

CURRICULUM VITAE

BIOGRAPHICAL INFORMATION

Name: Lauren M. Bylsma, Ph.D. **Business Address:** 3811 O'Hara Street, Pittsburgh, PA 15213
Email: BylsmaL@pitt.edu **Business Phone:** 412-624-8363

EDUCATION AND TRAINING

Undergraduate

1999-03 **University of Pennsylvania;** Philadelphia, PA
 B.A., Psychology, 2003
 Minors: Biology, Biological Basis of Behavior, Anthropology
 Benjamin Franklin Scholar
 Penn-In-Bordeaux Summer Abroad (Anthropology), University of Bordeaux, France, 2001
 Tropical Conservation Summer Abroad (Biology), Ceiba Foundation, Ecuador, 2002

Graduate

2003-05 **University of Pennsylvania;** Philadelphia, PA
 M.L.A. (Master of Liberal Arts), 2005

2005-12 **University of South Florida** (APA and PCSAS Accredited); Tampa, FL
 M.A., Clinical Psychology, 2008
 Ph.D., Clinical Psychology, 2012
 Primary Academic and Research Advisor: Jonathan Rottenberg, Ph.D.
 Other Research Advisors: Kristen Salomon, Ph.D. Geoffrey Potts, Ph.D.

2011-12 **VA Puget Sound Healthcare System-Seattle Division** (APA Accredited); Seattle, WA
 Clinical Psychology Intern; Program Director: Steven McCutcheon, Ph.D.
 Placements: Evaluation and Brief PTSD Treatment Unit (Inpatient), Psychosocial
 Rehabilitation and Recovery Center (Intensive Outpatient), Women's Trauma and Recovery
 Center, Primary Care Clinic (including triage assessment).

Postgraduate

2012-14 **University of Pittsburgh/Western Psychiatric Institute and Clinic**
 NIMH T32 Post-Doctoral Scholar, Child and Adolescent Psychiatry
 Program Director: David Brent, M.D. (PI, T32 MH018951)
 Primary Mentor: Maria Kovacs, Ph.D.
 Other Mentors: J. Richard Jennings, Ph.D., Cecile Ladouceur, Ph.D., Jennifer Silk, Ph.D.

2020-21 **Katz Graduate School of Business, University of Pittsburgh,** Pittsburgh, PA
 Micro-credential, Leading People in Organizations (6 credits), 2021

2022 **Health Sciences Leadership Academy for Early Career Faculty**
 University of Pittsburgh, Pittsburgh, PA
 Office of Academic Career Development Faculty Professional Development Program

APPOINTMENTS AND POSITIONS

Academic Positions and Appointments

- 2005-08 Lab Instructor and Course Assistant, Department of Psychology, University of South Florida, Tampa, Florida
- 2011 Instructor of Record, Department of Psychology, University of South Florida, Tampa, Florida
- 2012-14 Postdoctoral Scholar, Department of Psychiatry, School of Medicine, University of Pittsburgh, Pittsburgh, Pennsylvania (T32 MH018951, PI: Brent)
- 2014- Assistant Professor of Psychiatry, Department of Psychiatry, School of Medicine, University of Pittsburgh, Pittsburgh, Pennsylvania
- 2014- Faculty Member, Center for the Neural Basis of Cognition, University of Pittsburgh and Carnegie Mellon University
- 2015 Visiting Fellow, Faculty of Psychology and Educational Sciences, Katholieke Universiteit Leuven
- 2017- Assistant Professor of Psychology (secondary appointment), Department of Psychology, University of Pittsburgh, Pittsburgh, Pennsylvania
- 2017- Faculty Member, Center for Medicine and the Microbiome, University of Pittsburgh, Pittsburgh, Pennsylvania
- 2018- Graduate Faculty Member, Department of Psychology, University of Pittsburgh, Pittsburgh, Pennsylvania
- 2022- Affiliated Faculty, Clinical Psychology Program, Department of Psychology, University of Pittsburgh, Pittsburgh, Pennsylvania
- 2022- Associate Professor of Psychiatry and Psychology, University of Pittsburgh, Pennsylvania

Non-Academic Positions and Appointments

- 2003-05 Research Technician and Project Coordinator, University of Pennsylvania, Center for Cognitive Neuroscience, Departments of Psychiatry and Psychology, Philadelphia, PA (K01MH065241, PI: Botvinick)
- 2008-11 Graduate Research Assistant and Project Coordinator, University of South Florida, Department of Psychology, Tampa, FL (R21MH077669, PI: Rottenberg)
- 2008-11 Clinical Psychology Extern, Rothman Center for Neuropsychiatry (intensive ERP treatment program for OCD and related disorders), University of South Florida, St. Petersburg, Florida. Supervisors: Eric Storch, PhD., Adam Lewin, PhD.
- 2010 Clinical Psychology Extern, Manatee Glens Mental Health and Addiction Services, Bradenton, Florida. Supervisor: Robert Boxley, PhD.
- 2010-11 Clinical Psychology Extern, James A. Haley Veterans Hospital, Cognitive-Processing Therapy PTSD Program, Tampa, Florida. Supervisor: Dawn Johnson, PhD.
- 2011-12 Clinical Psychology Intern, VA Puget Sound-Seattle Division, Seattle, Washington.
- 2015- Attending Psychologist and Clinical Supervisor, University of Pittsburgh Physicians, University of Pittsburgh Medical Center
- 2017- Co-Director, Center for Advanced Psychotherapy (CAP), Adult Behavioral Health Services, University of Pittsburgh Medical Center
- 2019- Assistant Director, Clinical High Risk (CHR) Clinical Service (HOPE TEAM), Child Behavioral Health Services, University of Pittsburgh Medical Center

2021-22 Member At Large, Medical Executive Committee (MEC), Presbyterian Shadyside Medical Staff, University of Pittsburgh Medical Center (UPMC)

Contract Work

2020-21 Clinical Interviewer, National Study of Mental Health (NSMH), Research Triangle Institute (RTI) International. Conducted virtual diagnostic (SCID-5) household and non-household (hospitals, prisons, shelters) interviews for a SAMHSA-funded epidemiological study focused on understanding mental and substance use disorders across the US.

2022 Clinical Supervisor, National Study of Mental Health (NSMH), Research Triangle Institute (RTI) International. Supervised clinical interviewers conducting virtual diagnostic (SCID-5) household and non-household (hospitals, prisons, shelters) interviews for a SAMHSA-funded epidemiological study focused on understanding mental and substance use disorders across the US.

CERTIFICATION AND LICENSURE

Professional Licensure

2015- Licensed Psychologist, License #PS017868, Pennsylvania State Board of Psychology

Certifications

2020 Structured Clinical Interview for DSM-5 (SCID-5) Certified Interviewer

2020 Structured Interview for Prodromal Symptoms/Scale of Prodromal Symptoms (SIPS/SOPS) Certified Interviewer

MEMBERSHIPS IN PROFESSIONAL AND SCIENTIFIC SOCIETIES

2003- American Psychological Association (APA), Member

2006- Society for Research in Psychopathology (SRP), Member

2007- Society for Psychophysiological Research (SPR), Member

2009- International Society for Research on Emotion (ISRE), Associate Member

2011- Association for Behavioral and Cognitive Therapies (ABCT), Member

2013- Int'l Congress for Integrative Developmental Cognitive Neuroscience (FLUX), Member

2014- Society for Affective Science (SAS), Member

2015- Society for Research in Child Development (SRCD), Member

2017- Society for Ambulatory Assessment (SAA), Member

2018- Anxiety and Depression Association of America (ADAA)

2021- International Society for Interpersonal Psychotherapy (ISIPT)

HONORS AND AWARDS

1999 University of Pennsylvania Benjamin Franklin Scholar

2005 University of South Florida Psychology Graduate Student Organization Travel Award, \$250

2006, 10 University of South Florida Tom Tighe Research Fund Award, \$100

2006-11 University of South Florida Student Government Travel Award, \$400-625

2006-11 University of South Florida Clinical Psychology Student Travel Award, \$250

- 2008 American Psychological Association of Graduate Students (APAGS) Nancy B. Forest & L. Michael Honaker Master's Scholarship for Research in Psychology, \$1500
- 2008 University of South Florida Valerie Reed Memorial Award, \$250
- 2009 American Psychological Foundation (APF) McGuigan Dissertation Award, \$1500
- 2009, 11, 13 American Psychological Association (APA) International Travel Award, \$200-400
- 2010 International Summer School in Affective Sciences Participant and Stipend Recipient, Swiss Center for Affective Sciences
- 2011 University of South Florida Professor Charles D. and Carol Spielberger Endowed Fund, Award, \$2700
- 2011 University of South Florida Honorarium for mentorship of an honors student, \$200
- 2013-19 NIH Clinical Research Loan Repayment Program Recipient (L30 MH101750)
- 2014 Event Related Potentials (ERP) Boot Camp, Participant and Scholarship Recipient, University of California-Davis, funded by NIMH (R25MH080794)
- 2017-19 NARSAD Young Investigator Award, Brain & Behavior Research Foundation, \$70,000
- 2019 Early Career Award for Distinguished Contributions to Psychophysiology, Society for Psychophysiological Research (SPR)
- 2020 Reviewer of the Year, Research Review Committee (RRC), Department of Psychiatry, University of Pittsburgh
- 2020- Publons and Web of Science "Top Reviewer," designated as top 99% of all peer reviewers

PUBLICATIONS

Peer-Reviewed Articles

1. Botvinick, M. & **Bylsma, L. M.** (2005). Distraction and action slips in an everyday task: Evidence for a dynamic representation of task context. *Psychonomic Bulletin & Review*, *12*, 1011-1017. PMID: 16615321.
2. Botvinick, M. & **Bylsma, L. M.** (2005). Regularization in short-term memory for serial order. *Journal of Experimental Psychology: Learning, Memory and Cognition*, *31*, 351-358. PMID: 15755251.
3. Botvinick, M., Jha, A., **Bylsma, L. M.**, & Fabian S., Solomon P., & Prkachin K. (2005). Viewing facial expressions of pain engages cortical areas involved in the direct experience of pain. *NeuroImage*. *25*, 312-319. PMID: 15734365.
4. Ullsperger, M., **Bylsma, L. M.**, & Botvinick, M. (2005). The conflict-adaptation effect: It's not just priming. *Cognitive, Affective, & Behavioral Neuroscience*, *5*, 467-472.
5. Hunt, M., **Bylsma, L. M.**, Brock, J., Fenton, M., Goldberg, A., Miller, R., Tran, T., & Urgelles, J. (2006). The role of imagery in the maintenance and treatment of snake fear. *Journal of Behavior Therapy and Experimental Psychiatry*, *37*, 283-298. PMID: 16473325.
6. Vingerhoets, A. & **Bylsma, L.** (2007). Crying as a multifaceted health psychology conceptualisation: crying as coping, risk factor, and symptom. *The European Health Psychologist*, *9*, 68-74.
7. Vingerhoets, A. & **Bylsma, L.** (2007). Crying and health: Popular and scientific conceptions. *Psychological Topics*, *16*, 275-296.
8. **Bylsma, L. M.**, Vingerhoets, A. J. J. M & Rottenberg, J. (2008). When is crying cathartic?: An international study. *Journal of Social and Clinical Psychology*, *27*, 1080-1102.
9. Rottenberg, J., **Bylsma, L. M.**, Wolvin, V.*, & Vingerhoets, A. J.J.M. (2008). Tears of sorrow, tears of joy: An individual differences approach to crying. *Personality and Individual Differences*, *45*, 367-371.
10. **Bylsma, L. M.**, Morris, B. H & Rottenberg, J. (2008). A meta-analysis of emotional reactivity in major depressive disorder. *Clinical Psychology Review*, *28*, 676-691. PMID: 18006196.
11. Rottenberg, J., **Bylsma, L. M.**, & Vingerhoets, A. J.J.M. (2008). Is Crying Beneficial? *Current Directions in Psychological Science*, *17*, 400-404.

12. Morris, B. H., **Bylsma, L. M.**, & Rottenberg, J. (2009). Does emotion predict the course of major depressive disorder? A review of prospective studies. *British Journal of Clinical Psychology*, *48*, 255-273. PMID: 19187578.
13. Botvinick, M. M., Buxbaum, L. J., **Bylsma, L. M.**, Jax, S. J. (2009). Toward an integrated account of object and action selection: A computational analysis and empirical findings from reaching-to-grasp and tool use. *Neuropsychologica*, *47*, 671-683. PMID: 19100758.
14. Bower, B.* **Bylsma, L. M.**, Morris, B. H., & Rottenberg, J. (2010). The relationship between sleep quality and ambulatory mood in major and minor depression. *The Journal of Sleep Research*, *19*, 323-332. PMID: 2037444.
15. **Bylsma, L. M.**, Clift, A., & Rottenberg, J. (2011). Emotional reactivity to life events in major and minor depression. *Journal of Abnormal Psychology*, *120*, 155-167. PMID: 21319928.
16. **Bylsma, L. M.**, Croon, M., Vingerhoets, A. J. J. M. & Rottenberg, J. (2011). Predictors of crying and mood change: A daily diary study. *Journal of Research in Personality*, *45*, 385-392.
17. Salomon, K., **Bylsma, L. M.**, White, K. E., Panaite, V., & Rottenberg, J. (2013). Is Blunted Cardiovascular Reactivity in Depression Mood-State Dependent? A Comparison of Major Depressive Disorder Remitted Depression and Healthy Controls. *International Journal of Psychophysiology*, *90*, 50-57. PMID: 23756147.
18. Yaroslavsky, I., **Bylsma, L. M.**, Rottenberg, J., & Kovacs, M. (2013). Combinations of resting RSA and RSA reactivity impact maladaptive mood repair and depression symptoms. *Biological Psychology*, *94*, 272-281. PMID: 23827087.
19. Vingerhoets, A. J. J. M., **Bylsma, L.M.** & de Vlam, C. (2013). Swearing: A biopsychosocial perspective. *Psychological Topics*, *22*, 287-304.
20. Gračanin, A., Karreman, A., **Bylsma, L.M.** & Vingerhoets, A. J. J. M. (2014). Is crying a self-soothing behavior. *Frontiers in Psychology*, *5*, 502. PMID: 24904511
21. **Bylsma, L. M.**, Salomon, K., Taylor-Clift, A., Morris, B. H., and Rottenberg, J. (2014). Respiratory Sinus Arrhythmia Reactivity in Current and Remitted Major Depressive Disorder. *Psychosomatic Medicine*, *76*, 66-73. PMID: 24367127.
22. Chenneville, T., Menezes, L., **Bylsma, L.M.**, Mann, A., Kosambiya, J. & Baxi, R. (2014). Assessing IECs in India with the IRB-RAT. *Journal of Empirical Research on Human Research Ethics*, *9*, 50-59. PMID: 25747296.
23. Morris B.H., Rottenberg J., Yaroslavsky I, **Bylsma L.M.**, & Kovacs, M. (2015). Reward learning in pediatric depression and anxiety: Preliminary findings in a high-risk sample. *Depression and Anxiety*, *32*, 373-381. PMID: 25826304.
24. **Bylsma, L.M.**, Yaroslavsky, I., Jennings, J.R., Rottenberg, J., George, C. J., Kiss, E., Kapornai, K., Halas, K., Dochnal, R., Lefkovic, E., Benák, I, Baji, I., Vetró, A. & Kovacs, M. (2015). Juvenile onset depression alters cardiac autonomic balance in response to psychological and physical challenges. *Biological Psychology*, *110*, 167-174. PMID: 26225465.
25. Kovacs, M., **Bylsma, L. M.**, Yaroslavsky, I., Rottenberg, J., George, C., Kiss, E., Halas, K., Benák, I., Baji, I., Vetró, A., Kapornai, K., (2016). Positive affectivity is dampened in youths with histories of major depression and their never-depressed adolescent siblings. *Clinical Psychological Science*, *4*, 661-674. PMID: 27747139.
26. **Bylsma, L.M.**, Yaroslavsky, I., Rottenberg, J. Kiss, E., Kapornai, K., Halas, K., Dochnal, R., Benák, I, Baji, I., Vetró, A. & Kovacs, M. (2016). Familiality of mood repair responses among youth with and without histories of depression. *Cognition & Emotion*, *30*, 807-816. PMID: 25849259.
27. Panaite, V.*, Hindash, A. C., **Bylsma, L. M.**, Small, B. J., Salomon, K., & Rottenberg, J. (2016). Respiratory sinus arrhythmia reactivity to a sad film predicts depression symptom improvement and symptomatic trajectory. *International Journal of Psychophysiology*, *99*, 108-113, PMID: 26681648.
28. Yaroslavsky, I., Rottenberg, J., **Bylsma, L.M.**, Jennings, J.R., George, C., Baji, I., Benák, I., Dochnal, R., Halas, K., Kapornai, K., Kiss, E. Makai, A.; Varga, H.; Vetró, Á.; & Kovacs, M., (2016). Parasympathetic nervous system activity predicts mood repair use and its effectiveness among adolescents with and without histories of major depression. *Journal of Abnormal Psychology*, *125*, 323-336. PMID: 26950752.

29. O'Leary, K.*, **Bylsma, L. M.**, Rottenberg, J. (2016). Why might poor sleep quality lead to depression? The role of emotion regulation. *Cognition & Emotion*, 3, 1-9. PMID: 27807996.
30. Vingerhoets, A. J. J. M. & **Bylsma, L. M.** (2016). The riddle of human emotional crying: A challenge for emotion researchers. *Emotion Review*, 8, 207-217.
31. **Bylsma, L. M.**, Mauss, I. B., & Rottenberg, J. (2016). Is the Divide a Chasm?: Bridging Affective Science with Clinical Practice. *Journal of Psychopathology and Behavioral Assessment*, 38, 42-47. PMID: 27524858.
32. O'Leary, K.*, Small, B., Panaite, V., **Bylsma, L.M.**, & Rottenberg, J. (2017). Sleep quality in healthy and mood-disordered persons predicts daily life emotional reactivity. *Cognition & Emotion*, 31, 435-443. PMID: 26756667.
33. Begovic, E.*, Panaite, V.*, **Bylsma, L.M.**, George, C., Kovacs M., Yaroslavsky, I., Baji, I., Benák, I., Dochnal, R., Kiss, E., Vetró, A., Kapornai, K., & Rottenberg, J. (2017). Positive autobiographical memory deficits in youth with depression histories and their never-depressed siblings. *British Journal of Clinical Psychology*, 56, 329-346. PMID: 28543280
34. 't Lam, C.*, Vingerhoets, A. J. J. M., & **Bylsma, L.M.** (2018). A pilot study about experiences and perceptions of therapist and client crying. *European Journal of Psychotherapy & Counselling*, 20, 199-219.
35. Ladouceur, C.D., Tan, P., Sharma, V., **Bylsma, L.M.**, Silk, J., Siegle, G., Forbes, E., McMakin, D., Dahl, R., Kendall, P.C., Mannarino, A., & Ryan, N. (2018). Error-related brain activity in pediatric anxiety disorders remains elevated following individual therapy: A randomized clinical trial. *Journal of Child Psychology and Psychiatry*, 59, 1152-1161.
36. Gračanin, A., **Bylsma, L. M.**, & Vingerhoets, A. J. (2018). Why Only Humans Shed Emotional Tears. *Human Nature*, 29, 104-133.
37. **Bylsma, L. M.**, Gračanin, A, & Vingerhoets, A. J. J. M (2019). The neurobiology of human crying. *Clinical Autonomic Research*, 29, 63-73.
38. Pace-Schott EF, Amole M*, Aue T, Balconi M, Balconi M, **Bylsma LM**, Critchley H, Demaree HA, Friedman BH, Gooding AEK, Gosseries O, Jovanovic T, Kirby LAJ, Kozłowska K, Laureys S, Lowe L, Magee, K, Marin M-F, Merner, A, Robinson JL, Smith RC, Spangler D, Van Overveld M, Van Elzakker MB. (2019). Physiological Feelings. *Neuroscience and Biobehavioral Reviews*, 103, 267-304. **[Note: authors are listed in alphabetical order; earned distinction as "Top 25 Most Downloaded NBR Articles in the last 90 days in 2019"]**
39. Panaite, V.*, **Bylsma, L.M.**, Kovacs, M., O'Leary, K.*, George, C., Baji, I., Benák, I., Dochnal, R., Kiss, E., Vetró, A., Kapornai, K., & Rottenberg, J. (2019). Dysregulated behavioral responses to hedonic probes among youth with depression histories and their high-risk siblings. *Emotion*, 19, 171-177.
40. Dochnal, R., Vetró, A, Kiss, E., Baji, I., Lefkovic, E., **Bylsma, L.M.**, Yaroslavsky, I., Rottenberg, J., Kovacs, M., & Kapornai, K. (2019). Emotion regulation among adolescents with pediatric depression as a function of anxiety comorbidity. *Frontiers in Psychiatry*, 10, 722.
41. Hamilton, J.L.*, Ladouceur, C.D., Silk, J.S., Franzen, P.L. & **Bylsma, L.M.**** (2019). Higher rates of sleep disturbance among offspring of parents with recurrent depression. *Journal of Pediatric Psychology*, 45, 1-11.
42. Hamilton, J.L.*, Chand, S.*, Reinhardt, L.*, Ladouceur, C.D., Silk, J.S., Moreno, M. Franzen, P.L. & **Bylsma, L.M.**** (2020). Social media use predicts later sleep timing and greater sleep variability: An ecological momentary assessment study of youth at high and low familial risk for depression. *Journal of Adolescence*. 83, 122-120.
43. **Bylsma, L.M.**** Gračanin, A., & Vingerhoets, A. J. J. M., (2020) A Clinical Practice Review of Crying Research. *Psychotherapy*, 58(1), 133.
44. Stone, L., Lewis, G.*, & **Bylsma, L.M.**** (2020). The autonomic correlates of dysphoric rumination and post-rumination savoring. *Physiology & Behavior*, 224, 113027.
45. Stone, L., McCormack, C.*, & **Bylsma, L.M.**** (2020) Cross system autonomic balance and regulation: Associations with depression and anxiety symptoms. *Psychophysiology*, 57(10), e13636.
46. Panaite, V.*, Rottenberg, J., & **Bylsma, L.M.**** (2020). Daily affective dynamics predict depression symptom trajectories among adults with major and minor depression. *Affective Science*, 1(3), 186-198.

47. **Bylsma LM.** (2021). Emotion Context Insensitivity in Depression: Toward an Integrated and Contextualized Approach. Early Career Award Paper. *Psychophysiology*. *Psychophysiology*, 58(2), e13715.
48. Mazefsky, C. A., Conner, C. M., Breitenfeldt, K., Leezenbaum, N., Chen, Q., **Bylsma, L. M.**, & Pilkonis, P. (2021). Evidence Base Update for Questionnaires of Emotion Regulation and Reactivity for Children and Adolescents. *Journal of Clinical Child & Adolescent Psychology*, 1-25.
49. Stone, L. B., Silk, J. S., Lewis, G., Banta, M. C., & **Bylsma, L.M.**** (2022). Adolescent girls' intrapersonal and interpersonal parasympathetic regulation during peer support is moderated by trait and state co-rumination. *Developmental Psychobiology*, 64(1), e22232.
50. Tan, P.Z., **Bylsma, L.M.**, Silk, J.S., Siegle, G.S., Forbes, E., McMakin, D.L., Dahl, R.E., Ryan, N.D., & Ladouceur, C.D. (2022). Neural indices of performance monitoring are associated with daily emotional functioning in youth with anxiety disorders: An ERP and EMA study. *International Journal of Psychophysiology*.
51. **Bylsma, L.M.**, Tan, P.Z., Silk, J.S., Forbes, E., McMakin, D.L., Dahl, R.E., Ryan, N.D., & Ladouceur, C.D. (2022). The Late Positive Potential During Affective Picture Processing: Associations with Daily Life Emotional Functioning Among Adolescents with Anxiety Disorders. Manuscript in press. *International Journal of Psychophysiology*.
52. Westbrook, A.* , Yang, X., **Bylsma, L.M.**, Daches, S., George, C.J., Seidman, A. J.* , Jennings, J. R., Kovacs, M. (2022). Economic choice and heart rate fractal scaling indicate that cognitive effort is reduced by depression and boosted by sad mood. Manuscript in press. *Biological Psychiatry: Cognitive Neuroscience & Neuroimaging*.

*Student/trainee author

**Senior/Corresponding author

Pending

1. Evans, S.C., Hamilton, J.L., Boyd, S.I.* , Karlovich, A.R.* , Ladouceur, C.D., Silk, J.S., & **Bylsma, L.M.**** (2022). Daily associations between sleep and affect in youth at risk for psychopathology: The moderating role of externalizing symptoms. Manuscript submitted for publication in a Special Issue on "Novel Insights into the Externalizing Psychopathology Spectrum" in *Childhood and Adolescence from Intensive Longitudinal Data*, *Child and Adolescent Psychopathology*.
2. Seidman, A. J.* , Yang, X., **Bylsma, L.M.**, Jennings, J.R., George, C. J., Kovacs, M. (2022). Long-Term Stability of Respiratory Sinus Arrhythmia among Adults with and without a History of Depression. Manuscript in revision.
3. Schiller, D...**Bylsma, L.M.**...et al. [~200 authors] (2022). Towards an Integrated Understanding of the Human Affectome. Manuscript in Revision, *Neuroscience and Biobehavioral Reviews*.

*Student/trainee author

**Senior/Corresponding author

Other Non-Peer Reviewed Publications

1. **Bylsma, L.M.** (2012). *Emotional reactivity and regulation in current and remitted depression: An event related potential study*. University of South Florida, Graduate Theses and Dissertations. <http://scholarcommons.usf.edu/etd/4000>
2. Fried, E. I., **Bylsma, L. M.**, & Nesse, R. M. Is Seasonal Affective Disorder really just a "Folk Construct"? Unpublished Commentary. <https://eiko-fried.com/is-seasonal-affective-disorder-really-just-a-folk-construct/>

3. **Bylsma, L.M.** (2018). Social Anxiety Disorder: Assessment and Management. *CMEtoGO Psychiatry*, 7 (4). American Physician Institute. <https://www.masterpsych.com/psychiatry-cme-to-go/>

Books, Book Chapters, and Monographs

1. Vingerhoets, A., **Bylsma, L.** & Rottenberg, J. (2009). Crying: a biopsychosocial phenomenon. In Thorsten Fögen (ed.), *Tears in the Graeco-Roman World*. Berlin & New York: de Gruyter.
2. **Bylsma, L. M.** & Rottenberg, J. (2011). Uncovering the Dynamics of Emotion Regulation and Dysfunction in Daily Life with Ecological Momentary Assessment. In Vingerhoets, A.J.J.M, Nyklicek, I. & Zeelenberg, M. (eds.), *Emotion Regulation and Well Being* (Part 3, pp. 225-244). New York, NY: Springer.
3. Panaite, V.* & **Bylsma, L. M.** (2012). Alexithymia. In Ramachandran, V. (ed.) *Encyclopedia of Human Behavior*. Elsevier, Inc.
4. **Bylsma, L. M.** & Panaite, V. (2012). Depression. In *Oxford Bibliographies Online: Psychology*. ScholarOne Books.
5. Rottenberg, J. & **Bylsma, L.M.** (2014). Emotional Functioning in Depression. In Gotlib, I.H. & Hammen, C.L. (eds.). *Handbook of Depression*: Guildford Press.
6. Gračanin, A., **Bylsma, L.M.**, Vingerhoets, A.J.J.M. (2017). The communicative and social functions of human crying. In Russell and Fernandez Dols (eds.) *The Science of Facial Expression*. New York, NY: Oxford University Press.
7. **Bylsma, L.M.**, Gračanin, A, and Vingerhoets, A.J.J.M. (2017). Why humans weep. In Blume-Marcovici (ed.), *When Therapists Cry: Reflections on Therapists' Tears in Therapy*. New York, NY: Routledge.

*Denotes student/trainee author.

Conference Presentations (Published Abstracts-Poster and Oral Presentations)

1. Botvinick, M. & **Bylsma, L. M.** (April 2005). *Assessing item-specific phonological representations using pattern-analytic fMRI*. Poster presented at the Annual Meeting of the Cognitive Neuroscience Society, New York City, NY.
2. Botvinick, M. & **Bylsma, L. M.** (June, 2005). *Imaging phonological representations and their similarity relations with pattern-analytic fMRI*. Poster presented at the 11th Annual Meeting of the Organization for Human Brain Mapping, Toronto, Canada.
3. Botvinick, M. & **Bylsma, L. M.**, (April, 2005). *fMRI accesses item-specific speech representations and their similarity structure*. Poster presented at the Annual Meeting of the Cognitive Neuroscience Society, New York City.
4. **Bylsma, L. M.**, Jha A., Fabian S., & Solomon P., Prkachin K., & Botvinick M., (April, 2005). *Viewing facial expressions of pain engages cortical areas involved in the direct experience of pain*. Poster presented at the Annual Meeting of the Cognitive Neuroscience Society, New York City, NY.
5. **Bylsma, L. M.** & Rottenberg, J. R. (October, 2006). *A meta-analysis of emotional reactivity in major depressive disorder*. Poster presented at the Annual Meeting of the Society for Research in Psychopathology, San Diego, CA.
6. **Bylsma, L. M.**, Karlsdottir, M., Rottenberg, J. & Salomon, K. (October 2007). *Slow-breathing training and stability of resting and stressor task changes in RSA over one week*. Poster presented at the Annual Meeting of the Society for Psychophysiological Research, Savannah, GA.
7. Wolvin, V.*, **Bylsma, L. M.**, Vingerhoets, A. J. J. M. & Rottenberg, J. (October 2007). *Personality and post-crying catharsis*. Poster presented at the 4th International Conference on The (Non) Expression of Emotions in Health and Disease, Tilburg, The Netherlands.
8. Bower, B.*, **Bylsma, L. M.**, Morris, B. H. & Rottenberg, J. (September 2008) *Sleep quality and ambulatory mood in major and minor depression*. Poster presented at the Annual Meeting of the Society for Research in Psychopathology, Pittsburgh, PA.

9. **Bylsma, L. M.** & Rottenberg, J. (September 2008) *Examining emotional reactivity to daily events in major and minor depression*. Poster presented at the Annual Meeting of the Society for Research in Psychopathology, Pittsburgh, PA.
10. Salomon, K., **Bylsma, L. M.**, Karlsdóttir, M. & Rottenberg, R. (March, 2008) *Brief slow-breathing training Over 1 week decreases heart rate and blood pressure responses during stress*. Paper presented at the Annual Scientific Conference of the American Psychosomatic Society, Baltimore, Maryland.
11. Vingerhoets, A. J. J. M. & **Bylsma, L. M.** (June, 2008). *Crying and health: a critical review*. Paper presented at the European Conference on Psychosomatic Research: Advances in Liaison Psychiatry and Psychosomatics in Europe, Zaragoza, Spain.
12. **Bylsma, L. M.** & Rottenberg, J. (September 2009) *High Positive Affective Variability in Everyday Life Predicts Depression Remission*. Poster presented at the Annual Meeting of the Society for Research in Psychopathology, Minneapolis, MN.
13. **Bylsma, L. M.** & Rottenberg, J. (October, 2010). *Emotional reactivity and regulation in current and remitted depression: an event related potentials study*. Poster presented at the Annual Meeting of the Society for Research in Psychopathology, Seattle, WA.
14. **Bylsma, L. M.**, Mennin, D., Salomon, K. & Rottenberg, J. (November, 2011). A meta-analysis of respiratory sinus arrhythmia in anxiety disorders. In J. J. Flynn & David M. Fresco, *Psychophysiological biomarkers of distress disorders: Improving diagnostic classification and informing treatment*. Symposium presented at the Annual Meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
15. **Bylsma, L. M.**, & Rottenberg, J. (October 2011). High Positive Affective Variability In Everyday Life Predicts Depression Remission. In F. Peeters & **L. M. Bylsma** (chairs), *The role of emotions in the prediction of the future course of mood disorders*. Symposium presented at the 5th International Conference on The (Non) Expression of Emotions in Health and Disease, Tilburg, The Netherlands.
16. **Bylsma, L. M.**, & Rottenberg, J. (October 2011). Changes In Reported Crying Frequency Predict Depressive Symptoms Over 6 Months. In A. J. J. M. Vingerhoets (chair), *Crying: Unraveling the mysteries of tears*. Symposium presented at the 5th International Conference on The (Non) Expression of Emotions in Health and Disease, Tilburg, The Netherlands.
17. **Bylsma, L. M.** & Rottenberg, J. (November, 2011). Emotional reactivity and regulation in current and remitted depression: an event related potentials study. In A. Aldao & K. L. Dixon-Gordon (chairs), *How we think about how we feel: Beliefs about emotions and emotion regulation*. Symposium presented at the Annual Meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
18. Salomon, K., **Bylsma, L. M.**, Rottenberg, J. (September, 2011). Blunted respiratory sinus arrhythmia reactivity in major depressive disorder marks the depressed state. In W. D'Andrea & G. J. Siegle (chairs), *Blunted affect: The other side of physiological reactivity in psychopathology*. Symposium presented at the Annual Meeting of the Society for Psychophysiological Research, Boston, MA.
19. Chenneville, T., Menezes, L., Kosambiya, J.K., Baxi, R., **Bylsma, L.M.** & Mann, A. (December, 2012) *Using the institutional review board researchers' assessment tool to assess institutional ethics in committees in Gujarat, India*. Poster presented at the Public Responsibility in Medicine and Research's Advancing Ethical Research Conference, San Diego, CA.
20. **Bylsma, L. M.**, White, K. E., Gougelet, R. J., Salomon, K. & Rottenberg, J. (October, 2012). *Attenuated cardiovascular reactivity in depression is mood-state dependent*. Poster presented at the Annual Meeting of the Society for Psychophysiological Research, New Orleans, LA.
21. **Bylsma, L.M.**, Yaroslavsky, I., Jennings, J.R., Rottenberg, J. & Kovacs, M. (October, 2013). *Juvenile onset depression history alters autonomic balance in response to psychological and physical challenges*. Poster presented at the Annual Meeting of the Society for Psychophysiological Research, Florence, Italy.
22. Labouliere, C. D., **Bylsma, L.M.**, Panaite, V.*, Salomon, K., & Rottenberg, J. (October, 2013). *Difficulties in emotion regulation and suicidality associated with abnormalities in resting RSA and task related RSA changes*. Poster presented at the Annual Meeting of the Society for Psychophysiological Research, Florence, Italy.

23. Panaite, V.*, **Bylsma, L. M.**, Przystawik, K., Salomon, K. & Rottenberg, J. (September, 2013). *Emotion regulation and goal directed behavior during a speech in current and remitted depression*. Poster presented at the Annual Meeting of the Society for Research in Psychopathology, Oakland, California.
24. **Bylsma, L.M.**, Panaite, V.* & Rottenberg, J. (April, 2014). *Self-reported emotion regulation in current and remitted depression and relationship to symptom change over six months*. Poster presented at the Inaugural Meeting of the Society for Affective Science in Bethesda, Maryland.
25. O'Leary, K.*, Panaite, V.*, **Bylsma, L.M.** & Rottenberg, J. (May, 2014). *Poorer sleep quality affects daily life emotional reactivity in depressed and healthy subjects*. Poster presented at the Annual Meeting of the Association for Psychological Science, San Francisco, California.
26. Panaite, V.*, **Bylsma, L.M.**, Hindash, A. C., Salomon, K. & Rottenberg, J. (May, 2014). *Respiratory sinus arrhythmia reactivity to a sad film and a speech stressor predicts depression symptom improvement over 30 weeks*. Poster presented at the Annual Meeting of the Association for Psychological Science, San Francisco, California.
27. Yaroslavsky, I., Rottenberg, J., **Bylsma, L.M.** & Kovacs (May, 2014). *Parasympathetic nervous system activity predicts emotion regulation use and effectiveness in an adolescent sample*. Symposium presented at the Annual Meeting of the Association for Psychology Science in San Francisco, California.
28. O'Leary, K.*, Panaite, V., **Bylsma, L.M.** & Rottenberg, J. (September, 2014). *Poorer sleep quality affects daily life emotional reactivity in depressed and healthy subjects*. Poster presented at the Annual Meeting of the Society for Research in Psychopathology, Evanston, Illinois.
29. Panaite, V.*, Begovic, E.*, O'Leary, K.*, Howard, M.*, **Bylsma, L.M.**, Kovacs, M. & Rottenberg, J. (September, 2014). *Behavioral (in)flexibility at two temporal dimensions in depressed probands and at risk siblings*. Poster presented at the Annual Meeting of the Society for Research in Psychopathology, Evanston, Illinois.
30. O'Leary, K.*, **Bylsma, L. M.** & Rottenberg, J. (October, 2015). *Emotion regulation difficulties mediate the link between poor sleep quality and depression symptoms*. Poster presented at the Annual Conference of the Society for Research in Psychopathology, New Orleans, Louisiana
31. Adams, A.*, Rajput, M.*, **Bylsma, L.M.**, & Ladouceur, C.D. (May, 2016). *Dampening of positive affect in offspring of parents with depression: Potential risk factor for depression*. Poster presented at the 2016 Annual Convention of the Association for Psychological Science, Chicago, IL.
32. **Bylsma, L.M.**, (July, 2016). *Reward Processing in Youth at High and Low Familial Risk for Depression*. Poster presented at the Joint Conference of the International Society for Affective Disorders (8th Biennial) and the International Society for Bipolar Disorders (18th Annual), Amsterdam, The Netherlands.
33. **Bylsma, L.M.** (July, 2016). *Positive affect in daily life in youth at high and low familial risk for depression*. Open paper presented at The Consortium of European Research on Emotion, Leiden, The Netherlands.
34. **Bylsma, L. M.**, Silk, J.S. & Ladouceur, C.D. (April 2017). The Feedback Negativity following reward receipt in youth at high familial risk for depression and their low risk peers. In Loughheed, J. (chair), *Physiological Processes in Social and Emotional Development*. Symposium presented at the Society for Research in Child Development Biennial Meeting, Austin, Texas.
35. **Bylsma, L. M.**, Silk, J.S. & Ladouceur, C.D. (June, 2017). Positive and negative affective dynamics in daily life in youth at high and low familial risk for depression. In **L. M. Bylsma** & M. Houben (chairs), *Using ecological momentary assessment to understand daily life affective functioning in the context of psychopathology and risk across the lifespan*. Symposium presented at the 5th Biennial Meeting of the Social for Ambulatory Assessment, Esch-sur-Alzette, Luxembourg.
36. **Bylsma, L. M.**, Silk, J.S. & Ladouceur, C.D. (June, 2017). Affective reactivity to daily life positive and negative events in youth at high and low familial risk for depression. In S.H. Booij & V. Heininga (chairs), *Capturing affective reactivity and regulation in daily life? Challenge accepted!* Symposium presented at the 5th Biennial Meeting of the Social for Ambulatory Assessment, Esch-sur-Alzette, Luxembourg.
37. **Bylsma, L. M.**, Silk, J.S. & Ladouceur, C.D. (August, 2017). Emotion regulation use and effectiveness in daily life in youth at high and low familial risk for depression. In Thompson, R. & English, T. (chairs) *Naturalistic Assessments of Affective Evaluation and Emotion Regulation Strategy Preferences*. Symposium

- presented at the Biannual Conference of the International Society for Research on Emotion, St. Louis, Missouri.
38. **Bylsma, L.M.**, Silk, J.S. & Ladouceur, C.D. (August, 2018). *The Late Positive Potential as a marker of altered emotional processing and regulation in youth at high and low familial risk for depression: Associations with daily life emotional functioning and depression risk trajectories*. Poster presented at the Annual Congress of Flux: The Society for Developmental Cognitive Neuroscience in Berlin, Germany.
 39. Woody, M.L.*, Ladouceur, C.D., **Bylsma, L.M.** (September, 2018). *Emotion regulation ability and levels of life stress in adolescents at high and low familial risk for depression: Evidence from the Late Positive Potential*. Poster presented at the EEG and Clinical Neuroscience Society (ECNS) Annual Conference (Joint Meeting of ECNS, ISNIP, ISBET & ISFSI) in Pittsburgh, PA.
 40. **Bylsma, L.M.**, Silk, J.S. & Ladouceur, C.D. (October, 2018) Neural Indices Of Emotion Processing And Associations With Daily Life Emotional Functioning In Adolescents At High And Low Familial Risk For Depression. In **Bylsma, L.M.** (chair), *Multi-Method Approaches Incorporating Psychophysiological Indices of Emotional Processing and Regulation Across Development: Links with Psychopathology and Real World Emotional Functioning*. Symposium presented at the Annual Conference of the Society for Psychophysiological Research in Quebec City, Canada.
 41. Hamilton, J.L.*, Ladouceur, C.D., Silk, J.S., **Bylsma, L.M.** (October, 2018). *Social media and sleep dysfunction among youth at risk for depression*. Poster presented at the Digital Media and Developing Minds Congress in Cold Springs Harbor, NY.
 42. **Bylsma, L.M.**, (March, 2019). Assessing daily life emotion regulation use and effectiveness in adolescents at high and low familial risk for depression. In Emily Bernstein and Evan Kleiman (chairs), *Emotion regulation in daily life: Understanding emotional disorders and emotional well-being through experience sampling and wearable monitoring*. Symposium presented at the Annual Conference of the Anxiety and Depression Association of America in Chicago, IL.
 43. Benoit Allen, K., **Bylsma, L.M.**, Tan, P.Z., Siegle, G., Silk, J., Forbes, E., McMakin, D., Dahl, R., Ryan, N., & Ladouceur, C.D. (March, 2019). The effects of early visual attention to negative stimuli and anxiogenic parenting on treatment outcomes in anxious youth. In Kate Dimond Fitzgerald and Ka I. Ip (chairs), *Multilevel mechanisms of treatment effect for youth with internalizing problems*. Symposium presented at the Annual Conference of the Anxiety and Depression Association of America in Chicago, IL.
 44. Scott, L.S.*, Young, K, Vine, V.*, Ladouceur, C.D., Silk, J.S. & **Bylsma, L.M.** (March, 2019). *Think Again: The Recall of Autobiographical Memories among Children at High vs Low Familial risk for Depression*. Poster presented at the Annual Conference of the Anxiety and Depression Association of America in Chicago, IL.
 45. **Bylsma, L.M.** (April, 2019). Daily life emotion regulation use and effectiveness in adolescents varying in familial risk for depression. In Lori Scott (chair), *Emotional Reactivity and Dysregulation in At-risk Youth*. Symposium presented at the Annual Conference of the North American Society for the Study of Personality Disorders in Pittsburgh, PA.
 46. Hamilton, J.L.*, Ladouceur, C.D., Silk, J.S., & **Bylsma, L.M.** (April, 2019). *Sleep dysfunction among youth at high and low risk for depression*. Abstract presented as part of symposium on Parental depression and youth psychopathology (Chair: F. Wang). Society for Research in Child Development; Baltimore, MD.
 47. Hamilton, J.L.*, Ladouceur, C.D., Silk, J.S., Franzen, P.L., & **Bylsma, L.M.** (June, 2019). Sleep disturbance among youth at high for depression. Poster presentation at SLEEP; San Antonio, TX.
 48. McCormack, C.*, **Bylsma, L.M.** & Stone, L. (September, 2019). *History of childhood emotional abuse predicts blunted respiratory sinus arrhythmia among young women*. Poster presented at the Annual Meeting of the Society for Psychophysiological Assessment in Washington, D.C.
 49. **Bylsma, L.M.** (October, 2019). *Affective dynamics, emotion regulation, and crying in daily life among adolescents varying in depression risk*. Oral talk presented at the 7th International Conference on Emotions, Wellbeing, and Health, Tilburg, The Netherlands.
 50. **Bylsma, L.M.**, Silk, J.S. & Ladouceur, C.D. (January, 2020). *Daily life affective dynamics and emotion regulation among adolescents varying in depression risk*. Oral talk presented at the Society for Ambulatory Assessment in Melbourne, Australia.

51. Ladouceur, C.D., **Bylsma L.M.**, Shirtcliff, E. & Dahl, R. (March, 2020). Pubertal hormones modulate neural response to reward as a function of reward magnitude: An event related potential study. Oral talk scheduled to be presented as part of a data blitz, *Puberty Blitz! Empirical studies on the role of puberty and pubertal hormones in shaping social and biobehavioral development*, biennial meeting of the Society for Research on Adolescence, San Francisco, CA. [Conference cancelled due to COVID-19]
52. **Bylsma, L.M.**, Silk, J.S. & Ladouceur, C.D. (April, 2021). Daily life positive affect during peer contexts and associations with neural response to reward in adolescents at high and low familial risk for depression. In J.S. Silk (chair), *From Brain to Behavior to Daily Life: Cross-Level Assessments of Emotional Response to Peer Interactions in Adolescents and Relations to Psychopathology*. Symposium presented virtually at the Biennial Conference of the Society for Research in Child Development (SRCD).
53. Johnson, E. N., Elliott, B. T., Girard, J. M., **Bylsma, L. M.**, Cohn, J. F., Fournier, J. C., Morency, L.-P., & Swartz, H. A. (June, 2021). *Predicting working alliance during depression psychotherapy treatment from personality and interpersonal style*. Poster presented at the 24th Annual Meeting of the Society for Interpersonal Theory and Research.
54. Elliott, B. T., Girard, J. M., **Bylsma, L. M.**, Cohn, J. F., Fournier, J. C., Morency, L.-P., & Swartz, H. A. (June, 2021). *Observing changes in pathological personality traits and interpersonal problems over the course of brief psychotherapy for depression*. Poster presented at the 24th Annual Meeting of the Society for Interpersonal Theory and Research.
55. **Bylsma, L.M.**, Swartz, H.A., Fournier, J.C., Morency, L., Girard, J.M., Cohn, J.F. (Nov, 2021). Feasibility and Acceptability of IPT-B and Brief CBT for Depression Delivered In-Person and via Telehealth. In H.A. Swartz (chair), *Evidence-Based Approaches to Teletherapy: What Do We Know About Remote Delivery of IPT and Related Therapies?* Symposium presented virtually at the Biennial Conference of the International Society of Interpersonal Psychotherapy (ISIPT).
56. Vail, A. K.*, Girard, J., **Bylsma, L.M.**, Cohn, J., Fournier, J., Swartz, H., & Morency, L. P. (Dec, 2021). *Goals, Tasks, and Bonds: Toward the Computational Assessment of Therapist Versus Client Perception of Working Alliance*. Paper presented at the 16th IEEE International Conference on Automatic Face and Gesture Recognition in Jodhpur, India; IEEE FG 2021, pp. 1-8, doi: 10.1109/FG52635.2021.9667021
57. Horton, L., Mayanil, T., & **Bylsma, L.M.** (2022). *Growing the Hope Team in Pittsburgh: Systematic, Diagnostic, and Treatment Perspectives*. Poster presentation published in the abstract proceedings of the Congress of the Schizophrenia International Research Society (SIRS), Hybrid Conference held in Florence, Italy and online.
58. Vail, A. K.*, Girard, J., **Bylsma, L.M.**, Cohn, J., Fournier, J., Swartz, H., & Morency, L. P. (Nov, 2022). *Toward Causal Understanding of Therapist-Client Relationships: A Study of Language Modality and Social Entrainment*. Long Paper to be presented at the forthcoming 24th ACM International Conference on Multimodal Interaction (ICMI) to be held in Bengaluru, India.

*Denotes student/trainee author

Other Conference Presentations (Invited Panelist)

1. **Bylsma, L.M.**, Eddington, K., Foti, D. & Gollan, J. (November, 2015). In Rachel Hershenberg (chair), *Bridging basic science and treatment research on emotional reactivity in depression: Theoretical questions, methodological issues, and pathways for moving forward*. Invited Panel Discussion presented at the Annual Conference of Behavioral and Cognitive Therapies, Chicago, Illinois.
2. **Bylsma, L.M.**, Dahne, J., Kleiman, E., & Thompson, R. (November, 2018). In Rachel Hershenberg (chair), *Measuring Facets of Depression in Everyday Life: A Practical Discussion of Pragmatics and Innovations*. Invited Panel Discussion presented at the Annual Conference of Behavioral and Cognitive Therapies, Washington, D.C.

PROFESSIONAL ACTIVITIES

TEACHING

University of Pittsburgh, School of Medicine, Department of Psychiatry

Medical Student and Psychiatry Resident Training

Course Director

- 2019-21 Course Director (with Co-Director Caroline Oppenheimer, Ph.D.), Psychological Theories and Development (6-week didactic seminar for 10-20 2nd year Psychiatry residents, 3 terms)
- 2021-23 Course Director (with Co-Director Lori Scott, Ph.D.), Psychological Theories and Development (6-week didactic seminar for 10-20 2nd year Psychiatry residents, 2 terms)

Guest Lecturer

- 2015 CBT for Anxiety Disorders, Center for Advanced Psychotherapy (Psychiatry residents and Psychology trainees, 1 lecture, 3-5 trainees)
- 2015-16 Psychiatry Clerkship: Anxiety Disorders (medical students, 4 lectures, 10-15 students)
- 2015-16 Psychiatry Clerkship: Mood Disorders (medical students, 3 lectures, 10-15 students)
- 2016-18 PGY2 Psychological Theories and Development Course: Temperament (Course Director: Ladouceur; psychiatry residents, 3 lectures, 10-15 residents)
- 2018 CBT for Child and Adolescent Mood and Anxiety Disorders, Center for Advanced Psychotherapy (psychiatry residents and psychology trainees, 1 lecture, 3-6 trainees)
- 2019 Psychiatry Clerkship: Psychotherapy (medical students, 2 lectures, 8-15 medical students)
- 2019 CBT for Depression and Anxiety, Bellefield Adult Outpatient Clinics (Mental Health Staff and Trainees; 1 lecture, 15-20 learners, CEUs provided)
- 2019 CBT for Anxiety Disorders, Center for Advanced Psychotherapy (Psychiatry Residents and Psychology Trainees, 1 lecture, 3-6 trainees)
- 2019-22 PGY2 Mood Disorders Course: Psychosocial Theories and Psychotherapy (Course Director: Travis; Psychiatry Residents, 2 lectures, 10-15 residents).
- 2020-22 PGY2 Mood Disorders Course: Biological Theories of Depression (Course Director: Travis; Psychiatry Residents, 1 lecture, 10-15 residents).
- 2021 Open Notes and Collaborative Documentation (Co-Led with Jeremy Abel, Ph.D.), Bellefield Adult Outpatient Clinics (Mental Health Staff and Trainees; 1 lecture, 50-60 learners, CEUs provided)
- 2022 Adapting CBT for Working with Adolescents (Co-Presented with Tina Gupta, Ph.D. and Leslie Horton, Ph.D.), scheduled to lead an invited clinical training didactic workshop as part of a CBT-p top-up clinical training series (Course Director: Helen Wood, DClinPsy), UPMC WPH Comprehensive Recovery Services (CRS) and Services for the Treatment of Early Psychosis (STEP) (1 lecture, 2 hours, mental health staff and trainees, 15-20 learners, CEUs provided).
- 2022 Overview of CBT for Depression and Anxiety, Center for Advanced Psychotherapy (Psychiatry Residents and Psychology Trainees, 1 lecture, 3-6 trainees)

Course Facilitator

- 2018-19 Facilitator for small group discussion on the assessment and management of depression as part of the Introduction to Psychiatry Medical Student Education, ~10 2st year medical students (1 hour)

- 2019 Facilitator for small group discussion on coping with illness as part of the Introduction to Psychiatry Medical Student Education, ~10 2nd year medical students (1 hour)
- 2019 Facilitator for small group discussion the assessment and management of suicidality as part of the Introduction to Psychiatry Medical Student Education, ~10 2nd year medical students (1 hour)
- 2019 Facilitator for small group discussion on child psychiatry as part of the Introduction to Psychiatry Medical Student Education, ~10 2nd year medical students (1 hour)
- 2020 Facilitator for the Evidence Based Medicine Investigation & Discovery (EBM I&D) course (Co-Facilitator with Rob Powers; Course Directors: Peter Drain and John Maier) which focuses on small group discussion to help the student develop their longitudinal research project (LRP) proposal (6-7 1.75hr sessions, 8 second-year medical students)
- 2021 Facilitator for the Evidence Based Medicine (EBM) Applied course – Research Design and Critical Appraisal (Co-Facilitator with Peter Veldkamp, Course Directors: Peter Drain and John Maier) which focuses on small group discussion to help students learn research design and critical thinking skills in developing their Dean’s Summer Research Projects (DSRP) (7-8 1.75hr sessions, 8 first year medical students)
- 2021 Facilitator for the Evidence Based Medicine Investigation & Discovery (EBM I&D) course (Co-Facilitator with Bernard Macatangay; Course Directors: Peter Drain and John Maier) which focuses on small group discussion to help the student develop their longitudinal research project (LRP) proposal (6-7 1.75hr sessions, 7 second-year medical students)
- 2022 Facilitator for the Evidence Based Medicine (EBM) Applied course – Research Design and Critical Appraisal (Co-Facilitator with Sui Kwong; Course Directors: Peter Drain and John Maier) which focuses on small group discussion to help students learn research design and critical thinking skills in developing their Dean’s Summer Research Projects (DSRP) (7-8 1.75hr sessions, 7 first year medical students)

Resident Grand Rounds and Journal Clubs

- 2020 Invited Expert, Resident Grand Rounds, UPMC Western Psychiatric Hospital, Presented By: Chuck Hall, M.D., PGY-5 Child and Adolescent Psychiatry Fellow, “Boredom in an Age of Social Distancing”, ~30 Residents, psychology trainees, and faculty (1 hour)
- 2021 Invited Expert, Resident Grand Rounds, UPMC Western Psychiatric Hospital, Presented By: Jacquelin Esque, M.D., PGY-5 Child and Adolescent Psychiatry Fellow, “Clinical High Risk for Psychosis”, ~30 Residents, psychology trainees, and faculty (1 hour)
- 2021 Invited Expert, Western Psychiatric Hospital-Wide Journal Club, Presented by: Marlene Strege, MS, Clinical Psychology Intern, “Persistent Symptoms in Depression Recovery” ~30 Residents, other trainees, and faculty (1 hour)
- 2021 Invited Expert, Western Psychiatric Hospital-Wide Journal Club, Presented by: Alexander Tereshchenko, M.D., PGY-2 Psychiatry Resident “Adherence, Flexibility, and Outcome in Psychodynamic Treatment of Depression”, ~15 Residents, psychology trainees, and faculty (1 hour)
- 2022 Invited Expert, Western Psychiatric Hospital-Wide Journal Club, Forthcoming, To Be Presented by: Tina Gupta, MA, Clinical Psychology Intern, “Probability of transition to psychosis in individuals at clinical high risk: An updated meta-analysis”, ~30 Residents, psychology trainees, and faculty (1 hour)
- 2022 Invited Expert, Western Psychiatric Hospital-Wide Journal Club, Forthcoming, To Be Presented by: Kevin Clancy, MA, Clinical Psychology Intern, “Simultaneous rTMS and psychotherapy in major depressive disorder: Clinical outcomes and predictors from a large naturalistic study”, ~40 Residents, psychology trainees, and faculty (1 hour)

University of Pittsburgh, Institute for Clinical Research Education

Course Director

- 2018 Course Co-Director (with Christopher Bakkenist, Ph.D.), Introduction to Grant Writing (8-weeks 2 hours, 40 postdoctoral trainees and early career faculty members, 1 term)
- 2019-22 Course Director (with Co-Director J. Richard Chaillet, MD, Ph.D.), Introduction to Grant Writing (8-11 weeks 2 hours, 30 postdoctoral trainees and early career faculty members, 4 terms)

University of Pittsburgh, Department of PsychologyClinical Practicum Supervisor

- 2021 Instructor/Supervisor for Clinical Practicum Course, Adult CBT (4 Clinical Psychology PhD students, 2 terms: Summer and Fall 2021)
- 2022-23 Instructor/Supervisor for Clinical Practicum Course, Adult CBT (3 Clinical Psychology PhD students, Fall 2022 and Spring 2023)

Guest Lecturer

- 2015 Cognitive Psychology (1 lecture, 50-80 students)
- 2016 Cognitive Psychology (1 lecture, 30-50 students)
- 2016 Introduction to Cognitive Neuroscience (1 lecture, 20-30 students)
- 2018 Special Topics in Psychology: Anxiety: Theory and Treatment (1 lecture, 20-30 students)
- 2019 Cognition and the Brain (1 lecture, 20-30 students)
- 2019 Introduction to Psychology: Psychological Disorders (1 lecture; 300-400 students)

University of North Carolina-Greensboro, Department of PsychologyGuest Co-Instructor, with Blair Wisco, Ph.D. and Paul Silvia, Ph.D. (UNC-Greensboro)

- 2022 Independent Study in Cardiovascular Psychophysiology (UNCG PSY 601, 2 semesters): Psychophysiology Summer/Fall Didactic Series (10 90-minute seminars, 3 learners—1 UNCG clinical psychology graduate student and 2 Pitt postdoctoral scholars). Virtual course developed for Cameron Pugach, MA, (NIMH F31 Recipient) as part of my role as a Consultant, including guest participation of 2 postdoctoral scholars I Co-mentored on their K proposals (Jessie Northrup, PhD and Salome Vanwoerden, PhD).

University of South Florida, Department of PsychologyCourse Instructor of Record

- 2011 Abnormal Psychology (Undergraduate, 2 sections, 100-200 students)

Course Assistant

- 2007 Introduction to Psychological Science (Undergraduate, 2 sections, 200-300 students)
- 2007 Abnormal Psychology (Undergraduate, 2 sections, 50-80 students)
- 2008 Introduction to Psychological Science (Undergraduate, 2 sections, 200-300 students)

Lab Instructor

- 2005-06 Research Methods (Undergraduate, 5 labs, 20-25 students)
- 2007-08 Introduction to Psychological Science (Undergraduate, 4 labs, 15-20 students)

Guest Lecturer

- 2007 Introduction to Psychological Science (2 lectures)
- Abnormal Psychology (2 lectures)
- 2009 Tests and Measures (1 lecture)

- 2010 Cognitive Psychology (1 lecture)
 Child Psychology (1 lecture)
 Introduction to Psychological Science (2 lectures)
 Motivation (1 lecture)

**Research Mentoring/Advising
 University of Pittsburgh**

Postdoctoral Associates/Fellows, Department of Psychiatry, School of Medicine

- 2022- Xin Xu, Ph.D.
 Project: Feeling Emotions in Everyday Life (FEEL) Study (MH118218)
 Role: Primary Research Mentor/Supervisor
- 2021- Salome Vanwoerden, Ph.D.
 Role: K Co-Mentor and K Review Committee Member; Title: “Dysfunctional behavior with peers during middle childhood as a precursor to borderline personality pathology”
 Status: Submitted, Pending Review
- 2021 Taylor Day, Ph.D.
 Role: K Review Committee Member; Title: “Development of Emotion Dysregulation in Preschoolers with Autism Spectrum Disorder”; Status: Not Submitted
- 2021 Andrew Seidman, Ph.D.
 Program: Innovative Methods in Pathogenesis and Child Treatment Training (IMPACT) (T32)
 Role: Research Co-Mentor (with Maria Kovacs, Ph.D.)
- 2021 Daniel Paulus, Ph.D.
 Role: Research Co-Mentor for K concept proposal (with Sarah Pedersen, Ph.D.)
 Status: Not Submitted
- 2020 Irene Tung, PhD.
 Role: K Review Committee Member; Title: ““Maternal Stress Resilience During Pregnancy and Offspring Emotion Regulation”; Status: Funded
- 2020 Irene Tung, Ph.D.
 Role: Internal Consultant, Amy Roberts Research Award Proposal, UPMC Magee-Women’s Research Institute & Foundation; Status: Not Funded
- 2019- Jessie Northrop, Ph.D.
 Role: K Co-Mentor and K Review Committee Member; Title: “Parent-Child Interactions and Risk for Emotion Regulation Impairments in Preschoolers with Autism Spectrum Disorders”; Status: Funded
- 2017-20 Jessica Hamilton, Ph.D.
 Program: Translational Research Training in Sleep Medicine (T32)
 Role: Research Co-mentor (with Peter Franzen, PhD and David Brent, MD)

Clinical Psychology Interns, Department of Psychiatry, School of Medicine

- 2016-17 Jessica Hamilton, M.A. (Research Co-mentor with Peter Franzen, PhD)

Medical Students, University of Pittsburgh School of Medicine

- 2021 Grace Noel, B.S.
 MS1 Medical Student, University of Pittsburgh School of Medicine
 Primary Research Mentor, Dean’s Summer Research Project (DSRP and T32 pre-doctoral summer program in Child and Adolescent Psychiatry)

Psychology Doctoral Students, Department of Psychology, University of Pittsburgh

2015-19 Marlissa Amole, M.S.
Clinical Psychology Doctoral Student, Department of Psychology
Research Co-mentor with Jennifer Silk and Aidan Wright

Undergraduate Students, Directed Research Supervisor, University of Pittsburgh

2014-15 Julia K. Badya; Neuroscience; Co-mentor (with Cecile Ladouceur, PhD)
2016-17 Meera Rajput; Psychology; Co-mentor (with Cecile Ladouceur, PhD)
2018-19 Cornelia Cai; Psychology; Co-mentor (with Danny Shaw, PhD and Caroline Oppenheimer, PhD)
2018-19 Katie E. Scully; Neuroscience; Primary Mentor (Co-mentor: Caroline Oppenheimer, PhD)
2018-19 Ashley D. Thompson; Psychology; Primary Mentor (Co-mentor: Caroline Oppenheimer, PhD)
2018-19 Shannon Chand; Psychology; Primary Mentor (Co-mentor: Caroline Oppenheimer, PhD)
2018-19 Rebecca Obserschmidt; Biology; Primary Mentor (Co-mentor: Caroline Oppenheimer, PhD)
2018-19 Lauren Reinhardt; Psychology; Primary Mentor (Co-mentor: Caroline Oppenheimer, PhD)
2018-19 Madeline Stackhouse; Neuroscience; Primary Mentor (Co-mentor: Caroline Oppenheimer, PhD)
2018-20 Samir Yellapragada; Neuroscience; Primary Mentor (Co-mentor: Caroline Oppenheimer, PhD)
2019 Sara Campbell; Psychology; Primary Mentor
2020 Rose Leonard; Psychology; Primary Mentor (Co-mentor: Holly Swartz, MD)
2020 Molly Stoff; Psychology; Primary Mentor (Co-mentor: Holly Swartz, MD)
2020 Halley Lynn Cook; Biology; Primary Mentor
2020 Alexander M. Shulte; Psychology; Primary Mentor (Co-mentor: Lori Scott, PhD)
2020-21 Brittany Chalmers; Psychology; Primary Mentor (Co-mentor: Lori Scott, PhD)
2020-21 Camille Brazell; Psychology; Primary Mentor (Co-mentor: Lori Scott, PhD)
2020-21 Anushka Nageswaran; Psychology; Primary Mentor
2021 Evin Jacobs; Psychology; Co-mentor (with Lori Scott, PhD)
2021 Athena Swiader; Psychology; Co-mentor (with Lori Scott, PhD)
2021-22 Alyssa Kline; Psychology; Co-mentor (with Lori Scott, PhD)
2021-22 Gwyneth Lloyd; Psychology; Primary Mentor (Co-mentor: Lori Scott, PhD)
2021-22 Maqdous Awan; Biology, Primary Mentor
2022 Madison (Maddy) Leach; Psychology; Primary Mentor
2022 Scotlynn Fennell; Psychology; Primary Mentor (Co-mentor: Lori Scott, PhD)
2022- Garrett Helvy, Psychology; Primary Mentor (Co-mentor: Lori Scott, PhD)

Undergraduate Students, Directed Research Supervisor, Carnegie Mellon University

2019 Omar Elmady (Carnegie Mellon University, Neuroscience)

Undergraduate Students, Summer Research Interns:

2017 Joshua Inyangson (Carnegie Mellon University, Neuroscience)
2018 Samir Yellapragada (University of Pittsburgh, Neuroscience)
2019 Omar Elmady (Carnegie Mellon University, Psychology)

Undergraduate and High School Students, Pitt Health Sciences Research Training Program, Office of Science Education Outreach:

2018 Maddy Weimer (University of Dayton, Psychology)
2018 Catherine Vith (Allegheny College, Psychology and Neuroscience)
2019 Kristina Dorsey (Moorestown Friends High School, Moorestown, New Jersey)
2020 Mohamad Kalaifa (Slippery Rock University, Psychology)

Undergraduate Students, Directed Research Instructor/Advisor, First Experiences in Research Program, University of Pittsburgh School of Arts and Sciences

2014-15 Morgan Hart (Biology major)
 2014-15 Kaysey McGrath (Psychology major)
 2014-16 Meera Rajput (Psychology major)
 2020 Cheyenne Degiglio (Co-mentor with Holly Swartz, MD)
 2020 Mahitha Vivek (Co-mentor with Holly Swartz, MD)

High School Student Mentorship

2013 Outside Mentor for High School Students, University of Pittsburgh Cancer Institute (UPCI), Academy Scholars Program

Service on Doctoral Dissertation Committees

Trainee: Marlissa Amole, M.S.
 Committee: Dissertation Committee
 Dept: Clinical Psychology, University of Pittsburgh
 Title: "Mom, I Feel You: Mother-Adolescent Emotional Synchrony and Adolescent Well-Being"
 Role: Outside committee member; provide guidance on development of proposal, execution of research project, and preparation of dissertation and resulting publications
 Date: 2017-18

Trainee: Lauren Page Rose, M.S.
 Committee: Dissertation Committee
 Dept: Social Psychology, University of Pittsburgh
 Title: "Social modulation of pain: A mediation model with shared reality and emotion"
 Role: Committee member; provide guidance on development of proposal, execution of research project, and preparation of dissertation and resulting publications
 Date: 2021

Trainee: Esther E. Palacios-Barrios, M.S.
 Committee: Dissertation Committee
 Dept: Psychology, University of Pittsburgh
 Title: "Early life interpersonal stress and adolescent depression: Social reward processing as a potential mediator"
 Role: Committee member; provide guidance on development of proposal, execution of research project, and preparation of dissertation and resulting publications
 Date: 2022-

Service on Doctoral Comprehensive Exam Committees

Trainee: Kirsten Marie Peterson McKone, B.A.
 Committee: Comprehensive Exam Committee
 Dept: Psychology, University of Pittsburgh
 Title: "Flexibility across affective systems in childhood and adolescence: Examining adaptiveness within a Flex3 framework"
 Role: Committee member; guided development of research project and evaluated quality of resulting specialty exam paper
 Date: 2020-21

Trainee: Esther E. Palacios-Barrios, B.A.

Committee: Comprehensive Exam Committee
Dept: Psychology, University of Pittsburgh
Title: "Early life interpersonal stress and adolescent depression: Social reward processing as a potential mediator"
Role: Committee member; guided development of research project and evaluated quality of resulting specialty exam paper
Date: 2021-22

Service on Undergraduate Honors Thesis Committees

Trainee: Cornelia Cai
Committee: Honors Thesis
Dept: Psychology, University of Pittsburgh
Title: "Association of Parent ER and Child ADHD Symptom Trajectories via Child ER: An Investigation of High and Low Risk Youth"
Role: Primary Mentor and Committee Chair
Date: 2018-19

Trainee: Katie Scully
Committee: Honors Thesis
Dept: Neuroscience, University of Pittsburgh
Title: "Do children with siblings have better emotion regulation skills compared to their singleton peers?"
Role: Primary Mentor
Date: 2018-19

Trainee: Lauren Reinhardt
Committee: Honors Thesis
Dept: Psychology, University of Pittsburgh
Title: "The association of peer stressors and rejection sensitivity on somatic pain intensity in adolescence"
Role: Primary Mentor and Committee Chair
Date: 2020

Trainee: Madeleine Goldberg
Committee: Honors Thesis
Dept: Psychology, University of Pittsburgh
Title: The Influence of Puberty on Reward Processing
Role: Committee Member
Date: 2020-21

Trainee: Madeline Stackhouse
Committee: Honors Thesis
Dept: Neuroscience, University of Pittsburgh
Title: The association of sleep disturbance with adolescent emotion regulation functioning and depression risk
Role: Primary Mentor
Date: 2020-21

Trainee: Srilekha Mutukula

Committee: Honors Thesis

Dept: Psychology, University of Pittsburgh

Title: Return to normalcy" (i.e., after Covid-19 restrictions were lifted) has been associated with adolescent girls' symptoms of depression and anxiety

Role: Committee Member

Date: 2022-23

ExternalNational

2021- External Consultant for an NIMH F31 proposal submitted by a clinical psychology doctoral student, Cameron Pugach, mentored by Blair Wisco, Ph.D., University of North Carolina-Greensboro, Status: Funded

International

2021- External Co-Mentor and Committee Member for a Psychology Doctoral Student, Teejay Scott, B.S., mentored by Kristin Gainey, Ph.D., University of Western Australia, Perth, Australia.

University of South Florida (Prior Academic Appointment)Undergraduate Students, Honors Thesis Supervision, Department of Psychology2006-07 Vanessa Wolvin, *Personality and post-crying catharsis*2007-08 Ashley Malchow, *Sleep quality and physiological stress reactivity*2007-08 Bethanne Bower, *Sleep quality and duration in major and minor depression*2007-08 Anthony Hernandez (McNair Scholar), *Clinical factors associated with crying and mood change*2010-11 Ricky Madhavan, *Social cohesion and depressive symptoms among college-aged adults***Clinical Supervision**

Center for Advanced Psychotherapy (CAP), Western Psychiatric Institute and Clinic, University of Pittsburgh Medical Center – Provided outpatient clinical assessment and psychotherapy supervision and training to psychology doctoral trainees and psychiatry residents/fellows in adult and child CBT for mood and anxiety disorders, including clinical supervision of a brief CBT protocol for depression as part of an NSF-funded psychotherapy process research study.

2015-16 Debra Reich, M.S., Counseling Psychology Psy.D. Student (Chatham University)

2016-17 Breanne Healey, M.S., Counseling Psychology Psy.D. Student (Chatham University)

2017 Christopher Wilson, M.S., Counseling Psychology Psy.D. Student (Chatham University)

2017 Drew Calhoun, M.D., PGY-4 Psychiatry Resident (University of Pittsburgh)

2017 Nicole Bates, M.D., PGY-4 Psychiatry Resident (University of Pittsburgh)

2017 David Rabin, M.D., PGY-4 Psychiatry Resident (University of Pittsburgh)

2018 Chuck Hall, M.D., 4th PGY-4 Psychiatry Resident (University of Pittsburgh)

2018 Monique Simpson, M.D., PGY-4 Psychiatry Resident (University of Pittsburgh)

2018 Manivel Rengasamy, M.D., PGY-4 Child & Adolescent Psychiatry Fellow (University of Pittsburgh)

2018 Elyse Watson, M.D., PGY-3 Psychiatry Resident (University of Pittsburgh)

2018 Dana Rosen, M.A., Clinical Developmental Psychology Ph.D. Student (University of Pittsburgh)

2018-19 Kathryn Fox, M.A., Clinical Psychology Intern (University of Pittsburgh)

- 2019 Jodie Mitchell, M.S., Counseling Psychology Psy.D. Student (Chatham University)
 2019 Vincent Pietropaoli, M.S., NCC, Counseling Psychology Psy.D. Student (Chatham University)
 2019 Christie (Urquhart) Sylvester, M.D., PGY-5, Child & Adolescent Psychiatry Fellow (University of Pittsburgh)
 2019 Jiayun Lu, M.D., PGY-5 Psychiatry & Family Medicine Resident (University of Pittsburgh)
 2019 Katherine Fu, M.D., PGY-2 Psychiatry Resident (University of Pittsburgh)
 2020 Andrew Parsons, M.D., PGY-5 Psychiatry & Family Medicine Resident (University of Pittsburgh)
 2020 Zachary Hankle, M.S., Counseling Psychology Psy.D. Student (Chatham University)
 2020-21 Orma Ravindranath, M.S., Clinical Psychology Ph.D. Student (University of Pittsburgh)
 2020-21 Allison Collier, M.D., PGY-5 Child & Adolescent Psychiatry Fellow (University of Pittsburgh)
 2021 Lauren Kennedy, M.S., Counseling Psychology Psy.D. Student (Chatham University)
 2021 Whitney Ringwald, M.S., Clinical Psychology Ph.D. Student (University of Pittsburgh)
 2021 Esha Khurana, M.D., PGY-3 Psychiatry & Family Medicine Resident (University of Pittsburgh)
 2021-22 Kevin Clancy, M.S., Clinical Psychology Intern (University of Pittsburgh)
 2022 William C. Woods, M.S., Clinical Psychology Ph.D. Student (University of Pittsburgh)
 2022 Patrick Buckley, M.D. M.B.A., PGY-4 Psychiatry Resident (University of Pittsburgh)
 2022- Delainey L. Wescott, M.S., Clinical Psychology Ph.D. Student (University of Pittsburgh)
 2022- Isabella (Izzy) Kratzer, M.D., PGY-3 Psychiatry Child Track (University of Pittsburgh)
 2022- Amy O'Donnell, M.D., PGY-3 Psychiatry Resident (University of Pittsburgh)

HOPE TEAM Clinical Psychiatric Services for At-risk Youth, Western Psychiatric Institute and Clinic, University of Pittsburgh Medical Center – Provided outpatient assessment and psychotherapy supervision and training to psychology doctoral trainees and psychiatry residents/fellows in CBT for adolescents and young adults 18-25 who meet criteria for Clinical High Risk for Psychosis (CHR-p)(Attenuated Psychosis Syndrome), including addressing co-morbid mood and anxiety disorders. Co-supervision provided with Dr. Leslie Horton, Ph.D. (HOPE TEAM Director).

- 2020-21 Jacquelin Esque, M.D., PGY-5 Child and Adolescent Psychiatry Fellow (University of Pittsburgh)
 2021 Amy Rasmussen, M.D., PGY-5 Child and Adolescent Psychiatry Fellow (University of Pittsburgh)
 2021 Brandon Hage, M.D., M.A., PGY-5 Child and Adolescent Psychiatry Fellow (University of Pittsburgh)
 2021-22 Maria I. Perica, M.S., Clinical Psychology PhD Student (University of Pittsburgh)
 2021-22 Tina Gupta, M.S., Clinical Psychology Intern (University of Pittsburgh)
 2021-22 Ligia D. Antezana, M.S., Clinical Psychology Intern (University of Pittsburgh)
 2022- Jeffery Unterberger, M.S., Counseling Psychology Psy.D. Student (Chatham University), supported by an HRSA-funded Behavioral Workforce Education and Training grant for the Healthcare Alliance Promoting Pittsburgh Youth (HAPPY) Project, which focuses on support for students holding marginalized identities to increase representation of these identities among professionals in the field

Psychology Internship Program, Western Psychiatric Institute and Clinic, University of Pittsburgh Medical Center. Provided weekly individual clinical supervision in CBT for mood, anxiety, and traumatic stress disorders for longitudinal psychotherapy outpatient cases in the UPMC WPIC Psychotherapy Training Clinic (PTC).

- 2020-21 Marlene Strege, M.A., Clinical Psychology Intern (University of Pittsburgh)

Psychology Postdoctoral T32 Training Program, Western Psychiatric Institute and Clinic, University of Pittsburgh Medical Center. Provided weekly individual clinical supervision in CBT for mood, anxiety, and traumatic stress disorders for longitudinal psychotherapy outpatient cases in the UPMC WPIC Psychotherapy Training Clinic (PTC) for trainee postdoctoral licensure hours.

2021- Marlene Strege, Ph.D., T32 Postdoctoral Trainee (University of Pittsburgh)

Medical Student Outpatient Facilitator, Department of Psychiatry, University of Pittsburgh

2016 Clinical Structured Diagnostic Interviewing with Adults and Youth for Research Studies, 3rd year medical students (1 student)

Clinical Research Supervisor, Department of Psychiatry, University of Pittsburgh

2017-18 Vera Vine, Ph.D., Postdoctoral Scholar (University of Pittsburgh)
Provided clinical supervision for adult and child diagnostic research assessments (SCIDs and KSADs)

Clinical Externship Supervisor, Department of Psychology, University of Pittsburgh

2018 Chardée Galán, M.S., Doctoral Student, Clinical & Developmental Psychology (University of Pittsburgh)
Provided clinical supervision for adult and child diagnostic research assessments (SCIDs and KSADs) and integrated report writing

Clinical Instructor, Chatham University

2016 Daniesha Hunter, B.A., Counseling Psychology M.A. Student (Chatham University)
Provided clinical externship training in adult and child structured diagnostic interviewing through participation in my ongoing research at the University of Pittsburgh.

Clinical Site Supervisor, Carnegie Mellon University

Site supervisor for the Internship in Clinical Psychology Course through participation in my ongoing research at the University of Pittsburgh.

2016 Ariel Tan, Psychology BA Student (Carnegie Mellon)
2017 Yeh (Jasmine) Yin Ki, Psychology BA Student (Carnegie Mellon)
2018 Yoobin Chee, Psychology BA Student (Carnegie Mellon)

Clinical Supervision of Licensed and Pre-Licensure Clinical Staff, University of Pittsburgh Medical Center
Provided group clinical consultation and supervision in CBT for adults with mood and anxiety disorders.

2020-21 Nicole Dunn, MA, LPC; Bellefield Behavioral Health Therapist I
2020-22 Jeremy Abel, MS, PhD, LPC; Bellefield Behavioral Health Therapist III
2021- Alicia Haley, LCSW; Bellefield Behavioral Health Therapist II
2022 Toria Lapiska, MS; Bellefield Behavioral Health Therapist I
2022 Echo Eggebrecht, MS; Bellefield Behavioral Health Therapist I
2022- Rachel Jones, MSW, LSW; Bellefield Behavioral Health Therapist I
2022- Kelly McCall, MS; Bellefield Behavioral Health Therapist I
2022- Leah Sufrin, PsyD; Bellefield Psychology Associate

Clinical Supervision of Research Staff

Provided training and supervision in administering SCID and KSADs (DSM-IV and DSM-5) structured diagnostic interviews with parents with a history of depression and adolescent high risk youth as part of a research study.

2014-16 Amanda Adams, BS; Research Specialist, University of Pittsburgh Medical Center

2016-19 Lorraine Scott, BS; Research Specialist, University of Pittsburgh Medical Center

RESEARCH

Grant Support

Current Clinical Programming Grants:

SAMHSA H79 SM22008 (Grantee: PA State Dept/Public Welfare) 10/01/22-09/29/27

Role: Assistant Director/Clinical Coordinator – Projected Effort (Clinical): 15%

Community Programs for Outreach and Intervention with Youth and Young Adults at Clinical High Risk for Psychosis Program

This grant funds the implementation and ongoing operation of a community-based program for empirically supported identification and treatment of youth believed to be at elevated risk for developing psychosis. It represents one of two sites (the other being our collaborators at the University of Pennsylvania) that anchor a statewide psychosis risk detection and intervention initiative.

Total Award Amount: \$399,999(FY2022)

Current Sponsored Research:

NIH P50 MH130957 (PD: Mazefsky, U of Pittsburgh) 09/06/22-06/30/27

Pittsburgh Autism Center for Excellence (ACE): Mental Health in Autistic Adults – An RDoC Approach

Project 2: Daily Life Emotion Dysregulation in Autistic Adults with Ambulatory Psychophysiology

Role: Co-PI (with Lori Scott), (Current Effort: 20%)

Status: IRG Review Completed, Impact Score: 39 (April 2022); Selected for funding per Council Review (May 2022), NOA pending

Direct Costs (Project 2): \$2,076,926

NIH R01 MH118218 (PI: Gainey, U of Western Australia) 12/11/19-05/31/24

Emotion Regulation in Distress Disorders: Elucidating the Role of Cognitive Processes and Person-Situation Fit in the Laboratory and Daily Life

Role: Co-Investigator/Site PI (Current Effort: 20%)

Total Costs (University of Pittsburgh): \$799,635

R01MH126979 (PI: Ladouceur, U of Pittsburgh) 08/01/21-05/31/22

Puberty-related development of fronto-amygdala circuitry in anxious youth: A multimodal neuroimaging study with ultra-high resolution MRI scanner (7T)

Role: Co-Investigator (began role 3/1/2022; Current Effort: 10%)

Direct Costs (Subaward): \$49,368 (estimated)

NIH R01 MH121386 (PI: Horton, U of Pittsburgh) 07/01/20-06/30/25

Ambulatory Monitoring of Threat Dysregulation in Adolescents at Risk for Psychosis

Role: Co-Investigator (Current Effort: 10%)

Direct Costs (Subaward): \$49,368

NIH R01 AA025617 (PI: Pedersen) 03/01/18-02/28/23

Understanding Differences in Risk for Alcohol Problems Between Black and White Drinkers: Integrating Alcohol Response, Stress, and Drinking Motives

Role: Co-Investigator (Current Effort: 10%)
 Direct Costs (Subaward): \$24,841 (2 years)

US Department of Defense W81XWH-18-1-0284 (PI: Mazefsky) 08/01/18-07/31/22
The Emotion Awareness and Skills Enhancement Program (EASE): A Randomized Controlled Trial
 This study compares the efficacy of EASE to an individualized supportive therapy control in reducing emotion dysregulation in adolescents and young adults who are verbal with autism spectrum disorders.
 Role: Co-I (beginning 11/1/21; Average Effort: 5-15%)
 Direct Costs (Subaward): \$6,402 (1 year)

Pending:

NIH R01 MH113214B (PIs: Kovacs, Bylsma, University of Pittsburgh) 07/01/22-08/31/27
Does getting older signal improved mood repair for people with early-onset mood disorder histories? A longitudinal study of outcomes and mechanisms across middle age (Competing Renewal)
 Role: Co-PI (with Maria Kovacs), Requested Effort: 20%
 Status: IRG Review Completed June 2022: Not Discussed, Pending Re-submission (Target date: Nov 2022)

NIH R01 MH132071 (PIs: Stepp, Scott, University of Pittsburgh) 01/01/23-12/31/28
Testing a dyadic model of suicide risk in young adults
 Role: Co-I, Requested Effort: 10%
 Status: IRG Review Completed, Impact Score: 34, 17th percentile (June 2022), Pre-Council Recommended for Potential Funding; Pending Full Council Review (Sept 2022)

NIH P60 AA030404 (PD: Molina, U of Pittsburgh) 11/01/22-10/30/27
Pittsburgh Center for Alcohol Research and Education (PCAREs)
 Project 2 (PI Pedersen, U of Pittsburgh): *Understanding drivers of inequities in alcohol problems for minoritized individuals: identifying momentary risk and resilience factors*
 Role: Co-I, Requested Effort: 10%
 Status: Impact Score: 47 (Overall), 34 (P2); Pending Resubmission (Nov 2022)

NIH R01 MH132116 (PI: Girard, University of Kansas) 01/01/23-12/31/28
Dyadic Communication Dynamics in Hybrid In-Person/Remote Psychotherapy
 Role: Co-I, Requested Effort: 5%
 Status: IRG Review Completed, Impact Score: 45, 39th percentile (June 2022), Pending Resubmission (Target date: March 2023)

NIH R01 AA029603 (PI: Read, U of Buffalo) 01/01/23-12/31/28
Isolating Drinking Risk in PTSD: Emotion Regulation Processes in the Contexts of Daily Life
 Role: Co-I (Site PI)
 Status: Pending Re-submission (Target date: Feb 2023)

NIH R01 MH124822 (PI: Bylsma; U of Pittsburgh) 01/01/23-12/31/28
Stress Regulation and Reward Response as Mechanisms of Gut Microbiota Contributions to Depression Risk in Adolescence
 Role: PI
 Status: Initial Submission Impact Score: 46; Percentile: 42; Pending Re-submission (Target date: Feb 2023)

Simons Foundation 296318/NM Lurie Foundation (PI: Siegel, Tufts U; Pitt PI: Mazefsky) 10/01/18-09/31/21

The Autism Inpatient Collection Phases 3: Shifting the Paradigm for Understanding and Treating Aggression

This project uses measures of peripheral physiological arousal and emotion regulation in psychiatric inpatients with autism spectrum disorders to identify processes that underlie aggression as it unfolds during moments of escalation in situ.

Role: Co-I (Pending foundation approval; Expected Start Date: 10/1/2021 retroactive pending NCE, Expected Effort 5%)

Direct Costs (Subaward): TBD

Status: Pending approval of No Cost Extension and new Co-I role (Investigator change)

NIDILRR-ACL (PD/PI: Hammond, Co-PI: Neumann; Indiana Univ) 09/01/22-08/31/27

Disability and Rehabilitation Research Projects (DRRP) Program: Traumatic Brain Injury Model System (TBIMS) Centers: Indiana TBI Model Systems

Role: Co-I, Module Study, Requested Effort: 1-2%

Status: Submitted May 2022; Pending Review

Completed:**SAMHSA H79 SM081196 (Grantee: PA State Dept/Public Welfare) 09/30/18-09/29/22**

Role: Assistant Director/Clinical Coordinator – Began Role 11/01/19; Current Effort (Clinical): 15%

Community Programs for Outreach and Intervention with Youth and Young Adults at Clinical High Risk for Psychosis Program

This grant funds the implementation and ongoing operation of a community-based program for empirically supported identification and treatment of youth believed to be at elevated risk for developing psychosis. It represents one of two sites (the other being our collaborators at the University of Pennsylvania) that anchor a statewide psychosis risk detection and intervention initiative.

Total Award Amount: \$399,476 (FY2021)

NIH R01 CA244673 (PIs: Ferguson, U of Pittsburgh; McDonald, Indiana U) 06/01/20-05/31/25

Mobile Device Cognitive-Behavioral Therapy for Chemotherapy-Related Cognitive Dysfunction: A Multi-Center Randomized Controlled Trial

Role: Co-Investigator (Average Effort: 20% June 2020-July2022, Effort Ended July 2022).

Total Costs (Subaward): \$184,390

NSF IIS-1721667 (Co-PIs: Cohn, Swartz; U of Pittsburgh) 09/01/17-08/31/21

SCH: INT: Collaborative Research: *Dyadic Behavior Informatics for Psychotherapy Process and Outcome*
NSF Smart and Connected Health Program

This is a multi-site collaborative research project in collaboration with Carnegie Mellon University (PI: Morency)

Role: Co-I (Prior Effort 5-15%)

Direct Costs (Subaward): \$33,320

NARSAD Young Investigator Grant (PI: Bylsma, U of Pittsburgh) 01/15/18-01/14/21

Gut Microbiome Influences on Reward and Stress Systems in Depressed, High Risk, and Healthy Adolescents
Brain and Behavior Research Foundation (BBRF)

Role: PI (Prior Effort: 1-15%)

Total Costs (All Years): \$70,000

NIH R21 AT009470 (PIs: Gainey and Demarree, U of Buffalo) 04/01/17-03/31/19

Decentering in Daily Life: Underlying Mechanisms and Impact on Well-Being
 National Center for Complementary and Integrative Health (NCCIH)
 Role: External Consultant

NIH K01 MH104325 (PI: Bylsma; U of Pittsburgh)

08/01/14-10/31/18

Neurobehavioral Predictors of Emotional Deficits in Youth at Risk for Depression
 National Institute of Mental Health (NIMH)
 Role: PI (Prior Effort: 75-100%)
 Total Costs (All Years): \$646,615

Other Research Activities

Journal Editorial Board

- 2016- *Journal of Psychopathology and Clinical Science* (formerly known as *Journal of Abnormal Psychology*), Consulting Editor
- 2017- *Psychophysiology*, Consulting Editor
- 2019-21 *Emotion*, Consulting Editor
- 2022- *Emotion*, Associate Editor
- 2022- *American Journal of Psychotherapy*, Editorial Board Member

Journal Ad Hoc Reviewer

- 2008- *Journal of Neuropsychiatry and Clinical Neurosciences*
- 2008- *Journal of Happiness Studies*
- 2009- *Behavior Research and Therapy*
- 2010- *Psychophysiology*
- 2010- *Journal of Abnormal Psychology*
- 2011- *Journal of Affective Disorders*
- 2012- *Journal of Individual Differences*
- 2012- *Psychiatry Research*
- 2012- *Journal of Psychophysiology*
- 2012- *Depression Research and Treatment*
- 2012- *Biological Psychology*
- 2013- *Behavior Therapy*
- 2013- *Biological Psychiatry*
- 2013- *Cognitive Therapy and Research*
- 2013- *Emotion*
- 2013- *Journal of Clinical Child and Adolescent Psychology*
- 2014- *Brain Imaging and Behavior*
- 2014- *European Psychiatry*
- 2014- *Human Brain Mapping*
- 2014- *Motivation and Emotion*
- 2014- *Cognition and Emotion*
- 2015- *Comprehensive Psychiatry*
- 2015- *Journal of Behavioral Medicine*
- 2015- *Frontiers in Psychology*
- 2016- *Emotion Review*
- 2016- *Journal of Clinical and Experimental Neuropsychology*
- 2016- *Physiology and Behavior*
- 2016- *Psychiatry Research: Neuroimaging*

2016- *Clinical Psychological Science*
2016- *Assessment*
2016- *Clinical Psychology Review*
2016- *International Journal of Psychophysiology*
2017- *Journal of Psychiatric Research*
2017- *Journal of Psychopathology and Behavioral Assessment*
2017- *Neuropsychologica*
2017- *Clinical Interventions in Aging*
2017- *Neuropsychiatric Disease and Treatment*
2018- *Journal of Consulting and Clinical Psychology*
2018- *Psychological Medicine*
2018- *Journal of Alzheimer's Disease*
2018- *Autism Research*
2018- *British Journal of Clinical Psychology*
2018- *Developmental Neuropsychology*
2018- *PLOS ONE*
2019- *Journal of Child Psychology and Psychiatry*
2019- *American Journal of Psychotherapy*
2019- *European Journal of Psychological Assessment*
2019- *American Journal of Psychology*
2019- *Physiology & Behavior*
2019- *SN Comprehensive Clinical Medicine*
2019- *Development and Psychopathology*
2019- *Journal of Gerontology: Medical Science*
2019- *Language and Communication*
2019- *Stress & Health*
2019- *The LANCET Psychiatry*
2020- *European Journal of Personality*
2020- *Personality and Social Psychology Bulletin*
2020- *Scientific Reports – Nature*
2020- *Journal of Mental Health*
2020- *Psychology Research and Behavior Management*
2020- *Journal of Applied Developmental Psychology*
2020- *The Journal of Clinical Psychiatry*
2020- *Psychological Science*
2020- *Clinical Psychology & Psychotherapy*
2020- *Personality and Individual Differences*
2020- *Journal of Experimental Child Psychology*
2021- *JAMA Network Open*
2021- *Current Psychology*
2021- *Child Psychiatry and Human Development*
2021- *Counseling and Psychotherapy Research*
2021- *Stress: The International Journal on the Biology of Stress*
2021- *Clinical Autonomic Research*
2022- *Journal of Cognitive Neuroscience*
2022- *European Journal of Pain*
2022- *Neuroscience and Biobehavioral Reviews*
2022- *Journal of Personality and Social Psychology: Personality Process and Individual Differences*
2022- *European Neuropsychopharmacology*
2022- *Child Development*

Conference Abstract Reviewer

- 2011-14 APA Division 12 Programming
 2013 American Psychosomatic Society
 2016-20,22 Society for Research in Child Development
 2019 Anxiety and Depression Association of America

Conference Student Poster Award Judge

- 2020 Society for Personality and Social Psychology Emotion Preconference

Grant Reviewing

- 2014,20-21 External Expert Grant Reviewer, Grantová agentura České republiky (CACR) (Czech Science Foundation)
 2016-18 External Expert Grant Reviewer, Research Foundation – Flanders (FWO)
 2017-20 Grant Reviewer, American Psychological Association (APA) Dissertation Research Awards
 2018 External Expert Grant Reviewer, Israel Science Foundation (ISF)
 2018-21 External Expert Grant Reviewer, Italian Ministry for Education, University and Research (MIUR), Research Projects of National Relevance (PRIN); Giovani Ricercatori-Rita Levi Montalcini Programme for the Recruitment of Young Researchers; and the Fondo Integrativo Speciale per la Ricerca (FISR) – Special Supplementary Fund for COVID-19 Research Proposals
 2019- External Grant Reviewer, Belgium - Fonds de la Recherche Scientifique (FNRS) (Belgium National Fund for Scientific Research)
 2019-20 Grant Review Committee Member (2 cycles), Transformational Project Awards in Clinical-Population Sciences, American Heart Association (AHA)
 2020- Panel Member, Early Career Reviewer (ECR) Program, National Institute of Mental Health (NIMH)
 2021-23 International Expert Panel Member, Fonds Wetenschappelijk Onderzoek-Vlaanderen (FWO) Review College Fundamental Research, Flanders, Belgium
 2022 External Expert Grant Reviewer, Mission Daybreak, Suicide Prevention Grand Challenge to reduce Veteran suicides, US Department of Veteran Affairs (VA).

External Thesis/Dissertation Examiner

- 2019 University of Queensland, Australia: Leah Sharman (Ph.D. Candidate), *The Interpersonal Benefits of Crying: Gender and Cultural Factors*

INVITED SEMINARS AND LECTURESHIPS**Local**Prior Academic Appointments

- 2008 *Emotion & Major Depression: Concurrent and Prospective Relations*. Clinical Brown Bag Series, University of South Florida, Tampa, Florida.
 2012 *The Emotional Topography of Depression: Experimental and Naturalistic Observations*. Didactic Seminar, VA Puget Sound-Seattle Division, Seattle, Washington.

Current Academic Appointments

- 2014 *Neurobehavioral Predictors of Emotional Deficits in Youth at Risk for Depression*. Developmental Affective Science Collective (DASC), University of Pittsburgh, Department of Psychiatry, Pittsburgh, Pennsylvania.
- 2015 *Emotional Functioning and Depression: Behavioral, Psychophysiological, and Neural Findings*. Clinical Psychology Brown Bag Series, University of Pittsburgh, Department of Psychology, Pittsburgh, Pennsylvania.
- 2016 *Neurobehavioral Indices of Emotional Processing and Regulation Deficits in Youth at Risk for Depression*. Developmental Affective Science Collective (DASC), University of Pittsburgh, Department of Psychiatry, Pittsburgh, Pennsylvania.
- 2016 *Neurobehavioral Indices of Emotional Processing and Regulation Deficits in Youth at Risk for Depression*. Researchers on the Rise Lecture Series, University of Pittsburgh, Department of Psychiatry, Pittsburgh, Pennsylvania.
- 2017 *Daily Life Affective Dynamics in Adolescents at High and Low Familial Risk for Depression*. Developmental Psychology Brown Bag Series, University of Pittsburgh, Department of Psychology, Pittsburgh, Pennsylvania.
- 2017 *Daily Life Affective Dynamics and Regulation in Adolescents at High and Low Familial Risk for Depression*. Department of Psychiatry Research Day Invited Speed Dat(a)ing Presentation, University of Pittsburgh, Pittsburgh, Pennsylvania.
- 2017 *Gut Microbiome Influences on Reward and Stress Systems in Depressed, High Risk, and Healthy Adolescents*. Center for Medicine & the Microbiome Invited Data Blitz, University of Pittsburgh, Pittsburgh, Pennsylvania.
- 2018 *Using Ecological Momentary Assessment to Investigate Affective Dynamics in Youth at High and Low Familial Risk for Depression*. Ambulatory Assessment Research Group, University of Pittsburgh, Pennsylvania.
- 2018 *Daily Life Affective Dynamics and Regulation in Adolescents at High and Low Familial Risk for Depression*. Lab meeting of the Families, Emotions, Neuroscience & Development Laboratory (FEND; PI: Silk), Department of Psychology, University of Pittsburgh, Pittsburgh, PA.
- 2019 *Investigating Emotional Functioning in Depression*. Invited speaker for the Undergraduate Psychology Club, Department of Psychology, University of Pittsburgh, Pittsburgh, PA.
- 2019 *Using Ambulatory Cardiovascular Psychophysiology and Ecological Momentary Assessment to Examine Emotion Regulation Processes in The Context of Daily Life in Adults with Elevated Distress Disorders*. Talk presented at the Mobile Sensing + Health Institute (MoSHI) seminar monthly meeting, University of Pittsburgh, PA.
- 2020 *Writing a Training Grant Application: An Introductory Overview and Practical Tips*. Invited Talk as part of a Research Workshop for Radiology Residents, University of Pittsburgh Medical Center, Pittsburgh, PA.
- 2021 *Exploring Gut Microbiome Associations with Altered Stress and Reward Responsivity as a Pathway to Depression Risk in Adolescence*. Microbiome Group Invited Research Seminar, Center for Medicine & the Microbiome, University of Pittsburgh, Pittsburgh, Pennsylvania. [November, 2021]
- 2022 *Writing a Training Grant Application: An Introductory Overview and Practical Tips*. Invited Talk as part of a Research Workshop for Radiology Residents, University of Pittsburgh Medical Center, Pittsburgh, PA.

Regional

- 2012 **Bylsma, L.M.**, *The Emotional Topography of Depression: Experimental and Naturalistic Observations*. Brown Bag Lecture, Carnegie Mellon University, Pittsburgh, Pennsylvania
- 2017 **Bylsma, L.M.**, *The Neuroscience of Emotion and Risk for Depression*. Invited Guest Lecture for Brain Awareness Week, Slippery Rock University, Slippery Rock, Pennsylvania

National

- 2014 **Bylsma, L.M.**, *From the Laboratory to Daily Life: Elucidating the Complexity of Emotional Functioning Across the Course of Depressive Disorders*. Clinical Brown Bag Lecture, University of Miami, Miami, Florida.
- 2016 **Bylsma, L.M.**, *Neurobehavioral Indices of Emotional Processing and Regulation Deficits in Youth at Risk for Depression*. Invited Graduate Research Seminar, Graduate School of Education and Information Studies, University of California Los Angeles, Los Angeles, California
- 2017 **Bylsma, L.M.**, *Obtaining a K Award*. Invited Seminar for the CHIPS (Child Intervention, Prevention, and Services) Research Training Institute, University of Central Florida, Orlando, Florida; May, 2017.
- 2017 **Bylsma, L.M.**, *Daily life affective dynamics and regulation in youth at high and low familial risk for depression*. Invited flash talk presented at the Emotion Preconference to the Society for Social and Personality Psychology Annual Convention, San Antonio, TX; January, 2017.
- 2017 **Bylsma, L.M.**, *Affective dynamics in daily life in adolescents at high and low familial risk for depression*. In Fleeson, W & Wright, A. G. (chairs). *Extreme Groups as a Key to Understanding Personality Dynamics and Functioning*. Invited talk presented at the Personality Dynamics, Processes, and Functioning Preconference to the Society for Social and Personality Psychology Annual Convention, Atlanta, GA; March, 2018.
- 2019 **Bylsma, L.M.**, *Toward a multimodal approach to emotional processing and regulation in depression*. Early Career Invited Address presented at the Annual Meeting of the Society for Psychophysiological Assessment in Washington, D.C.; September, 2019.
- 2021 **Bylsma, L.M.**, *Multi-method Developmental Approaches to Examining Emotional Processing in Affective Disorders and Career Pathways in Academic Medicine*, Invited Virtual Speaker for Clinical Brown Bag Series, Department of Psychology, University of South Florida, March, 2021.
- 2021 **Bylsma, L.M.**, *A multi-method approach to characterizing emotional reactivity and regulation across development: Risk for depression and other emotional disorders*. Invited Virtual Guest Lecture, Clinical Psychology Colloquium Series, Department of Psychology, Case Western Reserve University, Cleveland, Ohio; December, 2021.
- 2022 **Bylsma, L.M.** (Co-Lead Presenter), Fresco, D.M. (Co-Lead Presenter), and Gainey, K., *Emotion regulation in distress disorders: Elucidating the role of cognitive processes and person-situation fit in the laboratory and daily life using ambulatory psychophysiology*. Invited Virtual Guest Lecture, Program for Risk Evaluation and Prevention for youth with early signs of psychosis and serious mental illness (PREP) Bi-monthly Science Meeting, University of Michigan, Ann Arbor, Michigan; January, 2022.
- 2022 Gainey, K. (Lead Presenter), **Bylsma, L.M.** (Co-Presenter) and Fresco, D.M. (Session Lead), *Developing a JITAI to Facilitate Emotion Regulation for Individuals with Distress Symptoms*. Invited Presenter, Think Tank Meeting, Data Science for Dynamic Intervention Decision-Making Center (D3Center), Institute for Social Research (ISR), University of Michigan, Ann Arbor, Michigan; July, 2022.

International

- 2007 **Bylsma, L.M.**, Vingerhoets, A.J.J.M. & Rottenberg, J. *When is crying cathartic?: An international study*. In A. J. J. M. Vingerhoets (chair), *Crying, catharsis, and well-being*. Invited Talk presented at the 4th International Conference on The (Non) Expression of Emotions in Health and Disease, Tilburg, The Netherlands; August, 2007.
- 2009 **Bylsma, L. M.** & Rottenberg, J. *An experience sampling study of crying behavior and affect in individuals with major and minor depression*. Hot Topic invited talk presented at the Biennial Conference of the International Society for Research on Emotion, Leuven, Belgium; August, 2009.

- 2015 **Bylsma, L.M.** *Crying and Emotion: Individual Differences and Relations to Psychopathology*. Invited talk presented at the Crying and Emotion Pre-Conference of the Biennial Meeting of the International Society for Research on Emotion, Geneva, Switzerland; July, 2015,
- 2020 **Bylsma, L.M.** *Brain-behavior relationships in emotional processing and regulation in depression risk across development*. Invited Guest Lecture, Melbourne Neuropsychiatry Centre, Department of Psychiatry, The University of Melbourne & Melbourne Health; January 2020.
- 2020 **Bylsma, L.M.** *Stress regulation and depression risk*. Invited Guest Lecture, Universität Trier (University of Trier), Department of Psychology, Trier, Germany. [Note: invited and scheduled for May 20, 2020, but canceled due to the COVID-19 Pandemic]
- 2022 **Bylsma, L.M.** (Co-Lead Presenter), Gainey, K. (Co-Lead Presenter), & Fresco, D., Invited Virtual Lecture, *Emotion regulation in distress disorders: Elucidating the role of cognitive processes and person-situation fit in the laboratory and daily life using ambulatory psychophysiology*; In: McLennan, Darren (chair), *Potentials of Just in Time Adaptive Interventions (JITAs) to support Health Behavior Changes*; Online Webinar Sponsored by Movisens GmbH, March 2, 2022. <https://movisens-g.webinargeek.com/webinar/replay/Q9wt7C2SRKs/>

Media Interviews (Past 5 Years, Selected)

- 2016 Washington Post – *Why Do We Cry?* (science expert for printed story)
- 2016 Washington Post – *The Science of a Good Cry* (science expert for printed story)
- 2017 Hauraki Breakfast, New Zealand Media and Entertainment – *Why do People Cry?* (live radio interview)
- 2017 Scientific American, *Why Do We Cry?* (science expert for printed story)
- 2019 Men’s Health – *Why Crying Makes you Emotionally Drained* (science expert for printed story)
- 2019 BBC News – *The Case for Crying in Public* (science expert for printed story)
- 2020 Discover Magazine – *Mental Health and Gut Microbes* (science expert for printed story)
- 2020 Wisconsin Public Radio (WPR) – *Why do we Cry?* (radio interview and podcast)
- 2020 CNN – *Go Ahead, Have a Good Cry. It’s Good for You* (science expert for printed story)
- 2020 Verywell Mind: Mental Health News – *Psychotherapy can Benefit Immune System, Study Shows* (science expert for printed story)
- 2021 Washington Post – *How Crying can Help with Pandemic Stress* (science expert for printed story)
- 2021 New York Times – *In Defense of a Good Cry* (science expert for printed story)
- 2021 New York Times for Kids – *Why Having a Good Cry Makes us Feel Better* (science expert for printed story)
- 2021 AARP Healthy Living – *4 Good Reasons to Cry* (science expert for published online content)
- 2022 London Live with Mike Stubbs, Talk Radio show on 980 CFPL, London Ontario, Canada – *What Happens to us When we Cry* (live radio interview).
- 2022 The Wall Street Journal—*Here’s how to cry the right way to release stress and anxiety* (clinical science expert for printed story)

SERVICE

University of Pittsburgh/University of Pittsburgh Medical Center

- 2013-14 Outreach Committee, University of Pittsburgh Postdoctoral Association (UPPDA)
- 2013-14 Co-Leader, Psychophysiology Reading Group, Psychiatry Department
- 2014-19 Faculty participant for a clinical psychology internship workshop: provided interview advice, role-play, and feedback for graduate students applying for clinical psychology internships, Psychology Department
- 2015 Led workshop on acquiring and scoring heart rate variability data, laboratory of Dr. Horton

- 2015-2017 WPIC Internal Peer Reviewer, Research Review Committee (RRC), Department of Psychiatry
 2017 Led workshop on scoring of impedance cardiography data, laboratory of Dr. Franzen
 2017 Led workshop on scoring heart rate variability data, laboratory of Dr. Horton
 2017 Faculty presenter and reviewer for CV workshop for graduate students applying for faculty positions, postdocs, and clinical psychology internships, Psychology Department
 2018-19 Objective structured clinical examination (OSCE) examiner for psychiatry residents and child fellows (PGY2-PGY4)
 2018- Faculty Rater and Interviewer for Clinical Psychology Internship Applications, Psychiatry Department (WPIC)
 2019- K Review Committee Member, Psychiatry Department (WPIC)
 2019, 21 Taskforce Committee Member for Comprehensive Crisis Management (CCM) Curriculum Update for Medical Staff, Psychologist Representative, Psychiatry Department (WPIC)
 2020 Led workshop on scoring heart rate variability data and impedance cardiography data, laboratory of Dr. Pedersen
 2020- IMPACT T32 Fellowship Program, Contributing Faculty Member
 2021 Provided consultation with faculty and trainees on scoring of psychophysiological data (heart rate variability, impedance cardiography, and electrodermal activity), laboratory of Dr. Pedersen
 2021 Led trainings on acquisition and scoring of heart rate variability data and impedance cardiography data, laboratory of Dr. Horton
 2021 Co-led (with Dick Jennings, Ph.D.) trainings on scoring of heart rate variability data and impedance cardiography data, laboratory of Dr. Kovacs
 2021 Clinical consultation with Services for the Treatment of Early Psychosis (STEP) on adapting CBT with adolescents with psychosis and co-morbid mood and anxiety symptoms (Helen Wood, DClinPsy and psychology/psychiatry trainees)
 2021 Katz Micro-Credential Invited Virtual Panelist, Office of Academic Career Development (OACD), University of Pittsburgh, Pittsburgh, Pennsylvania, December, 16, 2021.
 2021- Member, Data Safety and Monitoring Board (DSMB), K23MH123685 (PI: Vaughn-Coaxum)
 2021- Member, Western Psychiatry Hospital (WPH) Evidence Based Behavioral Treatment Team Task Force organized to create a shared resource for empirically supported assessments and interventions in adult and child behavioral health services
 2021-22 Member At Large, Medical Executive Committee (MEC), Presbyterian Shadyside Medical Staff, University of Pittsburgh Medical Center (UPMC)

Prior Institutions

- 2001-03 Editor, *Perspective in Psychology*, Undergraduate Research Journal, University of Pennsylvania
 2001-03 Undergraduate Psychology Society, Secretary and Webmaster, University of Pennsylvania
 2002-03 Editor-in-Chief, *PennScience*, Journal of Undergraduate Research, University of Pennsylvania
 2003-05 Science Article Review Consultant, *PennScience*, Journal of Undergraduate Research, University of Pennsylvania
 2005-10 Psychology Graduate Student Organization, Member and Webmaster, University of South Florida
 2005-10 Psychology Student Diversity Committee, Webmaster and Events Planning Committee Member, University of South Florida
 2005-11 Webmaster, Mood and Emotion Lab, University of South Florida
 2006-09 National Institute on the Teaching of Psychology (NITOP), Student Volunteer for annual conference in St. Petersburg, Florida
 2011 Undergraduate Research Symposium Poster Judge, Honors College, University of South Florida
 2013- University of Pennsylvania Alumni Interviewer

National/International (Excluding Journal and Grant Reviewing Listed Above)

- 2016-22 Taskforce Member, Psychophysiological Feelings Team, Human Affectome Project

- 2018- Member, Scientific Advisory Committee, Neuroelectromagnetic Data Archive and Tools Resource (NEMAR) project
- 2019-22 Committee Member, Society for Psychophysiology Research (SPR), Women in Psychophysiology Diversity Committee
- 2020 Mentor Session Participant, Society for Ambulatory Assessment (SAA): Invited mentor participant for internationally-recognized ambulatory assessment researchers to lead informal small group discussion with early career researchers interested in ambulatory assessment research methods at the SAA conference meeting in Melbourne, Australia (January, 2020).
- 2020 International Society for Research on Emotion (ISRE) Mentor for Early Career Researcher (ECR) Mentoring Program
- 2021-22 Invited Expert Panelist, Experience Sampling Methodology (ESM) Repository Initiative, an international initiative led by researchers at KU Leuven and University Medical Center Groningen, with a goal of developing a quality assessment research tool that can be used to evaluate ESM items in the future using a Delphi expert consensus process.
<https://www.esmitemrepository.com/>
- 2021- Committee Member, Society for Psychophysiology Research (SPR), Early Career Award Committee
- 2022 Invited Expert Team Member, Sense of Safety Project Biomarker Advisory Group focused on improving clinical tools to assess stress in the primary care population, Project Leader: Johanna M. Lynch PhD MBBS FRACGP FASPM, Primary Care Clinical Unit, University of Queensland, Australia; funded by a Mayne Academy of General Practice grant from the University of Queensland.
- 2022 Mentor participant, Mentor-Mentee lunch at the Social for Research in Psychopathology (SRP) Annual Meeting in Philadelphia, PA, October, 2022.
- 2023- Committee Co-Chair, Society for Psychophysiology Research (SPR), Women in Psychophysiology Diversity Committee

Community Service and Outreach

- 2006-09 Volunteer Screener for National Depression and Anxiety Screening, University of South Florida Psychology Services Center, Tampa, Florida
- 2012 In-Service Presenter on Childhood Depression, for teachers and counselors at Sacred Heart Catholic School, Pittsburgh, Pennsylvania.
- 2014 Volunteer Science Fair Judge, Pittsburgh Gifted Center, Pittsburgh, Pennsylvania
- 2014 Volunteer Science Fair Judge, Pittsburgh Regional Science and Engineering Fair (Grades 6-12), Pittsburgh, Pennsylvania
- 2017 Volunteer Science Fair Judge, Linden Elementary, (Grades K-5), Pittsburgh, Pennsylvania
- 2019- GlobalPittsburgh Member and Volunteer (e.g., dinner or housing host of international scholars)
- 2021 Volunteer Science Fair Category Award Judge, Pittsburgh Regional Science and Engineering Fair, Behavioral and Social Science (Senior) category, Pittsburgh, Pennsylvania (held virtually)
- 2021- Project SHORT (Students for Higher-Ed Opportunities and Representation in Training), pre-health/pre-graduate mentor for students from traditionally underrepresented backgrounds
- 2022 Volunteer Science Fair Category Award Judge, Pittsburgh Regional Science and Engineering Fair, Behavioral and Social Science (Senior) category, Pittsburgh, Pennsylvania
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