

CURRICULUM VITAE

Mallory L. Dobias

Department of Psychology, Stony Brook University
Psychology B-363, Stony Brook, NY 11794-2500
mallory.dobias@stonybrook.edu - (512) 818-9040
[Lab for Scalable Mental Health](#)

EDUCATION

- 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

- 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

- 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

* indicates equal authorship

1. **Dobias, M.L.**, Schleider, J.L., +Jans, L., & Fox, K.R. (Under review). An online, single-session intervention for adolescent self-injurious thoughts and behaviors: Results from a randomized trial [Pre-registration Data & Code Preprint](#)
2. **Dobias, M.L.**, +Sugarman, M.B., Mullarkey, M.C., & Schleider, J.L. (Under review). Predicting mental health treatment access in high-symptom adolescents: Machine learning approaches [Pre-registration Code Preprint](#)
3. Ahuvia, I.L., Sung, J.Y., **Dobias, M.L.**, Nelson, B.D., Richmond, L.L., London, B., & Schleider, J.L. (Under review). College students' interest in teletherapy and self-guided mental health supports during the COVID-19 pandemic [Pre-registration Code Preprint](#)
4. Schleider, J. L., Mullarkey, M. C., Fox, K., **Dobias, M.L.**, Shroff, A., Hart, E., & Roulston, C. A. (Under review). Single-Session Interventions for Adolescent Depression in the Context of COVID-19: A Nationwide Randomized-Controlled Trial. [Pre-registration Data Code Preprint](#)
5. Schleider, J.L., **Dobias, M.L.**, Fassler, J., Shroff, A., & Pati, S. (In press). 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*. [Pre-registration Stage 1 Registered Report](#)
6. Mullarkey, M.C., **Dobias, M.L.**, Sung, J.Y., Shumake, J., Beevers, C.G., & Schleider, J.L. (In press). A scalable, single-session intervention for perceived control over anxiety during COVID-19. *Nature Human Behaviour*. [Stage 1 Registered Report Code](#)
7. Schleider, J.L., **Dobias, M.L.**, Mullarkey, M.C., & Ollendick, T. (2021). Retiring, rethinking, and reconstructing the norm of once-weekly therapy. *Administration and Policy in Mental Health and Mental Health Services Research*, 48, 4-8. doi: 10.1007/s10488-020-01090-7 [Preprint Published Article](#)
8. Schleider, J.L., **Dobias, M.L.**, Sung, J.Y., Mumper, E., & Mullarkey, M.C. (2020). Acceptability and utility of an open-access, online single-session intervention platform for adolescent mental health. *JMIR Mental Health*. 7(6):e20513. doi: 10.2196/20513 [Pre-registration Code Preprint Published Article](#)
9. 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*. 49(2), 264-278. doi: 10.1080/15374416.2019.1683852 [Preprint Published Article](#)

WORKING MANUSCRIPTS

+indicates trainee author/presenter

1. **Dobias, M.L.**, Ahuvia, I., Schleider, J.L. (In preparation). Loss of mental health supports as a result of the Covid-19 pandemic. [Pre-registration](#)
2. **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](#)
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. [Code Preprint](#)
5. Hsu, KJ., Mullarkey, M.C., **Dobias, M.L.**, Beevers, C., & Björgvinsson, T. (In preparation). Expanding the network: predictability in anxiety and depression symptom networks. [Pre-registration](#) [Code Preprint](#)

BOOKS & BOOK CHAPTERS

1. **Dobias, M. L.**, Schleider, J. L., & Ollendick, T. (2020, in press). Improving the efficiency and scalability of cognitive behavioral therapies. In Asmundson, G., & Noel, M. (Eds.) *Comprehensive Clinical Psychology* (2nd ed.). Elsevier.
doi: 10.1016/B978-0-12-818697-8.00075-3. [Published Chapter](#)
2. Schleider, J. L., Mullarkey, M. C., & **Dobias, M. L.** (2021, forthcoming). *The Growth Mindset Workbook for Teens: Say Yes to Challenges, Deal with Difficult Emotions, and Reach Your Full Potential*. New Harbinger Publications. [Amazon](#)

COLUMNS

1. 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

1. **Dobias, M.L.**, Fox, K.R., & Schleider, J.L. (2020). *Project SAVE: A single-session intervention targeting self-injurious behavior in adolescents*.
2. **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

* indicates equal authorship

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

CHAIRED SYMPOSIA

1. **Dobias, M.L.**, Fox, K.R. (co-chairs), Smith, D., Clark, K., & Blashill, A.J. (2020, November). *Quantifying minority stress: Treatment-related targets and attitudes among sexual and gender minorities*. Chaired symposia presented at the 54th Annual Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.

CONFERENCE SYMPOSIA

+indicates trainee author/presenter

1. **Dobias, M.L.**, Schleider, J.L., +Jans, L., & Fox, K.R. (Submitted). *Results from a randomized trial testing an online, single-session intervention targeting adolescent self-injurious thoughts and behaviors*. Symposium submitted for the 55th Annual Association for Behavioral and Cognitive Therapies Convention, New Orleans, LA.
2. **Dobias, M.L.**, Schleider, J.L., +Jans, L., & Fox, K.R. (2021, August). *Evaluating an online, single-session intervention targeting adolescent self-injury*. Symposium accepted for the 126th Annual American Psychological Association Convention, San Diego, CA.
3. **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*. In Dobias, M.L. & Fox, K.R. (co-chairs), *Quantifying minority stress: Treatment-related targets and attitudes among sexual and gender minorities*. Symposium presented at the 54th Annual Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.
4. **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 presented at the 54th Annual Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.
5. 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 presented at the 54th Annual Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.
6. 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 presented

at the 54th Annual Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.

7. 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*. Symposium presented at the 54th Annual Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.
8. **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 31st Annual Association for Psychological Science Convention, Washington, D.C. [Slides](#)
9. **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 52nd Annual Association for Behavioral and Cognitive Therapies Convention, Washington, D.C.
10. **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 30th Annual Association for Psychological Science Convention, San Francisco, CA.

INVITED TALKS & PRESENTATIONS

+indicates trainee author/presenter; * 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 9th 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

+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*. Poster presented at the 4th Annual Journal of Clinical Child and Adolescent Psychology Future Directions Forum, Washington, D.C. [Pre-registration Code Poster](#)

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*. Poster presented at the 4th 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*. Poster presented at the 53rd 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 38th 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 26th 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 26th Annual Association for Psychological Science Conference, San Francisco.

EDITORIAL & REVIEW EXPERIENCE

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

MENTORSHIP EXPERIENCE

MA Student = Master's Graduate Student; RA = Research Assistant
*supervised trainee on an independent research project

Date	Name and University/Institution	Role	Subsequent Position
2021-	Kailyn Fan, Stony Brook University*	Honors Student	Currently in lab
2021-	Chantelle Roulston, Stony Brook University	Lab Coordinator	Currently in lab
2020-	Elden Flores, Stony Brook University	RA	Currently in lab
2020-	Sharon Chen, Stony Brook University	Lab Coordinator	Currently in lab
2020-	Julia Fassler, Stony Brook University	Lab Coordinator	Currently in lab
2020-	Aleta Thomas, Stony Brook University	RA	Currently in lab
2020-	Laura Jans, Stony Brook University	RA	Currently in lab

2019-	Michael Sugarman, CUNY Hunter College*	MA Student/RA	<i>Currently in lab, future PhD student, School Psychology, St. John's University</i>
2019-2020	Briana Rosenberg, Stony Brook University*	MA Student/RA	RA, Center for Technology and Health, Dartmouth College
2019-2020	Renee Gilbert, Stony Brook University	MA Student/RA	PhD Student, Clinical Child Psychology, University of Kansas

CLINICAL EXPERIENCE

Aug 2020 - Present	Therapist <i>Leonard Krasner Psychological Center Stony Brook University, NY</i> Serve child, adolescent, and adult patients from New York state via telehealth. Attend weekly supervision by a licensed clinical psychologist.
May 2018 - May 2019	Mental Health Clinic Coordinator <i>Anxiety & Stress Clinic University of Texas, Austin, TX</i> 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 - Dec 2016	Psychology Undergraduate Intern <i>Austin State Hospital Austin, TX</i> Participated in on-site internship program, 10 hours weekly. Assisted with adolescent and adult group therapy sessions. Mentored incoming interns.

TEACHING EXPERIENCE

Fall 2020	Recitation Instructor & Teaching Assistant <i>PSY310: Research & Writing in Psychology Instructor: Dr. Christian Luhmann</i> Led two weekly recitation sections with 23 undergraduate students. Taught topics relating to research method, writing, and statistics (correlation, regression, ANOVA, t-test). Mentored students on literature search and generating novel research project proposals. Graded weekly writing assignments and final APA-formatted papers describing and presenting students' projects.
Fall 2019	Teaching Assistant <i>PSY339: Psychotherapy Science and Practice Instructor: Joy Bolger, M.S.</i> Met with students and regular hosted office hours to facilitate mastery of course content, including: cognitive behavioral therapy, dialectical behavior therapy, mindfulness and acceptance-based practices. Graded exams.

CLINICAL INTERVIEWING

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

RELEVANT SKILLS & CERTIFICATIONS

- 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 SERVICE

2020 – Present Member, Stony Brook Psychology Department Committee for Diversity, Equity, and Inclusion: *Undergraduate Mentoring Subcommittee*

PROFESSIONAL AFFILIATIONS

2019 – Present Association for Behavioral and Cognitive Therapies
Suicide and Self-Injury Special Interest Group
Dissemination and Implementation Science Special Interest Group

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