

## Jenna Yejin Sung

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### EDUCATION

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- 2019-Present      **Stony Brook University**  
Ph.D. in Clinical Psychology  
Advisor: Jessica Schleider, PhD
- 2013-2017        **Emory University**  
B.A. in Psychology, High Honors  
Minor in Educational Studies  
Honors Thesis: *Does Mental Rotation Training Improve Arithmetic Competence in Children?*  
Advisor: Stella Lourenco, PhD

### GRANTS AND SCHOLARSHIPS

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- 2020              Graduate Research Grant, Psi Chi (\$1,500)  
Project Title: Empowering Anxious Parents to Manage Child Avoidance Behaviors: A Randomized Trial of a Single-Session Intervention Targeting Parent Accommodation  
Role: Principle Investigator
- 2020              Society of Clinical Child and Adolescent Psychology – Diversity Travel Award (\$500)
- 2017              Diversifying Psychology Weekend Scholarship – University of North Carolina Chapel Hill
- 2017              Diversity in Psychology Scholarship – University of Minnesota
- 2016              Scholarly Inquiry and Research at Emory (SIRE) Grant (\$1000)

### PUBLICATIONS

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\* indicates equal authorship

#### Peer-Reviewed Publications

- Schleider, J. L., **Sung, J.\***, Dobias, M.\*, & Mullarkey, M. (2020). Future Directions in Single-Session Youth Mental Health Interventions. *Journal of Clinical Child & Adolescent Psychology*, 49, 264-278. doi: [10.1080/15374416.2019.1683852](https://doi.org/10.1080/15374416.2019.1683852)
- Cheung, C., **Sung, J.**, Lourenco, S. (2019). Does Training Mental Rotation Transfer to Gains in Mathematical Competence? Assessment of an at-home Visuospatial Intervention. *Psychological Research*. doi: [10.1007/s00426-019-01202-5](https://doi.org/10.1007/s00426-019-01202-5)
- Freeman, J., Benito, K., Herren, J., Kemp, J., **Sung, J.**, Georgiadis, C., Arora, A., Walther, M., Garcia, A. (2018). Evidence Base Update of Psychosocial Treatments for Pediatric Obsessive-Compulsive

Disorder: Evaluating, Improving, and Transporting What Works. *Journal of Clinical Child & Adolescent Psychology*, 47(5), 669-698. doi:[10.1080/15374416.2018.1496443](https://doi.org/10.1080/15374416.2018.1496443)

## Columns

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

## Submitted Manuscripts

Benito, K., Herren, J., Freeman, J., Garcia, A., Kemp, J., Chorpita, B., **Sung, J.**, Arora, A., Georgiadis, C., Steward, E., Wellen, B., Frank, H., Schiavione, E., Gervasio, M., Machan, J. (under review). Improving Delivery Behaviors During Exposure Therapy: A Randomized Controlled Training Trial with Community Therapists.

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-print](#)

## Manuscripts and Chapters In Preparation

**Sung, J.**, Kacmarek, C., Schleider, J.L. (in preparation; invited submission). Economic Evaluations of Mental Health Programs for Children and Adolescents in the United States. [Pre-registration](#)

Schleider, J.L., **Sung, J.**, Bianco, A., Mullarkey, M. (in preparation). Evaluating the Single Session Consultation Service at the Krasner Psychological Center and Putnam. [Pre-registration](#)

**Sung, J.**, Schleider J., (in preparation; under contract). Prevention and Early Intervention. In Bennett, S., Myles-Hooton, P., Schleider, J. (Eds.) *Low intensity interventions for children and adolescents*. Oxford University Press

Hart, M., **Sung, J.**, McQuillin, S., & Schleider, J. L. (in preparation). Leveraging Implementation Science to Expand the Reach of Psychosocial Services: Untapped Potential of Mentors and Single Session Interventions

## OPEN-ACCESS INTERVENTIONS

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Schleider, J. L., Mullarkey, M. C., Mumper, E., & **Sung, J. Y.** (2019). The ABC Project: Action Brings Change. Open Science Framework. DOI 10.17605/OSF.IO/QJ94C. [Link](#)

**Sung, J.\***, Mumper, E.\*, Schleider, J. (in preparation). Project BRAVE.

## CONFERENCE PRESENTATIONS

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### Conference Symposia

1. **Sung J.**, Bianco A., Schleider. (November 2020). Open Pilot Trial of a Single-Session Consultation Service for Clients on Psychotherapy Waitlists. Symposium submitted to the Association for Behavioral and Cognitive Therapies 54<sup>th</sup> Convention, Philadelphia, PA.

2. Schleider J., Dobias M., **Sung J.**, Mullarkey M., Mumper E. (November 2020). Acceptability and Utility of an Open-Access, Online Single-Session Intervention Platform for Adolescent Mental Health. Symposium submitted to the Association for Behavioral and Cognitive Therapies 54<sup>th</sup> convention, Philadelphia, PA.

**Poster Presentations**

3. **Sung J.**, Bianco A., Schleider J. (June, 2020). The Nature and Malleability of Therapist Attitudes Toward Single-Session Mental Health Interventions. Poster accepted at the Future Directions Focum. Washington D.C.
4. Rosenberg B., Dobias M., **Sung J.**, Vilkin E., Schleider J. (June, 2020). *Evaluating Mental Health Treatment Access in Lesbian, Gay, and Bisexual vs. Heterosexual Young Adults*. Poster accepted at the Future Directions Forum. Washington D.C.
5. **Sung J.**, O'Connor E., Garcia A., Prezworski A. (November, 2019). *Intolerance of Uncertainty in Children and Adolescents: Exploring the Role of Parental Psychological and Behavioral Control*. Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, Child and Adolescent Anxiety Special Interest Group. Atlanta G.A.
6. **Sung J.**, Arora A., Kemp J., O'Connor E., Carper M., Benito K., Freeman J., Garcia A., Case B. (November, 2018). *What Can Informant Discrepancy Tell Us About Child OCD Treatment Outcome?* Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, Child and Adolescent Anxiety Special Interest Group. Washington D.C.
7. Arora A., **Sung J.**, O'Connor E., Garcia A., (November, 2018). *Determinants of Parents Emotion Socialization Behavior: The Role of Affective Control*. Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, Child and Adolescent Anxiety Special Interest Group. Washington D.C.
8. **Sung J.**, Georgiadis C., Arora A., Kemp J., Freeman J., Garcia A., & Case B. (April, 2018). *What does parent-child disagreement tell us about impairment and parental accommodation?* Poster presented at the annual meeting of the Anxiety and Depression Association of American Conference. Washington D.C
9. Georgiadis C., **Sung J.**, Arora A., Kemp J., Freeman J., Garcia A., Case B. (April, 2018). *Change in OCD Severity in a Sample of Youth with Comorbid Autism Spectrum Disorder in a Specialized OCD Program*. Poster presented at the annual meeting of the Anxiety and Depression Association of American Conference. Washington D.C.
10. Arora A., Georgiadis C., **Sung J.**, Kemp J., Freeman J., Garcia A., & Case B. (April, 2018). *Assessing the Relationship Between Parental Quality of Life Ratings and Family Accommodation in an OCD Partial Hospitalization Setting*. Poster presented at the annual meeting of the Anxiety and Depression Association of American Conference. Washington D.C.
11. Drljaca A., Georgiadis C., Kemp J., Freeman J., Arora A., **Sung J.**, Benito K., Garcia A. & Case B. (April, 2018). *Relationship Between Family Accommodation and Family Functional Impairment in Youth with Severe OCD and Anxiety*. Poster presented at the annual meeting of the Anxiety and Depression Association of American Conference. Washington D.C.
12. Georgiadis C., Kemp J., Arora A., **Sung J.**, Freeman J., Garcia A., Case B. (November, 2017). *Changes in Disgust Propensity and Sensitivity in Youth with Contamination-based Obsessions*.

Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, Child and Adolescent Anxiety Special Interest Group. San Diego, California.

13. **Sung, Y.**, (April, 2017). *Does Mental Rotation Training Improve Arithmetic Competence in Children?* Poster presented at the Scholarly Inquiry and Research at Emory Research Symposium, Atlanta, GA.
14. **Sung, Y.**, Santos L, Dai H., & Weber V. (April, 2016). *The Relationship Between Birth Order, GPA, and Perceived Importance of Academic Achievement.* Emory Spring Undergraduate Research Symposium, Atlanta, GA.
15. **Sung, Y.**, & Choi, M. (October, 2015). *Parallel Processing in Bilingual Individuals.* Poster presented at the Scholarly Inquiry and Research at Emory Research Symposium, Atlanta, GA.

## INVITED PRESENTATIONS

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- 2020 Women in Stem Day Invited Speaker, Rye Country Day School  
Title: "Why Study Clinical Psychology?"
- 2019 Student Conference Day Invited Speaker, Bay Shore Middle School  
Title: "Promoting Mental Health Awareness"
- 2019 Lab for Scalable Mental Health, Stony Brook University  
Title: "Demystifying Conferences: A guide for RA professional development"

## RESEARCH EXPERIENCE

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- 2019 - Present      **Lab for Scalable Mental Health (LSMH)**  
Advisor: Jessica Schleider, Ph.D.
- Study: Empowering Anxious Parents to Manage Child Avoidance Behaviors: A Randomized Trial of a Single-Session Intervention Targeting Parent Accommodation  
Role: PI (Faculty Sponsor: Jessica Schleider, Ph.D)  
Study evaluates an SSI titled Project BRAVE, which targets parental accommodation and provides psychoeducation on child anxiety; it aims to increase positive caregiving practices, enhance mental health literacy, and promote treatment-seeking behavior.
- Study: Testing a Single Session Consultation in Outpatient Mental Health Clinics  
Role: Co-PI (PI: Jessica Schleider, Ph.D.)  
  
Study aims to evaluate the acceptability of the SSC service offered to clients waiting for psychotherapy and its ability to reduce the long waitlists common in outpatient centers.
- Study: Single-Session Interventions for Mental Health in Students with Learning, Behavioral, Emotional, and Developmental Disabilities: Feasibility and Acceptability of Three Web-Based Programs  
Role: Co-PI (PI: Jessica Schleider, Ph.D.)

Clinical trials traditionally exclude youth with developmental or intellectual disabilities when these youth are often among those in greatest need of mental health care services. This study will evaluate the feasibility and acceptability of three SSIs at a local middle school servicing a wide range of vulnerable youth populations.

Study: Project Youth Empowerment and Support (Project YES)

Role: Co-PI (PI: Jessica Schleider, Ph.D.)

Project YES aims to evaluate the acceptability and effects of three free-of-charge, publicly available web-based SSIs for adolescent internalizing distress developed by our team: Project Personality, the Teen Goals Project, and the ABC Project (designed to improve youth agency, self-compassion, and hope, respectively). [Link](#)

2017 - 2019

**The Warren Alpert Medical School of Brown University  
Pediatric Anxiety Research Center (PARC)**

Advisors: Kristen Benito, PhD, Jennifer Freeman, PhD, Abbe Garcia, PhD, Jennifer Herren, PhD

Study: Quality Assessment in Exposure Therapy (BRAVE study)

NIMH funded R01 study aims to validate the psychometric properties of a mechanism-driven quality measure, called the “Exposure Guide”, designed to assist therapists deliver exposure therapy in community mental health clinics across Massachusetts.

Study: CBT for Pediatric OCD: Community Training Pilot Phase II

NIMH funded 5-year multi-project study designed to translate knowledge from clinical trials into community settings; this randomized controlled trial compares a therapist training model using a standard treatment manual versus training augmented with mechanism driven quality measure (Exposure Guide) designed to target specific provider process behavior during exposure therapy.

Study: Comparison of Patient-Centered versus Provider-Centered Delivery of Cognitive Behavioral Treatment for Pediatric Anxiety and Obsessive-Compulsive Disorder (IMPACT Study)

PCORI funded study comparing the efficacy and feasibility of a home-based treatment (patient-centered) versus a traditional office-based treatment (provider-centered) for youths with anxiety disorders.

2016 - 2017

**Psychology Honors Thesis**

Emory Child Study Center – Spatial Cognition Lab

Advisor: Stella Lourenco, PhD

Study: Does Mental Rotation Training Improve Arithmetic Competence in Children?

An intervention study testing a causal relationship between spatial reasoning and mathematical abilities by training children on mental rotation and assessing its effects on math performance. Additionally, it aimed to test the efficacy and

feasibility of a novel 7-day online-at-home training model for 6- to 7-year old children.

**CLINICAL EXPERIENCE**

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- 2017-2019                    **Pediatric Anxiety Research Center (PARC)**  
 Advisor: Jennifer Freeman, PhD
- Completed training to achieve > 0.80 reliability on standardized clinical assessment measures including the MINI, CY-BOCS, PARS, TPA, and CGI to act as an independent evaluator
  - Administered semi-structured diagnostic interviews to study participants ages 5 to 25 years old to assess for the presence of anxiety disorders and other symptoms targetable by exposure therapy
  - Attended weekly supervision to conference complex cases and determine eligibility
  - Conducted initial phone screens to assess for eligibility of participants and referred them to appropriate study or waitlist
  - Managed and provided appropriate community referrals to patients seeking outpatient services or to those deemed ineligible for ongoing studies
- 2016-2017                    **Emory Help Line**  
 Advisor: Mahlet Endale, PhD
- Completed an extensive 12-week clinical training with an emphasis on telephone counseling skills, crisis management, and safety assessment
  - Passed a rigorous screening process and was selected to serve on the helpline among a pool of competitive trainees
  - Served young adult populations presenting with a variety of clinical symptoms including but not limited to depression, anxiety, trauma, self-harm, suicidal ideation, and substance abuse
  - Acted as a liaison between callers and service providers to assuage immediate distress, complete safety assessments, and connect callers to appropriate resources for in-person support
  - Wrote clinical summaries after each call and presented complex calls during weekly group supervision
  - Organized supervisions, tracked member attendance, and took meeting minutes
  - Committed 15+ hours a week, including weekly clinical supervision

**PROFESSIONAL AFFILIATIONS**

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| 2017 – Present | Association for Behavioral and Cognitive Therapies   |
| 2017 – Present | Anxiety and Depression Association of America        |
| 2018 – Present | Society for Clinical Child and Adolescent Psychology |
| 2016 – Present | Association for Psychological Science                |
| 2016 – Present | Psi Chi National Honor Society in Psychology         |

## **RELEVANT SKILLS**

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- Statistical Software: SPSS, R
- Behavioral Coding: The Observer XT - Noldus
- Programming: Visual Basic
- Research Database Management: Qualtrics, REDCap, Excel
- Languages: Korean [Native], English [Native]