

Kelly J. Rohan

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Personal Data

Date of Birth: October 29, 1970
Place of Birth: Binghamton, New York

Academic Positions

- 2013 – present Professor and Director of Clinical Training (American Psychological Association-accredited program in clinical psychology), Department of Psychological Science and Graduate Faculty member, University of Vermont, Burlington
- 2008 – 2013 Associate Professor with tenure (clinical psychology cluster), Department of Psychological Science, University of Vermont, Burlington
- 2005 – 2008 Assistant Professor (tenure-track, clinical psychology cluster), Department of Psychological Science, University of Vermont, Burlington
- 2000 – 2005 Assistant Professor (tenure-track), Department of Medical and Clinical Psychology, Uniformed Services University of the Health Sciences, Bethesda, Maryland (APA-accredited program in clinical psychology)

Educational History

- 1998 – 2000 **Postdoctoral Fellowship** (Eating Disorders/Health Psychology)
University of Mississippi Medical Center/Veterans Affairs Medical Center Consortium, Jackson
Supervisors: Patricia M. Dubbert, Ph.D.; William G. Johnson, Ph.D., ABPP
- 1997 – 1998 **Clinical Psychology Residency** (Behavioral Medicine Track; APA-accredited)
- 1993 – 1998 **Ph.D., Clinical Psychology**
University of Maine, Orono (APA-accredited)
Dissertation Title: Cognitive Reactivity in Seasonal Affective Disorder
Academic Advisor: Sandra T. Sigmon, Ph.D.
- 1989 – 1993 **B. A., Psychology and English**, Magna Cum Laude
Saint Bonaventure University, Saint Bonaventure, New York

Areas of Interest

Mood Disorders (primary interest): Vulnerability factors for onset, maintenance, and recurrence; seasonal affective disorder; cognitive-behavioral therapy; treatment mediators/moderators; gender differences; biomarkers.

Health Psychology (secondary interests): Menstrual distress, eating disorders, physical activity and exercise.

Research Experience

September 2005 – present

Principal Investigator, Mood Disorders and Seasonality Laboratory, University of Vermont, Burlington

Duties: Conducting programmatic research on the psychopathology and treatment of adult mood disorders, including cognitive-behavioral models of depression onset, maintenance, and recurrence; seasonal affective disorder; cognitive-behavioral therapy for depression; and gender differences in depression.

May 2000 – August 2005

Principal Investigator, Mood Disorders Laboratory and Seasonality Treatment Program, Uniformed Services University of the Health Sciences, Bethesda, Maryland

Duties: Developing a programmatic research program in the area of mood disorders with specialization in seasonal affective disorder (SAD), including vulnerability factors, treatment enhancement, and integrative psychological/biological models.

August 1997 – April 2000

University of Mississippi Medical Center/Veterans Affairs Medical Center, Jackson

Duties: Investigating several behavioral medicine research topics including the mood-enhancing effects of physical activity, epidemiology of binge eating behavior among adolescents, and identification of specific eating behaviors perceived as a binge.

Supervisors: Patricia M. Dubbert, Ph.D.; William G. Johnson, Ph.D., ABPP

September 1993 – August 1998

Psychophysiological Laboratory, Department of Psychology, University of Maine, Orono

Duties: Conducting research on mood disorders and women's issues including vulnerability factors for anxiety and mood disorders among women, psychophysiological reactivity across the menstrual cycle, anxiety sensitivity as a mediator of menstrual distress, and gender differences in coping with depressed mood.

Supervisor: Sandra T. Sigmon, Ph.D.

September 1991 – May 1993

Department of Psychology, Saint Bonaventure University, Saint Bonaventure, New York

Duties: Investigating dispositional optimism as it relates to the academic performance of students and teachers.

Supervisor: Charles J. Walker, Ph.D.

Awards and Honors

- 2018 Fellow, Division 12 (Clinical Psychology) of the American Psychological Association
- 2017 University Scholar for the 2017-2018 school year, University of Vermont
Description: “The University Scholars program recognizes distinguished UVM faculty members for sustained excellence in research, creative and scholarly activities. The Scholars are selected by a faculty panel based upon nominations submitted by UVM colleagues.”
- 2015 Fellow, Association of Behavioral and Cognitive Therapies
- 2008 National Institutes of Health Clinical Scientist Loan Repayment Program Renewal Award (Project #ISCQ7273), funding period of 10/01/08 – 9/30/10
- 2006 National Institutes of Health Clinical Scientist Loan Repayment Program Award (Project #ISCQ7273), funding period of 10/01/06 – 9/30/08
- 2005 Fellow, Fifth Annual Summer Institute on Design and Conduct of Randomized Clinical Trials involving Behavioral and Social Interventions, organized by Columbia University and Mt. Sinai School of Medicine with support from the NIH Office of Behavioral and Social Sciences Research, Airlie, Virginia
Description (provided by OBSSR): Competitively awarded fellowship, tuition scholarship, and travel stipend to attend a 2-week institute designed “to provide a thorough grounding in the conduct of randomized clinical trials to a select group of 36 promising new researchers and health professionals interested in developing competence in the planning, design, and execution of clinical trials involving behavioral or social interventions.”
- 2004 Tuition scholarship to attend the Visitor’s Training Program at the Beck Institute for Cognitive Therapy and Research, Philadelphia, PA (Nominated by Aaron T. Beck, M.D.)
- 2003 J. Christian Gillin Young Investigator Research Award, Society for Light Treatment and Biological Rhythms (SLTBR)
Description (provided by SLTBR): “This award recognizes a young investigator, who is actively conducting research on the clinical aspects of biological rhythms and light therapy, using an original approach that demonstrates independence of thought.”
- 1998 Psychology Department Distinguished Dissertation, University of Maine
- 1993 – 1997 Graduate Student Teaching Fellowship, Department of Psychology, University of Maine

- 1993 Carl J. Wagner Award for Excellence in Undergraduate Research, Department of Psychology, Saint Bonaventure University
- 1993 Magna Cum Laude, Saint Bonaventure University
- 1989 – 1993 Friars' Academic Scholarship, Saint Bonaventure University
- 1989 – 1993 Dean's List, Saint Bonaventure University
- 1989 – 1993 Honors Program, Saint Bonaventure University
- 1991 – 1993 Psi Chi, Saint Bonaventure University

Research Grants (Funded)

***See also see Funded Graduate Student Grant Proposals on page 39.**

May 2018 – February 2023

Submitted June 2016, priority score = 38, completed Council Review (February 2017), resubmitted June 2017, priority score = 25, completed Council Review (January 2018), awarded

Title: Optimizing Long-term outcomes for winter depression with CBT-SAD and light therapy: Confirming the targets, mechanisms, and treatment sequence

Project #: R01MH112819-01A1

Funding Source: National Institute of Mental Health Confirmatory Efficacy R01

Total Amount Awarded: \$3,421,129 (\$2,500,870 direct costs)

Subawards: \$881,901 (University of Pittsburgh and University of Maryland)

Description: This confirmatory efficacy R01 applies the experimental therapeutics approach to determine the mechanisms through which cognitive-behavioral therapy and light therapy for winter depression work and to identify the best candidates for each. Consistent with NIMH's focus on biological endpoints, we will ascertain whether theoretically-derived candidate biomarkers of each treatment's target and effect are prescriptive of better outcomes in that treatment vs. the other. The project will also explore the efficacy of a switch decision rule for those who develop depression recurrence following treatment.

Key Personnel: Kelly J. Rohan, Ph.D. (Principal Investigator); Pamela M. Vacek, Ph.D. (Co-Investigator/Biostatistician); Peter L. Franzen, Ph.D. (Co-Investigator); Kathryn A. Roecklein, Ph.D. (Co-Investigator); Greg J. Siegle, Ph.D. (Co-Investigator); David J. Kolko, Ph.D. (Co-Investigator); Teodor T. Postolache, M.D. (Co-Investigator)

February 2020 – June 2022

Submitted October 2019, funded

Title: Anxiety outcomes in cognitive-behavioral therapy vs. light therapy for seasonal affective disorder

Project #: R01MH112819-02S2

Funding Source: National Institute of Mental Health Research Supplement to Promote Diversity in Health-Related Research

Total Amount Awarded: \$152,908 (direct costs \$105,374)

Description: This administrative supplement to R01MH112819 supports the training and professional development of Jessica Perez in the context of the parent project.

September 2019 – August 2022

Submitted April 2019, funded

Title: Childhood maltreatment as a prognostic and prescriptive predictor of cognitive-behavioral and light treatment outcomes for winter depression

Project #: R01MH112819-02S1

Funding Source: National Institute of Mental Health Research Supplement to Promote Diversity in Health-Related Research

Total Amount Awarded: \$183,111 (direct costs \$124,530)

Description: This administrative supplement to R01MH112819 supports the training and professional development of Praise Iyiewuare in the context of the parent project.

November 2016 – October 2018

Title: Cognitive-behavioral therapy for depression relapse prevention in pregnant women who discontinue their antidepressants

Funding Source: Child and Adolescent Psychology Training and Research Inc. (CAPTR)/Vermont Conferences on Primary Prevention

Amount: \$4,563 (all direct costs)

Key Personnel: Kelly J. Rohan, Ph.D. (Principal Investigator); Alessandra Rellini, Ph.D. (Co-Investigator); Donna Toufexis, Ph.D. (Co-Investigator); Jamie Abaied, Ph.D. (Co-Investigator)

Description: The goal of this pilot study is to evaluate (1) the feasibility and acceptability of using cognitive-behavioral therapy (CBT) to prevent Major Depressive Episode relapse/recurrence in formerly depressed pregnant women who elect to discontinue their maintenance antidepressants for pregnancy and (2) the feasibility of measuring potential biomarkers of treatment outcomes with CBT.

May 2017 – June 2019

Title: Cognitive-behavioral therapy for depression relapse prevention in pregnant women who discontinue their antidepressants

Funding Source: Bishop Joyce Fund Award, College of Arts and Sciences, University of Vermont

Amount: \$4,405 (all direct costs)

Description: This award supplements that CAPTR-funded project (above) with funds for an advertising campaign to recruit subjects.

November 2016 – June 2018

Title: Risk factors for suicidal behavior among Bhutanese refugees resettled in the United States

Funding Source: University of Vermont College of Arts and Sciences Small Grant Award

Amount: \$3,000 (all direct costs)

Key Personnel: Kelly J. Rohan, Ph.D. (Faculty Sponsor/Principal Investigator); Jonah Meyerhoff (Graduate Student Trainee Investigator)

Description: This project aims to (1) test elements of a comprehensive conceptual model of suicidal behavior by examining incremental risk factors for suicide including suicidal desire, suicidal ideation, thwarted belongingness, and perceived burdensomeness in a sample of Bhutanese refugees resettled in Vermont and (2) test the relative contributions of suicidal desire and suicidal ideation as risk factors for suicidal behavior in that same population.

July 2008 – December 2014

Submitted February 2006 (priority score = 234), resubmitted November 2006 (priority score = 298), resubmitted July 2007 (priority score = 174; passed NIMH Council vote on January 10, 2008; awarded)

Title: Cognitive-behavioral therapy vs. light therapy for preventing SAD recurrence

Project #: R01MH078982-01A2

Funding Source: National Institutes of Health/National Institute of Mental Health

Amount: \$2,032,000 (\$1,337,000 direct costs)

Key Personnel: Kelly J. Rohan, Ph.D. (Principal Investigator, 50% effort); Pamela M. Vacek, Ph.D. (Co-Investigator and Statistician, 10% effort); Rex L. Forehand, Ph.D. (Consultant, 2% effort); David A. F. Haaga, Ph.D. (Consultant, 3% effort); Teodor T. Postolache, M.D. (Consultant, 2% effort); James L. Jacobson, M. D. (Onsite Physician, 1% effort)

Description: The major aim of this project is to conduct a randomized head-to-head comparison of the efficacy of cognitive-behavioral therapy (CBT) vs. light therapy for SAD on depressive episode recurrence status during the next winter season (i.e., the next winter season after the initial winter of treatment completion). This larger, more definitive trial goes beyond our pilot studies in four important ways: (1) augmenting the generalizability of our prior studies by using a patient sample that is more representative of the SAD population (i.e., less restrictive inclusion/exclusion criteria to allow for comorbid Axis I disorders) and by demonstrating the feasibility of training community therapists to facilitate the CBT intervention; (2) prospectively tracking depression recurrences and potential intervening variables that could affect outcome (e.g., retreatment, summer remission status) in the interim between treatment endpoint and the following winter; (3) conducting a second annual winter followup to obtain preliminary data on the comparative effects of CBT vs. light therapy two winter seasons after initial study treatment; and (4) examining how potential modifiers influence the effects of CBT vs. light therapy (e.g., demographic variables, baseline depression severity, and comorbidity).

October 2007 – April 2009

Title: Cognitive-behavioral therapy vs. light therapy for preventing SAD recurrence

Project #: 6-28769

Funding Source: Competitive intramural grant from the McNeil Prevention and Community Psychology Fund for Support for Faculty Research in Prevention and Community Psychology, University of Vermont

Amount: \$4,000

Key Personnel: Kelly J. Rohan, Ph.D. (Principal Investigator, 40% effort); Teodor T. Postolache, M.D. (Consultant, 1% effort)

Description: The major goal of this pilot/feasibility study is to demonstrate the feasibility of (1) recruiting and retaining community adult volunteers with seasonal affective disorder in the greater Burlington, VT area and (2) implementing the cognitive-behavioral therapy and light therapy treatment protocols at our new University of Vermont site in a small-scale, head-to-head randomized clinical trial. This study will provide preliminary data for project R01 MH 078982-01A2.

April 2007 – March 2010

Title: Light treatment for winter-SAD: Improvement after 1 hour and clinical response at 4 weeks.

Project #: R34MH073797-01A2 (T. T. Postolache)

Funding Source: National Institutes of Health/National Institute of Mental Health

Description: The goal of this project is to evaluate the predictive value of the response to the first session of bright light treatment on response after a full course of treatment, and to investigate the potential of bright light treatment to reduce cardiovascular risk in depressed SAD patients.

Role: Consultant

September 2006 – April 2007

Title: Cognitive-behavioral therapy vs. light therapy for preventing SAD recurrence

Project #: 6-28769

Funding Source: Competitive intramural grant from the McNeil Prevention and Community Psychology Fund for Support for Faculty Research in Prevention and Community Psychology, University of Vermont

Amount: \$4,000

Key Personnel: Kelly J. Rohan, Ph.D. (Principal Investigator, 40% effort); Teodor T. Postolache, M.D. (Consultant, 1% effort)

Description: The major goal of this pilot/feasibility study is to demonstrate the feasibility of (1) recruiting and retaining community adult volunteers with seasonal affective disorder in the greater Burlington, VT area and (2) implementing the cognitive-behavioral therapy and light therapy treatment protocols at our new University of Vermont site in a small-scale, head-to-head randomized clinical trial. This study provided preliminary data for project R01 MH 078982-01.

December 2002 – November 2005

Submitted October 2001, resubmitted June 2002 (priority score = 163)

Title: Cognitive-behavioral approaches to seasonal depression

Project #: R03MH065946-01A1

Funding Source: Behavioral Science Track Award for Rapid Transition (B/START) from the National Institute of Mental Health

Amount: \$74,350 (\$50,000 direct costs)

Key Personnel: Kelly J. Rohan, Ph.D. (Principal Investigator, 40% effort); Timothy J. Lacy, M.D. (Co-Investigator and Project Psychiatrist, 2% effort); David A. F. Haaga,

Ph.D. (Consultant, 1% effort); Teodor T. Postolache, M.D. (Consultant, 1% effort); and Mark D. Rollag, Ph.D. (Consultant; 1% effort)

Description: In an expansion of USUHS protocol #C072EJ, the major goal of this project is to continue gathering pilot data for our randomized clinical trial comparing our SAD-tailored group cognitive-behavioral therapy, light therapy, and their combination relative to a minimal contact/delayed treatment control for SAD. This additional funding will allow us to increase sample size, add a longer-term followup period, and hire additional laboratory staff. An ancillary psychopathology study compares individuals with SAD, individuals with nonseasonal depression, and never-depressed controls on cognitive, behavioral, and psychophysiological measures.

October 2002 – September 2004

Title: Seasonal affective disorder: Cognitive-behavioral models and interventions (Project Extension)

Project #: C072EJ

Funding Source: Competitive intramural standard grant from the Uniformed Services University of the Health Sciences, Bethesda, MD

Amount: \$64,000

Key Personnel: Kelly J. Rohan, Ph.D. (Principal Investigator, 40% effort); David A. F. Haaga, Ph.D. (Co-Investigator, 2% effort); Timothy J. Lacy, M.D. (Co-Investigator and Project Psychiatrist, 2% effort); Ignacio Provencio, Ph.D. (Co-Investigator, 4% effort); Michael Freed (Consultant, 10% effort); Brian T. Yates (Consultant, 2% effort)

Description: To reduce overlap with 1 R03 MH0659-01A1, the aims of C072EJ were reformulated to include: (1) a longitudinal comparison of cognitive-behavioral factors in college students with moderate and mild seasonal depression symptoms versus nondepressed controls, (2) a pilot study on the prevalence of polymorphisms in the gene for melanopsin in SAD patients, and (3) an examination of the relative cost-effectiveness and cost-benefit of the treatment conditions in our ongoing trial.

October 2001 – September 2002

Title: Seasonal affective disorder: Cognitive-behavioral models and interventions

Project #: C072EJ

Funding Source: Competitive intramural standard grant from the Uniformed Services University of the Health Sciences, Bethesda, MD

Amount: \$27,000

Key Personnel: Kelly J. Rohan, Ph.D. (Principal Investigator, 40% effort); Timothy J. Lacy, M.D. (Co-Investigator and Project Psychiatrist, 2% effort)

Description: In an expansion of C072DV, the major goal of this project was to conduct a pilot controlled, randomized clinical trial to compare light therapy, cognitive-behavioral therapy, the combination of light therapy and cognitive-behavioral therapy, and a minimal contact/delayed treatment control in treating Major Depression, Recurrent, with Seasonal Pattern.

October 2000 – September 2001

Title: Cognitive-behavioral therapy and light in treating seasonal affective disorder

Project #: C072DV

Funding Source: Competitive intramural starter grant from the Uniformed Services University of the Health Sciences, Bethesda, MD

Amount: \$13,200

Key Personnel: Kelly J. Rohan, Ph.D. (Principal Investigator, 40% effort); Timothy J. Lacy, M.D. (Co-Investigator and Project Psychiatrist, 2% effort)

Description: The major goal of this project was to conduct a pilot/feasibility randomized clinical trial to compare standard light therapy, a group cognitive-behavioral intervention, and the combination of light therapy and cognitive-behavioral therapy in treating adults with Major Depression, Recurrent, with Seasonal Pattern.

Publications

- Meyerhoff, J., Iyiewuare, P., Mulder, L., & Rohan, K. J. (accepted). A qualitative study of perceptions of risk and protective factors for suicide among Bhutanese refugees. *Asian American Journal of Psychology*.
- Rohan, K. J., Meyerhoff, J., Roecklein, K. A., DeSarno, M. J., & Vacek, P. M. (in press). Predictive validity of the Seasonal Beliefs Questionnaire for discriminating between seasonal and nonseasonal major depressive disorder. *Psychological Assessment*.
<https://doi.org/10.1037/pas0000984>
- Perez, J., & Rohan, K. J. (2021). Cognitive predictors of depressive symptoms: Cognitive reactivity, mood reactivity, and dysfunctional attitudes. *Cognitive Therapy and Research*, 45, 123-135. <https://doi.org/10.1007/s10608-020-10174-5>
- Smetter, J. B., Young, M. A., Antler, C. A., & Rohan, K. J. (2021). The symptom structure of seasonal affective disorder: Integrating results from factor and network analyses in the context of the Dual Vulnerability Model. *Journal of Psychopathology and Behavioral Assessment*, 43, 95-107. <https://doi.org/10.1007/s10862-020-09861-0>
- Akram, F., Snitker, S., Lowry, C., Rohan, K., Hoisington, A., Mitchell, B., Postolache, T., Sterns-Yoder, K. A., Stiller, J. W., Gagnoli, C., Ryan, K. A., Brenner, L., Saunders, E., Raheja, U. K. (2020). Seasonal affective disorder and seasonal changes in weight and sleep duration are inversely associated with plasma adiponectin levels. *Journal of Psychiatric Research*, 122, 97-104. <https://doi.org/10.1016/j.jpsychires.2019.12.016>
- Camuso, J. A., & Rohan, K. J. (2020). Cognitive vulnerabilities as prognostic predictors of acute and follow-up outcomes in seasonal affective disorder treatment with light therapy or cognitive-behavioral therapy. *Cognitive Therapy and Research*, 44, 468-482.
<https://doi.org/10.1007/s10608-020-10086-4>
- Meyerhoff, J., & Rohan, K. J. (2020). The desire to be dead among Bhutanese refugees resettled in the United States: Assessing risk. *American Journal of Orthopsychiatry*, 90(2), 236-245. <https://doi.org/10.1037/ort0000429>

- Rohan, K. J., Burt, K. B., Camuso, J., Perez, J., & Meyerhoff, J. (2020). Applying experimental therapeutics to examine cognitive and chronological vulnerabilities as mediators of acute outcomes in CBT-SAD and light therapy for winter depression. *Journal of Consulting and Clinical Psychology, 88*(8), 786-797. <https://doi.org/10.1037/ccp0000499>
- Rohan, K. J., Camuso, J., Perez, J., Iyiewuare, P., Meyerhoff, J., DeSarno, M. J., & Vacek, P. M. (2020). Detecting critical decision points during cognitive-behavioral therapy and light therapy for winter depression nonremission and recurrence. *Journal of Behavioral and Cognitive Therapy, 30*(4), 241-252. <https://doi.org/10.1016/j.jbct.2020.10.002>
- Shayani, D. R., Arditte Hall, K. A., Isley, B. C., Rohan, K. J., Zvolensky, M. J., & Nillni, Y. I. (2020). The role of health anxiety in the experience of perceived stress across the menstrual cycle. *Anxiety, Stress, & Coping, 33*(6), 706-715. <https://doi.org/10.1080/10615806.2020.1802434>
- Rohan, K. J., Meyerhoff, J., Ho, S., Roecklein, K. A., Nillni, Y. I., Hillhouse, J. J., DeSarno, M. J., & Vacek, P. M. (2019). A measure of cognitions specific to seasonal depression: Development and validation of the Seasonal Beliefs Questionnaire. *Psychological Assessment, 31*(7), 925-938. <https://doi.org/10.1037/pas0000715>
- Meyerhoff, J., Rohan, K. J., & Fondacaro, K. M. (2018). Suicide and suicide-related behavior among Bhutanese refugees resettled in the United States. *Asian American Journal of Psychology, 9*(4), 270-283. <https://doi.org/10.1037/aap0000125>
- Meyerhoff, J., Young, M. A., & Rohan, K. J. (2018). Patterns of depressive symptom remission during the treatment of seasonal affective disorder with cognitive-behavioral therapy or light therapy. *Depression & Anxiety, 35*(5), 457-467. <https://doi.org/10.1002/da.22739>
- Dimitrova, T. D., Reeves, G. M., Snitker, S., Karim, N., Lapidus, M., Sleemi, A. R., Balis, T. G., Manalai, P., Tariq, M. M., Cabassa, J. A., Johnson, M. A., Langenberg, P., Rohan, K. J., Miller, M., Stiller, J. W., & Postolache, T. T. (2017). Prediction of outcome of bright light treatment in patients with seasonal affective disorder: Discarding the early response, confirming a higher atypical balance, and uncovering a higher body mass index at baseline as predictors of endpoint outcome. *Journal of Affective Disorders, 22*, 126-132. <https://doi.org/10.1016/j.jad.2017.06.038>
- Evans, M., Rohan, K. J., Ho, S., Howard, A., Dubbert, P. M., & Stetson, B. A. (2017). Dimensions of physical activity and psychological well-being: A community-based exercise study. *Journal of Clinical Sport Psychology, 11*(2), 107-125. <https://doi.org/10.1123/jcsp.2017-0027>
- Nillni, Y. I., Pineles, S. L., Rohan, K. J., Zvolensky, M. J., & Rasmusson, A. (2017). The influence of menstrual cycle on reactivity to a CO₂ challenge among women with and without premenstrual symptoms. *Cognitive Behaviour Therapy, 46*(3), 239-249. <https://doi.org/10.1080/16506073.2016.1236286>

- Manikandan, S., Zvolensky, M. J., Rohan, K. J., Nillni, Y. I., Carkeek, K. R., & Leyro, T. M. (2016). The role of emotion regulation in the experience of menstrual symptoms and perceived control over anxiety related events across the menstrual cycle. *Archives of Women's Mental Health, 19*, 1109-1117. <https://doi.org/10.1007/s00737-016-0661-1>
- Meyerhoff, J., & Rohan, K. J. (2016). Treatment expectations for cognitive-behavioral therapy and light therapy for seasonal affective disorder: Change across treatment and relation to outcome. *Journal of Consulting and Clinical Psychology, 84*(10), 898-906. <https://doi.org/10.1037/ccp0000121>
- Rohan, K. J., Meyerhoff, J., Ho, S., Evans, M., Postolache, T. T., & Vacek, P. M. (2016). Outcomes one and two winters following cognitive-behavioral therapy or light therapy for seasonal affective disorder. *The American Journal of Psychiatry, 173*(3), 244-251. <https://doi.org/10.1176/appi.ajp.2015.15060773>
- Rohan, K. J., Rough, J. N., Evans, M., Ho, S., Meyerhoff, J., Roberts, L. M., & Vacek, P. M. (2016). A protocol for the Hamilton Rating Scale for Depression: Item scoring rules, rater training, and outcome accuracy with data on its application in a clinical trial. *Journal of Affective Disorders, 200*, 111-118. <https://doi.org/10.1016/j.jad.2016.01.051>
- Ho, S., Rohan, K. J., McKinley, P. S., Parent, J., & Tager, F. A. (2015). A longitudinal study of depression, fatigue, and sleep disturbances in women with breast cancer. *Journal of Pain and Symptom Management, 49*(4), 707-715. <https://doi.org/10.1016/j.jpainsymman.2014.09.009>
- Mahon, J. N., Rohan, K. J., Nillni, Y. I., & Zvolensky, M. J. (2015). The role of perceived control over anxiety in prospective symptom reports across the menstrual cycle. *Archives of Women's Mental Health, 18*(2), 239-246. <https://doi.org/10.1007/s00737-014-0456-1>
- Rohan, K. J., Mahon, J. N., Evans, M., Ho, S., Meyerhoff, J., Postolache, T. T., & Vacek, P. M. (2015). Randomized trial of cognitive-behavioral therapy vs. light therapy for seasonal affective disorder: Acute outcomes. *The American Journal of Psychiatry, 172*(9), 862-869. <https://doi.org/10.1176/appi.ajp.2015.14101293>
- Uzoma, H., Reeves, G. M., Langenberg, P., Khabazghazvini, B., Balis, T. G., Johnson, M., Sleemi, A., Scrandis, D. A., Zimmerman, S. A., Vaswani, D., Virk Nijjar, G., Cabassa, J., Lapidus, M., Rohan, K. J., & Postolache, T. T. (2015). Light treatment of seasonal winter depression in African American vs Caucasian outpatients. *World Journal of Psychiatry, 5*(1), 138-146. <https://doi.org/10.5498/wjp.v5.i1.138>
- Uzoma, H. N., Reeves, G. M., Langenberg, P., Khabazghazvini, B., Balis, T. G., Johnson, M. A., Sleemi, A., Scrandis, D. A., Zimmerman, S. A., Vaswani, D., Nijjar, G. V., Cabassa, J., Lapidus, M., Rohan, K. J., & Postolache, T. T. (2015). Light treatment for seasonal Winter depression in African-American vs Caucasian outpatients. *World Journal of Psychiatry, 5*(1), 138-146. <https://doi.org/10.5498/wjp.v5.i1.138>

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- Evans, M., Rohan, K. J., Sitnikov, L., Mahon, J., Nillni, Y. I., Tierney Lindsey, K., & Vacek, P. M. (2013). Cognitive change across cognitive-behavioral and light therapy treatments for seasonal affective disorder: What accounts for clinical status the next winter? *Cognitive Therapy and Research, 37*, 1201-1213. <https://doi.org/10.1007/s10608-013-9561-0>
- Nillni, Y. I., Rohan, K. J., Mahon, J. N., Pineles, S. L., & Zvolensky, M. J. (2013). The role of anxiety sensitivity in the experience of menstrual symptoms reported via daily diary. *Psychiatry Research, 210*(2), 564-569. <https://doi.org/10.1016/j.psychres.2013.07.016>
- Raheja, U. K., Mitchell, B. D., Stephens, S. H., Rohan, K. J., Vaswani, D., Balis, T., Nijjar, G. V., Sleemi, A., Pollin, T. I., Ryan, K., Reeves, G., Weitzel, N., Langenberg, P., Shuldiner, A. R., & Postolache, T. T. (2013). Seasonality of mood and behavior in the old order Amish. *Journal of Affective Disorders, 147*(1-3), 112-117. <https://doi.org/10.1016/j.jad.2012.10.019>
- Rohan, K. J., Evans, M., Mahon, J. N., Sitnikov, L., Ho, S., Nillni, Y. I., Postolache, T. T., & Vacek, P. M. (2013). Cognitive-behavioral therapy vs. light therapy for preventing winter depression recurrence: Study protocol for a randomized controlled trial. *TRIALS, 14*, 82. <https://doi.org/10.1186/1745-6215-14-82>
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Brief Publications

Rohan, K. J., Tierney Lindsey, K., Roecklein, K. A., Lippy, R. D., Johnson, L. G., Nguyen, A. T., Massac, A. I., & Lacy, T. J. (2003). Cognitive-behavioral and light treatments for seasonal affective disorder: Interim analyses from a controlled, randomized clinical trial [Special Section: Abstract Program of the Fifteenth Annual Society for Light Treatment and Biological Rhythms Virtual Meeting 2003]. *Chronobiology International, 20*, 1219-1221.

Invited Articles

Rohan, K. J. Cognitive-behavioral therapy for seasonal affective disorder (2004, June). *Cognitive Therapy Today, 9*(2), available online at www.beckinstitute.org.

Manuscripts under Review

Evans, M., Rohan, K. J., Meyerhoff, J., & Sibold, J. (submitted). Cognitive vulnerability to mood deterioration in an exercise cessation paradigm.

- Iyiewuare, P. O., Rohan, K. J., & Postolache, T. T. (submitted). Body mass index and atypical balance as predictors of winter depression remission in cognitive-behavioral therapy and light therapy.
- Rohan, K. J., Iyiewuare, P., Perez, J., Terman, J. M., Camuso, J., Postolache, T. P., DeSarno, M. J., & Vacek, P. M. (submitted). Using prospective summer mood status to benchmark clinically significant change in cognitive-behavioral therapy and light therapy for winter depression at treatment endpoint and one and two winters later.
- Ross, L. W., Yates, B., & Rohan, K. J. (submitted). Cognitive-behavioral therapy versus light therapy for seasonal affective disorder: Cost, cost-benefit, and cost per quality-adjusted life year gained from provider and participant perspectives at first- and second-winter followups.

Books

- Rohan, K. J. (2008). *Coping with the seasons: A cognitive-behavioral approach to seasonal affective disorder. Therapist guide*. In the Treatments that Work™ Series. New York, NY: Oxford University Press.
- Rohan, K. J. (2008). *Coping with the seasons: A cognitive-behavioral approach to seasonal affective disorder. Client workbook*. In the Treatments that Work™ Series. New York, NY: Oxford University Press.

Book Chapters

- Rohan, K. J. (2017). Seasonal affective disorder treatment. In A. E. Wenzel (Ed.), *The SAGE Encyclopedia of Abnormal and Clinical Psychology* (pp. 3001-3002). Thousand Oaks, CA: SAGE Publications.
- Rohan, K. J., & Meyerhoff, J. (2017). Seasonal affective disorder. In A. E. Wenzel (Ed.), *The SAGE Encyclopedia of Abnormal and Clinical Psychology* (pp. 2998-3000). Thousand Oaks, CA: SAGE Publications.
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Published Book Reviews

- Rohan, K. J. (2003). Book essay and review: Zindel V. Segal, J. Mark G. Williams, & John D. Teasdale, *Mindfulness-based cognitive therapy for depression: A new approach to preventing relapse*. New York: The Guilford Press, 2002, and Robert L. Leahy, *Overcoming resistance in cognitive therapy*. New York: The Guilford Press, 2001. *Psychiatry: Biological and Interpersonal Processes*, 66, 272-281.
- Rohan, K. J. (2002). Book essay and review: Kevin J. Corcoran & Joel Fischer. *Measures for clinical practice: A sourcebook (Vols. 1-2)*. New York: The Free Press, 2000. *Psychiatry: Biological and Interpersonal Processes*, 65, 271-274.

Manuscripts in Preparation

- Ho, S., Rohan, K. J., Savage, P., & Ades, P. A. (in preparation). The impact of depression on treatment adherence and cardiorespiratory fitness in cardiac rehabilitation.
- Rohan, K. J., Terman, J. M., Norton, R. J., McCormick, B., Vacek, P. M., & DeSarno, M. J. (in preparation). Antidepressant medication status as a moderator of outcomes following cognitive-behavioral therapy and light therapy for winter depression: Is there evidence of an iatrogenic effect?

Sitnikov, L., Iyiewuare, P., & Rohan, K. J. (in preparation). Emotion regulation strategies as moderators of binge eating following a dysphoric mood induction in women with binge eating disorder.

Presentations

Iyiewuare, P., & Rohan, K. J. (2020, November). *Body mass index and atypical balance as predictors of seasonal affective disorder treatment outcomes*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Rohan, K. J., Camuso, J., Perez, J., Iyiewuare, P., Terman, J. M., Vacek, P. M., & DeSarno, M. J. (2020, November). *Clinically significant change in cognitive-behavioral therapy vs. light therapy for winter depression*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Breanna, B. C., Shayani, D. R., Zvolensky, M. J., Rohan, K. J., & Nillni, Y. I. (2019, March). *The role of health anxiety in predicting panic-relevant responding to a CO₂ challenge*. Paper presented at the 39th annual meeting of the Anxiety and Depression Association of America, Chicago, IL.

Camuso, J., Burt, K. B., & Rohan, K. J. (2019, November). Cognitive and chronobiological vulnerabilities as mediators of acute and long-term outcomes in CBT-SAD and light therapy for winter depression. In K. A. Roecklein (Chair), *Innovations in translating CBT for depression from the lab to the clinic*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.

Camuso, J., Burt, K. B., & Rohan, K. J. (2019, November). *Cognitive and chronobiological vulnerabilities as mediators of outcomes following CBT-SAD and light therapy for winter depression*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.

Perez, J., & Rohan, K. J. (2019, November). *Comorbidity status and recurrence following winter depression treatment with CBT or light therapy*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.

Perez, J., Rohan, K. J., Vacek, P. M., & DeSarno, M. J. (2019, November). Detecting critical decision points during cognitive-behavioral therapy and light therapy for winter depression remission and recurrence. In K. A. Roecklein (Chair), *Innovations in translating CBT for depression from the lab to the clinic*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.

Perez, J., Rohan, K. J., Camuso, J., Iyiewuare, P., DeSarno, M. J., & Vacek, P. M. (2019, November). *Critical decision points during cognitive-behavioral therapy and light therapy for predicting winter depression recurrence*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.

- Rohan, K. J., Franzen, P. L., Roecklein, K. A., Siegle, G. J., Kolko, D. J., Postolache, T. T., & Vacek, P. M. (2019, November). Funding CBT for depression clinical trials in the era of RDoC: One success story. In K. A. Roecklein (Chair), *Innovations in translating CBT for depression from the lab to the clinic*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
- Shayani, D. R., Isley, B. C., Zvolensky, M. J., Rohan, K. J., & Nillni, Y. I. (2019, March). *The role of health anxiety in the experience of menstrual symptoms and perceived stress across the menstrual cycle*. Paper presented at the 39th annual meeting of the Anxiety and Depression Association of America, Chicago, IL.
- Young, M. A., Smetter, J. B., Antler, C. A., & Rohan, K. J. (2019, November). A theory-driven network model for seasonal affective disorder. In M. A. Young (Chair), *Network models advancing the understand of psychopathology*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
- Camuso, J. A., & Rohan, K. J. (2018, November). *Psychological and physiological predictors of treatment outcome in light therapy and cognitive-behavioral therapy for seasonal affective disorder*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.
- Camuso, J. A., Burt, K., Rohan, K. J., Perez, J., & Meyerhoff, J. (2018, November). *Cognitive and chronological vulnerabilities as mediators of acute outcomes in CBT-SAD and light therapy for winter depression*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.
- Meyerhoff, J., Rohan, K. J., Fondacaro, K., & Werner, M. (2018, November). *Culturally-responsive suicide assessment among Bhutanese refugees living in the United States*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC. (Winner: Elsie Ramos Memorial Student Poster Award).
- Rohan, K. J., Camuso, J., Perez, J., Meyerhoff, J., & Vacek, P. M. (2018, November). *Detecting critical decision points during cognitive-behavioral therapy and light therapy for winter depression*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.
- Wald, L., Yates, B. T., & Rohan, K. J. (2018, November). Cognitive-behavioral therapy versus light therapy for seasonal affective disorder: Costs, benefits, and cost per quality-adjusted life year gained by second-winter followup. In B. T. Yates (Chair), *Adding to the CBT evidence database: Including costs, and benefits, for cost-effectiveness and cost-benefit analyses*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.
- Ho, S., Rohan, K. J., Ades, P. A., & Savage, P. (2018, April). *The impact of depression on treatment adherence and cardiorespiratory fitness in cardiac rehabilitation*. Paper presented at the annual meeting of the Society of Behavioral Medicine, New Orleans, LA.

- Meyerhoff, J., Young, M. A., Rohan, K. J., & Camuso, J. (2017, November). *Patterns of individual symptom remission across treatment with light therapy or CBT for SAD*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
- Rohan, K. J., Camuso, J., Meyerhoff, J., & Vacek, P. M. (2017, November). *Change in seasonal beliefs and dysfunctional attitudes during CBT-SAD vs. light therapy*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
- Rohan, K. J., Meyerhoff, J., Camuso, J., & Vacek, P. M. (2017, November). *Modification of seasonal beliefs and risk of recurrence following CBT-SAD vs. light therapy*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
- Wald Ross, L., Yates, B. T., & Rohan, K. J. (2017, November). *Cost-effectiveness analysis of cognitive-behavioral therapy vs. light therapy for seasonal affective disorder at second-winter*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
- Wald, L., Yates, B. T., & Rohan, K. J. (2017, November). *Cost-benefit and cost-effectiveness analysis of CBT versus LT for SAD at second-winter*. Paper presented at the annual meeting of the American Evaluation Association, Washington, DC.
- Evans, M., Rohan, K. J., Ho, S., Meyerhoff, J., & Sibold, J. (2015, November). *Cognitive vulnerability as a mechanism in the development of mood symptoms following exercise cessation*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Ho, S., Schreck, M., Rohan, K. J., Evans, M., & Meyerhoff, J. (2015, November). *Cognitive predictors of winter depression severity following cognitive-behavioral therapy and light therapy for seasonal affective disorder*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Meyerhoff, J., Rohan, K. J., Evans, M., & Ho, S. (2015, November). *The dynamic nature of treatment outcome expectancies before, during, and after cognitive-behavioral therapy and light therapy for seasonal affective disorder*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Meyerhoff, J., Rohan, K. J., Evans, M., & Ho, S. (2015, November). *Treatment outcome expectations and depression severity over the course of cognitive-behavioral and light treatments for winter depression*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

- Rohan, K. J. (2015, June). *Randomized trial of cognitive-behavioral therapy vs. light therapy for seasonal affective disorder*. Invited oral presentation at the annual meeting of the Society of Light Therapy and Biological Rhythms, San Diego, CA.
- Osipov, L. & Rohan, K.J. (2015, April). *Role of cognitive-affective vulnerabilities in binge eating disorder*. Paper presented at the annual Academy for Eating Disorders meeting, Boston, MA.
- Osipov, L. & Rohan, K.J. (2015, April). *Cognitive-affective vulnerabilities, sad mood, and caloric intake in women with binge eating disorder*. Paper presented at the annual Academy for Eating Disorders meeting, Boston, MA.
- Manikandan, S., Leyro, T.M., Nillni, Y.I., Rohan, K., Zvolensky, M.J., & Carkeek, K. (2015, April). *The moderating effect of menstrual cycle phase on the relations among emotion dysregulation, menstrual symptoms, and perceived control*. Poster presented at the annual meeting of the Anxiety and Depression Association of America, Miami, FL.
- Ho, S., Rohan, K. J., Mahon, J. N., Evans, M., & Meyerhoff, J. (2014, November). *A latent cognitive vulnerability construct predicts winter depression severity: Dysfunctional attitudes, rumination, and seasonal beliefs*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Mahon, J. N., Rohan, K. J., & Lewy, A. H. (2014, November). Cognitive and chronobiological vulnerabilities in SAD: A test of the dual vulnerability model. In K. A. Roecklein (Chair), *Seasonal affective disorder: Treatment and integrative psychological, physiological, and environmental mechanisms*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Rohan, K. J., Mahon, J. N., Evans, M., Ho, S., Meyerhoff, J., Postolache, T. T., & Vacek, P. M. (2014, November). Randomized trial of cognitive-behavioral therapy vs. light therapy for seasonal affective disorder: Acute outcomes. In K. A. Roecklein (Chair), *Seasonal affective disorder: Treatment and integrative psychological, physiological, and environmental mechanisms*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Evans, M., Rohan, K. J., Howard, A., Dubbert, P. M., Stetson, B. A. (2013, November). *Exercise dimensions and psychological well-being: A community-based exercise study*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
- Ho, S., Rohan, K. J., Tager, F. A., & McKinley, P. S. (2013, November). *A longitudinal study of depression, fatigue, and sleep disturbance in premenopausal women with breast cancer*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.

- Rohan, K. J., Mahon, J. N., Evans, M., Ho, S., Sitnikov, L., Roberts, L. M., Postolache, T. T., & Vacek, P. M. (2013, November). *Cognitive-behavioral therapy vs. light therapy for winter depression: Acute treatment outcomes*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
- Evans, M., Rohan, K. J., Sitnikov, L., Mahon, J. N., Ho, S., & Cheney, D. A. (2012, November). *Cognitive change across cognitive-behavioral and light therapy treatments for seasonal affective disorder*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
- Sitnikov, L., Evans, M., Rohan, K. J., Mahon, J. N., Ho, S., & Cheney, D. A. (2012, November). *Self-referent and light-specific implicit associations in seasonal depression*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
- Evans, M. C., Sitnikov, L., Rohan, K. J., Rough, J., & Nillni, Y. I. (2011, November). *Cognitive and behavioral mechanisms of change across treatment modalities for seasonal affective disorder: What accounts for treatment durability?* Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto.
- Mahon, J. N., Nillni, Y. I., & Rohan, K. J. (2011, November). *Perceived control to anxiety and premenstrual symptoms*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto.
- Nillni, Y. I., Rohan, K. J., & Mahon, J. N. (2011, November). *Anxiety sensitivity, menstrual cycle phase, and panic-relevant responding*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto.
- Nillni, Y. I., Rohan, K. J., & Mahon, J. N. (November 2011). *The role of anxiety sensitivity in menstrual symptom reporting*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto.
- Mahon, J. N., Rohan, K. J., Tierney Linsey, K., & Roecklein, K. A. (2011, July). *SAD-specific emotional responses to light and seasonal stimuli: Surface electromyography, skin conductance, and mood*. Paper presented at the annual meeting of the Society for Light Treatment and Biological Rhythms, Montreal.
- Rohan, K. J., Nillni, Y. I., Sitnikov, L., Mahon, J. N., Evans, M., Postolache, T. T., & Vacek, P. M. (2011, July). *The University of Vermont study of cognitive-behavioral therapy vs. light therapy for preventing SAD recurrence: Design and methods*. Paper presented orally at the annual meeting of the Society for Light Treatment and Biological Rhythms, Montreal.
- Rohan, K. J., Vacek, P. M., Nillni, Y. I., Sitnikov, L., Rough, J. N., & Postolache, T. T. (2010, November). *Winter depression recurrence 1 and 2 years after cognitive-behavioral*

therapy vs. light therapy. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

Sitnikov, L., & Rohan, K. J. (2010, November). Cognitive predictors of post-treatment and next winter outcomes for cognitive-behavioral therapy vs. light therapy for seasonal affective disorder. In M. A. Young (Chair), *Cognitive mediators of distress, impairment, and outcome in depression*. Symposium conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

Rohan, K. J., Nillni, Y. I., Sitnikov, L., Rough, J. N., & Postolache, T. T. (2009, November). *Cognitive-behavioral therapy vs. light therapy in treating winter depression*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

Rohan, K. J. (2009, November). Discussant in S. T. Sigmon (Chair), *HPA axis dysregulation in anxiety disorders: Current research and implications*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

Nillni, Y. I., Rohan, K. J., Rettew, D., & Achenbach, T. M. (2007, November). *Seasonal trends in depression among United States children and adolescents: A representative population survey*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Rohan, K. J., Nillni, Y. I., Lippy, R. D., Roecklein, K. A., & Hillhouse, J. J. (2007, November). *Measuring cognitions about the seasons: Psychometric properties of the Seasonal Beliefs Questionnaire*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Roecklein, K. A., Rohan, K. J., Duncan, W. C., Rollag, M. D., Provencio, I., & Lipsky, R. H. (2006, November). *The role of melanopsin, a novel retinal photopigment, in seasonal affective disorder*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Rohan, K. J., Roecklein, K. A., & Lacy, T. J. (2006, November). *One-year outcomes for cognitive-behavioral therapy, light therapy, and combination treatment for winter depression*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Rohan, K. J., Roecklein, K. A., Seibert, C., & Haaga, D. A. F. (2006, November). *Implicit self-representative and light-specific cognitions across the spectrum of seasonality*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Roecklein, K. A., Rohan, K. J., Duncan, W. C., Rollag, M. D., Lipsky, R. H., & Provencio, I. (2006, July). *Melanopsin haplotype association with seasonal affective disorder*,

seasonality, and depression symptoms. Paper presented at the annual meeting of the Society for Light Treatment and Biological Rhythms, Quebec City.

Rohan, K. J., Roecklein, K. A., Lacy, T. J., & Vacek, P. M. (2006, July). *Prevention of winter depression recurrence one year after cognitive-behavioral therapy, light therapy, or combination treatment.* Paper presented at the annual meeting of the Society for Light Treatment and Biological Rhythms, Quebec City.

Roecklein, K. A., Rohan, K. J., Duncan, W. C., Rollag, M. D., Provencio, I., Lipsky, R. H. (2006, January). *Understanding the role of melatonin gene sequence variants in seasonal affective disorder: A haplotype-based approach.* Paper presented at the Pineal Cell Biology Gordon Research Conference, Santa Barbara, CA.

Johnson, L. G., Rohan, K. J., Kop, W. J., & Roecklein, K. A. (2005, November). *Atypical and typical winter depression symptoms and responsiveness to light therapy, cognitive-behavioral therapy, or combination treatment.* Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.

Lippy, R. D., & Rohan, K. J. (2005, November). *A measure of cognitions specific to seasonal affective disorder: Development and validation of the Seasonal Beliefs Questionnaire.* Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.

Rohan, K. J., Seibert, C. A., Lippy, R. D., Massac, A. I., Roecklein, K. A., & Haaga, D. A. F. (2005, November). *Cognitive vulnerability to depression across the seasonality continuum: A prospective, longitudinal study.* Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.

Rohan, K. J., Roecklein, K. A., Johnson, L. G., Barton, F. B., & Lacy, T. J. (2005, November). *Cognitive-behavioral therapy, light therapy, and their combination for seasonal affective disorder: Intent-to-treat analyses from a randomized, controlled trial.* Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.

Tierney Lindsey, K., Seibert, C. A., Roecklein, K. R., & Rohan, K. J. (2005, November). *Surface facial electromyography reactions to light- and season-relevant stimuli in seasonal affective disorder.* Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.

Freed, M. C., Rohan, K. J., & Yates, B. T. (October, 2005). *Patient-level quality adjusted life years in treatment outcome research: A new approach for assessing cost-effectiveness.* Paper presented at the annual meeting of the American Evaluation Association, Toronto.

Rohan, K. J. (2005, May). Integrating cognitive-behavioral therapy into SAD treatment. In N.E. Rosenthal (Chair), *Seasonal affective disorder: New concepts, practical strategies.* Industry-Sponsored Continuing Medical Education Dinner Symposium presented at the annual meeting of the American Psychiatric Association, Atlanta. (Other presenters: N.

- E. Rosenthal, T. A. Wehr, R. W. Lam, J. K. Pennell). Supported by an unrestricted educational grant from GlaxoSmithKlein.
- Nguyen, A. T., Haaga, D. A. F., & Rohan, K. J. (2004, November). *Cognitive correlates of comorbid seasonal and premenstrual symptoms*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, New Orleans.
- Rohan, K. J., Johnson, L. G., Lippy, R. D., Massac, A. I., & Nguyen, A. T. (2004, November). *How completely does seasonal affective disorder respond to cognitive-behavioral therapy, light therapy, and combination treatments?: Mood status at post-treatment in winter versus spontaneous remission in summer*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, New Orleans.
- Rohan, K. J., Roecklein, K. A., Johnson, L. G., Lippy, R. D., Tierney Lindsey, K., Nguyen, A. T., Massac, A. I., Handal, M., & Lacy, T. J. (2004, November). *Cognitive-behavioral therapy, light therapy, and their combination for treating seasonal affective disorder: Completer analyses from a randomized, controlled trial*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, New Orleans.
- Rohan, K. J., Roecklein, K. A., Nguyen, A. T., Johnson, L. G., & Handal, M. (2004, November). *Comorbidity of seasonal affective disorder and the DSM-IV binge eating criteria: More than just carbohydrate craving in winter*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, New Orleans.
- Yousufi, S. M., Postolache, T. T., Agumadu, C. O., Bartko, J. J., Jackson, M. A., Thrower, C. M., & Rohan, K. J. (2004, May). *A comparison of seasonality of mood and behavior in African and African American students*. Paper presented at the annual meeting of the American Psychiatric Association, New York.
- Yousufi, S. M., Postolache, T. T., Zembrak, R., Neculai, D. B., Rohan, K. J., & Ciupagea, C. (2004, May). *Seasonal variation in mood and behavior in Romanian postgraduate students*. Paper presented at the annual meeting of the American Psychiatric Association, New York.
- Zembrak, R., Sumar, I. A., Rohan, K. J., Guzman, A., Stiller, J., Thrower, C. M., Steil, J., Valadez-Meltzer, A., Savchenko, S. L., Olsen, C., & Postolache, T. T. (2004, May). *A prospective, longitudinal study of seasonality in African students living in the greater Washington DC metropolitan area*. Paper presented at the annual meeting of the American Psychiatric Association, New York.
- Freed, M. C., Rohan, K. J., & Yates, B. T. (2004, May). *Cost-effectiveness of light therapy, cognitive-behavioral therapy, or their combination for seasonal affective disorder*. Paper presented at the annual meeting of the Society for Light Treatment and Biological Rhythms, Toronto.

- Freed, M. C., Rohan, K. J., & Yates, B. T. (2004, May). *Adherence to light therapy, cognitive-behavioral therapy, or their combination for seasonal affective disorder: Implications for effectiveness*. Paper presented at the annual meeting of the Society for Light Treatment and Biological Rhythms, Toronto.
- Rohan, K. J. (2004, May). *Cognitive-behavioral therapy for seasonal affective disorder*. Paper presented orally at the annual meeting of the Society for Light Treatment and Biological Rhythms, Toronto.
- Roecklein, K. A., Philip, A. R., Rohan, K. J., Rollag, M. D., & Provencio, I. (May, 2004). *A polymorphism (P10L) in melanopsin, a circadian photopigment, is associated with seasonal affective disorder*. Paper presented at the annual meeting of the Society for Light Treatment and Biological Rhythms, Toronto.
- Rohan, K. J., Lippy, R. D., Roecklein, K. A., Tierney Lindsey, K., Nguyen, A. T., Massac, A. I., & Haaga, D. A. F. (2003, November). *Implicit light-specific and self-representative cognitions across the seasonality continuum*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Boston, MA.
- Rohan, K. J., Nguyen, A. T., Johnson, L. G., Massac, A. I., Lippy, R. D., Roecklein, K. A., & Haaga, D. A. F. (2003, November). *Cognitive-behavioral factors across the seasonality continuum*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Boston, MA.
- Rohan, K. J., Tierney Lindsey, K., Roecklein, K. A., Lippy, R. D., Johnson, L. G., Nguyen, A. T., Massac, A. I., & Lacy, T. J. (2003, November). Thinking outside of the light box: Cognitive-behavioral therapy for seasonal affective disorder. In S.T. Sigmon (Chair), *Cognitive-behavioral factors in seasonal affective disorder*. Symposium conducted at the annual meeting of the Association for the Advancement of Behavior Therapy, Boston, MA.
- Tierney Lindsey, K., Johnson, L. G., & Rohan, K. J. (2003, November). *Mechanisms of change across treatments for seasonal affective disorder: Cognitive-behavioral therapy, light therapy, and their combination*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Boston, MA.
- Rohan, K. J. (2003, July). Seasonal affective disorder: A review and research findings. In I. Provencio (Chair), *Basic mechanisms in circadian rhythms*. Symposium presented at the annual meeting of the American Society for Photobiology, Baltimore.
- Volkov, J., Rohan, K. J., Aeschbach, D., Yousufi, S. M., Agumadu, C. O., Jackson, M. A., Thrower, C. M., & Postolache, T. T. (2003, May). *Seasonal changes in self-reported sleep duration in students*. Paper presented at the annual meeting of the American Psychiatric Association, San Francisco.
- Yousufi, S. M., Rohan, K. J., Agumadu, C. O., Malik, I. S., Nguyen, M-C., T., Jackson, M A., Soleymani, K., Thrower, C., M., Peterman, M. J., Walters, G. W., Niemtzoff, M. J.,

- Bartko, J. J., & Postolache, T. T. (2003, May). *Seasonality of mood in African and African American students*. Paper presented at the annual meeting of the American Psychiatric Association, San Francisco, CA.
- Rohan, K. J., Tierney, K. E., Roecklein, K. A., Rose, K. M., & Lacy, T. J. (2002, November). *Cognitive-behavioral therapy, light therapy, and their combination in preventing winter depression relapse: One-year naturalistic followup*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Reno, NV.
- Rohan, K. J., Tierney, K. E., Roecklein, K. A., Rose, K. M., & Lacy, T. J. (2002, November). *Cognitive-behavioral therapy and light therapy for seasonal affective disorder: Singly and in combination*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Reno, NV.
- Rohan, K. J., Roecklein, K. A., Tierney, K. E. (2002, November). *Prevalence of binge eating in seasonal affective disorder*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Reno, NV.
- Sigmon, S. T., Kendrew, J. J., Rohan, K. J., Boulard, N. E., Whitcomb-Smith, S., & Dorhofer, D. M. (2002, November). *Menstrual reactivity in women with anxiety*. In P. S. Wiegartz & C. N. Carmin's (Chairs), *Anxiety and women: Diagnostic and treatment issues*. Symposium conducted at the annual meeting of the Association for the Advancement of Behavior Therapy, Reno, NV.
- Rohan, K. J., Tierney, K. E., & Roecklein, K. A. (2001, November). *Light-specific and self-representative automatic cognitions in seasonal affective disorder*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Philadelphia, PA.
- Rohan, K. J., Tierney, K. E., Roecklein, K. A., & Johnson, W. G. (2001, November). *Seasonal patterns in binge frequency and mood among binge eaters*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Philadelphia, PA.
- Rohan, K. J., Tierney, K. E., Roecklein, K. A., & Lacy, T. J. (2001, November). *Cognitive-behavioral therapy, light therapy, and their combination in treating seasonal affective disorder: A pilot study*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Philadelphia, PA.
- Dubbert, P. M., Rohan, K. J., Kerr, K. E., Bilbrew, D. E., & Cooper, K. M. (2000, November). *Spontaneous activity and psychological health in elderly primary care patients*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.
- Rohan, K. J., Dubbert, P. M., & Stetson, B. A. (2000, November). *Community-based exercise and psychological well-being: Towards an exercise prescription for mental health*. Paper

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

- Rohan, K. J., & Sigmon, S. T. (2000, November). *Assessment of seasonal affective disorder: A comparison of different methods*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.
- Sigmon, S. T., Rohan, K. J., Boulard, N. E., Whitcomb, S. R., & Dorhofer, D. M. (2000, November). *Development and validation of the Seasonal Attitudes Questionnaire*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.
- Whitcomb, S. R., Sigmon, S. T., Rohan, K. J., Boulard, N., & Dorhofer, D. M. (2000, November). *Menstrual experience, cultural beliefs, and anxiety sensitivity*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.
- Johnson, W. G., & Rohan, K. J. (2000, November). *The development of binge eating in adolescents*. Paper presented at the annual meeting of the Eating Disorders Research Society, Munich, Germany.
- Sigmon, S. T., Rohan, K. J., Trask, P. C. & Hotovy, L. A. (2000, July). *Psychological treatments of seasonal affective disorder*. Paper presented at the International Congress of Psychology, Stockholm, Sweden.
- Boutelle, K., Dubbert, P. M., Rohan, K. J., Evans, C., & Vander Weg, M. (2000, April). *A pilot study evaluating telephone and mail interventions for weight management in a VA medical center*. Paper presented at the annual meeting of the Society of Behavioral Medicine, Nashville, TN.
- Johnson, W. G., Rohan, K. J., Jeffries, S., & Kirk, A. (2000, April). *Predictors of binge eating in black and white adolescents*. Paper presented at the annual meeting of the Society of Behavioral Medicine, Nashville, TN.
- Roberson-Nay, R., Rohan, K. J., Dubbert, P. M., Fowler, J., Catz, S., & Godding, P. R. (2000, April). *Health-related and disease-specific quality of life in a biracial sample of prostate cancer patients*. Paper presented at the annual meeting of the Society of Behavioral Medicine, Nashville, TN.
- Roberson-Nay, R., Rohan, K. J., Dubbert, P. M., Fowler, J., Catz, S., & Godding, P. R. (2000, April). *Social support as a predictor of perceived mental and physical health in prostate cancer*. Paper presented at the annual meeting of the Society of Behavioral Medicine, Nashville, TN.

- Rohan, K. J., Sigmon, S. T., Dorhofer, D. M., & Boulard, N. E. (1999, November). *Light-related cognitive schemas in subsyndromal seasonal affective disorder*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Toronto.
- Rohan, K. J., Dubbert, P. M., Applegate, B. W., & Shaw, B. (1999, November). *Exercise behavior and mood in a primary care elderly sample*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Toronto.
- Rohan, K. J., Sigmon, S. T., & Dorhofer, D. M. (1999, August). Cognitive-behavioral variables: Seasonal patterns among women with SAD and controls. In S.T. Sigmon (Chair), *New research directions in seasonal affective disorder*. Symposium conducted at the annual meeting of the American Psychological Association, Boston, MA.
- Rohan, K. J., Sigmon, S. T., & Dorhofer, D. M. (1998, November). *Cognitive reactivity in seasonal affective disorder*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Washington, DC.
- Dubbert, P. M., Stetson, B. A., Meydrech, E. F., Breus, M., & Rohan, K. J. (1998, March). *Dimensions of self-selected exercise and mood*. Paper presented at the annual meeting of the Society of Behavioral Medicine, New Orleans, LA.
- Johnson, W. G., Rohan, K. J., Stormer, S. M., & Kirk, A. (1998, March). *What is a binge? The influence of amount, duration, and loss of control on binge eaters' judgments*. Paper presented at the annual meeting of the Society of Behavioral Medicine, New Orleans, LA.
- Rohan, K. J., Sigmon, S. T., & Dorhofer, D. M. (1997, November). *Psychological correlates in women with seasonal affective disorder and normal controls*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Miami, FL.
- Sigmon, S. T., Dorhofer, D. M., Rohan, K. J., & Boulard, N. E. (1997, November). *Anxiety sensitivity: Menstrual attitudes and reactivity*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Miami, FL.
- Rohan, K. J., & Sigmon, S. T. (1996, November). *Psychological predictors of seasonality in a college population*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, New York, NY.
- Sigmon, S. T., Dorhofer, D. M., Rohan, K. J., Hotovy, L. A., & Trask, P. C. (1996, November). *Ethical issues and biased responses in the assessment of psychopathology*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, New York, NY.

- Rohan, K. J., & Sigmon, S. T. (1995, November). *Seasonal mood patterns in a Northeastern college population*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Washington, DC.
- Sigmon, S. T., Hotovy, L. A., Rohan, K. J., & Trask, P. C. (1995, August). *Ethical practices and beliefs of psychopathology researchers*. Paper presented at the annual meeting of the American Psychological Association, New York, NY.
- Sigmon, S. T., Rohan, K. J., Fink, C. M., & Hotovy, L. A. (1995, November). *Relation of anxiety sensitivity and menstrual symptoms*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Washington, DC.
- Sigmon, S. T., Rohan, K. J., Trask, P. C., & Hotovy, L. A. (1995, March). *Predictors of depression and suicidality in a college population*. Paper presented at the annual meeting of the Eastern Psychological Association, Boston, MA.
- Greene, M. P., Sigmon, S. T., Rohan, K. J., & Nichols, J. E. (1994, November). *Gender differences in coping with child sexual abuse*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, San Diego, CA.
- Hotovy, L. A., Sigmon, S. T., Trask, P. C., & Rohan, K. J. (1994, November). *Gender differences in depression: Relation to adherence to sex-role stereotypes and interpersonal problem-solving*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, San Diego, CA.
- Sigmon, S. T., Fink, C. M., & Rohan, K. J. (1994, November). *Anxiety-sensitivity and the menstrual cycle in college women*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, San Diego, CA.
- Walker, C. J., Rohan, K. J., & Scott, F. (1993, June). *Instructor optimism and syllabus content: Associations with teaching effectiveness*. Paper presented at the annual meeting of the American Psychological Society, Chicago, IL.
- Rohan, K. J. (1993, May). *Effect of optimism and goal setting on performance satisfaction, expectancy, and aspiration*. Oral presentation at the annual New York State Undergraduate Psychology Conference, Rochester, NY.

Invited Grand Rounds Presentations and Talks

- Rohan, K. J. (2019, March). *Seasonal affective disorder: What do we know?* Presented at the Osher Lifelong Learning Institute, Rutland Branch, Rutland, VT.
- Rohan, K. J. (2019, January). *Thinking outside of the light box: A cognitive-behavioral model and treatment for seasonal affective disorder*. Presented at Psychiatry Grand Rounds, Department of Psychiatry, University of Vermont College of Medicine, Burlington.

- Rohan, K. J. (2018, May). *Thinking outside of the light box: A cognitive-behavioral model and treatment for seasonal affective disorder*. Presented at Psychiatry Grand Rounds, District of Columbia Department of Mental Health, Saint Elizabeth's Hospital, Washington, DC.
- Rohan, K. J. (2018, November). *Seasonal affective disorder: Symptoms, prevalence, treatment, causes, and new research on cognitive-behavioral therapy*. Presented at the Osher Lifelong Learning Institute, Central Vermont Branch, Montpelier, VT.
- Rohan, K. J. (2013, September). *Thinking outside of the light box: A cognitive-behavioral model and treatment for seasonal affective disorder*. Presented as part of the Colloquium Series, Department of Clinical Psychology, Boston University, Boston, MA.
- Rohan, K. J. (2008, April). *Seasonal affective disorder: A review and research on a new cognitive-behavioral treatment*. Presented at Psychiatry Grand Rounds, Dartmouth-Hitchcock Medical Center, Lebanon, NH.
- Rohan, K. J. (2008, March). *Seasonal affective disorder: Symptoms, causes, treatment, and new research*. Presented at the Osher Lifelong Learning Institute, Newport/Derby/Stanstead Branch, Newport, VT.
- Rohan, K. J. (2007, February). *Seasonal affective disorder: Symptoms, causes, treatment, and new research on cognitive-behavioral therapy*. Presented as part of the Faculty and Staff Health Promotion Wellness Workshop Series, University of Vermont, Burlington.
- Rohan, K. J. (2006, September). *Seasonal affective disorder: A review and new research on cognitive-behavioral therapy*. Presented at Grand Rounds, Department of Psychiatry, University of Vermont College of Medicine, Burlington.
- Rohan, K. J. (2006, September). *Seasonal affective disorder: New research, practical strategies*. Presented at Multidisciplinary Psychiatric Grand Rounds, Eastern Maine Medical Center, Bangor, ME.
- Rohan, K. J. (2006, September). *Thinking outside of the light box: A cognitive-behavioral model and treatment for seasonal affective disorder*. Presented as part of the Colloquium Series, Department of Psychology, University of Maine, Orono, ME.
- Rohan, K. J. (2006, September). *In the dark: Causes and treatment of seasonal affective disorder (SAD)*. Presented as part of the Community Medical School Lecture Series, University of Vermont College of Medicine, Burlington.
- Rohan, K. J. (2004, December). *Seasonal affective disorder: A cognitive-behavioral perspective*. Presented at Mental Health Service Grand Rounds, Veterans Affairs Medical Center, Washington, DC.

- Rohan, K. J. (2004, October). *Seasonal affective disorder: A review and research on a new cognitive-behavioral treatment*. Presented at the Bethesda/Chevy Chase Rotary Club monthly invited speaker luncheon, Bethesda, MD.
- Rohan, K. J. (2004, September). *Etiology and treatment of seasonal affective disorder: A cognitive-behavioral perspective*. Presented at Grand Rounds, Division of Mood Disorders, Department of Psychiatry, University of British Columbia, Vancouver, Canada. (Invited by R. W. Lam & E. Michalak).
- Rohan, K. J. (2004, April). *Thinking outside of the light box: A cognitive-behavioral model and treatment for seasonal affective disorder*. Presented at monthly Research Rounds, Beck Institute for Cognitive Therapy and Research, Philadelphia, PA. (Invited by A. T. Beck & J. S. Beck).
- Rohan, K. J. (2004, April). *Research on cognitive-behavioral theory and treatment of seasonal affective disorder*. Presented to the Light Research Program, Thomas Jefferson University/Jefferson Medical College, Philadelphia, PA. (Invited by G. C. Brainard).
- Rohan, K. J. (2002, February). *Seasonal affective disorder: A review and new research directions*. Presented at Department of Psychiatry Seminar Series, Uniformed Services University of the Health Sciences, Bethesda, MD. (Invited by R. J. Ursano).
- Rohan, K. J. (2000, February). *Seasonal affective disorder: A review and research findings*. Presented at Multidisciplinary Psychiatric Grand Rounds, University of Mississippi Medical Center, Jackson. (Invited by A. Halaris).

Media Appearances/Coverage

New York Times

Interview for an article, "How to recognize and address seasonal depression" by Ashley Abramson. February 5, 2021.

Interview for an article, "The double whammy of seasonal affective disorder in a season of COVID" by Jane E. Brody. November 2, 2020.

Interview for an article, "How to cope with seasonal affective disorder" by Lizz Schumer, January 23, 2018.

Research cited in an article, "Getting a Grip on the Winter Blues" by Jane E. Brody. December 5, 2006.

Washington Post

Interview for an article “Light therapy lamps can ease seasonal depression. Here’s what you need to know” by Allyson Chiu and Lizzy Raben. November 18, 2020.

Interview for an article, “This winter depression treatment lasts longer than sitting under a bright light” by Elahe Izadi. November 6, 2015.

Interview for an article, “A SAD solution: Study: Talk therapy beats light box for seasonal depression.” Special to The Washington Post by Cecilia Capuzzi Simon. Tuesday, January 13, 2004.

CNN

Interview for a story, “Fight winter blues by changing your mindset” by Jen Rose Smith. November 17, 2020.

New York Daily News

Interview for an article, “COVID expected to worsen Seasonal Affective Disorder this winter as experts shed light on treatment” by Nancy Dillon. Dec 13, 2020.

National Public Radio

Interview for a story, “One Psychologist on What Causes Seasonal Affective Disorder, and How to Treat it” on February 9, 2018.

Interview for a story, “Intense Light Still Best Treatment for Winter Blues” by Allison Aubrey on Morning Edition. December 21, 2006.

Huffington Post

Interview for a story, “Scientists find a new way to prevent the winter blues” by Eliza Sankar-Gorton. November 9, 2015.

Smithsonian Magazine

Research featured in an article, “Talking is the latest tool for battling seasonal depression: A large-scale study suggests that talk therapy may have longer-lasting benefits than light boxes for treating wintertime blues” by Brian Handwerk. November 5, 2015.

WebMD

Interview for an article, “Talk therapy may beat light treatment for SAD” by Robert Preidt. November 6, 2015.

Interview for an article, “Talk therapy for seasonal affective disorder?: Cognitive-behavioral therapy may help, small study shows” by Miranda Hitti. October 31, 2005.

American Psychological Association

American Psychological Association “Speaking of Psychology” Podcast with Kaitlin Luna (January, 2020). Episode 99 – How to know if you have seasonal affective disorder.

Interview for an article in the APA Monitor, “Promising new treatments for SAD” by Tori DeAngeli. Monitor on Psychology, February 2006 issue, pages 18-20.

Wall Street Journal

Interview for a story, “Bright ideas for treating the winter blues” by Melinda Beck. Published online at Wall Street Journal. Health, December 1, 2009.

Woman’s World Magazine

Interview for a story on “Ask America’s ultimate experts: Therapeutic ways to celebrate the seasons” by Kristina Mastrocola.

O/The Oprah Magazine

Interview for a story, “Energy boosters and busters: Winter darkness” by Dana Sullivan Kilroy. January 2008 issue, page 181.

Consumer Reports

Interview for a story, “Winter blues: When to consider drugs” by Jamie Kopf Hirsh. November 2007 issue, page 52.

Psychology Today

Interview for a story, “Cognitive-Behavioral Therapy for Seasonal Affective Disorder” by Lydia Fong. March 2007 issue.

ScienCentral, Inc.

Interview for an article, “Winter Mood” by Emily Hager for ScienCentral News, January 17, 2006.

The Behavior Therapist

Recent media appearances and attention on cognitive-behavioral therapy for SAD were the focus of a News and Notes article, “Kelly Rohan,” by Sarah Evans & David DiLillo. The Behavior Therapist, 29 (8), winter 2006, page 200.

National Geographic

Interview for an article, “Why seasonal depression can happen in the summer too” by Julia Sklar. August 26, 2020.

CNBC, The Wall Street Journal Report

Interview appearance for a feature on seasonal affective disorder and lighting by Carol Berman. Saturday, February 28, 2004.

Goop

Q&A, “A new approach to treating seasonal affective disorder.” January 31, 2019.

Psychotherapy Networker

Interview for a Clinician’s Digest article, “Cognitive-behavioral therapy vs. light therapy” by Gary Cooper. September/October 2004 issue, page 18.

Vogue

Interview for an article, “How to cope with seasonal affective disorder amid the pandemic” by Lauren Valenti. Nov. 11, 2020.

The View (from the University of Vermont)

Interview for an article, “SAD Conversation” by Jon Reidel, Tuesday, October 25, 2005.

Vermont Public Radio

Interview with Jane Lindholm for Vermont Edition story on SAD. November 6, 2018.

Interview with Taylor Dobbs for “New Therapy Provides Long-Term Solution For S.A.D. Sufferers.” November 6, 2015.

Interview with Mitch Wertlieb for a Morning Edition story on SAD. Thursday, November 3, 2005.

Guest on Switchboard with Nina Keck for a special on depression. Thursday, November 10, 2005.

Burlington Free Press

Provided answers for a Q & A article, “Psyching out seasonal depression: altering behavior can remedy SAD symptoms” in Health, December 2005, Vol. 2, Issue 12, page 10.

WOMM-LP 105.9 FM Burlington

Interview with Ann Barbano for an hour-long program focused on seasonal affective disorder on “The Next Frontier: The first Vermont Autism, Disabilities and Diagnosis Radio Program,” Feb. 3, 2011.

FOX44/ABC 22 News

Interview with Michael Page for a story on sunshine and depression. Aired on the evening news, Jan. 16, 2014.

Interview with Brandon Hudson for a story on seasonal depression. Aired on the evening news, Feb. 4, 2011.

WCAX Channel 3 News

Interview for “Across the Fence” program, “Research on seasonal affective disorder.” December 9, 2020.

Interview with Christina Guessferd for a story, “Tips for maintaining a healthy body and mind during the coronavirus pandemic.” March 30, 2020.

Interview with Judy Simpson for an “Across the Fence” program, “Understanding seasonal affective disorder through research and clinical trials,” Nov. 3, 2009.

Interview with Kristen Kelly for a story on seasonal affective disorder. Friday, March 31, 2006, 6:00 pm news.

Teaching Experience

August 2005 – present

Department of Psychological Science, University of Vermont, Burlington

Duties: Teaching undergraduate psychology courses and graduate courses within our Department’s clinical psychology doctoral program (APA-accredited). Providing academic mentorship to clinical psychology graduate students, supervising dissertations and second-year projects, overseeing student professional development.

Courses:

Graduate Courses in Psychology (offered every 2 years)

Adult Psychopathology (PSYS 371)

Adult Cognitive-Behavioral Therapy (PSYS 375)

Undergraduate Courses in Psychology (offered regularly)

Abnormal Psychology (PSYS 170)

Introduction to Clinical Psychology (PSYS 270)

Supervised Research Experience/Independent Study (PSYS 198)

Past Teaching Experience at the Uniformed Services University of the Health Sciences

May 2000 – August 2005

Department of Medical and Clinical Psychology, Uniformed Services University of the Health Sciences, Bethesda, Maryland

Duties: Teaching graduate courses within the Department's three psychology doctoral programs: Clinical Psychology—Military Psychology track (APA-accredited), Clinical Psychology—Medical Psychology track (APA-accredited), and Medical Psychology; giving guest lectures in areas of expertise in other Department graduate courses; lecturing medical students in the Department's team-taught Medical Psychology course. Providing academic mentorship to graduate students in medical and clinical psychology, supervising Master's theses and dissertations, overseeing student professional development.

Courses and Lectures:

Graduate Courses in Psychology (offered annually)

Foundations of Intervention: Cognitive Behavioral Therapy I (MPO529)

Foundations of Intervention: Cognitive Behavioral Therapy II (MPO542)

Specialized Graduate Lectures in Psychology (given annually)

Mood Disorders lecture (Adult Psychopathology, MPO526)

Functional Analysis/Behavioral Assessment lecture (Clinical Assessment I, MPO537)

Methodological Issues in Clinical Research lecture (Research Methods I, MPO901)

Assessment of Depression lecture (Clinical Assessment II, MPO538)

Physical Activity and Exercise lecture (Health Psychology/Behavioral Medicine, MPO501)

Medical School Lectures (given annually)

Medical Psychology MS-I Course (MPO701)

Physical Activity and Exercise lecture

Eating Disorders lecture

Medical School Seminars (given annually)

Ethical, Legal and Social Aspects of Medical Care MS-II Course

Faculty Facilitator for discussion sessions on Research and the Student/Patient Relationship

Other Past Teaching Experiences

November 1998 – April 2000

Eating Disorders Program, University of Mississippi Medical Center, Jackson
Duties: Providing in-service training to medical residents and nurses who interact with eating disorder inpatients; presenting early identification information to pediatric and obstetrics-gynecology residents; lecturing medical students and psychiatry residents; delivering prevention-oriented lectures at local schools and universities.

September 1996 – May 1997

Department of Psychology, University of Maine, Orono

Title: Course Instructor

Duties: Instructing two sections of undergraduate Abnormal Psychology (PSY 312); preparing and delivering all lectures; developing examinations; calculating grades; providing student consultation.

January 1994 – May 1997

Department of Psychology, University of Maine, Orono

Title: Graduate Teaching Assistant; part-time position

Duties: Presenting guest lectures; instructing review sessions; consulting with students; writing examination questions; grading homework assignments.

September 1991 – May 1992

Department of Psychology, Saint Bonaventure University, Saint Bonaventure, New York

Title: Undergraduate Laboratory Instructor

Duties: Instructing weekly laboratory sessions for the undergraduate Research Methods and Statistics courses; supervising student research projects; lecturing; consulting with students; evaluating student performance.

Graduate Student Mentoring

Current Graduate Students

Julia Camuso (fifth-year, University of Vermont, clinical psychology)
Jessica Perez (fourth-year, University of Vermont, clinical psychology)
Praise Iyiewuare (third-year, University of Vermont, clinical psychology)
Julia Terman (second-year, University of Vermont, clinical psychology)
Richard Norton (first-year, University of Vermont, clinical psychology)

Former Graduate Students

Kathryn Tierney Lindsey, Ph.D. (USHS, 2005) Internship: National Navy Medical Center.
Position after graduation: Director, Substance Abuse Rehabilitation Program, Naval

- Hospital, Naples, Italy. Past President: APA Division 19 (Society for Military Psychology). Current position: Commander, U.S. Navy (Ret).
- Kathryn A. Rocklein, Ph.D. (USUHS, 2008) Internship: University of Mississippi Medical School/Jackson VA Consortium. Position after Graduation: Assistant Professor (tenure-track, University of Pittsburgh, Department of Psychology. Current position: Associate Professor (with tenure), University of Pittsburgh, Department of Psychology.
- Yael I. Nillni, Ph.D. (UVM, 2012) Internship: University of Mississippi Medical School/Jackson VA Consortium. Position after Graduation: Postdoctoral Fellow, National Center for PTSD, Women's Health Sciences Division, Boston VAMC. Current Position: Advanced Research Fellow in Women's Mental Health, Boston VAMC and Assistant Professor, Department of Psychiatry, Boston University School of Medicine.
- Lilya Sitnikov, Ph.D. (UVM, 2014) Internship: University of California San Diego/VA Psychology Internship Training Program. Position after Graduation: Postdoctoral Fellow, Stanford University School of Medicine. Current Position: Assistant Professor, Stanford University School of Medicine.
- Jennifer N. Mahon/Rough, Ph.D. (UVM, 2015) Internship: Seattle Puget Sound VAMC. Position after Graduation: Postdoctoral Fellow, Seattle Puget Sound VAMC. Current Position: Clinical Psychologist, Seattle Psychology, PLLC.
- Maggie Evans, Ph.D. (UVM, 2016) Internship: Greater Hartford Clinical Psychology Internship Consortium. Position after Graduation: Postdoctoral Fellow, Boston VAMC. Current position: Assistant Professor, UConn Health, Department of Psychiatry.
- Sheau-Yan Ho, Ph.D. (UVM, 2017) Internship: VA Connecticut Healthcare System. Position after Graduation: Postdoctoral Fellow, New Jersey VAMC. Current Position: Instructor and Attending Psychologist, Department of Psychiatry, Columbia University Irving Medical Center and New York-Presbyterian Hospital.
- Jonah Meyerhoff, Ph.D. (UVM, 2019) Internship: University of Rochester. Current Position: Postdoctoral Fellow, Northwestern University Feinberg School of Medicine.

Funded Graduate Student Grant Proposals Sponsored

September 2017 – September 2019

Submitted March 2016 (not discussed), resubmitted December 2016 (priority/impact score = 29)

Graduate Trainee: Jonah Meyerhoff

Title: Risk factors for suicidal behavior among Bhutanese refugees resettled in the U.S.

Project #: F31MH116562-01A1

Funding Source: National Institute of Health Ruth L. Kirschstein National Research Service Award (NRSA)

Amount: \$74,030

Key Personnel: Jonah Meyerhoff (Student); Rex Forehand, Ph.D. (Sponsor), Kelly J. Rohan, Ph.D. (Co-Sponsor); Karen Fondacaro, Ph.D. (Co-Sponsor); Marjan Holloway, Ph.D. (Suicide Consultant); Molly Benson, Ph.D. (Refugee Mental Health Consultant); Luna Mulder (Bhutanese Refugee Cultural Consultant)

Training Plan: To acquire training necessary for a career as a clinical research scientist investigating suicidal behavior in underserved populations.

Research Plan: The proposed project will significantly advance our understanding of risk factors for suicidal behavior in the Bhutanese refugee population living in the United

States. This cross-sectional study will test (1) a comprehensive conceptual model of suicidal behavior by examining incremental risk factors for suicide including suicidal desire, suicidal ideation, thwarted belongingness, and perceived burdensomeness in Bhutanese refugees and (2) the relative contributions of suicidal desire and suicidal ideation as risk factors for suicidal behavior in Bhutanese refugees. The proposed conceptual model will provide the necessary preliminary evidence for a cultural adaptation of well-established proximal risk factors of suicidal behavior and will aid in identifying the earliest and most accurate warning signs for suicide risk in Bhutanese refugees to date. This study lays the groundwork for future longitudinal tests of the proposed risk factors for suicidal behavior and will allow for the development of interventions designed specifically to reduce suicidal behavior among Bhutanese refugees.

January 2012 - December 2013

Submitted August 2010 (impact/priority score = 22), resubmitted December 2010

(impact/priority score = 20)

Graduate Trainee: Jennifer N. Mahon (Rough)

Title: An integrative chronobiological-cognitive approach to seasonal affective disorder

Project #: F31MH094046-01A1

Funding Source: National Institutes of Health Ruth L. Kirschstein National Research Service Award (NRSA) from the National Institute of Mental Health

Amount: \$89,960

Key Personnel: Jennifer N. Mahon (Student); Kelly J. Rohan, Ph.D. (Sponsor); Alfred J. Lewy (Co-Sponsor)

Training Plan: To acquire graduate training in research and education pertaining to clinical psychology and chronobiology to prepare the graduate trainee for a career as a scientist-practitioner investigating biopsychosocial profiles of risk for mood disorders.

Research Plan: This study will use a prospective, longitudinal design to clarify the etiological underpinnings of SAD in a test of Rohan's integrative cognitive-behavioral model of SAD by (1) comparing the vulnerabilities between SAD patients and never-depressed matched controls from summer to winter, and (2) testing the relative and combined contributions of the chronobiological and cognitive vulnerabilities in predicting winter depression severity in patients and controls.

December 2009 – July 2011

Submitted August 2008 (priority score = 176), resubmitted March 2009 (priority score = 1.8)

Graduate Trainee: Yael I. Nillni

Title: Anxiety sensitivity, menstrual cycle phase, and panic-relevant responding

Project #: R36MH086170-01A1

Funding Source: Mental Health Dissertation Grant to Increase Diversity Project from the National Institute of Mental Health

Amount: \$77,069

Key Personnel: Yael I. Nillni (Student); Kelly J. Rohan, Ph.D. (Sponsor); Michael Zvolensky, Ph.D. (Co-Sponsor)

Description: To test a potential gender-specific vulnerability-stress pathway to panic pathology, the primary aim of this project is to examine the interactive effects of anxiety

sensitivity and menstrual cycle phase (premenstrual phase vs. follicular phase) in predicting anxious- and panic-relevant responding to a laboratory biological challenge that elicits these responses (i.e., 3 minutes of inhaling 10% CO₂-enriched air) in 60 normally menstruating community women.

August 2005 – July 2007

Submitted December 2003; resubmitted August 2004 (priority score = 132, 3.2%)

Graduate Trainee: Kathryn A. Roecklein

Title: Melanopsin polymorphisms in seasonal affective disorder

Project #: F31MH072054-01A1

Funding Source: National Institutes of Health Ruth L. Kirschstein National Research Service Award (NRSA) from the National Institute of Mental Health

Key Personnel: Kathryn A. Roecklein (Student); Kelly J. Rohan, Ph.D. (Sponsor); Ignacio Provencio, Ph.D. (Co-Sponsor); Michelle Fries, M.D. (Clinical Genetics Consultant); Robert Lipsky, Ph.D. (Human Genetics Collaborator).

Training Plan: To complete graduate training including research and didactic education in medical and clinical psychology, neuroscience, genetics, and circadian biology with the goal of becoming a clinical researcher and scientist-practitioner in an interdisciplinary academic environment.

Research Plan: To conduct (1) a cross-sectional study to determine if individuals with SAD have a higher prevalence of an identified variation (P10L) in the gene for melanopsin compared to healthy volunteers and (2) a family study to determine if the melanopsin variant segregates with SAD diagnosis and seasonality in first-degree relatives of individuals with SAD.

Graduate Student Grant Proposals Sponsored, Pending

July 2021 – June 2023 (proposed)

Submitted December 2020 (priority/impact score = 45); awaiting decision

Graduate Trainee: Jessica Perez

Title: Attentional bias towards seasonal and light stimuli and winter depression recurrence: An ecological momentary assessment study

Project #: F31MH127947

Funding Source: National Institute of Health Ruth L. Kirschstein National Research Service Award (NRSA)

Amount Requested: \$99,208 (direct costs \$63,595)

Key Personnel: Jessica Perez (Student); Kelly J. Rohan, Ph.D. (Sponsor); Mark Bouton, Ph.D. (Co-Sponsor), Matthew Price, Ph.D. (Consultant)

Training Plan: To acquire training necessary for a career as a clinical research scientist integrating learning theory in the study of depression onset and recurrence.

Research Plan: Informed by depression and learning theories, this project aims to test a model positing that increased attention to seasonal and light cues leads to anticipatory anxiety about the upcoming winter, which is followed by depressive symptoms in people with winter depression and to explore treatment with cognitive-behavior or light treatment as a moderator of these effects.

Doctoral Dissertations Supervised

- Camuso, J. (in progress). *Staying in bed: Associations between fatigue, fatigue catastrophizing, sleep behaviors, and depression severity in winter depression*. (University of Vermont, clinical psychology)
- Meyerhoff, J. (2018). *Risk factors for suicidal behavior among Bhutanese Refugees resettled in the United States*. (University of Vermont, clinical psychology)
*Recipient of the American Psychological Association Division 12 (Society of Clinical Psychology) 2019 Distinguished Dissertation Award in Clinical Psychology
- Ho, S. (2017). *The impact of depressive symptoms on participation in cardiac rehabilitation and cardiac fitness outcomes*. (University of Vermont, clinical psychology)
- Evans, M. (2016). *Cognitive vulnerability to mood disturbance in an exercise withdrawal paradigm*. (University of Vermont, clinical psychology)
- Rough, J. N. (2015). *An integrative chronobiological-cognitive approach to seasonal affective disorder*. (University of Vermont, clinical psychology)
- Sitnikov, L. (2014). *Emotion regulation strategies in binge eating disorder: Rumination, distress tolerance, and expectancies for eating*. (University of Vermont, clinical psychology)
- Nillni, Y. I. (2011). *Effect of anxiety sensitivity and premenstrual cycle phase on panic-relevant responding to a biological challenge in women*. (University of Vermont, clinical psychology)
- Roecklein, K. A. (2007). *Haplotype analysis of the melanopsin gene in seasonal affective disorder patients and controls*. (USUHS, medical and clinical psychology)
- Tierney Lindsey, K. (2004). *Surface facial electromyography responses to light and seasonal stimuli in seasonal affective disorder*. (USUHS, clinical psychology)

Master's Theses Supervised

- Terman, J. M. (in progress). *Personality pathology in winter depression: prevalence and effects on treatment outcome in cognitive-behavioral therapy and light therapy*. (University of Vermont, clinical psychology)
- Iyiewaure, P. O. (2020). *Body mass index and atypical balance score as predictors of acute and long-term treatment outcomes for seasonal affective disorder*. (University of Vermont, clinical psychology)

Perez, J. (2020). Cognitive predictors of depressive symptoms: Cognitive reactivity, mood reactivity, and dysfunctional attitudes. (University of Vermont, clinical psychology)

Silverman Belisle, S. (2016). *Proposal for a pilot study to explore group Vinyasa yoga for the treatment of seasonal affective disorder and winter blues*. [integrative project for Masters program, Spirituality Mind Body Institute (SMBI) at Teachers College, Columbia University]

Second-Year Projects Supervised (our former Master's equivalent project)

Camuso, J. (2018). *Prognostic and prescriptive predictors of acute and follow-up outcomes in seasonal affective disorder treatment with light therapy or cognitive-behavioral therapy*. (University of Vermont, clinical psychology)

Meyerhoff, J. (2015). *Treatment expectations for cognitive-behavioral therapy and light therapy for seasonal affective disorder: Change across treatment and relation to outcome*. (University of Vermont, clinical psychology)

Ho, S. (2013). *Depression, fatigue, and sleep disturbances in women with breast cancer*. (University of Vermont, clinical psychology)

Evans, M. (2012). *Cognitive change across cognitive-behavioral and light therapy treatments for seasonal affective disorder: What accounts for clinical status the next winter?* (University of Vermont, clinical psychology)

Johnson, L. G. (2005). *Atypical and typical winter depressive symptoms and responsiveness to light therapy, cognitive-behavioral therapy, or combination treatment*. (USUHS, clinical psychology)

Lippy, R. D. (2005). *A measure of cognitions specific to seasonal affective disorder: Development and validation of the Seasonal Beliefs Questionnaire*. (USUHS, clinical psychology)

Roecklein, K. A. (2004). *Melanopsin polymorphisms in seasonal affective disorder*. (USUHS, medical and clinical psychology)

Tierney Lindsey, K. (2003). *Changes in cognitive-behavioral constructs across treatment modalities for seasonal affective disorder: Cognitive-behavioral therapy, light therapy, and their combination*. (USUHS, clinical psychology)

Dissertation Committees

Pichler, E. (2019). *Predictors of psychotherapy attrition among refugees*. (University of Vermont, clinical psychology)

- Zvorksy, I. (2019). *Financial incentives for smoking cessation among peripartum women at risk for depression: Effects on smoking abstinence and peripartum depressive symptoms*. (University of Vermont, clinical psychology)
- Paiva-Salisbury, M. (2017). *Measurement invariance of primary and secondary psychopathy within the Psychopathic Personality Inventory–Revised*. (University of Vermont, clinical psychology)
- Clifton, J. (2016). *A randomized pilot trial: The transdiagnostic application of a mind-body intervention to mitigate anxiety in infertile women*. (University of Vermont, clinical psychology)
- Wald, L. (2016). *Cost-benefit and cost-utility analyses of cognitive-behavioral therapy versus light therapy for seasonal affective disorder*. (American University, clinical psychology)
- Seehuus, M. (2015). *The identification and implications of conflicting attentional bias to sexual stimuli*. (University of Vermont, clinical psychology)
- Dundon, C. (2014). *The role of the cortisol/DHEA(s) ratio in women with depression and comorbid sexual dysfunction*. (University of Vermont, clinical psychology)
- Marshall, E. C. (2010). *Anxiety sensitivity moderates the relation between nonclinical panic attacks and panic-relevant responding to a biological challenge*. (University of Vermont, clinical psychology)
- Schartel, J. G. (2009). *The effect of anxiety sensitivity and menstrual cycle phase on psychological and psychophysiological reactivity to a carbon dioxide task*. (University of Maine, clinical psychology)
- Türkoglu, Ö. D. (2009). *Reliability of test session observations and cross-informant agreement on children's behavioral and emotional problems*. (University of Vermont, clinical psychology)
- Fikkan, J. (2008). *Does experiential avoidance mediate the relationship between negative affect and dietary restraint?* (University of Vermont, clinical psychology)
- Coffelt, N. L. (2007). *Maternal depression in remission: Associations of past depression chronicity, severity, and current symptoms with youth externalizing and the mediating role of parenting*. (University of Vermont, clinical psychology)
- Gregor, K. (2007). *Anxiety sensitivity and perceived control over anxiety-related events: Evaluating interactive effects in the prediction of anxious and fearful responding to bodily sensations*. (University of Vermont, clinical psychology)

Freed, M. C. (2004). *Costs and cost-effectiveness of seasonal affective disorder treatment: comparing light therapy, group cognitive-behavioral therapy, and their combination*. (American University, clinical psychology)

Friedman-Wheeler, D. G. (2004). *Depression and expectancies for the effectiveness of specific negative affect regulation strategies among cigarette smokers*. (American University, clinical psychology)

Johnson, L. G. (2007). *Problem solving and emotional distress among brain and breast cancer survivors*. (USUHS, clinical psychology)

McCeney, M. K. (2004). *Biobehavioral triggers of cardiac arrhythmia: The role of emotion, physical activity, and heart rate variability*. (USUHS, medical psychology)

Nicholas, R. A. (2004). *Workstyle intervention for the prevention of work-related upper extremity problems: A randomized controlled trial*. (USUHS, clinical psychology)

Thorndike, F. P. (2004). *Effect of cognitive behavioral therapy on smokers' cognitive coping skills*. (American University, clinical psychology)

External Evaluator for Dissertations at Foreign Institutions

Vadskjær Hjordt Brüel, L. (2018). *"I should have been a bear. Bears are allowed to hibernate; humans are not" – A study of cognitive and personality factors involved in seasonal affective disorder*. (University of Copenhagen, clinical psychology)

Nußbaumer, B. (2018). *Prevention of seasonal affective disorder*. (Medical University of Vienna, Applied Medical Science)

Master's Thesis and Second Year Project Committees

Gopchandandi, S. (2019). *Using word embeddings to explore the language of depression on Twitter*. (University of Vermont, computer science).

Legrand, A. (2019). *Emotionally valenced stimuli impact response inhibition in those with co-occurring substance use disorder*. (University of Vermont, clinical psychology).

van Stolk-Cooke, K. (2018). *Examining experiences of social support providers in the aftermath of traumatic injury*. (University of Vermont, clinical psychology).

Streck, J. M. (2016). *Changes in psychiatric symptoms among opioid-dependent adults receiving Interim Buprenorphine Treatment vs. waitlist control*. (University of Vermont, clinical psychology).

Zvorsky, I. (2016). *Effects of financial incentives for smoking cessation on psychiatric symptoms in pregnant and newly postpartum women*. (University of Vermont, clinical psychology)

Klemperer, E. (2015). *Perceptions of treatment predict outcome in brief interventions for smokers who are not ready to quit*. (University of Vermont, clinical psychology)

Wald, L. (2014). *Cost-benefit analysis of cognitive-behavioral therapy versus light therapy for seasonal affective disorder*. (American University, clinical psychology)

Morris, K. L. (2004). *A comparison of eating patterns across two behavioral obesity treatments: Behavior therapy and behavioral choice treatment*. (USUHS, medical and clinical psychology)

Nguyen, A. T. (2004). *Seasonal, premenstrual, and depressive symptoms and their cognitive correlates*. (American University, clinical psychology)

Scott Davis, D. (2003). *My body, my weight: Body perception among African American and Caucasian first-graders and their parents*. (USUHS, medical psychology)

Clinical Training/Practicum Supervision

June 2006 – present

Department of Psychological Science, University of Vermont, Burlington

Duties: Supervising clinical psychology graduate student cases at Vermont Psychological Services; providing consultation to graduate students on clinical issues; supervising psychology practicum students serving as co-therapists for cognitive-behavioral treatment groups; supervising graduate and undergraduate students in monitoring depressive symptoms and treatment response.

May 2000 – August 2005

Department of Medical and Clinical Psychology, Uniformed Services University of the Health Sciences, Bethesda, Maryland

Duties: Directing clinical graduate students in applied exposure to cognitive-behavioral interventions for specific psychological problems; supervising psychology practicum students serving as co-therapists for cognitive-behavioral treatment groups; supervising graduate students and research assistants in monitoring depressive symptoms and treatment response; supervising psychology interns at the National Naval Medical Center conducting cognitive-behavioral therapy for individual cases at an outpatient clinic.

Undergraduate Student Mentoring

Undergraduate Honor's Theses Supervised

Juntunen, H. (in progress). *Test of the cognitive vulnerability-stress model in predicting hypomanic symptoms in college students.* (Psychological Science, University of Vermont).

McCormick, B. (in progress). *The effects of weather and photoperiod on mood in seasonal affective disorder treatment with light therapy or cognitive-behavioral therapy.* (Psychological Science, University of Vermont).

Gormley, M. B. (2016). *Rumination, negative life events, and depressive symptoms in a sample of college students.* (Psychological Science, University of Vermont).

Pastel, C. (2015). *Global perceived stress as a moderator of depression following exercise cessation.* (Psychological Science, University of Vermont).

Deeb, A. (2013). *The role of seasonal attitudes in seasonal affective disorder.* (Psychology, University of Vermont).

Chapman, Z. A. (2010). *Predictors of mental health outcomes in a sample of churchgoing Catholics.* (Psychology, University of Vermont).

Kosak, A. (2008). *Self-reported mood sensitivity to pollen, seasonality of mood, and depressive symptoms in a northeastern college sample.* (Psychology, University of Vermont).

Undergraduate Honor's Thesis Committees

McDonough, S. R. (2011). *Effects of a weight and health management course on students' self-esteem.* (Psychology, University of Vermont).

Bucy, D. E. (2007). *Virginia Wolf and Sigmund Freud in the Post-Modern Era.* (English, University of Vermont). (Committee Chair).

Ronald E. McNair Postbaccalaureate Achievement Program Scholars Supervised

(Note: This is a national program, established by the U. S. Congress in 1989 in honor of NASA astronaut Ronald McNair, to increase the number of first-generation, limited income, and under-represented minority students who earn a doctorate degree).

White, D. R. (2012). *Pleasant events as a mechanism and moderator of outcomes in cognitive-behavioral therapy vs. light therapy for seasonal depression.* (Faculty Mentor).

Service

Service to the University of Vermont

September 2012 – present

Director of Clinical Training, Graduate Program in Clinical Psychology

Duties: Interfacing with APA to ensure our program remains compliant with the Standards on Accreditation, completing the annual report to APA Commission on Accreditation (CoA) and our program's self-study (when relevant), revising and disseminating our program's policies and procedures annually, leading monthly clinical program faculty meetings, overseeing the professional development and academic progress of all students program-wide, facilitating the formal annual review of all clinical psychology graduate students, coordinating assignment of graduate funding placements for all clinical students, implementing the Department's policy on faculty members accepting GTA-funded students annually, assisting the Chair in annual evaluation of all clinical program faculty members, partnering with our clinical graduate student representatives to improve the program and address student concerns, mentoring all first-year clinical students in program milestones and policies/procedures, representing the program at all Graduate College faculty meetings (with the Dean of the Graduate College) and at graduate program directors meetings (with the Dean of the College of Arts and Sciences), serving as a liaison between the program and potential applicants.

Significant Program Milestones under My Leadership: Prepared and submitted the Program's self-study (2017), responded to APA CoA's administrative review of the self-study (2017), obtained site visitors and organized the site visit (2017), developed and submitted the Program's response to the site visit report (2018) and to APA CoA's final program review (2018). Program was awarded 10 years accreditation (2018).

September 2013 – present

Member, Department Advisory (formerly Budget and Personnel) Committee

Duties: Advising the Psychological Sciences Department Chair on matters of importance to the Department (along with the director of the experimental psychology graduate program).

September 2013 – present

Member, Board of Directors, Vermont Psychological Services (formerly the Behavior Therapy and Psychotherapy Center)

April 2017 – present

Member, Diversity, Equity, and Inclusion Committee, UVM Clinical Psychology Graduate Program.

Duties: The Committee works on increasing our awareness/sensitivity to inclusion of under-represented groups in our thinking about research, clinical work, and teaching; increasing diversity in terms of admissions and retention of students; and helping to make students and faculty aware of opportunities to learn about diversity on campus.

September 2011 – July 2012

Member, Search Committee for a Human Genetics Faculty Member, Neuroscience, Behavior, and Health Transdisciplinary Research Initiative

August 2005 – May 2012

Chair, Psychological Science Department Colloquium Committee

Duties: Soliciting faculty members annually for speaker nominations, serving as the liaison between invited speakers and the department, coordinating the logistics of speaker visits to campus (travel, lodging, honorarium), organizing speaker receptions, and developing the speaker's visit schedule (meetings with individual faculty members and labs, meals, additional activities).

September 2007 – May 2012

Member, College of Arts and Sciences Dean's Student Awards Committee

Duties: Review and prioritize applications for three types of funding: Ronald Suiter Prize (provides support for six or more undergraduate or graduate students in the College of Arts and Sciences to attend conferences, seminars, workshops, etc.), APLE Summer Stipend (provides a summer salary for two undergraduate students to engage in research and creative projects in collaboration with faculty mentors in the College of Arts and Sciences), and APLE Award (supports expenses involved in credit-bearing undergraduate research and creative activities).

December 2010 – August 2011

Chair, Faculty Search Committee for a Lecturer in clinical and developmental psychology

September 2007 – May 2010

Member, College of Arts and Sciences Admissions Committee (3-year term)

Chair, 2009-2010

Duties: Serving in an advisory capacity to the administration on issues related to the admission of undergraduate students, making recommendations in the review of borderline applications, and representing the College at admission events, including open houses, ALANA student discussions (to recruit individuals from under-represented groups), and the annual Green and Gold Reception (to recruit top Vermont scholars).

May 2006 – January 2007

Associate Chair, Faculty Search Committee for two tenure-track faculty positions in the clinical psychology program (one open-rank and one Assistant Professor)

August 2005 – April 2006

Member, Faculty Search Committee for a tenure-track Assistant Professor (adult psychopathology) in the clinical psychology program

Professional Organization Committee Work

March 2002 – present

Member and "Super Reviewer," Association for Behavioral and Cognitive Therapies Program Committee for Annual Convention

Duties: Reviewing submissions for presentation at the annual meeting.

December 2005 – November 2012

Chair, Awards Committee for the Women's Issues in Behavior Therapy Special Interest Group of the Association for Behavioral and Cognitive Therapies

Duties: Judging paper submissions for the Women's SIG Young Investigator and Student Paper awards for the annual meeting.

November 2004 – November 2005

Chair, Local Arrangements Committee for the 2005 Annual Convention, Association for Behavioral and Cognitive Therapies

Duties: Serving in an advisory capacity to those planning the convention program including the Program Chair, Workshop and Institute Chairs, and Convention Coordinator; recruiting and organizing local ABCT members to serve on the Local Arrangements Committee; organizing the Student Volunteer Program to cover all ticketed workshops and institutes; providing ABCT administration with information regarding licensure and CE requirements for mental health professionals in DC and border states to inform scheduling and credit decisions; promoting the location of the convention; organizing activities to enhance attendees' convention experiences; writing two articles for the Behavior Therapist to promote the convention city; coordinating a Local Arrangements information table; organizing groups for dinner outings in the DC area.

August 2004 – November 2012

Member, Association for Association for Behavioral and Cognitive Therapies Program Committee for Women's Issues in Behavior Therapy Special Interest Group Exposition

Duties: Reviewing poster submissions to the Women's SIG for the annual meeting.

Data Safety and Monitoring Boards

April 2021 – present

Member, Data Safety and Monitoring Board (along with Jennifer Payne, M.D. and Johnathan Troost, Ph.D.)

Project: R01MH121531-01A1 (A wearable morning light treatment for postpartum depression)

Principal Investigator: Leslie Swanson, Ph.D., University of Michigan

Duties: Safeguarding the interests of study participants, assessing the safety and efficacy of study procedures, and monitoring the overall conduct of the study.

Service to the Uniformed Services University of the Health Sciences

September 2002 – August 2005

Member, Institutional Review Board

Duties: Reviewing and evaluating the ethics and safety of all USUHS human research protocols, attending monthly meetings, voting on actions.

September 2002 – August 2003

Member, Research Day Committee

September 2002 – August 2005

Internship Coordinator

Duties: Guiding clinical psychology doctoral students through the internship application process; meeting with students formally to review APPIC procedures, to discuss and review drafts of application materials, to provide tips on interviewing, and to answer questions; serving as liaison between APPIC and the USUHS psychology department.

September 2001 – August 2005

Recruitment Liaison

Duties: Serving as a liaison between the Department and potential applicants to our graduate programs; representing USUHS and the Department at local graduate school open houses and discussion panels; developing and disseminating literature to promote our graduate programs in medical psychology, clinical psychology, and medical psychology-clinical track; chairing a student/faculty committee on public relations.

September 2000 – August 2005

Clinical Consultant

Duties: Offering clinical consultation to all faculty members who conduct research with human participants; rendering on-the-spot crisis intervention for distressed participants; providing formal followup evaluation and referral for cardiac patients with elevated depression scores or suicidal ideation as part of Dr. David Krantz's research program.

Editorial Experience

Grant Proposal Reviewing and Study Section Experience

October 2020

Reviewer, National Institute of Mental Health Pilot Effectiveness Trials for Treatment, Preventive, and Services Interventions (R34), Agenda Seq Num - 404696

June 2018 and May 2019

Ad-hoc Reviewer, National Institute of Mental Health, Clinical Trials of Psychosocial Interventions Special Emphasis Panel ZMH1 ERB-D 06 S

Duties: Reviewing Confirmatory Efficacy R01 applications in response to FOA MH18-707

Meetings Attended: June 2018 and May 2019

September 2018

External Grant Evaluator, The Icelandic Research Fund, Division of Social and Educational Sciences

November 2017

Ad-hoc Reviewer, National Institute of Mental Health, Clinical Trial Effectiveness Special Emphasis Panel 01 ZMH1 ERB-B (02) S, (R01/R01 Collaboratives)

Duties: Reviewing Collaborative R01 applications in response to RFA MH17-608

Meetings Attended: November 2017

November 2014

Ad-hoc Reviewer, National Institute of Mental Health, Special Emphasis Panel ZMH1 ERB-K(01) R, Effectiveness of Treatment, Prevention, and Services Interventions (R01/R01 Collaboratives)

Duties: Reviewing Collaborative R01 applications in response to FOA MH15-325

Meetings Attended: November 2014

October 2011 – present

Ad-hoc Reviewer, National Institutes of Health Center for Scientific Review, Adult Psychopathology and Disorders of Aging Study Section (APDA)

Duties: Reviewing R01, R21, R15, and K01 applications that pertain to adult psychopathology; submitting written reviews and scores; attending Study Section meeting.

Meetings Attended: October 2011, February 2014

October 2003 – March 2005

Ad-hoc Reviewer, National Institutes of Health Center for Scientific Review, Special Emphasis Panel on Psychopathology and Adult Disorders, ZRG1 BBBP-D (11)

Duties: Reviewing SBIR, STTR Phase I and II, R01, R21, and R03 grant proposals submitted to the National Institutes of Health that pertain to new technology or product developments in psychopathology; preparing written critiques; attending Study Section meetings three times per year; scoring proposals.

Meetings Attended: November 2003, March 2004, July 2004, November 2004, March 2005.

Reviewing for Peer-Reviewed Journals

September 2001 – present

Ad-hoc reviewer for *Journal of Consulting and Clinical Psychology*, *Journal of Abnormal Psychology*, *Behavior Therapy*, *Cognitive Therapy and Research*, *Cognitive Behavioural Therapy*, *Behaviour Research and Therapy*, *Journal of Affective Disorders*, *Health Psychology*, *Psychiatry Research*, and *Depression & Anxiety*.

Clinical Licensure

Licensed Psychologist-Doctorate, State of Vermont (License #887), September 2006 – present

Licensed Psychologist, State of Maryland (License #3782), December 2000 – December 2007 (currently listed as “inactive status”)

Professional Affiliations

Association for Behavioral and Cognitive Therapies (Fellow and member)

Women’s Issues in Behavior Therapy Special Interest Group (member)

American Psychological Association (member)

Division 12: Society of Clinical Psychology (Fellow and member)

Society for Light Treatment and Biological Rhythms (member)

Professional References

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