

Emily B. K. Thomas
(formerly Emily B. Kroska)
Psychological and Brain Sciences
Curriculum Vitae as of 3/26/25

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EDUCATION AND PROFESSIONAL HISTORY

Post Graduate Education

2018 - 2019 **Postdoctoral Fellow**, Psychiatry & Women's Health, University of Wisconsin-Madison
Mentor: Stowe, Zachary N., M.D.
2017 - 2018 **Internship**, Clinical Psychology, University of Kansas Medical Center

Higher Education

2018 **PhD**, Clinical Psychology, University of Iowa
Thesis: How Much is Enough in Brief Acceptance and Commitment Therapy?
2014 **MA**, Clinical Psychology, University of Iowa
2012 **BA**, Psychology, Honor's in Psychology; With distinction, University of Kansas
Supporting Areas / Minor: Social and Behavioral Sciences Methodology

Professional and Academic Positions

2024 – Present **Clinical Associate Professor**, Psychological and Brain Sciences, University of Iowa, Iowa City, IA
2019 – 2024 **Clinical Assistant Professor**, Psychological and Brain Sciences, University of Iowa, Iowa City, IA, USA

Licensures and Certifications

2023 **Peer Reviewed Acceptance and Commitment Therapy Trainer**, Association for Contextual Science
2021 **Building University of Iowa Leadership in Diversity (BUILD) Certificate**, University of Iowa, Completed series of trainings and workshops to gain knowledge and skills to contribute to an inclusive and welcoming campus.
2021 **Safe Zone Certification**, University of Iowa, Completed series of trainings to build foundational knowledge in support and advocacy for LGBTQ-identifying individuals with the goal of creating safe and inclusive spaces on campus.
2019 – Present **Health Service Provider**, State of Iowa Bureau of Professional Licensure
2019 – Present **Psychologist**, Iowa Department of Public Health, Bureau of Professional Licensure

Honors and Awards

2021 **Early Career Research Paper Award**, Association for Contextual Behavioral Science, Selected based on scientific impact and rigor of research paper and quality of work
2018 **D.C. Spriestersbach Dissertation Prize**, University of Iowa, For excellence in doctoral research. Awardees are the University of Iowa's nominees for the Council of Graduate Schools/University Microfilms International Distinguished Dissertation Award, the most prestigious dissertation prize in the country
2017 **Graduate Research Excellence Award**, University of Iowa, For students who conduct research that is recognized as highly original and makes a significant contribution to the field
2017 **University of Iowa Dare to Discover**, University of Iowa, A campaign to showcase original research and scholarships

2017	Wischner Award , University of Iowa, For outstanding graduate student accomplishment
2012 - 2017	Department of Psychology Travel Award , University of Iowa, Received \$200 in travel funds each year for conference travel
2017	ACBS Student Spotlight Award , Association for Contextual Behavioral Science, For students who are doing important work in the CBS community
2016	Graduate Student Senate Travel Award , University of Iowa
2016	ACBS Junior Investigator Award , Association for Contextual Behavioral Science, For outstanding poster presentation
2014	Executive Council of Graduate & Professional Students Travel Award , University of Iowa
2014	J.R. Simon Early Scholarship Potential Award , University of Iowa, For a PhD student who has demonstrated the greatest potential for a successful career as a teacher, researcher, and all-around good citizen in a top-ranking academic department.
2013	Graduate Student Senate Travel Award , University of Iowa
2012	Phi Beta Kappa , University of Kansas

Memberships

2023 – Present	American Association for the Advancement of Science
2015 - Present	Iowa Psychological Association
2013 - Present	Association for Contextual Behavioral Science
2012 - Present	Association for Behavioral and Cognitive Therapies
2012 - Present	American Psychological Association

TEACHING

Courses Taught at the University of Iowa

Term	Course#	Title	Ten-Day Enrollment	Final Enrollment
Fall 2024	ISA:3992:7015	ISA Undergraduate Research	1	1
Fall 2024	PSY:7130:5286	PhD Dissertation Research	2	2
Fall 2024	PSY:3994:5924	Research Practicum in Psychology	3	3
Fall 2024	PSY:7360:0002	Therapy Practicum	2	2
Summer 2024	PSY:7130:5286	PhD Dissertation Research	1	1
Spring 2024	PSY:7331:0001	Seminar: Advanced Acceptance and Commitment Therapy	3	3
Spring 2024	PSY:7360:0001	Therapy Practicum ¹	11	11
Spring 2024	PSY:3994:8332	Research Practicum in Psychology	5	5
Spring 2024	PSY:7110:7822	Research Projects	1	1
Spring 2024	PSY:4990:3230	Honors Thesis Research	1	1
Fall 2023	PSY:7330:0001	Seminar: Acceptance & Commitment Therapy	5	5
Fall 2023	PSY:7360:0001	Therapy Practicum ¹	6	6
Fall 2023	PSY:3994:8332	Research Practicum in Psychology	4	4
Fall 2023	PSY:7110:7822	Research Projects	2	2
Fall 2023	PSY:4990:3230	Honors Thesis Research	1	1
Summer 2023	PSY:7360:0001	Therapy Practicum ¹	4	4
Spring 2023	PSY:7360:0001	Therapy Practicum ¹	7	7
Spring 2023	PSY:3994:8332	Research Practicum in Psychology	2	2
Spring 2023	PSY:7110:7822	Research Projects	2	2
Spring 2023	PSY:7130:0001	Ph.D. Dissertation Research	1	1
Spring 2023	IBA:3992:4940	IBA Research in Biomedical Science ¹	3	3
Fall 2022	PSY:7360:0001	Therapy Practicum ¹	7	7

Fall 2022	PSY:3994:8332	Research Practicum in Psychology	3	3
Fall 2022	PSY:7110:7822	Research Projects	2	2
Fall 2022	IBA:3992:4940	IBA Research in Biomedical Science ¹	1	1
Summer 2022	PSY:7360:0001	Therapy Practicum ¹	7	7
Spring 2022	PSY:7360:0001	Therapy Practicum ¹	11	11
Spring 2022	PSY:3994:8332	Research Practicum in Psychology	3	3
Spring 2022	PSY:7110:7822	Research Projects	3	3
Spring 2022	IBA:3992:4940	IBA Research in Biomedical Science ¹	1	1
Fall 2021	PSY:7330:0001	Seminar: Acceptance & Commitment Therapy	4	4
Fall 2021	PSY:7360:0001	Therapy Practicum ¹	5	5
Fall 2021	PSY:3994:8332	Research Practicum in Psychology	2	2
Fall 2021	PSY:7110:7822	Research Projects	3	3
Fall 2021	IBA:3992:4940	IBA Research in Biomedical Science ¹	1	1
Summer 2021	PSY:7360:0001	Therapy Practicum	3	3
Spring 2021	PSY:7331:0001	Seminar: Advanced Acceptance & Commitment Therapy	8	8
Spring 2021	PSY:7360:0001	Therapy Practicum ¹	11	11
Spring 2021	PSY:3994:8332	Research Practicum in Psychology	2	2
Spring 2021	PSY:7110:7822	Research Projects	3	3
Fall 2020	PSY:7330:0001	Seminar: Acceptance & Commitment Therapy	8	8
Fall 2020	PSY:7360:0001	Therapy Practicum ¹	7	7
Fall 2020	PSY:3994:8332	Research Practicum in Psychology	1	1
Fall 2020	PSY:7110:7822	Research Projects	3	3
Summer 2020	PSY:7360:0001	Therapy Practicum ¹	2	2
Spring 2020	PSY:7330:0001	Seminar: Acceptance & Commitment Therapy	7	7
Spring 2020	PSY:7360:0001	Therapy Practicum ¹	9	9
Spring 2020	PSY:7310:001	Seminar: Orientation to Clinical Research ¹	3	3
Spring 2020	PSY:3994:8332	Research Practicum in Psychology	1	1
Spring 2020	PSY:7110:7822	Research Projects	1	1
Fall 2019	PSY:7330:0001	Seminar: Acceptance & Commitment Therapy	5	5
Fall 2019	PSY:7360:0001	Therapy Practicum ¹	7	7

¹Co-taught course, was one of multiple clinical supervisors, or supervised research as part of a formal course taught by another professor

Additional Courses Taught

Term	Title	Ten-Day Enrollment	Final Enrollment
August 2024 – May 2025	<i>Behavior Therapies Seminar</i> This is a year-round required seminar. Students enroll in the Therapy Practicum course for both clinical supervision and the didactic seminar.	2	2
August 2023 – May 2024	<i>Behavior Therapies Seminar</i> This is a year-round required seminar. Students enroll in the Therapy Practicum course for both clinical supervision and the didactic seminar.	2	2
May 2023 – July 2023	<i>Behavior Therapies Seminar</i> The first- and second-year cohorts of Clinical Science PhD students enrolled in the summer seminar series.	4	4
May 2022 – May 2023	<i>Behavior Therapies Seminar</i> This is a year-round required seminar. Students enroll in the	7	7

	Therapy Practicum course for both clinical supervision and the didactic seminar.		
June 2021 – May 2022	<i>Behavior Therapies Seminar</i> This is a year-round required seminar. Students enroll in the Therapy Practicum course for both clinical supervision and the didactic seminar.	3	3
June 2020 – May 2021	<i>Behavior Therapies Seminar</i> This is a year-round required seminar. Students enroll in the Therapy Practicum course for both clinical supervision and the didactic seminar.	4	4
August 2019 - December 2019	<i>Acceptance and Commitment Therapy Consultation Group</i> This consultation group seminar was offered as a clinical adjunct to the ACT seminar course. The purpose was to explore clinical applications of the material with the students' cases in the Seashore Psychology Clinic or external practica.	NA	3
January 2020 - May 2020	<i>Acceptance and Commitment Therapy Consultation Group</i> This consultation group seminar was offered as a clinical adjunct to the ACT seminar course. The purpose was to explore clinical applications of the material with the students' cases in the Seashore Psychology Clinic or external practica.		5
August 2019 – May 2020	<i>Behavior Therapies Seminar</i> This is a year-round required seminar. Students enroll in the Therapy Practicum course for both clinical supervision and the didactic seminar.	4	4
9/2018 – 7/2019	<i>Psychotherapy Interventions for Distress in Pregnancy</i> Provided didactic instruction and ongoing clinical supervision to 3 predoctoral clinical psychology interns in Acceptance and Commitment Therapy during the perinatal period.		3
11/2018 – 2/2019	<i>Acceptance and Commitment Therapy seminar</i> Course was for predoctoral clinical psychology interns.		10
1/2018 – 6/2018	<i>Acceptance and Commitment Therapy seminar</i> Course was for psychiatry residents.		8

Innovations in Teaching (Other Teaching Contributions)

Design & Implementation of New Courses

- 2019 – Present **Behavior Therapies Seminar.** Created new summer content with new text for the PSY:7360 seminar series for Clinical Science training area. Revised existing content to align with clinical science broad-based training goals. Implemented the course in 2019, 2020, 2021, and 2022, integrating feedback from students and teaching evaluations. Revised and updated course with new research literature, therapy manuals, and video materials.
- 2020 – Present **Advanced Acceptance and Commitment Therapy.** Created a new advanced course to allow for increased depth of knowledge among students in the course. Implemented the course. Revised course for delivery in Spring 2024 with new textbook and course content.
- 2019 - Present **Acceptance and Commitment Therapy.** Created a new course in ACT for fall 2019 and spring 2020. Implemented the course. Revised course annually to integrate feedback, latest texts, and updated course content.
- 2018 **Acceptance and Commitment Therapy for Perinatal Women.** Conducted training and supervision of 3 pre-doctoral interns at University of Wisconsin – Madison.
- 2017 **Acceptance and Commitment Therapy in Psychiatry.** Conducted 13-week training of Psychiatry residents at the University of Kansas Medical Center based on original curriculum.

Guest Lectures

- 2020 **Acceptance and Commitment Therapy,** Guest lecture in PSY:6340, Psychological Therapies.
- 2019 **Acceptance and Commitment Therapy,** Guest lecture in PSY: 3350, Psychotherapies.

- 2019 **Responding to adversity with acceptance and intention**, Guest Lecture in GRMN: 2620, Anne Frank and Her Story.
- 2019 **Acceptance- and Mindfulness-Based Therapies for Perinatal Women**, Guest lecture in PSY: 4090, Seminar: Women's Reproductive Mental Health.

Invited Workshops or Clinical Trainings

- 2023 **Acceptance and Commitment Therapy for Leaders in DEI at Iowa**, Co-developed a workshop in ACT with a senior graduate student to be delivered with leaders in DEI at the University of Iowa. Collaborated with leaders to develop workshop.
- 2021 **Integrating Acceptance and Commitment Therapy (ACT) in Trauma Treatment**, National Crime Victims Research & Treatment Center, Medical University of South Carolina, Didactic workshop series for clinical psychology interns, medical residents, and staff.
- 2020 **ACT in Clinical Behavioral Medicine**, Workshop for clinical science and health psychology graduate students and faculty
- 2019 **Suicide Risk Assessment and Safety Planning**, 90-minute training for clinical science graduate students
- 2018 **Brief Acceptance and Commitment Therapy for Older Adults**, Provided two-day training in ACT intervention for community-dwelling older adults for a graduate student's dissertation project.

Student Mentoring

PHD

*Chaired committee

Doctoral Dissertation Committee Member

- 2023 – Present Carlson, Alyssa*
- 2023 – Present Telles, Rachel
- 2023 – Present Kaminski, Jamie
- 2023 – 2025 Hsu, Ti*
- 2023 – Present Diesel, Sara*
- 2022 – 2023 Adamowicz, Jenna*
- 2021 – 2024 Whitney, Brendan
- 2021 – 2023 Scheiber, Francesca
- 2021 – 2024 Toovey, Cole
- 2021 – 2024 Sullivan, Alyssa
- 2020 Merkitch, Kristen
- 2020 Nelson, Graham

Comprehensive Examination Committee Member

- 2024 – 2025 Steinbach, Marilyn
- 2024 Filip, Tess
- 2023 Telles, Rachel
- 2023 Schneider, Alyssa*
- 2023 Hsu, Ti*
- 2022 Harris, Jordan
- 2022 Diesel, Sara
- 2021 Harris, Shana
- 2021 Adamowicz, Jenna*
- 2021 Sullivan, Alyssa
- 2019 Whitney, Brendan
- 2019 Scheiber, Francesca

Research Advisory Committee Member

- 2024 – 2026 Miskolczi, Abigel
- 2020 – 2022 Carlson, Alyssa (formerly Schneider, Alyssa)
- 2020 – 2022 Hsu, Ti
- 2019 Adamowicz, Jenna

SCHOLARSHIP

Publications

Annotations: *Mentorship of trainee. †Co-first authorship indicating equal contributions as first author.

Peer-Reviewed Articles

1. Pratt, A. A., Van Tiem, J., Lund, B., Johnson, N., Steffensmeier, K., Ball, D., Thomas, E. B. K., Mengeling, M., Norman, S., Driscoll, M., Garvin, L., Hart, K., & Hadlandsmyth, K. (*Accepted*). Comorbid chronic pain and PTSD among Veterans: Approaches to care. *Military Medicine*.
2. Adamowicz, J. L., Sirotiak, Z., Thomas, E. B. K., Lund, B., Hadlandsmyth, K., & Driscoll, M. (*In press*). Complementary and integrative health approaches used for pain management by U.S. adults with chronic fatigue syndrome/myalgic encephalomyelitis: Findings from the 2022 National Health Interview Survey. *European Journal of Integrative Medicine*.
3. Sirotiak, Z.,* Adamowicz, J. L., & Thomas, E. B. K. (*In press*). Cognitive impairments in individuals with ME/CFS and long COVID: A comparative analysis. *Journal of Clinical Psychology in Medical Settings*.
4. Pawlak, S. A., Sami, S., & Thomas, E. B. K. (*In press*). The surrogacy experience: A survey of psychosocial impacts of Gestational Carriers. *Journal of Reproductive and Infant Psychology*. Doi: 10.1080/02646838.2025.2472873
5. Carlson, A.,* Schwager, L., Hart, T., Diesel, S., Harris, J., Flores, M., West, K., Thomas, E. B. K., & Jenkins, N. D. M. (*In press*). Interactions of chronic stress exposure and stress appraisal on vascular endothelial function among young adults: Evidence of stress sensitization. *Journal of Applied Physiology*.
6. Sirotiak, Z.,* Adamowicz, J. L., Thomas, E. B. K. (2024). Exploring causal attributions of long COVID: Beyond viral origins. *Discover Public Health*, 21, 248. doi: 10.1186/s12982-024-00374-9
7. Sirotiak, Z.,* Adamowicz, J. L., & Thomas, E. B. K. (2024). Depressive and anxiety symptoms in current, previous, and no history of ME/CFS: NHIS 2022 analysis. *Quality of Life Research*. doi: 10.1007/s11136-024-03854-2
8. Sirotiak, Z.,* Adamowicz, J. L., & Thomas, E. B. K. (2024). Bidirectional associations between the development of somatic syndromes and long COVID: A cross-sectional analysis. *Fatigue: Biomedicine, Health, & Behavior*, 13(1), 67-82. doi: 10.1080/21641846.2024.2422258
9. Sirotiak, Z.,* Adamowicz, J. L., & Thomas, E. B. K. (2024). Understanding psychological flexibility in long COVID: Associations with stress, fatigue, and somatic symptom burden. *Current Psychology*. doi: 10.1007/s12144-024-06794-9
10. Adamowicz, J. L.*, Thomas, E. B. K., Lund, B. C., Driscoll, M. A., & Hadlandsmyth, K. (2024). Examining sex-based differences among United States Veterans with comorbid chronic fatigue syndrome and chronic pain. *Fatigue: Biomedicine, Health, & Behavior*, 1-8. doi:10.1080/216411846.2024.2350301
11. Miller, M. L., Hsu, T.,* Markon, K., Grekin, R., & Thomas, E. B. K. (2024). A panel network analysis of posttraumatic stress disorder and obsessive-compulsive disorder symptoms across the perinatal period. *Journal of Psychopathology and Clinical Science*.
12. Miller, M. L., Laifer, L. M., Thomas, E. B. K., Grekin, R., & Brock, R. L. (2024). From pregnancy to the postpartum: Unraveling the complexities of symptom profiles among trauma-exposed women. *Journal of Affective Disorders*, 357, 11-22.
13. Sirotiak, Z.S.,* Thomas, E. B. K., Adamowicz, J. L., & Brellenthin, A. G. (2024). Fatigue and somatic symptom burden among U.S. adults with current, previous, or no history of long COVID. *Fatigue: Biomedicine, Health & Behavior*. <https://doi.org/10.1080/21641846.2024.2326406>
14. Hadlandsmyth, K., Driscoll, M. A., Johnson, N. L., Mares, J. G., Mengeling, M. A., Thomas, E. B. K., Norman, S. B., & Lund, B. C. (2024). Veterans with chronic pain: Examining gender differences in pain type, overlap, and the impact of posttraumatic stress disorder. *European Journal of Pain*. doi: 10.1002/ejp.2258
15. Sirotiak, Z.,* Thomas, E. B. K., Wade, N. G., Brellenthin, A. G. (2024). Associations between forgiveness and physical and mental health in the context of long COVID. *Journal of Psychosomatic Research*, 178, 111612. doi: 10.1016/j.jpsychores.2024.111612
16. Vander Weg, M. W., Howren, M. B., Grant, K. M., Prochazka, A. V., Duffy, S., Burke, R., Cretzmeyer,

- M., Parker, C., Thomas, E. B. K., Rizk, M. T., Bayer, J., Kinner, E. M., Clark, J. M., Katz, D. A. (2024). A Smoking Cessation Intervention for Rural Veterans Tailored to Individual Risk Factors: A Multicenter Randomized Clinical Trial. *Journal of Substance Abuse and Addiction Treatment*, 156, 209191.
17. Carlson, A. S.,* Stegall, M. S.,* Sirotiak, Z.,* Herrmann, F.,* & Thomas, E. B. K. (2024). Educating during COVID-19: the effects of return-to-learn plans on depression and anxiety. *Disaster Medicine & Public Health Preparedness*, 18, e6. <https://doi.org/10.1017/dmp.2023.231>
 18. Hsu, T.,* Adamowicz, J. L.,* & Thomas, E. B. K. (2023). The effect of Acceptance and Commitment Therapy on psychological flexibility of undergraduate students: A systematic review and three-level meta-analysis. *Journal of Contextual Behavioral Science*, 30, 169-180. <https://doi.org/10.1016/j.jcbs.2023.10.006>
 19. Sirotiak, Z.,* Thomas, E. B. K., & Brellenthin, A. (2023). Stress, anxiety, and depression severity among individuals with no history, previous history, or current history of long COVID. *Journal of Psychosomatic Research*, 175, 111519.
 20. Solness, C. L.,* Holdefer, P. J.,* Hsu, T.,* Thomas, E. B. K., O'Hara, M. W. (2023). A qualitative analysis of relationship factors in internet-delivered psychological interventions for Veterans experiencing postpartum depression. *JMIR Mental Health*, 10, e46061. doi: 10.2196/46061
 21. Adamowicz, J. L.,* Thomas, E. B. K., Lund, B. C., Driscoll, M. A., Vander Weg, M., & Hadlandsmyth, K. (2023). A population-based investigation into the prevalence of chronic fatigue syndrome in United States military Veterans with chronic pain. *Fatigue: Biomedicine, Health & Behavior*. doi: 10.1080/21641846.2023.2239977
 22. Pratt, A. A., Hadlandsmyth, K., Mengeling, M. A., Thomas, E. B. K., Meill, K., Norman, S. B., & Lund, B. C. (2023). The impact of comorbid chronic pain on pharmacotherapy for Veterans with post-traumatic stress disorder. *Journal of Clinical Medicine*, 12, 4763. doi: 10.3390/jcm12144763
 23. Pratt, A. A., Sadler, A. G., Thomas, E. B. K., Ryan, G. L., Syrop, C. H., & Mengeling, M. A. (2023). Incidence and risk factors for postpartum mood and anxiety disorders among women Veterans. *General Hospital Psychiatry*, 84, 112-124. doi: 10.1016/j.genhosppsych.2023.06.013
 24. Adamowicz, J. L.,* Sirotiak, Z.,* & Thomas, E. B. K. (2023). Psychological flexibility and global health in young adults with and without a self-reported functional somatic syndrome: A preliminary investigation. *Psychology, Health, & Medicine*. doi: 10.1080/13548506.2023.2216940
 25. Hart, K., Thomas, E. B. K., Greiner, A., Eastlund, K., & Pawlak, S. A. (2023). Examination of a behavioral health initiative for women hospitalized due to obstetric risk. *Journal of Prenatal and Perinatal Psychology and Health*, 37(1), 28-44.
 26. Thomas, E. B. K., Sagorac Gruichich, T.,* Maronge, J. M., Hoel, S.,* Victory, A., Stowe, Z. N., & Cochran, A. (2023). Mobile Acceptance and Commitment Therapy with distressed first-generation college students: A micro-randomized trial. *JMIR Mental Health*, 10(1), e43065.
 27. Cochran, A., Maronge, J. M., Victory, A., Hoel, S., McInnis, M., & Thomas, E. B. K. (2023). Mobile Acceptance and Commitment Therapy in bipolar disorder: A micro-randomized trial. *JMIR Mental Health*, 10(1), e43164.
 28. Haustein, M., Thomas, E. B. K., Scheer, K., & Denburg, N. L. (2023). Interoception, affect, and cognition in older adults. *Experimental Aging Research*. doi: 10.1080/0361073X.2023.2183704
 29. Hsu, T.,* Thomas, E. B. K., Evanovich, E. K., O'Hara, M. W., & McCabe, J. E. (2023). Examining the structure of distress tolerance: Are behavioral and self-report indicators assessing the same construct? *Journal of Contextual Behavioral Science*, 27, 143-151. doi: 10.1016/j.jcbs.2023.02.001
 30. Adamowicz, J. L.,* Vélez-Bermúdez, V., Thomas, E. B. K., Allen, N., Kiefe, C., Kershaw, K., & Whitaker, K. (2023). Psychological resources and incident hypertension in the Coronary Artery Risk Development in Young Adults (CARDIA) study. *Health Psychology*, 42(6), 368-377. doi:10.1037/hea0001291
 31. Rogers, E. M., Banks, N. F., Tomko, P. M., Sciarrillo, C. M., Emerson, S. R., Thomas, E. B. K., Taylor, A., Teague, T. K., & Jenkins, N. D. M. (2023). Progressive exercise training improves cardiovascular psychophysiological outcomes in young adult women with a history of adverse childhood experiences. *Journal of Applied Physiology*. doi: 10.1152/jappphysiol.00524.2022
 32. Hsu, T.,* Hoffman, L., & Thomas, E. B. K. (2023). Confirmatory measurement modeling and longitudinal invariance of the CompACT-15: A short-form assessment of psychological flexibility. *Psychological Assessment*. doi:10.1037/pas0001214
 33. Thomas, E. B. K., Miller, M. L., Grekin, R., & O'Hara, M. W. (2023). Examining psychological

- inflexibility as a mediator of postpartum depressive symptoms: A longitudinal observational study of perinatal depression. *Journal of Contextual Behavioral Science*, 27, 11-15.
34. Eadeh, H.,* Adamowicz, J. L.,* Markon, K., & Thomas, E. B. K. (2023). Using network analysis to examine connections between Acceptance and Commitment Therapy (ACT) processes, internalizing symptoms, and well-being in a sample of undergraduates. *Journal of Affective Disorders*, 320, 701-709.
 35. Thomas, E. B. K. & Orengo-Aguayo, R. (2022). ABCT's 2022 convention review and decision process. *the Behavior Therapist*, 45(6), 216-222.
 36. Roche, A. I.,* Adamowicz, J. L.,* Stegall, M. S.,* Toovey, C. R.,* Sirotiak, Z.,* & Thomas, E. B. K. (2022). College student resilience during COVID-19: Examining the roles of mindfulness, compassion, and prosocial behavior. *Adversity and Resilience Science*, 3(4), 309-320. doi:10.1007/s42844-022-00083-9
 37. Adamowicz, J. L.,* Thomas, E. B. K., Hsu, T.,* Denburg, N. L., & Roche, A. I. (2022). A preliminary investigation into the factor structure of two psychological flexibility measures in a sample of community-dwelling older adults. *Clinical Gerontologist*, 1-13.
 38. Adamowicz, J. L.,* Vélez-Bermúdez, M., & Thomas, E. B. K. (2022). Fatigue severity and avoidance among individuals with chronic disease: A meta-analysis. *Journal of Psychosomatic Research*, 159, 110951. doi: 10.1016/j.jpsychores.2022.110951.
 39. Thomas, E. B. K., Stegall, M.,* Farley, K.,* & Pawlak, S. (2022). A multidisciplinary pelvic pain clinic for women: Integrated health psychology in a specialty care setting. *Journal of Women's Health*, 31(11), 1639-1644.
 40. Adamowicz, J. L.,* Sirotiak, Z.,* & Thomas, E. B. K. (2022). The impact of alexithymia on the relation between childhood trauma and somatization. *Psychological Trauma: Theory, Research, Practice, & Policy*.
 41. Hoel, S.,* Victory, A.,* Sagorac Gruichich, T.,* Stowe, Z. N., McInnis, M., Cochran, A., & Thomas, E. B. K. (2022). A mixed-methods analysis of mobile ACT responses from two cohorts. *Front Digit Health*, 4:869143. doi: 10.3389/fdgth.2022.869143
-Part of special issue: Digital Mental Health Research: Understanding Participant Engagement and Need for User-centered Assessment and Interventional Digital Tools
 42. Grove, L.,* Roche, A. I.,* Doyle, R., Stowe, Z. N., & Thomas, E. B. K. (2022). ACT-informed treatment of co-morbid psychiatric disorders in the postpartum period: A case report. *Clinical Case Studies*. doi: 10.1177/15346501221091273
 43. Roche, A. I.,* Holdefer, P. H.,* & Thomas, E. B. K. (2022). College student mental health: Understanding changes in psychological symptoms in the context of the COVID-19 pandemic in the United States. *Current Psychology*. IF = 4.297. doi: 10.1007/s12144-022-03193-w
Part of Collection: Global Psychological Perspectives on the COVID-19 Pandemic
 44. Meyer, J.D., Perkins, S.L., Brower, C.S., Lansing, J.E., Slocum, J.A., Thomas, E.B.K., Lee, D.C., & Wade, N.G. (2022). Feasibility of an exercise and CBT intervention for treatment of depression: A pilot randomized controlled trial. *Front Psychiatry*, 13, 799600. doi: 10.3389/fpsyt.2022.799600
-Part of special issue: Rising Stars in Psychological Therapies
 45. Schwartz, J. R.,* Thomas, E. B. K., Juckett, M. B., & Costanzo, E. S. (2022). Predictors of Posttraumatic Growth Among Hematopoietic Cell Transplant Recipients. *Psycho-Oncology*, 31(6), 1013-1021. doi: 10.1002/pon.5892
 46. Grekin, R., Thomas, E. B. K., Miller, M. L., & O'Hara, M. W. (2021). The role of prenatal posttraumatic stress symptoms among trauma exposed women in predicting postpartum depression. *Stress & Health*, 1-5. doi: 10.1002/smi.3100
 47. Thomas, E.B.K., Hamilton, J., Francis, C.L., & Sykes, K.J. (2021). Invisible spread and perceived stress amidst COVID-19. *Kansas Journal of Medicine*, 14, 298-301. <https://doi.org/10.17161/kjm.vol14.15612>
 48. Schneider, A.* & Kroska, E.B. (2021). Face covered and six feet apart: Behavioral awareness predicts adherence to public health guidelines during the COVID-19 pandemic. *International Journal of Environmental Research & Public Health*, 18, 8247. doi: 10.3390/ijerph18168247
 49. Weinstein, J., Kroska, E.B., & Walser, R.D. (2021). The Empowerment Plan: Enhancing the safety plan with a CBS approach to repertoire expansion. *Journal of Contextual Behavioral Science*, 20, 101-107. doi: 10.1016/j.jcbs.2021.03.004
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Book Chapters

1. Patel, N. *, Kroska, E.B., & Stowe, Z.N. (2020). Postpartum depression: Identification and treatment in the primary care setting. M.H. Trivedi (Ed). *Depression*. New York, NY: Oxford University Press.
2. Brock, R. L., Kroska, E. B., Lawrence, E. (2015). Current status of research on couples. T. L. Sexton & J. Lebow (Eds.), *Handbook of Family Therapy* (pp. 409-433). New York, NY: Taylor & Francis.
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Abstracts

1. Hsu, T.,* Hoffman, L., & Thomas, E. B. K. (2024). Measurement invariance and confirmatory measurement modeling of a psychological flexibility questionnaire across Likert and Expanded response formats. *Multivariate Behavioral Research*.
2. Carlson, A. S., Schwager, L. E., Diesel, S., Adamowicz, J., Harris, J., Flores, M., Thomas, E. B. K., & Jenkins, N. D. M. (2024). Ongoing, chronic stress exposure is related to impaired vascular endothelial function among young adults irrespective of subjective appraisal of stressor severity. *Physiology, 39*(S1), 712.
3. West, K. S., Schwager, L. E., Diesel, S., Carlson, A., Fonkoue, I. T., Thomas, E. B. K., & Jenkins, N. D. M. (2024). Poor sleep quality contributes to vascular endothelial dysfunction in young adults with adverse childhood experiences. *Physiology, 39*(S1), 1749.
4. Schwager, L., Diesel, S., Flores, M., Schneider, A., Harris, J., Pierce, G., Liu, J., Fonkoue, I., Thomas, E. B. K., Jenkins, N. (2023). Reduced sleep efficiency mediates the association of adverse childhood experience exposure with impaired vascular endothelial function in young adults. *Physiology, 38*(S1), 5728456.
5. Jenkins, N. D., Kline, C. E., Gibbs, B. B., Catov, J. M., Feghali, M., Santillan, M. K., Thomas, E. B. K., Jones, M. A., & Whitaker, K. M. (2022). Adverse childhood experiences are associated with elevated blood pressure and disturbed sleep in the first trimester of pregnancy in apparently healthy, young adult women. *Circulation, 146*(S1), A11891.
6. Helwig, N. J., Shreffler, K., Schwager, L., Thomas, E., & Jenkins, N. (2022). Adverse childhood experiences are linked to high blood pressure during the first trimester and hypertensive complications during pregnancy. *Circulation, 146*(S1), A10261.

7. Cochran, A., Hoel, S.*, Victory, A., Gruichich, T.S., Maronge, J., McInnis, M., & Kroska, E.B. (2021). A pilot micro-randomized trial for optimizing the delivery of mobile ACT-inspired interventions. *Bipolar Disorders*, 23, 19.
8. Roche, A. I., Kroska, E. B., O'Hara, M. W. (2017). Examining psychological flexibility as a mediator of the association between childhood trauma and adult somatization (vol. 51, pp. S2797-S2797). *Annals of Behavioral Medicine*.
9. Zagorski, L., Kroska, E. B., Hooker, E., Kraft, T., & Pressman, S. (2011). Physical activity predicts cardiovascular recovery from acute psychological stressors. (vol. 41). *Annals of Behavioral Medicine*.

Publications in Progress

Under Review

1. Gruichich, T. S.,* Hoel, S.,* Patel, N.,* Stowe, Z. N., Knight, B., Newport, J., & Thomas, E. B. K. (*Under Review*). Effects of maternal psychopathology on the regulation of blood glucose during pregnancy. *Maternal Health, Neonatology, and Perinatology*.
2. Pratt, A. A., Sadler, A. G., Thomas, E. B. K., Ryan, G. L., & Mengeling, M. A. (*Under Review*). Postpartum mood and anxiety disorder rates: Women Veterans' self-reports and men Veterans' reports about their partners. *Journal of Women's Health*.
3. Miller, M. L., Drake, M., Thomas, E. B. K., Riedle, K. G., & O'Hara, M. W. (*Under Review*). Dynamic Body Image in Pregnancy: Attitudes, Behaviors, and Perceptions across Trimesters of Pregnancy. *Current Psychology*.
4. Helwig, N. J., Shreffler, K. M., Jones, E. J., Schwager, L. E., Thomas, E. B. K., & Jenkins, N. D. M. (*Under Review*). Adverse Childhood Experiences are Associated with First Trimester Hypertension and Hypertensive Disorders in Pregnancy in a Diverse Cohort of Women. *Women's Health Issues*.
5. Nettleton, S.,* Diesel, S.,* Alexander, B., Vander Weg, M., O'Hara, M.W., & Thomas, E.B.K. (*Revise & Resubmit*). Postpartum depressive symptom severity among child-bearing Veterans: Examining contributions of environmental indices. *Journal of Rural Mental Health*.
6. Sirotiak, Z.,* Oberhauser, A. M., Sirotiak, A. M., Nettleton, K. A., Lee, D-C., Thomas, E. B. K., & Brellethin, A. G. (*Under Review*). Exploring the perceived impact of physical activity on physical and mental health among individuals with long COVID: A qualitative inquiry. *Chronic Illness*.
7. Sirotiak, Z.,* Hsu, T.,* Adamowicz, J. L.,* & Thomas, E. B. K. (*Under Review*). Intolerance of uncertainty and anxiety among college students: Considering the role of somatic symptoms. *Psychology, Health, & Medicine*.
8. Adamowicz, J. L., Sirotiak, Z., Thomas, E. B. K., Lund, B. C., Driscoll, M. A., & Hadlandsmyth, K. (*Under Review*). Widespread chronic pain is common and associated with reduced health-related quality of life in Chronic Fatigue Syndrome/Myalgic Encephalomyelitis: 2023 National Health Interview Survey. *Quality of Life Research*.
9. Johnson, N. L., Van Tiem, J., Steffensmeier, K. S., Akuley, S., Ball, D., Thomas, E. B. K., Mengeling, M., Norman, S., Driscoll, M., & Hadlandsmyth, K. (*Revise & Resubmit*). Providers' role in building patient buy-in for treating chronic pain and PTSD: Qualitative findings from Veterans' perspectives on their interactions with providers. *Journal of General Internal Medicine*.
10. Williams, M.*, Eadeh, H., Markon, K., Adamowicz, J. L., & Thomas, E. B. K. (*Revise & Resubmit*). Examining associations of mindfulness with early-life trauma and problem behaviors using a network analysis approach in a sample of U.S. college students. *Journal of Contextual Behavioral Science*.
11. Carlson, A. S.,* Sirotiak, Z.,* Orellana, S.,* & Thomas, E. B. K. (*Under review*). Educating during the COVID-19 pandemic: An educator perspective on mental health. *Disaster Medicine and Public Health Preparedness*.

Areas of Research Interest

- Therapeutic Interventions, My research examines the effectiveness of CBT and ACT interventions with at-risk samples. I also am interested in supervising, teaching, and training others in delivery of behavioral therapies, as well as the dissemination and implementation of interventions in high-need settings.
- Trauma, I am interested in the relation between traumatic life experiences and long-term outcomes. In particular, I am interested in modifiable psychological mechanisms that mediate the relation between trauma and long-term outcomes.
- Perinatal Health, I am interested in factors that promote health and psychological well-being among pregnant and

postpartum individuals. I am interested in intervention efficacy among perinatal individuals. I am also interested in evaluating the impact of maternal interventions on childhood outcomes.

Grants and Contracts

Funded

- Dec 2023 – Nov 2028 Adverse childhood experiences, sleep disruption, and mechanistic links to vascular dysfunction in young adulthood (1R01HL167788-01A1)
National Heart, Lung, & Blood Institute, R01
Role: Co-investigator (17.5% for Y1- Y5)
Principal Investigator: Nathaniel Jenkins, Ph.D.
Percentile: 4, Impact Score: 20
- Oct 2023 – Sept 2026 ACT for health promotion among rural Veterans (04129)
VA Office of Rural Health, Rural Health Resource Center
FY24: \$289,619, 25%. FY25: \$342,991.44, 30%; FY26: proposed 30%.
Principal Investigator: Emily Thomas.
Funds two graduate research assistantships, one full-time study coordinator, and salary support for three faculty members (Nathaniel Jenkins (HHP), Katie Hadlandsmyth (Anesthesiology), & Mark Vander Weg (CBH)).
Three-year grant to develop (Y1) and pilot (Y2-3) an ACT intervention for rural-dwelling Veterans with cardiovascular disease.
- April 2023 – March 2028 ActiveCBT for depression: Transforming treatment through exercise priming
National Institute of Mental Health, R61/R33 (5R61MH129407-02)
PI: Jacob Meyer, Ph.D.
Role: Co-investigator (Y1, Y2: 15%; Y3 – Y5: 8%)
This submission proposes to evaluate behavioral activation and therapeutic alliance as key mechanisms of action in an exercise-priming intervention prior to cognitive-behavioral therapy for depression. Y1-Y2 will evaluate mechanism, and if go criteria are met, Y3-5 will evaluate efficacy by way of identified mechanism.

Completed

- Oct 2022 – Sept 2024 Longitudinal prescribing practices and healthcare utilization among rural Veterans with comorbid chronic pain and PTSD (03609)
VA Office of Rural Health, Rural Health Resource Center
Role: Co-investigator
Principal Investigator: Katie Hadlandsmyth, Ph.D.
Percent effort: 10% for FY23, 20% for FY24.
This proposed multi-year study includes an initial mixed methods needs analysis of rural-dwelling Veterans with chronic pain and PTSD, which will provide the foundation to develop an intervention in tailored to this complex, high-needs population. A new three-year grant will include a proposed pilot of this intervention with rural-dwelling Veterans.
- Jan 2023 – Jan 2024 Does altered neural stress regulatory system activity and hematopoiesis explain link between adverse childhood experiences and peripheral vascular dysfunction?
Office of the Vice President for Research, Early Career Scholars Award, University of Iowa
Role: Co-investigator (0% effort)
Principal Investigator: Nathaniel Jenkins, Ph.D.
- Oct 2020 – Oct 2023 MomMoodBooster – III: A national program for perinatal and postpartum depressed women Veterans
VA Office of Rural Health, Rural Health Resource Center
Funded by VA Office of Rural Health. Award amount FY21: \$290,397, FY22: \$256,396. FY23: \$347,205.60 Percent effort: 20%.
Principal Investigator: Emily Thomas.
Funded three graduate research assistantships, one full-time study coordinator, and salary support for three faculty members (Michael O'Hara, Stacey Pawlak, &

- Bruce Alexander).
- July 2022 – June 2023 Interactions of adverse childhood experiences, sleep disruption, and mechanistic links to cardiometabolic disease risk in adolescents and young adults
Injury Prevention Research Center, University of Iowa
Role: Co-investigator (0% effort)
Principal Investigator: Nathaniel Jenkins, Ph.D.
- Jul 2019 - Jun 2021 Examining the efficacy of ACT microinterventions for distressed first-generation college students
Baldwin Wisconsin Idea Endowment Seed Grant
Funded by University of Wisconsin-Madison. Award amount: (\$3,960.00)
Percent effort: 0. Emily Kroska (Principal Investigator).
- Aug 2016 - May 2017 *Presidential Ballard-Seashore Fellow*
Funded by University of Iowa Graduate College. Award amount: (\$20,000.00)
Percent effort: 100. For protected time to be dedicated to completion of dissertation project.
- Aug 2012 - May 2016 *Presidential Graduate Research Fellow*
Funded by University of Iowa Graduate College. Provided financial support for two academic years and four summers of graduate study and research
- May 2014 - May 2015 *ACT with At-Risk Adolescents*
Funded by University of Iowa Executive Council of Graduate & Professional Students Research Grant. Award amount: (\$1,100.00) Number of Months: 12.
Investigator/s Emily B Kroska (Principal Investigator). For conduct of a research project at the University of Iowa
- Oct 2014 - Feb 2015 *Obermann Senior Fellow*
Funded by Obermann Center, University of Iowa. To serve as a co-leader of a week-long academy for graduate students across areas of study to promote public engagement and develop publicly engaged research. Prepared curriculum with two faculty leaders and evaluated applications for selection.
- Dec 2013 - Jan 2014 *Obermann Fellow*
Funded by Obermann Center, University of Iowa. For attendance at a week-long academy on public engagement in research, teaching, and scholarship.
- Submitted**
- February 2025 Adverse Childhood Experiences, Perinatal Depression, Stress, and Adverse Maternal Cardiometabolic Outcomes: Associations with 24-h Lifestyle Behaviors Across Pregnancy
National Institutes of Health, R21
PI: Nathaniel Jenkins, Ph.D.
Role: Co-investigator
The proposed study will use existing data to examine adverse childhood experiences, 24-hour behaviors (e.g., physical activity, sleep), and depression during pregnancy.
- August 2024 Balancing work and family: The effects of maternal work schedule flexibility on maternal and child development outcomes
William T. Grant Foundation
PI: Ece Demir-Lira, Ph.D.
Role: Co-investigator
- June 2024 Precision Phenotyping of the Externalizing Spectrum on a Developmentally Informed, Common Metric Across Infancy to Adolescence
National Institute of Health
PI: Isaac Petersen, Ph.D.
Role: Consultant
The proposed study will develop and evaluate developmentally sensitive measures for externalizing spectrum psychopathology from infancy to adulthood.
- June 2023 A feasibility and acceptability trial of Narrative Exposure Therapy for rural pregnant women

- February 2023 *National Institute of Child Health and Human Development, R21*
 PI: Michelle Miller, Ph.D.
 Role: Co-investigator (20% for Y1, 15% for Y2)
 Maternal health disturbances, pregnancy angiogenic factors, and infant cognitive outcomes in rural-dwelling Iowa families
Intellectual and Developmental Disabilities Research Center, University of Iowa
 PI: Emily Thomas, Ph.D.
- July 2022
 Co-Investigators: Ece Demir-Lira, Donna Santillan, Serena Gumusoglu
 Adverse childhood experiences, disturbed sleep, and cardiovascular health in pregnancy: The REVEALING cardiovascular risk in pregnancy cohort study
National Heart, Lung, & Blood Institute, R01
 PI: Nathaniel Jenkins, Ph.D.
 Role: Co-investigator (12.5% for Y1-Y4; 15% for Y5)
- May 2022
 Suicidality among perinatal Veterans: Characterizing rural disparities and piloting a brief behavioral intervention
VA Office of Rural Health, Career Development Award
 PI: Emily Thomas, Ph.D., 70%

Invited Lectures and Conference Presentations

Invited Presentations

1. Thomas, E. B. K. (2024, February). *Centering the educator experience: The impact of the COVID-19 pandemic on educator mental health*. Scanlan Center for School Mental Health
2. Victory, A.,* Sagorac Gruichich, T.,* Cochran, A., & Thomas, E. B. K. (2022, July). *Mobile ACT: Two Cohort Micro-Randomized Trials*. Presented at the CBS Superlab international research meeting.
3. Thomas, E.B.K. (2021, January 26). *Integrating acceptance and commitment therapy with exposure-based approaches*. [Webinar]. Presented for nationwide VA training in Acceptance and Commitment Therapy for Depression.
4. Weinstein, J., Thomas, E.B.K., & Walser, R. (2021, September 28). *The Empowerment Plan: Enhancing the safety plan with a CBS approach to repertoire expansion*. [Webinar]. Presented for VA/DoD Clinical Practice Guidelines (CPG) for Suicide Prevention Webinar Series. <https://t.co/sOQm62oxq3?amp=1>.
5. Kroska, E. B., & Schiller, C. E. (2017, November 7). *Applying Acceptance and Commitment Therapy (ACT) with perinatal and postpartum women* [Invited workshop]. Third Biennial Perinatal Mental Health Conference. Marcé of North America, Chicago, IL, USA.
6. Kroska, E. B., McMurray, R., & Bollinger, K. (2010, November). *Diversity: Awareness, acceptance, and celebration* [Workshop]. National Conference for Peer Tutors. International Writing Center Association, Baltimore, Maryland, USA.

Oral Presentations, Symposia, and Panel Discussions

*Mentorship of trainee

1. Hsu, T., Hoffman, L., & Thomas, E. B. K. (July 17 – 20, 2025). Confirmatory measurement modeling and measurement invariance of the Comprehensive Assessment of Acceptance and Commitment Therapy Processes-15 across Likert and Expanded response formats. In Spencer, S.D. (Chair), Innovative methods to improve psychometric precision in the measurement of psychological flexibility processes. [Symposium]. [Symposium oral presentation]. *Association for Contextual Behavioral Science World Conference*, New Orleans, LA, U.S.A.
2. Roche, A. I., Schofield, K., Straub, B. L., Jacobson, R. M., Chamberlain, A. M., Vickers, K., Thomas, E. B. K., Eadeh, H., Merwin, R. M., & Sawchuk, C. N. (July 17 – 20, 2025). Piloting an ACT-based single session intervention in primary care integrated behavioral health. *Association for Contextual Behavioral Science World Conference*, New Orleans, LA, U.S.A.
3. Roche, A. I., Schofield, K., Straub, B. L., Jacobson, R. M., Chamberlain, A. M., Vickers, K., Thomas, E. B. K., Eadeh, H., & Sawchuk, C. N. (June 27-29, 2025). Implementation of Single Session Interventions in Integrated Behavioral Health: Increasing Access to Evidence-based Care. [Flash talk]. *Single Session Therapy (SST) 5th International Symposium*. Chicago, IL, U.S.A.
4. Thomas, E. B. K., & Demir-Lira, E. (October 23, 2024). Examining dynamic psychiatric and neuroconnectivity changes throughout pregnancy, postpartum, and infancy. *APS 2024 Global Psychological Science Summit*. Virtual global convention.
5. Hsu, T.,* Miller, M.L., Markon, K.E., Grekin, R., Thomas, E.B.K. (2024, November 11-14). Posttraumatic

- Stress Disorder and Obsessive-Compulsive Disorder Symptoms across the Perinatal Period: A Panel Network Analysis. In Scheiber, F. (Chair), *Innovations in Women's Mental Health Research: Understanding and Addressing Symptoms that Disproportionately Affect Women*. [Symposium]. Oral presentation at the Association for Behavioral and Cognitive Therapies. Philadelphia, PA, U.S.A.
6. Orellana, S.,* Schneider, A.,* & Thomas, E. B. K. (2022, November). *Educator experiences during the COVID-19 pandemic: Preliminary inductive analysis results*. [Oral presentation]. Iowa Sciences Academy 2022 Fall Symposium, University of Iowa, Iowa City, IA, USA.
 7. Roche, A. I.,* & Thomas, E. B. K. (2022). *Reducing risk and promoting resilience during the COVID-19 pandemic: An exploration of psychological processes*. [Oral presentation]. Association for Contextual Behavioral Science World convention. San Francisco, CA, USA.
 8. Hsu, T.,* Hoffman, L., & Thomas, E. B. K. (2022). Further Validation of the Comprehensive assessment of Acceptance and Commitment Therapy processes. [Symposium]. In S. Spencer (Chair). *Psychometric Hexadancing: Innovations in the validation of self-report measures spanning core ACT processes*. Association for Contextual Behavioral Science World convention. San Francisco, CA, USA.
 9. Kroska, E.B., Hoel, S.,* Victory, A., Sagorac Gruichich, T., Stowe, Z.N., Cochran, A. (2021, July). Evaluating an ACT-based mobile micro-intervention for distressed first-generation college students [Symposium]. In Vasilis S. Vasiliou (Chair). *Harnessing ACT to develop and deliver innovative interventions targeting university students' health and illicit drug use*. Association for Contextual Behavioral Science Virtual World Convention.
 10. Kroska, E.B., Barnes, S.M., Strosahl, K., Weinstein, J., & Walser, R.D. (2021, July). *Integrating CBS principles into suicide prevention and intervention* [Panel Discussion]. Association for Contextual Behavioral Science Virtual World Conference.
 11. Devon, D.,* Adamowicz, J. L.,* Harris, S.,* & Kroska, E.B. (2021, June). *Acceptance and Commitment Therapy (ACT) for Huntington's Disease* [Oral IGNITE presentation]. Association for Contextual Behavioral Science Virtual World Conference.
 12. Schneider, A.,* Stegall, M.,* & Kroska, E.B. (2021, July). *An Acceptance and Commitment Therapy (ACT) Intervention aimed at addressing burnout in educators during the COVID-19 pandemic* [Oral IGNITE presentation]. Association for Contextual Behavioral Science Virtual World Conference.
 13. Hsu, T.,* Kroska, E.B. (2021, July). *Acceptance and Distress Tolerance: Conceptual Differences and Overlaps* [Oral IGNITE presentation]. Association for Contextual Behavioral Science Virtual World Conference.
 14. Cochran, A., McInnis, M., Gruichich, T.S., Hoel, S., Victory, A., Maronge, J.M., & Kroska, E.B. (2021). *A pilot micro-randomized trial for optimizing mobile ACT-inspired microinterventions* [Oral presentation]. Abstract accepted to International Society of Bipolar Disorder.
 15. Stegall, M. S.,* Weaver, S. S.,* & Kroska, E. B. (2021, July). *The Trauma-Related Approach-Avoidance Behavioral Task* [Oral presentation]. Association for Contextual Behavioral Science Virtual World Conference.
 16. Adamowicz, J.L.,* & Kroska, E.B. (2020). *Acceptance and Commitment Therapy (ACT) for Chronic Fatigue Syndrome (CFS)* [Oral IGNITE presentation]. Association for Contextual Behavioral Science Virtual World Conference.
 17. Kroska, E. B., & O'Hara, M. W. (2018, July 27). *How much is enough in brief Acceptance and Commitment Therapy in treating depressive symptoms?* [Symposium]. Association for Contextual Behavioral Science, Montreal, QB, Canada.
 18. Roche, A. I., Kroska, E. B., & Denburg, N. L. (2018, July 29). *Problematic health behaviors: Experiential avoidance as a common function* [Oral presentation]. Association for Contextual Behavioral Science, Montreal, QB, Canada.
 19. Roche, A. I., Kroska, E. B., O'Hara, M. W. (2017, April). *Childhood trauma exposure and somatic symptoms: Identifying potential mechanisms for targeted intervention* [Oral presentation]. Iowa Psychological Association, Davenport, IA, USA.
 20. Kroska, E. B., Orenge-Aguayo, R. E., O'Hara, M. W., & Marchman, J. N. (2016, June 17). *ACT with at-risk adolescents: A community-based preventive intervention* [Symposium]. Association for Contextual Behavioral Science, Seattle, WA, USA.
 21. Kroska, E. B., Orenge-Aguayo, R. E., & Marchman, J. N. (2015, April 10). *An unusual day at school: ACT with at-risk adolescents* [Symposium]. Iowa Psychological Association, Pella, IA, USA.
 22. Kroska, E. B., Orenge-Aguayo, R. E., & Marchman, J. N. (2014, November 21). *An unusual day at school:*

- ACT with at-risk adolescents* [Symposium]. Association for Behavioral and Cognitive Therapies, Philadelphia, PA, USA.
23. Kroska, E. B., Orenge-Aguayo, R. E., & Marchman, J. N. (2014, June 20). *Acceptance and Commitment Therapy with at-risk adolescents* [Symposium]. Association for Contextual Behavioral Science, Minneapolis, MN, USA.
 24. Kroska, E. B., Bannon, S., & Lawrence, E. (2013, August 1). *The influence of treatment content on program attrition in Batterer's Education Programs* [Symposium]. American Psychological Association, Honolulu, HI, USA.
 25. Kroska, E. B., Kraft, T., Pressman, S. (2012, April 13). *The role of perceived stress in the resilient individual* [Symposium]. Southwestern Psychological Association, Oklahoma City, OK, USA.

Departmental Presentations

1. O'Neill, S. E, Zhang, K.A., and Thomas, E. (February 17 & 24, 2025). *Case conceptualization and treatment planning workshop*. Department of Psychological and Brain Sciences, University of Iowa, Iowa City, IA.
2. Thomas, E. B. K. (2024, April). *Applications of Acceptance and Commitment Therapy* [Oral presentation]. University of Iowa, Clinical Science Rounds, Iowa City, IA, USA.
3. Zhang, K. A., O'Neill, S., Nikolas, M., & Thomas, E. B. K. (2024). *Supervision roles & expectations*. [Panel discussion]. University of Iowa, Clinical Science Rounds, Iowa City, IA, USA.
4. Zhang, K. A., O'Neill, S., & Thomas, E. B. K. (2023). *Self-care from three perspectives*. [Panel discussion]. University of Iowa, Clinical Science Rounds, Iowa City, IA, USA.
5. Thomas, E. B. K. (2022). *The Empowerment Plan: Integrating CBS principles into safety planning to promote repertoire expansion*. [Oral presentation]. University of Iowa, Clinical Science Rounds, Iowa City, IA, USA.
6. Kroska, E.B. (2018). *Integrating Acceptance and Commitment Therapy and Prolonged Exposure for Patients with PTSD* [Oral presentation]. University of Kansas Medical Center, Clinical Psychology, Kansas City, KS, USA.
7. Kroska, E.B. (2017, September 26). *Acceptance and Commitment Therapy: An Introduction and Case Examples* [Oral presentation]. University of Kansas Medical Center, Psychiatry Grand Rounds, Kansas City, KS, USA.
8. Kroska, E.B. (2016). *Addressing shame in psychotherapy: Using ACT and DBT* [Oral presentation]. University of Iowa, Clinical Psychology Rounds, Iowa City, IA, USA.
9. Kroska, E.B. (2015). *Psychotherapy after traumatic brain injury: A case example* [Oral presentation]. University of Iowa, Clinical Psychology Rounds, Iowa City, IA, USA.
10. Kroska, E.B. (2014). *Case presentation of a Student Disability Services evaluation* [Oral presentation]. University of Iowa, Clinical Psychology Rounds, Iowa City, IA, USA.
11. Kroska, E.B., & Robinson, H. (2013). *Intellectual Disability Evaluations: Case examples from Seashore Psychology Clinic*. Oral presentation at departmental rounds.

Community Presentations

1. Adamowicz, J. L.,* & Thomas, E. B. K. (2023, May). *Taking the wheel: How acceptance and commitment therapy can help us move toward a meaningful life*. NAMI Lunch and Learn series, Johnson County, Iowa.
2. Kroska, E. B. (2020, October). *Using acceptance and mindfulness to cope with chronic disease*. Molecular Otolaryngology and Renal Research Laboratories 14th C3G/DDD Family Conference, Iowa City, IA, USA.
3. Kroska, E.B., & Adamowicz, J.L.* (2019, October). *Acceptance-based coping with C3G/DDD*. Molecular Otolaryngology and Renal Research Laboratories 14th C3G/DDD Family Conference, Iowa City, IA, USA.
4. Kroska, E.B. (2016). *ACT with Young Mentors' Movement: Brief Intervention with Children and Parents* [Oral presentation]. Boys and Girls Club, Young Mentors' Movement, Cedar Rapids, IA, USA.
5. Kroska, E.B. (2016). *ACT and IPT with Adolescents Experiencing Depression* [Oral presentation]. University of Iowa Hospitals and Clinics, Child Psychiatry, Evidence-Based Practice Seminar, Iowa City, IA, USA.

Poster Presentations

*Mentorship of trainee

1. West, K., Schwager, L., Hart, T.W., Thomas, E. B. K., Jenkins, N. D. M. (*Submitted*). Psychological Resilience modulates the effect of adverse childhood experiences on endothelial function and mitochondrial

- reactive oxygen species in young adults. *North American Artery*. Philadelphia, PA, USA.
2. West, K., Schwager, L., Hart, T.W., Thomas, E. B. K., Jenkins, N. D. M. (*Submitted*). Psychological Resilience modulates the effect of adverse childhood experiences on endothelial function and mitochondrial reactive oxygen species in young adults. *Wisconsin Symposium on Emotion*. Madison, WI, USA.
 3. Staral, N., Schwager, L., West, K., Hart, T., Thomas, E. B. K., Jenkins, N. (*Accepted*). Circulating heavy molecular weight adiponectin is inversely associated with arterial stiffness in apparently healthy young adults without obesity. *American Physiological Society Summit*, Baltimore, Maryland, USA.
 4. Zucker, A. C., Schwager, L. E., Diesel, S., Carlson, A., Fonkoue, I. T., Thomas, E. B. K., West, K. S., & Jenkins, N. D. M. (*Accepted*). Exposure to adverse childhood experiences is associated with insulin resistance in apparently healthy young adults: Role of reduced sleep efficiency. *American Physiology Summit 2025*, Baltimore, MD, USA.
 5. West, K. S., Schwager, L. E., Hart, T. W., Zacharias, Z., Ludwig, K., Thomas, E. B. K., Seals, D. R., & Jenkins, N. D. M. (*Accepted*). Paradoxical Associations between Exposure to Adverse Childhood Experiences, Vascular Endothelial Function, and Mitochondrial Superoxide Production. *American Physiology Summit 2025*, Baltimore, MD, USA.
 6. Sirotiak, Z.,* Thomas, E. B. K., Adamowicz, J. L., & Kohut, M. L. (*Submitted*). Exploring gender differences in the link between chronic overlapping pain conditions and post-acute COVID-19 sequelae. United States Association for the Study of Pain convention. Chicago, IL, U.S.A. April 29-May 2, 2025.
 7. Nettleton, S.,* Alexander, B., & Thomas, E. B. K. (November 14, 2024). *Military Sexual Trauma and Motherhood: Examining Associations of MST, Depressive Symptom Severity, and Rurality in a sample of Perinatal Veterans*. Association for Behavioral and Cognitive Therapies, Philadelphia, PA, U.S.A.
-Travel supported by Mary Jo Small Staff Fellowship Award (\$1000)
 8. Hsu, T.,* Hoffman, L., & Thomas, E. B. K. (October 11, 2024). Measurement invariance and confirmatory measurement modeling of a psychological flexibility questionnaire across Likert and Expanded response formats. Society for Multivariate Experimental Psychology (SMEP) 2024 convention, Ithaca, NY, U.S.A.
-Travel fully supported by Society for Multivariate Experimental Psychology
 9. Carlson A.S.,* Schwager, L.E., Diesel, S., Adamowicz, J., Harris, J., Thomas E.B.K., & Jenkins, N.D.M. (April 4, 2024). Ongoing, chronic stress exposure is related to impaired vascular endothelial function among young adults irrespective of subjective appraisal of stressor severity. *American Physiology Summit 2024*, Long Beach, CA, U.S.A.
 10. Hadlandsmyth, K. Driscoll, M. A., Johnson, N. L., Mares, J. G., Mengeling, M. A., Thomas, E. B. K., Norman, S. B., & Lund, B. C. (April 14-17, 2024). Multiple pain conditions: Overlap, gender differences, and associations with PTSD among Veterans. *2024 USASP Annual Scientific Meeting*, Seattle, WA, USA.
 11. Pratt, A. A., Sadler, A. G., Thomas, E. B. K., Ryan, G. L., & Mengeling, M. A. (July 1, 2024). Postpartum mood and anxiety disorder rates: Women Veterans' self-reports and men Veterans' reports about their partners. *AcademyHealth 2024 Annual Research Meeting*, Baltimore, Maryland.
 12. Hart, T., Schwager, L. E., Zucker, A., Diesel, S., Carlson, A., Flores, M., Harris, J., Rogers, E., Thomas, E. B. K., & Jenkins, N. D. M. (2024, April). Anxiety symptom severity is associated with increased arterial blood pressure and arterial blood pressure variability in healthy young adults. *American Physiological Summit*.
 13. Carlson, A. S.,* Diesel, S., Adamowicz, J. L., Harris, J., Thomas, E. B. K., & Jenkins, N. (2024, April). Cumulative stress deleteriously impacts vascular health among young adults even when accounting for stress appraisal. *American Physiological Summit*.
 14. West, K. S., Schwager, L. E., Diesel, S., Carlson, A., Fonkoue, I. T., Thomas, E. B. K., & Jenkins, N. D. M. (2024, April). Poor sleep quality contributes to vascular endothelial dysfunction in young adults with Adverse Childhood Experiences. *American Physiological Summit*.
 15. Nettleton, S.,* Diesel, S.,* Alexander, B., O'Hara, M., and Thomas, E.B.K. (2023, November). *Context Matters: The relationship between depressive symptoms and environment in postpartum Veterans* [Poster Presentation]. Presented at the Association of Behavioral and Cognitive Therapies 2023 Convention, Seattle, WA, USA.
 16. Mares, J. G., Lund, B. C., Driscoll, M. A., Johnson, N. L., Mengeling, M. A., Thomas, E. B. K., Norman, S. B., & Hadlandsmyth, K. (2023, September). *The impact of posttraumatic stress disorder on multiple overlapping painful conditions among women Veterans*. Accepted for presentation at the VA Women's Health Services Research Conference. Arlington, VA.
 17. Adamowicz, J. L.,* Thomas, E. B. K., Lund, Brian, & Hadlandsmyth, K. (2023, July). *A population-based*

- investigation into the overlap of chronic fatigue syndrome among military Veterans with chronic pain.* International Association for the IACFS/ME convention. Stony Brook, NY, USA.
18. Sirotiak, Z.,* Thomas, E. B. K., & Brellenthin, A. G. (2023, July). *Comparison of stress, anxiety, and depression severity among individuals with no history, previous history, or current long COVID.* International Association for the IACFS/ME convention. Stony Brook, NY, USA.
 19. Williams, M. A.,* & Thomas, E. B. K. (2023, April). *Early-life trauma: Severity and cumulative measurement as related to psychological inflexibility and mindfulness.* Poster presented at Midwestern Psychological Association convention, Chicago, IL, USA.
 20. Orellana, S.,* Schneider, A.,* & Thomas, E. B. K. (2023, March). *We are listening: Educator experiences during COVID-19.* Research in the Capitol; Des Moines, IA.
 21. Pratt, A. A., Sadler, A. G., Thomas, E. B. K., Torner, J. C., Syrop, C. H., Ryan, G., & Mengeling, M. A. (2023). *Perinatal mood and anxiety disorder risk factors among Veterans.* AcademyHealth Annual Research Meeting. Seattle, WA, USA.
 22. Hart, T. W., Schwager L. E., Zucker, A. C., Flores, M. H., Moon, C., Thomas, E. B. K., & Jenkins, N. D. M. (2023, June). *Associations among childhood stress, actigraphy-measured sleep efficiency, and fasting glucose concentrations in young adults.* SLEEP 2023 convention. Indianapolis, IN, USA.
 23. Zucker, A., Schwager, L., Hart, T., Flores, M., Moon, C., Thomas, E. B. K., & Jenkins, N. D. M. (2023, June). *Preliminary study of the links between adverse childhood experiences and actigraphy-measured sleep characteristics in young adults.* SLEEP 2023 convention. Indianapolis, IN, USA.
 24. Hsu, T.,* Adamowicz, J. L.,* Herrmann, F., & Thomas, E. B. K. (May 25-28, 2023). *The effect of Acceptance and Commitment Therapy on the psychological flexibility of undergraduate students: A systematic review and three-level meta-analysis.* Association for Psychological Science convention. Washington, D.C., USA.
 25. Schwager, L. E., Diesel, S. J., Flores, M. H., Schneider, A., Harris, J. L., Pierce, G. L., Liu, J., Fonkoue, I. T., Thomas, E. B. K., Jenkins, N. D. M. (April 20-23, 2023). *Reduced sleep efficiency mediates the association of adverse childhood experiences with impaired vascular endothelial function in young adults.* American Physiology Summit. Long Beach, CA, USA.
 26. Hellwig, N., Shreffler, K., Schwager, L., Thomas, E. B. K., Jenkins, N. (2022). *Adverse childhood experiences are linked to high blood pressure during the first trimester and hypertensive complications during pregnancy in young adult women.* American Heart Association Scientific Sessions. Chicago, IL, USA.
 27. Hsu, T.,* Thomas, E.B.K., Welch, E., K., O'Hara, M.W., & McCabe, J.E. (2022). *Examining the structure of distress tolerance: Are behavioral and self-report measures assessing the same construct?* Association of Psychological Science. Chicago, U.S.A.
 28. Grekin, R., Kroska, E.B., Miller, M.L., & O'Hara, M.W. (2021, October). *The role of prenatal posttraumatic stress symptoms among trauma exposed women in predicting postpartum depression.* Marcè of North America (MONA) Biennial Conference, Virtual.
 29. Adamowicz, J.L.,* Velez-Bermudez, M., & Kroska, E.B. (2021, August). *A meta-analysis of fatigue and avoidance in individuals with chronic disease.* International Association for Chronic Fatigue Syndrome/Myalgic Encephalomyelitis, Virtual.
 30. Herrmann, F.,* Schneider, A.,* Stegall, M.S.,* & Kroska, E.B. (2021, July). *Acceptance and Commitment Therapy: An overview.* Summer Undergraduate Poster Symposium, University of Iowa.
 31. Cantu, M.,* Hsu, T.,* & Kroska, E.B. (2021, July). *Comparing perceived stress between Latinx and non-Latinx individuals during the COVID-19 global pandemic.* Summer Undergraduate Poster Symposium, University of Iowa.
 32. Schneider, A.,* & Kroska, E.B. (2021, June). *Face covered and six feet apart: behavioral awareness predicts greater adherence to public health guidelines during the COVID-19 pandemic.* Association for Contextual Behavioral Science, Virtual.
 33. Hsu, T.,* Hoffman, L., & Kroska, E.B. (2021, June). *Further examination of the factor structure of the Comprehensive assessment of Acceptance and Commitment Therapy processes.* Association for Behavioral and Cognitive Therapies, Virtual.
 34. Stegall, M.S.,* Hsu, T.,* Schneider, A.,* Roche, A.I.,* & Kroska, E.B. (2021, June). *Pandemic-related adversity and distress: A longitudinal investigation of psychological flexibility as a mediator.* Association for Behavioral and Cognitive Therapies, Virtual.
 35. Hoel, S.,* Victory, A., Gruichich, T.S., Stowe, Z., McInnis, M., Cochran, A., & Kroska, E. (2020). *A mixed-*

- methods analysis of mobile ACT microintervention responses from two cohorts.* Association for Behavioral and Cognitive Therapies, Virtual.
36. Roche, A.I.,* Kroska, E.B., Johnson, M.K., Sesker, H., Turner, M., van Heukelum, J., Fleisher, R., & Denburg, N. L. (2020). *Well-being in ACTion: Examining the impact of acceptance and commitment training in community-dwelling older adults.* Association for Behavioral and Cognitive Therapies, Virtual.
 37. Adamowicz, J.L.,* Kroska, E.B., Newport, D.J., & Stowe, Z. (2020). *Do glucose-tolerance test results predict postpartum depression in neuropsychiatric patients: A prospective study.* The International Marce Society for Perinatal Mental Health, Iowa City, IA.
 38. Adamowicz, J.L.,* Kroska, E.B., Denburg, N. L., & Roche, A.I.* (2020). *Validation of the Tacting of Function (TOF) scale in healthy older adults.* Association for Contextual Behavioral Science, Virtual.
 39. Stegall, M.S.,* Roche, A.I.,* O'Hara, M.W., & Kroska, E.B. (2020). *Improvements in psychological flexibility and resilience following brief ACT intervention.* Association for Contextual Behavioral Science, Virtual.
 40. Story, P. A., O'Boyle, E. H., Forsyth, D. R., Kroska, E.B., & Prewett, A. (2017, November). *Facet level changes in generational narcissism.* Society of Southeastern Social Psychologists, Atlantic Beach, FL, USA.
 41. Roche, A.I., Kroska, E.B., & O'Hara, M.W. (2017, April 1). *Examining psychological flexibility as a mediator of the association between childhood trauma and adult somatization.* Society of Behavioral Medicine, San Diego, CA, USA.
 42. King, S., Kroska, E.B., Elgbeili, G., Dancause, K., Hart, K., Laplante, D.P. & O'Hara, M.W. (2017, February 14) *The effects of prenatal maternal stress on toddler body mass index as mediated by birthweight and moderated by social support: The Iowa Flood Study.* Canadian National Perinatal Research Meeting, Montebello, QB, Canada.
 43. Miller, A.,* Kroska, E.B., & O'Hara, M.W. (2016, July). *Health behaviors of at-risk adolescents in alternative high schools.* Summer Undergraduate Research Conference, Iowa City, IA, USA.
 44. Kroska, E.B., Orengo-Aguayo, R.E., O'Hara, M.W., & Marchman, J. (2016, June 17). *ACT with at-risk adolescents: A community-based preventive intervention.* Poster presentation given at the 2016 Association for Contextual Behavioral Science convention.
 45. Kroska, E.B. (2015, November 12). *Avoidance and pain intensity: The paradox of chronic pain.* Association for Behavioral and Cognitive Therapies, Chicago, IL, USA.
 46. Kroska, E.B., Lawrence, E., Orengo-Aguayo, R., Langer, A., & Bannon, S. (2013, November 21). *Neuropsychological differences in subtypes of intimate partner violence.* Association for Behavioral and Cognitive Therapies, Nashville, TN, USA.
 47. Kroska, E.B., Markon, K., & Pressman, S.D. (2013, November 21). *Development of a scale measuring the depth of relationships.* Association for Behavioral and Cognitive Therapies, Nashville, TN, USA.
 48. Bassett, S. M., Kraft, T. L., Kroska, E.B. & Pressman, S.D. (2013, June 27). *Subjective sleep quality is associated with self-reported resilience in the survivors of trauma.* International Positive Psychology Association, Los Angeles, CA, USA.
 49. Kraft, T., Kroska, E.B., & Pressman, S.D. (2012, April 13). *Positive affect and posttraumatic growth.* Southwestern Psychological Association, Oklahoma, OK, USA.
 50. Kroska, E.B., Kraft, T., & Pressman, S.D. (2012, April 12). *What distinguishes volunteers from non-volunteers?* Southwestern Psychological Association, Oklahoma City, OK, USA.
 51. Zagorski, L. A., Kroska, E. B., Hooker, E. D., Kraft, T., & Pressman, S.D. (2010, April 7). *Physical activity predicts cardiovascular recovery from acute psychological stressors.* Society of Behavioral Medicine, Seattle, WA, USA.
 52. Zagorski, L. A., Kroska, E. B., Hooker, E. D., Kraft, T., & Pressman, S.D. (2010, May). *Physical activity predicts cardiovascular recovery from acute psychological stressors.* Symposium for Undergraduate Psychology Engagement and Research, Lawrence, KS, USA.
 53. Kroska, E.B., Kass, S., Barnes, C., Hoffman, H., & Murphy, B. (2010, May). *Can happiness be increased through the addition of colorful decoration?* Symposium for Undergraduate Psychology Engagement in Research, Lawrence, KS, USA.
 54. Atchley, P., Hooker, E. D., Kroska, E.B., & Gilmour, A. (2009, May). *Validation of an online orientation seminar to improve career and major preparedness.* Greater Kansas City Symposium on Teaching and Learning, Kansas City, MO, USA.

SERVICE
Profession

- 2024 – Present Supervision Special Interest Group, Association for Contextual Behavioral Science
- 2024 – Present DEIJ Committee, Association for Contextual Behavioral Science
- 2024 – Present Associate Editor, *Journal of Contextual Behavioral Science*
- 2023 – 2024 Justice, Equity, Diversity, & Inclusion (JEDI) Training Team, Association for Contextual Behavioral Science
- 2021 – 2022 Associate Program Chair, Association for Behavioral and Cognitive Therapies 2022 Convention
- 2021 – Present Disaster Response Committee, Iowa Psychological Association
- 2020 – 2024 Editorial Board, *Journal of Contextual Behavioral Science*

Ad-Hoc Reviewer

Served as an ad-hoc reviewer for the following journals: *Journal of Psychiatric Research*, *Brain and Behavior*, *Journal of Consulting and Clinical Psychology*, *Journal of General Internal Medicine*, *BMC Psychiatry*, *Journal of Contextual Behavioral Science*, *JMIR Mental Health*, *Behaviour Research and Therapy*, *PLoS ONE*, *Assessment*, *Psychological Bulletin*, *Archives of Women's Mental Health*, *Psychological Medicine*, *Applied Psychology: Health and Well-Being*, *Journal of Advanced Nursing; Psychology, Health, & Medicine*; *Journal of American College Health*, *Mindfulness*, *Current Psychology*, *Journal of Behavioral Medicine*, *International Journal of Environmental Research and Public Health*, *European Journal of Pain*, and *Clinical Psychology and Psychotherapy*.

Psychological and Brain Sciences Department

- 2024 – Present Clinical Supervisor Committee, Clinical Science, Psychological and Brain Sciences, University of Iowa
- 2024 – Present External Practicum Committee, Clinical Science, Psychological and Brain Sciences, University of Iowa
- 2022 Clinical-Track Faculty Search Committee, Member, Psychological and Brain Sciences, University of Iowa
- 2019 - 2021 Associate Director of Clinical Training, Clinical Area Training Committee, Psychological and Brain Sciences, University of Iowa
- 2019 – Present Coordinated practice internship interviews, Clinical Science, Psychological and Brain Sciences, University of Iowa
- 2015 – 2017 Practicum Coordinator, Iowa Depression and Clinical Research Center

University of Iowa

- 2023 – 2026 Faculty Senate, University of Iowa, Elected Member
- 2023 Obermann Working Group, Reconceptualizing the Mental Health Crisis
- 2022 – Present Academic Caretaking Fund for Faculty, Committee Member
- 2021 – Present Biobehavioral Interface Program, Recruitment & Admissions Committee Member, NIGMS T32 Training Grant
- 2021 Student Success Development Team, Holistic Well-Being Subgroup, Strategic Plan 2022-2027

Community

- 2023 – 2024 Scanlan Center for School Mental Health
Developed and implemented three ACT trainings to educators across the state of Iowa. Three professional development workshops accessible via Zoom were delivered in 2023.
- 2022 – Present Collaborated with Rumbidzai Madzudzo and Iowa Matrix to develop an ACT intervention for integration within children's sport camps for underserved children in Botswana.
- 2022-2023 Iowa Matrix & Liberty High School
Developed and provided professional development ACT trainings to educators at a local high school throughout academic year. Pre-post evaluation conducted.
- 2019, 2020 Molecular Otolaryngology and Renal Research Laboratories 14th C3G/DDD Family Conference, Invited Lecture
Delivered oral presentation to patients with ultra-rare kidney condition and their families regarding coping with a chronic disease using acceptance. Mentored graduate student through

joining this presentation in 2019.

- 2017 Iowa Department of Corrections, Sixth District
Provided a one-week training to Department of Corrections employees to facilitate the implementation of an ACT intervention with clientele.
- 2016 Boys and Girls Club of Cedar Rapids, Young Mentors Movement, Volunteer, Facilitated psychotherapy groups with children and parents of the children participating in the Young Mentors Movement. Delivered oral presentation at the Young Mentors Movement launch event with community members and sponsoring partners.
- 2010-2014 Lupus Foundation of America, Iowa chapter, Teen Lupus Advocacy Board, Director,
Organized group of 50+ high school students to fundraise, obtain sponsorships and donations, and build awareness in the community.
The group raised over \$11,000 for both the 2012 and 2013 Iowa Walk for Lupus Now.
I was selected as one of the Iowa chapter's representatives to attend Lupus Advocacy Days in Washington D.C. (June 2013) to advocate for Lupus awareness and research to congressional leaders.

Media Contributions

- 2021 [Iowa Public Radio, Talk of Iowa](#), Coping with depression during the pandemic
- 2020 – Present *Psychology Today*, Intentional Zeal blog
- 2020 [CBS2 Iowa's News Now](#), Experts give tips on how to handle COVID-19 holiday stress
- 2020 [Radio Iowa](#), A Zoom Thanksgiving is a poor substitute, but it's better than being alone
- 2020 [KCRG ABC](#), Experts: Lack of holiday gatherings could add to an already stressful year
- 2020 [KWWL NBC](#), Mental health experts are noticing an increase in stress as the holiday season is near
- 2020 [AM 600 WMT Newsradio](#), How can we reduce the amount of pandemic-related stress?
- 2020 [Post-Pandemic World: Health Care](#), *Iowa Magazine*, What will our post-pandemic world look like?
- 2020 [The Gazette](#), University of Iowa psychologist answers questions on COVID-19 and mental health

Professional Development Activities

Diversity, Equity, and Inclusion Training and Development

- 2022 Effectively Supervising International Students, UI International Programs
- 2022 Building Our Global Community, UI International Programs
- 2021 Building Diverse and Inclusive Teams, Tippie Leadership Collaborative, Dr. Ken Brown
- 2021 A Closer Look at Race in the U.S., BUILD UI Learning and Development
- 2021 LGBTQ Safe Zone: Phase I, BUILD UI Learning and Development
- 2021 LGBTQ Safe Zone: Phase II, BUILD UI Learning and Development
- 2021 LGBTQ Safe Zone: Trans Awareness, BUILD UI Learning and Development
- 2020 ACT for Social Justice, BUILD UI Learning & Development
- 2020 Beyond the Numbers - Foundations for Diversity, Equity, & Inclusion Survey, BUILD UI Learning and Development
- 2020 Fostering your CQ Framework, BUILD UI Learning and Development

Continuing Education and Professional Training

- 2024 Iowa Mentoring Academy, Institute for Clinical and Translational Science, University of Iowa, Eight-week course
- 2023 Collaborative Leadership Workshop for Early-Career Academics, NSF EPSCoR D3TaLES Project, NSF Cooperative Agreement 2019574
- 2022 fNIRS Training, NIRx
- 2022 Kognito Suicide Prevention Training, University of Iowa
- 2022 Cognitive Behavioral Therapy for Insomnia, CBTIweb, MUSC, University of Arizona, and UT Health, funded by Office of the Assistant Secretary of Defense for Health Affairs

- 2022 Psychological First Aid, National Child Traumatic Stress Network
- 2022 Path to Distinction Training, University of Iowa
- 2022 Mindfulness-Based Stress Reduction, Allison Peet & Poeppe Neef Psychological Services, 27.5 C.E. Credits
- 2021 Communicating Ideas Workshop, University of Iowa workshop for selected faculty
- 2021 Write Winning Grant Proposals, Phase II, John Robertson, Ph.D., Grant Writers' Seminars & Workshops
- 2020 Ethical Dilemmas in Rural Health, Centers for Disease Control and Prevention
- 2019 Write Winning Grant Proposals, Phase I Workshop, John Robertson, Ph.D., Grant Writers' Seminars & Workshops
- 2018 Doing Experiential Therapy, Association of Contextual and Behavioral Science, Matthieu Villatte, Ph.D., & Robyn Walser, Ph.D.
- 2016 Parent-Child Interaction Therapy, University of Iowa Hospitals and Clinics, Beth Troutman, Ph.D.
- 2016 Advanced Parent-Child Interaction Therapy, University of Iowa Hospitals and Clinics, Beth Troutman, Ph.D.
- 2015 Mindfulness and Psychological Assessment in Primary Care: Research, Integration, and Practice, Iowa Psychological Association, Kirk Strosahl, Ph.D.
- 2014 ACT Using Mindfulness, Compassion, and Values, Association for Behavioral and Cognitive Therapies, Robyn Walser, Ph.D.
- 2014 Building Stronger Commitments: Non-Clinical Applications of Acceptance and Commitment Therapy, Iowa Department of Corrections, Daniel J. Moran, Ph.D.
- 2014 Wielding the Double-Edged Sword: How to Use Relational Frame Theory to Master Verbal Interactions, Experiential Exercises, and Metaphors in Therapy, Association for Contextual Behavioral Science, Matthieu Villatte, Ph.D., Jennifer Villatte, Ph.D., & Sonja Batten, Ph.D.
- 2013 The Iowa Mentoring Academy, Lori Adams, Ph.D.
- 2013 Interpersonal Psychotherapy Introduction, Scott Stuart, M.D.
- 2012 Acceptance and Commitment Therapy for the Iowa Domestic Abuse Program, Parts 1 & 2, James Marchman, Ph.D.