Therapy Intervention for Dementia Caregivers in Utah

Principal Investigator: Elizabeth Fauth  
Agency: Utah State University Extension Grants Program  
Role on Project: Co-Investigator  
Period: 4/1/2017 - 12/1/2018  
Total Costs: \$29,951

A Multi-Modal Intervention to Address Psychosocial Needs in Advanced Cancer

Principal Investigator: Joanna Arch  
Agency: American Cancer Society  
Period: 7/1/16 – 10/1/18  
Role on Project: Co-Investigator  
Total Costs: \$120,000

Acceptance and Commitment Therapy and Obsessive-Compulsive Disorder

Principal Investigator: Michael Twohig  
Agency: International OCD Foundation  
Period: 12/15/15 – 12/31/17  
Role on Project: Co-Investigator  
Total Costs: \$100,000

Implementation of a Web-Based Outcome Monitoring System to Improve Training in Clinical Practice and Research

Principal Investigator: Rick A. Cruz  
Agency: Society for a Science of Clinical Psychology - Varda Shoham Clinical Scientist Training Initiative  
Period: 6/1/15 – 5/31/16  
Role on Project: Co-Investigator  
Total Proposed Costs: \$1,500

Developing an Acceptance and Commitment Therapy-Based Adjunctive Mobile App to Improve Mental Health Care

Principal Investigator: Michael E. Levin  
Agency: Utah State University Research Catalyst Grant  
Period: 7/1/14 – 12/31/15  
Role on Project: Principal Investigator  
Total Costs: \$19,786

Mindfulness and Acceptance Applied in College through Web-Based Guided Self-Help

Principal Investigators: Michael E. Levin & Jacqueline Pistorello

Agency: National Center for Complementary and Alternative Medicine

R43 AT006952

Period: 9/1/11 – 8/15/13

Role on Project: Principal Investigator

Total Costs: \$229,434

Evaluating a Web-Based Depression and Anxiety Prevention Program for College Students

Principal Investigator: Michael E. Levin

Agency: University of Nevada, Reno – Graduate Student Association

Period: 9/1/12 – 5/1/13

Role on Project: Principal Investigator

Total Costs: \$2,500

Prevention of College Student Mental Health Problems: A Web-Based ACT Program

Principal Investigators: Michael E. Levin, Jacqueline Pistorello & Steven C. Hayes

Agency: National Institute of Mental Health

R43 MH085336

Period: 7/1/10 – 11/30/11

Role on Project: Principal Investigator

Total Costs: \$197,053

## CONSULTANT GRANTS

### **Under Review**

CLASSACT: A Novel Solution to Anti-stigma Training and Continuous Assessment of Stigmatizing Language for Healthcare Providers

Principal Investigators: Tony Ma

Agency: National Institute on Drug Abuse

Role on Project: Consultant

A Mobile Intervention to Reduce Suicidality During the Partial Hospital to Outpatient Transition

Principal Investigators: Kristy Dalrymple

Agency: American Foundation for Suicide Prevention

Role on Project: Consultant

Using Acceptance and Commitment Therapy to promote autonomous motivation for long-term physical activity adherence and weight loss maintenance in bariatric surgery patients: A randomized trial.

Principal Investigators: Jason Lillis & Dale Bond

Agency: National Institute of Diabetes and Digestive and Kidney Diseases

R01DK

Role on Project: Consultant

### **Currently Funded**

Teaching novel values-based skills to improve long-term weight loss: A randomized trial examining the efficacy of a weight loss maintenance intervention based on Acceptance and Commitment Therapy

Principal Investigator: Jason Lillis

Agency: National Institute of Diabetes and Digestive and Kidney Diseases

R01DK120731

Period: 9/23/2019 – 5/31/2024

Role on Project: Consultant

Randomized clinical trial of a multi-modal palliative care intervention

Principal Investigator: Joanna Arch

Agency: National Institute of Nursing Research

R01NR018479

Period: 4/1/2020 – 1/31/2025

Role on Project: Consultant

### **Previously Funded**

A Novel Values-based Intervention to Increase Medication Adherence among Breast Cancer Survivors

Principal Investigator: Joanna Arch

Agency: National Cancer Institute

R21CA218723

Period: 4/1/2018 – 3/31/2020

Role on Project: Consultant

Mindfulness, Alcoholism, and Relapse Prevention

Principal Investigator: Martin Sheehan

Agency: National Institute on Alcohol Abuse and Alcoholism

R43AA024640

Period: 9/1/16 - 6/30/17

Role on Project: Consultant

### **OTHER FUNDING**

Wed-Based Treatment of Adults with Trichotillomania

Funding Source: Donation Huntsman Foundation

Period: 3/1/20 – Present

Role on Project: Co-Investigator

Total Costs: \$50,000

Telehealth Treatment of Adolescent Trichotillomania

Funding Source: Donation Huntsman Foundation

Period: 12/1/17 – Present

Role on Project: Co-Investigator

Total Costs: \$50,000

#### Web-Based ACT for College Student Success

Principal Investigator: Michael E. Levin

Funding Source: Alan E. Hall Innovation for Undergraduate Student Success Award

Period: 6/1/15 – 5/31/16

Role on Project: Principal Investigator

Total Costs: \$10,000

#### National Institutes of Health Clinical Loan Repayment Grant (Competitive Renewal)

Funding Source: National Institute of Mental Health

Period: 7/1/16 – 6/30/18

Role on Project: Principal Investigator

#### National Institutes of Health Clinical Loan Repayment Grant

Funding Source: National Institute of Mental Health

Period: 7/1/14 – 6/30/16

Role on Project: Principal Investigator

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## SCHOLARLY PUBLICATIONS

### BOOKS

\* Indicates graduate student author

4. Twohig, M.P., **Levin, M.E.**, & Petersen, J.M.\* (Eds.) (under contract). *Oxford University Press Handbook of Acceptance and Commitment Therapy*. New York: Oxford Press.
3. Twohig, M.P., **Levin, M.E.** & Ong, C.W.\* (2020). *ACT in Steps: A Transdiagnostic Manual for Learning Acceptance and Commitment Therapy*. New York: Oxford Press.
2. **Levin, M.E.**, Twohig, M.P. & Krafft, J.\* (Eds.) (2020). *Innovations in Acceptance and Commitment Therapy: Clinical Advancements and Applications in ACT*. Oakland, CA: New Harbinger.
1. Hayes, S. C. & **Levin, M. E.** (Eds.) (2012). *Mindfulness and Acceptance for Addictive Behaviors: Applying Contextual CBT to Substance Abuse and Behavioral Addictions*. Oakland, CA: New Harbinger.

### PEER-REVIEWED JOURNAL ARTICLES

\* Indicates graduate student author; \*\* indicates undergraduate student author

#### In Press

100. Petersen, J.\* , Durward, C., **Levin, M.E.** (In Press). Psychological inflexibility as a mediator between weight self-stigma and health-related outcomes. *The Bulletin of the Menninger Clinic*.
99. Lillis, J., Schumacher, L., Thomas, J.G., **Levin, M.E.**, Dunsiger, S., Unick, J.L., Evans, E., Hayes, J.F. & Wing, R.R. (In Press). Study protocol for a randomized controlled trial comparing

- two low-intensity weight loss maintenance interventions based on Acceptance and Commitment Therapy or Self-Regulation. *Contemporary Clinical Trials*.
98. Ong, C.W.\*, Krafft, J.\*, Panoussi, F.\*\*\*, Petersen, J.\*, **Levin, M.E.** & Twohig, M.P. (In Press). In-person and online-delivered acceptance and commitment therapy for hoarding disorder: A multiple baseline study. *Journal of Contextual Behavioral Science*.
97. Aller, T.B., Fauth, E.B., Hodgskiss, S., Sheen, S. & **Levin, M.E.** (In Press). Mental health supportive services during COVID-19: Proposing an online, self-guided Acceptance and Commitment Therapy program for parents in the disability community. *Developmental Disabilities Network Journal*.
96. Twohig, M.P., Petersen, J.M.\*, Fruge, J.\*, Ong, C.W.\*, Barney, J.L.\*, Krafft, J.\*, Lee, E.B. & **Levin, M.E.** (In Press). A pilot randomized controlled trial of online-delivered ACT-enhanced behavior therapy for trichotillomania in adolescents. *Cognitive and Behavioral Practice*.
95. **Levin, M.E.**, Krafft, J.\*, Davis, C.H.\* & Twohig, M.P. (In Press). Evaluating the effects of guided coaching calls on engagement and outcomes for online acceptance and commitment therapy. *Cognitive Behaviour Therapy*.
94. Potts, S.\*, Krafft, J.\* & **Levin, M.E.** (In Press). A randomized controlled trial of acceptance and commitment therapy self-help with or without phone coaching for overweight and obese adults high in weight self-stigma. *Behavior Modification*.
93. **Levin, M.E.**, Petersen, J.M.\*, Durward, C., Bingeman, B., Davis, E., Nelson, C. & Cromwell, S. (In Press). A randomized controlled trial of online acceptance and commitment therapy to improve diet and physical activity among adults who are overweight/obese. *Translational Behavioral Medicine*.
92. **Levin, M.E.**, Krafft, J.\*, Seifert, S.\* & Lillis, J. (In Press). Tracking valued and avoidant functions with health behaviors: A randomized controlled trial of the acceptance and commitment therapy matrix mobile app. *Behavior Modification*.
91. Haeger, J.\*, Davis, C.H.\* & **Levin, M.E.** (In Press). Utilizing ACT Daily as a self-guided app for clients waiting for services at a college counseling center: A pilot study. *Journal of American College Health*.
90. Petersen, J.M.\*, Krafft, J.\*, Twohig, M.P., **Levin, M.E.** (In Press). Evaluating the open and engaged components of acceptance and commitment therapy in an online self-guided website: Results from a pilot trial. *Behavior Modification*.
89. **Levin, M.E.**, Hicks, E.T.\* & Krafft, J.\* (In Press). Pilot evaluation of the Stop, Breathe & Think mindfulness app for student clients on a college counseling center waitlist. *Journal of American College Health*.
88. Petersen, J.M.\*, Ong, C.W.\*, Hancock, A.\*, Gillam, R., **Levin, M.E.**, & Twohig, M.P. (In Press). An examination of the relationship between perfectionism and neurological functioning. *Journal of Cognitive Psychotherapy*.

## 2021

87. Davis, C.H.\*, Krafft, J.\*, Hicks, E.T.\* & **Levin, M.E.** (2021). The role of psychological inflexibility and perspective taking in anti-racism and anti-sexism. *Personality and Individual Differences*, 175, 110724.



86. **Levin, M.E.**, Krafft, J.\*, An, W.\*, Ong, C.W.\* & Twohig, M.P. (2021). Preliminary findings on processes of change and moderators for cognitive defusion and restructuring delivered through mobile apps. *Journal of Contextual Behavioral Science*, 20, 13-19.

## 2020

85. Ong, C.W.\*, **Levin, M.E.** & Twohig, M.P. (2020). Beyond acceptance and commitment therapy: Process-based therapy. *Psychological Record*, 70, 637-648.
84. Gloster, A., Walder, N.\*, **Levin, M.E.**, Twohig, M. & Karekla, M. (2020). The empirical status of acceptance and commitment therapy: A review of meta-analyses. *Journal of Contextual Behavioral Science*, 18, 181-192.
83. Arch, J.J., Fishbein, J.N.\*, Mitchell, J.L., Ferris, M.\*, **Levin, M.E.**, Slivjak, E., Andorsky, D.J. & Kutner, J.S. (2020). Acceptability, feasibility, and potential for efficacy of an acceptance-based intervention to address psychosocial and advance care planning needs among anxious and depressed adults with metastatic cancer. *Journal of Palliative Medicine*, 23, 1380-1385.
82. Ong, C.W.\*, Hancock, A.S.\*, Barrett, T.S., Lee, E.B.\*, Wan, N., Gillam, R.B., **Levin, M.E.** & Twohig, M.P. (2020). A preliminary investigation of the effect of acceptance and commitment therapy on neural activation in clinical perfectionism. *Journal of Contextual Behavioral Science*, 18, 152-161.
81. Ong, C.\*, Pierce, B., Petersen, J.\*, Barney, J.\*, Fruge, J.\*, **Levin, M.E.** & Twohig, M.P. (2020). A psychometric comparison of psychological inflexibility measures: Discriminant validity and item performance. *Journal of Contextual Behavioral Science*, 18, 34-47.
80. Krafft, J.\*, Twohig, M.P., & **Levin, M.E.** (2020). A randomized trial of acceptance and commitment therapy and traditional cognitive-behavioral therapy self-help books for social anxiety. *Cognitive Therapy and Research*, 44, 954-966.
79. Krafft, J.\*, Ong, C.W.\*, Cruz, R.A., Twohig, M.P., & **Levin, M.E.** (2020). An ecological momentary assessment study investigating the function of hoarding. *Behavior Therapy*, 51, 715-727.
78. Lillis, J., Thomas, J.G., **Levin, M.E.** & Wing, R.R. (2020). Self-stigma and weight loss: The impact of fear of being stigmatized. *Journal of Health Psychology*, 25, 922-930.
77. **Levin, M.E.**, Krafft, J.\* & Twohig, M.P. (2020). Examining processes of change in an online acceptance and commitment therapy dismantling trial with distressed college students. *Journal of Contextual Behavioral Science*, 17, 10-16.
76. Henriques, C.A.\*, Cardaciotto, L., **Levin, M.E.** & Armstrong, S.L. (2020). Implementing a web-based cognitive defusion program to target negative self-referential thoughts in college students: A pilot study. *Journal of Contextual Behavioral Science*, 16, 183-191.
75. **Levin, M.E.**, An, W.\*, Davis, C.\* & Twohig, M.P. (2020). Evaluating acceptance and commitment therapy and mindfulness-based stress reduction self-help books for college student mental health. *Mindfulness*, 11, 1275-1288.
74. Luoma, J.B., Pierce, B.\* & **Levin, M.E.** (2020). Experiential avoidance and negative affect as predictors of daily drinking. *Psychology of Addictive Behaviors*, 34, 421-433.
73. Ong, C.W.\*, Krafft, J.\*, **Levin, M.E.**, & Twohig, M.P. (2020). Comparing effects of acceptance training and psychoeducation on hoarding symptoms. *Journal of Obsessive-Compulsive and Related Disorders*, 25, 100521.

72. **Levin, M.E.**, Krafft, J.\*, Hicks, E.T.\*, Pierce, B.\* & Twohig, M.P. (2020). A randomized dismantling trial of the open and engaged components of acceptance and commitment therapy in an online self-help program for distressed college students. *Behaviour Research & Therapy*, *126*, 103557.
71. Lee, E.B.\*, Homan, K.\*, Morrison, K.L.\*, Ong, C.W.\*, **Levin, M.E.** & Twohig, M.P. (2020). Acceptance and commitment therapy for Trichotillomania: A randomized controlled trial of adults and adolescents. *Behavior Modification*, *44*, 70-91.

## 2019

70. Krafft, J.\*, Hicks, E.T.\*, Mack, S.\*, & **Levin, M.E.** (2019). Psychological inflexibility predicts suicidality over time in college students. *Suicide and Life-Threatening Behavior*, *49*, 1488-1496.
69. Rudaz, M., Ledermann, T., Twohig, M.P. & **Levin, M.E.** (2019). Does a brief mindfulness training enhance heartfulness in students? Results of a pilot study. *OBM Integrative and Complementary Medicine*, *4*, 15.
68. Smith, B.M.\*, Villatte, J.L., Ong, C.W.\*, Butcher, G.M.\*, Twohig, M.P., **Levin, M.E.** & Hayes, S.C. (2019). The influence of a personal values intervention on cold pressor-induced distress tolerance. *Behavior Modification*, *43*, 688-710.
67. Ong, C. W.\*, Barney, J. L.\*, Barrett, T. S., Lee, E. B. \*, **Levin, M. E.**, & Twohig, M. P. (2019). The role of psychological inflexibility and self-compassion in acceptance and commitment therapy for clinical perfectionism. *Journal of Contextual Behavioral Science*, *13*, 7-16.
66. **Levin, M.E.**, Smith, B.M.\* & Smith, G.S. (2019). The potential benefits of flexibility for dissemination and implementation: Acceptance and commitment therapy as an example. *Perspectives on Behavior Science*, *42*, 223-232.
65. Ong, C.W.\*, Lee, E.B.\*, Krafft, J.\*, Terry, C.L.\*\* , Barrett, T.S., **Levin, M.E.** & Twohig, M.P. (2019). A randomized controlled trial of acceptance and commitment therapy for clinical perfectionism. *Journal of Obsessive-Compulsive and Related Disorders*, *22*.
64. Ong, C.W.\*, Lee, E.B.\*, **Levin, M.E.** & Twohig, M.P. (2019). A review of AAQ variants and other context-specific measures of psychological flexibility. *Journal of Contextual Behavioral Science*, *12*, 329-346.
63. Pierce, B.\* & **Levin, M.E.** (2019). Preliminary validation and reliability assessment of a 10-Item Tacting of Function Scale. *Journal of Contextual Behavioral Science*, *12*, 322-328.
62. Krafft, J.\*, Ong, C.W.\*, Twohig, M.P. & **Levin, M.E.** (2019). Assessing psychological inflexibility in hoarding: The Acceptance and Action Questionnaire for Hoarding (AAQH). *Journal of Contextual Behavioral Science*, *12*, 234-242.
61. **Levin, M.E.**, Krafft, J.\*, Pistorello, J. & Seeley, J.R. (2019). Assessing psychological inflexibility in university students: Development and validation of the acceptance and action questionnaire for university students (AAQ-US). *Journal of Contextual Behavioral Science*, *12*, 199-206.
60. Firestone, J.\*, Cardaciotto, L., **Levin, M.E.**, Goldbacher, E., Vernig, P. & Gambrel, L.E. (2019). A web-based self-guided program to promote valued-living in college students: A pilot study. *Journal of Contextual Behavioral Science*, *12*, 29-38.

59. **Levin, M.E.**, Haeger, J.\* & Cruz, R.A. (2019). Tailoring acceptance and commitment therapy skill coaching in-the-moment through smartphones: Results from a randomized controlled trial. *Mindfulness*, *10*, 689-699.
58. Twohig, M.P., Ong, C.W.\* , Krafft, J.\* , Barney, J.\* & **Levin, M.E.** (2019). Starting off on the right foot in Acceptance and Commitment Therapy. *Psychotherapy*, *56*, 16-20.
57. Krafft, J.\* , Haeger, J.\* & **Levin, M.E.** (2019). Comparing cognitive fusion and cognitive reappraisal as predictors of college student mental health. *Cognitive Behaviour Therapy*, *48*, 241-252.
56. **Levin, M.E.**, Navarro, C.\* , Cruz, R.A. & Haeger, J.\* (2019). Comparing in-the-moment skill coaching effects from tailored versus non-tailored Acceptance and Commitment Therapy mobile apps in a non-clinical sample. *Cognitive Behaviour Therapy*, *48*, 200-216.
55. Rafacz, S.D., Houmanfar, R.A., Smith, G.S. & **Levin, M.E.** (2019). Assessing the effects of motivative augmentals, pay-for-performance, and implicit verbal responding on cooperation. *The Psychological Record*, *69*, 49-66.
54. **Levin, M.E.**, Lee, E.\* & Twohig, M.P. (2019). The role of experiential avoidance in problematic pornography viewing. *The Psychological Record*, *69*, 1-12.
53. Ong, C.W.\* , Pierce, B.G.\* , Woods, D.W., Twohig, M.P., **Levin, M.E.** (2019). The Acceptance and Action Questionnaire - II: An item response theory analysis. *Journal of Psychopathology & Behavioral Assessment*, *41*, 123-134.
52. Krafft, J.\* , Potts, S.\* , Schoendorff, B., & **Levin, M.E.** (2019). A randomized controlled trial of multiple versions of an acceptance and commitment therapy matrix app for well-being. *Behavior Modification*, *43*, 246-272.

## 2018

51. **Levin, M.E.**, Haeger, J.\* , An, W.\* & Twohig, M.P. (2018). Comparing cognitive defusion and cognitive restructuring delivered through a mobile app for individuals high in self-criticism. *Cognitive Therapy and Research*, *42*, 844-855.
50. **Levin, M.E.**, Krafft, J.\* , Pierce, B.\* & Potts, S.\* (2018). When is experiential avoidance harmful in the moment? Examining global experiential avoidance as a moderator. *Journal of Behavior Therapy and Experimental Psychiatry*, *61*, 158-163.
49. Lee, E.\* , Haeger, J.\* , **Levin, M.E.**, Ong, C. & Twohig, M. (2018). Telepsychotherapy for trichotillomania: A randomized controlled trial of ACT-enhanced behavior therapy. *Journal of Obsessive-Compulsive and Related Disorders*, *18*, 106-115.
48. Ong, C.W.\* , Krafft, J.\* , **Levin, M.E.** & Twohig, M.P. (2018). An examination of the role of psychological inflexibility in hoarding using multiple mediator models. *Journal of Cognitive Psychotherapy*, *32*, 97-111.
47. **Levin, M.E.**, Haeger, J.\* , Ong, C.W.\* & Twohig, M.P. (2018). An examination of the transdiagnostic role of delay discounting in psychological inflexibility and mental health problems. *The Psychological Record*, *68*, 201-210.
46. **Levin, M.E.**, Stocke, K.\*\* , Pierce, B.\* & Levin, C. (2018). Do college students use online self-help? A survey of intentions and use of mental health resources. *Journal of College Student Psychotherapy*, *32*, 181-198.
45. **Levin, M.E.**, Krafft, J.\* & Levin, C. (2018). Does self-help increase rates of help seeking for student mental health problems by minimizing stigma as a barrier? *Journal of American College Health*, *66*, 302-309.

44. Krafft, J.\*, Ferrell, J.\*, **Levin, M.E.** & Twohig, M.P. (2018). Psychological inflexibility and stigma: A meta-analytic review. *Journal of Contextual Behavioral Science*, 7, 15-28.
43. **Levin, M.E.**, Potts, S.\*, Haeger, J.\* & Lillis, J. (2018). Delivering acceptance and commitment therapy for weight self-stigma through guided self-help: Results from an open pilot trial. *Cognitive and Behavioral Practice*, 25, 87-104.

#### 2017

42. **Levin, M.E.**, Heninger, S.T.\*\*\*, Pierce, B.G.\* & Twohig, M.P. (2017). Examining the feasibility of acceptance and commitment therapy self-help for problematic pornography viewing. *The Family Journal*, 25, 306-312.
41. Rudaz, M., Twohig, M.P., Ong, C.W.\* & **Levin, M.E.** (2017). Mindfulness and acceptance-based trainings for fostering self-care and reducing stress in mental health professionals: A systematic review. *Journal of Contextual Behavioral Science*, 6, 380-390.
40. Twohig, M.P. & **Levin M.E.** (2017). Acceptance and commitment therapy as a treatment for anxiety and depression: A review. *Psychiatric Clinics*, 40, 751-770.
39. **Levin, M.E.**, Haeger, J.\*, Pierce, B.\* & Cruz, R. (2017). Evaluating an adjunctive mobile app to enhance psychological flexibility in acceptance and commitment therapy. *Behavior Modification*, 41, 846-867.
38. **Levin, M.E.**, Pierce, B.\* & Schoendorff, B. (2017). The acceptance and commitment therapy matrix mobile app: A pilot randomized trial on health behaviors. *Journal of Contextual Behavioral Science*, 6, 268-275.
37. **Levin, M.E.**, Haeger, J.\* & Smith, G. (2017). Examining the role of implicit emotional judgments in social anxiety and experiential avoidance. *Journal of Psychopathology & Behavioral Assessment*, 39, 264-278.
36. Torous, J.B., **Levin, M.E.**, Ahern, D. & Oser, M. (2017). Cognitive behavioral mobile applications: Research literature, marketplace data, and evaluation guidelines. *Cognitive and Behavioral Practice*, 24, 215-225.
35. Krafft, J.\*, Haeger, J.\* & **Levin, M.E.** (2017). The interaction of mindful awareness and acceptance in couples' satisfaction. *Personality and Individual Difference*, 113, 20-23.
34. **Levin, M.E.**, Haeger, J.\*, Pierce, B.\* & Twohig, M.P. (2017). Web-based acceptance and commitment therapy for mental health problems in college students: A randomized controlled trial. *Behavior Modification*, 41, 141-162.

#### 2016

33. Pierce, B.G.\*, Twohig, M.P. & **Levin, M.E.** (2016). Perspectives on the use of acceptance and commitment therapy related mobile apps: Results from a survey of students and professionals. *Journal of Contextual Behavioral Science*, 5, 215-224.
32. Ong, C.W.\*, Clyde, J.W.\*\*\*, Bluett, E.J.\*, **Levin, M.E.** & Twohig, M.P. (2016). Dropout rates in exposure with response prevention (ERP) for Obsessive-Compulsive Disorder: What do the data really say? *Journal of Anxiety Disorders*, 40, 8-17.
31. Biglan, A. & **Levin, M.E.** (2016). Contextual analysis and the success of translational research. *Translational Behavioral Medicine*, 6, 160-166.
30. **Levin, M.E.**, Luoma, J.B., Vilardaga, R., Lillis, J., Nobles, R. & Hayes, S.C. (2016). Examining the role of psychological inflexibility, perspective taking and empathic concern in generalized prejudice. *Journal of Applied Social Psychology*, 46, 141-200.

29. **Levin, M.E.**, Hayes, S.C., Pistorello, J. & Seeley, J. (2016). Web-based self-help for preventing mental health problems in universities: Comparing acceptance and commitment training to mental health education. *Journal of Clinical Psychology, 72*, 207-225.

#### **2015**

28. **Levin, M.E.**, Luoma, J.B. & Haeger, J.\* (2015). Decoupling as a mechanism of action in mindfulness and acceptance: A literature review. *Behavior Modification, 39*, 870-911.
27. Lee, E.B.\*, An, W.\*, **Levin, M.E.** & Twohig, M.P. (2015). An initial meta-analysis of acceptance and commitment therapy for treating substance use disorders. *Drug and Alcohol Dependence, 155*, 1-7.
26. Twohig, M. P., Plumb Vilardaga, J. C., **Levin M. E.**, & Hayes, S. C. (2015). Changes in psychological flexibility during acceptance and commitment therapy for obsessive compulsive disorder. *Journal of Contextual Behavioral Science, 4*, 196-202.
25. **Levin, M.E.**, Pistorello, J., Hayes, S.C., Seeley, J.R. & Levin, C. (2015). Feasibility of an Acceptance and Commitment Therapy adjunctive web-based program for counseling centers. *Journal of Counseling Psychology, 62*, 529-536.

#### **2014**

24. **Levin, M.E.**, MacLane, C., Daflos, S., Pistorello, J., Hayes, S.C., Seeley, J. & Biglan, A. (2014). Examining psychological inflexibility as a transdiagnostic process across psychological disorders. *Journal of Contextual Behavioral Science, 3*, 155-163.
23. Bluett, E.J.\*, Homan, K.J.\*, Morrison, K.L.\*, **Levin, M.E.** & Twohig, M.P. (2014). Acceptance and commitment therapy for anxiety and OCD spectrum disorders: An empirical review. *Journal of Anxiety Disorders, 6*, 612-624.
22. **Levin, M.E.**, Dalrymple, K. & Zimmerman, M. (2014). Which facets of mindfulness predict the presence of substance use disorders in an outpatient psychiatric sample? *Psychology of Addictive Behaviors, 28*, 498-506.
21. **Levin, M.E.**, Dalrymple, K., Himes, S. & Zimmerman, M. (2014). Which facets of mindfulness are related to problematic eating among patients seeking bariatric surgery? *Eating Behaviors, 15*, 298-305.
20. **Levin, M.E.**, Luoma, J.B., Lillis, J., Hayes, S.C. & Vilardaga, R. (2014). The acceptance and action questionnaire-stigma (AAQ-S): Developing a measure of psychological flexibility with stigmatizing thoughts. *Journal of Contextual Behavioral Science, 3*, 21-26.
19. **Levin, M.E.**, Pistorello, J., Hayes, S.C. & Seeley, J. (2014). Feasibility of a prototype web-based Acceptance and Commitment Therapy prevention program for college students. *Journal of American College Health, 62*, 20-30.

#### **2013**

18. Hayes, S.C., Long, D.M., **Levin, M.E.** & Follette, W.C. (2013). Treatment development alternatives: Can we find a better way? *Clinical Psychology Review, 33*, 870-882.
17. Hayes, S.C., **Levin, M.E.**, Plumb, J., Boulanger, J. & Pistorello, J. (2013). Acceptance and Commitment Therapy and Contextual Behavioral Science: Examining the progress of a distinctive model of behavioral and cognitive therapy. *Behavior Therapy, 44*, 180-198.

#### **2012**

16. **Levin, M.E.**, Hildebrandt, M., Lillis, J. & Hayes, S. C. (2012). The impact of treatment components suggested by the psychological flexibility model: A meta-analysis of laboratory-based component studies. *Behavior Therapy, 43*, 741-756.
15. Hayes, S. C., Pistorello, J. & **Levin, M.E.** (2012). Acceptance and Commitment Therapy as a unified model of behavior change. *The Counseling Psychologist, 40*, 976-1002.
14. **Levin, M.E.**, Lillis, J. & Hayes, S.C. (2012). When is online pornography viewing problematic among college males? Examining the moderating role of experiential avoidance. *Sexual Addiction & Compulsivity, 19*, 168-180.
13. **Levin, M.E.**, Lillis, J., Seeley, J., Hayes, S.C., Pistorello, J. & Biglan, A. (2012). Exploring the relationship between experiential avoidance, alcohol use disorders and alcohol-related problems among first-year college students. *The Journal of American College Health, 60*, 443-448.
12. Lillis, J., **Levin, M.E.**, & Trafton, J.A. (2012). Elevated BMI and illicit drug use are associated with decreased ability to inhibit prepotent behaviors. *Addictive Behaviors, 37*, 544-547.
11. Vilardaga, R., Estévez, A., **Levin, M.E.** & Hayes, S.C. (2012). Deictic relational responding, empathy and experiential avoidance as predictors of social anhedonia: Further contributions from relational frame theory. *The Psychological Record, 62*, 409-432.

#### **2011**

10. Lillis, J., **Levin, M.E.** & Hayes, S.C. (2011). Exploring the relationship between BMI and health-related quality of life: A pilot study of the impact of weight self-stigma and experiential avoidance. *Journal of Health Psychology, 16*, 722-727.
9. Lillis, J., Hayes, S.C. & **Levin, M.E.** (2011). Binge eating and weight control: The role of experiential avoidance. *Behavior Modification, 35*, 252-264.
8. Vilardaga, R., Luoma, J.B., Hayes, S.C., Pistorello, J., **Levin, M.E.**, Hildebrandt, M., Kohlenberg, B., Roget, N. & Bond, F.W. (2011). Burnout among the addiction counseling workforce: The differential roles of mindfulness and values-based processes and worksite factors. *Journal of Substance Abuse Treatment, 40*, 323-335.
7. Hayes, S.C., Villatte, M., **Levin, M.E.**, & Hildebrandt, M. (2011). Open, aware, and active: Contextual approaches as an emerging trend in the behavioral and cognitive therapies. *Annual Review of Clinical Psychology, 7*, 141-168.

#### **2010**

6. **Levin, M.E.**, Hayes, S.C. & Waltz, T. (2010). Creating an implicit measure of cognition more suited to applied research: A test of the Mixed Trial – Implicit Relational Assessment Procedure (MT-IRAP). *International Journal of Behavioral Consultation and Therapy, 6*, 245-262.
5. Lillis, J., Luoma, J., **Levin, M.E.** & Hayes, S.C. (2010). Measuring Weight Self Stigma: The Weight Self Stigma Questionnaire. *Obesity, 18*, 971-976.

#### **2009**

4. **Levin, M.E.** & Hayes, S.C. (2009). Is Acceptance and Commitment Therapy Superior to Established Treatment Comparisons? *Psychotherapy & Psychosomatics, 78*, 380.

3. Schmiede, S.J., **Levin, M.E.** & Bryan, A. (2009). Regression mixture models of alcohol use and risky sexual behavior among criminally-involved adolescents. *Prevention Science*, 10, 335-344.
2. Schmiede, S.J., Broaddus, M.R., **Levin, M.E.** & Bryan, A. (2009). Randomized trial of group interventions to reduce HIV/STD risk and change theoretical mediators among detained adolescents. *Journal of Consulting & Clinical Psychology*, 77(1), 38-50.
1. Vilaradaga, R., Hayes, S. C., **Levin, M.E.** & Muto, T. (2009). Creating a strategy for progress: A contextual behavioral science approach. *The Behavior Analyst*, 32(1), 105-133.

## BOOK CHAPTERS

### In Press

26. Lee, E.B.\*, Pierce, B.G.\*, Twohig, M.P. & **Levin, M.E.** (In Press). Acceptance and commitment therapy. In A. Wenzel (Ed.), *APA Handbook of Cognitive Behavioral Therapies*. American Psychological Association.
25. Haeger, J.\*, Krafft, J.\*, & **Levin, M.E.**, (In Press). Acceptance and Commitment Therapy (ACT) for Substance Use Disorders. In P. Lucena-Santos, S.A. Carvalho, J. Pinto-Gouveia, M.S. Oliveira, & J. Pistorello (Eds.). *Manual Internacional de Fundamentos Teóricos e Práticos da Terapia de Aceitação e Compromisso [International Handbook of Theoretical and Practical Foundations of Acceptance and Commitment Therapy]*. Camaquã, RS: Editora Fênix Sefarad.

### 2020

24. Potts, S.A.\*, Twohig, M.P., Butcher, G.M.\*, & **Levin, M.E.** (2020). Assessment of mindfulness in children and adolescents. In N. N. Singh (Ed.), *Mindfulness-based interventions with children and adolescents: Research and practice*. Taylor & Francis: United Kingdom.
23. **Levin, M.E.**, Krafft, J.\* & Twohig, M.P. (In Press). Innovations in acceptance and commitment therapy: Refining a treatment more adequate for the challenges of the human condition. In M.E. Levin, M.P. Twohig & J. Krafft (Eds.), *Innovations in Acceptance and Commitment Therapy: Clinical Advancements and Applications in ACT*. Oakland, CA: New Harbinger.
22. Krafft, J.E.\*, Butcher, G.M.\*, **Levin, M.E.**, & Twohig, M.P. (2020). Acceptance and commitment therapy. In I. Ivtzan (Ed.), *The Handbook of Mindfulness-Based Programs: Every Established Intervention, from Medicine to Education*. 7-17. Routledge Press.

### 2019

21. Ong, C. W.\*, Smith, B. M.\*, **Levin, M. E.**, Twohig, M. P. (2019). Acceptance and Mindfulness. In J. S. Abramowitz and S. M. Blakey (Eds). *Clinical Handbook of Fear and Anxiety: Psychological Processes and Treatment Mechanisms*. Washington, D.C.: American Psychological Association Press.

### 2017

20. **Levin, M.E.**, Herbert, J.D. & Forman, E.M. (2017). Acceptance and Commitment Therapy: A critical review to guide clinical decision making. In D. McKay, J. Abramowitz & E.

Storch (Eds.) *Treatments for Psychological Problems and Syndromes* (pp. 413-432). Wiley-Blackwell.

19. Smith, B.\* , Twohig, M.P. & **Levin, M.E.** (2017). Acceptance and Commitment Therapy. In A. Wenzel (Ed.). *The SAGE Encyclopedia of Abnormal and Clinical Psychology* (pp. 6-10). Thousand Oaks, CA: Sage Publications.
18. **Levin, M.E.**, Haeger, J.\* & Twohig, M.P. (2017). Relational Frame Theory. In A. Wenzel (Ed.). *The SAGE Encyclopedia of Abnormal and Clinical Psychology* (pp. 2834-2838). Thousand Oaks, CA: Sage Publications.
17. Pierce, B.\* & **Levin, M.E.** (2017). Acceptance. In A. Wenzel (Ed.). *The SAGE Encyclopedia of Abnormal and Clinical Psychology* (pp. 2-6). Thousand Oaks, CA: Sage Publications.

## 2016

16. **Levin, M.E.** & Potts, S.\* (2016). Quality improvement and clinical psychological science. In W. O'Donohue, & A. Maragakis (Eds.) *Quality improvement and behavioral health* (pp. 69-85). Springer.
15. Pistorello, J., Hayes, S. C., Seeley, J., Biglan, T., Long, D. M., **Levin, M. E.**, Kosty, D., Lillis, J., Villatte, J., MacLane, C., Vilaradaga, R., Daflos, S., Hammonds, S., Locklear, A. & Hanna, E. (2016). ACT-based first year experience seminars. In J. Block-Lerner & L. Cardaciotto (Eds.), *The mindfulness-informed educator: Building acceptance & psychological flexibility in higher education* (pp. 101-120). New York: Routledge.
14. **Levin, M.E.**, Twohig, M.P. & Smith, B.M.\* (2016). Contextual Behavioral Science: An overview. In R.D. Zettle, S.C. Hayes, D. Barnes-Holmes, A. Biglan (Eds.) *The Wiley Handbook of Contextual Behavioral Science* (pp. 17-36). Wiley-Blackwell.
13. **Levin, M.E.**, Lillis, J. & Biglan, A. (2016). The potential of community-wide strategies for promoting psychological flexibility. In R.D. Zettle, S.C. Hayes, D. Barnes-Holmes, A. Biglan (Eds.) *The Wiley Handbook of Contextual Behavioral Science* (pp. 483-495). Wiley-Blackwell.
12. **Levin, M.E.** & Villatte, M. (2016). The role of experimental psychopathology and laboratory-based intervention studies in contextual behavioral science. In R.D. Zettle, S.C. Hayes, D. Barnes-Holmes, A. Biglan (Eds.) *The Wiley Handbook of Contextual Behavioral Science* (pp. 347-364). Wiley-Blackwell.

## 2015

11. Bach, P., Hayes, S. C., & **Levin, M.E.** (2015). Mindfulness as a key construct in modern psychotherapy. In B. D. Ostafin, M. D. Robinson, & B. P. Meier (Eds.), *Mindfulness and self-regulation* (141-154). New York: Springer.

## 2014

10. Lillis, J. & **Levin, M.E.** (2014). Acceptance and mindfulness for undermining prejudice. In Masuda, A. (Ed.), *Mindfulness and Acceptance in Multicultural Competency: A Contextual Approach to Sociocultural Diversity in Theory and Practice* (pp. 181-196). Oakland, CA: New Harbinger.

## 2013

9. Hayes, S.C., Pistorello, J., & **Levin, M.E.** (2013). Mindfulness and acceptance in college students: Why it matters. In J. Pistorello (Ed.), *Mindfulness and Acceptance for*



*Counseling College Students: Theory and Practical Applications for Intervention, Prevention and Outreach* (pp. 9-22). Oakland, CA: New Harbinger.

## 2012

8. **Levin, M.E.** & Hayes, S.C. (2012). Contextual cognitive behavior therapies for addictive behaviors. In Hayes, S.C. & Levin, M.E. (Eds.), *Mindfulness and Acceptance for Addictive Behaviors: Applying Contextual CBT to Substance Abuse and Behavioral Addictions* (pp. 1-26). Oakland, CA: New Harbinger.
7. **Levin, M.E.**, Hayes, S.C. & Vilardaga, R. (2012). Acceptance and Commitment Therapy: Applying an iterative translational research strategy in behavior analysis. In G. Madden, G. P. Handley, & W. Dube (Eds). *APA Handbook of Behavior Analysis* (Vol 2) (pp. 455-479). Washington, DC: American Psychological Association.

## 2011

6. **Levin, M.E.** (2011). Evaluative evidence of prevention programs. In M. Kleiman, J. Hawdon & J. G. Golson (Eds.), *Encyclopedia of Drug Policy*. Thousand Oaks, CA: Sage Publications.

## 2010

5. **Levin, M.E.** & Hayes, S.C. (2010). Mindfulness and Acceptance: The Perspective of Acceptance and Commitment Therapy. In J.D. Herbert & E. Forman (Eds.), *Acceptance and Mindfulness in Cognitive Behavior Therapy* (pp. 291-316). Hoboken, NJ: Wiley.
4. **Levin, M.E.** & Lillis, J. (2010). Substance Abuse. In C. Draper & W. O'Donahue (Eds.), *Stepped Care and E-Health: Practical Applications to Behavioral Disorders* (pp. 115-136). New York: Springer.

## 2009

3. **Levin, M.E.** & Hayes, S. C. (2009). ACT, RFT, and contextual behavioral science. In J. T. Blackledge, J. Ciarrochi, & F. P. Deane (Eds.), *Acceptance and Commitment Therapy: Contemporary research and practice* (pp. 1 – 40). Sydney: Australian Academic Press

## 2008

2. **Levin, M.E.**, Draper, C. & Piasecki, M. (2008). Public policy, prevention. In Fisher, G. (Ed.), *Encyclopedia of Substance Abuse Prevention, Treatment, and Recovery*. Thousand Oaks, CA: Sage Publications.

## 2007

1. Hayes, S. C., Masuda, A., Shenk, C., Yadavaia, J. E., Boulanger, J., Vilardaga, R., Plumb, J., Fletcher, L., Bunting, K., **Levin, M.E.**, Waltz, T. J., & Hildebrandt, M. J. (2007). Applied extensions of behavior principles: Applied behavioral concepts and behavioral theories. In D. Woods & J. Kantor (Eds.) *Understanding behavior disorders: A contemporary behavior analytic perspective*. (pp. 47-80) Reno, NV: Context Press.

## MANUSCRIPTS SUBMITTED FOR PUBLICATION

Conheady, H.M., Nielsen, J.D.J. & **Levin, M.E.** (Revise Resubmit). Evaluating the impact of a web-based acceptance & commitment therapy intervention on mental health skills in university students. *Behavior Modification*.

- Ong, C.W., Krafft, J., **Levin, M.E.** & Twohig, M.P. (Revise Resubmit). A systematic review and psychometric evaluation of self-report measures for hoarding disorder. *Journal of Affective Disorders*.
- Fauth, E.B., Novak, J.R. & **Levin, M.E.** (Revise Resubmit). Outcomes from an online acceptance and commitment therapy (ACT) program for dementia family caregivers. *Aging and Mental Health*.
- Ong, C.W.\*, Lee, E.B., Petersen, J.M.\*, **Levin, M.E.** & Twohig, M.P. (Revise Resubmit). When perfectionism is adaptive: Examining the moderating influence of self-compassion and psychological flexibility. *Journal of Clinical Psychology*.
- Davis, C.H.\*, Gaudiano, B.A., McHugh, L. & **Levin, M.E.** (Revise Resubmit). Integrating storytelling into the science and practice of contextual behavioral science. *Journal of Contextual Behavioral Science*.
- Krafft, J.\*, Ong, C.W.\*, Davis, C.H.\*, Petersen, J.M.\*, **Levin, M.E.** & Twohig M.P. (Revise Resubmit). An open trial of group acceptance and commitment therapy (ACT) with an adjunctive mobile app for generalized anxiety disorder (GAD). *Cognitive and Behavioral Practice*.
- Krafft, J.\*, Klimczak, K.S.\*, & **Levin, M.E.** (Under Review). Effects of cognitive restructuring and defusion for coping with difficult thoughts in daily life. *Cognitive Therapy and Research*.
- An, W\*, Dotterer, A.M., Park, S.J.\* & **Levin, M.E.** (Under Review). Exploring psychological inflexibility, perceived discrimination, and psychosocial outcomes among college students.
- Landy, L.\*, Tobias, M.\*, **Levin, M.E.** & Arch, J. (Under Review). A randomized trial of brief online interventions to facilitate treatment seeking for social anxiety.
- Ong, C.W.\*, Terry, C.L.\*\*, **Levin, M.E.** & Twohig, M.P. (Under Review). Examining the feasibility and effectiveness of online acceptance and commitment therapy self-help in a quasi-stepped care model.
- Smith, B.M., Barney, J.L.\*, Ong, C.W.\*, Barrett, T.S., **Levin, M.E.** & Twohig, M.P. (Under Review). Physiological, behavioral and self-report outcomes of acceptance- and regulation-based exposure for intrusive thoughts.
- Akbari, M., Seydavi, M., Hosseini, Z.S., Krafft, J.\* & **Levin, M.E.** (Under Review). Experiential avoidance in anxiety and depression: A comprehensive systematic review and meta-analysis.
- Krafft, J.\* & **Levin, M.E.** (Under Review). Does the Cognitive Fusion Questionnaire measure more than frequency of negative thoughts?
- Arch, J.J., Mitchell, J.L., **Levin, M.E.**, Genung, S.R., Crespi, C.M., Nealis, M., Sheth, A.D., Magidson, J.F. & Stanton, A.L. (Under Review). An online values-based intervention to promote endocrine therapy adherence among breast cancer survivors: Feasibility, acceptability, and affective responses.

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## PROFESSIONAL PRESENTATIONS

### INVITED PRESENTATIONS

- Levin, M.E.** (2020). Mental health self-care: Practical ways to improve your well-being. Invited presentation for the Mental Health and Developmental Disabilities National Training Center.
- Levin, M.E.** (2019). Using online acceptance and commitment therapy to improve the reach and impact of mental health services. Invited presentation for the ACT Mini Lecture Series, Department of Veterans Affairs.
- Levin, M.E.** (2019). Improving college student mental health through online acceptance and commitment therapy. Invited presentation for the University of Nevada, Reno Counseling Services Center.
- Levin, M. E.** (2018). Acceptance and Commitment Therapy online: Improving reach and refining theory. Invited presentation at the Nevada Association for Behavior Analysis annual conference, Las Vegas, NV.
- Levin, M. E.** (2018). Delivering acceptance and commitment therapy online. Invited presentation at the Western Psychological Association annual conference, Portland, OR.

## INTERNATIONAL/NATIONAL CONFERENCE PRESENTATIONS

### 2020

- Krafft, J.\*, Davis, C.H.\*, Twohig, M. & **Levin, M.E.** (2020). Impact of coaching on outcome, engagement, and processes of change in an online ACT intervention. Paper presented at the 54th Annual Convention of the Association for Behavioral and Cognitive Therapies, Online due to COVID-19.
- Smith, B.M., Barney, J.\*, Ong, C.\*, Barrett, T., **Levin, M.E.** & Twohig, M. (2020). Outcomes and mechanisms of change in acceptance and regulation approaches to exposures for intrusive thoughts. Paper presented at the 54th Annual Convention of the Association for Behavioral and Cognitive Therapies, Online due to COVID-19.
- Klimczak, K.\*, Davis, C.H.\*, Twohig, M.P. & **Levin, M.E.** (2020). ACT Guide: Development and implementation of a large-scale online self-help program for general mental health based on acceptance and commitment therapy. Paper presented at the 18<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Online due to COVID-19.
- Klimczak, K.\* & **Levin, M.E.** (2020). How to use technology to deliver and enhance acceptance and commitment therapy. Workshop presented at the 18<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Online due to COVID-19.
- Levin, M.E.**, Krafft, J.\* & Twohig, M.P. (2020). Examining the processes of change in the open and engaged components of acceptance and commitment therapy. Paper presented at the 18<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Online due to COVID-19.
- Smith, B.M., Barney, J.L.\*, Ong, C.W.\*, Barrett, T.S., **Levin, M.E.**, & Twohig, M.P. (2020). Physiological, behavioral, and self-report outcomes of acceptance and regulation approaches to exposures for intrusive thoughts. Paper presented at the 18<sup>th</sup> annual

- World Conference of the Association for Contextual and Behavioral Sciences, Online due to COVID-19.
- Davis, C.H.\* , **Levin, M.E.**, Twohig, M.P. & DeBerard, M.S. (2020). Implementing an acceptance and commitment therapy intervention for depressed college students through online bibliotherapy: A randomized controlled trial. Paper presented at the 18<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Online due to COVID-19.
- Petersen, J.M. \*, Durward, C., Bingeman, B., Nelson, C., Davis, E., Cromwell, S., Prevedel, S., Parkhurst, E. & **Levin, M.E.** (2020). Using online acceptance and commitment therapy to improve diet and physical activity among overweight and obese adults: Results from a randomized controlled trial. Paper presented at the 18<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Online due to COVID-19.
- Vilardaga, R., Gaudiano, B. & **Levin, M.E.** (2020). Digital Technology and Philosophy: Deepening the roots of how we think about digital health interventions. Panel presented at the 18<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Online due to COVID-19.
- Lee-Baggle, D. (Chair), Gillanders, D., Bricker, J., Petersen, J.\* & **Levin, M.E.** (Discussant) (2020). Innovations and advancements in Acceptance and Commitment Therapy and Compassion Focused Therapy for health conditions. Symposium presented at the 18<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Online due to COVID-19.
- Davis, C.\*, Krafft, J.\* , Twohig, M.P. & **Levin, M.E.** (2020). Understanding attitudes and perceived behavioral responsibility towards global climate change through psychological flexibility processes. Poster presented at the 18<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Online due to COVID-19. *Won a Junior Investigator Poster Award at the conference.*

## 2019

- Arch, J.J., Landy, L.\* , Tobias, M.\* , Wolitzky-Taylor, K. & **Levin, M.E.** (2019). Patient-level Barriers to Evidence-based Treatment Seeking in Anxiety Disorders: Linking a Systematic Review to Novel Intervention. Paper presented at the 53rd Annual Convention of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
- Ong, C.\* , Lee, E.\* , Krafft, J.\* , Terry, C.\*\* , Barrett, T., **Levin, M.E.** & Twohig, M. (2019). A Randomized Controlled Trial of Acceptance and Commitment Therapy for Clinical Perfectionism. Paper presented at the 53rd Annual Convention of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
- Davis, C.\* , An, W.\* , Twohig, M. & **Levin, M.E.** (2019). A Randomized Controlled Trial of Mindfulness-based Stress Reduction versus Acceptance and Commitment Therapy Bibliotherapy for College Student Mental Health. Poster presented at the 53rd Annual Convention of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
- Hicks, E.\* , **Levin, M.E.** & Krafft, J.\* (2019). Evaluation of a mindfulness app for college student mental health. Paper presented at the 17<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Dublin, Ireland.
- Levin, C., **Levin, M.E.**, Pistorello, J., Hayes, S.C., Seeley, J. & Hicks, E.\* (2019). Implementing online ACT guided self-help in college counseling centers: Results from a multi-site

- randomized control trial. Paper presented at the 17<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Dublin, Ireland.
- Levin, M.E., Potts, S.\* & Krafft, J.\* (2019).** Evaluating an Acceptance and Commitment Therapy self-help book for weight self-stigma: Results from a randomized trial. Paper presented at the 17<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Dublin, Ireland.
- Lillis, J., Villatte, J., Bricker, J., Karekla, M., Lappalainen, R. & **Levin, M.E.** (2019). Designing, developing, implementing, and evaluating digital health interventions from a CBS framework. Panel presented at the 17<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Dublin, Ireland.
- Bolderston, H. (Chair), Turner, G., Rinner, M., Gallego, A. & **Levin, M.E.** (Discussant) (2019). Social anxiety: Bridging experimental and clinical research. Symposium presented at the 17<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Dublin, Ireland.
- Bricker, J. (Chair), Kelly, M.M., Vahey, N., Watson, N. & **Levin, M.E.** (Discussant) (2019). From human to robot therapists: How the functions of ‘therapists’ have evolved in the context of ACT for cigarette smoking cessation. Symposium presented at the 17<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Dublin, Ireland.
- Walder, N.\*, **Levin, M.E.**, Twohig, M., Karekla, M. & Gloster, A. (2019). The meta-analytic evidence of acceptance and commitment therapy: A review. Poster presented at the 17<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Dublin, Ireland.
- Barney, J.L.\*, Soderquist, A.\*\*, Ashcraft, T.\*\*, Lee, E.\*, Twohig, M.P. & **Levin, M.E.** (2019). Evaluation of an ACT-based mobile app for problematic pornography viewing. Poster presented at the 17<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Dublin, Ireland.
- Krafft, J.\*, Ong, C. W.\*, Cruz, R. A., Twohig, M. P., & **Levin, M. E.** (2019). The function of hoarding in the moment and its relationship to psychological flexibility. Paper presented at the 26th Annual International OCD Foundation Conference, Austin, TX.
- Fauth, E. B., Schiwal, A.\*, Novak, J. R., & **Levin, M. E.** (2019). An Acceptance and Commitment Therapy (ACT) intervention for at-home caregivers of persons with dementia: Positive caregiver outcomes within a novel, online, self-guided program. Poster presented at the International Association of Gerontology and Geriatrics - European Region Congress, Gothenburg, Sweden.
- 2018**
- Sockol, L., Bloom, E.L., Forgeard, M.J.C., Khazanov, G.K. & **Levin, M.E.** (2018). You can pay someone to do that for you: Partnering with technology companies for behavioral research. Panel presented at the 52nd annual convention of the Association for Behavioral and Cognitive Therapies, Washington, DC.
- Ong, C. W.\*, Hancock, A., Lee, E. B.\*, Gillam, R. B., **Levin, M. E.**, & Twohig, M. P. (2018). Neurological differences between individuals with and without clinical perfectionism. Poster presented at the 25th annual conference of the International OCD Foundation, Washington, DC.

- Levin, M.E.**, Haeger, J.\* , Navarro, C. & Cruz, R. (2018). Using mobile apps to tailor ACT skill training in-the-moment: Results from the ACT Daily app. Paper presented at the 16<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Montreal, Canada.
- An, W.\* , Lee, E.\* , Twohig, M. & **Levin, M.E.** (2018). A systematic review of ACT treatment research in South Korea. Paper presented at the 16<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Montreal, Canada.
- Krafft, J.\* , Haeger, J.\* , **Levin, M.E.**, An, W.\* & Twohig, M. (2018). Examining a prototype mobile app for self-critical thoughts: A clinical component test of cognitive defusion and cognitive restructuring. Paper presented at the 16<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Montreal, Canada.
- Pierce, B.\* & **Levin, M.E.** (2018). Does momentary affect matter? An investigation of momentary affective discrimination and its relation to psychological flexibility processes. Paper presented at the 16<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Montreal, Canada.
- Krafft, J.\* & **Levin, M.E.** (2018). An ecological momentary assessment (EMA) investigation of cognitive processes for responding to difficult thoughts. Paper presented at the 16<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Montreal, Canada.
- Rizo, J. (Chair), Gloster, A., Haeger, J. & **Levin, M.E.** (Discussant) (2018). Empirically evaluating smartphone app technology effectiveness in delivering and evaluating ACT interventions. Symposium presented at the 16<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Montreal, Canada.
- Shearer, E.M. (Chair), Morrison, K.L., Zink, A. & **Levin, M.E.** (Discussant) (2018). Open, aware, and engaged: ACTing and adapting across the video platform. Symposium presented at the 16<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Montreal, Canada.
- Vriesman, M. (Chair), Law, S, Maragakis, A., Newsome, K., Kuczynski, A.M. & **Levin, M.E.** (Discussant) (2018). Exploring a past, present and future of broadening of behavioral horizons. Symposium presented at the 16<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Montreal, Canada.
- Karlsson, E., Biglan, A. Tirch, D., Johansson, M. & **Levin, M.E.** (2018). How CBS-based interventions can decrease polarization in political contexts. Panel presented at the 16<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Montreal, Canada.
- Mack, S.A.\* , Lillis, J. & **Levin, M.E.** (2018). Meta-analysis of acceptance and commitment therapy for weight-loss, physical activity, and other weight-related outcomes. Poster presented at the 16<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Montreal, Canada.
- An, W.\* , Dotterer, A.M., Park, S.J.\* & **Levin, M.E.** (2018). Exploring the relations between discrimination, psychosocial outcomes, and psychological inflexibility among college students. Poster presented at the 16<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Montreal, Canada.

Krafft, J.\* & **Levin, M.E.** (2018). The incremental validity of the Cognitive Fusion Questionnaire (CFQ) over a measure of automatic negative thoughts. Poster presented at the 16<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Montreal, Canada.

## 2017

Krafft, J.\* & **Levin, M. E.** (2017). The differential impact of defusion and reappraisal on college student mental health. Poster presented at the 51st annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

Ong, C. W.\*, **Levin, M. E.**, Krafft, J.\* & Twohig, M. P. (2017). An examination of the role of psychological flexibility in hoarding using multiple mediator models. Poster presented at the 51st annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

Cruz, R.A., Wynn, E.\*\* , Carrera, K.\* , Mechammil, M.\* , **Levin, M.E.** & Deberard, S. (2017). Evaluating the implementation of a web-based routine outcome monitoring system at the Utah State University training clinic. Paper presented at the American Psychological Association annual convention, Washington, D.C.

Haeger, J.\* , Krafft, J.\* , & **Levin, M.E.** (2017). Initial findings from a randomized dismantling trial of the LifeToolbox website: A transdiagnostic online acceptance and commitment therapy intervention for distressed college students. Paper presented at the 15th annual World Conference of the Association of Contextual and Behavioral Sciences, Seville, Spain.

Haeger, J.\* , **Levin M.E.**, & Pierce, B.\* (2017). Evaluating methods for teaching psychological skills through smartphones: A randomized control trial of the revised ACT Daily mobile app. Paper presented at the 15th annual World Conference of the Association of Contextual and Behavioral Sciences, Seville, Spain.

Oser, M., Haeger, J.\* , Purvis, C., & **Levin, M.E.** (2017). Enriching your clinical work through mobile technology consistent with contextual behavioral science. Workshop presented at the 15th annual World Conference of the Association of Contextual and Behavioral Sciences, Seville, Spain.

Mitchell, J.L., Arch, J.J., **Levin, M.E.** & Fishbein, J.\* (2017). A Hybrid Online and In-Person ACT-Based Group Intervention for People Living with Metastatic Cancer. Paper presented at the meeting of the Association of Oncology Social Work, Denver, CO.

Pierce, B.\* , Potts, S.\* , & **Levin, M. E.** (2017) Stigma, privilege, and “sorting things out” in the context of weight-related discrimination: An applied perspective. Paper presented at the 2017 Association for Women in Psychology Conference, Milwaukee, WI.

## 2016

**Levin, M.E.**, Haeger, J.\* , Krafft, J.\* , Pierce, B.\* , Daines, J.\*\* & Twohig, M. (2016). Web-Based Self-Help for College Students: Evaluating A Transdiagnostic Acceptance and Commitment Therapy Program. Paper presented at the Association for Behavioral and Cognitive Therapies, New York, NY.

Krafft, J.\* & **Levin, M.E.** (2016). The interaction between mindful awareness and acceptance in predicting couples satisfaction. Poster presented at the Association for Behavioral and Cognitive Therapies, New York, NY.

- Ong, C.W.\*, Clyde, J.W.\*\*, Bluett, E.J.\*, **Levin, M.E.** & Twohig, M.P. (2016). Dropout rates in exposure with response prevention for obsessive-compulsive disorder: A meta-analytic review. Poster presented at the Association for Behavioral and Cognitive Therapies, New York, NY.
- Levin, M. E.**, Oser, M. & Haeger, J.\* (2016). Enriching your clinical work with mobile technology. Workshop presented at the 14<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Seattle, WA.
- Rudaz, M., Smith, B.\*, Potts, S.\*, **Levin, M.E.** & Twohig, M. (2016). The effectiveness of a mind-body training to foster self-care in health professionals. Paper presented at the 14<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Seattle, WA.
- Lee, E.\*, An, W.\*, **Levin, M.E.** & Twohig, M. (2016). An initial meta-analysis of ACT for substance use disorders. Paper presented at the 14<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Seattle, WA.
- Dalrymple, K., **Levin, M.E.**, Haeger, J.\*, Walsh, E., Rosenstein, L. & Gaudiano, B. (2016). Development of a brief, values-based online adjunctive intervention for depression and anxiety. Paper presented at the 14<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Seattle, WA.
- Pierce, B.\*, **Levin, M.E.** & Schoendorff, B. (2016). Prompting the “away-towards” distinction in matrix-based health behavior change. Paper presented at the 14<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Seattle, WA.
- Potts, S.\*, Haeger, J.\*, Lillis, J. & **Levin, M.E.** (2016). Delivering acceptance and commitment therapy through guided self-help for weight self-stigma: Results from an open trial. Paper presented at the 14<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Seattle, WA.
- Haeger, J.A.\* & **Levin, M.E.** (2016). Using mobile technology to augment therapy and provide self-help: Preliminary research findings with the ACT Daily mobile app. Paper presented at the 14<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Seattle, WA.
- Levin, M.E.**, Pierce, B.\* & Twohig, M. (2016). Use, preferences, and barriers with ACT-related mobile apps: Results from a survey of ACBS members. Paper presented at the 14<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Seattle, WA.
- Krafft, J.E.\*, Haeger, J.\*, Pierce, B.\* & **Levin, M.E.** (2016). The interaction between mindful awareness and acceptance in predicting couples satisfaction. Poster presented at the 14<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Seattle, WA.
- Rizzo, C., Faraci, P., **Levin, M.E.** & Presti, G. (2016). Italian validation on the AAQ-S scale: A preliminary investigation of its psychometric properties. Poster presented at the 14<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Seattle, WA.
- Excelmans, E. (Chair), Vilardaga, R., Haeger, J. & **Levin, M.E.** (Discussant) (2016). To blend or not to blend: Advantages of mixing ACT with new technologies. Symposium presented



- at the 14<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Seattle, WA.
- Chin, F. (Chair), Lee, E., Bogusch, L., Singh, S. & **Levin, M.E.** (Discussant) (2016). Meta-analysis in contextual behavioral science: A symposium of synthesis. Symposium presented at the 14<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Seattle, WA.
- Rizo, J. (Chair), Moitra, E., Cathey, A., Villatte, J. & **Levin, M.E.** (Discussant) (2016). Ecological momentary assessments (EMA) to measure ACT processes and behavioral health across populations. Symposium presented at the 14<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Seattle, WA.
- Haeger, J.A.\*, **Levin, M.E.**, Pierce, B.G.\* (2016). ACT Daily: An adjunctive app for promoting ACT skill use among depressed and anxious clients. Poster presented at the International Society for Research on Internet Interventions (ISRII) 8<sup>th</sup> Scientific Meeting, Seattle, WA.
- Haeger, J.A.\*, **Levin, M.E.**, Pierce, B.G.\*, & Twohig, M.P. (2016). A randomized controlled trial of transdiagnostic web-based acceptance and commitment therapy for mental health issues in college students. Poster presented at the International Society for Research on Internet Interventions (ISRII) 8<sup>th</sup> Scientific Meeting, Seattle, WA.
- Potts, S.\*, Pierce, B.\*, **Levin, M.E.**, & Twohig, M. (2016). Perceived helpfulness, overall use, and barriers to using acceptance and commitment therapy apps within a therapist sample. Poster presented at the International Society for Research on Internet Interventions (ISRII) 8<sup>th</sup> Scientific Meeting, Seattle, WA.
- Wynn, E.\*\*, Mechammil, M.\*, Gage, B.\*\*, **Levin, M.E.** & Cruz, R. (2016). Implementing a Measurement Feedback System in a Psychology Graduate Training Clinic. Poster presented at the 30<sup>th</sup> annual National Conference for Undergraduate Research, Asheville, NC.

## 2015

- Haeger, J.\* & **Levin, M.E.** (2015). A pilot study of ACT-Daily: An ecological momentary intervention smartphone application for the adjunctive treatment of depression and anxiety disorders. Paper presented at the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Block-Lerner, J., Hershfield, J., Lilly, M., Zerubavel, N., Lenda, A., Marks, D. & **Levin, M.E.** (2015). Mindfulness and acceptance-based training for professionals and trainees in the health sciences: Improving dissemination by considering feasibility, nuts and bolts, and active ingredients. Panel presented at the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- McLean, C., Titov, N., Ruggiero, K.J., Mohr, D. & **Levin, M.E.** (2015). New developments in the use of technology to improve CBT access and outcomes. Panel presented at the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Potts, S.\*, Haeger, J.\*, Pierce, B.\* & **Levin, M. E.** (2015). Weight self-stigma and problem eating behaviors: Multiple predictors, unique associations, and the centrality of psychological flexibility in a college sample. Poster presented at the 13<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Berlin, Germany.

- Levin, M. E.**, Oser, M. & Haeger, J.\* (2015). Using web/mobile technology to enhance your clinical work. Workshop presented at the 13<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Berlin, Germany.
- Haeger, J.A.\*, **Levin, M.E.** & Pierce, B.\* (2015). Examining facets of psychological inflexibility as transdiagnostic predictors of psychological problems with college students. Paper presented at the 13<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Berlin, Germany.
- Haeger, J.A.\*, **Levin, M.E.** & Smith, G.S. (2015). Development of an Implicit Measure of Emotional Judgments: Relations to Experiential Avoidance and Public Speaking Performance. Paper presented at the 13<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Berlin, Germany.
- Smith, B.\* (Chair), Williams, N., Stewart, C. & **Levin, M.E.** (Discussant) (2015). Toward a Coherent Model of Scientific Progress: Translational Research in Contextual Behavioral Science. Symposium presented at the 13<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Berlin, Germany.
- Lopez, J.C. (Chair), Eisenbeck, N., Barbero-Rubio, A. & Vasileiou, V. & **Levin, M.E.** (Discussant) (2015). Recent Contextual Behavioral Research Targeting Psychological Inflexibility. Symposium presented at the 13<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Berlin, Germany.
- Pistorello, J., **Levin, M.E.**, Aydin, Y., Renner, P., Rasanen, P. & Morse, C.C. (2015). ACT, Psychological Flexibility, and College Students: Relevance Across the World. Panel presented at the 13th annual World Conference of the Association for Contextual and Behavioral Sciences, Berlin, Germany.
- Levin, M.E.**, Lillis, J. & Haeger, J.\* (2015). Targeting prejudice/stigma at a public health level. Paper presented at the 13<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Berlin, Germany.
- Levin, M.E.**, Haeger, J.\* & Twohig, M. (2015). Testing a transdiagnostic web-based ACT self-help program for college students. Paper presented at the 13<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Berlin, Germany.

## 2014

- Smith, B.M.\*, Villatte, J.L., **Levin, M.E.** & Hayes, S.C. (2014). The influence of a personal values intervention on distress tolerance. Paper presented at the meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Twohig, M. (Chair), Smith, B.M.\*, Karekla, M., **Levin, M.E.** (Discussant) (2014). Recent Contextual Behavioral Research Targeting Psychological Inflexibility. Symposium presented at the meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Haeger, J.\*, **Levin, M.E.** & Twohig, M. (2014). Web-Based Self-Help for Distressed College Students: A Pilot Study of a Transdiagnostic ACT Program. Poster presented at the meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Pistorello, J., Hayes, S.C., Seeley, J., Long, D., Lillis, J., Villatte, J., Biglan, A., MacLane, C., **Levin, M.E.**, Vilardaga, R. & Daflos, S. (2014). ACT as a first year experience seminar

- for college freshman: Acceptability and perceived utility. Paper presented at the meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Bluett, E.J.\*, Homan, K.J.\*, Morrison, K.L.\*, **Levin, M.E.** & Twohig, M.P. (2014). Psychological flexibility and anxiety disorders: A meta-analysis. Poster presented at the meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Levin, M. E.**, Pistorello, J., Hayes, S.C., Seeley, J., Levin, C., Dalrymple, K., Gaudiano, B. & Haeger, J.\* (2014). Using adjunctive web/mobile ACT technologies to augment clinical practice. Paper presented at the 12<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Minneapolis, MN.
- Levin, M. E.**, Hayes, S.C., Pistorello, J., & Seeley, J. (2014). Preventing mental health problems in college students through web-based ACT. Paper presented at the 12<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Minneapolis, MN.
- Vilardaga, R., **Levin, M. E.** & Hayes, S.C. (2014). The flexible connectedness model: A contextual behavioral framework for effective human interaction. Paper presented at the 12<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Minneapolis, MN.
- Haeger, J.\* , **Levin, M.E.** & Twohig, M. (2014). Developing a prototype ACT website for distressed college students with Qualtrics survey software. Poster presented at the 12<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Minneapolis, MN.
- Potts, S.\* , Haeger, J.\* & **Levin, M.E.** (2014). Examining cognitive fusion and psychological inflexibility as predictors of binge eating. Poster presented at the 12<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Minneapolis, MN.
- 2013**
- Levin, M.E.**, MacLane, C., Daflos, S., Seeley, J., Hayes, S.C., Biglan, A. & Pistorello, J. (2013). Examining psychological inflexibility as a transdiagnostic risk factor for axis I disorders among first year college students. Paper presented at the meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
- Levin, M. E.**, Pistorello, J., Hayes, S.C. & Seeley, J. (2013). Evaluating a prototype web-based Acceptance and Commitment Therapy program for the prevention of mental health problems among college students. Poster presented at the 6<sup>th</sup> Scientific Meeting for the International Society for Research on Internet Interventions, Chicago, IL.
- 2012**
- Levin, M. E.**, Pistorello, J., Hayes, S.C. & Seeley, J. (2012). ACT on College Life: A web-based ACT program for the prevention of mental health problems among college students. Paper presented at the 10<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Washington D.C.
- Lillis, J., Kendra, K.E., **Levin, M.E.**, & Trafton, J. (2012). Are the neurobiological effects of elevated BMI addiction-like? Impact on behavioral inhibition. Poster presented at the annual meeting for the Society of Behavioral Medicine, New Orleans, LA.

**2011**

Jeffcoat, T., Vilardaga, R., **Levin, M.E.** & Hayes, S.C. (2011). Developing a new protocol to measure deictic framing repertoires in adults. Paper presented at the 9<sup>th</sup> annual World Conference of the Association for Contextual and Behavioral Sciences, Parma, Italy.

## 2010

**Levin, M. E.** & Hayes, S. C. (2010). Cognitive fusion and experiential avoidance: Examining the role of implicit emotional evaluations. Paper presented at the meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

Pistorello, J. & **Levin, M. E.** (2010). Acceptance and mindfulness-based FYE: A randomized controlled trial. Paper presented at the International Conference on The First Year-Experience, Maui, HI.

Estévez, A., Vilardaga, R., **Levin, M. E.** & Hayes, S. C. (2010). La empatía, la evitación experiencial y la conducta relacional deíctica como predictores de la Anhedonia social en universitarios. Paper presented at the VII Congreso Iberoamericano de Psicología.

Stromberg, C.C., Hayes, S.C., Pistorello, J., Vilardaga, R., **Levin, M.E.**, et al. (2010). Gender differences in the relationship between experiential avoidance and worksite factors. Paper presented at the 4th World Conference on ACT, RFT, and Contextual Behavioral Science, Reno, NV.

Luoma, J., Bach, P., Lillis, J., **Levin, M.E.** & Masuda, A. (2010). Stigma and discrimination: Empowering the research agenda. Panel presented at the 4th World Conference on ACT, RFT, and Contextual Behavioral Science, Reno, NV.

Morse, C., Pistorello, J., **Levin, M.E.** & Seeley, J. (2010). ACT based preventive programming on college campuses. Panel presented at the 4th World Conference on ACT, RFT, and Contextual Behavioral Science, Reno, NV.

Vilardaga, R., Estévez, A., **Levin, M.E.** & Hayes, S.C. (2010). Associations among deictic relational responding, empathy, experiential avoidance and social anhedonia in a sample of college students. Paper presented at the 4th World Conference on ACT, RFT, and Contextual Behavioral Science, Reno, NV.

**Levin, M.E.**, Pistorello, J., Hayes, S.C., Seeley, J., Plumb, J., Long, D. & Vilardaga, R. (2010). Smoking cessation and prevention of mental health problems: Discussing two ongoing projects. Paper presented at the 4th World Conference on ACT, RFT, and Contextual Behavioral Science, Reno, NV.

**Levin, M. E.**, Stromberg, C., Boulanger, J., Waltz, T. & Hayes, S. C. (2010). Testing the impact of a brief acceptance, mindfulness and values intervention on multiple features of task persistence. Paper presented at the 4th World Conference on ACT, RFT, and Contextual Behavioral Science, Reno, NV.

Villatte, J., **Levin, M.E.**, Pistorello, J. & Hayes, S.C. (2010). Experiential avoidance as part of a functional contextual approach to emotion regulation and psychopathology. Paper presented at the World Congress of Behavioral and Cognitive Therapies, Boston, United States.

Vilardaga, R., Estévez, A., **Levin, M.E.**, Hayes, S.C. (2010). Deictic relational responding, empathy and experiential avoidance as predictors of social anhedonia in college students. Paper presented at the World Congress of Behavioral and Cognitive Therapies, Boston, United States.

**Levin, M.E.,** Stromberg, C., Boulanger, J., Waltz, T. & Hayes, S. C. (2010). Testing the impact of a brief acceptance, mindfulness and values intervention on multiple features of task persistence. Poster presented at the World Congress of Behavioral and Cognitive Therapies 2010, Boston, MA.

## 2009

Estévez, A., Vilardaga, R., **Levin, M.E.** & Hayes, S.C (2009). Conducta relacional deíctica, empatía y evitación experiencial como predictores de anhedonia social en estudiantes universitarios. Poster presented at the 2nd meeting of the “Emotions and Well Being” Conference, Madrid, Spain.

**Levin, M.E.,** Lillis, J., Hayes, S.C., Pistorello, J., Biglan, A. & Seeley, J. (2009). The role of experiential avoidance in the development and maintenance of psychopathology: A review of the evidence. Paper presented at the meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

Vilardaga, R., Waltz, T., **Levin, M.E.,** Hayes, S. C., Stromberg, C. & Amador, K. (2009). Deictic relational framing and connectedness among college students: A small analog study. Paper presented at the 3rd World Conference on ACT, RFT, and Contextual Behavioral Science, Enschede, The Netherlands.

**Levin, M.E.,** Vilardaga, R. & Boulanger, J. (2009). Contextual Behavioral Science and ACT/RFT: Discussing scientific strategy and future directions in research. Workshop presented at the 3rd World Conference on ACT, RFT, and Contextual Behavioral Science, Enschede, The Netherlands.

**Levin, M.E.,** Waltz, T., Hayes, S.C. & Vilardaga, R. (2009). Testing an adaptation of the IRAP to increase sensitivity to detect implicit relations at the individual level. Paper presented at the 3rd World Conference on ACT, RFT, and Contextual Behavioral Science, Enschede, The Netherlands.

Plumb, J.C., **Levin, M.E.,** Hayes, S.C., Morrison, K.L., DeFreitas, D., & Bowes, E. (2009). Using a brief values intervention to increase studying behavior in college students. Paper presented at the 3rd World Conference on ACT, RFT, and Contextual Behavioral Science, Enschede, The Netherlands.

Pistorello, J., Hayes, S. C., Lillis, J., MacLane, C., **Levin, M.E.,** Boulanger, J., Biglan, A. & Seeley, J. (2009). Using ACT to prevent mental health problems among college freshman. Paper presented at the 3rd World Conference on ACT, RFT, and Contextual Behavioral Science, Enschede, The Netherlands.

Hayes, S. C., Pistorello, J., Luoma, J., Kohlenberg, B., Vilardaga, R., **Levin, M.E.,** Lillis, J. & Hildebrandt, M. (2009). ACT for stigma and burnout with substance abuse counselors. Paper presented at the 3rd World Conference on ACT, RFT, and Contextual Behavioral Science, Enschede, The Netherlands.

Vilardaga, R., Luoma, J. **Levin, M.E.,** Hayes, S. C., Pistorello, J., Hildebrandt, M., Kohlenberg, B. & Roget, N. (2009). Predictors of stigma among addictions counselors. Paper presented at the 3rd World Conference on ACT, RFT, and Contextual Behavioral Science, Enschede, The Netherlands.

**Levin, M.E.,** Vilardaga, R., Lillis, J., Hayes, S. C., Pistorello, J., Luoma, J. & Kohlenberg, B. (2009). Generalized prejudice: Testing a Relational Frame Theory account of prejudice

- and stigma. Paper presented at the 3rd World Conference on ACT, RFT, and Contextual Behavioral Science, Enschede, The Netherlands.
- Lillis, J., **Levin, M.E.**, Luoma, J.B. & Hayes, S. C. (2009). Measuring weight stigma. Paper presented at the 3rd World Conference on ACT, RFT, and Contextual Behavioral Science, Enschede, The Netherlands.
- Levin, M.E.**, Vilardaga, R. & Hayes, S.C. (2009). The role of group design methods in behavior analysis: Contextual behavioral science as a model. Paper presented at the 35th Annual Convention of the Association for Behavior Analysis International, Phoenix, AZ.
- Levin, M.E.**, Vilardaga, R., Lillis, J., Hayes, S.C., Pistorello, J. & Luoma J.B. (2009). Generalized prejudice: Testing a Relational Frame Theory Account of prejudice and stigma. Paper presented at the 35th Annual Convention of the Association for Behavior Analysis International, Phoenix, AZ.
- Vilardaga, R., Hayes, S.C., **Levin, M.E.**, Muto, T. (2009). Functional contextualism and contextual behavioral science. Paper presented at the 35th Annual Convention of the Association for Behavior Analysis International, Phoenix, AZ.
- Vilardaga, R., Waltz, T., **Levin, M.E.**, Hayes, S.C., Stromberg, C. (2009). Deictic framing and human objectification: further testing of a new procedure to enhance empathic concern towards others. Paper presented at the 35th Annual Convention of the Association for Behavior Analysis International, Phoenix, AZ.
- 2008**
- Hayes, S. C., **Levin, M.E.**, Vilardaga, R., & Yadavaia, J. (2008). A meta-analysis of mediational and component analyses of ACT. Paper presented at the European Association for Behavioral and Cognitive Therapies Annual Congress, Helsinki, Finland.
- Levin, M.E.**, Hayes, S.C., & Vilardaga, R. (2008). Processes of change in Acceptance and Commitment Therapy: A meta-analysis of mediation in ACT outcome studies. Paper presented at the meeting of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
- Luoma, J.B., Vilardaga, R., Hayes, S.C., Pistorello, J., Hildebrandt, M., **Levin, M.E.**, Kohlenberg, B., & Roget, N. (2008). The role of Acceptance and Commitment Therapy processes in stigma towards substance users. Paper presented at the meeting of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
- Hayes, S.C., Lazzarone, T., Baumrueck, K., Muto, T., Vijay, A., Lundgren, T., Schmalz, **Levin, M.E.**, Long, D. & Polk, K. (2008). ACT self-help research: International lab meeting. Presented at the 4th ACT Summer Institute, Chicago, IL
- Hildebrandt, M.J., Vilardaga, R., **Levin, M.E.**, Hayes, S.C., Luoma, J.B., Kohlenberg, B., et al. (2008). Implications for the importance of valuing in the workplace. Paper presented at the 34th Annual Convention of the Association for Behavior Analysis International, Chicago, IL.
- Twohig, M.P., Hayes, S.C., Plumb, J., Pruitt, L., Sailer, A., Hazlett-Stevens, H., **Levin, M.E.** & Mukherjee, D. (2008). A randomized clinical trial of Acceptance and Commitment Therapy for OCD. Paper presented at the 34th Annual Convention of the Association for Behavior Analysis International, Chicago, IL.
- Vilardaga, R., **Levin, M.E.**, Hildebrandt, M.J., Hayes, S.C. & Yadavaia, J.E. (2008). Human objectification: A relational frame theory account of prejudice and stigma. Paper

presented at the 34th Annual Convention of the Association for Behavior Analysis International, Chicago, IL.

Vilardaga, R., **Levin, M.E.**, Waltz, T.J. & Hayes, S.C. (2008). Testing a new perspective-taking procedure in the context of attitudes and emotional reactions towards ethnic minorities. Paper presented at the 34th Annual Convention of the Association for Behavior Analysis International, Chicago, IL.

**Levin, M.E.**, Hayes, S.C., Waltz, T.J. & Vilardaga, R. (2008). Testing an adaptation of the IRAP: Validation of a new procedure for assessing implicit relations. Paper presented at the 34th Annual Convention of the Association for Behavior Analysis International, Chicago, IL.

**Levin, M.E.**, Waltz, T.J., Yadavaia, J.E. & Hayes, S.C. (2008). Examining the effect of a self as context intervention on multiple measures of task persistence. Paper presented at the 34th Annual Convention of the Association for Behavior Analysis International, Chicago, IL.

## **2007**

Lazzarone, T., Hayes, S. C., Louma, J., Kohlenberg, B., Pistorello, J., Lillis, J., Vilardaga, R. Hildebrandt, M., & **Levin, M.E.** (2007) *The effectiveness of an ACT self-help manual: "Get Out of Your Mind & Into Your Life."* Paper presented at the Association for Behavioral and Cognitive Therapies, Philadelphia.

Vilardaga, R., **Levin, M.E.** & Hayes, S.C. (2007). A comprehensive review of perspective taking procedures in the psychological literature. Paper presented at the meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Hayes, S.C., **Levin, M.E.**, Yadavaia, J.E. & Vilardaga, R. (2007). Acceptance and Commitment Therapy: Models and processes of change. Paper presented at the meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

**Levin, M.E.**, Yadavaia, J.E., Hayes, S.C. & Hildebrandt, M. (2007). A meta-analysis of acceptance-based interventions for behavioral challenges requiring task persistence. Paper presented at the meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Fletcher, L. & **Levin, M.E.** (2007). Mindfulness and ACT: Connecting Buddhist meditation practices to ACT/RFT concepts. Workshop presented at the 3rd ACT Summer Institute, Houston, TX

Fletcher, L.B., **Levin, M.E.** & Hayes, S.C. (2007). Mindfulness, meditation, and ACT. Paper presented at the 33rd Annual Convention of the Association for Behavior Analysis International, San Diego, CA

Vilardaga, R., Yadavaia, J., **Levin, M.E.**, Parker, A. (2007). Deictic frames and mindfulness: Theoretical underpinnings and practical implications. Paper presented at the 33rd Annual Convention of the Association for Behavior Analysis International, San Diego, CA

## **2006**

Schmiege, S., **Levin, M.E.**, Broaddus, M., Aibel, C., & Bryan, A. (2006). The assessment of an alcohol-related HIV preventive intervention for high-risk adolescents. Poster presented at the 14th annual meeting of the Society for Prevention Research, San Antonio, TX.

## **2005**

Meskew-Stacer, S., Ray, L., Marshall, E., **Levin, M.E.**, & Hutchison, K.E. (2005). Subjective responses to alcohol and alcohol craving: Can participants accurately predict their craving for alcohol and subjective intoxication? Poster presented at the annual meeting of the Research Society on Alcoholism, Santa Barbara, CA.

## REGIONAL CONFERENCE PRESENTATIONS

Snow, J.\*\* , Klimczak, K.\* , Donahue, M.\* , Capel, L.\* , Levin, M. (2021). Examining daily patterns of psychological inflexibility. Utah Conference on Undergraduate Research, Online.

Clark, C.\*\* , Klimczak, K.\* , & **Levin, M.E.** (2020). Self-Guided Online ACT Apps and Interventions: A Meta-Analysis. Online poster session presented at the USU Student Research Symposium 2020, Logan, UT.

Frehner, S.\*\* , Krafft, J.\* , & **Levin, M. E.** (2019). Reappraisal and mindfulness skills compared against maladaptive cognitive processes in socially anxious college students. Poster presented at the meeting of the Rocky Mountain Psychological Association, Denver, Colorado.

Wynn, E.\*\* , Carrera, K.\* , **Levin, M.E.**, Deberard, M.S. & Cruz, R. (2017). Implementing a Measurement Feedback System in a Psychology Graduate Training Clinic. Poster presented at the 2017 Rocky Mountain Psychological Association conference, Salt Lake City, Utah.

Heninger, S.\*\* & **Levin, M.E.** (2016). Effectiveness of ACT bibliotherapy for problematic pornography viewing. Paper presented at the 2016 Fall Undergraduate Research Symposium at USU, Logan, Utah.

Pierce, B.\* , Haeger, J. A.\* , & **Levin, M.E.** (2015). ACT daily: Design and preliminary outcomes of an adjunctive application for Acceptance and Commitment Therapy. Symposium paper presented at the 2015 Rocky Mountain ACBS Chapter Regional Conference, Salt Lake City, Utah.

Potts, S.\* , Haeger, J.\* , **Levin, M.E.**, & Lillis, J. (2015). Guided self-help for weight-related stigma. Symposium paper presented at the 2015 Rocky Mountain ACBS Chapter Regional Conference, Salt Lake City, Utah.

Haeger, J.\* , **Levin, M.E.**, & Pierce, B.\* (2015). Web-based acceptance and commitment therapy for mental health problems in college students. Symposium paper presented at the 2015 Rocky Mountain ACBS Chapter Regional Conference, Salt Lake City, Utah.

**Levin, M.E.**, Haeger, J. A.\* , & Pierce, B.\* (2015). Integrating acceptance and mindfulness-based mobile apps into your clinical work. Workshop presented at the 2015 Rocky Mountain ACBS Chapter Regional Conference, Salt Lake City, Utah.

Duersch, M.\*\* , Haeger, J.\* & **Levin, M.E.** (2015). Psychological flexibility and student mental health. Poster presented at the Student Research Symposium at Utah State University, Logan, UT.

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# TEACHING

## COURSES TAUGHT



**PSY 7270: Lifespan Psychopathology**, Utah State University  
Fall (2013 – 2020)

**PSY 6750: Evidence-Based Practice II: Adults**, Utah State University  
Spring (2014 – 2020)

**PSY 3720: Behavior Assessment and Intervention I**, Utah State University  
Fall (2014 – 2016)

**PSY 441: Abnormal Psychology**, University of Nevada, Reno  
Summer 2007

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## STUDENT COMMITTEES

### CHAired STUDENT RESEARCH PROJECTS

#### **Defended**

Sarah Potts	Combined Ph.D. Program	<i>Dissertation-Defended</i>
Benjamin Pierce	Combined Ph.D. Program	<i>Dissertation-Defended</i>
Woolee An	Clinical/Counseling Ph.D. Program	<i>Dissertation-Defended</i>
Jennifer Krafft	Clinical/Counseling Ph.D. Program	<i>Thesis-Defended</i>
Jack Haeger	Clinical/Counseling Ph.D. Program	<i>Thesis-Defended</i>
Carter Davis	Clinical/Counseling Ph.D. Program	<i>Thesis-Defended</i>

#### **Proposed**

Jennifer Krafft	Clinical/Counseling Ph.D. Program	<i>Dissertation-Proposed</i>
Carter Davis	Clinical/Counseling Ph.D. Program	<i>Dissertation Proposal in Development</i>
Marissa Donahue	Clinical/Counseling Ph.D. Program	<i>Dissertation Proposal in Development</i>
Korena Klimczak	Clinical/Counseling Ph.D. Program	<i>Thesis Proposal in Development</i>

### COMMITTEE MEMBER

#### **Defended**

Kate Morrison	Combined Ph.D. Program	<i>Dissertation-Defended</i>
Ellen Bluett	Combined Ph.D. Program	<i>Dissertation-Defended</i>
Eric Lee	Clinical/Counseling Ph.D. Program	<i>Dissertation-Defended</i>
Cassie Dance	Clinical/Counseling Ph.D. Program	<i>Dissertation-Defended</i>
Brooke Smith	Clinical/Counseling Ph.D. Program	<i>Dissertation-Defended</i>
Clarissa Ong	Clinical/Counseling Ph.D. Program	<i>Dissertation- Defended</i>

Jeremiah Fruge	Clinical/Counseling Ph.D. Program	<i>Thesis-Defended</i>
Jordan Kugler	Clinical/Counseling Ph.D. Program	<i>Thesis-Defended</i>
Clarissa Ong	Clinical/Counseling Ph.D. Program	<i>Thesis-Defended</i>
Hallie Tannahill	Clinical/Counseling Ph.D. Program	<i>Thesis-Defended</i>
Elizabeth Hicks	Clinical/Counseling Ph.D. Program	<i>Thesis-Defended</i>
Cassie Dance	Combined Ph.D. Program	<i>Thesis-Defended</i>
Tyson Barrett	Quantitative Psychology Ph.D.	<i>Dissertation-Defended</i>
Joana Franco	Instructional Technology and Learning Sciences	<i>Dissertation- Defended</i>
Savannah Cavender	School Psychology Ed.S. Program	<i>Thesis-Defended</i>
Joel Skaria	Neuroscience Ph.D. Program	<i>Thesis Equivalent-Defended</i>
Matthew Staheli	Experimental and Applied Psychological Science Ph.D.	<i>Thesis-Defended</i>
Staci Berkowitz	Clinical Psychology Ph.D. program at Drexel University	<i>Dissertation-Defended</i>
Clarie-Ann Henriques	Clinical Psychology Psy.D. program at La Salle University	<i>Dissertation-Defended</i>
Orestis Kasinopoulos	Clinical Psychology Ph.D. program at University of Cyprus	<i>Dissertation-Defended</i>
<b>Proposed</b>		
Kenia Carrera	Clinical/Counseling Ph.D. Program	<i>Dissertation-Proposed</i>
Jeremy Fruge	Clinical/Counseling Ph.D. Program	<i>Dissertation-Proposed</i>
Juliana Petersen	Clinical/Counseling Ph.D. Program	<i>Thesis-Proposed</i>
Guadalupe San Miguel	Clinical/Counseling Ph.D. Program	<i>Thesis-Proposed</i>
John Barr	School Psychology Ph.D. Program	<i>Thesis-Proposed</i>
Siri Sedgwick	School Psychology Ed.S. Program	<i>Thesis-Proposed</i>

## INTERNATIONAL STUDENT COMMITTEE MEMBER ROLES

- 2020 Thesis examiner for Carly Magnacca, *Master of Applied Disability Studies, Brock University, Canada.*
- 2019 Thesis examiner for Shelley Viskovich, *PhD in Psychology, The University of Queensland, Australia.*
- 2018 Thesis examiner for Michael Noetel, *Master of Applied Psychology, Australian Catholic University, Australia.*
- 2016 Thesis examiner for Lauren Holland, *Master of Clinical Psychology, University of*

## EDITOR/REVIEWER SERVICE

### EDITOR ROLES

*Editor in Chief,*  
Journal of Contextual Behavioral Science

April 2020 - Present

*Associate Editor,*  
Journal of Contextual Behavioral Science

July 2015 – March 2020

### AD HOC REVIEWS

- Behavior Modification
- Behavior Therapy
- Behaviour Research and Therapy
- Clinical Psychology & Psychotherapy
- Clinical Psychology Review
- Cognitive and Behavioral Practice
- Cognitive Behaviour Therapy
- Cognitive Therapy and Research
- Clinical Psychology: Science and Practice
- Eating Behaviors
- European Journal of Pain
- Internet Interventions
- Journal of Affective Disorders
- Journal of Behavior Therapy and Experimental Psychiatry
- Journal of Clinical Psychology
- Journal of Consulting and Clinical Psychology
- Journal of Contextual Behavioral Science
- Journal of Counseling Psychology
- Journal of Medical Internet Research
- Journal of Mental Health
- Journal of Personality Assessment
- Journal of the Experimental Analysis of Behavior
- Journal of Nervous and Mental Disease
- Journal of Traumatic Stress
- Military Psychology
- Mindfulness
- Neurotherapeutics
- Psychiatry Research
- Psychology of Consciousness: Theory, Research, and Practice
- Psychology of Addictive Behaviors
- Psychological Medicine

- Psychological Services
- Social and Personality Psychology Compass
- The Psychological Record

## GRANT REVIEW ACTIVITIES

- 2021 Grant Reviewer, *NIMH Post-Acute Interventions for the Treatment of Anorexia Nervosa Review Panel*
- 2019 Grant Reviewer, *NIH Small Business: Psycho/Neuropathology, Lifespan Development Panel*
- 2019 Grant Reviewer, *NIH R15: Risk Prevention and Health Behavior AREA Review Panel*
- 2016 Grant Reviewer, *NIH R15: Risk Prevention and Health Behavior AREA Review Panel*
- 2016 Grant Reviewer, *Association for Contextual Behavioral Science – Research Development Grant*
- 2016 Grant Reviewer, *Israel Science Foundation*
- 2015 Grant Reviewer, *NIH Small Business: Psycho/Neuropathology, Lifespan Development and Science Education special emphasis panel*

## OTHER REVIEW ACTIVITIES

- 2020 Tenure & Promotion External Reviewer, *University of Houston*
- 2020 Tenure & Promotion External Reviewer, *Brown University*
- 2019 Tenure & Promotion External Reviewer, *Baylor College of Medicine*
- 2020 Book Proposal Reviewer, *Oxford University Press*
- 2019 Book Proposal Reviewer, *Elsevier / Academic Press*
- 2018-2021 Conference Submission Reviewer, *Association for Contextual Behavioral Science annual conference*
- 2014 Conference Submission Reviewer, *Association for Behavioral and Cognitive Therapies annual conference*

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## OTHER SERVICE ROLES

## PROGRAM SERVICE

*Director of Clinical Training,* Summer 2020 – Present  
Combined Clinical/Counseling Psychology Doctoral Program, Utah State University

*Associate Director of Clinical Training,* Summer 2017 – Summer 2020  
Combined Clinical/Counseling Psychology Doctoral Program, Utah State University

*Clinical Comp Evaluation Coordinator,* Summer 2016 – Spring 2019  
Combined Clinical/Counseling Psychology Doctoral Program, Utah State University

*Steering Committee Member,* Fall 2013 - Present  
Combined Clinical/Counseling Psychology Doctoral Program, Utah State University

## DEPARTMENT SERVICE

*Promotion and Tenure Committee, Tyler Lefevor* Fall 2020 - Present  
Utah State University, Psychology Department

*Promotion and Tenure Chair, Greg Callan* Fall 2018 - Present  
Utah State University, Psychology Department

*Promotion and Tenure Committee, Tyler Renshaw* Fall 2018 – Fall 2019  
Utah State University, Psychology Department

*Faculty Search Policy Working Group Member,* Fall 2018  
Department of Psychology, Utah State University

*Search Committee Chair,* Fall 2020  
Assistant Professor in Health Psychology, Combined Clinical/Counseling Ph.D.  
program, Utah State University

*Search Committee Member,* Fall 2020  
Assistant Professor in Counseling Psychology, Combined Clinical/Counseling Ph.D.  
program, Utah State University

*Search Committee Member,* Spring 2018 – Spring 2019  
Assistant Professor, Behavior Analysis Ph.D. program, Utah State University

*Search Committee Member,* Fall 2014 – Spring 2014  
Assistant/Associate Professor, Experimental and Applied Psychological Science Ph.D.  
program, Utah State University

*Search Committee Member,* Fall 2013 –Spring 2014  
Assistant Professor, Psychology Department, Price Campus, Utah State University

## UNIVERSITY SERVICE

*Mental Health Working Group Member,*  
Utah State University

Spring 2018 – Spring 2019

*Sona Director,*  
Online Student Research System, Utah State University

Spring 2014 – Spring 2018

## INTERNATIONAL SERVICE

*Centering Science Committee Member*  
Association for Contextual Behavioral Science

Spring 2020 - Present

*Board Member*  
ACTing with Technology SIG, Association for Contextual Behavioral Science

Spring 2014 – Spring 2019

*Vice President*  
College Student Mental Health SIG, Association for Contextual Behavioral Science

Summer 2014– Summer 2016

*ACBS Bylaws Committee Member*  
Association for Contextual Behavioral Science

Spring 2015

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## HONORS AND AWARDS

- Fellow, Association for Contextual Behavioral Science, 2019
- Faculty Researcher of the Year, Emma Eccles Jones College of Education and Human Services, Utah State University, 2018
- Enrico E. Jones Award for Research in Psychotherapy and Clinical Psychology, Western Psychological Association, 2017
- Competitive Renewal, National Institutes of Health Clinical Loan Repayment Program, National Institute of Mental Health, 2016-2018
- Alan E. Hall Innovation for Undergraduate Student Success Award, 2015
- National Institutes of Health Clinical Loan Repayment Program, National Institute of Mental Health, 2014-2016
- Outstanding Graduate Student Researcher Award, University of Nevada, Reno, 2011
- Graduate Student Scholarship, University of Nevada, Reno, 2009
- Society for the Advancement of Behavior Analysis Student Presenter Grant, 2008
- Society for Prevention Research Travel Award, 2006
- Phi Beta Kappa Member, 2005
- Immogene Jacobs Scholarship, University of Colorado, Boulder, 2004
- Undergraduate Research Opportunities Grant, University of Colorado, Boulder, 2004