

Mallory L. Dobias

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EDUCATION

- Fall 2019 **Stony Brook University**
Incoming Clinical Psychology PhD Student
Faculty Advisor: Jessica Schleider, PhD
- 2013-2016 **University of Texas at Austin**
Bachelor of Science in Psychology, minor in Biology
Summa Cum Laude - Cumulative GPA: 4.0
- Liberal Arts Honors Program
UT Psychology Honors Program
UT Study Abroad Program, May 2015 - Prague, Czech Republic

HONORS & AWARDS

- 2019 Stony Brook University Graduate Council Fellowship, \$50,000
- 2016 UT Austin Distinguished Scholar Award, Top 4%
- 2016 Liberal Arts Honors Research Support Award, \$220
- 2013 UT Austin Liberal Arts Honors Full-Tuition Scholarship, \$40,000

MANUSCRIPTS

Dobias, M.L., Mullarkey, M.C., Beevers, C. (In prep). Predicting treatment-seeking behavior: structural and personal barriers matter more than symptoms.

Hsu, K.J., Mullarkey, M.C., **Dobias, M.L.**, Beevers, C., Beard, C., Björgvinsson, T. (In prep). Expanding the network: predictability in anxiety and depression symptom networks.

Mullarkey, M.C., **Dobias, M.L.**, & Bluth, K. (under review, *Mindfulness*). Understanding the differential relationships between self-compassion, mindfulness, and individual adolescent depression symptoms: A network analysis. Preprint:
<https://psyarxiv.com/kjdq6/>

Mullarkey, M.C., **Dobias, M.L.**, Marron, A.M., & Bearman, S.K. (In prep). A systematic review of randomized trials for engaging vulnerable groups in health research: A distillation and machine learning approach.

BOOKS

Schleider, J.L., Mullarkey, M.C., **Dobias, M.L.** (In prep). *The Growth Mindset Workbook for Teens: Using Brain Science to Boost Behavior Change*. Oakland, CA: New Harbinger.

INVITED TALKS & PRESENTATIONS

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*. Submitted symposium presentation for the 53rd Annual Association for Behavioral and Cognitive Therapies Convention, Atlanta, GA.

Dobias, M.L., Mullarkey, M.C., Schleider, J.L. (2019, November). *Single-session intervention for distress intolerance*. Submitted workshop presentation for the 53rd Annual Association for Behavioral and Cognitive Therapies Convention, Atlanta, GA.

Dobias, M.L., Mullarkey, M.C., Beevers, C. (2019, May). *Predicting treatment-seeking behavior: structural and personal barriers matter more than symptoms*. Accepted symposium for the 31st Annual Association for Psychological Science Convention, Washington, D.C.

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.

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.

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

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.

Dobias, M.L. (2016, December). *Gratitude, Depression, and Well-Being: The Role of Interpretation Bias*. Poster presented at the University of Texas at Austin Undergraduate Honors Thesis Poster Session, Austin, TX.

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.

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.

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.

RESEARCH EXPERIENCE

May 2018 -
Present

Research Associate

Mood Disorders Laboratory
University of Texas, Austin, TX

Project Title: Developing of Attention Bias Modification (ABM) for Depression (R33MH109600)

Description: Evaluating the effects of an ABM training program on negative attentional bias, functional connectivity within frontal-parietal neural circuitry, and symptoms of depression.

- Administer 94 Hamilton Depression Rating Scale (HAM-D) clinical interviews to evaluate treatment effect on main depression outcome
- Administer Mini International Neuropsychiatric Interview (MINI) and Columbia Suicide Severity Rating Scale (C-SSRS) in 72 clinical phone screens to determine participant eligibility
- Recruit and schedule study participants
- Attend weekly supervision by licensed clinical psychologist for clinical interviews
- Assist fMRI scans as a Level 1 scanner at the Imaging Research Center (IRC)

Faculty Advisor: Christopher Beevers, PhD

May 2018 -
Present

Research Associate

Anxiety and Health Behaviors Laboratory
University of Texas, Austin, TX

Project Title: Cancer Prevention Research Institute of Texas – YMCA Trial (RP170095)

Description: Evaluating treatment efficacy of an exercise-based smoking cessation program in a randomized clinical trial of adults with high anxiety sensitivity.

- Administer clinical phone screens to determine participant eligibility
- Recruit and schedule study participants to a smoking cessation study
- Work with doctor's offices to coordinate medical clearance paperwork

Faculty Advisor: Jasper Smits, PhD

Jan 2017 -
May 2018

Project Coordinator

Adolescent Development Research Group
University of Texas, Austin, TX

Project Title: Understanding Adolescents' Daily Stress and Health During the Transition to High School (R01HD084772)

Description: Managed a large-scale, R01 NIH grant funded project evaluating the effectiveness of a 45-min, online, in-school intervention encouraging healthy responses to stress and the prevention of adolescent clinical depression and anxiety in their first year of high school.

- Managed all data collection for 7 public schools and 2,600+ high school freshman
- Organized school visits on 99 days over ~1.5 years, with 680+ hours in schools
- Coordinated and trained a highly collaborative team of 60+ research assistants, graduate students, and lab staff for school visits and hormone collection
- Maintained 100% retention of research assistants fall 2017 - spring 2018
- Designed and administered daily online surveys on mood, social stressors, and school activities in classrooms
- Collected daily saliva samples within schools to assess hormone levels (cortisol, DHEA, estradiol, testosterone)
- Delivered recruitment speeches for teachers, students, and school staff in 6 schools to encourage study participation
- Completed annual R01 NIH grant progress reports
- Prepared and updated IRB project materials
- Cleaned, processed, and prepared long-form data files for analysis in R Studio
- Ran meetings with project Principal Investigators via WebEx

Faculty Advisor: David Yeager, PhD

Sept 2016 -
Dec 2016

Volunteer Research Assistant

Adolescent Development Research Group
University of Texas, Austin, TX

Project Title: Understanding Adolescents' Daily Stress and Health During the Transition to High School (R01HD084772)

- Recruited and collected self-report and hormone data from 600+ 9th-grade students
- Administered targeted, in-school interventions to prevent adolescent depression and anxiety
- Organized participant data and tracked participant records

Faculty Advisor: David Yeager, PhD

Jan 2016 -
Dec 2016

Volunteer Research Assistant
Well-Being in Context Laboratory
University of Texas, Austin, TX

Project Title: Well-Being Training

Description: Evaluated treatment effects of an in-lab intervention informed by self-compassion and exposure therapy techniques on behavioral and self-reported distress tolerance.

- Administered the 3 hour in-lab intervention 10 times
- Administered behavioral assessments at 2 week follow-up appointments
- Trained and managed 13 undergraduate research assistants for intervention study protocols
- Managed participant scheduling and course credit compensation

Faculty Advisor: Caryn Carlson, PhD

Jan 2015 -
Dec 2016

Volunteer Research Assistant
Mood Disorders Laboratory
University of Texas, Austin, TX

Project Title: Genetic Influences on Dual Processing Modes of Reward and Punishment Learning (R01DA032457)

Project Title: Augmenting Internet-Based Cognitive Behavioral Therapy for Major Depressive Disorder with Low-Level Light Therapy

- Administered clinical phone interviews to determine participant eligibility (MINI/C-SSRS)
- Integrated suicidality measure (C-SSRS) into REDCap, a secure, data collection software
- Produced lab-wide protocol for EyeLink 1000 Plus eye tracker
- Trained incoming research assistants in clinical phone screen and eye tracking protocols
- Recruited and scheduled participants via email and phone
- Created study fliers to encourage campus and community participation
- Ran study participants to assess reward processing and attentional biases

Faculty Advisor: Christopher Beevers, PhD

May 2014 -
Aug 2014

Volunteer Research Assistant
Twins and Development Laboratory
University of Texas, Austin, TX

Project Title: Chronic Stress and Executive Function in Children: A Neuroimaging Study of Twins (R21HD081437)

Description: Evaluated neurobiological mechanisms of chronic stress on executive functioning, academic achievement, and cognitive ability in 3rd – 8th grade twins.

- Administered widely-used tests of psychological functioning (WAIS-II and WJ-III) and a variety of measures of executive functioning (e.g., N-back, running memory, symmetry span) to 195 participating children
- Took participant hair samples for cortisol hormone analysis
- Aided participant recruitment via mail and phone
- Assisted in post-participation follow-up and obtaining education records
- Organized and entered data for ~195 families into REDCap

Faculty Advisor: Elliot Tucker-Drob, PhD

May 2012 -
May 2015

Volunteer Research Assistant
Depression Vulnerability Laboratory
University of Texas, Austin, TX

Description: Examined the relationship between interpretive biases and depression vulnerability.

- Modified existing survey/experiment instruments
- Administered and scored ~300 Scrambled Sentences Test trials, a measure of interpretation bias
- Managed participant schedules and ran study participants
- Entered data into Microsoft Excel for analysis

Faculty Advisor: Stephanie Rude, PhD

CLINICAL EXPERIENCE

May 2018 -
Present

Clinic Coordinator
Anxiety & Stress Clinic
University of Texas, Austin, TX

Description: Coordinate a doctoral student training clinic to serve patients from the community experiencing anxiety and other related concerns.

- Coordinate patient services with a team of 11+ clinicians

- Administer clinical phone interviews to determine clinic eligibility
- Attend weekly clinic supervision by licensed clinical psychologist
- Organize clinic budget and funds

Aug 2015 -
Dec 2016

Undergraduate Intern
Austin State Hospital, Austin, TX

Description: Participated in on-site internship program, 10 hours weekly.

- Attended weekly Treatment Team Planning Meetings
- Shadowed individual therapy sessions
- Participated in group therapy sessions with adults and adolescents
- Assisted in preparation for Hope Is Alive Suicide Prevention Program
- Developed the ASH internship handbook, including goals, schedules, and critical content for future incoming interns
- Met and mentored new interns
- Involved and engaged new interns in clinical research experience

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 UT Box
- Level 1 fMRI scanner certified

PROFESSIONAL AFFILIATIONS

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
2014 - Present	Psi Chi - UT Chapter of International Honor Society in Psychology