

# Curriculum Vitae

## Scarlett O. Baird, M.A.

The University of Texas at Austin  
Institute for Mental Health Research  
305 E. 23rd St., Stop E9000  
Austin, TX 78712

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### Education

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- 2014- present      Ph.D. Candidate, Clinical Psychology (expected degree, 2020)  
The University of Texas at Austin  
Dissertation: “Facilitating community reintegration among returning veterans by intervening on physical activity and community engagement”  
Supervisor: Jasper Smits, Ph.D.
- 2014-2016      Master of Arts, Clinical Psychology  
The University of Texas at Austin  
Thesis: “Reducing approach bias to achieve smoking cessation: A pilot randomized placebo-controlled trial”  
Supervisor: Jasper Smits, Ph.D.
- 2009-2013      Bachelor of Arts, Psychology  
Southern Methodist University

### Fellowships & Awards

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- 2017      *Lee Willerman Award for Excellence in Research, \$500*  
The University of Texas at Austin, Department of Psychology
- 2016      *Professional Development Award, \$500*  
The University of Texas at Austin, Department of Psychology
- 2015      *Ira Iscoe Fellowship, \$2,500*  
The University of Texas at Austin, Department of Psychology

### Research Funding

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- 2017- 2020      **Apple Inc.**  
*Physical Activity and Community Engagement (PACE) Among Returning Veterans*  
Role: Principal Investigator  
Amount Awarded: \$75,500  
Apple Inc. provided equipment and funding to support my dissertation research, which involves a randomized controlled trial evaluating the

effects of an integrated intervention to facilitate community reintegration among returning veterans. In my role as principal investigator, I oversee all aspects of the study, including data acquisition, QA/QC, data processing and analysis, and will be responsible for preparing manuscripts and presenting findings at national conferences.

2017-2020

**National Institute on Drug Abuse (R34DA044431)**

*Approach Bias Retraining to Augment Smoking Cessation*

Role: Co-Investigator (Principal Investigator: Smits)

Amount Awarded: \$669,039

NIDA provided the funding to support a treatment development study that was based on my master's thesis research (Baird et al., 2017). In my role as co-investigator, I have been involved in the development of the grant application, intervention procedures, training of interventionists, and QA/QC, and will help lead the dissemination of study findings.

## **Publications: Peer Reviewed Manuscripts**

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1. Smits, J. A. J., **Baird, S. O.**, Rinck, M., Rosenfield, D., Beevers, C. G., Brown, R. A., Conroy, H. E., Alavi, N., Dutcher, C. D., Freeman, S. Z. (2019). Approach bias retraining to augment smoking cessation: Study protocol for a randomized controlled trial. *Contemporary Clinical Trials Communications*, *14*, 100340.
2. 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*, 1-14.
3. **Baird, S. O.**, Metts, C., Conroy, H. E., Rosenfield, D., & Smits, J. A. J. (2018). Physical Activity and Community Engagement (PACE) to facilitate community reintegration among returning veterans: Study protocol for a randomized controlled trial. *Contemporary Clinical Trials Communications*, *11*, 136-141.
4. Zvolensky, M. J., Rosenfield, D., Garey, L., Kauffman, B. Y., Langdon, K. J., Powers, M. B., Otto, M. W., Davis, M. L., Marcus, B. H., Church, T. S., Frierson, G. M., Hopkins, L. B., Paulus, D. J., **Baird, S. O.**, & Smits, J. A. J. (2018). Does exercise aid smoking cessation through reductions in anxiety sensitivity and dysphoria? *Health Psychology*, *37*, 647-657.
5. **Baird, S.O.**, Rinck, M., Rosenfield, D., Davis, M.L., Fisher, J.R., Becker, E.S., Powers, M.B., & Smits, J.A.J. (2017). Reducing approach bias to achieve smoking cessation: a pilot randomized placebo-controlled trial. *Cognitive Therapy and Research*, *41*, 662-670.

6. Jacquart, J., Papini, S., Davis, M. L., Rosenfield, D., Powers, M. B., Frierson, G. M., Hopkins, L. B., **Baird, S. O.**, Marcus, B. H., Church, T. S., Otto, M. W., Zvolensky, M. J., Smits, J. A. J. (2017). Identifying attendance patterns in a smoking cessation treatment and their relationships with quit success. *Drug and Alcohol Dependence, 174*, 65-69.
7. **Baird, S. O.**, Hopkins, L. B., Medina, J. L., Rosenfield, D., Powers, M. B., & Smits, J. A. J. (2016). Distress tolerance as a predictor of adherence to a yoga intervention: moderating roles of BMI and body image. *Behavior Modification, 40*, 199-217.
8. Farris, S. G., Davis, M. L., Rosenfield, D., Kauffman, B. Y., **Baird, S. O.**, Powers, M. B., Otto, M. W., Marcus, B. H., Church, T. S., Smits, J. A. J., & Zvolensky, M. J. (2016). Exercise self-efficacy moderates the relation between anxiety sensitivity and body mass index and exercise tolerance in treatment-seeking smokers. *Mental Health and Physical Activity, 10*, 25-32.
9. Fillo, J., Alfano, C. A., Paulus, D. J., Smits, J. A. J., Davis, M. L., Rosenfield, D., Marcus, B. H., Church, T. S., Powers, M. B., Otto, M. W., **Baird, S. O.**, & Zvolensky, M. J. (2016). Emotion dysregulation explains relations between sleep disturbance and smoking quit-related cognition and behavior. *Addictive Behaviors, 57*, 6-12.
10. Hopkins, L. B., Medina, J. M., **Baird, S. O.**, Rosenfield, D., Powers, M. B., & Smits, J. A. J. (2016). Heated Hatha yoga to target cortisol reactivity to stress and affective eating in women at risk for obesity-related illnesses: A randomized controlled trial. *Journal of Consulting and Clinical Psychology, 84*, 558-564.
11. Powers, M. B., Davis, M. L., Kauffman, B. Y., **Baird, S. O.**, Zvolensky, M., Rosenfield, D., Marcus, B. H., Church, T. S., Frierson, G., Otto, M. W., & Smits, J. A. J. (2016). Anxiety sensitivity and smoking variability among treatment seeking smokers. *Addictive Disorders and Their Treatment, 15*, 136-142.
12. Smits, J. A. J., Zvolensky, M. J., Davis, M. L., Rosenfield, D., Marcus, B. H., Church, T. S., Powers, M. B., Frierson, G., Otto, M. W., Hopkins DeBoer, L. B., **Baird, S. O.** (2016). The efficacy of vigorous-intensity exercise as an aid to smoking cessation in adults with high anxiety sensitivity: A randomized controlled trial. *Psychosomatic Medicine, 78*, 354-364.
13. Medina, J. L., Hopkins DeBoer, L. B., **Baird, S. O.**, Powers, M. B., & Smits, J. A. J. (2015). The effects of a Hatha yoga intervention on facets of distress tolerance. *Cognitive Behaviour Therapy, 44*, 288-300.

## **Publications: Book Chapters**

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14. Otto, M. W., Smits, J. A. J., FitzGerald, H. E., Powers, M. B., & **Baird, S. O.** (2018). Anxiety sensitivity and your clinical practice. In J. A. J. Smits, M. W. Otto, M. B. Powers & S. O. Baird (Eds.) *Anxiety sensitivity: A clinical guide to assessment and treatment*. San Diego, CA: Academic Press.

15. Smits, J. A. J., Otto, M. W., Powers, M. B., & **Baird, S. O.** (2018). Anxiety sensitivity as a transdiagnostic treatment target. In J. A. J. Smits, M. W. Otto, M. B. Powers & S. O. Baird (Eds.) *Anxiety sensitivity: A clinical guide to assessment and treatment*. San Diego, CA: Academic Press.
16. Davis, M. L., Witcraft, S. M., **Baird, S. O.**, & Smits, J. A. J. (2017). Learning principles in CBT. In S. G. Hofmann & G. J. G. Asmundson (Eds.) *The science of cognitive behavioral therapy: From theory to therapy*. Cambridge, MA: Elsevier/Academic Press.

### **Publications: Books**

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17. Smits, J. A. J., Otto, M. W., Powers, M. B., & **Baird, S. O.** (Eds.) (2018). *Anxiety sensitivity: A clinical guide to assessment and treatment*. San Diego, CA: Academic Press.

### **Manuscripts Under Review and in Preparation**

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1. **Baird, S. O.**, Conroy, H. E., & Smits, J. A. J. (under review). Interventions targeting community reintegration for returning veterans: A systematic review.
2. Conroy, H. E., Jacquart, J., **Baird, S. O.**, Rosenfield, D., Davis, M. L., Powers, M. B., Frierson, G. M., Marcus, B. H., Otto, M. W., Zvolensky, M. J. & Smits, J. A. J. (under review). Age and pre-quit day attrition during smoking cessation treatment.

### **Workshops**

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1. Smits, J. A. J. & **Baird, S. O.** (2018, January). Prescribing exercise for mood and anxiety disorders. Webinar for the Anxiety and Depression Association of America.

### **Symposia and Oral Presentations**

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1. Hopkins, L. B., Medina, J. L., **Baird, S. O.**, & Smits, J. A. J. (2018, April). Adherence and acceptability of a Bikram yoga intervention: The roles of stress, distress tolerance, BMI, and body image. Paper presented at the annual Anxiety and Depression Association of America conference, Washington, DC.
2. Garey, L., Zvolensky, M. J., Rosenfield, D. Kauffman, B. Y., Langdon, K. J., Powers, M. B., Otto, M. W., Davis, M. L., Marcus, B. H., Church, T. S., Frierson, G. M., Hopkins, L. B., Paulus, D. J., **Baird, S. O.**, & Smits, J. A. J. (2017, November). Exercise for smoking cessation: Mechanistic role of reductions in anxiety sensitivity and dysphoria. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

3. Smits, J. A., Davis, M. L., Zvolensky, M. J., Rosenfield, D., Marcus, B. H., Church, T. S., Powers, M. B., Frierson, G. M., Otto, M. W., Hopkins, L. B., Brown, R. A., **Baird, S. O.**, & J. (2017, November). The efficacy of vigorous-intensity exercise as an aid to smoking cessation among adults with high anxiety sensitivity. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
4. **Baird, S. O.**, Furman, E. L., Rinck, M., Powers, M. B., Smits, J. A. J. (2017, September). Approach bias retraining to facilitate smoking cessation. Paper presented at the annual meeting of the European Association for Behavioural and Cognitive Therapies. Ljubljana, Slovenia.
5. Fillo, J., Alfano, C. A., Paulus, D. J., Smits, J. A. J., Davis, M. L., Rosenfield, D., Marcus, B. H., Church, T. S., Powers, M. B., Otto, M. W., **Baird, S. O.**, & Zvolensky, M. J. (2017, March). Emotion dysregulation explains relations between sleep disturbance and smoking quit-related cognition and behavior. Paper presented at the annual Collaborative Perspectives on Addiction Conference, Albuquerque, NM.
6. **Baird, S. O.**, Furman, E. L., Rinck, M., Powers, M. B., Smits, J. A. J. (2016, October). Approach bias modification among treatment-seeking smokers. Paper presented at the 50<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
7. **Baird, S.O.**, Furman, E.L., Rinck, M., Powers, M.B., & Smits, J. A. J. (2016, March). Approach bias modification among treatment-seeking smokers. Invited speaker at the Institute for Mental Health's Cognitive Bias Modification Symposium presented at The University of Texas at Austin, Austin, Texas.
8. Davis, M. L., Rosenfield, D., Handelsman, P., Beevers, C. G., Reinecke, A., **Baird, S. O.**, & Smits, J. A. J. (2014, July). The relation between attentional disengagement and symptom severity during and following yohimbine-augmented CBT for social anxiety disorder. Invited speaker at the The University of Oxford.
9. DeBoer, L. B., Medina, J. L., **Baird, S. O.**, Murcia, V. V., & Smits, J. A. J. (2014, March). Targeting stress reactivity and stress-induced eating with Hatha yoga. Paper presented at the Annual Anxiety Disorders Association of America Conference, Chicago, IL.
10. Medina, J. L., DeBoer, L. B., **Baird, S. O.**, & Smits, J. A. J. (2014, March). Effects of Hatha yoga on anxiety symptomology. Paper presented at the Annual Anxiety Disorders Association of America Conference, Chicago, IL

## Poster Presentations

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1. Witcraft, S. M., Davis, M. L., **Baird, S. O.**, & Smits, J. A. J. (2016, October). Increased use of negative emotion words during public speaking exposures predicts greater

- decreases in social anxiety symptoms. Poster presented at the annual Association for Behavioral and Cognitive Therapies, New York, NY.
2. **Baird, S. O.**, Davis, M. L., Witcraft, S. M., & Smits, J. A. J. (2016, April). Linguistic analysis as a correlate of fear activation and social anxiety change. Poster presented at the annual Anxiety and Depression Association of America Conference, Philadelphia, PA.
  3. **Baird, S. O.**, Medina, J. L., Hopkins DeBoer, L. B., & Smits, J. A. J. (2015, April). Distress tolerance predicts adherence to a yoga intervention. Poster presented at the annual Anxiety and Depression Association of America Conference, Miami, FL.
  4. Davis, M. L., Rosenfield, D., Handelsman, P. R., Beevers, C. G., Reinecke, A., **Baird, S. O.**, & Smits, J. A. J. (2015, April). The relation between attentional disengagement and symptom severity during and following Yohimbine-augmented CBT for social anxiety disorder. Poster presented at the annual Anxiety and Depression Association of America Conference, Miami, FL.
  5. Hopkins DeBoer, L. B., Medina, J. L., **Baird, S. O.**, & Smits, J. A. J. (2015, April). Effects of a Hatha yoga intervention on anxiety, depression, and stress in women. Poster presented at the annual Anxiety and Depression Association of America Conference, Miami, FL.
  6. Kauffman, B. Y., Powers, M. B., Davis, M. L., **Baird, S. O.**, Zvolensky, M., Rosenfield, D., Smits, J. A. J. (2014, November). Anxiety sensitivity and smoking variability in treatment seeking sample. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
  7. DeBoer, L., Toussaint, J., Chapman, K., **Baird, S.**, & Smits, J. (2013, April). Effects of acute exercise and anxiety sensitivity on the urge to eat following CO<sub>2</sub> challenge. Poster presented at the annual Anxiety and Depression Association of America Conference, La Jolla, CA.

## Research Experience

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### Anxiety & Health Behaviors Lab The University of Texas at Austin Austin, TX

- 2018-present
- Title: Implementation of a Group-CBT Program for Social Anxiety Disorder in a Community Setting
- Aim: Test the feasibility and acceptability of a group CBT protocol as implemented in a community outpatient clinic
- Role: Principal Investigator
- Supervisor: Jasper Smits, Ph.D.
- Primary Responsibilities: project design and manual development, IRB submissions, training of therapists, data collection, manuscript preparation

- 2017-present  
Title: Physical Activity and Community Engagement (PACE) Among Returning Veterans  
Aim: Test the effects of a multi-component intervention designed to facilitate reintegration for returning veterans  
 \*funding: Apple, Inc.  
Role: Principal Investigator  
Supervisor: Jasper Smits, Ph.D.  
Primary Responsibilities: project design, grant application, IRB submissions, recruitment, community outreach, industry consultation, training of research assistants, data collection, data analysis, manuscript preparation
- 2017-present  
Title: Approach Bias Retraining to Augment Smoking Cessation  
Aim: Test the feasibility and efficacy of approach bias retraining to facilitate smoking cessation  
 \*funding: National Institute on Drug Abuse  
Role: Co-Investigator  
Supervisor: Jasper Smits, Ph.D.  
Primary Responsibilities: project design, grant application, supervision of protocol therapists, manuscript preparation
- 2015-2016  
Title: Integrated PTSD and Smoking Treatment  
Aim: Test an integrated and specialized treatment for smokers with PTSD  
 \*funding: National Institute on Drug Abuse  
Role: Protocol Therapist, Independent Evaluator  
Supervisor: Mark Powers, Ph.D.  
Primary Responsibilities: data collection
- 2014- 2016  
Title: The Effect of AAT Training in Smokers  
Aim: Evaluate the initial efficacy of Approach Avoidant Task for reducing approach bias and facilitating quit success among adult smokers  
Role: Principal Investigator  
Supervisor: Jasper Smits, Ph.D.  
Primary Responsibilities: project design, IRB submissions, recruitment, training of research assistants, data collection, data analysis, manuscript preparation
- 2014-2018  
Title: Dose Timing of D-Cycloserine to Augment CBT for Social Anxiety Disorder  
Aim: Evaluate a tailored post-session administration strategy for DCS augmentation of exposure therapy  
 \*funding: National Institute of Mental Health  
Roles: Coordinator, Protocol Therapist, Independent Evaluator  
Supervisor: Jasper Smits, Ph.D.  
Primary Responsibilities: data collection





- 2016-2017 **Austin VA Outpatient Clinic**  
*Clinician*  
Supervisor: Edgar Villarreal, Ph.D.
- Conducted intake assessments
  - Provided individual therapy on the PTSD Clinical Team
  - Received specialized training in Cognitive Processing Therapy for PTSD (full-year rotation)
  - Presented case conference at end of rotation
- 2015- present **Anxiety and Stress Clinic**  
The University of Texas at Austin  
*Clinician*  
Supervisors: Jasper Smits, Ph.D., and Mark Powers, Ph.D.
- Conducted evaluations and provided individual and group interventions for adults presenting with bipolar and related disorders, depressive disorders, anxiety disorders, post-traumatic stress disorder, obsessive-compulsive and related disorders
- 2015-2017 **Anxiety & Health Behaviors Lab**  
The University of Texas at Austin  
*Independent Evaluator*  
Supervisor: Jasper Smits, Ph.D.
- Performed structured clinical interviews and independent outcome evaluations for various funded RCTs evaluating behavioral interventions for anxiety disorders and/or smoking cessation
- 2015-2016 **Clinical Psychology Training Clinic**  
The University of Texas at Austin  
*Clinician*  
Supervisors: Martita Lopez, Ph.D. and Jasper Smits, Ph.D.
- Intake interview, SCID, WAIS-IV, MMPI-2, and symptom self-report assessments
  - Delivered tailored feedback and wrote integrative reports
  - Provided individual interventions for adults presenting with bipolar and related disorders, depressive disorders, anxiety disorders, obsessive-compulsive and related disorders
- 2013-2014 **Anxiety & Health Behaviors Lab**  
The University of Texas at Austin  
*Protocol Clinician*  
Supervisors: Jasper Smits, Ph.D. and Mark Powers, Ph.D.
- Provided interventions for various funded RCTs evaluating behavioral interventions for anxiety disorders and/or smoking cessation

2012-2013

**Anxiety Research & Treatment Program**

Southern Methodist University

Supervisors: Jasper Smits, Ph.D. and Mark Powers, Ph.D.

*Protocol Clinician*

- Observed and led group therapy for smoking cessation
- Conducted SCID assessments on participants on a trial examining the effects of hatha yoga on stress reactivity and affective eating

**Teaching Experience**

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2016-present

*Teaching Assistant/Clinical Supervisor*

Department of Psychology, The University of Texas at Austin

- Clinical Practicum (provided clinical supervision for doctoral students in their first year of clinical work)

Instructors: Martita Lopez, Ph.D. & Jasper Smits, Ph.D.

-Supervised two graduate students each year

-Led weekly individual supervision with each student

-Co-led weekly group supervision for the course with a licensed clinical psychologist

-Provided didactic training

- 4.0/5 teaching assistant rating (Fall 2016)
- 5.0/5 teaching assistant rating (Spring 2017)
- 5.0/5 teaching assistant rating (Fall 2017)
- 4.0/5 teaching assistant rating (Spring 2018)

2016

*Guest Lecturer*

Instructor: Manuel Ramirez, Ph.D.

Department of Psychology, University of Texas at Austin

- Abnormal Psychology, “Anxiety Disorders”

2015

*Guest Lecturer*

Instructor: Mark Powers, Ph.D.

Department of Psychology, University of Texas at Austin

- Motivation, “Addiction”

2014-2016

*Teaching Assistant*

Department of Psychology, The University of Texas at Austin

- Abnormal Psychology

Instructor: Christopher Beevers, Ph.D. (Spring 2015 & Fall 2015)

○ 4.3/5 teaching assistant rating

○ 4.3/5 teaching assistant rating

Instructor: Manuel Ramirez, Ph.D. (Spring 2016)

○ 4.3/5 teaching assistant rating

- Cognition

Instructor: Laretta Reeves, Ph.D.

○ 4.2/5 teaching assistant rating

## **Additional Clinical Training**

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- 05/2017            **Dialectical Behavioral Therapy (DBT)**  
**6-week, 12-hour online course through Behavioral Tech**  
Instructor: Marsha Linehan, Ph.D.
- 10/2013            **Prolonged Exposure (PE) Therapy for Post-Traumatic Stress**  
**Disorder, two-day training seminar**  
Anxiety & Health Behaviors Lab, University of Texas at Austin  
Instructor: Mark Powers, Ph.D.
- 02/2013            **SCID-101 for DSM-IV Didactic Training Series**  
Anxiety Research & Treatment Program, Southern Methodist University

## **Editorial Service**

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*Ad hoc Review:*

Behavior Modification  
Clinical Psychology: Science and Practice  
Military Medicine

## **Professional Society Membership**

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Anxiety and Depression Association of America (Student Member)  
Association for Psychological Science (Student Member)