

Emily B. Kroska
Psychological and Brain Sciences
2013 - *present*

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EDUCATION AND PROFESSIONAL HISTORY

Post Graduate Education

- 2018 - 2019 **Postdoctoral Fellow**, Psychiatry, University of Wisconsin-Madison
Mentor(s): Stowe, Zachary; Kolden, Gregory
- 2017 - 2018 **Internship**, Clinical Psychology, University of Kansas Medical Center
Mentor(s): Hunter, Edward

Higher Education

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

Licensures and Certifications

- 2019 **Psychologist**, Iowa Department of Public Health, Bureau of Professional Licensure

Honors and Awards

- 2018 **D.C. Spriesterbach Dissertation Prize**, University of Iowa, Award recognized excellence of doctoral dissertation.
Nominated for national competition for the Council of Graduate Schools/University Microfilms International Distinguished Dissertation Award after being given this award.
- 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

- 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
Fall 2019	PSY:7330:0001	Seminar: Acceptance & Commitment Therapy
Fall 2019	PSY:7360:0001	Therapy Practicum

Additional Courses Taught

Term	Title
September 2018 - July 2019	Psychotherapy Interventions for Distress in Pregnancy, Provided didactic instruction and ongoing clinical supervision to 3 predoctoral clinical psychology interns in Acceptance and Commitment Therapy during the perinatal period.
November 2018 - February 2019	Acceptance and Commitment Therapy seminar, Course was for predoctoral clinical psychology interns.
January 2018 - June 2018	Acceptance and Commitment Therapy seminar, Course was for psychiatry residents.

SCHOLARSHIP

Publications

CLAS * System * = Senior Author, Major Contribution, ** = Secondary Contribution *** = Equal Contribution, **** = Minor Contribution

Refereed Articles

1. Kroska, E. B., Meller, E. W., Doyle, R., Coker, J., Knight, B., Ray-Griffith, S., Nembhard, W. M., Stowe, Z. N. (2019). Drug screening during pregnancy: Urine dip cups measure up. *Drug and Alcohol Dependence*, 204, 107461.
2. Roche, A. I., Kroska, E. B., Denburg, N. L. (2019). Acceptance- and mindfulness-based interventions for health behavior change: Systematic reviews and meta-analyses. *Journal of Contextual Behavioral Science*, 13, 74-93. <http://dx.doi.org/10.1016/j.jcbs.2019.06.002>
3. Kroska, E. B., Orengo-Aguayo, R. E., O'Hara, M. W., Marchman, J. (2019). Brief Acceptance and Commitment Therapy with at-risk adolescents: A school-based preventive intervention. *The Behavior Therapist*, 42(5), 150-157. <http://www.abct.org/docs/PastIssue/42n5.pdf>
4. Mellick, W., Mills, J. A., Kroska, E. B., Calarge, C. A., Sharp, C., Dindo, L. N. (*In press*). Experiential avoidance predicts persistence of major depressive disorder and generalized anxiety disorder in late adolescence. *The Journal of Clinical Psychiatry*. Accepted June 17, 2019
5. Green, M., Herrick, A., Kroska, E. B., Reyes, S., Sage, E., Miles, L. (2019). Cardiac biomarkers of disordered eating: A case for decreased mean R wave amplitude. *Psychiatry Research*, 272, 555-561. <http://dx.doi.org/10.1016/j.psychres.2018.12.162>
6. Green, M. A., Kroska, E. B., Herrick, A., Bryant, B., Sage, E., Miles, L., Ravet, M., Powers, M., Whitegoat, W., Linkhart, R., King, B. (2018). A preliminary trial of an online dissonance-based eating disorder intervention. *Eating Behaviors*, 31, 88-98. <https://www.sciencedirect.com/science/article/pii/S1471015318300072?via%3Dihub#!>
7. Bannon, S., Kroska, E. B. (2018). A Reply to Marylie Gerson's Commentary: The Complex Interplay among Eating Disorders, Social Support, and Psychological Aggression in Romantic Relationships. *Journal of Integrated Social Sciences*, 8(1), 48-54. [http://www.jiss.org/documents/volume_8/JISS%202018%208\(1\)%2048-54%20Disordered%20Eating%20Commentary%20Reply.pdf](http://www.jiss.org/documents/volume_8/JISS%202018%208(1)%2048-54%20Disordered%20Eating%20Commentary%20Reply.pdf)
8. Bannon, S., Kroska, E. B., Brock, R. (2018). The interplay between intimate relationship conflict and support adequacy as predictors of disordered eating symptoms. *Journal of Integrated Social Sciences*, 8(1), 22--39. [http://www.jiss.org/documents/volume_8/JISS%202018%208\(1\)%2022-39%20Disordered%20Eating.pdf](http://www.jiss.org/documents/volume_8/JISS%202018%208(1)%2022-39%20Disordered%20Eating.pdf)

9. ***Hamilton, J., Kroska, E. B. (2018). Distress predicts utilization of psychosocial health services in oncology patients. *Psycho-Oncology*, 28(1), 61-67. <http://dx.doi.org/10.1002/pon.4910>
Co-first author
10. Roche, A. I., Kroska, E. B., Miller, M. L., Kroska, S. K., O'Hara, M. W. (2018). Childhood trauma and problem behavior: Examining the mediating roles of experiential avoidance and mindfulness processes. *Journal of American College Health*, 67(1), 17-26.
11. Kroska, E. B., Roche, A. I., O'Hara, M. W. (2018). Childhood Trauma and Somatization: Identifying Mechanisms for Targeted Intervention. *Mindfulness*, 9(6), 1845-1856.
Co-first author
12. Kroska, E. B., Miller, M. L., Roche, A. I., Kroska, S. K., O'Hara, M. W. (2018). Effects of traumatic experiences on obsessive-compulsive and internalizing symptoms: The role of avoidance and mindfulness. *Journal of Affective Disorders*, 225, 326-336. <http://dx.doi.org/10.1016/j.jad.2017.08.039>
13. Green, M. A., Willis, M., Fernandez-Kong, K., Reyes, S., Linkhart, R., Johnson, M., Thorne, T., Lindberg, J., Kroska, E. B., Woodward, H. (2017). A Controlled Randomized Preliminary Trial of a Modified Dissonance-Based Eating Disorder Intervention Program. *Journal of Clinical Psychology*, 73(12), 1612-1628.
14. Kroska, E. B., Calarge, C., O'Hara, M. W., Deumic, E., Dindo, L. (2017). Burnout and depression in medical students: Relations with avoidance and disengagement. *Journal of Contextual Behavioral Science*, 6(4), 404-408. <http://dx.doi.org/10.1016/j.jcbs.2017.08.003>
15. Kroska, E. B., O'Hara, M. W., Elgebeili, G., Hart, K. J., Laplante, D. P., Dancause, K. N., King, S. (2017). The impact of maternal flood-related stress and social support on offspring weight in early childhood. *Archives of Women's Mental Health*, 21(2), 225-233. <http://dx.doi.org/10.1007/s00737-017-0786-x>
16. Miller, M. L., Kroska, E. B., Grekin, R. (2017). Immediate postpartum mood assessment and postpartum depressive symptoms. *Journal of Affective Disorders*, 207, 69-75.
<http://dx.doi.org/10.1016/j.jad.2016.09.023>
Co-first authorship
17. Green, M. A., Willis, M., Fernandez-Kong, K., Reyes, S., Linkhart, R., Johnson, M., Thorne, T., Kroska, E. B., Woodward, H., Lindberg, J. (2016). Dissonance-based eating disorder program reduces cardiac risk: A preliminary trial. *Health Psychology*, 36(4), 346-355. <http://dx.doi.org/10.1037/hea0000438>
18. Kroska, E. B. (2016). A meta-analysis of fear-avoidance and pain intensity: The paradox of chronic pain. *Scandinavian Journal of Pain*, 13(1), 43-58. <http://dx.doi.org/10.1016/j.sjpain.2016.06.011>
This report was selected by the journal for an accompanying commentary:
Vlaeyen, J.W.S. (2016). The intricate relationship amongst pain intensity, fear and avoidance. *Scandinavian Journal of Pain*, 13, 128-129.

Refereed Book Chapters

1. 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.
https://api.elsevier.com/content/abstract/scopus_id/85037596562

Conference Proceeding

1. 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*.

Areas of Research Interest

Acceptance and Commitment Therapy. My research examines the effectiveness of ACT with at-risk and diverse samples. I also am interested in supervising, teaching, and training others in ACT, as well as the dissemination and implementation of ACT in high-need settings.

Trauma and Resilience. I am interested in the relation between traumatic life experiences and long-term outcomes. I am interested in predictors of resilience, as well as adverse outcomes. In particular, I am interested in modifiable psychological mechanisms that mediate the relation between trauma and long-term outcomes.

Grants and Contracts

Funded

Jul 2019 - Jun 2020 *Baldwin Wisconsin Idea Endowment Seed Grant*
 Funded by University of Wisconsin-Madison. Award amount: (\$3,960.00)
 Investigator: Emily Kroska (Principal Investigator), Zachary N Stowe (Director).

Completed

Aug 2016 - May 2017 *Presidential Ballard-Seashore Fellow*
 Funded by University of Iowa Graduate College. Award amount: (\$20,000.00) 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. 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.

Invited Lectures and Conference Presentations

Conference Presentation

University

2016 Summer Undergraduate Research Conference, *Health behaviors of at-risk adolescents in alternative high schools*, University of Iowa, Iowa City, Iowa, United States
 Presenters/Authors: Miller, Alex, Kroska, Emily B, O'Hara, Michael W Supervised this student through the Iowa Biosciences Advantage program

Grand Rounds

Department

2017 Psychiatry Grand Rounds, *Acceptance and Commitment Therapy: An Introduction and Case Examples*, University of Kansas Medical Center, Kansas City, Kansas, United States
 Presenters/Authors: Kroska, Emily B

Oral

International

2018 Association for Contextual Behavioral Science, *Problematic health behaviors: Experiential avoidance as a common function*, Association for Contextual Behavioral Science, Montreal, Canada
 Presenters/Authors: Kroska, Emily B, Denburg, Natalie L
 Student Presenters/Authors: Roche, Anne I

2016 Association for Contextual Behavioral Science, *ACT with at-risk adolescents: A community-based preventive intervention*, Association for Contextual Behavioral Science, Seattle, Washington, United States
 Presenters/Authors: Kroska, Emily B, Orengo-Aguayo, Rosaura E, O'Hara, Michael W, Marchman, James N
 Invited presentation after winning Junior Investigator Award

State

2017 Iowa Psychological Association, *Childhood trauma exposure and somatic symptoms: Identifying potential mechanisms for targeted intervention*, Iowa Psychological Association, Davenport, Iowa, United States
 Presenters/Authors: Kroska, Emily B, O'Hara, Michael W
 Student Presenters/Authors: Roche, Anne I

Poster**International**

- 2017 Society for Behavioral Medicine, *Examining psychological flexibility as a mediator of the association between childhood trauma and adult somatization*, Society for Behavioral Medicine, San Diego, California, United States Presenters/Authors: Roche, Anne I, Kroska, Emily B, O'Hara, Michael W
- 2016 Association for Contextual Behavioral Science, *ACT with at-risk adolescents: A community-based preventive intervention*, Association for Contextual Behavioral Science, Seattle, Washington, United States Presenters/Authors: Kroska, Emily B, Orengo-Aguayo, Rosaura E, O'Hara, Michael W, Marchman, James N This poster received the Junior Investigator Award, and I was invited to give an oral presentation in addition to the poster presentation.
- 2015 Association for Behavioral and Cognitive Therapies, *Avoidance and pain intensity: The paradox of chronic pain*, Association for Behavioral and Cognitive Therapies, Chicago, Illinois, United States Presenters/Authors: Kroska, Emily B
- 2013 Association for Behavioral and Cognitive Therapies, *Development of a scale measuring the depth of relationships*, Association for Behavioral and Cognitive Therapies, Nashville, Tennessee, United States Presenters/Authors: Kroska, Emily B, Markon, Kristian, Pressman, Sarah D
- 2013 Association for Behavioral and Cognitive Therapies, *Neuropsychological differences in subtypes of intimate partner violence*, Association for Behavioral and Cognitive Therapies, Nashville, Tennessee, United States Presenters/Authors: Kroska, Emily B, Lawrence, Erika, Orengo-Aguayo, Rosaura E, Langer, Amie, Bannon, Sarah
- 2013 International Positive Psychology Association, *Subjective sleep quality is associated with self-reported resilience in survivors of trauma*, International Positive Psychology Association, Los Angeles, California, United States Presenters/Authors: Kroska, Emily B, Pressman, Sarah D Student Presenters/Authors: Bassett, Sarah M, Kraft, Tara L

National

- 2017 Canadian National Perinatal Research Meeting, *The effects of prenatal maternal stress on toddler body mass index as mediated by birthweight and moderated by social support*, Canadian National Perinatal Research Meeting, Montebello, Quebec, Canada Presenters/Authors: King, Suzanne, Kroska, Emily B, Elgbeili, Guillaume, Hart, Kimberly, Laplante, David P, O'Hara, Michael W

Regional

- 2017 40th Annual Meeting of the Society of Southeastern Social Psychologists, *Facet level changes in generational narcissism*, Society of Southeastern Social Psychologists, Atlantic Beach, Florida, United States Presenters/Authors: Story, P A, O'Boyle, Ernest H, Forsyth, Don R, Kroska, Emily B, Prewett, A

Symposium**International**

- 2018 Association for Contextual Behavioral Science, *How much is enough in brief Acceptance and Commitment Therapy in treating depressive symptoms?*, Association for Contextual Behavioral Science, Montreal, Canada Presenters/Authors: Kroska, Emily B, O'Hara, Michael W
- 2014 Association for Behavioral and Cognitive Therapies, *An unusual day at school: ACT with at-risk adolescents*, Association for Behavioral and Cognitive Therapies, Philadelphia, Pennsylvania, United States Presenters/Authors: Kroska, Emily B, Orengo-Aguayo, Rosaura E, Marchman, James N
- 2014 Association for Contextual Behavioral Science, *Acceptance and Commitment Therapy with at-risk adolescents*, Association for Contextual Behavioral Science, Minneapolis, Minnesota, United States Presenters/Authors: Kroska, Emily B, Orengo-Aguayo, Rosaura E, Marchman, James N, Yu, Xin

National

- 2013 American Psychological Association, *The influence of treatment content on program attrition in Batterer's Education Programs*, American Psychological Association, Honolulu, Hawaii, United States Presenters/Authors: Kroska, Emily B, Bannon, Sarah,

	Lawrence, Erika
State	
2015	Iowa Psychological Association, <i>An unusual day at school: ACT with at-risk adolescents</i> , Iowa Psychological Association, Pella, Iowa, United States Presenters/Authors: Kroska, Emily B, Orengo-Aguayo, Rosaura E, Marchman, James N
Workshop	
National	
2017	Third Biennial Perinatal Mental Health Conference, <i>Applying Acceptance and Commitment Therapy (ACT) with perinatal and postpartum women</i> , Marcé of North America, Chicago, Illinois, United States Presenters/Authors: Kroska, Emily B, Schiller, Crystal E

SERVICE

Profession

2019	European Journal of Pain, Reviewer
2019	Psychological Medicine, Reviewer
2019	Psychological Bulletin, Reviewer
2017	Clinical Psychology and Psychotherapy, Reviewer
2017	Journal of Contextual Behavioral Science, Reviewer

Department

2019 - Present	Clinical Area Training Committee, Associate Director of Clinical Training
2015 - 2017	Iowa Depression and Clinical Research Center, Program Coordinator, Coordinated practicum placements, hours tracking, and lab meeting presentation schedule.

Community

2019	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.
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.

Professional Development Activities

2018	Continuing Education Program, Doing Experiential Therapy, Association for Contextual Behavioral Science, Trainers: Matthieu Villate, Ph.D., and Robyn Walser, Ph.D.
2016	Continuing Education Program, Advanced Parent-Child Interaction Therapy, IoWA-PCIT, Led by Beth Troutman, PhD
2016	Continuing Education Program, Parent-Child Interaction Therapy, IoWA-PCIT, Led by Beth Troutman, PhD
2015	Continuing Education Program, Mindfulness and Psychological Assessment in Primary Care: Research, Integration, and Practice, Iowa Psychological Association, Led by Kirk Strosahl, PhD
2014	Continuing Education Program, ACT Using Mindfulness, Compassion, and Values,

- Association for Behavioral and Cognitive Therapy, Led by Robyn Walser, PhD. One half-day workshop.
- 2014 Continuing Education Program, Building Stronger Commitments: Non-Clinical Applications of Acceptance and Commitment Therapy, Iowa Department of Corrections, Led by DJ Moran, PhD
- 2014 Continuing Education Program, 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, Trainers: Matthieu Villatte, Ph.D., Jennifer Villatte, Ph.D., & Sonja Batten, Ph.D. Two-day workshop.
- 2013 Continuing Education Program, Interpersonal Psychotherapy Introduction, International Society for Interpersonal Psychotherapy, Led by Scott Stuart, MD.