

# Mallory L. Dobias

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[Lab for Scalable Mental Health](#)

## EDUCATION

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- 2019 - Present      **Stony Brook University**  
Clinical Psychology PhD Student  
Faculty Advisor: Jessica Schleider, PhD
- 2013 - 2016        **University of Texas at Austin**  
B.S., Psychology; Biology minor  
Summa Cum Laude - Cumulative GPA: 4.0

## GRANTS, FELLOWSHIPS, & SPONSORSHIPS

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- 2019 - 2024        **Graduate Council Fellowship - \$50,000**, Stony Brook University  
Awarded by psychology department faculty based on scholastic merit
- 2020 - 2021        **Mamie Phipps Clark Diversity Grant - \$1,500**, Psi Chi Honors Society  
Targeting “self-hate” in sexual and gender minority adolescents: a scalable  
intervention for self-injurious thoughts and behaviors  
Role: PI
- 2013 - 2016        **Liberal Arts Honors Full-Tuition Scholarship - \$40,000**, UT Austin  
Awarded by liberal arts faculty based on scholastic merit
- 2016                **Liberal Arts Honors Research Support Award - \$220**, UT Austin  
Evaluating a single-session gratitude intervention for depressive symptoms: the  
role of interpretation bias  
Role: PI, undergraduate thesis

## HONORS & AWARDS

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- 2016                **Distinguished Scholar Award - Top 4%**, UT Austin
- 2016                **Psychology Honors Program**, UT Austin
- 2015                **Maymester Study Abroad Program - Prague, Czech Republic**, UT Austin
- 2014                **Psi Chi International Psychology Honors Society**, UT Austin
- 2013                **Liberal Arts Honors Program**, UT Austin

## MANUSCRIPTS

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\* indicates equal authorship

1. Schleider, J.L., **Dobias, M.L.\***, Sung, J.\*, & Mullarkey, M.C. (2019). Future directions for brief and single-session youth mental health interventions. *Journal of Clinical Child and Adolescent Psychology*. [Preprint Published Article](#)
2. Schleider, J.L., **Dobias, M.L.**, Fassler, J., Shroff, A., Pati, S. (Stage 1 Registered Report, Accepted). Promoting treatment access following pediatric primary care depression screening: Evaluation of web-based, single-session interventions for parents and youths. *Journal of the American Academy of Child and Adolescent Psychiatry*. [Preprint](#)

## MANUSCRIPTS UNDER REVIEW

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1. Schleider, J.L., **Dobias, M.L.**, Sung, J.Y., Mumper, E., Mullarkey, M.C. (Under review). Acceptability and utility of an open-access, online single-session intervention platform for adolescent mental health. [Pre-registration Code Preprint](#)
2. Hsu, K.J., Mullarkey, M.C., **Dobias, M.L.**, Beevers, C., Björgvinsson, T. (Under review). Expanding the network: predictability in anxiety and depression symptom networks. [Preprint](#)

## WORKING MANUSCRIPTS

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\* indicates equal authorship

1. **Dobias, M.L.**, Chen, S., Fox, K.R. & Schleider, J.L. (In preparation). Brief interventions for self-injurious thoughts and behaviors in young people: A systematic review. [Stage 1 Registered Report](#)
2. **Dobias, M.L.\***, Sugarman, M.\*, Mullarkey, M.C., Schleider, J.L. (In preparation). Relative importance of individual depressive symptoms, demographic variables, and socioeconomic variables in predicting adolescent mental health treatment access. [Pre-registration Code Preprint](#)
3. Mullarkey, M.C., **Dobias, M.L.**, & Bluth, K. (In preparation). Understanding the differential relationships between self-compassion, mindfulness, and individual adolescent depression symptoms: A network analysis. [Preprint](#)
4. Mullarkey, M.C., **Dobias, M.L.**, Marron, A.M., & Bearman, S.K. (In preparation). A systematic review of randomized trials for engaging vulnerable groups in health research: A distillation and machine learning approach. [Preprint](#)

## BOOKS & BOOK CHAPTERS

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1. **Dobias, M. L.**, Schleider, J. L., & Ollendick, T. (Under contract). Improving the efficiency and scalability of cognitive behavioral therapy. In *Comprehensive Clinical Psychology* (2nd ed.). Elsevier.

- Schleider, J.L., Mullarkey, M.C., **Dobias, M.L.** (Under contract). *The Growth Mindset Workbook for Teens: Using Brain Science to Boost Behavior Change*. New Harbinger Publications.

## COLUMNS

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- Sung, J.Y., **Dobias, M.L.**, & Schleider, J.L. (in press). Single-session interventions: Complementing and Extending Evidence-Based Practice. *Advances in Cognitive Therapy*. [Pre-print](#)

## OPEN-ACCESS INTERVENTION PROGRAMS

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- Dobias, M.L.**, Mullarkey, M.C., & Schleider, J.L. (2019). *The Teen Goals Project: A single session intervention targeting self-hate in adolescents*. DOI: 10.17605/OSF.IO/YDQXJ [Link](#)

## OPEN-ACCESS PROFESSIONAL DEVELOPMENT MATERIALS

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\* indicates equal authorship

- Dobias, M.L.** (2019). Your Study Here: AsPredicted Easy Use Template & Tips for Pre-Registration Beginners. [Link](#)
- Dobias, M.L.** (2019). Open-Access Tips/Materials for Clinical Psych PhD Applications. [Link](#)
- Dobias, M.L.\*** & Sung, J.\* (2019). Demystifying Conferences: A guide for RA professional development. [Link](#)

## CONFERENCE SYMPOSIA

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- Dobias, M.L.**, Mullarkey, M.C., & Schleider, J.L. (2020, November). *Self-hatred in young adults: Examining the roles of gender, sexual orientation, and depression*. Chaired symposium submitted for presentation at the 54<sup>th</sup> Annual Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.
- Dobias, M.L.**, Sugarman, M.B., Mullarkey, M.C., & Schleider, J.L. (2020, November). *Predicting mental health treatment access in high-symptom adolescents: Machine learning approaches*. Symposium submitted for presentation at the 54<sup>th</sup> Annual Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.
- Schleider, J.L., **Dobias, M.L.**, Sung, J., Mullarkey, M.C., Mumper, E. (2020, November). *Acceptability and utility of an open-access, single-session intervention platform for adolescent mental health*. Symposium submitted for presentation at the 54<sup>th</sup> Annual Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.
- Mullarkey, M.C., **Dobias, M.L.**, Beevers, C.G., Fassler, J., Shroff, A., Sugarman, M., Schleider, J.L. (2020, November). *Taking user-centered design seriously: An eight-minute, self-administered intervention decreases self-hatred in emerging adults*. Symposium submitted for presentation at the 54<sup>th</sup> Annual Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.

5. Schleider, J.L., **Dobias, M.L.**, Fassler, J., Shroff, A., & Pati, S. (2020, November). *Promoting treatment access following pediatric primary care depression screening: Evaluation of web-based, single-session interventions for parents and youths*. Paper accepted for presentation at the 54<sup>th</sup> Annual Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.
6. **Dobias, M.L.**, Mullarkey, M.C., Shumake, J., Beevers, C. (2019, May). *A symptom-level approach to treatment seeking behavior: machine learning and relative importance approaches*. Symposium presented for the 31<sup>st</sup> Annual Association for Psychological Science Convention, Washington, D.C. [Slides](#)
7. **Dobias, M.L.**, Schleider, J.L., Mullarkey, M.C. (2018, November). *Social variables and their relationship to adolescent depression: relative importance analyses*. Symposium presented for the 52<sup>nd</sup> Annual Association for Behavioral and Cognitive Therapies Convention, Washington, D.C.
8. **Dobias, M.L.**, Price, R., Mullarkey, M.C. (2018, May). *Two is just for show: multiple modules of distress tolerance training do not outperform a single module*. Symposium presented for the 30<sup>th</sup> Annual Association for Psychological Science Convention, San Francisco, CA.

#### INVITED TALKS & PRESENTATIONS

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\* indicates equal authorship

1. **Dobias, M.L.\*** & Sung, J.\*, Schleider, J.L. (2020, February). *Why Study Clinical Psychology?* Invited talk for 7th, 8th, 11th, and 12th grade girls in the [Women in Science Enrichment Program \(WISE\)](#) at Rye Country Day School, Rye, NY.
2. **Dobias, M.L.\*** & Sung, J.\*, Schleider, J.L. (2019, November). *Promoting Mental Health Awareness*. Invited talk for 7th and 8th Grade Student Mental Health Conference Day at Bay Shore Middle School, Bay Shore, NY.
3. **Dobias, M.L.**, Sugarman, M., Mullarkey, M.C., Schleider, J.L. (2019, October). *Predicting mental health treatment access in adolescents*. Invited symposium for the 9<sup>th</sup> Annual Child Mind Institute '[On the Shoulders of Giants](#)' Scientific Symposium Event, New York, NY.
4. **Dobias, M.L.** (2016, April). UT Psychology Advisory Board Annual Meeting. Chosen as the 2016 undergraduate representative to speak on current department psychological research. University of Texas at Austin, Austin, TX.

#### POSTERS

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□ indicates trainee author/presenter

1. Rosenberg, B. □, **Dobias, M.L.** Sung, J., Vilkin, E., Schleider, J.L. (2019). *Evaluating Mental Health Treatment Access in Lesbian, Gay, and Bisexual vs. Heterosexual Young Adults*. Accepted poster for presentation at the 4th Annual Journal of Clinical Child and Adolescent Psychology Future Directions Forum, Washington, D.C. [Pre-registration](#)

2. **Dobias, M.L.**, Sugarman, M.B., Mullarkey, M.C., & Schleider, J.L. (2020, May). *Predicting mental health treatment access in high-symptom adolescents: Machine learning approaches*. Accepted poster for presentation at the 4<sup>th</sup> Annual Future Directions Forum, Washington, D.C.
3. **Dobias, M.L.**, Mullarkey, M.C., Shumake, J., Beevers, C. (2019, November). *Relative importance of individual depression symptoms in predicting suicidality: using the national Deprexis sample*. Accepted poster for the 53<sup>rd</sup> Annual Association for Behavioral and Cognitive Therapies Convention, Atlanta, GA. [Poster](#)
4. **Dobias, M.L.**, Lee, H., Mullarkey, M.C., Jamieson, J., Beevers, C., Josephs, R., Reis, H., Yeager, D. (2018, April). *Changing implicit theories of personality in adolescents: a way to improve teenage response to stress*. Poster presented at the 38<sup>th</sup> Annual Anxiety and Depression Association of America Conference, Washington, D.C.
5. **Dobias, M.L.** (2016, December). *Evaluating a single-session gratitude intervention for depressive symptoms: the role of interpretation bias*. Poster presented at the University of Texas at Austin Undergraduate Honors Thesis Poster Session, Austin, TX.
6. **Dobias, M.L.**, Niemi, H., Roper, A., Mullarkey, M.C., Carlson, C., (2016, November). *Grateful Writing, Residual State Gratitude, and Well-Being*. Poster presented at the Texas Psychological Association 2016 Annual Convention, Austin, TX.
7. Miller, J., Rude, S., Haner, M., Chen, Y., **Dobias, M.L.**, Moreno, Z., & Ramirez, M., (2014, May). *Experimental Modification of Appraisal Style*. Poster presented at the 26<sup>th</sup> Annual Association for Psychological Science Conference, San Francisco, CA.
8. Haner, M., Rude, S., Chen, Y., **Dobias, M.L.**, Moreno, Z., & Ramirez, M., (2014, May). *Validation of a Processing Measure of Big Picture Appraisal*. Poster presented at the 26<sup>th</sup> Annual Association for Psychological Science Conference, San Francisco.

## EDITORIAL & REVIEW EXPERIENCE

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Administration and Policy in Mental Health and Mental Health Services Research (since 2020)

## CLINICAL EXPERIENCE

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May 2018 - **Mental Health Clinic Coordinator**  
 May 2019 Anxiety & Stress Clinic  
 University of Texas, Austin, TX

Coordinated a doctoral student training clinic to serve adolescent and adult patients from the Austin community. Administered clinic phone screens, managed case assignments, and attended weekly supervision by a licensed clinical psychologist.

Aug 2015 - **Psychology Undergraduate Intern**

Dec 2016                      Austin State Hospital, Austin, TX

Participated in on-site internship program, 10 hours weekly. Assisted with adolescent and adult group therapy sessions. Mentored incoming interns.

### **CLINICAL INTERVIEWING**

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- Hamilton Depression Rating Scale (HAM-D)
- Mini International Neuropsychiatric Interview (MINI)

### **RELEVANT SKILLS & CERTIFICATIONS**

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- Proficient in using R for data cleaning and analysis
- Proficient in analyzing data using SPSS
- Proficient in collecting and storing data using REDCap, Qualtrics, and Box

### **PROFESSIONAL AFFILIATIONS**

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| 2019 – Present | Association for Behavioral and Cognitive Therapies<br><i>Suicide and Self-Injury Special Interest Group</i><br><i>Dissemination and Implementation Science Special Interest Group</i> |
| 2018 – Present | Association for Behavioral and Cognitive Therapies  |
| 2017 – Present | Anxiety and Depression Association of America   |
| 2015 – Present | American Psychological Association  |
| 2014 – Present | Association for Psychological Science   |