

Mallory L. Dobias

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[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 Graduate Council Fellowship - **\$50,000**, Stony Brook University
- 2016 Liberal Arts Honors Research Support Award - **\$220**, UT Austin
- 2013 Liberal Arts Honors Full-Tuition Scholarship - **\$40,000**, UT Austin

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. Schleider, J.L., **Dobias, M.L.***, Sung, J.*, & Mullarkey, M.C. (In press, *Journal of Clinical Child and Adolescent Psychology*). Future directions for brief and single-session youth mental health interventions. [Preprint](#)

MANUSCRIPTS UNDER REVIEW

* indicates equal authorship

1. **Dobias, M.L.***, Sugarman, M.*, Mullarkey, M.C., Schleider, J.L. (Under review). Relative importance of individual depressive symptoms, demographic variables, and socioeconomic variables in predicting adolescent mental health treatment access. [Pre-registration Code Preprint](#)
2. Schleider, J.L., **Dobias, M.L.**, Pati, S. (Stage 1 Registered Report, under review). Promoting treatment access following pediatric primary care depression screening: Evaluation of web-based, single-session interventions for parents and youths. [Preprint](#)
3. Hsu, KJ., Mullarkey, M.C., **Dobias, M.L.**, Beevers, C., Björgvinsson, T. (Under review). Expanding the network: predictability in anxiety and depression symptom networks. [Preprint](#)
4. Mullarkey, M.C., **Dobias, M.L.**, Marron, A.M., & Bearman, S.K. (Under review). A systematic review of randomized trials for engaging vulnerable groups in health research: A distillation and machine learning approach. [Preprint](#)

WORKING MANUSCRIPTS

1. 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](#)

BOOKS

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

OPEN-ACCESS INTERVENTION PROGRAMS

1. **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](#)

CONFERENCE SYMPOSIA

1. **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](#)
2. **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.
3. **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

1. **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.
2. **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

1. **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 53rd Annual Association for Behavioral and Cognitive Therapies Convention, Atlanta, GA.
2. **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.
3. **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.
4. **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.

5. 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.
6. 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.

CLINICAL EXPERIENCE

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

- 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 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