

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 (APA-approved 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-approved 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)
 University of Mississippi Medical Center/Veterans Affairs Medical Center Consortium, Jackson (APA-approved)

1993 – 1998 **Ph.D., Clinical Psychology**
 University of Maine, Orono (APA-approved)
 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; gender differences.

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

- 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

Publications

Evans, M., Rohan, K. J., Ho, S., Howard, A., Dubbert, P. M., & Stetson, B. A. (accepted). Dimensions of physical activity and psychological well-being: A community-based exercise study.

Nillni, Y. I., Pineles, S. L., Rohan, K. J., Zvolensky, M. J., & Rasmusson, A. (in press). The influence of menstrual cycle on reactivity to a CO₂ challenge among women with and without premenstrual symptoms. *Cognitive Behaviour Therapy*.

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. doi: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*, 898-906.

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. *American Journal of Psychiatry, 173*, 244-251.

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.

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*, 707-715.

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*, 239-246.

- 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. *American Journal of Psychiatry*, *172*, 862-869.
- 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*, 138-146.
- Donofry, S. D., Roecklein, K. A., Rohan, K. J., Wildes, J. E., & Kamarck, M. L. (2014). Prevalence and correlates of binge eating in seasonal affective disorder. *Psychiatry Research*, *217*, 47-53. doi:10.1016/j.psychres.2014.03.012
- 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.
- 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*, 564-569.
- 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*, 112-117.
- 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. doi:10.1186/1745-6215-14-82
- Sitnikov, L., Rohan, K. J., Evans, M., Mahon, J. N., & Nillni, Y. I. (2013). Cognitive predictors and moderators of winter depression treatment outcomes in cognitive-behavioral therapy vs. light therapy. *Behaviour Research and Therapy*, *51*, 872-881.
- White, D. R., & Rohan, K. J. (2013). Pleasant events as a mechanism and moderator of outcomes in cognitive-behavioral therapy vs. light therapy for seasonal depression. *Undergraduate Psychology Review*, *1*, 145-178.
- Nillni, Y. I., Marshall-Berenz, E. C., Rohan, K. J., & Zvolensky, M. J. (2012). Sex differences in panic-relevant responding to a 10% carbon dioxide-enriched air biological challenge. *Journal of Anxiety Disorders*, *26*, 165-172. doi: 10.1016/j.janxdis.2011.10.008

- Nillni, Y. I., Rohan, K. J., & Zvolensky, M. J. (2012). The role of menstrual cycle phase and anxiety sensitivity in catastrophic misinterpretation of physical symptoms during a CO₂ challenge. *Archives of Women's Mental Health, 15*, 413-422.
- Reeves, G., Rohan, K. J., Langenberg, P., Snitker, S., & Postolache, T. T. (2012). Calibration of response and remission cut-points on the Beck Depression Inventory-Second Edition for monitoring seasonal affective disorder treatment outcomes. *Journal of Affective Disorders, 138*, 123–127.
- Sleemi, A., Johnson, M. A., Rohan, K. J., Okusaga, O., Adediran, T., Uzoma, H., Walsh, C. M., Reeves, G. M., & Postolache, T. T. (2012). Reading increases ocular illuminance during light treatment. *International Journal of Adolescent Medicine and Health, 24*(4), 339-342. doi: 10.1515/ijamh.2012.049. PubMed PMID: 23183735.
- Nillni, Y. I., Toufexis, D. J., & Rohan, K. J. (2011). Anxiety sensitivity, the menstrual cycle, and panic disorder: A putative neuroendocrine and psychological interaction. *Clinical Psychology Review, 31*, 1183-1191.
- Rohan, K. J., Nillni, Y. I., Mahon, J. N., Roecklein, K. A., Sitnikov, L., & Haaga, D. A. F. (2011). Cognitive vulnerability in moderate, mild, and low seasonality. *The Journal of Nervous and Mental Disease, 199* (12), 961–970. doi: 10.1097/NMD.0b013e3182392948
- Tierney Lindsey, K., Rohan, K. J., Roecklein, K. A., & Mahon, J. N. (2011). Surface facial electromyography, skin conductance, and self-reported emotional responses to light- and season-relevant stimuli in seasonal affective disorder. *Journal of Affective Disorders, 133*, 311-319. doi:10.1016/j.jad.2011.04.016
- Kosak, A., Rohan, K. J., Nillni, Y. I., & Postolache, T. T. (2010). Self-reported mood sensitivity to pollen, seasonality of mood, and depressive symptoms in a college sample. *International Journal of Child and Adolescent Health, 3*, 393-402.
- Nillni, Y. I., Rohan, K. J., Bernstein, A., & Zvolensky, M. J. (2010). Premenstrual distress predicts panic-relevant responding to a CO₂ challenge among young adult females. *Journal of Anxiety Disorders, 24*, 416-422.
- Roecklein, K. A., Rohan, K. J., & Postolache, T. T. (2010). Is seasonal affective disorder a bipolar variant? *Current Psychiatry, 9*, 43-54.
- Nillni, Y. I., Rohan, K. J., Rettew, D. C., & Achenbach, T. M. (2009). Seasonal trends in depression among U. S. children and adolescents: A representative population survey. *Psychiatry Research, 170*, 224-228.
- Roecklein, K. A., Rohan, K. J., Duncan, W. C., Rollag, M. D., Rosenthal, N. E., Lipsky, R. H., & Provencio, I. (2009). A missense variant (P10L) of the melanopsin (OPN4) gene in seasonal affective disorder. *Journal of Affective Disorders, 114*, 279-285.

- Rohan, K. J., Roecklein, K. A., & Haaga, D. A. F. (2009). Biological and psychological mechanisms of seasonal affective disorder: A review and integration. *Current Psychiatry Reviews, 5*, 37-47.
- Rohan, K. J., Roecklein, K. A., Lacy, T. J., & Vacek, P. M. (2009). Winter depression recurrence one year after cognitive-behavioral therapy, light therapy, or combination treatment. *Behavior Therapy, 40*, 225-238.
- Rohan, K. J., & Nillni, Y. I. (2008). Thinking outside of the light box: Applications of cognitive-behavioral theory and therapy to seasonal affective disorder. *International Journal of Child Health and Human Development, 1*, 155-164.
- Freed, M. C., Rohan, K. J., & Yates, B. T. (2007). Estimating health utilities and quality adjusted life years in seasonal affective disorder research. *Journal of Affective Disorders, 100*, 83-89.
- Guzman, A., Rohan, K. J., Yousufi, S. M., Nguyen M., Jackson M.A., Soriano, J. J., & Postolache, T. T. (2007). Mood sensitivity to seasonal changes in African college students living in the greater Washington D.C. metropolitan area. *TheScientificWorldJOURNAL, 7*, 584-591.
- Guzman, A., Tonelli, L. H., Roberts, D., Stiller, J. W., Jackson, M. A., Soriano, J. J., Yousufi, S., Rohan, K. J., Komarow, H. D., & Postolache, T. T. (2007). Mood worsening with high-pollen-counts and seasonality: A preliminary report. *Journal of Affective Disorders, 101*, 269-274.
- Guzman, A., Zebrak, R., Rohan, K. J., Sumar, I. A., Savchenko, S., Stiller, J., Valadez-Meltzer, A., Olsen, C., Lapidus, M., Soriano, J. J., & Postolache, T. T. (2007). A prospective, longitudinal study of seasonality in African students living in the greater Washington D.C. metropolitan area. *TheScientificWorldJOURNAL, 7*, 577-583.
- Rohan, K. J., Roecklein, K. A., Tierney Lindsey, K., Johnson, L. G., Lippy, R. D., Lacy, T. J., & Barton, F. B. (2007). A randomized controlled trial of cognitive-behavioral therapy, light therapy, and their combination for seasonal affective disorder. *Journal of Consulting and Clinical Psychology, 75*, 489-500.
- Soriano, J. J., Ciupagea, C., Rohan, K. J., Neculai, D. B., Yousufi, S., Guzman, A., & Postolache, T. T. (2007). Seasonal variations in mood and behavior in Romanian postgraduate students. *TheScientificWorldJOURNAL, 7*, 870-879.
- Volkov, J., Rohan, K. J., Yousufi, S. M., Agumadu, C. O., Jackson, M. A., Thrower, C. M., Stiller, J. W., Aeschbach, D., & Postolache, T. T. (2007). Seasonal changes in sleep duration in African American students. *TheScientificWorldJOURNAL, 7*, 880-887.

- Nguyen Portella, A. T., Haaga, D. A. F., & Rohan, K. J. (2006). The association between seasonal and premenstrual symptoms is continuous and is not fully accounted for by depressive symptoms. *The Journal of Nervous and Mental Disease*, 194, 833-837.
- Postolache, T. T., Stiller, J. W., Herrel, R., Goldstein, M. A., Srirangam, S. S., Zebrak, R., Thrower, C. M., Volkov, J., Volkov, I., No, M. J., Rohan, K. J., Redditt, J., Parmar, M., Mohyuddin, F., Olsen, C., Moca, M., Tonelli, L. H., Merikangas, K., & Komarow, H. D. (2005). Tree pollen peaks are associated with increased nonviolent suicide in women. *Molecular Psychiatry*, 10, 232-235.
- Roecklein, K. A., & Rohan, K. J. (2005). Seasonal affective disorder: An overview and update. *Psychiatry* 2005, 2, 20-26.
- Rohan, K. J., Sigmon, S. T., Dorhofer, D. M., & Boulard, N. E. (2004). Cognitive and psychophysiological correlates of subsyndromal seasonal affective disorder. *Cognitive Therapy and Research*, 28, 39-56.
- Rohan, K. J., Tierney Lindsey, K., Roecklein, K. A., & Lacy, T. J. (2004). Cognitive-behavioral therapy, light therapy, and their combination in treating seasonal affective disorder. *Journal of Affective Disorders*, 80, 273-283.
- Sigmon, S. T., Whitcomb-Smith, S. R., Rohan, K. J., & Kendrew, J. J. (2004). The role of anxiety level, coping styles, and cycle phase in menstrual distress. *Journal of Anxiety Disorders*, 18, 177-191.
- Johnson, W. G., Roberson-Nay, R., Rohan, K. J., & Torgrud, L. (2003). An experimental investigation of DSM-IV binge eating criteria. *Eating Behaviors*, 4, 295-314.
- Rohan, K. J., Sigmon, S. T., & Dorhofer, D. M. (2003). Cognitive-behavioral factors in seasonal affective disorder. *Journal of Consulting and Clinical Psychology*, 71, 22-30.
- Johnson, W. G., Rohan, K. J., & Kirk, A. (2002). Prevalence and correlates of binge eating among White and African American adolescents. *Eating Behaviors*, 3, 179-189.
- Rohan, K. J., & Sigmon, S. T. (2000). Seasonal mood patterns in a Northeastern college sample. *Journal of Affective Disorders*, 59, 85-96.
- Sigmon, S. T., Dorhofer, D. M., Rohan, K. J., & Boulard, N. E. (2000). The impact of cultural beliefs, bodily expectations, and anxiety sensitivity on menstrual symptom reporting: A test of the menstrual reactivity hypothesis. *Journal of Anxiety Disorders*, 14, 615-633.
- Sigmon, S. T., Dorhofer, D. M., Rohan, K. J., Hotovy, L. A., Boulard, N. E., & Fink, C. M. (2000). Psychophysiological, somatic, and affective changes across the menstrual cycle in women with panic disorder. *Journal of Consulting and Clinical Psychology*, 68, 425-431.

- Sigmon, S. T., Rohan, K. J., Boulard, N. E., Dorhofer, D. M., & Whitcomb, S. R. (2000). Menstrual reactivity: The role of gender-specificity, anxiety sensitivity, and somatic concerns in self-reported menstrual distress. *Sex Roles, 43*, 143-161.
- Applegate, B. W., Rohan, K. J., & Dubbert, P. M. (1999). Exercise and psychological health: Research evidence and implications for exercise professionals. *Clinical Exercise Physiology, 1*, 113-119.
- Sigmon, S. T., Rohan, K. J., Dorhofer, D. M., Hotovy, L. A., Trask, P. C., & Boulard, N. E. (1997). Effects of consent form information on self-disclosure. *Ethics and Behavior, 7*, 299-310.
- Sigmon, S. T., Fink, C. M., Rohan, K. J., & Hotovy, L. A. (1996). Anxiety sensitivity and menstrual cycle reactivity: Psychophysiological and self-report differences. *Journal of Anxiety Disorders, 10*, 393-410.
- Sigmon, S. T., Greene, M. P., Rohan, K. J., & Nichols, J. E. (1996). Adjustment and coping in male and female survivors of childhood sexual abuse. *Journal of Childhood Sexual Abuse, 5*, 57-75.

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

- Johnson, L. G., Rohan, K. J., Mahon, J. N., Ho, S., & Kop, W. J. (submitted). Atypical and typical winter depression symptoms and outcomes in light therapy, cognitive-behavioral therapy, or combination treatment.
- Patel, F., Rohan, K. J., Reeves, G. M., Nijjar, G. V., Khabazghazvini, B., Sleemi, A., Vaswani, D., Manalai, P., Tariq, M. M., Acharya, M., & Postolache, T. T. (submitted). Dim red light likely not an adequate control in clinical trials of bright light treatment.

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., (in press). Seasonal affective disorder treatment. In A. E. Wenzel (Ed.), *The SAGE Encyclopedia of Abnormal and Clinical Psychology*. Thousand Oaks, CA: SAGE Publications.

Rohan, K. J., & Meyerhoff, J. (in press). Seasonal affective disorder. In A. E. Wenzel (Ed.), *The SAGE Encyclopedia of Abnormal and Clinical Psychology*. Thousand Oaks, CA: SAGE Publications.

Rohan, K. J., & Mahon, J. N. (2015). Seasonal affective disorder. In R. J. DeRubeis and D. R. Strunk (Eds.), *The Oxford handbook of mood disorders*. New York, NY: Oxford University Press.

Evans, M., & Rohan, K. J. (2014). Seasonal affective disorder: Research. In L. Grossman & S. Walfish (Eds.), *Translating psychological research into practice* (pp. 259-261). New York, NY: Springer Publishing Company.

Kosak, A., Rohan, K. J., Nillni, Y. I., & Postolache, T. T. (2011). Self-reported mood sensitivity to pollen, seasonality of mood and depressive symptoms in a north eastern college sample. In T. T. Postolache & J. Merrick (Eds.), *Environment, mood disorders, and suicide* (pp. 227-238). Hauppauge, NY: Nova Science Publishers, Inc.

Rohan, K. J., & Nillni, Y. I. (2011). Applications of cognitive-behavioral theory and therapy to seasonal affective disorder. In T. T. Postolache & J. Merrick (Eds.), *Environment, mood disorders, and suicide* (pp. 429-442). Hauppauge, NY: Nova Science Publishers, Inc.

Roecklein, K. A., & Rohan, K. J. (2010). Seasonal affective disorder. In I. B. Weiner & W. E. Craighead (Eds.), *Corsini's encyclopedia of psychology (4th Ed.)* (pp. 1522-1524). Hoboken, N. J.: Wiley-Blackwell Publishing.

Freed, M. C., Osborn, R. L., & Rohan, K. J. (2009). Estimating the disease burden of seasonal affective disorder. In V. R. Preedy & R. R. Watson (Eds.), *Handbook of disease burdens and quality of life measures* (pp. 1549-1568). New York, NY: Springer-Verlag Publishing.

Rohan, K. J., Nillni, Y. I., & Roecklein, K. A. (2009). Psychotherapy. In T. Partonen & S. R. Pandi-Perumal (Eds.), *Seasonal affective disorder: Biology and clinics* (pp. 297-311). Oxford, UK: Oxford University Press.

Rohan, K. J., & Roecklein, K. A. (2009). Seasonal affective disorder. In R. E. Ingram (Ed.), *International encyclopedia of depression* (pp. 484-490). New York, NY: Springer Publishing.

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

Rohan, K. J., Meyerhoff, J., Ho, S., Roecklein, K. A., Nillni, Y. I. Vacek, P. M., & Hillhouse, J. J. (in preparation). A measure of cognitions specific to seasonal depression: Development and validation of the Seasonal Beliefs Questionnaire.

Research Grants (Funded)

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./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.

November 2016 –

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 #: 1 R01 MH 078982-01A2

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. Haag, 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 #: 1 R34 MH073797-01A2 (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 #: 1 R03 MH065946-01A1

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.

Research Grants (Under Review)

April 2017 – March 2022 (proposed)

Submitted June 2016, priority score = 38, completed Council Review (February 2017), will resubmit June 2017

Title: Optimizing Long-Term Outcomes for Winter Depression with CBT-SAD and Light Therapy: Confirming the Targets, Mechanisms, and Treatment Sequence

Project #: R01MH112819

Funding Source: National Institute of Mental Health Confirmatory Efficacy R01

Amount Requested for VT Site: \$3,461,918 (\$2,316,907 direct costs)

Description: This confirmatory efficacy R01 proposes to apply 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.

Research Grants (Submitted, Not Funded)

July 2016 – June 2021 (proposed)

Submitted February 2015, scored, resubmitted October 2015, scored, not funded

Title: 1/2 Optimizing long-term SAD outcomes with CBT and light therapy in practice

Project #: 1R01MH108792-01

Funding Source: National Institute of Mental Health Collaborative R01

Amount Requested for VT Site: \$4,839,315 (\$5,594,830 direct costs)

Key Personnel: Kelly J. Rohan, Ph.D. (Principal Investigator); Peter Franzen, Ph.D.

(Principal Investigator for University of Pittsburgh Subcontract), Pamela M. Vacek, Ph.D.

(Co-Investigator and Statistician), Kathryn Roecklein, Ph.D. (Co-Investigator), Greg Siegle (Co-Investigator), Teodor T. Postolache, M. D. (Consultant).

Description: This collaborative R01 application proposes a two-site randomized effectiveness trial using community practice sites in Burlington, VT and Pittsburgh, PA that will treat 270 adults with SAD with one of four treatments: CBT-SAD or light therapy in Winter 1 with or without an enhanced (booster) maintenance strategy early the next fall. We will follow subjects in Winter 2 and if a depression recurrence occurs, we will cross them over into the alternate treatment (i.e., switch to CBT-SAD upon recurrence in LT, switch to LT upon recurrence in CBT-SAD). All subjects will be assessed at followup the winter after that (Winter 3). In addition to examining treatment effectiveness, this work will inform mechanisms of action underlying CBT-SAD and LT. Theoretically-relevant biomarkers will be examined as prognostic indicators and prescriptive predictors of treatment outcomes in LT vs. CBT-SAD.

September 2014-August 2016 (proposed)

Submitted February 2014, not scored

Title: A crossover trial following recurrence in CBT or light therapy for SAD

Project #: 1 R21 MH105700-01

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

Amount Requested: \$419,375 (\$275,000 direct costs)

Key Personnel: Kelly J. Rohan, Ph.D. (Principal Investigator), Pamela M. Vacek, Ph.D. (Co-Investigator and Statistician), Teodor T. Postolache, M. D. (Consultant).

Description: This project proposes to leverage our successful recruitment and retention from project R01MH078982 to conduct a pilot trial focused exclusively on seasonal affective disorder (SAD) patients who failed treatment with cognitive-behavioral therapy (CBT) or light therapy (LT) in the R01. The plan is to enroll N = 60 prospectively defined CBT and LT treatment failures, identified as those who had a prospectively assessed SAD recurrence one and/or two winters after acute treatment and who still experience SAD, and treat them with the alternate modality. This work will generate preliminary data on the feasibility and potential clinical utility of a “switch decision rule” following recurrence in CBT or LT. These data will inform larger studies, including a competitive renewal of the parent R01, aimed at informing evidence-based guidelines for determining which SAD patients are best suited for which type(s) of SAD treatment.

July 2011 – June 2013 (proposed)

Submitted October 2010, not scored

Title: Premenstrual vs. follicular phase differences in panic disorder

Project #: 1 R21 MH094334-01

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

Amount Requested: \$419,375 (\$275,000 direct costs)

Key Personnel: Kelly J. Rohan, Ph.D. (Co-Principal Investigator), Michael J. Zvolensky, Ph.D. (Co-Principal Investigator), David Rosenfield, Ph.D. (Statistician), Alessandra Rellini, Ph.D. (Consultant)

Description: The goals of this project are: (1) to examine the effect of menstrual cycle phase (premenstrual vs. follicular) on panic sensations, anxiety, and psychophysiological

responses to a biological challenge in women with Panic Disorder versus controls; (2) to determine whether biological challenge responses during the premenstrual phase predict the severity of panic, anxiety, and menstrual symptoms and distress tolerance that women with Panic Disorder versus control women prospectively report during their next two premenstrual phases using ecological momentary assessment (EMA); and (3) to examine the effect of menstrual cycle phase (premenstrual vs. follicular) on the severity of panic, anxiety, and menstrual symptoms and the degree of distress tolerance that women with Panic Disorder versus control women prospectively report over two menstrual cycles using EMA.

July 2010 – June 2014 (proposed)

Submitted October 2009, not scored

Title: Cost-effectiveness/benefits of SAD therapies

Project #: 1 R01 MH091051-01

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

Amount Requested: \$901,403 (\$803,199 direct costs)

University of Vermont Subcontract Portion of the Total: \$286,747 (\$190,530 direct costs)

Key Personnel: Brian T. Yates, Ph.D. (Principal Investigator), Kelly J. Rohan, Ph.D. (Co-Investigator), Michael Freed, Ph.D. (Co-Investigator), Pamela Vacek, Ph.D. (Co-Investigator and Statistician)

Description: The goal of this R01 funding is to extend Rohan's funded clinical trial (R01MH078982) to include measures and analyses of cost-effectiveness and cost-benefit that could improve the allocation of resources for offering the best mental health services to the most people, in a manner that should improve productivity on the job and in the home for people currently suffering from seasonal depression. The project proposes to measure and report on the costs, effectiveness, benefits, cost-effectiveness, and cost-benefit of two alternative treatments for SAD: cognitive-behavioral therapy and light therapy.

September 2009 – September 2011 (proposed)

Submitted April 2009, not scored, reconfigured into the R01 application, described above

Title: Cost-effectiveness and cost-benefit of cognitive-behavioral versus light therapy

Funding Source: Recovery Act Limited Competition: National Institute of Health Challenge Grant in Health and Science Research (RC1), Topic 05-MH-102 (Cost Effectiveness of Mental Health Interventions)

Amount Requested: \$286,748 (\$190,530 direct costs)

Key Personnel: Brian T. Yates, Ph.D. (Principal Investigator), Kelly J. Rohan, Ph.D. (Co-Investigator), Michael Freed, Ph.D. (Co-Investigator), Pamela Vacek, Ph.D. (Co-Investigator and Statistician)

Description: This RC1 Challenge grant project proposes to include measures and analyses of costs, Quality-Adjusted Life Years (QALYs), benefits, cost-effectiveness, and cost-benefit as part of Rohan's ongoing NIMH-funded R01 randomized clinical trial that measures and compares the effectiveness of cognitive-behavioral therapy (CBT) versus light therapy (LT) for seasonal affective disorder (R01MH078982).

September 2009 – September 2011 (proposed)

Submitted April 2009, not scored

Title: Genetic predictors of seasonal affective disorder treatment response

Project #: 3R01MH078982-02S1

Funding Source: National Institute of Health Recovery Act Funds for Competitive Revision Applications

Amount Requested: \$484,013 (\$326,859 direct costs)

Key Personnel: Kelly J. Rohan, Ph.D. (Principal Investigator), Kathryn A. Roecklein, Ph.D. (Subcontract Principal Investigator), Robert Ferrell, Ph.D. (Co-Investigator), Candance Kammerrer, Ph.D. (Co-Investigator), Ignacio Provencio, Ph.D. (Consultant)

Description: This is a revision award application for Rohan's funded R01MH078982 to expand the scope of the specific aims, the research design, and the methods of the parent R01 in order to test (1) whether or not certain genetic variations predict response to two different treatments for winter depression (SAD), and (2) to determine if certain genetic variations predict the likelihood of SAD recurrence and/or symptom severity in each of two winters after the initial winter of treatment, depending on treatment type. The purpose of the research is to gather preliminary data about genetic predictors of response to light therapy and cognitive-behavioral therapy, two types of treatment for SAD.

September 2007 – August 2012 (proposed)

Submitted May 2007 (applications were either not scored or selected for funding by Dr. Elias Zerhouni; rate of funding was 29 out of 2,200 applications or 1.3%)

Title: Improving long-term outcomes for winter depression

Project #: 1DP2OD001557-01

Funding Source: National Institutes of Health Director's New Innovator Award Program (DP2)

Amount Requested: \$2,280,000 (\$1,500,000 direct costs)

Key Personnel: Kelly J. Rohan, Ph.D. (Principal Investigator, 40% effort); Ignacio Provencio, Ph.D. (Co-Investigator, 10% effort); Barbara O. Rothbaum (Co-Investigator, 5% effort); Pamela M. Vacek (Co-Investigator and Statistician, 10% effort); Brian T. Yates, Ph.D. (Co-Investigator, 10% effort); David A. F. Haaga, Ph.D. (Consultant, 5% effort); Theodore T. Postolache, M. D. (Consultant, 2% effort)

Description: Using seasonal affective disorder as a model within which to study long-term depression outcomes, this DP2 project will support a program of work aimed at developing novel, efficacious, cost-effective, and palatable methods to reduce risk for major depression recurrence. We will develop and compare treatments targeting a psychological vulnerability and treatments targeting a physiological vulnerability on: (1) acute and long-term efficacy; (2) cost-effectiveness and cost-benefit; (3) theoretically-driven mechanisms underlying antidepressant effects, particularly emotional and psychophysiological reactivity during a virtual reality exposure to a "virtual winter;" and (4) theoretically plausible genetic variations (i.e., single nucleotide polymorphisms and specific haplotypes) associated with treatment outcomes.

July 2007 – June 2009 (proposed)

Submitted February 2007 (not scored), plan to reconfigure into an R01 application

Title: The association of frequent indoor tanning and seasonal affective disorder

Project #: 1 R21 CA131632-01 (J. J. Hillhouse)

Funding Source: Investigator-Initiated Exploratory/Developmental Research Grant Award (R21) from the National Institutes of Health/National Cancer Institute

Description: The major aims of this project are: (1) to conduct a random population survey of Vermont and Minnesota adult residents to determine the relationship between winter depression and frequent, persistent indoor tanning at the rate of > 20 times/year and (2) to examine several theoretically-driven mediators of this relationship in order to guide future skin cancer prevention efforts for these high-risk tanners.

Role: Consultant

July 2005 – June 2007 (proposed)

Submitted February 2005 (not scored), reconfigured into an R01 application (MH078982-01A2) that was awarded in July 2008

Title: Cognitive-behavioral and light treatments for winter depression recurrence

Project #: 1 R21 MH075801-01

Funding Source: Investigator-Initiated Exploratory/Developmental Research Grant Award (R21) from the National Institutes of Health/National Institute of Mental Health

Amount Requested: \$416,625 (\$275,000 direct costs)

Key Personnel: Kelly J. Rohan, Ph.D. (Principal Investigator, 50% effort); Franca B. Barton, M.S. (Co-Investigator and Statistician, 10% effort); Timothy J. Lacy, M.D. (Co-Investigator and Project Psychiatrist, 2% effort); David A. F. Haaga, Ph.D. (Consultant, 3% effort); Teodor T. Postolache, M.D. (Consultant, 2% 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 acute and long-term (1-year after treatment completion) outcomes. This study will expand upon our pilot studies by examining CBT's superiority over light therapy at 1-year at a sufficient level of significance to justify a larger (R01) study. In addition, this study will augment the external 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 stable doses of antidepressant medications) and by demonstrating the feasibility of training community therapists to facilitate the CBT intervention.

May 2005 – April 2010 (proposed)

Submitted October 2002 (not scored), resubmitted November 2003 (priority score = 223), resubmitted July 2004 (priority score = 212)

Title: SAD: A cognitive-behavioral approach

Project #: 1 R01 MH068516-01A2

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

Amount Requested: \$2,362,131 (\$1,568,480 direct costs)

Key Personnel: Kelly J. Rohan, Ph.D. (Principal Investigator, 50% effort); Franca Barton, M.S. (Co-Investigator and Statistician, 10% effort); Timothy J. Lacy, M.D. (Co-Investigator and Project Psychiatrist, 2% effort); David A. F. Haaga, Ph.D. (Consultant,

3% effort); Henry Pinsker, M. D. (Consultant; 5% effort); Teodor T. Postolache, M.D. (Consultant, 2% effort); Brian T. Yates, Ph.D. (Consultant; 10% effort)

Description: The major goals of this project are (1) to complete a controlled, randomized clinical trial comparing cognitive-behavioral therapy, light therapy, and their combination relative to a supportive therapy control for SAD on acute and 1-year outcomes, (2) to conduct a cost-effectiveness and cost-benefit analysis of the treatments we are testing, and (3) to delineate changes in cognitive-behavioral process measures across treatment. This study builds upon our prior trials by using a more rigorous control group, incorporating sophisticated cost measures, and relaxing our inclusion/exclusion criteria to include comorbid diagnoses and stable antidepressant medication use, thereby increasing external validity.

Other (Non-Funded) Research in Progress

Rohan, K. J. *Cognitive reactivity to a sad mood induction and subsequent depressive symptoms.*

Description: This project relates several measures of cognitive vulnerability to depression to subsequent depressive episode onset and depressive symptom severity in a prospective, longitudinal design over approximately 3-months using college students who are non-depressed at the outset. Cognitive vulnerability is measured using cognitive reactivity to a sad mood induction, explicit measures (i.e., measures of deliberate and effortful thought processes such as questionnaire responses), and implicit measures (i.e., measures of automatic thought processes such as the Implicit Associations Test). Data collection for this project is ongoing.

Presentations

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., Nilni, 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. Roeklein (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. Roeklein (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 melanopsin 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., Zebrak, 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.
- Zebrak, 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. (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

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, <http://www.theradiator.org/>

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.

Wall Street Journal

Interview for a story, “Bright Ideas for Treating the Winter Blues” by Melinda Beck. Published online at Wall Street Journal.Health, Dec. 1, 2009:

<http://online.wsj.com/article/SB10001424052748703300504574567881192085174.html>

WCAX Channel 3

Interview with Judy Simpson for an “Across the Fence” program, “Understanding Seasonal Affective Disorder Through Research and Clinical Trials,” Nov. 3, 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.

APA Monitor

Interview for an article, "Promising New Treatments for SAD" by Tori DeAngeli. Monitor on Psychology, February 2006 issue, pages 18-20.

WCAX Channel 3 News

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

New York Times

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

National Public Radio

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

The View (from the University of Vermont)

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

WebMD

Interview for an article, "Talk Therapy for Seasonal Affective Disorder?: Cognitive Behavioral Therapy May Help, Small Study Shows" by Miranda Hitti. Monday, October 31, 2005.

Vermont Public Radio

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.

Milwaukee Journal Sentinel

Interview for an article, "Gathering Gloom: As Winter's Dreary Days Set In, Many Feel Like The Color of Those Gray Skies" by Patricia Townsend, Sunday, November 20, 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.

Washington Post

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; Health Section, page HE01.

CNBC, The Wall Street Journal Report

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

Psychotherapy Networker

Interview for a Clinician's Digest article, "Cognitive-Behavioral Therapy vs. Light Therapy" by Gary Cooper. September/October 2004 issue, page 18.

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-approved). 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)

Graduate Courses in Psychology (offered every 2 years)

Adult Cognitive-Behavioral Therapy (PSYS 375)

Undergraduate Courses in Psychology (offered every semester)

Abnormal Psychology (PSYS 170)

Research Independent Study (PSYS 197/198)

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-approved), Clinical Psychology—Medical Psychology track (APA-approved), 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

Margaret Evans (on internship, University of Vermont, clinical psychology)

Sheau-Yan Ho (fifth-year, University of Vermont, clinical psychology)

Jonah Meyerhoff (third-year, University of Vermont, clinical psychology)

Funded Graduate Student Grant Proposals Sponsored

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 #: 1 F31 MH094046-01A1

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 #: 1 R36 MH086170-01A1

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 #: 1 F31 MH072054-01A1

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, Under Review

July 2017 – June 2019 (proposed)

Submitted March 2016, not discussed, resubmitted December 2016

Graduate Trainee: Jonah Meyerhoff

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

Project #: F31MD011354-01A1

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

Amount Requested: \$93,494

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.

Graduate Student Grant Proposals Sponsored, Not Funded

January 2016 - December 2018 (proposed)

Submitted December 2014, scored, resubmitted August 2015, not discussed

Graduate Trainee: Sheau-Yan Ho

Title: The impact of depression on cardiac rehabilitation participation and cardiac outcomes

Project #: F31HL129750-01

Funding Source: National Institutes of Health Ruth L. Kirschstein National Research Service Award (NRSA) from the National Heart, Lung, and Blood Institute (NHLBI)

Amount Requested: \$85,249

Key Personnel: Sheau-Yan Ho (Student); Kelly J. Rohan, Ph.D. (Sponsor); Philip A. Ades, M.D. (Co-Sponsor)

Research Plan: To determine (1) the impact of depression severity on cardiac rehabilitation (CR) participation and cardiac outcomes across two samples of cardiac patients ($N = 2,200$), and (2) the impact of underlying cognitive vulnerabilities to depression on CR participation and cardiac health in 200 new referrals to CR, in order to

determine potential targets for vulnerability-based interventions that may improve mental health and cardiac outcomes in depressed cardiac patients.

Dissertations Supervised

Ho, S. (in progress). *The impact of depressive symptoms on participation in cardiac rehabilitation and cardiac fitness outcomes.* (University of Vermont, clinical psychology)

Meyerhoff, J. (in progress). *Risk factors for suicidal behavior among Bhutanese Refugees resettled in the United States.* (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)

Nilni, 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)

Second-Year Projects and Master's Theses Supervised

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).

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)

Roeklein, 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

Paiva-Salisbury, M. (in progress). *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)

Second Year Project and Master's Thesis Committees

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 Psychology, University of Vermont, Burlington

Duties: Supervising clinical psychology graduate student cases at the Behavior Therapy and Psychotherapy Clinic; 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

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

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

Deeb, A. (2013). *The role of seasonal attitudes in seasonal affective disorder*. (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: Consulting with clinical students on professional and advising issues, conducting annual review of all clinical psychology graduate students and all clinical faculty members, holding regular meetings with the two clinical graduate student representatives, holding regular meetings with the first-year clinical students to orient them to program policies and procedures, maintaining up-to-date records relevant to APA accreditation, completing the annual report to APA Committee on Accreditation, reviewing and

revising the program policy and procedures manual annually, leading monthly clinical faculty meetings.

September 2013 – present

Member, Budget and Personnel Committee

Duties: advising the Psychological Sciences Department Chair as part (along with the director of the experimental psychology graduate program and the director of undergraduate education)

September 2013 – present

Member, Board of Directors, UVM Behavior Therapy and Psychotherapy Center

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 three types of applications for 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, Association for the Advancement of Behavior Therapy Program Committee for Annual Convention

Duties: Reviewing poster and symposium 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 the Advancement of Behavior Therapy 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.

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

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*, *Health Psychology*, *Psychiatry Research*, and *Depression & Anxiety*.

July 1999 – April 2000

Member, Student Editorial Board for *Behavior Therapy*

Sponsor: Patricia M. Dubbert, Ph.D.

August 1997 – May 2000

University of Mississippi Medical Center/Jackson Veterans Affairs Consortium

Duties: Assisting in review of several manuscripts submitted for publication to *Behavior Therapy*, *Health Psychology*, *International Journal of Eating Disorders*, *Journal of Child Clinical Psychology*, *Journal of Consulting and Clinical Psychology*, *Journal of Psychosomatic Research*, and *Journal of Traumatic Stress*.

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

Clinical Experience

Licensure Information

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”)

Current Patient Care Activities (September 2006 – present)

University of Vermont, Burlington

Duties: Developing and manualizing a group-based cognitive-behavioral therapy program tailored to seasonal affective disorder, serving as primary therapist facilitating the cognitive-behavioral therapy as part of our lab’s ongoing randomized clinical trial; conducting Structured Clinical Interviews for DSM-IV Axis I Disorders to screen study participants; monitoring treatment response with the Structured Interview Guide for the Hamilton Depression Rating Scale; instructing patients in proper use of light therapy and providing clinical monitoring of light use.

Postdoctoral Fellowship

September 1998 – April 2000

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

Title: Clinical Psychology Postdoctoral Fellow

Eating Disorders (Supervisor: William G. Johnson, Ph.D., ABPP)

Duties: Conducting cognitive-behavioral interventions with eating disorder inpatients and outpatients; administering and interpreting psychometric tests of eating behavior; performing intake interviews; supervising psychology residents; facilitating parent support groups.

Health Psychology (Supervisor: Patricia M. Dubbert, Ph.D.)

Duties: Functioning as part of a consultation-liaison service for several hospital clinics; designing and implementing a cognitive-behavioral clinic to treat depressed veterans in rural communities; providing individual psychotherapy to medical patients with psychosocial problems; coordinating hospital events for National Depression Screening Day; modeling cognitive-behavioral approaches for psychology residents; supervising an advanced clinical graduate student doing an on-site practicum; serving as chair of the practicum student’s clinical competency examination committee at Jackson State University.

Predoctoral Residency

August 1997 – August 1998

University of Mississippi Medical Center/Veterans Affairs Medical Center Consortium,
Jackson (APA-approved)

Title: Clinical Psychology Resident (Behavioral Medicine Track)

Health Psychology (Supervisor: Patricia M. Dubbert, Ph.D.)

Duties: Participating in a consultation-liaison service for primary care clinics; interfacing with urology in psychological evaluation of candidates for penile prosthesis; administering cognitive-behavioral weight management interventions.

Eating Disorders (Supervisor: William G. Johnson, Ph.D., ABPP)

Duties: Conducting inpatient and outpatient cognitive-behavioral psychotherapy for individuals with anorexia nervosa, bulimia nervosa, obesity, and binge eating disorder; evaluating eating behavior through intake interviews, self-monitoring, and psychometric testing.

Trauma Recovery Program (Supervisors: Judith A. Lyons, Ph.D.; Lois Veltum Sturges, Ph.D.)

Duties: Participating on an interdisciplinary team to treat inpatients and outpatients with PTSD; assessing combat- and noncombat-related PTSD through clinical interviewing, psychometric testing, and psychophysiological procedures; facilitating trauma processing and treatment education groups.

Behavioral Consultation and Education Program (Supervisor: Phillip R. Godding, Ph.D.)

Duties: Interfacing with oncology, neurology, psychiatry, primary care, and rehabilitative medicine through a consultation-liaison service; conducting neuropsychological, medical competency, and chronic pain evaluations; co-facilitating psychoeducational pain management groups.

Other activities: Co-facilitating a cognitive-behavioral tobacco cessation clinic (Supervisor: Thomas J. Payne, Ph.D.).

Practicum Positions

September 1996 – June 1997

Eastern Maine Medical Center, Family Practice Residency Program, Bangor

Duties: Providing individual psychotherapy for children and adults; assisting in video supervision of residents' adherence to a bio-psychosocial model; psychological consultant for family practice residents.

Supervisor: Sandra Coleman, Ph.D.

September 1994 – May 1997

Psychological Services Center, University of Maine, Orono

Duties: Conducting cognitive-behavioral psychotherapy and psychological assessment with adults, children, couples, and families; presenting to graduate students and faculty at clinical case conferences.

Supervisors: Jeffrey E. Hecker, Ph.D.; Douglas Nangle, Ph.D.; Sandra T. Sigmon, Ph.D.; Geoffrey L. Thorpe, Ph.D., ABPP; Janice L. Zeman, Ph.D.

September 1995 – May 1996

Program on Aging, Bangor Mental Health Institute, Bangor, Maine

Duties: Conducting individual psychotherapy; coordinating and facilitating Children and Respected Elders Program; contributing at multidisciplinary treatment meetings; attending Multidisciplinary Psychiatric Grand Rounds.

Supervisors: Ronald Brown, Ph.D.; Donald Catalina, Ph.D.; John Burns, M.A.

September 1995 – May 1996

Psychology Department, University of Maine, Orono

Duties: Teaching Lewinsohn's Coping with Depression course to a high seasonality adult sample.

Supervisor: Sandra T. Sigmon, Ph.D.

September 1994 – August 1995

Penobscot Valley Job Corps Center, Bangor, Maine

Duties: Facilitating anger management and substance abuse education groups with young adults.

Supervisor: Jeffrey E. Hecker, Ph.D.

June – August 1994

Psychology Service, Department of Veterans Affairs Medical and Regional Office Center, Togus, Maine

Duties: Evaluating mental status, functional adaptive behavior, competency status, cognitive abilities, and depression on a geropsychiatric ward; submitting reports to patients' medical files; contributing at multidisciplinary staff meetings.

Supervisor: Philip S. Pierce, Ph.D., ABPP

September – December 1992

New York State Division for Youth, Great Valley Youth Camp, Great Valley

Duties: Assisting in behavior modification for inner-city juvenile delinquents; instructing the Taking Care Program; co-facilitating anger-reduction and moral reasoning classes; coordinating recreational activities.

Supervisor: Michael Schaeffer, M.S.

Professional Affiliations

Association for Behavioral and Cognitive Therapies (formerly the Association for the Advancement of Behavior Therapy; member)

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

American Psychological Association (member)

Division 12: Society of Clinical Psychology (member)

Society for Light Treatment and Biological Rhythms (member)

Professional References

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Rex L. Forehand, Ph.D., ABPP, Ansbacher Professor, Department of Psychological Science, University of Vermont
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Patricia M. Dubbert, Ph.D., Associate Co-Director for Research Training, United States Department of Veterans Affairs South Central Mental Illness Research, Education, and Clinical Center (SC MIRECC)
(501) 257-1937
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William G. Johnson, Ph.D., ABPP, Professor and Director, Clinical Counseling Program, Department of Psychology, The Citadel
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Teodor T. Postolache, M. D., Professor and Director, Mood and Anxiety Program (MAP), Department of Psychiatry, University of Maryland School of Medicine
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