

Abby Adler Mandel, Ph.D.

Curriculum vitae

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Faculty Website: <https://psychology.catholic.edu/faculty-and-research/faculty-profiles/adler-mandel-abby/index.html>

Lab Website: <https://sites.google.com/cua.edu/dasclab/>

CURRENT POSITIONS

- 2024 – Present **Director**, Clinical Psychology PhD program, The Catholic University of America, Washington, D.C.
- 2020 – Present **Assistant Professor**, Department of Psychology, The Catholic University of America, Washington, D.C.
- Courses: Cognitive and Behavior Therapy (PSY373, PSY745), Research Methods in Psychology (PSY350), Psychopathology (PSY813), Practicum in Individual Psychotherapy (PSY908)*
- 2020 – Present **Director**, Depression and Suicide Cognitions (DaSC) Lab
- 2020 – Present **Licensed Psychologist**, Washington, DC (PSY1001577)
- 2019 – Present **Adjunct Faculty**, Beck Institute for Cognitive Behavior Therapy, Bala Cynwyd, PA

EDUCATION & TRAINING

- 2012 – 2015 **NRSA Postdoctoral Fellow**
Aaron T. Beck Psychopathology Research Center
University of Pennsylvania, Philadelphia, PA
Mentor: Gregory Brown, Ph.D.
- 2011 – 2012 **Clinical Psychology Intern**
Boston Consortium in Clinical Psychology (APA accredited internship)
VA Boston Healthcare System, Boston, MA
Joint appointments as a Clinical Fellow in Psychiatry, Harvard Medical School and
Teaching Fellow in Psychiatry, Boston University School of Medicine
Rotations: General Mental Health, National Center for PTSD Women's Health Sciences
Division
- 2012 **Ph.D. in Clinical Psychology** (APA Accredited)
The Ohio State University, Columbus, OH
Dissertation Title: *Change in Automatic and Strategic Cognition: An Examination of
Cognitive Therapy for Depression*

2008 **M.A. in Clinical Psychology** (APA Accredited)
Minor: Quantitative Psychology
The Ohio State University, Columbus, OH
Thesis Title: *Manipulation of Cognitive Biases and Rumination: An Examination of
Single and Combined Correction Conditions*

2004 **B.S. in Psychology / B.A. in Dance**
Honors Citation, Summa Cum Laude
University of Maryland, College Park, MD

HONORS, AWARDS, AND CERTIFICATIONS

2023 Beck Institute CBT Certified Master Clinician

2020 Beck Institute CBT Certified Clinician

2016 National Psychologist Trainee Register Credentialing Scholarship, National Register of
Health Service Psychologists

2013 Military Suicide Research Consortium (MSRC) Pre-Conference Research Training Day
Travel Fellowship Award

2010 Dissertation Research Award (\$1,000), American Psychological Association

2010 Student Travel Award, American Psychological Association

2008 Critical Difference for Women Professional Development Grant (\$1,000), Department of
Women’s Studies, The Ohio State University

2008 Edward F. Hayes Graduate Research Forum, Social and Behavioral Sciences 3rd place,
The Ohio State University

2006 – 2007 University Fellowship, The Ohio State University

2004 Who’s Who Among Students in America’s University and Colleges

2003 Omicron Delta Kappa, Sigma Circle, University of Maryland

2000 – 2004 President’s Scholarship, University of Maryland

FUNDED GRANTS AND FELLOWSHIPS

Title: “Examining the Three Step Theory of Suicide (3ST) in LGBQ Individuals Using Ecological Momentary Assessment

Funding Source: Catholic University Department of Psychology’s Beryl Anderson Dissertation Research Award

Amount: \$600

Dates: 2024 - 2025

Role: Dissertation Advisor (PI: Olga Revzina, M.A.)

Title: “Examining the Three Step Theory of Suicide (3ST) in LGBQ Individuals Using Ecological Momentary Assessment

Funding Source: Catholic University’s GSA Dissertation Fund

Amount: \$3,800

Dates: 2024 - 2025

Role: Dissertation Advisor (PI: Olga Revzina, M.A.)

Title: “Examining the Three Step Theory of Suicide (3ST) in LGBQ Individuals Using Ecological Momentary Assessment

Funding Source: ABCT’s Virginia Roswell Student Dissertation Award

Amount: \$1,000

Dates: 2024

Role: Dissertation Advisor (PI: Olga Revzina, M.A.))

Title: “Attentional Fixation as a Moderator of the Relation between Suicidal Ideation and Suicide Attempts”

Funding Source: AFSP YIG-0-001-13

Amount: \$85,000

Dates: 2015 - 2017

Role: Principal Investigator (Mentor: Gregory Brown, Ph.D.)

Title: “Management of Suicide Related Events during Deployment”

Funding Source: USAMRMC 11066008

Dates: 2012 - 2017

Role: Project Director (PIs: Gregory Brown, Ph.D., Marjan Holloway, Ph.D., Barbara Stanley, Ph.D.)

Title: “Cognitive Therapy for Suicidal Older Men”

Funding Source: NIH 1R01MH086572-01A2

Dates: 2012 - 2017

Role: Study Therapist/Assessor (PI: Gregory K. Brown, Ph.D.)

Title: “Research Training for Prevention of Suicide and Psychosis: A Public Health Model”

Funding Source: NIH 5T32MH082745-02

Dates: 2012 - 2015

Role: Postdoctoral Fellow (PI: Aaron T. Beck, M.D.)

Title: “NIH CTSA Mentored Clinical Research Training Program “

Funding Source: NIH TL1RR025753

Dates: 2009 - 2011

Role: Pre-doctoral Fellow (PI: Rebecca Jackson, M.D.)

SUBMITTED GRANTS

Title: “Development and Initial Evaluation of a Scale for Cognitive Factors contributing to Suicidal Ideation (SCFSI) Across Diverse Samples at Risk for Suicide”

Funding Source: AFSP Standard Grant

Role: Principal Investigator

Amount Requested: \$124,804

Date Submitted: November 15, 2023

Status: Not funded

Title: “Primals & Clinical Psychology: Do Primal Beliefs Affect Suicidal Ideation?”

Funding Source: University of Pennsylvania and Templeton Religion Trust

Role: Principal Investigator

Amount Requested: \$250,000

Date Submitted: September 22, 2021

Status: Not funded

Title: “Testing a HRV Biofeedback-Based Mobile Application as a Tool for Improving Emotion Regulation in Youth”

Funding Source: NSF Graduate Research Fellowship Program (GRFP)

Role: Mentor (PI: Olga Revzina)

Amount Requested: \$138,000

Date Submitted: October 19, 2020

Status: Not funded

Title: “Development of a Predictive Model of Suicidal Behavior: Concurrent Examination of Neurocognitive Processes and Cognitive Content Using Traditional and Ecological Momentary Assessments”

Funding Source: NIMH Exploratory/Developmental Research Grant Program (R21)

Date Submitted: October 14, 2016

Date Resubmitted: November 16, 2017

Status: Not funded

REVIEWED PUBLICATIONS (*student/mentee)

Mandel, A. A., *Mitchell, E., *Krush, C., & *Revzina, O. (2025). Differences in suicide-specific attentional bias based on stimuli across the suicide Stroop and disengagement tasks. *Journal of Affective Disorders*, 369, 87-94. <https://doi.org/10.1016/j.jad.2024.09.136>

Mandel, A. A., *Revzina, O., *Hunt, S., & Rogers, M. L. (2024). Ecological momentary assessments of cognitive dysfunction and passive suicidal ideation among college students. *Behaviour Research and Therapy*, 180, 104602. <https://doi.org/10.1016/j.brat.2024.104602>

Rogers, M. L., Law, K. C., Lawrence, O. C., & **Mandel, A. A.** (2024). Perseveration on suicidal thoughts and images in daily life: An examination of the cognitive model of suicide through a dynamic systems lens. *Behaviour Research and Therapy*, 177, 104524. <https://doi.org/10.1016/j.brat.2024.104524>

Jobes, D. A., **Mandel, A. A.**, Kleiman, E. M., Bryan, C. J., Johnson, S. L. & Joiner, T. E. (2024). Facets of suicidal ideation. *Archives of Suicide Research*, 1-16. <https://doi.org/10.1080/13811118.2023.2299259>

Udupa, N. S., Hanson, J., Gutierrez, P. M., **Mandel, A. A.**, Johnson, S. L., Kleiman, E., Bryan, C.J., Jobes, D. A., & Joiner, T. (2023). Uncontrollability of suicidal ideation adds incremental explanatory power in prediction of later suicidal ideation. *Journal of Clinical Psychology*, 79(12), 2974-2985. <https://doi.org/10.1002/jclp.23593>

- Mandel, A. A.**, Kleiman, E. M., Johnson, S., Rogers, M. L., Jobes, D. A., & Joiner, T. (2023). A test of invariance of the construct of suicidal ideation across three diverse samples. *Journal of Affective Disorders*, 329, 124-130. <https://doi.org/10.1016/j.jad.2023.02.055>
- Mandel, A. A.**, *Revzina, O., *Jessani, Z., & Brown, G. K. (2022). The Revised Attentional Fixation on Suicide Experiences Questionnaire (AFSEQ-R) and its relationship with suicidal ideation and behavior: A cross sectional study. *Suicide and Life-Threatening Behavior*, 52(6), 1096-1109. <https://doi.org/10.31234/osf.io/ksh3j>
- Anvar, S., Swerdlow, B., Jobes, D., Timpano, K. R., **Mandel, A. A.**, Kleiman, E., Joiner, T., & Johnson, S. (2022). Emotion-related impulsivity and suicidal ideation: Toward a more specific model. *British Journal of Clinical Psychology*. 61(4), 1219-1235. <https://doi.org/10.1111/bjc.12383>
- Mandel, A. A.**, Stanley, B., *Dent, K., Jager-Hyman, S., Ghahramanlou-Holloway, M. & Brown, G. K. (2022). Expert opinion on managing suicide risk in deployed settings. *Military Behavioral Health*, 10(3), 145-155. <https://doi.org/10.1080/21635781.2021.1973624>
- Goldstein, L., **Mandel, A. D. A.**, DeRubeis, R. J., & Strunk, D. R. (2020). Outcomes, skill acquisition, and the alliance: Similarities and differences between clinical trial and student therapists. *Behavior Therapy and Research*, 129, 103608. <https://doi.org/10.1016/j.brat.2020.103608>
- Adler, A.**, Jager-Hyman, S., Brown, G. K., Singh, T., Chaudhury, S., Ghahramanlou-Holloway, M., & Stanley, B. (2019). A qualitative investigation of barriers to seeking treatment for suicidal thoughts and behaviors in service members with a deployment history. *Archives of Suicide Research*, 1-18. <https://doi.org/10.1080/13811118.2019.1624666>
- Adler, A.**, Chaudhury, S., Stanley, B., Ghahramanlou-Holloway, M., Bush, A., & Brown, G. K. (2018). A qualitative analysis of strategies for managing suicide-related events during deployment from the perspective of Army behavioral health providers, chaplains, and leaders. *Military Psychology*, 30, 87-97. <https://doi.org/10.1080/08995605.2017.1420979>
- Wiltsey Stirman, S., Gutner, C. A., Suvak, M., **Adler, A.**, Calloway, A., & Resick, P. (2018). Homework completion, patient characteristics, and symptom change in Cognitive Processing Therapy for PTSD. *Behavior Therapy*, 49, 741-755. <https://doi.org/10.1016/j.beth.2017.12.001>
- German, R. E., **Adler, A.**, Frankel, S., Stirman, S. W., Pinedo, P., Evans, A., Beck, A. T., & Creed, T. A. (2018). Testing a web-based training and peer support model to build capacity for evidence-based practice in community mental health. *Psychiatric Services*, 69, 286-292. <https://doi.org/10.1176/appi.ps.201700029>
- Creed, T. A., Frankel, S. A., German, R., Green, K. L., Jager-Hyman, S., Pontoski, K., **Adler, A.**, Wolk, C. B., Stirman, S. W., Waltman, S. H., Williston, M. A., Sherrill, R., Evans, A. C., & Beck, A. T. (2016). Implementation of transdiagnostic cognitive therapy in diverse community settings: The Beck Community Initiative. *Journal of Consulting and Clinical Psychology*, 84, 1116-1126. <https://doi.org/10.1037/ccp0000105>
- Adler, A.**, *Bush, A., *Weissinger, G., Barg, F. K., Beck, A. T., & Brown, G. K. (2016). A mixed methods approach to identify cognitive warning signs of suicide attempts. *Archives of Suicide Research*, 20, 528-38. <https://doi.org/10.1080/13811118.2015.1136717>
- Adler, A.**, Jager-Hyman, S., Green, K. L., Brown, G. K., Beck, A. T., & Wenzel, A. (2015). Initial psychometric properties of the Attentional Fixation on Suicide Experiences Questionnaire. *Cognitive Therapy and Research*, 39, 492-498. <https://doi.org/10.1007/s10608-015-9683-7>
- Adler, A. D.**, Strunk, D. R., & Fazio, R. H. (2015). What changes in Cognitive Therapy for depression? An examination of Cognitive Therapy skills and maladaptive beliefs. *Behavior Therapy*, 46, 96-109. <https://doi.org/10.1016/j.beth.2014.09.001>
- Strunk, D. R., Hollars, S. N., **Adler, A. D.**, Braun, J., & Goldstein, L. (2014). Assessing patients' cognitive therapy skills: Initial evaluation of the Competencies of Cognitive Therapy Scale. *Cognitive Therapy and Research*, 38, 559-569. <https://doi.org/10.1007/s10608-014-9617-9>
- Strunk, D. R., **Adler, A. D.**, & Hollars, S. N. (2013). Cognitive Therapy skills predict cognitive reactivity to sad mood following Cognitive Therapy for depression. *Cognitive Therapy and Research*, 37, 1214-1219.

- Adler, A. D.**, Conklin, L. R., & Strunk, D. R. (2013). Quality of coping skills predicts depressive symptom reactivity over repeated stressors. *Journal of Clinical Psychology*, *69*, 1228-1238. <https://doi.org/10.1007/s10608-013-9570-z>
- Adler, A. D.**, & Strunk, D. R. (2010). Looming maladaptive style as a moderator of risk factors for anxiety. *Cognitive Therapy and Research*, *34*, 59-68. <https://doi.org/10.1007/s10608-008-9221-y>
- Strunk, D., & **Adler, A.** (2009). Cognitive biases in three prediction tasks: A test of the cognitive model of depression. *Behaviour Research and Therapy*, *47*, 34-40. <https://doi.org/10.1016/j.brat.2008.10.008>
- Guyer, A. E., Monk, C. S., McClure, E. B., Nelson, E. E., Roberson-Nay, R., **Adler, A. D.**, Fromm, S., Leibenluft, E., Pine, D. S., & Ernst, M. (2008). A developmental examination of amygdala response to facial expressions. *Journal of Cognitive Neuroscience*, *20*, 1565-1582. <https://doi.org/10.1162/jocn.2008.20114>
- McClure, E. B., **Adler, A. D.**, Monk, C. S., Cameron, J., Smith, S., Nelson, E. E., Leibenluft, E., Ernst, M., & Pine, D. (2007). fMRI predictors of treatment outcome in pediatric anxiety disorders. *Psychopharmacology*, *191*, 97-105. <https://doi.org/10.1007/s00213-006-0542-9>
- Guyer, A. E., McClure, E. B., **Adler, A. D.**, Brotman, M. A., Rich, B. A., Kimes, A. S., Pine, D. S., Ernst, M., & Leibenluft, E. (2007). Specificity of facial expression labeling deficits in childhood psychopathology. *Journal of Child Psychology and Psychiatry*, *48*, 863-871. <https://doi.org/10.1111/j.1469-7610.2007.01758.x>
- McClure, E. B., Monk, C. S., Nelson, E. E., Parrish, J. M., **Adler, A. D.**, Blair, J. R., Charney, D. S., Leibenluft, E., Ernst, M., & Pine, D. (2007). Abnormal attention modulation of amygdala function in pediatric Generalized Anxiety Disorder. *Archives of General Psychiatry*, *64*, 97-106. <https://doi.org/10.1001/archpsyc.64.1.97>

CHAPTERS/BOOKS (*student/mentee)

- Fernandez*, F., & **Mandel, A. A.** (in press). Suicidal intent. In D. Friedman-Wheeler & A. Wenzel (Eds.), *The SAGE Encyclopedia of Mood and Anxiety Disorders*. SAGE Publications.
- *Mitchell, E. L., & **Mandel, A. A.** (in press). Suicide attempt. In D. Friedman-Wheeler & A. Wenzel (Eds.), *The SAGE Encyclopedia of Mood and Anxiety Disorders*. SAGE Publications.
- *Revzina, O., & **Mandel, A. A.** (in press). Suicide in LGBTQIA+ communities. In D. Friedman-Wheeler & A. Wenzel (Eds.), *The SAGE Encyclopedia of Mood and Anxiety Disorders*. SAGE Publications.
- Brown, G.K., **Mandel, A.A.**, Wright, J.H. (2023). Cognitive and behavioral models of mental function and behavior. In A. Tasman et al. (eds.), *Tasman's Psychiatry*. Springer. https://doi.org/10.1007/978-3-030-42825-9_27-1
- Strunk, D. R., **Mandel, A. A.**, & Ezawa, I. D. (2021). Being flexible while maintaining fidelity in cognitive behavioral therapy of depression. In P. C. Kendall (Ed.), *Flexibility within Fidelity: Breathing Life into a Psychological Treatment Manual*. Oxford University Press.
- Mandel, A. A.**, Jager-Hyman, S., & Brown, G. K. (2021). Suicide prevention. In A. Wenzel (Ed.), *Handbook of cognitive behavioral therapy: Applications* (p. 361–388). American Psychological Association. <https://doi.org/10.1037/0000219-011>
- Wenzel, A., & **Adler, A.** (2020). Cognitive and behavioral therapy. In L. H. Gold & R. L. Frierson (Eds.), *Suicide Risk Assessment and Management, 3rd Edition*. American Psychiatric Publishing, Inc.
- Kleiman, K., Wenzel, A., Waller, H., & **Mandel, A. A.** (2020). *Dropping the Baby and Other Scary Thoughts: Breaking the Cycle of Unwanted Thoughts in Parenthood, 2nd Edition*. Routledge.
- AhnAllen, C. G., **Adler, A.**, & Kleespies, P. M. (2017). Suicide risk assessment with combat veterans – Part I: Contextual Factors. In B. Bongar, G. Sullivan, and L. James (Eds.): *Handbook of Military and Veteran Suicide: Assessment, Treatment, and Prevention* (pp. 79-88). New York, NY: Oxford University Press.
- Kleespies, P. M., **Adler, A.**, & AhnAllen, C. G. (2017). Suicide risk assessment with combat veterans – Part II: Assessment and Management. In B. Bongar, G. Sullivan, and L. James (Eds.): *Handbook of Military*

and *Veteran Suicide: Assessment, Treatment, and Prevention* (pp. 89-102). New York, NY: Oxford University Press.

Strunk, D., **Adler, A.**, & Hollon, S. (2017). Cognitive therapy of depression. In R. J. DeRubeis and D. R. Strunk (Eds.): *The Oxford Handbook of Mood Disorders* (pp. 411-422). New York, NY: Oxford University Press.

Brown, G. K., **Adler, A.**, & Wright, J. H. (2015). Cognitive and behavioral model of the mind. In A. Tasman, J. Leiberman, J. Kay, M. First, and M. Riba (Eds.): *Psychiatry, 4th Edition* (pp. 477-488). West Sussex, England: John Wiley & Sons, Ltd.

INVITED PRESENTATIONS

Mandel, A. A. (2024, June). *Cognitive Factors Contributing to Suicidal Ideation: An Introduction to Primal World Beliefs*. Invited talk for the Wake Kendall Group, virtual

Mandel, A. A. (2024, May). *Cognitive Factors Contributing to Suicidal Ideation: An Introduction to Primal World Beliefs*. Invited talk for the Mental Health Awareness Event at Ekdom Neuropsychology Group, Fairfax, VA.

Mandel, A. A. (2024, January). *Applying CBT Principles for Suicide Prevention*. Invited talk for the Steven A. Cohen Military Family Clinic at Easterseals, virtual.

Mandel, A. A. (2022, October). *The Fine Line Between Physical and Mental Health*. Invited talk for Catholic University's SGA Wellness Initiative, Washington, D.C.

Mandel, A. A., (2022, May). *Cognitive Behavior Therapy for Suicide Prevention: A Case Example*. Invited talk at the 2022 CHEP Suicide Prevention Conference, Belcamp, MD.

Mandel, A. A. (2022, March). *Tips to Enhance Well-Being*. Invited talk for Catholic University's SGA Wellness Initiative, Washington, D.C.

Mandel, A. A. (2021, October). *Sleep Hygiene*. Invited talk for Catholic University's Notes of Kindness Student Club, Washington, D.C.

Mandel, A. A. (2020, November). *Understanding suicidal ideation and behavior: The role of attentional fixation*. Invited talk for the Arkansas Chapter of the American Foundation for Suicide Prevention Research Connection, virtual.

CONFERENCE ORAL PRESENTATIONS (*student/mentee)

Mandel, A. A. (2024, April). *Primals and suicidal ideation: Exploring the role of meaning in life*. Oral presentation at the 2024 Primals Retreat hosted by the University of Pennsylvania, Philadelphia, PA.

Drapkin, M., **Mandel, A. A.**, Rego, S., & Schare, M. L. (2023, November). *Professional Mentorship- How to Find and Become a Mentor in Clinical, Academic, and Hospital Settings*. Panel discussion at the 57th Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT). Seattle, WA.

Mandel, A. A., *Rezvina, O., & *Jessani, Z. (2023, April). *Cognitions over time: Ecological momentary assessments (EMA) of cognitive dysfunction and suicidal ideation among college students*. Oral presentation at the 2nd Annual Suicide Research Symposium, virtual.

Jobes, D., **Mandel, A. A.**, Kleiman, E., Johnson, S., Bryan, C., & Joiner, J. (2022, June). *Facets of suicidal ideation*. Panel discussion at the 1st Annual Suicide Research Symposium, virtual.

*Gantz, D., *Stambaugh, M., & **Mandel, A. A.** (2023, April). *Modeling an adaptationist theory of depression: The analytical rumination hypothesis*. Oral presentation at the 8th Annual Catholic University Research Day, Washington, D.C.

*Ruiz, M., *Gantz, D., *Pilavdzic, J., *Rezvina, O., *Jessani, Z., *Francois, E., & **Mandel, A. A.** (2022, April). *Negative cognitions and mental health impact of COVID-19: Moderating role of social problem-solving skills*. Oral presentation at the 7th Annual Catholic University Research Day, Washington, D.C.

Adler, A., Ghahramanlou-Holloway, M., Brown, G., Stanley, B., Colborn, V., Bush, A., & Barg, F. (2016, April). *Management of suicide-related events during deployment: A qualitative analysis of guided*

- interviews and focus groups with Army behavioral health providers, chaplains, and leaders*. Oral presentation at the 49th Annual Conference of the American Association of Suicidology, Chicago, IL.
- Adler, A. D.**, Strunk, D. R., & Fazio, R. H. (2011, May). *Schema Change in Cognitive Therapy: Do implicit beliefs change?* Oral presentation at the 2011 National Predoctoral Clinical Research Training Program Meeting, St. Louis, MO.
- Adler, A. D.** (2009, April). *Looming maladaptive style as a moderator of risk factors for anxiety*. Oral presentation at the 23rd annual Edward F. Hayes Graduate Research Forum, Ohio State University, Columbus OH.

CONFERENCE POSTER PRESENTATIONS (*student/mentee)

- Mandel, A. A.**, *Mitchell, E., & *Revzina, O. (2024, April). *Relationship between attentional fixation on suicide and suicide-specific rumination*. Poster presentation at the 3rd Annual Suicide Research Symposium, virtual.
- *Joseph, T., *Mitchell, E., *Winslow, E., Connolly*, C., & **Mandel, A. A.** (2024, April). *Assessing psychological pain across three measures across college students with a history of suicidal ideation*. Poster presentation at the 9th Annual Catholic University Research Day, Washington, D.C.
- *Hunt, S. L., *Capraro, J. & **Mandel, A. A.** (2024, April). *Spirituality and adversity in college students: Moderating effects of spiritual well-being on perceptions of a good world amidst negative life events*. Poster presentation at the 9th Annual Catholic University Research Day, Washington, D.C.
- *Ruiz, M., *Joseph, T., *Mitchell, E. L., & **Mandel, A. A.** (2024, April). *A confirmatory factor analysis of hope and hopelessness: Understanding suicidal ideation from a positive perspective*. Poster presentation at the 9th Annual Catholic University Research Day, Washington, D.C.
- *Mitchell, E., *Krush, C., & **Mandel, A. A.** (2023, November). *Differences in suicide-specific attentional bias based on stimuli across the suicide Stroop and Disengagement tasks*. Poster presentation at the 57th Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT). Seattle, WA.
- *Revzina, O., Ninan, P., Jobes, D., *Zhang, I., & **Mandel, A. A.** (2023, November). *Median split or latent class growth analysis? Comparing two distinct ways of probing the first two steps of the three-step theory of suicide*. Poster presentation at the 57th Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT). Seattle, WA.
- Mandel, A. A.**, *Mitchell, E. L., *Krush, C., & *Revzina, O. (2023, October). *Difficulty disengaging attention away from suicide-relevant stimuli: A word-level analysis*. Poster presentation at the 2023 IASR/AFSP International Summit on Suicide Research. Barcelona, Spain.
- Mandel, A. A.**, *Hunt, S., & *Mitchell, E. (2023, October). *Beyond self-focused beliefs: The unique contribution of primal world beliefs to suicidal ideation*. Poster presentation at the 2023 IASR/AFSP International Summit on Suicide Research. Barcelona, Spain.
- *Mitchell, E., *Ruiz, M., *Pham, J., *Albury, E. A., *Choi, D., & **Mandel, A. A.** (2023, April). *Examining negative thinking as a mediator of the relationship between emotion-related impulsivity and suicidal ideation among college students*. Poster presentation at the 2nd Annual Suicide Research Symposium, virtual.
- *Lu, D., *Ruiz, M., *Gantz, D., & **Mandel, A. A.** (2023, April). *Exploring connections between suicidal ideation and primal world beliefs*. Poster presentation at the 2nd Annual Suicide Research Symposium, virtual.
- *Finney, C., & **Mandel, A. A.** (2023, April). *What we know about post-stroke depression: An examination of predictors and interventions*. Poster presentation at the 8th Annual Catholic University Research Day, Washington, D.C.
- *Lu, D., *Roberts, R., *Finney, C., *Mitaritonna, J., *Gantz, D., & **Mandel, A. A.** (2023, April). *An overview of primal world beliefs in CUA students*. Poster presentation at the 8th Annual Catholic University Research Day, Washington, D.C.

- *Revzina, O. Ninan, P., Jobes, D., *Zhang, I., & **Mandel, A. A.** (2023, April). *Short-term fluctuations in suicidal ideation and related constructs in the context of the Three-Step Theory of Suicide*. Poster presentation at the 8th Annual Catholic University Research Day, Washington, D.C.
- *Mitchell, E., *Pham, J., *Mitaritonna, J., & **Mandel, A. A.** (2023, April). *Examining negative thinking as a mediator of the relationship between emotion-related impulsivity and depression among college students*. Poster presentation at the 8th Annual Catholic University Research Day, Washington, D.C.
- *Ruiz, M., *Francois, E., *Gantz, D., *Pilavdzic, J., *Revzina, O., *Jessani, J., & **Mandel, A. A.** (2022, November). *Negative cognitions, social-problem solving skills, and rumination: A closer look the mental health impact of COVID-19*. Poster presentation at the 56th Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT). New York, NY.
- *Revzina, O., Ninan, P., Jobes, D., *Zhang., & **Mandel, A. A.** (2022, June). *Testing 1st step of the three-step theory of suicide using ecological momentary assessment*. Poster presentation at the 1st Annual Suicide Research Symposium, virtual.
- *Revzina, O., Rubin, A., **Mandel, A. A.**, *Castillo, R., *Lu, D., *Stori, S., Robinson-Feliciano, A., Lemons, M., Fox., K. (2022, June). *Capturing NSSI experiences of LGBTQ+ individuals: A mixed methods analysis*. Poster presentation at the 1st Annual Suicide Research Symposium, virtual.
- *Francois, E., *Revzina, O, *Tovar-Martinez, L., *Ruiz, M., Jessani, Z., & **Mandel, A. A.** (2022, April). *Suicidal ideation in students of the Catholic University of America*. Poster presentation at the 7th Annual Catholic University Research Day, Washington, D.C.
- *Revzina, O., Ninan, P., Jobes, D., Zhang, I., & **Mandel, A. A.** (2021, November). *Short-term fluctuations in suicidal ideation and related constructs in the context of the three-step theory of suicide*. Poster presentation at the Suicide and Self-Injury (SS) SIG for the 55th Annual Convention of the Association for Behavioral and Cognitive Therapies, virtual.
- Mandel, A. A.**, *Krush, C., *Salmento, S., *Skraba, M., *Tovar-Martinez, L., & *Evangelista, J. (2021, November). *Problem solving approaches of individuals experiencing suicidal ideation and behavior*. Poster presentation at the 55th Annual Convention of the Association for Behavioral and Cognitive Therapies, virtual.
- *Krush, C., *Salmento, S., *Skraba, M., *Tovar-Martinez, L., & **Mandel, A. A.** (2021, April 15). *Problem solving approaches of individuals experiencing suicidal ideation and behavior*. Poster presentation at the 6th Annual Catholic University Research Day, Washington, D.C.
- *Krush, C. & **Mandel, A. A.** (2021, April 15). *Influence of substance use on suicidal ideation and behavior in those diagnosed with PTSD*. Poster presentation at the 6th Annual Catholic University Research Day, Washington, D.C.
- *Cruz, R. C., *Revzina, O., Chang, K., Kline, K., Hart, A., Fox, K., & **Mandel, A. A.** (2021, April 15). *Outness and wellbeing among LGBTQ+ Latinx individuals during COVID-19*. Poster presentation at the 6th Annual Catholic University Research Day, Washington, D.C.
- Adler, A.**, & Brown, G. K. (2018, November). *The Revised Attentional Fixation on Suicide Experiences Questionnaire*. Poster presentation at the 52nd Annual Conference of the Association for Behavioral and Cognitive Therapies, Washington, D.C.
- *DeWitt, K., Jager-Hyman, S., **Adler, A.**, Hyun, A., Listerud, H., Nadkarni, S., & Beidas, R. (2018, November). *Exposure to evidence-based practice training for suicide prevention among clinicians in college mental health centers*. Poster presentation at the 52nd Annual Conference of the Association for Behavioral and Cognitive Therapies, Washington, D.C.
- Adler, A.**, Jager-Hyman, S., Chaudhury, S., Stanley, B., & Brown, G. K. (2018, April). *Management of suicide-related events during deployment: Results of an anonymous survey with Army behavioral health providers, chaplains, and leaders*. Poster presentation at the 51st Annual Conference of the American Association of Suicidology, Washington, D.C.
- Goldstein, L. A., **Adler, A. D.**, & Strunk, D. R. (2015, November). *CT for depression provided by expert or novice therapists: Do symptom change, dropout, the therapeutic alliance, or CT skills differ?* Poster

presentation at the 49th annual convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

- Adler, A., *Mahler, A., *Weissinger, G., Beck, A. T., & Brown, G. K.** (2014, November). *A mixed methods approach to identify cognitive warning signs of suicide attempts*. Poster presentation at the 48th annual convention of the Association for Behavioral and Cognitive Therapist, Philadelphia, PA.
- Adler, A., Jager-Hyman, S., Green, K., Brown, G., Beck, A. T., & Wenzel, A.** (2014, April). *Initial validation of the Attentional Fixation Questionnaire for Suicide Attempts*. Poster presentation at the 47th Annual Conference of the American Association of Suicidology, Los Angeles, CA.
- Goldstein, L. A., **Adler, A. D., & Strunk, D. R.** (2013, November). *Acquisition of skills in cognitive therapy for depression: Is therapist expertise necessary to help clients build CT skills?* Poster presentation at the 47th annual convention of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
- Strunk, D. R., Hollars, S. N., DeRubeis, R. J., **Adler, A. D.,** Cooper, A. A., Goldstein, L. A., & Braun, J. D. (2013, November). *What do patients learn in cognitive therapy? An examination of patients' cognitive therapy skills*. Poster presentation d at the 47th annual convention of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
- Adler, A. D.,** Strunk, D. R., & Fazio, R. H. (2012, November). *Examining Change in Automatic and Strategic Cognition in Cognitive Therapy for Depression*. Poster presentation at the 46th annual convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
- Adler, A. D.,** Strunk, D. R., & Fazio, R. H. (2010, November). *Schema Change in Cognitive Therapy: Do implicit beliefs change?* Poster presentation at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- Adler, A. D.** (2010, August). *Research Dissemination: Getting the Word Out*. Symposium presentation at the 118th annual convention of the American Psychological Association, San Diego, CA.
- Adler, A. D.,** Conklin, L. R., & Strunk, D. R. (2010, August). *Pessimistic bias and cognitive-behavioral coping skills: Predicting depressive symptoms following naturalistic performance feedback*. Poster presentation at the 118th annual convention of the American Psychological Association, San Diego, CA.
- Adler, A.,** Strunk, D., & Cheavens, J. (2009, November). *Changes in daily rumination, mood, and coping skills over the course of cognitive-behavioral therapy for depression*. Poster presentation at the 43rd annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Adler, A., & Strunk, D.** (2008, November). *The impact of cognitive biases and rumination on depressive symptoms and thinking*. Poster presentation at the 42nd annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
- Adler, A., & Strunk, D.** (2007, November). *Bias in predictions across three judgment tasks: A test of the cognitive model of depression*. Poster presentation at the 41st annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Adler, A.,** Cameron, J., McClure, E., Monk, C, Pine, D., & Ernst, M. (2005, November). *Effects of pharmacological and psychotherapeutic treatment on neural activity in anxious adolescents*. Poster presentation at the 39th annual convention of the Association for Behavioral and Cognitive Therapies, Washington, D.C.
- Smith, S., **Adler, A.,** Pine, D., & Cameron, J. (2005, November). *Factors affecting choice of CBT versus fluoxetine for children with anxiety and depression*. Poster presentation at the 39th annual convention of the Association for Behavioral and Cognitive Therapies, Washington, D.C.
- Parrish, J., Bergman, L., Guyer, A., **Adler, A.,** McClure, E., & Pine, D. (2005, November). *Differences in emotional identification among severely maltreated and nonmaltreated youth*. Poster presentation at the 39th annual convention of the Association for Behavioral and Cognitive Therapies, Washington, D.C.

MENTORED DOCTORAL GRADUATE STUDENTS

2024 – Present	Anna Maclellan
2023 – Present	Francesca Fernandez
2022 – Present	Emily Mitchell
2021 – 2023	Marian Ruiz
2020 – Present	Olga Revzina

DISSERTATION COMMITTEES

2024 – Present	Marian Ruiz (Reader, Catholic University of America)
2024 – Present	Olga Revzina (Chair, Catholic University of America)
2024	Tia Tyndall (Reader, Catholic University of America)
2023 – Present	Joshua Brenner (Reader, Catholic University of America)
2022 – 2024	Erika Gray (Reader, Uniformed Services University of the Health Sciences)
2022 – 2024	Irene Zhang (Reader, Catholic University of America)
2022 – 2023	Genesis Vergara (Reader, Catholic University of America)
2021 – 2024	Eliza Lanzillo (Reader, Catholic University of America)
2021 – 2023	Leslie Haddock (Reader, Catholic University of America)

MENTORED MASTER’S GRADUATE STUDENTS

2023 – Present	Sister Tintumol Joseph
2022 – 2024	Sarah Hunt
2021 – 2023	David Gantz (research assistant at Dartmouth College)
2021 – 2023	David Lu
2020 – 2022	Ershia Francois (research assistant at USUHS)
2020 – 2022	Mataya Skraba (Instructor of Psychology at the University of Mary)
2020 – 2022	Raquel Castillo (clinical psychology PhD student at the University of Vermont)
2020 – 2021	Shane Stori (clinical psychology PhD student at George Mason University)

INVITED REVIEWER

Psychological Medicine, Archives of Suicide Research, Cognitive Therapy and Research, Behavior Therapy, Journal of Clinical Psychology, Journal of Consulting and Clinical Psychology, International Journal of Cognitive Therapy, Suicide and Life-Threatening Behavior, Assessment, Behavior Research and Therapy

UNIVERSITY SERVICE (CATHOLIC UNIVERSITY OF AMERICA)

2024 – 2025	Faculty Search Committee, Department of Psychology
2024 – Present	Director, Clinical Psychology PhD Program
2023 – Present	School of Arts & Sciences Representative, Graduate Board
2023 – Present	Faculty Advisor, Committee for the Recruitment and Retention of Diverse Applicants (CRREDA), Clinical Psychology PhD Program
2023 – 2024	Faculty Search Committee, Department of Psychology

2022 & 2023	University Research Day Poster Judge
2022 – Present	Psychology Colloquium Committee
2022 – Present	Student Wellness Committee
2021 – Present	Clinical Psychology PhD Admissions
2021 – 2022	Faculty Search Committee, Department of Psychology
2020 – 2023	Faculty Advisor, DC Alpha Chapter of Pi Gamma Mu International Honor Society in Social Sciences
2020	Fulbright Application Selection Committee

SERVICE AND LEADERSHIP POSITIONS

2024 – Present	Chair, Membership Committee Association for Behavioral and Cognitive Therapies
2019 – Present	Committee Member, Membership, Research Facilitation, & Convention Committees Association for Behavioral and Cognitive Therapies
2020 – 2022	Committee Member, ShalomCares Temple Shalom, Chevy Chase, MD
2013 – 2014	Coordinator, Research Assistant Seminar Series Aaron T. Beck Psychopathology Research Center, University of Pennsylvania
2011 – 2012	Member, Curriculum Committee, Boston Consortium in Clinical Psychology, VA Boston Healthcare System
2009 – 2011	President, Group for Research and Application of Clinical Science Department of Psychology, The Ohio State University
2008 – 2010	Clinical Science Representative, Science Student Council Science Directorate, American Psychological Association
2004 – 2006	NIMH representative and co-chair, NIH Postbac Committee National Institutes of Health

TRAINING AND CONSULTING EXPERIENCES

2024	Trainer/Consultant, Essentials of Cognitive Behavior Therapy 3-day workshop and group consultation for Schoharie County, NY
2022 – 2023	Trainer, Cognitive Behavior Therapy for Depression and Anxiety Two half-day virtual workshops for Jewish Board of Family & Children’s Services, Inc

- 2022 Trainer, Cognitive Behavior Therapy for Depression
3 full-day virtual workshop for Cen-Clear Child Services, Inc.
- 2022 Consultant on the Scale for Suicidal Ideation
3-hour virtual training for the Cleveland Clinic Lerner College of Medicine for an RCT of Ketamine+CAMS
- 2022 Trainer, Cognitive Behavior Therapy for Depression and Anxiety
3 full-day virtual workshop for SUNY Potsdam Counseling Center
- 2022 Group Consultation in Cognitive Behavioral Therapy for Suicide Prevention
6-month group consultation for the Salt Lake City VA Suicide Prevention Team
- 2021 - Present Individual Supervision/Consultation in Cognitive Behavior Therapy
Beck Institute for Cognitive Behavior Therapy, Bala Cynwyd, PA
- 2020 Trainer, Cognitive Behavioral Therapy for Suicide Prevention
9-hour webinar series for Cohen Veterans Network
- 2019 Trainer, Cognitive Behavioral Therapy for Suicide Prevention
2-day workshop for Sweetser in Portland, ME
- 2019 Trainer, Cognitive Behavioral Therapy for Suicide Prevention
1-day workshop for the World Trade Center Mental Health Program at Mount Sinai
- 2019 Trainer/Consultant, Cognitive Behavioral Therapy for Suicide Prevention
1-day workshop and 6-month group consultation for Lawton Indian Hospital in Lawton, OK
- 2019 Trainer, Cognitive Behavioral Therapy for Suicide Prevention
12-hour webinar series for Cohen Veterans Network
- 2019 Trainer, Cognitive Behavioral Therapy for Depression and Suicide Prevention
3-day workshop for Region 6 Behavioral Healthcare in Omaha, NE
- 2016 Trainer/Consultant, Cognitive Behavioral Therapy for Depression
Contract with Kaiser Permanente
- 2016 Trainer/Consultant, Cognitive Behavioral Therapy for Veterans with Chronic Homelessness
Contract with the U.S. Department of Veterans Affairs' National Center on Homelessness
- 2015 – 2016 Trainer/Consultant, Cognitive Therapy for Suicide Prevention
Contract with the New York State Office of Mental Health
- 2012 – 2016 Trainer/Consultant, Beck Community Initiative in Cognitive Therapy
Partnership between the University of Pennsylvania and Philadelphia's Department of Behavioral Health and Intellectual disAbilities

PRIOR PROFESSIONAL EXPERIENCE

- 2018 – 2019 Licensed Psychologist
Main Line Center for Evidence-Based Psychotherapy, Bryn Mawr, PA
- 2018 Adjunct Professor, *Psychology of Personality*
Villanova University, Villanova, PA
- 2016 – 2019 Adjunct Professor, *Mechanisms of Change and Therapeutic Process, Personality and Individual Differences, History and Systems of Psychology*
La Salle University, Psy.D. Program in Clinical Psychology, Philadelphia, PA
- 2016 – 2019 Research Associate
Aaron T. Beck Psychopathology Research Center
University of Pennsylvania, Philadelphia, PA
- 2014 – 2021 Licensed Psychology, Pennsylvania (PS017770)
- 2007 – 2009 Instructor, *Introductory Psychology, Abnormal Psychology*
The Ohio State University, Columbus, OH
- 2004 – 2006 NIH Postbaccalaureate Intramural Research Training Award (IRTA) Trainee
Section on Development and Affective Neuroscience (SDAN)
National Institute of Mental Health, Bethesda, MD
Mentor: Daniel Pine, M.D.
- 2004 Undergraduate Teaching Assistant, *Introductory Psychology*
University of Maryland, College Park, MD
- 2002 Section Leader, *University Honors Colloquium*
University Honors Program, University of Maryland, College Park