

Shari A. Steinman

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Professional Positions

University of Vermont, Department of Psychological Science
Associate Professor, 2024-present

West Virginia University, Department of Psychology
Adjunct Associate Professor, 2024-present
Director of Clinical Training, 2022-2024
Associate Professor, 2022-2024
Assistant Professor, 2016-2022

New York State Psychiatric Institute at Columbia University Medical Center
Division of Clinical Therapeutics
Assistant Professor of Clinical Psychology (in Psychiatry), 2015-2016
Postdoctoral Clinical Researcher, 2014-2015
Mentor: H. Blair Simpson, MD, PhD

Education & Licensing

Licensed Clinical Psychologist
State of Vermont #048.0135050, 2024-Present
State of New York #021430, 2015-Present

Institute of Living
APA Accredited Clinical Psychology Internship, 2013-2014
Cognitive Behavioral Therapist Track

University of Virginia
Ph.D. in Clinical Psychology, August 2014
Dissertation: *Reaching New Heights: Comparing Interpretation Bias Modification to Exposure Therapy for Acrophobia*
M.A. in Clinical Psychology, May 2009
Master's Thesis: *Modifying Interpretations among Individuals High in Anxiety Sensitivity*
Advisor: Bethany A. Teachman, Ph.D.

Washington University in St. Louis
B.S. in Psychology, Minors in Drama and Spanish, summa cum laude, May 2007
Honors Thesis: *Memory for Texts: The Effects of Theatrical Experience and Context*
Advisor: Janet Duchek, Ph.D.

Honors and Awards

2023	Early Career Achievement Award, Women's Issues in Behavior Therapy Special Interest Group, Association for Behavioral and Congitive Therapies
2023	Award for Distinction in Mentoring Undergraduates in Research, West Virginia University
2023	Semi-finalist for Outstanding Graduate Mentor Award, West Virginia University
2021	Mary Catherine Buswell Award for Outstanding Service to Women at West Virginia University, West Virginia University Council for Gender Equity
2020	Research Most Valuable Player (MVP) Award for COVID-19 Related Research, Office of the Provost, West Virginia University
2019	Semi-finalist for Outstanding Graduate Mentor Award, West Virginia University
2018	Early Career Achievement Award, Anxiety Disorders Special Interest Group, Association for Behavioral and Congitive Therapies
2017-2018	West Virginia University Faculty Travel Grant
2016	Glassman Award for Anxiety, Mood, or Eating Disorder Research within the Department of Psychiatry, Columbia University Medical Center
2016	Career Development Travel Award, Anxiety and Depression Association of America and Andrew Kukes Foundation for Social Anxiety
2016	Selected to participate in Alies Muskin Career Development Leadership Program, Anxiety and Depression Association of America
2015	NARSAD Young Investigator Grant, Brain and Behavior Research Foundation
2014	Psychology Department Nominee for Edgar J. Shannon Award for "Best Student" in Graduate School of Arts and Sciences, University of Virginia
2013	Clinician Trainee Award, Anxiety and Depression Association of America
2013	Psychology Graduate Teaching Assistant Award, University of Virginia
2012	Beck Institute Scholarship, Beck Institute for Cognitive Behavior Therapy
2012	Distinguished Teaching Fellowship, University of Virginia
2012	Society of Fellows Travel Fellowship, University of Virginia
2012	Honorable Mention for Basic Psychological Science Research Grant, American Psychological Association of Graduate Students
2010	Leonard Krasner Dissertation Award, Association for Behavioral and Congitive Therapies
2008-2010	Robert J. Huskey Travel Award, University of Virginia
2007-2013	DuPont Fellowship for Graduate Studies, University of Virginia
2007	Phi Beta Kappa, Washington University
2006	Psi Chi Psychology Honor Society (Vice President), Washington University
2005	Frank F. Fowle III London Theater Scholarship, Washington University
2003-2006	Dean's List, Washington University

Research Funding

Funded Grants:

Eunice Kennedy Shriver National Institute of Child Health and Human Development (NIH NICHD) R15 AREA Grant

Preventing Perinatal Anxiety in Appalachia: Testing an Internet-delivered Intervention (R15 HD109689-01A1)

Role: Principal Investigator

Award Period: May 2023-May 2026

Status: Funded

Direct Costs: \$300,000

2021 Society for the Science of Clinical Psychology (SSCP), Varda Shoham Clinical Scientist Training Award (Track: Diversity and Inclusion)

Evaluation of the Psychology Undergraduate Mentorship Program for Underrepresented Populations (PUMP-UP)

Role: Co-Investigator

Award Period: 2021

Total Award: \$1,500

2020 West Virginia University, Research and Science Advancement (RSA) Grant

B cells as a Predictor for Postpartum Mood and Anxiety Disturbances in Mice and Humans

Role: Co-Principal Investigator

Award Period: 2020

Total Award: \$11,000

2020 National Science Foundation, RAPID Grant

Rural Crisis Decision-Making: Risk Information Management and Reactions to Precaution Recommendations during the COVID-19 Pandemic in Appalachia

Role: Co-Principal Investigator

Award Period: 2020

Total Award: \$109,440

2018 West Virginia Clinical and Translational Science Institute (WVCTSI) Open Pilot Grant

Development and Pilot Testing of an Internet-delivered Postpartum Anxiety Prevention Program

Role: Principal Investigator

Award Period: 2018-2020

Total Award: \$49,258

2015 Brain and Behavior Foundation NARSAD Young Investigator Grant

Reducing Return of Fear via Novelty-facilitated Extinction in Patients with Pathological Anxiety

Role: Principal Investigator

Award Period: 2016-2018

Total Award: \$70,000

Graduate Students Mentored (and Status)

University of Vermont Mentees

1. IreLee Ferguson, began 8/24, in her first year

West Virginia University Mentees

1. Dr. Cierra Edwards, began 8/15, PhD conferred 8/21, Psychologist at Richmond VAMC
2. Dr. Amber Billingsley, began 8/17, PhD conferred 8/22, Assistant Professor and Training Clinic Director at University of Kentucky
3. Dr. Mira Snider, began 8/17, PhD conferred 8/22, Postdoc at Lurie Children's Hospital
4. Dr. Gabriella Ponzini, began 8/18, conferred 8/23, Psychologist at Durham VAMC
5. Kelsey Evey, began 8/18, PhD conferred 8/24, Postdoc at Durham VAMC
6. Anishka Jean, began 8/21, in her fourth year
7. Grace Wheeler, began 8/21, in her fourth year
8. Kaley Potter, began 8/21, in her fourth year
9. Juliana Restivo Haney, began 8/22, in her third year

Publications

Manuscripts (*=WVU graduate student; ^=WVU undergraduate student)

50. **Steinman, S. A.**, Edwards, C. E. *, Snider, M. D. H. *, Billingsley, A. B. *, Ponzini, G. T. *, Evey, K. J. *, Doss, B. D., & Timpano, K. R. (in press). Preventing postpartum anxiety and obsessive-compulsive disorder over the Internet: A pilot study. *Behavior Therapy*.
49. Morriss, J., Rodriguez-Sobstel, C., & **Steinman, S. A.** (accepted). Intolerance of uncertainty is associated with heightened arousal during extinction learning and retention: Preliminary evidence from a clinical sample with anxiety and obsessive-compulsive disorders. *Cognitive Therapy and Research*.
48. Ponzini, G. P. *, Signorelli, M. ^, Claydon, E., Lilly, C., & **Steinman, S. A.** (accepted). A mixed methods evaluation of stereotypes towards obsessive compulsive disorder symptom subtypes. *Clinical Psychological Science*.
47. Würtz, F. **Steinman, S. A.**, Blackwell, S. E., Wilhelm, F. H., Reinecke, A., Adolph, D. Margraf, J., Woud, M. L. (accepted). Effects of training body-related interpretations on panic-related cognitions and symptoms. *Cognitive Therapy and Research*.
46. Rodriguez-Seijas, C., McClendon, J., Wendt, D., Novacek, D., Ebalu, T., Hallion, L., Hassan, N., Huson, K., Spielmans, G., Folk, J., Khazem, L., Neblett, E., Cunningham, T., Hampton, J., **Steinman, S. A.**, Hamilton, J., & Mekawi, Y. (accepted). The next generation of clinical science: Moving toward antiracism. *Clinical Psychological Science*.
45. Snider, M. D. H. *, Taylor, R. M., Bills, L. J., Hutchison, S. L., **Steinman, S. A.**, & Herschell, A. D. (accepted). Implementing trauma-informed care through a learning collaborative: A theory-driven analysis of sustainability over three years. *Community Mental Health Journal*.
44. Cooper, S. E., Dunsmoor, J. E., Koval, K. A. ^, Pino, E. R. *, & **Steinman, S. A.** (accepted). Test-retest reliability of human threat conditioning and generalization. *Psychophysiology*.
43. Ponzini, G. T. *, Kirk, B. *, Segear, S. E. ^, Claydon, E. A., Engler-Chiurazzi, E. B., & **Steinman, S. A.** (2022). Addressing uncertainty in informal familial caregivers of stroke survivors: A systematic review and meta-ethnography. *International Journal of Environmental Research and Public Health*, 19, 11116.
42. Evey, K. J. * & **Steinman, S. A.** (accepted). A critical review of the use of Acceptance and Commitment Therapy (ACT) for adult obsessive-compulsive disorder (OCD). *Behavior Therapy*.
41. Cleveland, C. N., Virgen, C., **Steinman, S. A.**, Callaham, S., Wanstreet, T., & Carr, M. M. (accepted). Correlation between intolerance of uncertainty and post-operative regret in otolaryngology patients. *Annals of Otolaryngology, Rhinology & Laryngology*.
40. **Steinman, S. A.**, Dunsmoor, J. E., Gazman, Z., Stovezky, Y., Pascucci, O., Pomerence, J., Phelps, E. A., Fyer, A., Simpson, H. B. (2022). A preliminary test of novelty-facilitated extinction in individuals with pathological anxiety. *Frontiers in Behavioral Neuroscience: Learning and Memory*, 16, 1-9.

39. Evey, K. J.* & **Steinman, S. A.** (2022). Creating positive, negative, and neutral God concept primes and testing their impact on scrupulosity relevant tasks and symptoms. *The International Journal for the Psychology of Religion*, 32(4), 306-329.
38. Foa, E. B., Simpson, H. B., Gallagher, T., Wheaton, M. G., Gershkovich, M., Schmidt, A. B., Huppert, J. D., Imms, P. A., Campeas, R. B., Cahill, S., DeChiara, C., Tsao, S., Puliafico, A., Chazin, D., Asnaani, A., Moore, K., Tyler, J., **Steinman, S. A.**, Sanchez-LaCay, A., Capaldi, S., Snorrason, I., Turk-Karen, E., Vermes, D., Kalanthroff, E., Pinto, A., Hamlett, G. E., Middleton, R., Hahn, C., Xu, B., Van Meter, P., Katechis, M., Rosenfield, D. (2022). Maintenance of wellness in patients with obsessive-compulsive disorder who discontinue medication after exposure/response prevention augmentation: a randomized clinical trial. *JAMA Psychiatry*, 79(3), 193-200.
37. Simpson, H. B., Foa, E. B., Wheaton, M. G., Gallagher, T., Gershkovich, M., Schmidt, A. B., Huppert, J. D., Campeas, R. B., Imms, P. A., Cahill, S., DeChiara, C., Tsao, S., Puliafico, A., Chazin, D., Asnaani, A., Moore, K., Tyler, J., **Steinman, S. A.**, Sanchez-LaCay, A., Capaldi, S., Snorrason, I., Turk-Karen, E., Vermes, D., Kalanthroff, E., Pinto, A., Hahn, C., Xu, B., Van Meter, P., Katechis, M., Scodes, J., & Wang, Y. (2021). Maximizing remission from cognitive-behavioral therapy in medicated adults with obsessive-compulsive disorder. *Behavior Research and Therapy*, 143, 103890.
36. Cleveland, C., Newby, M., **Steinman, S. A.**, Wanstreet, T., Callaham, S., Razdan, R., Coutras, S., Patel, R., & Carr, M. M. (2021). Depression and intolerance of uncertainty: Association with decisional conflict in otolaryngology patients. *Annals of Otolaryngology, Rhinology & Laryngology*, 131, 252-258.
35. Ponzini, G. T.* & **Steinman, S. A.** (2022). A systematic review of public stigma facets and obsessive compulsive disorder symptom subtypes. *Stigma and Health*, 7(1), 14-26.
34. Giacobbi, P.R., Jr., Symons-Downs, D., Haggerty, T., Stanislav, P., Long, D. L., Clemmer, M., **Steinman, S. A.**, Olfert, M. D., Kinnamon, K., Rao, N., Staggs, H., Hulsey, T., Adjeroh, D. (2021). Evaluation of guided imagery delivered through a mobile health application to address multiple health behaviors with pregnant women. *Journal of Midwifery and Women's Health*, 66(5), 664-670.
33. Billingsley, A. L.* & **Steinman, S. A.** (2021). Does emotional distress tolerance predict fear responding in a heights-fearful sample? *Behavior Therapy*, 52(4), 945-955.
32. Ponzini, G.*, Snider, M. D. H.*, Evey, K. J.*, & **Steinman, S. A.** (2021). Women's knowledge of postpartum anxiety disorders, depression, and cognitive behavioral therapy. *Journal of Nervous and Mental Disease*, 209(6), 426-433.
31. Cleveland, C., **Steinman, S. A.**, Patel, V., & Carr, M. (2021). Relationship between parental intolerance of uncertainty and decisional conflict in pediatric otolaryngologic surgery. *Otolaryngology-Head and Neck Surgery*, 165(2), 354-359.
30. **Steinman, S. A.**, Namaky, N., Thomas, S., Meissel, E., St. John, A. T., Pham, N., Wertnz, A. J., Saunders, T., Gorlin, E. I., Arbus, S., Beltzer, M., Soroka, A., & Teachman, B. A. (2021). Which variations of cognitive bias modification for interpretations lead to the strongest effects? *Cognitive Therapy and Research*, 45(2), 367-382.

29. Ponzini, G.* & **Steinman, S. A.** (2020). Mnemonic discrimination and social anxiety: the role of state anxiety. *Cognition and Emotion*, 34(8), 1549-1560.
28. Wright, C. D.*, Tiani, A. G.*, Billingsley, A. L.*, **Steinman, S. A.**, Larkin, K. T., & McNeil, D. W. (2019). A framework for understanding the role of psychological processes in disease development, maintenance, and treatment: The 3P-Disease Model. *Frontiers in Psychology*, 10, 2498.
27. **Steinman, S. A.**, Portnow, S., Billingsley, A. L.*, Zhang, D., & Teachman, B. A. (2020). Threat and benign interpretation bias might not be a unidimensional construct. *Cognition and Emotion*, 34(4), 783-792.
26. Pagliaccio, D., Middleton, R., Hezel, D., **Steinman, S. A.**, Snorrason, I., Gershkovich, M., Campeas, R., Pinto, A., Van Meter, P., Simpson, H. B., Marsh, R. (2019). Task-based fMRI predicts response and remission to exposure therapy in obsessive-compulsive disorder. *Proceedings of the National Academy of Sciences of the United States of America*, 116(41), 20346-20353.
25. Spears, S. K.*, Montgomery-Downs, H., **Steinman, S. A.**, Duggan, K., & Turiano, N. A. (2019). Sleep: A pathway linking personality to mortality risk. *Journal of Research in Personality*, 81, 11-24.
24. Linkovski, O., Wheaton, M., Zwerling, J., Odgeral, X., van Roessel, P., Filippou-Frye, M., Lombardi, A., Wright, B., **Steinman, S. A.**, Simpson, H. B., Lee, F., & Rodriguez, C. (2019). Exploring brain-derived neurotrophic factor Val66Met polymorphism and extinction-based treatment outcome in obsessive-compulsive disorder: A pilot study. *Journal of Clinical Psychopharmacology*, 39(1), 91-93.
23. Dryer-Oren, S., Edwards, C.*, Teachman, B. A., Clerkin, E. M., & **Steinman, S. A.** (2019). Believing is seeing: Changes in visual perception following treatment for height fear. *Journal of Behavior Therapy and Experimental Psychiatry*, 62, 1-6.
22. Wootton, B. M., **Steinman, S. A.**, Czerniawski, A., Norris, K., Baptie, C., Diefenbach, G., Tolin, D. F. (2018). An evaluation of the effectiveness of a transdiagnostic bibliotherapy program for anxiety and related disorders: Results from two studies using a benchmarking approach. *Cognitive Therapy and Research*, 42, 565-580.
21. Hallion, L. S., **Steinman, S. A.**, Diefenbach, G. J., & Tolin, D. F. (2018). Psychometric Properties of the Difficulties in Emotion Regulation Scale (DERS) and its Short Forms in Adults with Emotional Disorders. *Frontiers in Psychology*, 9, 539.
20. Hallion, L. S., **Steinman, S. A.**, Kusmierski, S. N. (2018). Difficulty concentrating in generalized anxiety disorder: An evaluation of incremental utility and relationship to worry. *Journal of Anxiety Disorders*, 53, 39-45.
19. Kalanthroff, E., **Steinman, S. A.**, Schmidt, A. B., Campeas, R., & Simpson, H. B. (2018). Piloting a personalized computerized inhibitory training program for individuals with obsessive compulsive disorder. *Psychotherapy and Psychosomatics*, 87(1), 52-54.

18. Tolin, D. F., Gilliam, C., Wootton, B., Bowe, W., Bragdon, L., Davis, E., Hannan, S. E., **Steinman, S. A.**, Worden, B., & Hallion, L. S. (2018). Psychometric properties of a structured diagnostic interview for DSM-5 anxiety, mood, and obsessive-compulsive and related disorders. *Assessment, 25*(1), 3-13.
17. Rodriguez, C. I., Lapidus, K. A. B., Zwerling, J., Levinson, A., Mahnke, A., **Steinman, S. A.**, Kalanthroff, E., & Simpson, H. B. (2017). Challenges testing intranasal ketamine in OCD. *Journal of Clinical Psychiatry, 78*(4), 466-467.
16. Glenn, J. J., Wertz, A. J., Slama, S. J. K., **Steinman, S. A.**, Teachman, B. A., & Nock, M. K. (2017). Suicide and self-injury-related implicit cognition: A large-scale examination and replication. *Journal of Abnormal Psychology, 126*(2), 199-211.
15. Kalanthroff, E., Abramovitch, A., **Steinman, S. A.**, Abramowitz, J. S., & Simpson, H. B. (2016). The chicken or the egg: What drives OCD? *Journal of Obsessive-Compulsive and Related Disorders, 11*, 9-12.
14. Wheaton, M. G., Galfalvy, H., **Steinman, S. A.**, Wall, M. M., Foa, E. B., & Simpson, H. B. (2016). Patient adherence and treatment outcome with exposure and response prevention for OCD: Which components of adherence matter and who becomes well? *Behaviour Research and Therapy, 85*, 6-12.
13. **Steinman, S. A.**, Ahmari, S. E., Choo, T. S., Kimeldorf, M. B., Feit, R., Loh, S., Risbrough, V., Geyer, M. A., Steinglass, J. E., Wall, M., Schneier, F., Fyer, A., & Simpson, H. B. (2016). Prepulse inhibition deficits only in females with obsessive compulsive disorder. *Depression and Anxiety, 33*(3), 238-246.
12. Rodriguez, C. I., Wheaton, M., Zwerling, J., **Steinman, S. A.**, Sonnenfeld, D., Galfalvy, H., Simpson, H. B. (2016). Can exposure-based CBT extend IV Ketamine's effects in obsessive compulsive disorder? An open-label trial. *Journal of Clinical Psychiatry, 77*(3), 408-409.
11. Wertz, A. J., **Steinman, S. A.**, Glenn, J., Nock, M., & Teachman, B. A. (2016). Characterizing implicit mental health evaluations across clinical domains. *Journal of Behavior Therapy and Experimental Psychiatry, 52*, 17-28.
10. Cody, M. W., **Steinman, S. A.**, & Teachman, B. A. (2015). True and false memories in social anxiety disorder: Effects of speech anticipation and social content. *Cognitive Therapy and Research, 39*(6), 797-807.
9. **Steinman, S. A.**, & Teachman, B. A. (2015). Shifting interpretations over the Internet: Does the number of missing letters matter? *Journal of Behavior Therapy and Experimental Psychiatry, 49*, 53-60.
8. Wootton, B. A., Bragdon, L. B., **Steinman, S. A.**, & Tolin, D. F. (2015). Three year outcomes of individuals with anxiety and related disorders following cognitive-behavioral therapy in a non-research clinical setting. *Journal of Anxiety Disorders, 31*, 28-31.
7. **Steinman, S. A.**, & Teachman, B. A. (2014). Reaching new heights: Comparing interpretation bias modification to exposure therapy for extreme height fear. *Journal of Consulting and Clinical Psychology, 82*(3), 404-417.

6. Cabeleira, C.[♠], **Steinman, S. A.**[♠], Burgess, M., Bucks, R., MacLeod, C., Melo, W. V., & Teachman, B. A. (2014). Expectancy bias in anxious samples. *Emotion, 14*(3), 588-601.
[♠]**Steinman & Cabeleira contributed equally to this work.**
5. **Steinman, S. A.**, Smyth, F., Bucks, R., MacLeod, C., & Teachman, B. A., (2013). Anxiety-linked expectancy bias across the adult lifespan. *Cognition and Emotion, 27*(2), 345-355.
4. **Steinman, S. A.**, Hunter, M. D., & Teachman, B. A. (2013). Do patterns of change during treatment for panic disorder predict future panic symptoms? *Journal of Behavior Therapy and Experimental Psychiatry, 44*(2), 150-157.
3. Teachman, B. A., Joormann, J., **Steinman, S. A.**, & Gotlib, I. H. (2012). Automaticity in anxiety disorders and major depressive disorder. *Clinical Psychology Review, 32*, 575-603.
2. **Steinman, S. A.**, Teachman, B. A. (2011). A new measure of cognitive processing: Heights Interpretation Questionnaire. *Journal of Anxiety Disorders, 25*, 896-902. Corrigendum published 2012, *Journal of Anxiety Disorders, 26*, 258-259.
1. **Steinman, S. A.**, & Teachman, B. A. (2010). Modifying Interpretations among individuals high in anxiety sensitivity. *Journal of Anxiety Disorders, 24*, 71-78.

Manuscripts under review or in progress

11. Fenstermacher, E. A.*, Ponzini, G. T.*, Nelson, C. I.*, An, J.*, Druskin, L.R.*, Rusch, A. V.*, Gentzler, A. L., Duncan, C. L., & **Steinman, S. A.** (2023). *Evaluation of the Psychology Undergraduate Mentorship Program for Underrepresented Populations (PUMP-UP)*. Manuscript under review.
10. Jean, A.*, Murphy, H.[^], Sullivan, G.[^], Swarr, L.[^], Siegan, S.[^], Aldebyan, A.[^] & **Steinman, S. A.** (2023). *Nobody's "perfect!" The effect of manipulating perfectionism on social anxiety symptoms*. Manuscript being revised for resubmission.
9. Wheeler, G. L.*, & **Steinman, S. A.** (2023). *The effect of face interpretation training on social anxiety symptoms*. Manuscript under review.
8. Evey, K. J.*, Fite, R., Gonzales, J. P., Luebbe, A., Magee, J. C., & **Steinman, S. A.** (2023). *Does political affiliation affect responses to the thought-action fusion scale?* Manuscript in progress.
7. Totzkay, D., **Steinman, S. A.**, Goodboy, A., Dillow, M., Conley, J., Jacobsmeier, M., & Cossman, J. A. (2023). *A longitudinal study of Appalachians' information behavior during and reactions to the COVID-19 pandemic*. Manuscript in progress.
6. Koval, K.[^], Dunsmoor, J. E., Pino, E.*, Edwards, C.*, & **Steinman, S. A.** (2023). *Cognitive bias modification for intolerance of uncertainty*. Manuscript in progress.
5. Koval, K.[^], Armstrong, T., **Steinman, S. A.** (2023). *The effect of uncertainty and spider fear on gaze*. (2021). Manuscript in progress.

4. Edwards, C. E.* & **Steinman, S. A.** (2023). *Interpretation bias in perinatal women*. Manuscript in progress.
3. Edwards, C. E.* & **Steinman, S. A.** (2023). *A critical review of delay discounting in obsessive-compulsive disorder*. Manuscript in progress.
2. Billingsley, A. L.* & **Steinman, S. A.** (2023). *A critical review of the relationship between anxiety and obsessive-compulsive diagnoses or symptoms to probabilistic inference task performance*. Manuscript in progress.
1. Boone, C. A., Billingsley, A. L.*, Clerkin, E. M., & **Steinman, S. A.** (2023). *Supplementing cognitive bias modification with virtual reality: Examining the impact of imagery on symptom change in heights fear*. Manuscript in progress.

Chapters

8. Restivo Haney, J. R.*, Ponzini, G. T.*, Snider, M. D. H.*, Potter, K. N.*, Wheeler, G. L.*, & **Steinman, S. A.** (2024). Postpartum anxiety. In A. Wenzel (Ed.), *The International Handbook of Perinatal Mental Health Disorders*.
7. **Steinman, S. A.**, Billingsley, A. L.*, Edwards, C. B.*, Snider, M. H.*, & Hallion, L. S. (2019). Anxiety Disorders and Obsessive-Compulsive and Related Disorders. In J. Maddux and B. Winstead (Eds.), *Psychopathology: Foundations for a Contemporary Understanding (Fifth Edition)*. Routledge/Taylor & Francis.
6. Edwards, C. B.*, Billingsley, A. L.*, & **Steinman, S. A.** (2019). Anxiety Disorders. In D. L. Segal (Ed.), *Diagnostic Interviewing (Fifth Edition)*. Springer.
5. **Steinman, S. A.**, Wootton, B. M., & Tolin, D. (2016). Exposure therapy for anxiety disorders. In H. Friedman (Ed.), *Encyclopedia of Mental Health, Second Edition*. Elsevier.
4. **Steinman, S. A.**, & Teachman, B. A. (2015). Information processing biases. In R. McCabe & I. Milosevic (Eds.), *Phobias: The Psychology of Irrational Fear, An Encyclopedia*. (pp. 205-208). ABC-CLIO.
3. Reuland, M., **Steinman, S. A.**, & Teachman, B. A. (2015). Cognitive bias modification: Changing thinking to reduce symptoms of mental illness. In R. A. Scott and S. M. Kosslyn (Eds.), *Emerging Trends in the Social and Behavioral Sciences*. John Wiley & Sons, Inc.
2. **Steinman, S. A.**, Teachman, B. A., Gorlin, E. (2014). Cognitive biases among individuals with social anxiety. In J. Weeks (Ed.), *Handbook on Social Anxiety Disorder* (pp. 321-343). Chichester, West Sussex: John Wiley & Sons, Ltd.
1. Teachman, B.A., Cruz, J. R., & **Steinman, S. A.** (2014). Mechanisms of change in CBT treatment. In P. M. G. Emmelkamp and T. Ehrling (Eds.), *The Wiley Handbook of Anxiety Disorders* (pp. 824-839). Chichester, West Sussex: John Wiley & Sons, Ltd.

Other Publications

2. LeBeau, R., Chasson, G., **Steinman, S. A.**, Schwartz, S., Yarrington, J., White, S., Teisler, D., & Eimer, M. J. (April, 2023). The future of *the Behavior Therapist*: Results from a

survey of the ABCT membership. Invited article for *the Behavior Therapist*, Association for Behavioral and Cognitive Therapies Newsletter.

1. Teachman, B. A., & **Steinman, S. A.** (September, 2010). Challenges and rewards of teaching and learning about evidence based practice. Invited article for *Clinical Science*, Society for the Science of Clinical Psychology Newsletter.

Chaired Symposia

14. Ponzini, G. T.* & **Steinman, S. A.** (2022, November). A Mixed methods evaluation of stereotypes towards obsessive compulsive disorder symptom subtypes. In G. T. Ponzini* & **S. A. Steinman** (Co-Chairs), *Amplifying Voices: Using Qualitative and Mixed Methods to Evaluate Treatment Barriers for Anxiety and Obsessive Compulsive Disorders*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
13. **Steinman, S. A.**, Edwards, C. E.* , Doss, B., & Timpano, K. R. (2021, November). Preventing perinatal anxiety: An open trial pilot study. In M. D. H. Snider* & **S. A. Steinman** (Co-Chairs), *Predicting, Preventing and Addressing Perinatal Mental Health Concerns*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Virtual Meeting.
12. Ponzini, G. T.* & **Steinman, S. A.** (2019, November). The Anxious Mom: Knowledge Differentials for Postpartum Anxiety and Depression. In G. T. Ponzini* & **S. A. Steinman** (Chairs), *Bridging the Gap: Addressing Barriers and Improving Access to Evidence-Based Psychotherapy*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
11. Edwards, C. B.* , & **Steinman, S. A.** (2019, March). Perinatal interpretive bias: Development of the Perinatal Interpretations Questionnaire (PIQ). In C. B. Edwards* & **S. A. Steinman** (Co-Chairs), *Recent Findings in Assessing and Modifying Cognitive Biases*. Symposium presented at the annual meeting of the Anxiety and Depression Association of America, Chicago, IL.
10. **Steinman, S. A.**, Portnow, S., Zhang, D., Teachman, B. A. (2018, April). The presence of threat bias, but not the absence of benign bias, is related to trait and state anxiety in a large online sample. In **S. A. Steinman** & L. S. Hallion (Co-Chairs), *Cognitive Mechanisms of Anxiety: Recent Developments*. Symposium presented at the annual meeting of the Anxiety and Depression Association of America, Washington D.C.
9. **Steinman, S. A.**, Namaky, N., Thomas, S., Meissel, E., St. John, A. T., Pham, N., Werntz, A. J., Saunders, T., Gorlin, E. I., Arbus, S., Beltzer, M., Soroka, A. & Teachman, B. A. (2017, April). Which variations of cognitive bias modification for interpretations lead to the strongest effects? In L. S. Hallion & **S. A. Steinman** (Co-Chairs), *New Directions in Cognitive Training for Anxiety*. Symposium presented at the annual meeting of the Anxiety and Depression Association of America, San Francisco, CA.
8. **Steinman, S. A.**, Ahmari, S. E., Choo, T., Kimeldorf, M. B., Feit, R., Risbrough, V., Geyer, M. A., Steinglass, J. E., Wall, M., Walsh, B. T., Schneier, F., Fyer, A., Simpson, H. B. (2015, November). Sensorimotor gating in adults with obsessive-compulsive disorder, social anxiety disorder, and anorexia nervosa. In L. S. Hallion & **S. A. Steinman** (Co-Chairs),

The Neurocognitive Underpinnings of Anxiety: Implications for Theory and Treatment. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

7. **Steinman, S. A.**, & Teachman, B. A. (2015, May). Internet-based cognitive bias modification: Impact of training difficulty and symptom severity. In **S. A. Steinman** & B. A. Teachman (Co-Chairs), *Attempting to Meet an Unmet Need: Alternative Mental Health Delivery Models*. Symposium presented at the annual meeting of the Association for Psychological Science, New York, NY.
6. **Steinman, S. A.**, & Teachman, B. A. (2014, November). Comparing the efficacy of cognitive bias modification and exposure therapy to reduce height fear. In **S. A. Steinman** & L. S. Hallion (Co-Chairs), *Cognitive Bias Modification: Advancing Clinical Science and Practice*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
5. **Steinman, S. A.**, & Teachman, B. A. (2013, May) Evaluating a novel treatment for height fear: cognitive bias modification for interpretations. In **S. A. Steinman** & B. A. Teachman (Co-Chairs), *Cognitive Bias Modification: Novel Applications and Findings*. Symposium presented at the annual meeting of the Association for Psychological Science, Washington D.C.
4. **Steinman, S. A.**, & Teachman, B. A. (2012, November). Negative expectancy bias in anxious samples. In **S. A. Steinman** & B. A. Teachman (Co-Chairs), *Processing Emotional Information Across Time: Thinking about the Past and Future in Mood and Anxiety Disorders*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
3. **Steinman, S. A.**, & Teachman, B. A. (2011, May). Implicit associations in anxiety and related disorders: Stories of success and failure. In **S. A. Steinman** & B. A. Teachman (Co-Chairs), *Using the Tools of Cognitive Science to Advance Clinical Theory and Practice*. Symposium presented at the annual meeting of the Association for Psychological Science, Washington D.C.
2. **Steinman, S. A.**, Hunter, M. D., & Teachman, B. A. (2010, November). Patterns of change over the course of treatment of panic disorder: Predicting levels of panic at a six month follow-up. In **S.A. Steinman** (Chair), *Patterns and Mechanisms of Change in Panic Disorder*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
1. **Steinman, S. A.**, & Teachman, B. A. (2009, November). Modifying Interpretations among Individuals High in Anxiety Sensitivity. In **S. A. Steinman** (Chair), *Training Cognitive Processing Biases in Anxiety: Theoretical and Clinical Applications*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York City, NY.

Presentations

78. Wheeler, G. L.* Swarr, L.^, Boone, C.^, Clark, C.^, Hesino, M.^, Sullivan, G.^, & **Steinman, S. A.** (2023, May). The effect of face interpretation training on social anxiety symptoms. In E. Salemkink (Chair), *Cognitive Bias Modification training of Interpretations and*

Appraisals in Anxiety and PTSD: Novel ways forward, Symposium presented at the annual meeting of the Association for Cognitive Bias Modification, Washington DC.

77. Jean, A.*, Murphy, H.^, Swarr, L.^, Siegan, S.^, Aldebyan, A.^, Sullivan, G.^, & **Steinman, S. A.** (2023, April). Nobody's perfect! The effect of manipulating perfectionism on social anxiety symptoms. Poster presented at the annual meeting of the Anxiety and Depression Association of America, Washington DC.
76. Wheeler, G. L.* & **Steinman, S. A.** (2022, November). The effect of face interpretation training on social anxiety symptoms. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
75. **Steinman, S. A.** (2022, June). Preventing perinatal anxiety and OCD. Presented at the Monthly Research Forum at the McLean OCD Institute, Department of Psychiatry, Harvard Medical School, Virtual Meeting.
74. **Steinman, S. A.** (2021, December). Facing fears and worries. Presented at the Women's Leadership Initiative Meeting at West Virginia University, Morgantown, WV.
73. Schofield, C. A., Ponzini, G. T.*, Girard, J., **Steinman, S. A.**, & Teachman, B. A. (2021, November). Measuring an understudied treatment barrier: Knowledge about therapy that works. In A. Silverman (Chair), Public Attitudes, Beliefs and Knowledge about Evidence-based Treatments. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Virtual Meeting.
72. Koval, K. A.^, **Steinman, S. A.**, Ghassemieh, S., & Armstrong, T. (2021, November). Perceptual avoidance in multiple specific phobias is associated with symptoms levels and emotional responses: Evidence from eye tracking and MouseView.js. In T. Armstrong (Chair), *Eye Tracking Without the Eyes: A Mouse-Based Measure of Attentional Bias Inspired by the COVID-19 Pandemic*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Virtual Meeting.
71. Ponzini G. T.*, & **Steinman S. A.** (2021, November). A Systematic Review of Public Stigma Attributes and Obsessive Compulsive Disorder Symptom Subtypes. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Virtual Meeting.
70. Evey, K. J.*, & **Steinman, S. A.** (2021, November). A critical review of the use of Acceptance and Commitment Therapy to treat adult obsessive-compulsive disorder. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Virtual Meeting.
69. Evey, K. J.*, & **Steinman, S. A.** (2021, November). Creating positive, negative, and neutral God Concept primes and their impact on scrupulosity relevant tasks and symptoms. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Virtual Meeting.
68. Totzkay, D., Dillow, M., Goodboy, A., **Steinman, S. A.**, Conley, J., Jacobsmeier, M., & Cossman, J. (2020, November). A longitudinal study of Appalachians' information

- behavior during and reactions to the COVID-19 pandemic. Paper presented at the 196th National Communication Association Convention, Virtual Meeting.
67. Jacobsmeier, M., Totzkay, Conley, J., D., Dillow, M., Goodboy, A., & **Steinman, S. A.** (2021, April). Political polarization and precautionary behavior during the COVID-19 pandemic. Paper presented at the Midwest Political Science Association Conference, Virtual Meeting.
66. Conley, J., Totzkay, D., Dillow, M., Goodboy, A., **Steinman, S. A.**, Jacobsmeier, M., & Cossman, J. (2021, 2021). Spatial variation of health care access and responses to the COVID-19 pandemic in Appalachia. Paper presented at the Annual Meeting of the Association of American Geographers, Virtual Meeting.
65. Boone, C.^, Snider, M., Totzkay, D., & **Steinman, S. A.** (2021, April). Depression, anxiety, and stress during early months of COVID-19 in Appalachia. Poster presented at the West Virginia University Annual Undergraduate Spring Symposium, Virtual Meeting.
64. Ponzini, G. T.* & **Steinman, S. A.** (2021, May). A systematic review of public stigma towards obsessive compulsive disorder symptom subtypes. Flash talk presented at the annual meeting of the Association for Psychological Science, Virtual Meeting.
63. Segear, S.^, Ponzini, G.T.* & **Steinman, S. A.** (2021, May). Anxiety disorders and Parkinson's Disease: A psychoeducational intervention for caregivers. Poster presented at the annual meeting of the Association for Psychological Science, Virtual Meeting.
62. **Steinman, S. A.**, Dunsmoor, J. E., Gazman, Z., Stovezky, Y., Pascucci, O., Pomerence, J., Phelps, E. A., Fyer, A., & Simpson, H. B. (April, 2021). Testing effects of novelty-facilitated extinction in a clinically anxious sample. In H. B. Simpson & M. Raskin (Co-Chairs), *Translating New Data for How Humans Learn and Process Fear to Clinical Populations*. Symposium presented at the annual meeting of the Anxiety and Depression Association of America, Virtual Meeting.
61. **Steinman, S. A.**, Dunsmoor, J., Edwards, C. E.* , Pino, E. R.^, & Koval, K. A.^ (2020, November). Cognitive bias modification for intolerance of uncertainty. In L. Sarfan (Chair), *Improving access and efficacy: Novel interventions to target transdiagnostic mechanisms of anxiety disorders*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Virtual Meeting.
60. Billingsley, A. L.* , Clerkin, E. M., & **Steinman, S. A.** (2020, November). Supplementing cognitive bias modification with virtual reality: Examining the impact of imagery on symptom change in heights fear. In L. Sarfan (Chair), *Improving access and efficacy: Novel interventions to target transdiagnostic mechanisms of anxiety disorders*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Virtual Meeting.
59. Evey, K. J.* , Fite, R. E., Gonzales, J. P., Magee, J. C., Luebke, A. L., & **Steinman, S. A.** (November, 2020). Does political affiliation affect responses to the thought-action fusion scale? In R. E. Fite (Chair), *Toward personalization: Examining cognitive risk factors for obsessive-compulsive disorder*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Virtual Meeting.

58. Snider, M. D. H.* & **Steinman, S. A.** (November, 2020). The Appalachian provider's perspective on perinatal mental health screening and referral: Current practice, barriers, and solutions. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Virtual Meeting.
57. Pino, E. R.^, Signorelli, M. N.^, Keen, I. M.^, Billingsley, A. L.* & **Steinman, S. A.** (November, 2020). Examining correlations between the beads task and intolerance of uncertainty. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Virtual Meeting.
56. Edwards, C. E.* & **Steinman, S. A.** (November, 2020). Examining the impact of obsessive-compulsive symptomatology on delay discounting. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Virtual Meeting.
55. Koval, K. A.^, Armstrong, T., & **Steinman, S. A.** (November, 2020). The effect of intolerance of uncertainty and spider fear on gaze. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Virtual Meeting.
54. Ponzini, G. T.*, Segear, S. E.^, Bender, J. H.^ & **Steinman, S. A.** (November, 2020). Mnemonic discrimination and social anxiety: The role of state anxiety. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Virtual Meeting.
53. **Steinman, S. A.**, Dunsmoor, J. E., Gazman, Z., Stovezky, Y., Pascucci, O., Pomerence, J., Phelps, E. A., Fyer, A., & Simpson, H. B. (April, 2020). Testing effects of novelty-facilitated extinction in a clinically anxious sample. In H. B. Simpson & M. Raskin (Co-Chairs), *Translating New Data for How Humans Learn and Process Fear to Clinical Populations*. Symposium planned for the annual meeting of the Anxiety and Depression Association of America, San Antonio, TX.
Meeting cancelled due to Novel Coronavirus COVID-19 Pandemic.
52. Billingsley, A. L.*, Biafore, R.^, Moore, L.^, **Steinman, S. A.** (November, 2019). Does distress tolerance predict fear responding in a heights fearful sample? Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
51. Evey, K. J.*, Gemmen, A.^, Brancheau, E.^ & **Steinman, S. A.** (November, 2019). Stimuli set for examining the intersection of religion and psychopathology. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
50. Evey, K. J.*, Fite, R. E., Magee, J. C., Gonzales, M. S., & **Steinman, S. A.** (November, 2019). Differences in thought-action fusion between the political left and right. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
49. Bender, J. H.^, Edwards, C. B.* & **Steinman, S. A.** (November, 2019). Impact of delivery method on perinatal women's intolerance of uncertainty, obsessive beliefs and interpretations. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.

48. Edwards, C.B.* & **Steinman, S. A.** (November, 2019). Examining the impact of gestational age and birthweight on postpartum obsessive beliefs. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
47. Giacobbi, P.R., Jr., Symons-Downs, D., Haggerty, T., Stanislav, P., Long, L., Volker, D., Clemmer, M., Olfert, M., **Steinman, S. A.**, Kinnamon, K., Rao, N., Staggs, H., Hulse, T., Adjeroh, D. (November, 2019). Evaluation of guided imagery delivered through a mobile health application to address multiple health behaviors with pregnant women. Poster at the annual conference of the American Public Health Association in Philadelphia, PA.
46. Snider, M.H.*, Shupp, M.^, Ponzini, G.^, & **Steinman, S. A.** (2019, September). Screening for perinatal depression and anxiety: The Appalachian provider's perspective on current practice and barriers. Poster presented at the Biannual Conference of the Society for Implementation Research Collaboration, Seattle, WA.
45. Ponzini G. T.* , **Steinman, S. A.**, Adcock, A., & Simpkins, J. (August 2019). Longitudinal assessment of post-stroke anxiety disorders: A time-to-event analysis. Presented at the Hospital Stroke Conference Meeting at Ruby Memorial Hospital, Morgantown, WV.
44. Edwards, C. B.* , & **Steinman, S. A.** (2019, March). Impact of family planning on perinatal women's intolerance of uncertainty, obsessive beliefs, and interpretations. Poster presented at the annual meeting of the Anxiety and Depression Association of America, Chicago, IL.
43. Edwards, C. B.* , & **Steinman, S. A.** (2019, March). Wiggly wobbly, timey wimey stuff: Delay discounting in the context of obsessive-compulsive symptomology. Invited talk presented during the Alies Muskin Career Development Leadership Program at the annual meeting of the Anxiety and Depression Association of America, Chicago, IL.
42. Billingsley, A. L.* , Edwards, C. B.* , & **Steinman, S. A.** (2019, March). Predicting experiential avoidance: Examining the importance of distress tolerance in anxiety. Poster presented at the annual meeting of the Anxiety and Depression Association of America, Chicago, IL.
41. Ponzini, G. T.* , Lohm, A.^, Snider, M.* , Evey, K.* & **Steinman, S. A.** (2019, March). The anxious mom: Why women don't seek treatment for postpartum anxiety. Poster presented at the annual meeting of the Anxiety and Depression Association of America, Chicago, IL.
40. **Steinman, S. A.** (2018, December). Responding to the unknown. Invited talk presented at the Clinical Psychology Brown Bag Series at the University of Pittsburgh, Pittsburgh, PA.
39. **Steinman, S. A.**, Edwards, C. B.* , & Ponzini, G. T.* (2018, December). Research from the CAT Lab. Three invited talks presented at the Meeting of Biological and Behavioral Sciences Series at West Virginia University, Morgantown, WV.
38. Billingsley, A. L.* , Hallion, L. S., Shook, N. J., & **Steinman, S. A.** (2018, November). Dispositional mindfulness buffers against the risk of depression in individuals with poor distress tolerance. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington DC.

37. Stovezky, Y. & **Steinman, S. A.** (2018, November). Affective empathy is related to fear of negative evaluation and interpretation bias in individuals with anxiety disorders and OCD. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington D.C.
36. Evey, K. J.*, Edwards, C. B.*, & **Steinman, S. A.** (2018, November). More than “mom” worry: Anxiety, worry, and obsessive beliefs in perinatal women. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington D.C.
35. Billingsley, A. L.*, Hallion, L. S., Shook, N. J., & **Steinman, S. A.** (2018, April). Does dispositional mindfulness buffer against the risk of distress for individuals with poor distress tolerance? Poster presented at the annual meeting of the Anxiety and Depression Association of America, Washington DC.
34. Stovezky, Y. **Steinman, S. A.**, Konova, A. B., & Simpson, H. B. (2018, April). Economic risk aversion is related to intolerance of uncertainty in individuals with OCD and anxiety disorders. Poster presented at the annual meeting of the Anxiety and Depression Association of America, Washington DC.
33. Edwards, C.*, Dryer-Oren, S., Clerkin, E. M., Teachman, B. A., & **Steinman, S. A.** (2018, April). Believing is seeing: Changes in visual perception following treatment for height fear. Poster presented at the annual meeting of the Anxiety and Depression Association of America, Washington DC.
32. Bilek, E., Korte, K., **Steinman, S. A.**, Bomyea, J., Keller, S. (2018, April). The early career professionals and students special interest group presents: Demystifying the process of applying for postdoctoral fellowships. Roundtable presented at the annual meeting of the Anxiety and Depression Association of America, Washington D.C.
31. Stovezky, Y. **Steinman, S. A.**, Konova, A. B., & Simpson, H. B. (2017, November). Economic decision making under risk is related to trait anxiety and intolerance of uncertainty. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
30. **Steinman, S. A.**, Namaky, N., Thomas, S., Meissel, E., St. John, A. T., Pham, N., Werntz, A. J., Saunders, T., Gorlin, E. I., Arbus, S., Beltzer, M., Soroka, A. & Teachman, B. A. (2017, November). Maximizing effects for cognitive bias modification for threat interpretations: Testing 15 variants of training. In A. Niles (Chair), *Using computers, Internet, and mobile applications to treat anxiety: A mechanisms approach*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
29. **Steinman, S. A.**, Wheaton, M. G., Galfalvy, H., Wall, M. M., Foa, E. B., Simpson, H. B. (2017, April). Non-adherence: An important challenge to treatment implementation for OCD. In D. Chazin (Chair), *Challenges in Implementing Evidence Based Interventions for OCD*. Symposium presented at the annual meeting of the Anxiety and Depression Association of America, San Francisco, CA.

28. Wheaton, M. G., Galfalvy, H., **Steinman, S. A.**, Wall, M. M., Foa, E. B., Simpson, H. B. (2017, April). Quantifying patient adherence to predict who becomes well with exposure and response prevention for OCD. In M. Burton (Chair), *Moving Toward Personalized Care: Improving Adherence and Response in Evidence-Based Treatments for Anxiety and Trauma-Related Disorders*. Symposium presented at the annual meeting of the Anxiety and Depression Association of America, San Francisco, CA.
27. **Steinman, S. A.**, Ahmari, S., Choo, T., Kimeldorf, M., Risbrough, V., Steinglass, J., Wall, M., Schneier, F., Fyer, A., Simpson, H. B. (2016, October). Sensorimotor gating across three disorders: Deficits only in females with obsessive compulsive disorder. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
26. **Steinman, S. A.**, Ahmari, S., Choo, T., Kimeldorf, M., Risbrough, V., Steinglass, J., Wall, M., Schneier, F., Fyer, A., Simpson, H. B. (2016, April). Sensorimotor gating across three disorders: Deficits only in females with obsessive compulsive disorder. Poster presented at the annual meeting of the Anxiety and Depression Association of America, Philadelphia, PA.
25. Rodriguez, C., Wheaton, M., Zwerling, J., **Steinman, S. A.**, Sonnenfeld, D., Galfalvy, H., Simpson, H. B. (2016, April). Can exposure-based CBT extend IV Ketamine's effects in obsessive-compulsive disorder? An open-label trial. Poster presented at the annual meeting of the Anxiety and Depression Association of America, Philadelphia, PA.
24. **Steinman, S. A.**, & Teachman, B. A. (2014, November). Shifting threat interpretation biases over the Internet: Effect of enhancing the difficulty of assigning a benign resolution. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
23. Wertz, A. J., **Steinman, S. A.**, Glenn, J. J., Nock, M. K., & Teachman, B. A. (2014, November). Project Implicit Mental Health: Findings from a large-scale demonstration website. In A. J. Wertz & B. A. Teachman (Co-Chairs), *New Directions in Implicit Associations Research in Psychopathology*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
22. Glenn, J. J., **Steinman, S. A.**, Wertz, A. J., Slama, S. J., Teachman, B. A., & Nock, M. K. (2014, November). Using implicit cognition tools to assess suicidal and self-injurious thoughts and behaviors. In A. J. Wertz & B. A. Teachman (Co-Chairs), *New Directions in Implicit Associations Research in Psychopathology*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
21. Gilliam, C. M., Bowe, W., Bragdon, L. B., Davis, E., Hannan, S. E., **Steinman, S. A.**, Wootton, B., Worden, B. L., Tolin, D. (2014, November). Reliability and validity of the Diagnostic Interview for Anxiety, Mood, and OCD, and Related Neuropsychiatric Disorders. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
20. Wheaton, M. & **Steinman, S. A.** (2014, November). Obsessive Compulsive Disorder (OCD) and Hoarding Disorder: Clinical and Research Update. Presented at the NAMI New York State Education Conference, Albany, NY.

19. **Steinman, S. A.** (2014, February). Case Presentation: Evidence-based treatment for depression. Case presented at Psychology Department Meeting, Institute of Living, Hartford, CT.
18. **Steinman, S. A.**, Smyth, F. L., Bucks, R. S., MacLeod, C. & Teachman, B. A. (2013, November). What's next? The effects of anxiety and age on expectancy bias. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
17. Glenn, J. J, Werntz, A. J., **Steinman, S. A.**, Nock, M. K., & Teachman, B. A. (2013, November). Implicit and explicit mental health evaluations: Results from Project Implicit Mental Health, a large-scale web-based study. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
16. **Steinman, S. A.**, Tsang, Y. T., Rainey, K. E., Werntz, A. J., & Teachman, B. A. (2013, May). Magnifying lens of fear: Effects of state and trait fear on perception. Poster presented at the annual meeting of the Association for Psychological Science, Washington D.C.
15. **Steinman, S. A.** (2012, November). Reaching new heights in anxiety treatment. Paper presented at Contemporary Issues and Ethics in Clinical Psychology, Department of Psychology, University of Virginia, Charlottesville, VA.
14. **Steinman, S. A.**, Gravett, V., Manzella, E. K., & Teachman, B. A. (2012, November). Comparing interpretation bias modification to traditional exposure treatment for acrophobia. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
13. **Steinman, S. A.**, & Teachman, B. A. (2012, March). Comparing interpretation bias modification to exposure therapy for acrophobia. In K. E. Benoit (Chair), *Novel applications of interpretation bias modification across development and internalizing disorders*. Symposium presented at the annual meeting of the Anxiety Disorders Association of America, Arlington, VA.
12. **Steinman, S. A.**, Teachman, B. A., & Smyth, F. L. (2011, November). Challenges of measuring implicit associations for complex clinical issues: Anxiety sensitivity as a prototype. In A. J. Ouimet & A. S. Radomsky (Co-Chairs), *Implicit Cognition in Anxiety Disorders: Development, Maintenance, and Treatment*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
11. **Steinman, S. A.**, Cutler, A. Y., Faulkner, L. M. D., Cressy, C. G., & Teachman, B. A. (2011, November). Cognitive processing and acrophobia: Validating the Heights Interpretation Questionnaire. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
10. **Steinman, S. A.** (2011, February). Reaching new heights: Steps leading to a dissertation. Paper presented at Psychology Department Colloquium, University of Virginia, Charlottesville, VA.

9. **Steinman, S. A.**, Smyth, F., Melo, W., & Teachman, B. A. (2010, November). Challenges of measuring implicit associations for complex clinical issues: Anxiety sensitivity as a prototype. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
8. **Steinman, S. A.** Hunter, M. D., Teachman, B. A. (2010, November). Identifying patterns of change during treatment for panic disorder and predicting follow-up. Paper presented at Contemporary Issues in Cognitive Psychology, Department of Psychology, University of Virginia, Charlottesville, VA.
7. **Steinman, S. A.**, & Teachman, B. A. (2010, June). Heights interpretation questionnaire: Scale validation and psychometric properties. Poster presented at the annual meeting of the World Congress of Behavioral and Cognitive Therapies, Boston, MA.
6. **Steinman, S. A.**, Tulbure, B., & Teachman, B. A. (2009, November). State Affect as a Predictor of Implicit Associations among Individuals High in Spider Fear. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York City, NY.
5. **Steinman, S. A.** (2009, October). Anxiety management: Reaching new heights. Paper presented at Contemporary Issues and Ethics in Clinical Psychology, Department of Psychology, University of Virginia, Charlottesville, VA.
4. **Steinman, S. A.** (2009, November). Modifying interpretations among individuals high in anxiety sensitivity. Paper presented at Contemporary Issues in Cognitive Psychology, Department of Psychology, University of Virginia, Charlottesville, VA.
3. **Steinman, S. A.** (2009, March). Modifying interpretations among individuals high in anxiety sensitivity. Paper presented at the 9th Annual Robert J. Huskey Research Exhibition, University of Virginia, Charlottesville, VA.
2. **Steinman, S. A.**, Tulbure, B., & Teachman, B. A. (2009, February). Evaluating the effects of state anxiety on implicit associations among individuals high in spider fear. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Tampa, FL.
1. **Steinman, S.A.**, Grim, E. C., Beadel, J. B., & Teachman, B. A. (2008, November). Training positive interpretations among individuals high in anxiety sensitivity. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Orlando, FL.

Invited Workshops

Mind Bugs: The Ordinary Origins of Bias

Psychiatry & CDS Conference, Kaiser Permanente, San Francisco.

Prepared and led a five-hour workshop on implicit bias with Carlee Beth Hawkins.

April 2013

Cognitive Behavioral Therapy: What it is and How to Use it

Silver School of Social Work, New York University, New York.

Prepared and led two three-hour workshops on treating anxiety with cognitive behavioral therapy.

December 2015

Research Positions

Cognition, Anxiety, and Treatment (CAT) Laboratory, Director

West Virginia University

In the CAT Laboratory, we test whether anxious individuals show biased cognitive processing, design and evaluate novel prevention and treatment programs for anxiety and OCD, and elucidate mechanisms of anxiety and treatment.

July 2016-present

Center for OCD and Related Disorders, Postdoctoral Clinical Researcher and Research Scientist

New York State Psychiatric Institute

Synthesized cognitive paradigms and neuroscience findings to identify treatment targets for anxiety and OCD disorders.

September 2014-April 2016. Laboratory Director: H. Blair Simpson, M.D., Ph.D.

Anxiety Disorders Center, Psychology Intern

Institute of Living

Studied treatment for anxiety and OCD, focusing on evaluating novel treatments and developing new diagnostic measures.

September 2013–August 2014, Laboratory Director: David Tolin, Ph.D.

Program for Anxiety, Cognition, and Treatment, Graduate Student

University of Virginia

Studied cognitive processes in anxiety, focusing on evaluating cognitive bias, cognitive bias modification, and mechanisms of change over the course of treatment.

August 2007–August 2014, Laboratory Director: Bethany A. Teachman, Ph.D.

Aging, Memory, and Cognitive Control Laboratory, Undergraduate Research Assistant

Washington University

Assisted in data collection, material creation, statistical analyses, and training research assistants for studies examining memory and cognitive processes among older and younger adults. Conducted an original study examining letter and number processing.

September 2005–May 2007, Laboratory Director: Larry Jacoby, Ph.D.

Personality Assessment Laboratory, Undergraduate Research Assistant

Washington University

Assisted in literature reviews and manuscript preparation.

January 2006–May 2006, Laboratory Director: Thomas Oltmanns, Ph.D.

Teaching Experience

Classroom

Instructor, Behavior Therapy, Spring 2022, Spring 2020,

Designed and taught a graduate course on behavior therapy.

Instructor, Clinical Interviewing, Fall 2018

Designed and taught a graduate course on basic therapy and interviewing skills.

Instructor, Behavior Pathology, Fall 2022, Fall 2020, Fall 2017

Designed and taught a graduate course on psychopathology.

Supervisor, Abnormal Psychology, Spring 2022, Fall 2021, Spring 2021, Fall 2020, Spring 2020, Fall 2019, Spring 2019, Fall 2018, Spring 2018, Fall 2017, Spring 2017, & Fall 2016

Supervise four graduate student instructors and four undergraduate teaching assistants, teaching four lecture sections and one online section of Abnormal Psychology.

Co-Instructor, Cognitive Behavioral Therapy Seminar, Fall 2013

Co-taught a course on how to conduct cognitive-behavioral therapy to hospital employees (e.g., social workers, psychologists).

Instructor, Anxiety: Theory and Treatment, Fall 2012.

Designed and taught an undergraduate seminar on theory and treatment of anxiety.

Head Laboratory Instructor, Research Methods and Data Analysis Lab I, Spring 2012

Supervised and trained six graduate student Lab Instructors for Research Methods and Data Analysis Laboratory I (see below for Laboratory Instructor duties). Also led one lab section.

Laboratory Instructor, Research Methods and Data Analysis Lab I, Fall 2010, & Fall 2008

Led five laboratory sections of approximately 13 students each, which included lecture and discussion; Directed research projects, graded statistics assignments, papers, and calculated final lab grades.

Teaching Assistant, Abnormal Psychology, Spring 2010

Graded papers, provided feedback, facilitated examinations, graded examinations.

Teaching Assistant, Cognitive Psychology, Spring 2009

Held weekly review sessions, provided feedback, facilitated examinations, graded examinations.

Teaching Assistant, Personality Psychology, Spring 2008

Held weekly review sessions, provided feedback, facilitated examinations.

Teaching Assistant, Introduction to Psychology, Fall 2007

Held review sessions before each examination, provided feedback, facilitated examinations, graded examinations.

Teaching Assistant, Abnormal Psychology, Spring 2007

Demonstrated clinical interviewing, provided feedback.

Teaching Assistant, Cognitive Psychology, Fall, 2006

Held review sessions before each examination, provided feedback, facilitated examinations, graded examinations, maintained course website.

Invited Guest Lectures:

Professional Development Series, Fall 2021, Fall 2020

Lectured on work-life integration and succeeding as a graduate student.

Professional Issues in Clinical Psychology, Fall 2019, Fall 2018, Fall 2017, & Fall 2016
Lectured on coping with the demands of graduate school.

Diagnosis and Treatment Planning, Fall 2021, Fall 2019, & Fall 2018
Introduced counseling students to anxiety diagnoses and treatments.

Theories and Techniques, Spring 2018
Introduced counseling students to evidence-based interventions for anxiety disorders and OCD.

Professions in Psychology, Spring 2018
Discussed different graduate programs and career paths related to clinical psychology.

New Science of the Unconscious, Spring 2012
Lectured on uncontrollable processing and implicit associations in anxiety.

Student Mentoring

Laboratory Director and Mentor – Mentor approximately 5 graduate students and 15 undergraduate research assistants each semester, from July 2016 to present.

Research Assistant Mentor – Mentored 2 full time research assistants at Columbia University Medical Center, from Fall 2014 to Spring 2016.

Undergraduate Research Assistant Supervisor - led a team of 3 – 6 undergraduate assistants each semester; approximately 30 students from Fall 2007 to December 2012.

Undergraduate Distinguished Major (Honors Thesis) Mentor, Spring 2008 to Spring 2009

Clinical Training and Experience

Quinn Curtis Center at West Virginia University, Supervisor and Licensed Clinician (May 2017-present)

- Supervise a team of 4-5 graduate student therapists conducting evidence-based treatments for individuals with anxiety, OCD and related disorders, PTSD, depression, and substance abuse.
- Conduct evidence-based therapy (and co-therapy) for individuals with anxiety, OCD, and depression.

Center for OCD and Related Disorders at New York State Psychiatric Institute, Psychologist (September 2015-June 2016) and Postdoctoral Clinical Research (September 2014-2015)

Primary Clinical Supervisor during postdoctoral fellowship: Anthony Puliafico, Ph.D.

- Conducted Exposure and Response Prevention for individuals with OCD
- Conducted structured clinical interviews using the SCID
- Conducted independent evaluations for individuals with OCD, using standardized measures (e.g., Y-BOCS, HAM-D)
- Provided training and supervision to a graduate student therapist and junior faculty
- Settings: Outpatient Research Study

Institute of Living (Cognitive Behavioral Therapist Track), Clinical Psychology Intern

September 2013 – August 2014, Primary Clinical Supervisor: Elizabeth Moore, Ph.D.

- Co-led Dialectical Behavior Therapy (DBT) skills training groups (~9 groups per week)
- Conducted weekly individual DBT sessions for patients with borderline personality disorder
- Conducted weekly CBT sessions for patients with anxiety, obsessive-compulsive, mood, and personality disorders
- Conducted accelerated treatment protocols for patients with anxiety, obsessive-compulsive, mood, and personality disorders
- Conducted both unstructured and structured intake interviews
- Administered symptom-related measures
- Conducted daily individual CBT sessions in an inpatient unit
- Conducted group CBT sessions in an inpatient unit (2 to 3 groups per week)
- Conducted weekly group CBT sessions in an intensive outpatient program for young adults
- Provided training and supervision to practicum student therapist
- Settings: Outpatient, Research Study, Intensive Outpatient Program, and Inpatient

Mary D. Ainsworth Psychological Clinic, Practicum Student

August 2007 – December 2012, Primary Clinical Supervisors: Patricia Lee Llewellyn, Ph.D., Robert Emery, Ph.D.

- Conducted weekly individual psychotherapy sessions for clients with mood and anxiety disorders
- Conducted weekly couples therapy sessions
- Administered cognitive, personality, and symptom-related assessments, provided testing feedback
- Conducted intake interviews
- Observed sessions of therapy conducted by other therapists through a one-way mirror
- Setting: Department Clinic

Defense and Veterans Brain Injury Center, Practicum Student

May 2012 – September 2012, Primary Clinical Supervisor: F. Don Nidiffer, Ph.D., ABMPP, CBIST

- Conducted weekly individual psychotherapy sessions for clients with anxiety, depression, and traumatic brain injuries
- Participated in milieu therapy
- Assisted in psychological assessment
- Took clients into community as part of their reintegration into community, and to serve as exposures for post-traumatic stress disorder
- Setting: Intensive Outpatient Program

Heights Phobia Treatment Study, Practicum Student

March 2009 – May 2012, Primary Clinical Supervisor: Bethany A. Teachman, Ph.D.

- Conducted short-term exposure therapy for participants with extreme height fear
- Provided training and supervision to other graduate student therapists
- Setting: Department Clinic/Research Study

Western State Hospital, Practicum Student

June 2011 – August 2011, Primary Clinical Supervisors: Christy McFarland, Ph.D. and Jason Stout, Psy.D.

- Conducted weekly individual and group psychotherapy sessions for inpatient clients with severe mental illness
- Assisted in restoration of competency
- Participated in multidisciplinary treatment planning sessions with clients
- Participated in milieu therapy
- Co-led weekly Anger Management and Mental Health Education Groups
- Setting: Inpatient Hospital

Center for Addiction Research and Education (CARE), Practicum Student

June 2010 – May 2011, Primary Clinical Supervisors: J. Kim Penberthy, Ph.D. and Nile Wagley, Ph.D.

- Conducted substance abuse intervention and motivational interviewing sessions for clients with alcohol and/or cocaine addictions
- Administered structured clinical interviews for clients with alcohol, cocaine, and marijuana addictions
- Setting: Medical Center/Research Study

Behavior Medicine Center, Practicum Student

August 2009 – June 2010, Primary Clinical Supervisor: Linda Gonder-Frederick, Ph.D.

- Conducted weekly individual psychotherapy sessions for clients with mood, anxiety, and medical disorders
- Administered and wrote-up psychological evaluations to determine readiness for bariatric surgery
- Setting: Medical Center/Outpatient Hospital

Northwest Schools Special Education Organization (NSSEO), Aide, Paraprofessional

May 2007 – July 2007, Primary Clinical Supervisor: Dennis Simon, Ph.D.

- Provided one-on-one support to children with behavioral problems

Alternatives to Living in Violent Environments (ALIVE), Intern

May 2006 – August 2006, Primary Clinical Supervisor: Jennifer Gadsby, M.S.W.

- Completed intakes
- Answered Crisis Line and aided in referrals to domestic violence shelters
- Scored symptom-related assessments

Professional Activities

Professional Societies

Association for Behavioral and Cognitive Therapies

(2007-present)

Anxiety and Depression Association of America

(2011-present)

American Psychology Association

(2009-present)

Division 12 (Society of Clinical Psychology), American Psychology Association

(2014-present)

Association for Psychological Science

(2010-present)

Society for a Science of Clinical Psychology
(2009-present)
Society for Personality and Social Psychology
(2008-2009)

Professional Leadership and Service

Society for a Science of Clinical Psychology (SSCP) Executive Board Member, Liaison to Division 12
(2021-present)
Society of Clinical Psychology (APA, Division 12) Executive Board Member, SSCP Representative
(2021-present)
Association for Behavioral and Cognitive Therapies (ABCT) Membership Issues Coordinator
(2021-present)
Association for Behavioral and Cognitive Therapies (ABCT) Social Networking Media Committee Chair
(2018-2021)
Association for Behavioral and Cognitive Therapies (ABCT) Ambassador
(2018-present)
Anxiety and Depression Association of America (ADAA) Early Career SIG Chair
(2016-2018)
Society for a Science of Clinical Psychology (SSCP) Public Education and Media Committee Member
(2014-2018)
Association for Behavioral and Cognitive Therapies (ABCT) Program Committee Member
(2014-present)
Association for Behavioral and Cognitive Therapies (ABCT) Social Networking Media Committee Member
(2013-present)
Anxiety and Depression Association of America (ADAA) Mobile App Review Committee
(2016)
Society of Clinical Psychology (APA Division 12), Membership Committee
(2014-2016)
Society for a Science of Clinical Psychology (SSCP) Student Poster Competition Reviewer
(2015-2016)
Society of Clinical Psychology (APA Division 12), Web Committee Member
(2014-2015)

Departmental Service

Psychology Department (WVU), Diversity Committee Member
(2020-present)
Psychology Department (WVU), Student-Led Antiracist Action Group Member
(2020-present)
Psychology Department (WVU), Behavior Exam Committee Member
(2019-2021)
Psychology Department (WVU), Behavior Analysis Training Committee Member
(2018-2022)
Psychology Department (WVU), Quin Curtis Center Steering Committee Member
(2017-present)
Psychology Department (WVU), General Faculty Committee Member
(2016-present)

Psychology Department (WVU), Clinical Training Committee Member
(2016-present)
Psychology Department (WVU), Capstone Poster Session Attendee and Judge
(2016-present)
Psychology Department (UVA) Graduate Representation Committee, Class Representative
(2011-2012)
Psychology Department (UVA) Graduate Representation Committee, Clinical Area
Representative
(2008 - 2011)
Psychology Department (UVA) Graduate Student Representative to the Clinical Area Faculty
(2010 – 2012)
Psychology Department (UVA) Colloquium Committee Student Member
(2010 - 2011)
Psychology Department (UVA) Co-Coordinator of Contemporary Issues and Ethics in Clinical
Psychology Weekly Seminar (2009 - 2010)

Editorial Roles

Behavior Therapy (Editorial Board)
Journal of Behavior Therapy and Experimental Psychiatry (Editorial Board)
Cognitive Therapy and Research (Editorial Board)

Ad-Hoc Reviewer

Acta Psychologica
Anxiety, Stress, & Coping
Australian Journal of Psychology
Behavior Therapy
Behavior Research and Therapy
British Journal of Clinical Psychology
Cognition and Emotion
Cognitive Therapy and Research
Heliyon
International Journal of Cognitive Therapy
Journal of Abnormal Child Psychology
Journal of Abnormal Psychology
Journal of Affective Disorders
Journal of Anxiety Disorders
Journal of Behavior Therapy and Experimental Psychiatry
Journal of Cognitive Psychotherapy
Journal of Consulting and Clinical Psychology
Journal of Experimental Psychopathology
Journal of Medical Internet Research: Mental Health
Journal of Nervous and Mental Disease
Journal of Obsessive-Compulsive and Related Disorders
Palgrave Publishers
Personality and Social Psychology Bulletin
PLOS ONE
Royal Society Open Science