

Curriculum Vitae  
**Aliza T. Stein, B.A.**

Institute for Mental Health Research  
The University of Texas at Austin  
305 East 23<sup>rd</sup> Street  
Mail Stop E9000  
Austin, TX 78712

Cell: (617) 823-2796  
atstein@utexas.edu

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**EDUCATION**

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**Ph.D. Candidate in Clinical Psychology** Present  
University of Texas at Austin, Clinical Psychology  
Advisor: Jasper Smits, Ph.D.

**Bachelor of Arts**, Summa cum Laude, with Honors in Psychology 2014  
Minor in Biology  
Boston University, College of Arts and Sciences  
Honors Thesis: Moderators of Conceptual Priming in Compensatory Eating  
Thesis Advisor: Michael Otto, Ph.D.

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**AWARDS & HONORS**

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2018 Jennifer J. Malin Endowed Graduate Fellowship, University of Texas at Austin  
2018 Professional Development Travel Award (2017, 2018)  
2014 Phi Beta Kappa  
2014 Dean's List, Boston University (all matriculated semesters)  
2013 Undergraduate Research Opportunity Travel Scholarship, Boston University  
2011 Boston University Brendan F. Gilbane Scholarship

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**PROFESSIONAL MEMBERSHIP AND SERVICE**

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2012 – Present Association for Behavioral and Cognitive Therapies, Member  
2016 – Present American Psychological Association  
Division 12 Presidential Task Force, Member (2016-2017)  
SCP/Section 10, Campus Representatives, Coordinator (2017-2018)  
SCP/Section 10, Campus Representatives, Co-chair (2019-present)

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**AD HOC REVIEW**

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*Journal of Anxiety Disorders*  
*Cognitive Behavior Therapy*  
*Behaviour Research and Therapy*  
*Clinical Psychological Science*  
*Cognitive Therapy and Research*  
*Depression and Anxiety*

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**RESEARCH POSITIONS**

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**Graduate Student**, Anxiety and Health Behaviors Lab at University of Texas at Austin 2016-Present  
Supervisor: Jasper Smits, Ph.D.

- Principle investigator on the *Get \*\*it Done Study*, a randomized control trial assessing the impact of therapist guided activity practice on depressive symptoms. ClinicalTrials.gov ID: NCT03327259
- Conduct diagnostic interviews and assessments for the *CPRIT – YMCA Study*, a randomized control trial examining the use of exercise to improve smoking cessation in individuals with elevated anxiety sensitivity. ClinicalTrials.gov Identifier: NCT03080090

**Project Coordinator**, Institute of Geriatric Psychiatry at Weill Cornell Medicine 2014 - 2016  
Supervisors: Faith Gunning, Ph.D. & George Alexopoulos, M.D.

- Primary role: study coordinator on an R01 assessing white matter and emotional and cognitive control in late-onset depression.
- Coordinated several other studies, including: 1) extension of an R01 examining event-related potentials and cognitive control as predictors of treatment response to escitalopram; 2) an ancillary study analyzing genes associated with depression and executive functioning; 3) supplemental imaging grant examining the neurobiological changes in a randomized control trial of Problem Solving Therapy (PST) versus Engage (a novel psychotherapy); 4) three pilot studies examining repeated transcranial magnetic stimulation (rTMS) augmentation of (a) escitalopram, (b) Problem Solving Therapy, and (c) neuroplasticity based computerized cognitive remediation.
- Supervised and coordinated research eligibility screening and evaluation for our center-wide recruitment campaigns, including coordinating print and radio advertisements, phone screens, billing compliance, and in-person diagnostic evaluations.
- Conducted neuropsychological and cognitive assessments, clinical interviews, and research evaluations on both depressed patients and healthy control participants.
- Other clinical responsibilities: administering tasks to participants during MRI, measuring vital signs, electrocardiogram, phlebotomy & centrifuging blood samples, collecting genetics samples, and electroencephalography.

**Research Assistant**, Translational Research Program, Boston University 2011-2014  
Supervisor: Michael Otto, Ph.D.

- Collected data for several studies, including a cognitive control-training task aimed at improving memory confidence and a web survey aimed at understanding attitudes and exercise behavior.
- Completed and published honors thesis examining the relationship between conceptual priming and maladaptive eating patterns, such as compensatory eating.

**Student Research Assistant**, Behavioral Health Partial Program, McLean Hospital 2013-2014  
Supervisor: Courtney Beard, Ph.D. & Thröstur Björgvinsson, Ph.D.

- Conducted literature search and developed fidelity scales and databases for treatment fidelity project. Rated therapist adherence to group CBT and DBT protocols.
- Assisted in a randomized controlled trial of cognitive bias modification (CBM) as an adjunctive treatment for depression. Project involvement included developing and piloting stimuli, programming the tasks in E-Prime, and administering the protocol to partial hospital patients.
- Involved in manuscript preparation for research on predicting treatment response in a partial hospital CBT setting and was lead author on a manuscript assessing the psychometric properties of the DBT Ways of Coping Checklist.

## **CLINICAL EXPERIENCE**

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**2018-2019**      **Practicum Student**  
Anxiety and Stress Clinic, Austin, TX

- Provide individual CBT to members of the Austin community.

**2018**

**Practicum Student**

Behavioral Health Partial Hospital Program, Mclean Hospital, Belmont, MA

- Conducted structured diagnostic interviews (MINI)
- Led group therapy sessions in CBT, DBT, and psychoeducation.  
Group titles included: Mindfulness, Behavioral Activation, Challenging Negative Automatic Thoughts, Health Sleep Habits, Learning about Psychosis, Self-Assessment, Worry Group, Addressing Procrastination, Life Style Choices, & Learning Skills for Addictive Behaviors

**2017-2018**

**Practicum Student**

UT Psychology Training Clinic, Austin, TX

- Conducted comprehensive assessments, including administrations of the SCID-5, SCID-5-PD, WAIS-IV, and MMPI.
- Provided no-cost individual CBT to members of the Austin community

**2014**

**Community Residence Counselor**

Adolescent Dual Diagnosis Residential Treatment Program (ART), McLean Hospital, Belmont, MA

**Clinical Training Workshops**

**2019**

**Introduction to Recovery Practice (RTP)**

Led by Matt Brown, Ph.D.

**2018**

**Individual and Group Cognitive-Behavioral Therapy for Diverse Addictive Behaviors**

Led by Bruce S. Liese, Ph.D

**2018**

**Dialectical Behavior Therapy Workshop**

Led by Penny Kruger, Ph.D.

**2017**

**Tricking Coyote: Cutting-Edge Strategies for Harnessing Motivation**

Led by Eugenia Gorlin, Ph.D. & Michael Otto, Ph.D

**2017**

**Prolonged Exposure for Posttraumatic Stress Disorder**

Led by Mark Powers, Ph.D.

**Assessment Experience**

Columbia Suicide Severity Rating Scale (CSSR)  
Controlled Oral Word Association Test (COWAT)  
Dementia Rating Scale, 2nd edition (DRS-2)  
Hamilton Depression Rating Scale-24 item (HDRS-24)  
Hopkins Verbal Learning Test (HVLN)  
Mini-International Neuropsychiatric Interview (MINI)  
Mini Mental Status Exam (MMSE)  
Minnesota Multiphasic Personality Inventory (MMPI)  
Montgomery Asperg Depression Rating Scale (MADRS)  
Stroop Color-Word Test

Structured Clinical Interviews for the DSM-IV-TR and DSM-5 (SCID-I, SCID-II)  
Trail Making Test  
Wechsler Adult Intelligence Scale – Fourth Edition (WAIS-IV)  
Wechsler Test of Adult Reading (WTAR)  
World Health Organization Disability Assessment Schedule (WHODAS)

## TEACHING EXPERIENCE

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- 2016-2018**     **Teaching Assistant**  
Psychology Department, University of Texas at Austin  
Behavior Problems of Children  
Introduction to Psychology  
Human Sexuality  
Introduction to Child Psychology  
Research Methods and Statistical Design (lab instructor)  
Emotion
- 2012**             **Student-To-Student Tutor**, Introductory Biology  
Biology Department, Boston University
- 2011-2012**     **Learning Assistant**, Introductory Biology (I & II)  
Biology Department, Boston University

## UNIVERSITY AND DEPARTMENTAL COMMITTEES

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- 2018-2019**     **Psychology Department Alternate Representative**  
Graduate Student Assembly, University of Texas at Austin
- 2016-2018**     **Clinical Student Committee Member**  
Psychology Department, University of Texas at Austin

## PUBLICATIONS

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### Published Manuscripts

1. **Stein, A.T.**, Freeman, S.Z., & Smits, J.A.J. (in press). Cognitive mechanisms underlying the link between anxiety, health behaviors, and illness outcomes: Commentary on a special issue. *Cognitive Therapy and Research*.
2. Hsu, K.J., Forgeard, M.J., **Stein, A.T.**, Beard, Björgvinsson, T. (in press). Self-Reported Attentional Control and Psychopathology: Psychometric Properties of the Attentional Control Scale (ACS) in a Transdiagnostic Clinical Sample. *Journal of Affective Disorders*
3. **Stein, A.T.**, Medina, J., Otto, M.W., & Smits, J.A.J. (in press). Examining Experiential Avoidance as a Mediator of the Relation between Anxiety Sensitivity and Depressive Symptoms. *Cognitive Behaviour Therapy*.
4. Jacquart, J., Dutcher, C.D., Freeman, S.Z., **Stein, A.T.**, Dinh, M., Carl, E., & Smits, J.A.J. (in press). The effect of exercise on transdiagnostic treatment targets: a meta-analytic review. *Behaviour*

### *Research and Therapy.*

5. Carl, E., **Stein, A.T.**, Levihn-Coon, A., Pogue, J., Rothbaum, B., Smits, J.A.J., Emmelkamp, P., Asmundson, G., & Powers, M.B. (2019) Virtual reality therapy for anxiety and related disorders: An updated meta-analysis of randomized controlled trials. *Journal of Anxiety Disorders.*, 61, 27-36.
6. Asmundson, G. J. G. Thorisdottir, A. S., Roden-Foreman, J. W., Baird, S. O., Witcraft, S. M., **Stein, A. T.**, Smits, J. A. J., & Powers, M. B. (2019). A meta-analytic review of cognitive processing therapy for posttraumatic stress disorder in adults. *Cognitive Behaviour Therapy*, 48(1), 1-14.
7. Victoria, L.W., Alexopoulos, G.S., Ilieva, I., **Stein, A.T.**, Hoptman, M.J., Chowdhury, N., Respino, M., Morimoto, S.S., Avari, J.N., & Gunning, F.M. (2019). White matter abnormalities predict residual negative self-referential thinking following treatment of late-life depression with escitalopram: A preliminary study. *Journal of Affective Disorders*, 243, 62-69.
8. Kearns, N., Carl, E., **Stein, A.T.**, Vujanovic, A., Zvolensky, M., Smits, J. A. J., & Powers, M. B. (2018). Posttraumatic stress disorder and cigarette smoking: A systematic review. *Depression and Anxiety*, 35(11), 1056-1072.
9. Beard, C., **Stein, A. T.**, Hearon, B. A., Lee, J., Hsu, K. J., & Björgvinsson, T. (2016). Predictors of Depression Treatment Response in an Intensive CBT Partial Hospital. *Journal of Clinical Psychology*, 72(4), 297-310.
10. Moshier, S. J., Landau, A. J., Hearon, B. A., **Stein, A. T.**, Greathouse, L., Smits, J. A., & Otto, M. W. (2016). The development of a novel measure to assess motives for compensatory eating in response to exercise: The CEMQ. *Behavioral Medicine*, 42(2), 93-104.
11. **Stein, A. T.**, Hearon, B. A., Beard, C., Hsu, K. J., & Björgvinsson, T. (2016). Properties of the dialectical behavior therapy ways of coping checklist in a diagnostically diverse partial hospital sample. *Journal of Clinical Psychology*, 72(1), 49-57.
12. **Stein, A.T.**, Greathouse, L.J., & Otto, M.W. (2015). Eating in response to exercise cues: Role of self-control fatigue, exercise habits, and eating restraint. *Appetite*. 96, 56-61.
13. Moshier, S. J., Molokotos, E. K., **Stein, A. T.**, & Otto, M. W. (2015). Assessing the effects of depressed mood and cognitive control training on memory confidence and accuracy following repeated checking. *International Journal of Cognitive Therapy*, 8(3), 206-221.

### **Manuscripts under Review**

1. Mullarkey, M., **Stein, A.T.**, Pearson, R., & Beevers, C. (under review). Network analyses reveal which symptoms improve (or not) following an Internet intervention (Deprexis) for depression. *Depression and Anxiety*.

### **Manuscripts in Preparation**

1. Gorlin, E., **Stein, A.T.**, Roden-Foreman, J., Moshier, S., Grasso, D., Otto, M.W., & Powers, M.B. Representing the Efficacy of PTSD Interventions: A Topographical Map Approach.

- Hsu, K.J., Kertz, S., Stevens, K., Petersen, D., **Stein, A.T.**, Sigurjónsdóttir, O., Beard, C., & Björgvinsson, T. Reflection reconsidered: A psychometric study of the Ruminative Responses Scale in a transdiagnostic psychiatric population and an unselected student population.

## PRESENTATIONS

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### Conference Symposia

- Jacquart, J., Dutcher, C., Freeman, S.Z., **Stein, A.T.**, Dinh, M., Carl, E., Smits, J.A.J. (2019, March). The effects of exercise on transdiagnostic treatment targets: A meta-analytic review. In R.J. McNally (Chair), How Does Exercise Improve Mental Health? Symposium conducted at the International Convention of Psychological Science, Paris, France.
- Stein, A.T.** (Chair), Marino, P., Hsu, K., McGovern, A.R., Morgan, T., & Wilkins, V. Adaptation and dissemination of evidence-based psychotherapies for use in acute psychiatric care. (2016, May). *Workshop presented at the 169<sup>th</sup> APA Annual Meeting, Atlanta, GA.*
- Stein, A.T.**, Landau, A. J., Moshier, S. J., & Otto, M. W. (2013, November). Evaluating motives for compensatory eating in response to exercise: Factor analysis and personality correlates. In S. J. Moshier (Chair), Contextual factors in maladaptive eating: Novel research findings and implications for treatment. *Symposium conducted at the meeting of the Association for Cognitive and Behavior Therapies, Nashville, TN.*

### Poster Presentations

- Stein, A.T.**, Alavi, N., & Smits, J.A.J. (2018, November). *A Pilot Study of Therapist Guided Activity Practice*. Poster presented at the 52<sup>nd</sup> annual convention for the Association of Behavioral and Cognitive Therapies, Washington, DC.
- Fitzgerald, H.E., Gorlin, E., **Stein, A.T.**, Moshier, S., Grasso, D., Roden-Foreman, J.W., Powers, M.B., & Otto, M.W. (2018, November). *A Novel Topographical Map Approach for Displaying PTSD Component Intervention Efficacy*. Poster to be presented at the 52<sup>nd</sup> annual convention for the Association of Behavioral and Cognitive Therapies, Washington, DC.
- Stein, A.T.**, Papini, S., Otto, M.W., & Smits, J.A.J. (2017, November) *Reducing Experiential Avoidance: The Role of Prescriptive Exercise*. Poster presented at the 51<sup>st</sup> annual convention for the Association of Behavioral and Cognitive Therapies, San Diego, CA.
- Coluccio, M., Chowdhury, N., Alexopoulos, G.S., Victoria, L.W., **Stein, A.T.**, Pimontel, M., Illieva, I., & Gunning, F.M. (2017, April). *Impact of Anxiety Symptoms on Decision Making Performance in Elderly Adults with Depression*. Poster Presented at Anxiety and Depression Association of America Annual Meeting, San Francisco, CA.
- Alexopoulos, G. S., Victoria, L. W., **Stein, A. T.**, Arean, P. A., Raue, P. J., & Gunning, F. (2016, May). *Behavioral Activation and Ventral Striatal Activation During Treatment of Late-life Depression with Engage*. Poster Presented a Society of Biological Psychiatry Annual Meeting, Atlanta, GA.
- Hoptman, M.J., Alexopoulos, G.S., **Stein, A.T.**, Victoria, L.W., Pollari, C.D., & Gunning, F.G. (2016, May). *Network Homogeneity Correlates of Rumination and Treatment Response in Late-Life Depression*. Poster Presented a Society of Biological Psychiatry Annual Meeting, Atlanta, GA.

7. Victoria, L.W., Alexopoulos, G.S., **Stein, A.T.**, Pollari, C.D., Avari, J.N., Hoptman, M.J., & Gunning, F.M. (2016, May). *Hypoconnectivity in the anterior cingulate cortex predicts poor treatment response in late-life depression*. Poster Presentation: Society of Biological Psychiatry Annual Meeting, May 2016.
8. Pimontel, M. A., Alexopoulos, G.S., **Stein, A.T.**, Victoria, L., Hoptman, M.K., Pollari, C.D., & Gunning, F.M. (2016, February). *Cortical predictors of persistence of apathy in late-life depression*. Poster presented at the annual conference of the International Neuropsychological Society, Boston, MA.
9. **Stein, A.T.**, Alexopoulos, G.S., Lucas B., Kanellopoulos, D., McGovern, A.R., Hoptman, M.J., Avari, J., Seirup, J.K., & Gunning, F.M. (2015, November). *Predictors of rumination outcome in late-life depression*. Poster presented at the 49<sup>th</sup> annual convention for the Association of Behavioral and Cognitive Therapies, Chicago, IL.
10. Rifkin, L. S., Cook, A., Lee, J., **Stein, A.T.**, Garner, L., Björgvinsson, T., & Beard, C. (2015, November). *"This is bogus": Patient experiences with CBM in a partial hospital setting*. Poster presented at the 49<sup>th</sup> annual convention of the Association of Behavioral and Cognitive Therapies, Chicago, IL.
11. Hoptman, M.J., Alexopoulos, G.S., Lucas B., **Stein A.T.**, Patel N., Seirup J.K., Parker E., Rohrig S.M., Avari, J., & Gunning, F.M. (2015, May). *Default mode network global connectivity predicts improvement in rumination in elderly depressed patients treated with escitalopram*. Poster presented at the Society of Biological Psychiatry annual meeting, Toronto, Canada.
12. **Stein, A.T.**, Lee, J., Hearon, B., Kopeski, Montana, R., L., Beard, C., & Björgvinsson, T. (2014, November). *Predictors of treatment response in an intensive CBT partial hospital*. Poster presented at the 48<sup>th</sup> annual convention for the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.
13. **Stein, A.T.**, Beard, C., Hearon, B.A., & Björgvinsson, T. (2014, November). *Beyond borderline personality disorder: Psychometric properties of the Dialectical Behavior Therapy Ways of Coping Checklist in a heterogeneous sample*. Poster presented at the 48<sup>th</sup> annual convention for the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.
14. **Stein, A.T.**, Greathouse, L.J., Coleman, S.F., & Otto, M.W. (2014, November). *Absorption as a potential moderator of conceptual priming outcomes: Investigation of a file drawer problem*. Poster presented at the 48<sup>th</sup> annual convention for the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.
15. Garner, L., **Stein, A.T.**, Beard, C., & Björgvinsson, T. (2014, November). *Assessing treatment fidelity in a naturalistic treatment setting*. Poster presented at the 48<sup>th</sup> annual convention for the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.
16. Kredlow, M., Jain, S., Lo, S.B., Tseng, A., Kwan, N., Schiff, J., **Stein, A.T.**, & Otto, M.W. (2014, November). *Challenges in interfering with the reconsolidation of negative autobiographical memories*. Poster presented at the 48<sup>th</sup> annual convention for the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.

17. **Stein, A.T.**, Lee, J., Hearon, B., Kopeski, L., Björgvinsson, T & Beard, C. (2014, January). *Predictors of treatment non-response in an intensive CBT partial hospital*. Poster presented at the 5<sup>th</sup> annual meeting of McLean Hospital Research Day, Belmont, MA.
18. Garner, L., **Stein, A.T.**, Beard, C., & Björgvinsson, T. (2014, January). *Assessing treatment fidelity in a naturalistic treatment setting*. Poster presented at the 5<sup>th</sup> annual meeting of McLean Hospital Research Day, Belmont, MA.
19. Moshier, S.J., Landau, A.J., **Stein, A.T.**, & Otto, M.W. (2013, November). *The role of impulsivity in the intention behavior gap: The example of exercise*. Poster presented at the 47th annual convention for the Association of Behavioral and Cognitive Therapies, Nashville, TN.