

ANDREW ROBERT YARTZ

Curriculum Vita

(Last revised: March 2008)

Personal

Home: 22 Woods Hollow Road
Essex Junction, VT 05452-2672

Work: Anxiety and Health Research Laboratory
Department of Psychology
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Education

Ph.D. 2003 University at Buffalo, State University of New York
APA-approved Clinical Psychology program
Dissertation title: Individual differences in disgust sensitivity and voluntary emotion regulation: Subjective, physiological, and behavioral responses to disgust and pleasant stimuli

M.A. 1999 University at Buffalo, State University of New York
APA-approved Clinical Psychology program
Thesis title: Addressing the specificity of affective startle modulation: Fear versus disgust

B.A. 1996 University at Buffalo, State University of New York
Awarded summa cum laude
Major: Psychology (Highest Honors distinction)
Thesis title: The effects of perceived control on anxiety in claustrophobia

Academic Appointments and Professional Positions

Research Associate, Department of Psychology, University of Vermont (9/06 – present)
Postdoctoral Fellow, Department of Psychology, University of Vermont (9/03 – 9/06)
Clinical Psychologist, UVM Behavior Therapy and Psychotherapy Center (9/03 – present)

Academic Honors, Awards, and Distinctions

Aug 2004: NIH Loan Repayment Program Award (\$27, 301)
Sept 2003: NIMH National Research Service Award postdoctoral training fellowship
(\$141,233)

Nov 2001: Dissertation Research Award, University at Buffalo College of Arts & Sciences (\$4,000)

May 2000: Graduate student 'Excellence in Teaching' award from Psi Chi honors society

June 1996: Feldman-Cohen award for distinguished undergraduate research

May 1996: Highest Honors in Psychology; summa cum laude

Dec 1995: Virginia Jessee Scholarship for academic excellence and an aptitude for a career in clinical psychology (\$1,500)

Professional Affiliations

American Psychological Association (1995 - present)

Association for Behavioral and Cognitive Therapies (1995 - present)

Society for a Scientific Clinical Psychology (1998 - present)

Society for Psychophysiological Research (1999 - present)

Editing and Reviewing

Addictive Behaviors (ad hoc reviewer)

Applied and Preventative Psychology (ad hoc reviewer)

Behaviour Research and Therapy (ad hoc reviewer)

Behavior Modification (ad hoc reviewer; special series)

Behavior Therapy (ad hoc reviewer)

Behavior Therapy and Experimental Psychopathology (ad hoc reviewer)

Biological Psychology (ad hoc reviewer)

Cognitive Behavioral Practice (ad hoc reviewer)

Cognitive and Behavioral Practice (ad hoc reviewer)

Cognitive Therapy and Research (ad hoc reviewer)

Depression and Anxiety (ad hoc reviewer)

Emotion (ad hoc reviewer)

Journal of Abnormal Psychology (ad hoc reviewer)

Journal of Anxiety Disorders (ad hoc reviewer)

Journal of Behavioral Medicine (ad hoc reviewer)

Journal of Psychophysiology (ad hoc reviewer)

Psychophysiology (ad hoc reviewer)

Conference Review Activities

Planning Assistant, Prevention of Anxiety: Winter Summit, Jay Peak, Vermont (2006)

Submission Reviewer, Society for Psychophysiological Research 39th Annual Meeting, Granada, Spain (1999)

University and Departmental Service

Faculty Search, Departmental Representative (2006, 2007)

Clinical Psychology Doctoral Student Admissions, Departmental Representative (2006, 07)

Behavior Therapy and Psychotherapy Center, Clinical Supervisor (9/2003-present)

Behavior Therapy and Psychotherapy Center, Clinical Therapist (9/2003-present)

Psychological Services Center Board, Student Representative (5/2001 – 5/2002)

Clinical Area Admissions Committee, Student Volunteer & Host (1/1996 - 1/1998)

Clinical Area Clinic and Curriculum Committee, Student Representative (8/1996 - 5/1997)

Grants Awarded

Title: A Smoking-Based Prevention Program for Panic Disorder (1 R01 MH076629)
 Dates: 4/2007-8/2012
 Amount: \$2,388,135 (direct costs) [\$3,037,287 total costs]
 Funding Source: National Institute of Mental Health
 Role: Co-Investigator

Title: Anxiety Sensitivity and Smoking (1 R01 DA18734)
 Dates: 8/2005-8/2008
 Amount: \$987,950 (direct costs) [\$1,388,527 total costs]
 Funding Source: National Institute of Drug Abuse
 Role: Project Coordinator

Title: Panic etiology: A laboratory test (1 F32 MH069037)
 Dates: 9/2003-9/2006
 Amount: \$141,233 (direct and total costs of fellowship)
 Funding Source: National Institute of Mental Health
 Role: Principal Investigator

Title: Individual differences in emotion regulation: Subjective, behavioral, and physiological responses to disgust stimuli
 Dates: 6/2001-6/2003
 Amount: \$4,000 dissertation research fellowship
 Funding Source: University at Buffalo College of Arts & Sciences
 Role: Principal Investigator

Publications**Journal Articles**

Zvolensky, M. J., **Yartz, A. R.**, Gregor, K., Gonzalez, A., & Bernstein, A. (in press). Interoceptive exposure-based cessation intervention for smokers high in anxiety sensitivity: A case series. *Journal of Cognitive Psychotherapy*.

Yartz, A. R., Zvolensky, M. J., Bernstein, A., Bonn-Miller, M. O., & Lejuez, C. W. (2008). Panic-relevant predictability preferences: A laboratory test. *Journal of Abnormal Psychology*, 117, 242-246.

McLeish, A. C., Zvolensky, M. J., **Yartz, A. R.**, & Leyro, T. M. (2008). Anxiety sensitivity as a moderator of the association between smoking status and anxiety symptoms and body body vigilance: Replication and extension in a young adult sample. *Addictive Behaviors*, 33, 315-327.

Zvolensky, M. J., & **Yartz, A. R.** (2007). Cigarette smoking and panic psychopathology: A synthesis of scientific evidence, clinical significance, and treatment planning approaches. *Scientist-Practitioner*. [Online publication]

Zvolensky, M. J., Vujanovic, A. A., Bonn-Miller, M. O., Bernstein, A., **Yartz, A. R.**, Gregor, K. L., McLeish, A. C., Marshall, E. C., & Gibson, L. E. (2007). Incremental validity of

anxiety sensitivity in terms of motivation to quit, reasons for quitting, and barriers to quitting among community-recruited daily smokers. *Nicotine and Tobacco Research*, 9, 965-975.

- Gregor, K., Zvolensky, M. J., Bernstein, A., Marshall, E. C., & **Yartz, A. R.** (2007). Smoking motives in the prediction of affective vulnerability among young adult daily smokers. *Behaviour Research and Therapy*, 45, 471-482.
- Zvolensky, M. J., Solomon, S. E., McLeish, A. C., Cassidy, D., Bernstein, A., Bowman, C. J., & **Yartz, A. R.** (2006). Incremental validity of mindfulness-based attention in relation to the concurrent prediction of anxiety and depressive symptomatology and perceptions of health. *Cognitive Behaviour Therapy*, 35, 148-158.
- Gregor, K., Zvolensky, M. J., Leen-Feldner, E. W., **Yartz, A. R.**, & Feldner, M. T. (2006). Perceived health: A test of incremental validity in relation to outcome expectancies, motivation to smoke, and desire to quit smoking. *Cognitive Behaviour Therapy*, 35, 28-42.
- Gregor, K., Zvolensky, M. J., & **Yartz, A. R.** (2005). Perceived health among Individuals with panic disorder: Associations with affective vulnerability and psychiatric disability. *Journal of Nervous and Mental Disease*, 193, 697-699.
- Yartz, A. R.**, Zvolensky, M. J., Gregor, K., Feldner, M. T., & Leen-Feldner, E. W. (2005). Health perceptions are a unique predictor of anxiety symptoms in nonclinical participants. *Cognitive Behaviour Therapy*, 34, 65-74.
- Bonn-Miller, M. O., Zvolensky, M. J., Leen-Feldner, E. W., Feldner, M. T. & **Yartz, A. R.** (2005). Marijuana use among daily tobacco smokers: Relationship to anxiety-related factors. *Journal of Psychopathology and Behavioral Assessment*, 27, 279-289.
- Zvolensky, M. J., Baker, K., **Yartz, A. R.**, Gregor, K., Leen-Feldner, E. W., & Feldner, M. T. (2005). Mental health professionals with a specialty in anxiety disorders: Knowledge, training, and perceived competence in smoking cessation practices. *Cognitive and Behavioral Practice*, 12, 312-318.
- Hawk, L.W., Jr., **Yartz, A. R.**, Pelham, W.E., III, & Lock, T.M. (2003). The effects of methylphenidate on prepulse inhibition during attended and ignored prestimuli among boys with Attention-Deficit/Hyperactivity Disorder. *Psychopharmacology*, 165, 118-127.
- Yartz, A. R.** & Hawk, L. W., Jr. (2002). Addressing the specificity of affective startle modulation: Fear versus disgust. *Biological Psychology*, 59, 55-68.
- Hawk L.W., Jr., Pelham, W.E., III, & **Yartz, A. R.** (2002). Attentional modification of short-lead prepulse inhibition and long-lead prepulse facilitation of acoustic startle among preadolescent boys. *Psychophysiology*, 39, 333-339.

Book Chapters

- Zvolensky, M. J., Johnson, K., **Yartz, A. R.**, & Leen-Feldner, E. W. (in press). Cigarette smoking: Nature, impact, and clinical care strategies. In M. Hersen & J. Thomas (Eds.), *Handbook of Clinical Psychology Competencies*. New York: Springer.
- Zvolensky, M. J., Bernstein, A., **Yartz, A. R.**, McLeish, A., & Feldner, M. T. (2008). Cognitive-behavioral treatment of comorbid panic psychopathology and tobacco use and dependence (pp.177-200). In S. H. Stewart & P. Conrad (Eds.), *Comorbidity of anxiety and substance use disorders*. New York: Springer.
- Zvolensky, M. J., Leyro, T., Bernstein, A., Feldner, M. T., **Yartz, A. R.**, Babson, K. & Bonn-Miller, M. O. (2008). Tobacco use and panic psychopathology: Current status and future directions (pp. 3-28). In M. J. Zvolensky & J. A. Smits (Eds.), *Anxiety in health behaviors and physical illness: Contemporary theory and research*. New York: Springer.
- Zvolensky, M. J., Feldner, M. T., Leen-Feldner, E., & **Yartz, A. R.** (2005). Exploring basic processes underlying acceptance and mindfulness. In S. Orsillo and L. Roemer (Eds.), *Acceptance and Mindfulness-based approaches to anxiety: Conceptualization and treatment* (pp. 325-359). New York: Springer.
- Yartz, A. R.** & Hawk, L. W., Jr. (2001). Psychophysiological assessment of anxiety: Tales from the heart. In Antony, M. M., Orsillo, S. M., & Roemer, L. (Eds.), *Practitioner's guide to empirically-based measures of anxiety*. New York, NY: Kluwer Academic/Plenum.

Presentations at Scientific Meetings

- Johnson, K. A., Zvolensky, M. J., **Yartz, A. R.**, Gregor, K., Leyro, T., Vujanovic, A., Bonn-Miller, M. O., Bernstein, A. (2008, November). Anxiety sensitivity treatment for smokers. In J. D. Buckner (Chair). Addressing anxiety in psychosocial treatments for addiction: Implications for advancing the dissemination of CBT. Paper presented at the annual Association for Behavioral and Cognitive Therapies convention, Orlando, FL.
- Johnson, K. A., Zvolensky, M. J., **Yartz, A. R.**, Gregor, K., Leyro, T., Vujanovic, A., Bonn-Miller, M. O., Marshall, E. C., & Bernstein, A. (2008, March). Anxiety sensitivity smoking cessation evaluation. Symposium presented at the 28th annual Anxiety Disorders Association of America Conference, Savannah, Georgia.
- Zvolensky, M. J., **Yartz, A. R.**, Gregor, K., Leyro, T., Vujanovic, A., Bonn-Miller, M. O., Marshall, E. C., Johnson, K., & Bernstein, A. (2008, March). Anxiety sensitivity smoking cessation evaluation. Paper presented at the 28th annual Anxiety Disorders Association of America Conference, Savannah, Georgia.
- Zvolensky, M. J., **Yartz, A. R.**, Gregor, K., Leyro, T., Vujanovic, A., Marshall, E., Bonn-Miller, M. O., & Bernstein, A. (2007, November). Anxiety sensitivity treatment for smokers. In A. Bernstein & K. Gregor (Chairs), *Smoking and anxiety: Basic research and innovative clinical applications*. Symposium accepted for presentation at the 41st annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

- Hoffman, M., **Yartz, A. R.**, Gregor, K. L., Vujanovic A. A., Cloyes, M., & Zvolensky M. J. (2006, November). Anxiety and bodily discomfort in response to predictable versus unpredictable biological challenge. Poster session presented at the 40th annual Association for Behavioral and Cognitive Therapies convention, Chicago, IL.
- Cloyes, M., **Yartz, A. R.**, Vujanovic A. A., Gregor, K. L., Hoffman, M., & Zvolensky M. J. (2006, November). Associations among preference for predictability, anxiety response expectancy, and gender during carbon dioxide-enriched air laboratory challenge. Poster session presented at the 40th annual Association for Behavioral and Cognitive Therapies convention, Chicago, IL.
- Gregor, K., Zvolensky, M. J., Bernstein, A., Marshall, E. C., **Yartz, A. R.**, & Hogan, J. (2006, November). Smoking motives in the prediction of affective vulnerability among young adult daily smokers. In M. O. Bonn-Miller (Chair), Nature of co-occurrence between anxiety and substance use: Current empirical findings from epidemiological, community, and laboratory studies. Symposium presented at the 40th annual Association for Behavioral and Cognitive Therapies convention, Chicago, IL.
- Yartz, A. R.**, Zvolensky, M. J., Bonn-Miller, M., Bernstein, A., Lejuez, C., & McMahon, K. (2006, March). *Preference for Predictable versus Unpredictable Administrations of 20% Carbon Dioxide-Enriched Air: Support for a Safety Signal Hypothesis*. Poster session presented at the 26th annual meeting of the Anxiety Disorders Association of America, Miami, FL.
- Yartz, A. R.**, Zvolensky, M. J., Solomon, S. E., McLeish, A. C., Cassidy, D., Bernstein, A., & Bowman, C. J. (2006, March). *Incremental Validity of Mindfulness-based Attention in relation to the Concurrent Prediction of Anxiety and Depressive Symptomatology and Perceptions of Health*. Poster session presented at the 26th annual meeting of the Anxiety Disorders Association of America, Miami, FL.
- Yartz, A. R.**, Zvolensky, M. J., McMahon, K. L., Baker, K., Gregor, K., Feldner, M. T., & Leen-Feldner E. W. (2005, March). *Mental Health Practitioners with a Specialty in Anxiety Disorders: Knowledge, Training, and Perceived Competence in Smoking Cessation Practices*. Poster session presented at the 25th annual meeting of the Anxiety Disorders Association of America, Seattle, WA.
- Yartz, A. R.**, Zvolensky, M. J., Sachs-Ericsson, N., Feldner, M. T., & Schmidt, N. B. (2005, March). *Neuroticism Moderates the Effect of Maximum Smoking Level on Lifetime Panic Problems: A Test Using an Epidemiologically Defined National Sample of Smokers*. Poster presented at the 25th annual meeting of the Anxiety Disorders Association of America, Seattle, WA.
- Yartz, A. R.**, Leen-Feldner E. W., Zvolensky, M. J., van Lent, J., Vujanovic, A. A., Bleau, T., Bernstein, A., Bielawski-Branch, A., & Feldner, M. T. (2005, March). *Anxiety Sensitivity Moderates History of Smoking in regard to Panic Attack Symptoms and Bodily Complaints: A Concurrent Test among Adolescents*. Poster session presented at the 25th annual meeting of the Anxiety Disorders Association of America, Seattle, WA.
- Gregor, K., Zvolensky, M. J., **Yartz, A. R.**, & Feldner, M. T. (2004, November). *Perceived health and Panic Disorder: An examination of a pathoplastic model of dysfunction*.

Poster session presented at the 38th annual meeting of the Association for Advancement of Behavior Therapy, New Orleans, LA.

Yartz, A. R., Lane, K.P., Baschnagel, A.M., & Hawk Jr., L.W. (2002). *Voluntary emotion regulation among individuals high and low in disgust sensitivity*. Poster session presented at the 42nd annual meeting of the Society for Psychophysiological Research, Washington, DC.

Yartz, A. R., Redford, J. S., Ng, E., & Hawk, L. W., Jr. (1999, October). *Addressing the specificity of affective startle modulation: Fear versus disgust*. Poster session presented at the 39th annual meeting of the Society for Psychophysiological Research, Granada, Spain.

Hawk, L. W., Jr., **Yartz, A. R.**, Pelham, W. E., III, Johnson, A. M., & Redford, J. R. (1999, October). *Early and late attentional modification of startle in preadolescent boys*. Poster presented at the 39th annual meeting of the Society for Psychophysiological Research, Granada, Spain.

Hawk, L. W., Jr., Pelham, W. E., III, Lock, T. M., **Yartz, A. R.**, Johnson, A.M., & Redford, J. R. (1999, October). *Early and late attentional modification of startle in preadolescent boys with ADHD: Comparison to controls and effects of methylphenidate*. Poster session presented at the 39th annual meeting of the Society for Psychophysiological Research, Granada, Spain.

Yartz, A. R., Beck, J. G., Ohtake, P., Hamblen, J. L. & Shipherd, J. (1997, November). *Viability of decreased oxygen as a biological challenge in Panic Disorder patients*. Poster session presented at the 31st annual meeting of the Association for the Advancement of Behavior Therapy, Miami, FL.

Yartz, A. R. & Beck, J. G. (1996, November). *Does perceived control influence anxiety in claustrophobic fear?* Poster session presented at the 30th annual meeting of the Association for the Advancement of Behavior Therapy, New York, NY.

Teaching Experience

Instructor, Graduate Advanced Statistics, University of Vermont (1/05 - 5/05). Topics included chi-square, t-tests, power analyses, correlation, multiple regression, one-way and factorial ANOVA, ANCOVA, and General Linear Model (GLM). Developed curriculum, prepared and presented power point lectures, constructed and managed website, instructed students in the use of SPSS statistical software, and created and graded examinations and laboratory data analysis assignments (graduate course for 8 doctoral students).

Instructor, Anxiety Disorders, University at Buffalo, S.U.N.Y. (1/00 - 5/00). Developed curriculum, prepared and presented lectures, constructed and managed website, created and graded examinations and papers, instructed students in the use of library resources, and supervised student research projects (400-level undergraduate course; class size ~45).

Co-Instructor, Abnormal Psychology, University at Buffalo, S.U.N.Y. (5/99 - 12/99). Developed curriculum, prepared and presented lectures, created and graded examinations

and homework, and maintained website for two separate classes (summer and fall; class sizes ~50 each).

Graduate T.A., Psychological Statistics, University at Buffalo (8/97 - 7/99).

Created and graded weekly homework and quizzes, assisted with homework (office hours), conducted review sessions and weekly recitation presentations for six separate lab sections over the course of two years (class sizes ~35-50 each).

Undergraduate T.A., Advanced Research Methods, University at Buffalo (1/96 - 5/96).

Assisted students in the design and execution of group research projects, constructed and graded exams, and lectured on topics of human ethics and statistics (class size ~ 45).

Clinical Experience

Therapist, Behavior Therapy and Psychotherapy Center, University of Vermont (11/04 - present).

Conduct individual assessments and cognitive-behavioral therapy with adult clients. Treatment is provided to patients with major depression, panic disorder, social phobia, generalized anxiety disorder, and specific phobias. Treatment is guided by empirically validated treatment protocols and structured clinical interviews.

Supervisors: Karen Fondacaro, Ph.D., Marc Kessler, Ph.D., & Michael J. Zvolensky, Ph.D.

Estimated clinical hours: 1500

Clinical Internship, Buffalo Veterans Affairs Medical Center, Buffalo, NY (9/02 - 8/03).

Conducted individual assessments and cognitive-behavioral therapy with adult clients (U.S. veterans). Treatment was provided to patients with various anxiety and mood disorders, chronic pain and medical issues, multiple substance abuse problems, and neuropsychological dysfunction. Acquired experience with psychophysiological biofeedback, structured clinical interviews, medical chart review, substance abuse treatment, and neuropsychological assessment techniques. Provided patient referrals and worked collaboratively with other health care professionals, including psychiatrists, social workers, medical doctors, physical therapists, pharmacists, and other hospital staff.

Supervisors: Karl Frohm, Ph.D. (Behavioral Medicine), Kerry Donnelly, Ph.D., A.B.P.P. (Neuropsychology), Eddie Venzor, Ph.D. (Substance Abuse Services), Margaret Dundon, Ph.D. (Primary Care), and Laura Wray, Ph.D. (Internship Training Director).

Estimated clinical hours: 500

Assistant Director, Psychological Services Center, University at Buffalo (5/01 - 8/02).

Performed clinical, administrative, and managerial duties. Clinical responsibilities included those described below (Staff Therapist position), as well as the supervision of less advanced therapists. Also supervised staff (hiring and training), developed a client tracking database and clinic procedure manual, conducted outreach programs and facility advertisement, and tracked financial records. Promoted, organized, and conducted assessments for national mental health screening efforts (e.g., National Anxiety Disorder Screening Day). Participated in monthly PSC board meetings.

Supervisor: B. Beth Cohen, Ph.D.

Estimated clinical hours: 100

Staff Therapist, Psychological Services Center, University at Buffalo (6/99 - 8/02).

Conducted individual assessments and cognitive-behavioral therapy with adult clients. Treatment was provided to patients with major depression, panic disorder, social phobia,

generalized anxiety disorder, and specific phobia. Acquired experience with empirically validated treatment protocols, structured clinical interviews, and suicide assessment and intervention. Provided patient referrals and worked collaboratively with other health care professionals, including, psychiatrists, social workers, and hospital staff. Created comprehensive reports and attended weekly supervision meetings.

Supervisors: B. Beth Cohen, Ph.D., Joanne Davila, Ph.D., & Michael Raulin, Ph.D.

Estimated clinical hours: 150

Clinical Interviewer, Research Institute on Addictions, Buffalo, NY (5/00 - 5/01).

Conducted structured timeline follow-back interviews assessing sensitive health related behaviors among young adults, including alcohol/substance use and sexual behavior. Also conducted telephone screening interviews, coded tapes of treatment sessions, and participated in weekly supervision and treatment meetings.

Supervisors: Sherilyn Thomas, Ph.D. & Kurt Dermen, Ph.D.

Estimated clinical hours: 325

Group Therapist, Cognitive Training Center, Buffalo, NY (5/99 - 10/00).

Designed a psychoeducational training program which utilized interactive, self-paced computer software (Cognitive Therapy: A Multimedia Learning Program; Wright, Salmon, Wright, & Beck, 1995) in combination with a group format to strengthen and motivate the learning of cognitive-behavioral skills. Also instructed this program, which was offered to patients by professional referral only, as an adjunct to ongoing psychotherapeutic treatment.

Supervisors: Thomas E. Unger, Ph.D., & Philip F. Ricotta, Ph.D.

Estimated clinical hours: 100

Therapist, Anxiety Disorders Practicum, University at Buffalo (8/98 - 10/99).

Administered structured diagnostic interviews for the assessment of anxiety disorders (ADIS-IV), and received training in the use of various manualized treatments for anxiety disorders. Performed individual cognitive-behavioral therapy with adult clients diagnosed with panic disorder using the Mastery of your Anxiety and Panic treatment program (MAP-II; Craske, Meadows, & Barlow, 1994). Participated in weekly group supervision.

Supervisor: Larry W. Hawk, Ph.D.

Estimated clinical hours: 90

Co-Therapist, Depression Treatment Practicum, University at Buffalo (7/97 - 5/98).

Worked collaboratively on two 12-week cognitive-behavioral therapy groups of adult clients meeting diagnostic criteria for unipolar depression using the Coping With Depression Course treatment program (Lewinsohn, Munoz, Youngren & Zeiss, 1992). Administered structured diagnostic interviews for the assessment of mood disorders (SCID-IV). Participated in weekly group supervision.

Supervisor: John E. Roberts, Ph.D.

Estimated clinical hours: 140

Clinical Interviewer, Center for Anxiety Research, University at Buffalo (8/96 - 5/97).

Conducted structured clinical interviews using the Anxiety Disorder Interview Schedule (ADIS-IV) and the Hamilton Anxiety Rating Scale with adult clients. Participated in weekly individual supervision.

Supervisor: J. Gayle Beck, Ph.D.

Estimated clinical hours: 120

References

Available upon request.