

Jessica A. Birg, M.A.

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EDUCATION

- Fall 2020-present **Ph.D. student in Clinical Psychology**
University of South Florida
Primary research advisor: Dr. Fallon Goodman, Ph.D.
USF co-advisor: Dr. Vicky Phares, Ph.D.
- 2018-2020 **M.A. in Psychology**
American University
Cumulative GPA: 3.92
- 2014-2018 **B.A. in Philosophy-Neuroscience-Psychology**
Washington University in St. Louis
Specialized Track: Cognitive Neuroscience
Cumulative GPA: 3.34
Major GPA: 3.67

HONORS AND AWARDS

- 2020 Miles and Patricia Hardy Memorial Scholarship Fund Award
Department of Psychology, University of South Florida
- 2019 Graduate Student Travel Grant Award for Conference Presentation
College of Arts and Sciences, American University
- 2019 Graduate Leadership Council Travel Grant Award for Conference Presentation
College of Arts and Sciences, American University
- 2018 Mellon Award for Graduate Student Research
College of Arts and Sciences, American University
- 2018 Graduate Student Travel Grant Award for Conference Presentation
College of Arts and Sciences, American University
- 2017 Dean's List

CONFERENCE PRESENTATIONS

- Goodman, F. R., **Birg, J. A.**, Cuning, A., & Daniel, K. E. (2022, May). Emotion beliefs in social anxiety. In E. K. Kneeland (Chair). *"Don't Stop Believin': The power of beliefs about emotions in shaping well-being*. Presented at the annual convention of the Association for Psychological Science, Chicago, IL.
- Brown, B. A., Hua, M., **Birg, J. A.**, & Goodman, F. R. (2021, November). *Does negative emotion differentiation protect against inflexible avoidance of valued goal pursuit? A daily diary study*. In T. Spitzen (Chair). *Innovations in emotion regulation research: Examining understudied emotion regulation-related factors*. Presented at the annual convention of the Association for Behavioral and Cognitive Therapies (virtual).

POSTER PRESENTATIONS

- Birg, J. A.**, Le, T. H., Davis, K., Kashdan, T. B., & Goodman, F. R. (2022, November). *Stress generation in social anxiety*. Poster to be presented at the annual Association for Behavioral and Cognitive Therapies Conference, New York City, NY.
- Loftus, P., **Birg, J. A.**, & Goodman, F. R. (2022, April). *Positive Affect Dynamics in Social Anxiety Disorder*. Poster presented at the University of South Florida's First Year Clinical Poster Session.
- Birg, J. A.**, Rum, R., Hua, M., & Goodman, F. R. (2021, November). *Goal-related distress and meaning in life: A daily investigation of the role of psychological flexibility*. Poster to be presented at the annual Association for Behavioral and Cognitive Therapies Conference, New Orleans, LA.
- Birg, J. A.** & Goodman, F. R. (2021, April). *A daily investigation of psychological flexibility and goal pursuit*. Poster presented at the University of South Florida's First Year Clinical Poster Session.
- Birg, J. A.** & Goodman, F. R. (2021, February). *The role of social curiosity in daily experiences of social motivation and anxiety*. Poster presented at the annual convention of the Society for Personality and Social Psychology.
- Birg, J. A.**, Guter, M. M., Long, A. D., & Herr, N. R. (2020, November). *Cognitive reappraisal enhances empathic accuracy in individuals with BPD traits due to increased distress*. Poster presented at the annual Association for Behavioral and Cognitive Therapies Conference, Virtual Convention.
- Birg, J. A.**, Guter, M. M., Long, A. D., Barbieri, V. A., & Herr, N. R. (2019, November). *Borderline personality disorder and empathy: The moderating role of emotion regulation*. Poster presented at the annual Association for Behavioral and Cognitive Therapies Conference, Atlanta, GA.
- Barbieri, V. A., **Birg, J. A.**, Fenstermacher, E. A., & Herr, N. R. (2019, November). *Creating authentic and dynamic emotion recognition stimuli*. Poster to be presented at the annual Association for Behavioral and Cognitive Therapies Conference, Atlanta, GA.
- Long, A. D., Guter, M. M., **Birg, J. A.**, & Herr, N. R. (2019, November). *A daily diary study of normal narcissism and relationship satisfaction in couples*. Poster to be presented at the annual Association for Behavioral and Cognitive Therapies Conference, Atlanta, GA.
- Fenstermacher, E. A., Barbieri, V. A., **Birg, J. A.**, & Herr, N. R. (2019, November). *The impact of mortality salience on college students' intent to help older adults*. Poster to be presented at the Gerontological Society of America's 71st Annual Scientific Meeting, Austin, TX.
- Birg, J. A.**, Bentley, K., & English, T. (2018, May). *Feeling "fake": The effects of suppressing emotions on self-other perceptions of authenticity*. Poster presented at the annual Association for Psychological Science Conference, Washington, D.C.
- Birg, J. A.**, White, C., & Oltmanns, T. F. (2018, November). *Personality predicts recurrence of depression in later life*. Poster presented at the annual Association for Behavioral and Cognitive Therapies Conference, Washington, D.C.

MANUSCRIPTS UNDER REVIEW

- Birg, J. A.**, Bentley, K., & English, T. How regulating emotional expression impacts perceptions of authenticity in dyads. Under Review.
- Goodman, F. R., **Birg, J. A.**, Daniel, K. E., & Kashdan, T. B. Stress generation in social anxiety and depression: A two-study community assessment. Under Review.

MANUSCRIPTS IN PREPARATION

Birg, J. A., Loftus, P., Goodman, F. R., Armeli, S., & Tennen, H. (In prep). Time-trajectories of mental health and social support in college students: A four-year longitudinal study.

Goodman, F. R., **Birg, J. A.**, & Kashdan, T. B. (In prep). Stress generation in social anxiety.

Goodman, F. R., Daniel, K. E., & **Birg, J. A.** (In prep). An interpersonal stress generation model of social anxiety.

Loftus, P., **Birg, J.A.**, & Goodman, F.R., (In prep). Positive emotion dynamics in social anxiety disorder.

Rum, R., **Birg, J.A.**, Silva, G., & Goodman, F.R. (2022). Depression and social anxiety symptoms in daily life: Unique associations with affect and social motivation.

EDITORIAL ACTIVITIES

Ad hoc reviewer

Behavior Therapy

Emotion

International Journal of Cognitive Therapy

Journal of Happiness Studies

Journal of Personality

Journal of Social Psychology

Motivation and Emotion

Personality and Individual Differences

Psychiatry Research

Psychology of Addictive Behaviors

Psychological Assessment

TEACHING

University of South Florida

2022 **Instructor**
 Behavior Modification (CLP 4414)
 Department of Psychology

2021 **Lab Instructor**
 Research Methods (PSY 3213)
 Department of Psychology

Lab Instructor
 Introduction to Psychology (PSY 2012)
 Department of Psychology

2020 **Lab Instructor**
 Research Methods (PSY 3213)
 Department of Psychology

Lab Instructor
 Introduction to Psychology (PSY 2012)
 Department of Psychology

RESEARCH EXPERIENCE

Emotion and Resilience Lab

Graduate Student

University of South Florida

PI: Fallon R. Goodman

Fall 2020-present

- *The role of social anxiety in feeling authentic while socializing*
 - Designed an ecological momentary assessment project examining the moderating role of social anxiety in the relationship between daily social contexts and feelings of authenticity.
 - Current stage: data collection
- *Time-trajectories of mental health and social support in college students*
 - Conducted set of multilevel growth curve analyses investigating how depression, social anxiety, and personality traits predict the trajectory of social support during college
 - Analyzed data in R using the *lme4* package (Bates et al., 2007)
 - Current stage: manuscript preparation
- *Stress generation in social anxiety*
 - Investigated whether social anxiety is related to a greater number of dependent stressful life events above and beyond depression
 - Analyzed data in R and assisted in manuscript preparation as second author
 - Current stage: under review
 - Assisted in writing a review article in preparation titled: *An interpersonal stress generation model of social anxiety*
- *The role of social curiosity in daily experiences of social motivation and anxiety*
 - Investigated whether social curiosity could buffer the relationship between daily social motivation and social anxiety
 - Analyzed data and presented at SPSP conference
- *A daily investigation of psychological flexibility and goal pursuit*
 - Explored the extent to which trait psychological flexibility predicts daily psychological flexibility subscales
 - Analyzed data and presented at the University of South Florida's First Year Clinical Poster Session

Interpersonal Emotion Lab

Graduate Researcher

American University, Washington, D.C.

PI: Nathaniel R. Herr

2018- Spring 2020

- Designed a master's thesis project examining the impact of reappraisal and suppression on affective empathy and empathic accuracy in individuals with varying borderline personality pathology
- Supervised and trained undergraduate research assistants on scheduling, recruiting, and running participants

Families, Affective Neuroscience, and Mood Disorders (FAM) Lab

Research Assistant

University of Illinois at Chicago

PI: Katie L. Burkhouse

Summer 2019

- Conducted electroencephalography (EEG) appointments with participants (i.e., mothers and their biological children)
- Underwent Structured Clinical Interview for DSM-5 (SCID-5) training
- Conducted phone screens using DSM-5 criteria to determine participant eligibility

Emotion & Relationships Lab

Independent Study Researcher

Washington University in St. Louis

PI: Tammy English
2017-2018

- Designed and conducted an experimental study to test the immediate impact of expressive suppression and exaggeration on self-other perceptions of authenticity
- Analyzed data using Actor-Partner Interdependence Models (APIM) for dyadic data analysis in SPSS
- First author manuscript under review

St. Louis Personality & Aging Network (SPAN) Study

Research Assistant
Washington University in St. Louis
PI: Thomas F. Oltmanns
2015-2018

- Conducted two-hour, Structured Interviews for DSM-IV Personality and Life Narrative Interviews with older adults from the St. Louis area
- Analyzed data to test if self and informant reports of personality traits and personality disorder traits were predictive of the number of total lifetime depressive episodes
- Administered questionnaires and neuropsychological tests over the phone to participants, including short term memory tests, stressful life event questions, and social network questions
- Performed tasks such as data entry, collecting participant vital signs (i.e. blood pressure, height, weight), and scheduling participants

PROFESSIONAL MEMBERSHIPS

Association for Psychological Science
Association for Behavioral and Cognitive Therapies (ABCT)
Society for Personality and Social Psychology (SPSP)

CLINICAL/COMMUNITY ACTIVITIES

Crisis Text Line 2016-2019

Crisis Counselor

- Volunteered as an online counselor for people in crisis, including initiating active rescues for those at imminent risk of suicide

Peer Counseling and Resource Center 2015-2018

Washington University in St. Louis

Peer Counselor

- Served as a peer counselor via 24-hour phone line and in person office hours over several semesters

Instructor

- Taught a student-run course on peer counseling in higher education
- Instructed students on topics such as suicide risk assessment protocol and crisis interactions
- Evaluated progress of students in training throughout semester
- Facilitated practice client-interactions and gave feedback to students in training