

Fallon R. Goodman, Ph.D.

CONTACT

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ACADEMIC APPOINTMENTS

2022– **George Washington University**
Assistant Professor
Department of Psychological and Brain Sciences

2019–2022 **University of South Florida**
Assistant Professor
Department of Psychology

EDUCATION

2018–2019 **Harvard Medical School, McLean Hospital**
Doctoral Internship in Clinical Psychology

2019 **George Mason University**
Ph.D., Clinical Psychology (Advanced Quantitative Track)

2014 **George Mason University**
M.A., Psychology

2012 **University of Maryland**
B.S., Psychology; B.S., Family Science
Summa Cum Laude honors

HONORS AND AWARDS

2019 **Early Career Award, Alies Muskin Career Development Leadership Program**
Anxiety and Depression Association of America (ADAA)

2018 **Research Scholarship Award**
Beck Institute for Cognitive Behavioral Therapy

2017 **Diversity Research Award**
Society for Personality and Social Psychology (SPSP)

- 2017 **Research Fellow, Summer Institute in Social and Personality Psychology**
Society for Personality and Social Psychology (SPSP)
- 2017 **Graduate Travel Award**
Society for Personality and Social Psychology (SPSP)
- 2016 **Dean's Challenge Award for Excellence in Research and Service**
George Mason University
Selected as top PhD student in Psychology
Selected as top PhD student in College of Humanities & Social Sciences (21 departments)
- 2016 **International Research Travel Award**
American Psychological Association (APA)
- 2016 **Ruth L. Kirschstein National Research Service Award**
National Institutes of Health
- 2013–2016 **Research Fellowship**
Center for the Advancement of Well-being
- 2013–2018 **Graduate Student Travel Award**
George Mason University
- 2011 **Academic Excellence Award**
School of Public Health, University of Maryland
- 2008–2010 **President's Academic Scholarship**
University of Maryland
- 2010–2011 **Research Fellowship**
Summer Training and Research Program, University of Maryland
- 2010 **Outstanding Academic Achievement**
College Park Scholars, University of Maryland

GRANTS

Active

- 2023–2028 **NIH R01: National Institute of Mental Health (R01-MH130375)**
A longitudinal and experience sampling investigation of rejection sensitivity and its role in sexual minority adolescents' mental health
Co-Investigator (PI: Brian Feinstein). Total costs: \$3,610,406

Completed

- 2020–2022 **New Researcher Grant, University of South Florida**
An experience-sampling approach to understanding loneliness in social anxiety
Principal Investigator. Total costs: \$9,620
- 2021–2022 **Psychology Diversity Research Award, University of South Florida**
Structural features that underlie perceived anti-queer stigma: A conjoint analysis
Faculty Sponsor (Student PI: Paddy Loftus). Total costs: \$500

- 2020–2021 **Rapid Response Research Grant, University of South Florida**
Social closeness despite social distance: A study of strategies to fight loneliness during the COVID-19 pandemic
Principal Investigator (Co-Is: Jonathan Rottenberg, PhD; Brent Small, PhD; Getachew Dagne). Total costs: \$25,000
- 2016–2018 **NIH F31: Ruth L. Kirschstein National Research Service Award (F31-AA024372)**
Motivational underpinnings of alcohol use for people with social anxiety disorder: A daily diary study
Principal Investigator. Total costs: \$63,788
- 2016–2017 **Diversity Advancement Award, George Mason University**
Profiles of emotion regulation across the world
Principal Investigator. Total costs: \$1,700
- 2016–2018 **Charles Koch Foundation Dissertation Grant**
Psychological flexibility and well-being in everyday life
Principal Investigator. Total costs: \$5,000
- 2016–2017 **Dean’s Challenge Award for Excellence in Research, George Mason University**
Principal Investigator. Total costs: \$5,000
- 2016–2017 **Provost Research Grant, George Mason University**
Social anxiety and alcohol use
Principal Investigator. Total costs: \$1,500
- 2016–2017 **Provost Research Grant, George Mason University**
The transdiagnostic nature of distress tolerance
Principal Investigator. Total costs: \$1,500

PEER REVIEWED PUBLICATIONS

† *Student mentee*

φ *Senior author*

* *Authors contributed equally*

55. **Goodman, F. R.**, Peckham, A. D., Kneeland, E. T., †Choate, A. M., †Daniel, K. E., Beard, C. E., & Björgvinsson, T. (2023). How does emotion regulation change during psychotherapy? A daily diary study in a transdiagnostic partial hospitalization program. *Journal of Consulting and Clinical Psychology, 91*(12), 731–743. [Preprint](#). [Code and Research Materials](#).
54. Kashdan, T. B., **Goodman, F. R.**, McKnight, P. E., †Brown, B. A., & †Rum, R. (in press). Purpose in life: A resolution on the definition, conceptual model, and optimal measurement. *American Psychologist*.
53. †Rum, R., †Birg, J. A., †Silva, G., Rottenberg, J., Clayson, P. E., & φ**Goodman, F. R.** (in press). Social motivation differentiates social anxiety and depression: A daily diary study. *Behavior Therapy*. [Code](#).
52. †Bowers, E. M., Peckham, A. D., **Goodman, F. R.**, Hom, M. A., Beckham, E., Björgvinsson, T., & Beard, C. (in press). Changes in positive and negative affect during acute psychiatric treatment in people with social anxiety disorder. *Depression and Anxiety*.

51. †Silva, G., †Rum, R., †Brennan, J., Rottenberg, J., & †**Goodman, F. R.** (in press). What allays loneliness? A fine-grained examination of daily social interactions. *Journal of Social and Personal Relationships*, 40(11), 3585–3609. [Code](#).
50. †Brown, B. A., Rottenberg, J., & †**Goodman, F. R.** (2023). Social anxiety and interpersonal risk for suicide: A longitudinal daily diary analysis. *Suicide and Life-Threatening Behavior*, 53, 968–980.
49. Dora, J., Piccirillo, M., Foster, K. T.,...**Goodman, F. R.**,...King, K. (2023). The daily association between affect and alcohol use: A meta-analysis of individual participant data. *Psychological Bulletin*, 149(1-2), 1–24. [Preregistration](#). [Data and Code](#). [Preprint](#).
—Selected as Editor's Choice paper
48. Jivnani, L., **Goodman, F. R.**, Rottenberg, J., & Canavan, S. (2023). Predicting loneliness from subject self-report. *Affective Computing and Intelligent Interaction*. 979-8-3503-2743-4/23.
47. **Goodman, F. R.**, †Birg, J. A., †Daniel, K. E., & Kashdan, T. B. (2023). Stress generation in social anxiety and depression: A two-study community assessment. *Journal of Affective Disorders*, 329, 285–292. [Code](#)
46. Kashdan, T. B. & **Goodman, F. R.** (2023). A unified approach to managing emotions and pursuing purpose in life. *Cognition and Emotion*, 37(3), 371–377. [Preprint](#).
45. Eldesouky, L., Ellis, K., **Goodman, F. R.**, & Khadr, Z. (2023). Daily emotion regulation and emotional well-being: A replication and extension in Egypt. *Current Research in Ecological and Social Psychology*, 4, 100106.
44. Bradford, D. E., DeFalco, A., Perkins, E. R., Carbajal, I., Kwasa, J., **Goodman, F. R.**, Jackson, F., Richardson, L. N. S., Woodley, N., Neuberger, L., Sandoval, J. A., Huang, H. J., & Joyner, K. J. (2022). Whose signals are being amplified? Towards a more equitable clinical psychophysiology. *Clinical Psychological Science*. [Research Materials and Code](#). [Preprint](#).
43. †Brown, B. A., **Goodman, F. R.**, Pietrzak, R., & Rottenberg, J. (2022). Psychological well-being in US veterans with non-fatal suicide attempts: A multi-cohort population-based study. *Journal of Affective Disorders*, 314, 34–43.
42. **Goodman, F. R.**, †Brown, B. A., †Silva, G. M., Bradford, D. E., Tennen, H., & Kashdan, T. B. (2022). Motives and consequences of alcohol use in people with social anxiety disorder: A daily diary study. *Behavior Therapy*, 53(4), 600–613.
41. Feinstein, B. A., Dyar, C., Poon, J., **Goodman, F. R.**, & Davila, J. (2022). The affective consequences of minority stress among bisexual, pansexual, and queer (bi+) adults: A daily diary study. *Behavior Therapy*, 53(4), 571–584.
40. Kashdan, T. B., McKnight, P. E., & **Goodman, F. R.** (2022). Evolving positive psychology: A blueprint for advancing the study of purpose in life, psychological strengths, and resilience. *Journal of Positive Psychology*, 17(2), 210–218.
39. Panaite, V., Yoon, S., †Devendorf, A. R., Kashdan, T. B., **Goodman, F. R.**, & Rottenberg, J. (2022). Do positive events and emotions offset the difficulties of stressful life events? A daily diary investigation of depressed adults. *Personality and Individual Differences*, 186, 111379.
38. **Goodman, F. R.**, Kelso, K. C., Wiernik, B. M., & Kashdan, T. B. (2021). Social comparisons and social anxiety in daily life: An experience-sampling approach. *Journal of Abnormal Psychology*, 130(5), 468–489. [Preregistration](#). [Code](#).

37. **Goodman, F. R.**, †Rum, R., †Silva, G. M., & Kashdan, T. B. (2021). Are people with social anxiety disorder happier alone? *Journal of Anxiety Disorders*, *84*, 102474.
36. †*Brown, B. A., ***Goodman, F. R.**, *Disabato, D. J., Kashdan, T. B., Armeli, S., & Tennen, H. (2021). Does negative emotion differentiation influence daily self-regulation after stressful events? A 4-year daily diary study. *Emotion*, *21*(5), 1000–1012. [Preregistration](#).
35. **Goodman, F. R.**, Disabato, D. J., & Kashdan, T. B. (2021). Reflections on unspoken problems and potential solutions for the well-being juggernaut in positive psychology. *Journal of Positive Psychology*, *16*(6), 831–837.
34. **Goodman, F. R.**, †Daniel, K. E., Eldesouky, L., †Brown, B. A., & Kneeland, E. T. (2021). How do people with social anxiety disorder cope with daily stressors? Deconstructing emotion regulation flexibility in daily life. *Journal of Affective Disorders Reports*, *6*, 100210. [Preregistration](#). [Code](#).
33. **Goodman, F. R.**, Kashdan, T. B., & †İmamoğlu, A. (2021). Valuing emotional control in social anxiety disorder: A multimethod study of emotion beliefs and emotion regulation. *Emotion*, *21*(4), 842–855.
32. Eldesouky, L. & **Goodman, F. R.** (2021). What are we missing in emotion regulation science? *Clinical Psychology: Science and Practice*, *28*(2), 183–185.
31. Doorley, J. D., **Goodman, F. R.**, Disabato, D. J., Kashdan, T. B., Weinstein, J. S., & Shackman, A. J. (2021). The momentary benefits of positive events for individuals with elevated social anxiety. *Emotion*, *21*(3), 595–606. [Preprint](#). [Data](#).
30. **Goodman, F. R.**, & Kashdan, T. B. (2021). The most important life goals of people with and without social anxiety disorder: Focusing on emotional interference and uncovering meaning in life. *Journal of Positive Psychology*, *16*(2), 272–281.
29. Kashdan, T. B., Disabato, D. J., **Goodman, F. R.**, Doorley, J. D., & McKnight, P. E. (2020). Understanding psychological flexibility: A multi-method exploration of pursuing valued goals despite the presence of distress. *Psychological Assessment*, *32*(9), 829–850. [Preprint](#). [Preregistration](#).
28. Doorley, J. D., **Goodman, F. R.**, Kelso, K. C., & Kashdan, T. B. (2020). Psychological flexibility: What we know, what we don't know, and what we think we know. *Social and Personality Psychology Compass*, *14*(12), 1–11.
27. Kneeland, E. T., **Goodman, F. R.**, & Dovidio, J. F. (2020). Emotion beliefs, emotion regulation, and emotional experiences in daily life. *Behavior Therapy*, *51*(5), 829–850.
26. Daniel, K. E., **Goodman, F. R.**, Beltzer, M. L., Daros, A. R., Boukhechba, M., Barnes, L. E., & Teachman, B. A. (2020). Emotion malleability beliefs and emotion experience and regulation in the daily lives of people with high trait social anxiety. *Cognitive Therapy and Research*, *44*, 1186–1198. [Preregistration](#).
25. Kashdan, T. B., Disabato, D. J., McKnight, P. E., Kelso, K., †Lauber, M., & **Goodman, F. R.** (2020). Sexual assault: Exploring real-time consequences the next day and in subsequent days. *International Journal of Wellbeing*, *10*(4), 1–19.
24. Kashdan, T. B., Disabato, D. J., **Goodman, F. R.**, & McKnight, P. E. (2020). The Five-Dimensional Curiosity Scale Revised (5DCR): Briefer subscales while separating general overt and covert social curiosity. *Personality and Individual Differences*, *157*, 109836. [Preprint](#).

23. Kashdan, T. B., **Goodman, F. R.**, Disabato, D. J., McKnight, P. E., & Naughton, C. (2020). Curiosity has comprehensive benefits in the workplace: Developing and validating the multidimensional work curiosity scale in United States and German employees. *Personality and Individual Differences*, *155*, 109717. [Preprint](#).
22. **Goodman, F. R.**, Kashdan, T. B., Stikma, M. C., & Blalock, D. V. (2019). Personal strivings to understand anxiety disorders: Social anxiety as an exemplar. *Clinical Psychological Science*, *7*(2), 283–301.
21. McHugh, R. K., & **Goodman, F. R.** (2019). Are substance use disorders emotional disorders?: Why heterogeneity matters for treatment. *Clinical Psychology: Science and Practice*, *26*(2), e12286.
20. **Goodman, F. R.**, Disabato, D. J., & Kashdan, T. B. (2019). Integrating psychological strengths under the umbrella of personality science: Rethinking the definition, measurement, and modification of strengths. *Journal of Positive Psychology*, *14*(1), 61–67.
19. Disabato, D. J., **Goodman, F. R.**, & Kashdan, T. B. (2019). Is grit relevant to well-being? Evidence across the globe for separating perseverance of effort and consistency of interests. *Journal of Personality*, *87*(2), 184–211.
18. Biswas-Diener, R., Kushlev, K., Su, R., **Goodman, F. R.**, Kashdan, T. B., & Diener, E. (2019). Assessing and understanding hospitality: A brief hospitality scale. *International Journal of Wellbeing*, *9*(2), 14–26.
17. **Goodman, F. R.**, Stikma, M. C., & Kashdan, T. B. (2018). Social anxiety and the quality of everyday social interactions: The moderating influence of alcohol consumption. *Behavior Therapy*, *49*(3), 373–387.
16. **Goodman, F. R.**, Disabato, D. J., Kashdan, T. B., & Kaufman, S. B. (2018). Measuring well-being: A comparison of subjective well-being and PERMA. *Journal of Positive Psychology*, *13*(4), 321–332.
15. Kashdan, T. B., **Goodman, F. R.**, Stikma, M. C., †Milius, C. R., & McKnight, P. E. (2018). Sexuality leads to boosts in mood and meaning in life with no evidence for the reverse direction: A daily diary investigation. *Emotion*, *18*(4), 563–576.
14. **Goodman, F. R.**, Disabato, D. J., Kashdan, T. B., & Machell, K. A. (2017). Personality strengths as resilience: A one-year multiwave study. *Journal of Personality*, *85*(3), 423–434.
13. Folk, J. B., Disabato, D. J., **Goodman, F. R.**, Bricker-Carter, S., DiMauro, J., & Riskind, J. H. (2017). Wise additions bridge the gap between social psychology and clinical practice: Cognitive-behavioral therapy as an exemplar. *Journal of Psychotherapy Integration*, *27*(3), 407–423.
12. Disabato, D. J., **Goodman, F. R.**, Kashdan, T. B., Short, J. L., & Jarden, A. (2016). Different types of well-being? A cross-cultural examination of hedonic and eudaimonic well-being. *Psychological Assessment*, *28*(5), 471–482.
11. Kashdan, T. B., **Goodman, F. R.**, †Mallard, T. M., & Dewall, C. N. (2016). What triggers anger in everyday life? Links to the intensity, control, and regulation of these emotions, and personality traits. *Journal of Personality*, *84*(6), 737–749.
10. Kashdan, T. B., Rottenberg, J., **Goodman, F. R.**, Disabato, D. J., & Begovic, E. (2015). Lumping and splitting in the study of meaning in life: Thoughts on surfing, surgery, scents, and sermons. *Psychological Inquiry*, *26*(4), 336–342.
9. Machell, K. A., **Goodman, F. R.**, & Kashdan, T. B. (2015). Experiential avoidance and well-being: A daily diary analysis. *Cognition and Emotion*, *29*(2), 351–359.

8. **Goodman, F. R.**, & Kashdan, T. B. (2015). Behind the scenes of clinical research: Lessons from a mindfulness intervention with student-athletes. *The Behavior Therapist*, 38(6), 157–159.
7. Lucas, N., & **Goodman, F. R.** (2015). Well-being, leadership, and positive organizational scholarship: A case study of project-based learning in higher education. *The Journal of Leadership Education*, 14(4), 138–152.
6. Kashdan, T. B., DiMauro, J., Disabato, D. J., Folk, J. B., Carter, S., & **Goodman, F. R.** (2015). Creating clinical psychology graduate courses that lead to peer reviewed publications: A case study. *The Behavior Therapist*, 38(2), 47–49.
5. Kleiman, E. M., Kashdan, T. B., Monfort, S. S., Machell, K. A., & **Goodman, F. R.** (2015). Perceived responsiveness during an initial social interaction with a stranger predicts a positive memory bias one week later. *Cognition and Emotion*, 29(2), 332–341.
4. Kashdan, T. B., **Goodman, F. R.**, Machell, K. A., Kleiman, E. M., Monfort, S. S., & Ciarrochi, J., & Nezlek, J. (2014). A contextual approach to experiential avoidance and social anxiety: Evidence from an experimental interaction and daily interactions of people with social anxiety disorder. *Emotion*, 14(4), 769–781.
3. **Goodman, F. R.**, Kashdan, T. B., Mallard, T. M., & Schumann, M. (2014). A brief mindfulness and yoga intervention with an entire NCAA Division I athletic team: An initial investigation. *Psychology of Consciousness: Theory, Research, and Practice*, 1(4), 339–356.
2. Kaczmarek, L. D., **Goodman, F. R.**, Kashdan, T. B., Drażkowski, D., Połatyńska, & K., Komorek, J. (2014). Instructional support decreases desirability and initiation of a gratitude intervention. *Personality and Individual Differences*, 64, 89–93.
1. Kaczmarek, L. D., Kashdan, T. B., Drażkowski, D., Bujacz, A., & **Goodman, F. R.** (2014). Why do greater curiosity and fewer depressive symptoms predict gratitude intervention use? Desirability, social norm beliefs, and perceived self-control. *Personality and Individual Differences*, 66, 165–170.

MANUSCRIPTS UNDER REVIEW

4. **Goodman, F. R.** *Assessing well-being in clinical research and treatment: A roadmap*. Under review (invited resubmission, *Nature Mental Health*).
3. Eldesouky, L., Rum, R., El-Nasharty, K., El-Garhy, Y., & **Goodman, F. R.** *Individual differences in religious emotion regulation in daily life*. Under review (initial submission).
2. Disabato, D. J., **Goodman, F. R.**, & Kashdan, T. B. *A hierarchical framework for the measurement of well-being*. Under review (initial submission).
1. El-Nasharty, K., **Goodman, F. R.**, & Eldesouky, L. *Beyond absence or presence: Understanding the association between spirituality and emotional well-being in daily life*. Under review (initial submission).

BOOK CHAPTERS

5. **Goodman, F. R.**, †Silva, G., & †Birg, J. A. (in press). Social anxiety disorder and the myths that perpetuate it. In *Blackwell Encyclopedia of Health, Illness, Behavior, and Society*.
4. Feinstein, B. A., & **Goodman, F. R.** (in press). Anxiety. In A. E. Goldberg (Ed.). *The SAGE Encyclopedia of LGBTQ Studies* (2nd ed.). Thousand Oaks, CA: SAGE Publications.

3. Rottenberg, J., **Goodman, F. R.**, & Kashdan, T. B. (2023). Well-being after psychopathology. In J. Gross & B. Ford (Eds). *Handbook of Emotion Regulation* (3rd ed.). New York, NY: Guilford Publications.
2. **Goodman, F. R.**, Doorley, J. D., & Kashdan, T. B. (2018). Well-being and psychopathology: A deep exploration into positive emotions, meaning and purpose in life, and social relationships. In E. Diener, S. Oishi, & L. Tay (Eds.), *Handbook of Well-being*. Salt Lake City, UT: DEF Publishers. DOI:nobascholar.com
1. **Goodman, F. R.**, †Larrazabal, M., †West, J. T., & Kashdan, T. B. (2019). Experiential avoidance across anxiety disorders. In B. O. Olatunji (Ed). *Cambridge Handbook of Anxiety and Related Disorders* (pp. 255-281). Cambridge, UK: Cambridge University Press.

POPULAR PRESS PUBLICATIONS

Goodman, F. R. (2023). [How to overcome social anxiety](#). Psyche.

Kashdan, T. B., Disabato, D. J., **Goodman, F. R.**, & Naughton, C. (2018). The five dimensions of curiosity. *Harvard Business Review*.

National Geographic. (2016). [The Mind: A scientific guide to who you are, how you got that way, and how to make the most out of it](#). Washington, DC: National Geographic.
(Co-developed book)

National Geographic. (2014). [Your Personality Explained: Exploring the science of identity. Washington, DC: National Geographic](#).
(Co-developed book)

EDITORIAL ACTIVITIES

Associate Editor

Journal of Happiness Studies

Editorial Board Member

American Journal of Psychology

Emotion

Journal of Clinical Child & Adolescent Psychology

Reviewer

Acta Psychologica

American Journal of Psychology

Anxiety, Stress, and Coping

Assessment

Behavior Modification

Behavior Therapy

Behaviour Research and Therapy

BMC Geriatrics

BMJ Best Practice

Clinical Psychological Science

Clinical Psychologist

Clinical Psychology Review

Cogent Psychology

Cognitive Behaviour Therapy
Cognitive Therapy and Research
Cognition and Emotion
Depression and Anxiety
Developmental Psychology
Disability and Health Journal
Emotion
European Journal of Personality Assessment
International Journal of Cognitive Therapy
International Journal of Environmental Research and Public Health
International Journal of Psychology
International Journal of Wellbeing
Journal of Affective Disorders
Journal of Anxiety Disorders
Journal of Applied Sport Psychology
Journal of Behavior Therapy and Experimental Psychiatry
Journal of Clinical Child & Adolescent Psychology
Journal of Clinical Psychology
Journal of Clinical Sport Psychology
Journal of Consulting and Clinical Psychology
Journal of Education for Teaching
Journal of Happiness Studies
Journal of Intercollegiate Sport
Journal of Personality
Journal of Personality and Social Psychology
Journal of Personality Assessment
Journal of Positive Psychology
Journal of Psychiatric Research
Journal of Psychopathology and Behavioral Assessment
Journal of Psychopathology and Clinical Science
Journal of Research in Personality
Journal of Social and Clinical Psychology
Journal of Social Psychology
Journal of Vocational Behavior
Journal of Youth and Adolescence
Medical Journals
Motivation and Emotion
Nature, Scientific Reports
Organizational Behavior and Human Decision Processes
Personal Relationships
Personality and Individual Differences
Personality and Social Psychology Bulletin
Perspectives on Psychological Science
PLOS ONE
Psychiatry Research
Psychological Assessment
Psychological Record
Psychological Science
Psychology of Addictive Behaviors
Psychology of Consciousness: Theory, Research, and Practice
Quality & Quantity
SAGE Open
Social Behavior and Personality

Social and Personality Psychology Compass
Social Psychological and Personality Science
World Medical and Health Policy

CHAired CONFERENCE SYMPOSIA

4. **Goodman, F. R.** (2023, November). *Integrating principles of positive psychology into cognitive-behavioral psychotherapies: A roadmap for measuring and modifying well-being*. Symposium presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Seattle, WA.
3. Disabato, D. J., & **Goodman, F. R.** (2018, April). *Expanding the scientific scope of emotion dysregulation: Novel topics and clinical applications*. Symposium presented at the annual convention of Anxiety and Depression Association of America, Washington, DC.
2. **Goodman, F. R.** (2016, July). *The transdiagnostic nature of distress tolerance: Strengths, detriments, and a new measure*. Symposium presented at the 31st International Congress of Psychology, Yokohama, Japan.
1. **Goodman, F. R.**, & Young, K. C. (2015, May). *It takes two: Examining dynamic, couple-level factors in romantic relationships*. Symposium presented at the annual convention of the Association for Psychological Science, New York, NY.

CONFERENCE PRESENTATIONS

32. **Goodman, F. R.**, & †Rum, R. (2023, November). What is “well-being” and how do we measure it? A primer on assessing psychological well-being in clinical research and treatment. In F. R. Goodman (Chair). *Integrating principles of positive psychology into cognitive-behavioral psychotherapies: A roadmap for measuring and modifying well-being*. Presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Seattle, WA.
31. †Bowers, E. M., Peckham, A. D., **Goodman, F. R.**, Hom, M. A., Beckham, E., Björgvinsson, T., & Beard, C. (in press). Changes in positive and negative affect during acute psychiatric treatment in people with social anxiety disorder. In F. R. Goodman (Chair). *Integrating principles of positive psychology into cognitive-behavioral psychotherapies: A roadmap for measuring and modifying well-being*. Presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Seattle, WA.
30. †Loftus, P., **Goodman, F. R.**, Dyar, C., Davila, J. & Feinstein, B. A. (2022, November). The role of identity uncertainty in the mental health of bi+ adults: An experience-sampling study. In J. K. Kellerman (Chair). *Examining the Real-time Mental Health Impact of Minority Stress among Sexual and Gender Minority Individuals*. Presented at the annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
29. **Goodman, F. R.**, †Birg, J., †Cunning, A., & †Daniel, K. E. (2022, May). Emotion beliefs in social anxiety. In E. T. 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.
28. †Brown, B. A., Rottenberg, J., **Goodman, F. R.**, & Pietrzak, R. (2022, April). *Do suicide attempt survivors have reduced long-term well-being? A study of Veterans across three nationally representative cohorts*. Presented at the annual convention of the American Association of Suicidology.
27. **Goodman, F. R.**, Daniel, K. E., & Kneeland, E. T. (2021, November). Deconstructing regulatory flexibility in daily life: Social anxiety disorder as an exemplar. In A. Meyer & K. E. Daniel (Chairs). *In the here and now:*

Using smartphones and wearable sensor technology to study anxiety and emotion regulation in daily life. Presented at the annual convention of the Association for Behavioral and Cognitive Therapies (virtual).

26. †Brown, B. A., †Hua, M., †Birg, J., & **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).
25. Feinstein, B. A., Dyar, C., Poon, J., **Goodman, F. R.**, & Davila, J. (2021, November). *The affective consequences of bisexual-specific minority stress: A daily diary study*. Presented at the annual convention of the Association for Behavioral and Cognitive Therapies (virtual).
24. Kelso K. C., Kashdan, T. B., Doorley, J. D., & **Goodman, F. R.** (2021, February). *Valued goal pursuit in the wake of COVID: A two-year longitudinal study*. Presented at the annual convention of the Society for Personality and Social Psychology (virtual).
23. **Goodman, F. R.**, †Silva, G. M., & Kashdan, T. B. (2021, March). Positive emotion regulation after life events in depression: An international, multi-wave study. In Peckham A. (Chair). *The role of positive affect in depression: Relationships revealed across days, weeks, and months*. Presented at the annual convention of the Anxiety and Depression Association of America (virtual).
22. **Goodman, F. R.**, †Larrazábal, M. A., †İmamoğlu, A., †Ashraf, A., †Brown, B. A., & Kashdan, T. B. (2019, May). *Patterns of emotion regulation in the everyday lives of people with social anxiety disorder*. Presented at the annual convention of the Association for Psychological Science, Washington, DC.
21. **Goodman, F. R.**, & Kashdan, T. B. (2018, November). The dynamic interplay of social comparisons and positive emotions in a single day in the life of adults with social anxiety disorder. In Weeks J. W. (Chair). *Positively Terrifying”: Multimethod Examinations of Positivity Impairments as an Integral Feature of Social Anxiety Disorder*. Presented at the annual convention of the Association of Behavioral and Cognitive Therapies, Washington, DC.
20. **Goodman, F. R.**, & Kashdan, T. B. (2018, April). *Beliefs and values about emotions among people with social anxiety disorder*. Presented at the annual convention of the Anxiety and Depression Association of America, Washington, DC.
19. †Brown, B. A., **Goodman, F. R.**, & Kashdan, T. B. (2018, April). *The protective nature of meaning: A prospective analysis of meaning in life as a moderator between neuroticism and anxiety*. Presented at the George Mason University College of Humanities and Social Sciences Undergraduate Research Symposium, Fairfax, VA.
18. Doorley, J. D., **Goodman, F. R.**, Disabato, D. J., Kashdan, T. B., Weinstein, J. S., & Shackman, A. J. (2017, November). *Dissecting the lives of people with social anxiety disorder: Assessing the best and worst of every hour using ecological momentary assessment*. Presented at the annual convention of the Association of Behavioral and Cognitive Therapies, San Diego, CA.
17. **Goodman, F. R.** (2017, April). *A problem of reinforcement: Alcohol consumption mitigates adverse effects of social anxiety*. Presented at the annual Data Blitz Meeting for the laboratory of Measurement, Research Methodology, Evaluation, and Statistics, Fairfax, VA.
16. **Goodman, F. R.**, Disabato, D. J., & Kashdan, T. B. (2017, January). *Is grit relevant to well-being? Cross-cultural evidence for separating perseverance of effort and consistency of interests*. Presented at the annual convention of the Society for Personality and Social Psychology, San Antonio, TX.

15. Disabato, D. J., **Goodman, F. R.**, Kashdan, T. B., & Kaufman, S. B. (2017, January). *General well-being: The G of well-being research*. Presented at the annual convention of the Society for Personality and Social Psychology, San Antonio, TX.
14. †Milius, C. R., **Goodman, F. R.**, Stikma, M. C., & Kashdan, T. B. (2017, January). *Sexuality and well-being in daily life: Nailing directionality*. Presented at the annual convention of the Society for Personality and Social Psychology, San Antonio, TX.
13. **Goodman, F. R.**, & Mehlenbeck, R. S. (2016, September). *Resilience in the classroom: Wise interventions to enhance creative and reflective learning*. Presented at the 2016 Innovations in Teaching & Learning (ITL) Conference: Cultivating Creative and Reflective Learners, Fairfax, VA.
12. **Goodman, F. R.**, & Kashdan, T. B. (2016, July). *Psychological needs satisfaction and the ability to tolerate pain in everyday life*. Presented at the 31st International Congress of Psychology, Yokohama, Japan.
11. Disabato, D. J., **Goodman, F. R.**, & Kashdan, T. B. (2016, July). *Sustained distress tolerance to achieve well-being and long-term goals: Comparing perseverance of effort and consistency of interests from the Grit Scale*. Presented at the 31st International Congress of Psychology, Yokohama, Japan.
10. Quartuccio, J., Disabato, D. J., Franz, S., Alexander, L., **Goodman, F. R.**, Stikma, M. C., Blalock, D. V., McKnight, P. E., & Kashdan, T. B. (2016, July). *Psychometrics of a scenario-based distress tolerance measure*. Presented at the 31st International Congress of Psychology, Yokohama, Japan.
9. **Goodman, F. R.**, Disabato, D. J., & Kashdan, T. B. (2016, April). *Well-being across the world: The danger of sharp lines*. Presented at the Annual Data Blitz Meeting for the laboratory of Measurement, Research Methodology, Evaluation, and Statistics, Fairfax, VA.
8. Disabato, D. J., **Goodman, F. R.**, & Kashdan, T. B. (2016, April). *To CFA or EFA — that is the question*. Presented at the Annual Data Blitz Meeting for the laboratory of Measurement, Research Methodology, Evaluation, and Statistics, Fairfax, VA.
7. **Goodman, F. R.**, Disabato, D. J., & Kashdan T. B. (2016, January). *Two types of well-being? A closer look at the hedonia and eudaimonia distinction across 109 countries*. Presented at the annual meeting for the Society of Personality and Social Psychology, San Diego, CA.
6. **Goodman, F. R.**, Kashdan, T. B., & McKnight, P. E. (2015, November). Everyday strivings in people with social anxiety disorder. In Berghoff, C. R. (Chair). *Living life to the fullest: Leveraging personal value-directed behavior to enhance well-being and undermine psychological distress*. Presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
5. Kashdan, T. B., Blalock, D. V., **Goodman, F. R.**, Disabato, D. J., Alexander, L., & McKnight, P. E. (2015, November). Social anxiety and distress tolerance in everyday life: A daily diary study of romantic couples. In Richey, J. A. (Chair). *Does SAD fit in the research domain criteria?: Opportunities and challenges within the NIMH vision for translational research*. Presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
4. **Goodman, F. R.**, Kashdan, T. B., McKnight, P. E., & Farmer, A. (2015, May). Power play: Variations of power perceptions in romantic relationships. In **F. R. Goodman**, & K. C. Young (Chairs). *It takes two: Examining dynamic, couple-level factors in romantic relationships*. Presented at the annual convention of the Association for Psychological Science, New York, NY.
3. Kashdan, T. B., Farmer, A., Ferssizidis, P., **Goodman, F. R.**, Machell, K., & Monfort, S. (2014, November). A contextual approach to experiential avoidance and social anxiety. In J.A. Richey (Chair). *Expanding the focus*

in social anxiety disorder: A deep dive into completely novel approaches for conceptualization and treatment. Presented at the annual convention of the Association for Behavior and Cognitive Therapies, Philadelphia, PA.

2. Monfort, S. S., Kleiman, E. M., Kashdan, T. B., Machell, K.A., & **Goodman, F. R.** (2013, November). Capitalization support during an initial social interaction predicts memory bias. In T.M. Erickson (Chair). *Amplifying and dampening positive emotional states: Implications for emotional disorders.* Presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
1. Franz, S., Quartuccio, J., **Goodman, F. R.**, & McKnight, P. E. (2013, May). *A comparison of SEM, HLM, and Bayesian approaches to dyadic partner interactions.* Presented at the annual convention for the Association for Psychological Science, Washington, DC.

CONFERENCE POSTER PRESENTATIONS

50. †DelAngelo, M. H., †Loftus, P., †Rum, R., & †**Goodman, F. R.** (2024, February). *Examining differences in mental health stigmas held by racial and sexual minority groups.* Poster to be presented at the annual convention for the Society for Personality and Social Psychology, San Diego, CA.
49. †Birg, J. A., †Loftus, P., Tennen, H., Armeli, S., & †**Goodman, F. R.** (2023, November) *Time-trajectories of mental health and social support in college students: A four-year longitudinal study.* Poster presented at the annual conference of the Association for Behavioral and Cognitive Therapies, Seattle, WA.
48. †Sala, M., †Rum, R., & †**Goodman, F. R.** (2023, November) *The mental health costs of discrepancies between ideal and actual emotions.* Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Seattle, WA.
47. †Loftus, P., & †**Goodman, F. R.** (2023, November). *Structural features that underlie perceived anti-queer stigma: A conjoint analysis.* Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Seattle, WA.
46. †Davis, K. M., †Birg, J. A., & †**Goodman, F. R.** (2023, November). *Experience the good or avoid the bad? Emotion preferences in depression and social anxiety.* Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Seattle, WA.
45. Dorrell, K. D., Benjamin, I., †Birg, J. A., Feinstein, B. A., & †**Goodman, F. R.** (2023, November). *Romantic relationship involvement moderates the association between rejection sensitivity and depressive symptoms for bi+ but not lesbian and gay adults.* Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Seattle, WA.
44. †Loftus, P., & †**Goodman, F. R.** (2023, April). *Structural features that underlie perceived anti-queer stigma: A conjoint analysis.* Poster presented at the George Washington University's Columbian College of Arts & Sciences Research Showcase, Washington, D.C.
43. †Rum, R., †Silva, G., †Brennan, J., †Davis, K., †Lyman, C., & †**Goodman, F. R.** (2022, November). *Facilitating social connection during social distancing.* Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, New York City, NY.
42. †Brown, B. A., †Silva, G., †Davis, K., & †**Goodman, F. R.** (2022, November). *Social anxiety as a predictor of thwarted belongingness and perceived burdensomeness: A longitudinal analysis.* Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies. New York, NY.

41. †Silva, G., †Hua, M., †Brown, N., Feinstein, B. A., & †Goodman, F. R. (2022, November). *Do attempts to avoid rejection lead to more rejection? An experience-sampling investigation of momentary rejection experiences*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
40. †Birg, J. A., †Le, T. H., †Davis, K., Kashdan, T. B., & †Goodman, F. R. (2022, November). *Stress generation in social anxiety*. Poster presented at the annual Association for Behavioral and Cognitive Therapies Conference, New York City, NY.
39. †Loftus, P., †Goodman, F. R., †Le, T. H., †Berro, M., Dyar, C., Davila, J. & Feinstein, B. A. (2022, July). *Influences on daily identity uncertainty among bi+ individuals: The roles of relationship status, gender, and partner gender*. Poster presented at the International Academy of Sex Research's 48th Annual Meeting.
38. †Brown, B. A., †Silva, G. M., & †Goodman, F. R. (2022, June). *Interpersonal mediators in the relationship between social anxiety and suicidal ideation: A longitudinal analysis*. Poster presented at the annual Suicide Research Symposium.
37. †Silva, G. M., †Brennan, J., †Ferreira, T., & †Goodman, F. R. (2021, November). *Socializing after rejection: An experience-sampling investigation of daily social experiences*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies (virtual).
36. †Rum, R., †Silva, G. M., †Birg, J. A., †Cobos, A., †Erdem, S., & †Goodman, F. R. (2021, November). *How do depression and social anxiety co-occur in daily life?* Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies (virtual).
35. †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 presented at the annual convention of the Association for Behavioral and Cognitive Therapies (virtual).
34. †Brown, B. A., †Silva, G. M., †Fakhre, F., †Davis, K., & †Goodman, F. R. (2021, November). *Meaning in life as a protective factor against the effects of loneliness on suicidal ideation: A longitudinal analysis*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies Convention (virtual).
33. Bowers, E. M., Hom, M.A., Peckham, A.D., †Goodman, F. R., Björgvinsson, T., & Beard, C. (2021, November). *Changes in positive and negative affect during acute psychiatric treatment in individuals with social anxiety disorder*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies (virtual).
32. †Rum, R., †Silva, G. M., Kashdan, T. B., & †Goodman, F. R. (2021, February). *The power of positive affect during social interactions*. Poster presented at the annual convention of the Society for Personality and Social Psychology (virtual).
31. †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 (virtual).
30. †Silva, G. M., †Monsees, J. L., †Goodman, F. R., & Kashdan, T. B. (2020, November). *Clarifying links between emotion beliefs and regulatory strategy use: An idiographic, multimethod assessment of emotion regulation*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies (virtual).

29. †Brown, B. A., †Silva, G. M., & †Goodman, F. R. (2020, November). *Motivational underpinnings of alcohol use in people with social anxiety disorder: A daily diary study*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies (virtual).
28. †Brown, B. A., Disabato, D. J., **Goodman, F. R.**, & Kashdan, T. B. (2020, November). *Does negative emotion differentiation influence daily self-regulation? A 4-year daily diary study*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies (virtual).
27. †Brown, B. A., †İmamoğlu, A., Disabato, D. J., **Goodman, F. R.**, & Kashdan, T. B. (2018, November). *A problem-solving approach to distress intolerance and depression*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Washington, DC.
26. †Regalario, I., †Miller, M., †Asim, A., Doorley, J. D., **Goodman, F. R.**, & Kashdan, T. B. (2018, November). *Can curiosity buffer against the potentially harmful effects of anxiety on meaning in life?* Poster presented at the annual convention of Association of Behavioral and Cognitive Therapies, Washington, DC.
25. †İmamoğlu, A., †Brown, B. A., **Goodman, F. R.**, Doorley, J. D., & Kashdan, T. B. (2018, November). *Accounting for sex differences in depression: The distinct contributions of a sense of autonomy and positive relations with others*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Washington, DC.
24. †Brown, B. A., **Goodman, F. R.**, & Kashdan, T. B. (2018, April). *The protective nature of meaning: A prospective analysis of meaning in life as a moderator between neuroticism and anxiety*. Poster presented at the George Mason University College of Humanities and Social Sciences Undergraduate Research Symposium, Fairfax, Virginia.
23. †Brown, B. A., †Miller, M., **Goodman, F. R.**, Disabato, D. J., & Kashdan, T. B. (2018, March). *Experiential avoidance moderating the effect of anxiety on changes in meaning in life: A prospective study*. Poster presented at the annual convention for the Society for Personality and Social Psychology, Atlanta, GA.
22. **Goodman, F. R.**, †Larrazabal, M. A., Doorley, J. D., & Kashdan, T. B. (2017, November). *Maximize pleasure or minimize pain? Implicit beliefs about well-being moderate the relationship between anxiety and well-being*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
21. †Lauber, M. D., Disabato, D. J., **Goodman, F. R.**, †Whimpey, A. I., & Kashdan, T. B. (2017, November). *Persevering through avoidance: Grit as a shield against diminished well-being*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
20. Disabato, D. J., Kashdan, T. B., **Goodman, F. R.**, †Larrazabal, M. A., & †West, J. T. (2017, November). *Hidden problems in the measurement of experiential avoidance: Indiscrimination and tautologies*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
19. Doorley, J. D., †Milius, C. R., †West, J. T., **Goodman, F. R.**, & Kashdan, T. B. (2017, November). *When is it beneficial to believe that emotions are malleable? The interplay among implicit emotion beliefs and experiential avoidance in predicting well-being*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
18. **Goodman, F. R.**, Yarbro, J., Kashdan, T. B., & McKnight, P. E. (2017, January). *Pathways to meaning in life: Managing emotions and persevering towards valued goals*. Poster presented at the annual convention of the Society of Personality and Social Psychology, San Diego, CA.

17. **Goodman, F. R.**, Stikma, M. C., & Kashdan, T. B. (2016, October). *Liquid antidote: Alcohol attenuates adverse effects of social anxiety during social interactions*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
16. **Goodman, F. R.**, †Lauber, M. D., Stikma, M. C., Blalock, D. V., †Milius, C. R., †Whimpey, A. I., & Kashdan, T. B. (2016, October). *Fear of success? When and why people with social anxiety disorder strive for power and achievement*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
15. Stikma, M. C., †Milius, C. R., **Goodman, F. R.**, Blalock, D. V., †Lauber, M. D., †Whimpey, A. I., & Kashdan, T. B. (2016, October). *Interpersonal desire and dysfunction: An analysis of strivings in people with social anxiety disorder*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
14. **Goodman, F. R.**, & Kashdan, T. B. (2015, November). *Social anxiety, emotion regulation, and alcohol use: A daily diary study*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
13. **Goodman, F. R.**, Lucas, N., & †Milius, C. R. (2015, May). *Creating and measuring a well-being university*. Poster presented at the annual convention of the Association for Psychological Science, New York, NY.
12. Yarbro, J., **Goodman, F. R.**, Kashdan, T. B., & McKnight, P. E. (2015, May). *Daily emotion regulation, meaning in life, and goal pursuit*. Poster presented at the annual convention of the Association for Psychological Science, New York, NY.
11. Disabato, D. J., **Goodman, F. R.**, Kashdan, T. B., & Jarden, A. (2015, May). *Perseverance of effort — not consistency of interests — predicts well-being*. Poster presented at the annual convention of the Association for Psychological Science, New York, NY.
10. **Goodman, F. R.**, Kashdan, T. B., & Kaczmarek, L. D. (2014, November). *Gratitude interventions: Targets to increase participation*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
9. **Goodman, F. R.**, †Mallard, T. T., & Kashdan, T. B. (2014, November). *A brief mindfulness and yoga intervention with an entire Division I athletic team: Preliminary evidence and lessons learned*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
8. Disabato, D. J., **Goodman, F. R.**, Kashdan, T. B., Jarden, A., & Short, J. L. (2014, November). *Measuring well-being in clinical psychology*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
7. **Goodman, F. R.**, Farmer, A. S., †Rana, V. A., †Bonner, J. A., †Rivera, R., & Kashdan, T. B. (2013, November). *Smiling and laughter during romantic relationship interactions: Indicators of relationship quality*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
6. **Goodman, F. R.**, †Mallard, T. T., Farmer, A. S., & Kashdan, T. B. (2013, November). *Congruency of perceived power in romantic relationships and implications for relationship quality*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
5. Bullock, J., Biswas-Diener, R., **Goodman, F. R.**, Diener, E., & Kashdan, T. B. (2013, June). *The hospitality research project*. Poster presented at the Third World Congress on Positive Psychology, Los Angeles, CA.

4. **Goodman, F. R.**, Machell, K. A., & Kashdan, T. B. (2013, May). *Experiential avoidance and daily well-being*. Poster presented at the annual convention of the Association for Psychological Science, Washington, DC.
3. **Goodman, F. R.**, Russell, B. A. H., & Hatfield, B. D. (2011, November). *Measuring residual processing capacity under different levels of task difficulty*. Poster presented at the annual convention of the Mid-Atlantic Chapter of the American College of Sports Medicine, Harrisburg, PA.
2. **Goodman, F. R.**, Russell, B. A. H., & Hatfield, B. D. (2011, September). *Auditory processing of deviant tones under different levels of cognitive workload*. Poster presented at the annual School of Public Health Research Interaction Day, College Park, MD.
1. **Goodman, F. R.**, Russell, B. A. H., Rietschel, J., & Hatfield, B. D. (2010, August). *The impact of anxiety on cognitive processes during varying degrees of visuo-motor challenge*. Poster presented at the annual meeting for University of Maryland Summer Training and Research Program, College Park, MD.

INVITED TALKS (SELECTED)

- 2024 *The surprising social lives of people with social anxiety*. Society for Personality and Social Psychology annual convention, Emotion preconference. San Diego, CA.
- 2023 *The alarming rise of loneliness in the digital area*. American Association of Service Coordinators national conference. National Harbor, MD.
- 2023 *Managing social anxiety an increasingly chaotic social world*. Progressive Insurance Company. (Virtual).
- 2023 *Social anxiety: The silent saboteur of social connection*. Presidential Symposium, Psychosocial Aspects of Connectivity: Challenges and Intervention. Washington Psychiatric Society. Washington, DC.
- 2023 *Overcoming social anxiety: Practical strategies for building confidence and connection*. Nimble Giant Entertainment. Buenos Aires, Argentina. (Virtual)
- 2022 *Harnessing social anxiety to combat loneliness*. Osher Lifelong Learning Institute, Tampa, FL. (Virtual)
- 2021 *Social anxiety in the modern world*. TEDxUSF, Tampa, FL.
*Now featured on TED.com: [Why you feel anxious socializing \(and what to do about it\)](#).
- 2021 *The social paradox: Harnessing social anxiety to connect with peers*. Inaugural Conference of the School Mental Health Collaborative, Tampa, FL. (Virtual)
- 2021 *When and why people with social anxiety disorder thrive*. Clinical Psychology Department, University of Virginia, Charlottesville, VA. (Virtual)
- 2021 *Social closeness despite social distance*. COVID-19 Round 1 Seed Grant Investigators' Presentation, University of South Florida, Tampa, FL.
- 2021 *Designing experience-sampling studies: Nuts, bolts, and critical oversights*. University of South Florida, Tampa, FL.
- 2020 *New insights on emotion dysregulation in social anxiety disorder*. Social Psychology Department, University of Florida, Gainesville, FL (virtual).

- 2020 *Beyond manuals in clinical supervision: How to be a human, not a robot.* Clinical Psychology Department, University of Southern Mississippi, Hattiesburg, MS. (Virtual)
- 2020 *Combating loneliness during the COVID-19 pandemic.* Dean's Advisory Council, University of South Florida, Tampa, FL. (Virtual)
- 2019 *How we manage our emotions and why it matters.* Psych Expo, University of South Florida, Tampa, FL.
- 2019 *A strengths-based approach to therapy.* Behavioral Health Partial Program, McLean Hospital, Harvard Medical School, Belmont, MA.
- 2017 *The building blocks of psychological flexibility.* Department of Health Administration and Policy, George Mason University, Fairfax, VA.
- 2016 *Resilience in higher education: Wise interventions and creative measurement.* International Well-Being University Symposium, Borba, Portugal.
- 2015 *A primer on mindfulness.* Summer Mindfulness Meditation Series, United States House of Representatives, Washington, DC.
- 2015 *Building resilience into education.* Fairfax County Public Schools' Annual Community Conversation on Teen Stress, Fairfax, VA.

CLINICAL TRAINING

- 2018–2019 **Clinical Psychology Resident**
Harvard Medical School, McLean Hospital
- 2017–2018 **Clinical Psychology Resident**
Craniofacial Clinic, Inova Hospital
- 2012–2018 **Psychodiagnostic Examiner**
Center for Psychological Services, George Mason University
- 2016–2017 **Clinical Psychology Resident**
Adult Outpatient Medication Management, Inova Hospital
- 2016–2017 **Clinical Psychology Resident**
Gastroenterology and Endocrine Clinic, Children's National Medical Center
- 2015–2016 **Clinical Psychology Resident**
Partial Hospitalization Program, Inova Hospital
- 2014–2015 **Research Study Psychotherapist, NIH-funded clinical trial**
Integrated Treatment Program, George Mason University
- 2013–2015 **Psychotherapist**
Center for Psychological Services, George Mason University

CLINICAL SUPERVISION

University of South Florida

2019–2022 **Faculty supervisor**
USF Psychological Services Center

Harvard Medical School

2018–2019 **Peer supervisor**
McLean Hospital, Behavioral Health Partial Hospitalization Program

George Mason University

2016 **Peer supervisor**
Introduction to Helping Skills and Motivational Interviewing

TEACHINGGeorge Washington University

2024 **Instructor**
The Science of Well-being (PSYC4997) **Developed course*

2023– **Instructor**
Advanced Research Lab in Clinical Psychology (PSYC4201W)

2022– **Instructor**
Abnormal Psychology (PSYC2011)

University of South Florida

2021–2022 **Instructor**
Diversity in Clinical Psychology (EXP7099) **Developed course*

2020–2022 **Instructor**
Abnormal Psychology (CLP4143)

2019–2021 **Instructor**
Introduction to Psychological Science (PSY2012)

George Mason University

2018 **Instructor**
Abnormal Psychology and Well-being (PSYC461/325) **Developed course*

2017 **Instructor**
Applied Well-Being Studies (PSYC417) **Developed course*

2015 **Co-Instructor**
Leadership and Positive Organizations (NCLC474) **Co-developed course*

2013 **Co-Instructor**
Understanding Happiness and Human Well-Being (NCLC475)

2012–2013 **Instructor**
Research Methods Lab (PSYC301)

2012–2013 **Teaching Assistant**
Introduction to Psychology (PSYC100)

University of Maryland

2011–2012

Teaching Assistant

Psychology of Communication and Persuasion (PSYC424)

ADVISING AND MENTORSHIP**Doctoral Students**

2023– Saskia Jorgensen
 2021– Patrick “Paddy” Loftus
 2020– Ruba Rum
 2020– Jessica Birg
 2020– Bradley Brown
 2019– Gabriella Silva

Dissertation Committees

2023– Gabriella Silva
 2022– Bingjie Tong
 2021– Alexandria Choate
 2021–2023 Lauren Fournier
 2021–2023 Allie Schuck
 2021–2022 Haya Fatimah
 2021– Andrew Devendorf
 2020–2022 Jacob Levine
 2020–2021 Md Taufeeq Uddin
 2019–2021 Ansley Bender

Masters Theses Committees

2023– Cassandra “Cass” Lyman
 2021–2023 Jessica Birg (*Chair*)
 2021–2023 Ruba Rum (*Chair*)
 2021–2022 Gabriella Silva (*Chair*)
 2021–2022 Bradley Brown (*Chair*)
 2021–2022 Katrina Conen
 2020–2022 Alexander Denison
 2019–2022 Bingjie Tong
 2019–2022 Rose Miller

Second Year Project Theses

2023– Saskia Jorgensen (*Chair*)
 2022– Paddy Loftus (*Chair*)
 2022– Reem AlRabiah

Honors Theses Committees

2023 Donovan Hoffman
 2021 Angelina Venetto

Mentored Research AssistantsGeorge Washington University

2023– Jemimah Boakye-Ansah
 2022– Shirin Podury
 2023– Matthew Nielsen

2023–	Carsyn Parmelee
2023–	Chase Fredriksen Isaacs
2022–2023	Bayush Getachew
2023–	Diana Black
2023–	Jingyi Zhu
2023–	Melanie DelAngelo
2022–	Emily Reid
2022–2023	Caroline Korn

University of South Florida

2021–	Presley Camp
2021–	Victoria Rey
2021–	Maximilian Wright
2021–2023	Matthew Sala
2021–2023	Truc “Tina” Le
2021–2023	Dakota Krebs
2021–2022	Maya Berro
2021–2022	Fadia Fakhre
2020–	Kimberly Davis
2020–2022	Michelle Hua
2020–2022	Nikita Yadav
2021–2022	Alexandra Langenfield
2021–2022	Nicole Brown
2020–2022	Tia Bathani
2020–2021	Diego Dulanto
2020–2022	Ashly Cobos
2020–2022	Angelina Venetto
2020–2021	Sarah Attaway
2020–2021	Tiago Ferreira
2020–2021	Jordan Cohen
2020–2021	Sumeyye Erdem
2019–2022	Justin Brennan
2019–2020	Collin Hine
2019–2021	Julie Monsees
2019–2020	Ashlyn Pernice
2019–2020	James Pyle

George Mason University

2018–2019	Salma Osman
2017–2019	Thien-Kim Luong
2017–2019	Saitejaswi Kanuri
2017–2019	Ameena Ashraf
2017–2019	Ashihan İmamoğlu
2017–2018	Irene Regalario
2017–2018	Emily Geyer
2017–2018	Molly Miller
2016–2019	Ateeb Asim
2016–2019	Bradley Brown
2016–2017	Christopher Summers
2016–2017	Maria Larrazabal
2016–2017	John West
2015–2017	Cayla Milius
2012–2014	Verda Dar

2012–2015 Travis Mallard

PROFESSIONAL SERVICE

University Service

George Washington University

2023 Panelist, National Science Foundation (NSF) GRFP expert panel
 2022– Member, Clinical Internship Preparation Committee, Psychology Department

University of South Florida

2020–2021 Diversity Committee Department Liaison to College of Arts and Sciences
 2020–2022 Member, Diversity Committee, Psychology Department
 2020–2022 Reviewer, Student Award Fellowships, Psychology Department
 2019–2022 Member, Clinical Internship Preparation Committee, Psychology Department

Harvard Medical School

2018–2019 Member, Pride LGBTQ Employee Resource Group, McLean Hospital
 2018–2019 Member, Dimensions of Diversity Committee, McLean Hospital

George Mason University

2015–2019 Academic mentor, OSCAR Undergraduate Research Scholars Program
 2015–2019 Academic mentor, Undergraduate Psychology Honors Program
 2013–2016 Member, Well-being University Learning Community
 2016 Reviewer, Innovations in Teaching and Learning Conference
 2014–2016 Chair, Resilience Working Group, Well-being University Initiative

National and Community Service

2023, 2024 Reviewer, National Science Foundation (NSF)
 2021, 2023 Editor, Applicant Statement Feedback Program (ASFP)
 2021 Core Team Member, Applicant Statement Feedback Program (ASFP)
 2021, 2022 Reviewer, Conference submissions, Society for Personality and Social Psychology (SPSP)
 2015 Presenter, Fairfax County Public Schools (FCPS) Community Conversation

Professional Memberships

Anxiety and Depression Association of America (ADAA)
 Association for Behavioral and Cognitive Therapies (ABCT)
 Association for Psychological Science (APS)
 Society for Personality and Social Psychology (SPSP)