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CURRICULUM VITAE

Jessica L. Schleider, Ph.D.

E: jessica.schleider@northwestern.edu
W: Lab for Scalable Mental Health

EDUCATION

2018	**Harvard University** Ph.D., Clinical Psychology Dissertation Advisor: John Weisz, Ph.D.
2017-18	**Yale University School of Medicine** Doctoral Internship in Clinical & Community Psychology Track: Consultation, Prevention, and Program Evaluation Services
2014	**Harvard University** M.A., Psychology Thesis Advisor: John Weisz, Ph.D.
2012	**Swarthmore College** B.A., Psychology Thesis Advisor: Jane Gillham, Ph.D.

ACADEMIC APPOINTMENTS

Sept. 2023-	**Northwestern University** Associate Professor, Department of Medical Social Sciences, Feinberg School of Medicine Secondary appointments: Department of Pediatrics, Department of Psychology Faculty Affiliate: Institute for Adolescent Mental Health; Institute for Policy Research; Institute for Innovations in Developmental Sciences
Sept. 2018-Aug. 2023	**Stony Brook University** Assistant Professor, Department of Psychology (Clinical), College of Arts and Sciences Faculty Affiliate, Alan Alda Center for Communicating Science
2018-2020	**The World Bank** Academic Consultant, Education Global Practice

RESEARCH INTERESTS

Brief, scalable, accessible interventions for youth depression and anxiety; single-session interventions (SSIs) for mental health problems; improving treatment access and addressing barriers to service use among historically underserved youth and caregivers; harnessing technology to enhance scalability of mental health services; dissemination and implementation science; open science practices.

GRANTS, FELLOWSHIPS, CONTRACTS, & SPONSORSHIPS

Total costs across all grants & contracts to date as PI/MPI/Project PI: $**24,616,064**
Total costs across all active grants & contracts as PI/MPI/Project PI: **$19,837,148**
Average annual new funding total since joining Northwestern faculty (2023): **~$5,500,000**

Current Support

Active Federal Research Grants

PI/MPI/Project PI

2026-2031 **Advanced Laboratories for Accelerating the Reach and Impact of Treatments for Youth and Adults with Mental Illness (ALACRITY) Research Center** (P50), NIH/NIMH. Creating and Sustaining Population Digital Mental Health Services within Community-Based Organizations. *In addition to serving as overall contact PI, I am PI for the Center's Administrative Core and Signature Project, 'A Synergistic Digital Mental Health Platform for Depression and Anxiety.'* **Contact PI** (MPI: David Mohr, PhD). Total costs: $10,951,515

2024-2029 **Advanced Laboratories for Accelerating the Reach and Impact of Treatments for Youth and Adults with Mental Illness (ALACRITY) Research Center** (P50), NIH/NIMH. Advancing community-driven optimization for equitable implementation of early childhood mental health prevention in pediatric learning health systems: Mental Health, Earlier ALACRITY Research Center. **Project 2:** Adapting and testing an adjunctive, digital single-session intervention to increase caregiver adoption of early childhood mental health services. **Project 2 PI** (Overall PIs: Lauren Wakschlag, PhD; J.D. Smith, PhD). Total costs (Overall): $11,760,357. Total costs (Project 2 Only): $951,600

2019-26 (NCE) **NIH Director's Early Independence Award** (DP5OD028123), NIH/OD. Harnessing network science to personalize scalable interventions for adolescent depression **PI.** Total costs: $2,013,925

2023-26 (NCE) **Competitive Bioethics Research Supplement to NIH Early Independence Award**, Office of Science Policy/Office of the Director, National Institutes of Health. Adolescent Perspectives on Parent Permission Requirements in Youth Depression Research and Treatment. **PI.** Total costs: $283,584

Active Non-Federal Research Grants

PI/MPI

2025-2028 **Research Project Grant**, Valinhos Foundation. The St. Joseph County Universal Wellness Project: Single-Session Intervention Initiative. **PI**. Total costs: $1,475,679

2026-2028 **Linked Standard Research Innovation Grant**, American Foundation for Suicide Prevention. Adapting and Testing a Digital Single Session Intervention for Coping with Minority Stress for Use with Suicidal LGBTQIA+ Adolescents on Inpatient Units. **MPI** (with Jessica Peters, PhD). Total costs: $449,778

2024-2026 **Medical Research Future Fund** (**MRFF) Mental Health Research Grant**, MRFF. Left to their own devices: Addressing the unmet needs of youth and their GPs during the wait time for mental health treatment. **Chief Investigator C (MPI)** (Chief Investigator A/Contact PI: Bridianne O'Dea, PhD). Total costs: $611,688

2023-2026 **Research Project Grant**, Kooth LLC. Implementation of Kooth Single-Session Components in Pennsylvania and California Public Schools. **PI.** Total costs: $361,719

2024-2027 **Research Project Grant**, Montana Department of Public Health and Human Services/Frontier Psychiatry. Adapting and implementing single-session interventions for adolescent mental health via brief clinician consultations across Montana. **PI.** Total costs: $302,204

2025-2027 **Jacobs Foundation Research Fellowship**, Jacobs Foundation. **PI**. Total costs: $184,000

2024-2026 **Research Support Grant** (gift in support of my lab's research), Montana Pediatrics. Developing a Digital Single Session Intervention Platform to Promote Montana Youths' Mental Health. **PI.** Total costs: $160,000

2023-2026 **Research Project Grant,** Understood (Understood for All, Inc.). Co-designing and piloting digital single-session interventions (SSIs) for depression in women with ADHD. **PI.** Total costs: $148,162

2024-2026 **Research Project Grant,** Florida Institute for Child Welfare/Florida State University. Enhancing the Skills of Foster Parents in Managing Adolescent Posttraumatic Stress Symptoms and Functional Impairment: Adapting a One-Session Intervention for Reducing Parental Accommodation. **PI.** Total costs: $118,917

2023-25 (NCE) **Pilot Research Grant**, Center for Behavioral Intervention Technologies, Northwestern University Feinberg School of Medicine. Co-Designing Strategies to Disseminate Single-Session Interventions for Adolescent Depression within Social Media Platforms. **PI.** Total costs: $80,000

2023-2025 **School-Based Digital Mental Health Research Grant,** Alongside (Guide Care, Inc). Alongside You: Pilot Evaluation of an App to Support Adolescent Social Emotional Growth. **PI.** Total costs: $72,871

2024-2027 **Research Partnership Grant,** Koko AI, Inc. A Digital Single-Session Intervention Platform for Youth Mental Health. **PI.** Total costs: $57,066

2026-2027 **Research Support Grant**, AIM Youth Mental Health. Optimizing Digital Single-Session Interventions for Youth with Suicidal Thoughts and Behaviors in the Emergency Department. **Contact PI** (with Jennifer Hoffmann, MD). Total costs: $50,000

2024-2026 **Research Support Grant** (gift in support of my lab's research), Eden Youth and Family Center. Adapting digital single-session interventions to address adolescent substance use. **PI**. $41,676

2024-2026 **Research Support Grant** (unrestricted gift in support of my lab's research), Hopelab. **PI.** Total costs: $40,867

2023-26 (NCE) **Visionary Grant**, American Psychological Foundation. Promoting Healthy Relationships in Rural Adolescents Experiencing Depression: Co-Designing and Evaluating an Online Single-Session Intervention. **MPI** (with Erica Szkody, PhD). Total costs: $20,000

2025-2026 **Research Support Grant** (gift in support of my lab's research), Microsoft Research. **PI**. Total costs: $12,500

<u>Co-I/Collaborator</u>

2025-2030 **Research Project Grant** (R01), NIH/NIMH. Single Session Intervention and Interpersonal Therapy for Adolescent Depression in Mozambican Primary Care Clinics: A Hybrid Effectiveness/Implementation Cluster Randomized Trial. **Co-I** (PI: Kathryn Lovero, PhD). Total subaward costs: $194,679

2025-2026 **Research Project Grant,** American Institute for Boys and Men. Development of a Single-Session Intervention to Support the Mental Health of Fathers of Young Children. **Co-I** (PI: Matthew G. Biel, MD) Total Costs: $129,925

2025-2026 **Research Project Grant**, SOMPO Foundation. Connecting Rural Minds: A Multi-Partner Digital Mental Wellness Initiative for Rural Youth. **Co-I** (PI: Chuck Strand). Total Costs: $98,000

2025-2027 **Research Project Grant**, NIH CFAR Adelante. Implementation of a Single-Session, Solution-Focused Mental Health Intervention for HIV+ Adolescents and Young Adults in Puerto Rico. **Co-I** (PI: Juan Pablo Zapata, PhD). Total Costs: $247,009

2023-2026 **Population Health Research New Investigator Grant**, Singapore Ministry of Health. Improving the Mental Health of Patients with Comorbid Chronic Diseases: A Randomized Controlled Evaluation of the Feasibility and Preliminary Effectiveness of a Single-Session Solution-Focused Consultation (SSC) in a Primary Care Setting. **Collaborator/Co-I** (PI: Jacqueline Lee Tilley, PhD). Total costs: $129,996 (SGD).

2025-2026 **Eisenberg Pilot Grant,** Northwestern University Clinical and Translational Sciences Institute (NUCATS). Adapting a Single Session Intervention for Transgender and Nonbinary Youth to Prevent Suicidal Thoughts and Behaviors. **Co-I** (PI: Juan Pablo Zapata, PhD). $25,000

2023-2025 **Child Mental Health in Action Innovation Award**, Society for Clinical Child and Adolescent Psychology. Implementation of Digital, Brief, Scalable Single-Session Interventions in Adolescent Specialty Care. **Co-I** (PI: Anna Ros, PhD). Total costs: $25,000

Active Services Contracts

Across these contracts, my lab provides community-based agencies with training, consultation, and technical support to implement and evaluate single-session interventions (SSIs) and other scalable interventions developed through our research. All contracts yield two complementary deliverables: (1) peer-reviewed publications, and (2) sustainable, community-based SSIs or other scalable services.

PI

2024-2029 **Services Contract,** CVS Health/Aetna Behavioral Health. Lab for Scalable Mental Health – Aetna/CVS Health Single Session Intervention Partnership. **PI.** Total costs: $521,500

2023-2025 **Services Contract**, TRAILS, a Project of the TIDES Center. SMILES Project: Scalable Mental Health Innovations for Learning and Emotional Support in Schools. **PI.** Total costs: $176,859

2025-2027 **Services Contract**, Sourcewell and AscendRural. Evaluation of AscendRural Pilot Projects to Promote Scalable Rural Health and Well-being. **PI**. Total amount: $166,000

2025-2028 **Services Contract**, University of Texas Health Sciences Center. Implementing Project YES (Youth Empowerment and Support) for Youth Mental Health Well-being. **PI**. Total amount: $51,000

2025-2026 **Services Contract**, The Ross Center. Implementation of the Single-Session Consultation at the Ross Center. **PI.** Total amount: $41,690

2025-2027 **Services Contract**, New York State Office of Mental Health/Research Foundation for Mental Hygeine. Pragmatic evaluation and implementation of digital single-session mental health interventions for working-age men. **PI**. Total amount: $66,530

2025-2026 **Services Contract**, Chicago Public Schools. Implementation of the Single-Session Consultation within Chicago Public Schools Office of Social & Emotional Learning. **PI**. $34,430.

2023-25 **Services Contract**, Community Care Behavioral Health (CCBH)/Pennsylvania Office of Mental Health and Substance Abuse Services. Implementation and Pilot Feasibility Evaluation of the Single-Session Consultation in Community Care Behavioral Health Network Agencies**.** PI. Total costs: $29,370

2025-2026 **Services Contract,** South Carolina Department of Mental Health. Implementation of the Single Session Consultation for South Carolina Youth. **PI.** Total amount: $22,490

2025-2026 **Services Contract,** Center for Evidence-Based Mentoring, University of Massachusetts Boston. Testing a Single-Session Intervention to build Social Capital in Undergraduate Students. **PI.** Total costs: $22,000

2025-2026 **Services Contract**, Project VIDA. Implementation and Pilot Feasibility Evaluation of the Single-Session Consultation with Project VIDA. **PI**. Total costs: $18,978

2025-2026 **Services Contract,** Valley Oaks Health. Implementation and Pilot Feasibility Evaluation of the Single Session Consultation. **PI.** Total amount: $17,490

2025-2026 **Services Contract**, Emory University. Addressing Anxiety as an Enterprise: Digital Interventions and Human-Centered-Design Consultation with Emory CARES (Clinic for Anxiety Resilience, Education, and Support). **PI**. Total costs: $16,000

2025-2026 **Services Contract,** 4C Health Indiana. Implementation and Pilot Feasibility Evaluation of the Single-Session Consultation in Community Mental Health Centers across North Central Indiana. **PI.** $9,240

2025-2026 **Services Contract**, Montana Pediatrics. Implementation of the Single-Session Consultation with Montana Pediatrics. **PI**. Total costs: $8,910

2024-2025 **Services Contract,** Johns Hopkins University. Implementation and Pilot Feasibility Evaluation of the Single-Session Consultation in Johns Hopkins University Clinical Service Agency. **PI.** Total costs: $8,100

2025-2026 **Services Contract**, Children's National Hospital. Implementation and Pilot Feasibility Evaluation of the Single-Session Consultation in Children's National Hospital. **PI**. Total costs: $4,450

Completed Support

Federal Research Grants

PI/MPI

2022-2025 **Health and Public Safety Workforce Resilience Training Program** (U3NHP45406-01-00), Health Resources & Services Administration. Promoting Provider Resilience via Communication, Self-Care, and Organizational Training Programs. **Project**: Building and Evaluating a Single-Session

Mental Health Walk-In Center for Healthcare Workers and Trainees. **Project 2 PI** (Contact PI: Susmita Pati, MD, MPH). Total costs: $2,280,633.

2022-2025 **Improving Undergraduate STEM Education (IUSE) Grant,** National Science Foundation. Collaborative Research: Equipping Biology undergraduates with skills to cope with fear of negative evaluation in active learning classrooms through a Single Session Intervention **MPI** (with Katelyn Cooper, PhD). Total costs: $298,672

2021-2023 **NIH Small Business Innovation Research (SBIR) Award** (R43MH128075), NIH/NIMH. Developing the Unified Protocol–Single Session Experience Platform for Teen Mental Health. **MPI** (with Jill Ehrenreich-May, PhD; Melissa DeRosier, PhD). Total costs: $259,291

2020-2022 **Emergency COVID-19 Competitive Revision to NIH Early Independence Award** (DP5OD028123), NIH/NIMH. Testing Scalable, Single-Session Interventions for Adolescent Depression in the Context of COVID-19. **PI**. Total costs: $392,813

2020-2022 **Diversity Supplement to NIH Early Independence Award** (DP5OD028123), NIH/ NIMH. Adverse Childhood Experiences and Adolescent Depression: Network Science Approaches. **PI** (Trainee: Chantelle Roulston). Total costs: $143,870

2020-2022 **NSF Rapid Response Research (RAPID) Grant**, National Science Foundation. Effect of The Coronavirus (COVID-19) Pandemic on the Psychosocial, Emotional, Academic and Career Functioning of Academic Communities. **MPI** (with Bonita London, PhD; Brady Nelson, PhD, Lauren Richmond, PhD). Total Costs: $198,238

2015-2018 **Ruth L. Kirschstein Predoctoral NRSA** (F31MH108280), NIH/NIMH. Effects of a single-session implicit theories of personality intervention on social stress recovery and long-term psychological functioning in early adolescents. **PI**. Total costs: $61,804

Co-I/Collaborator

2022-2024 **Research and Evaluation Grant** (OVW-22-GG04755), Office of Violence Against Women. Hope as a Path to Healing: Developing a Single-Session Intervention for Women Who Experience Intimate Partner Violence. **Collaborator** (PI: Tami Sullivan, PhD). Total costs: $449,819

Non-Federal Research Grants

PI/MPI

2023-2025 **Intervention Development and Implementation Research Grant**, Stavros Niarchos Foundation/Child Mind Institute. Next-Generation Digital Therapeutics for Child and Youth Behavioral Health Program. **PI.** Total costs: $212,739

2021-2022 **Systems Enabler Grant**, Upswing Fund. Leveraging Social Media to Enhance Access to Brief, Evidence-Based, and Low-Cost Mental Health Treatment for LGBTQ+ Adolescents. **MPI** (with Kathryn Fox, PhD). Total Costs: $380,490

2019-2023 **Access to Care Award**, The Klingenstein Third Generation Foundation. Promoting treatment access following primary care depression screening: evaluation of web-based, single-session interventions for parents and youths **PI**. Total costs: $100,000

2021-2023 **Abidin Early Career Grant**, Society for Clinical Child & Adolescent Psychology. Experiences and Preferences for Accessing Mental Health Support in LGBTQ+ and BIPOC Adolescents. **PI**. Total costs: $20,000

2022 **Research Support Grant**, Hopelab. Randomized Trial of Online Suicide Prevention Resources. **MPI** (with Rob Morris, PhD). Total costs: $40,000

2020-2021 **Office of the Vice President for Research Seed Grant**, Stony Brook University Effect of The Coronavirus (COVID-19) Pandemic on the Academic, Career, Mental, Psychosocial, and Physical Functioning of the SBU Community. **MPI** (with Brady Nelson, PhD; Lauren Richmond, PhD). Total costs: $25,000

2019-2021 **John and Polly Sparks Early Career Grant**, American Psychological Foundation. Harnessing network science to personalize scalable interventions for adolescent depression **PI**. Total costs: $20,000

2019-2021 **Abidin Early Career Grant**, Society for Clinical Child & Adolescent Psychology. Single-session intervention for comorbid internalizing problems in ASD. **Co-I** (PI: Matthew Lerner, PhD). Total costs: $20,000

2019-2020 **Research Grant**, Autism Research Institute Single-session intervention for comorbid internalizing problems in ASD. **MPI** (with Matthew Lerner, PhD). Total costs: $20,200

2024 **Research Contract**, Child Health and Development Institute. Implementing a Single-Session Consultation Service for Youth on Outpatient Therapy Wait-lists in Connecticut: Feasibility, Barriers, and Facilitators. **PI**. Total costs: $18,992

2021-2022 **Service Grant,** Barrow Neurological Institute at Phoenix Children's Hospital. Bridge the Gap (BTG): A Single Session Intervention to Address Suicidal Crises within Acute Care Settings. **MPI** (with Carla Allan, PhD; Mallory Dobias, MA). Total Costs: $14,464

2018-2021 **Clinical Trial Sponsorship**, Limbix Health Inc. Optimizing growth mindset interventions for adolescent depression: Acceptability and effectiveness of a virtual reality approach. **PI**. Total costs: $10,000

2017-2018 **William H. Talley Award**, Harvard University. Parental preferences and expectations for child mental health treatment. **PI**. Total costs: $3,500

2016-2017 **Dissertation Completion Fellowship**, Harvard University. **PI**. Total costs: $10,000

2015-2016 **Elizabeth Munsterberg Koppitz Fellowship,** American Psychological Foundation. Effects of a single-session implicit theories of personality intervention on early adolescent psychopathology **PI**. Total costs: $25,000

2015-2016 **Julius B. Richmond Fellowship**, Harvard Center on the Developing Child. Modifying mindsets for youth resilience: A randomized-controlled trial. **PI**. Total costs: $10,000

2013-2014 **Karen Stone Fellowship**, Harvard University. Awarded by clinical faculty based on high potential for independent research career. **PI**. Total costs: $32,000

2013-2014 **William H. Talley Award**, Harvard University**.** Implicit theories of thoughts, feelings, & behavior in youths: Longitudinal links to parental evaluation and psychopathology**. PI**. Total costs: $3,500

2012-2013 **Stimson Fund Research Grant**, Harvard University. Parent psychiatric symptoms and youth problems: Moderation through family structure and youth gender. **PI**. Total costs: $1,000

2011 **Hans Wallach Fellowship**, Swarthmore College**.** Sequential comorbidity of anxiety and depression in youth. **PI**. Total costs: $4,250

Co-I/Consultant

2021-2022 **Innovation Fund Grant,** The Children's Trust Foundation. Single Session Interventions to Prevent Anxiety and Depression During COVID-19 and Beyond. **Co-I** (PI: Jill Ehrenreich-May, PhD). Total Costs: $80,000

2021-2023 **Operating Grant**, Children's Hospital Research Institute of Manitoba. SPYKids: The Development and Evaluation of Single-Session Psychotherapy for Young Kids through Patient Engagement Techniques. **Co-I** (PI: Leslie Roos, PhD). Total costs: $50,000

2019-2022 **Laura and John Arnold Foundation** An RCT of an online scalable growth mindset intervention to improve youth mental health. **Consultant** (PI: Jeni Burnette, PhD). Total costs: $499,314

2020-2022 **Service Grant,** City of San Antonio, Texas. Culturally Adapting and Evaluating Project YES (Youth Empowerment & Support) in San Antonio. **Co-I** (MPIs: Kristen Plastino, MD; Junda Woo, MD). Total Costs (SBU Sub-Award): $34,000

2020-2022 **Frontline Innovation Contest Award**, NIMH ALACRITY Center (P50); University of Pittsburgh's ETUDES Center. Bridging the Gap: A single session intervention to improve acceptance of further psycho-therapeutic interventions and instill hope in depressed youth. **Co-I** (PIs: David Brent, MD; Sheree Shafer, DNP). Total costs: $12,800

2020-2021 **University Research Foundation**, University of Pennsylvania. Online single-session interventions for college student mental health: A randomized trial with Indian college students. **Consultant** (PI: Robert DeRubeis, PhD). Total costs: $10,000

Selected Grants Pending Administrative, Council, or Peer Review

Federal Research Grants

PI/MPI

2027-2031 **Improving Undergraduate STEM Education (IUSE) Grant,** National Science Foundation (*submitted July 2026; pending scientific review*). Collaborative Research: Developing and testing a suite of single-session interventions to improve undergraduate engagement-related outcomes in active learning biology courses. **MPI** (Contact PI: Katelyn Cooper, PhD). Total requested costs: $2,000,000 (NU subaward: $468,415).

2027-2030 **Research Project Grant** (R01), NIH/NIMH. (*submitted June 2026; pending scientific review*). Designing and Optimizing an Automated Text-Based Just-in-Time Adaptive Intervention to Augment Single-Session Online Adolescent and Parental Interventions for Adolescent Anxiety. **Contact PI** (MPI: Rachel Kornfield, PhD). Total requested costs: $1,200,000

2027-2031 **Research Project Grant** (R01), NIH/NIMH. (*submitted June 2026; pending scientific review*). Embedding a Caregiver Single-Session Intervention into a School-Based Digital Game to Strengthen Adolescent Mental Health. **MPI** (Contact PI: Lynn Feillin, PhD). Total requested costs: $3,674,393 (NU subaward: $588,300)

Grants and Fellowships Awarded to Mentees

Grants to Postdoctoral and Early Career Faculty Mentees

2026-2031 **Research Career Development Award** (K23), NIMH/NIH. Adapting digital single-session interventions for delivery by lay providers in rural high schools. **Primary Mentor** (PI: Erica Szkody). Total costs: $942,495

2026-2031 **Research Career Development Award** (K01), NIMH/NIH. Designing and testing a brief single-session interventions for adolescents with depression. **Co-Mentor** (PI: Carter Funkhouser). Total costs: $901,800

2026-2031 **Research Career Development Award** (K23), NIDA/NIH. Improving the Quality of Adolescent Opioid and Substance Use Services in Primary Care. **Consultant** (PI: Brigid Marriott). Total costs: $845,835

2025-2030 **Research Career Development Award** (K23), NICHD/NIH. Single-session CBT-informed treatment for loss of control eating during pregnancy: A pilot feasibility study. **Co-Mentor** (PI: Katherine Thompson). Total costs: $808,675

2025-2029 **Research Career Development Award** (K23), NIMH/NIH. Computational Modeling of Ambiguity Aversion in Internalizing Disorders: Neural and Behavioral Markers, and a Test of Target Engagement. **Co-Mentor** (PI: Brent Rappaport). Total costs: $766,800

2024-2029 **Research Career Development Award** (K23), NIMH/NIH. Designing and evaluating a Single-session Transdiagnostic intervention for Emotion Regulation with follow-up mHealth support for domestic violence survivors in India. **Co-Mentor** (PI: Anushka Patel). Total costs: $918,000.

2024-2029 **Research Career Development Award** (K23DK139431), NIDDK/NIH. Adapting Single Sessions Interventions for Type 1 Diabetes (ASSISTED): Integrated Pediatric Care to Reduce Depression and HbA1c. **Co-Mentor** (PI: Alexandra Monzon). Total costs: $900,000

2024-2028 **Pathway to Independence Award** (K99MD019319/R00), NIMHD/NIH. Promoting Resilience and Reducing Health Disparities: Towards a Shift-and-Persist Intervention. **Consultant** (PI: Kiera Coulter). Total costs: $900,000

2024-2026 **Klingenstein Postdoctoral Fellowship in Depression**, Klingenstein Third Generation Foundation. **Co-Mentor** (Postdoctoral PI: Carter Funkhouser). Total costs: $100,000

2024-2025 **Career Development Award** (K12), NIH/New Jersey Alliance for Clinical and Translational Science (NJ ACTS). Developing a Single-Session Intervention for Adolescent Siblings of Children with Cancer. **Co-Mentor** (PI: Christina Amaro). Total costs: $175,132

2021-2025 **Research Career Development Award** (K01MH125073), NIH/NIMH. Predicting and Preventing Suicidal Ideation among High-Risk Sexual and Gender Minority Adolescents. **Consultant** (PI: Kirsty Clark, PhD). Total costs: $693,488

Grants to Graduate Student Mentees

2026-2028 **Substance Use Disorder Dissertation Research Grant** (R36), NIDA/NIH. Developing a Single-Session, Peer-Delivered Internalized Stigma Reduction Intervention for Individuals with Polysubstance Use in Rural Maryland. **Co-Mentor** (Student PI: Morgan Anvari). Total costs: $214,772

2025-2029 **RWJF Health Policy Research Scholars Fellowship**, Robert Wood Johnson Foundation. **Faculty Mentor** (Student PI: Ian Sotomayor). Total costs: $120,000

2024-2026 **Ruth L. Kirschstein Predoctoral NRSA** (F31), NIMH/NIH. Advancing Implementation of Single-Session Interventions in Schools. **Sponsor.** (Student PI: Katie Cohen). Total costs: $192,000

2024-2027 **Graduate Research Fellowship Program,** National Science Foundation. **Faculty Mentor** (Student PI: Arielle Smith). Total costs: $159,000

2024 **Graduate Research Fellowship Program – *Honorable Mention*,** National Science Foundation. **Faculty Mentor** (Student PI: Ian Sotomayor).

2024-2026 **Ruth L. Kirschstein Predoctoral NRSA** (F31), NIMH/NIH. Improving Brief Assessment of Suicidal Thoughts and Behaviors in Youth: An Engaged, Stakeholder-Informed Approach to Measure Development, Testing, and Implementation. **Co-Sponsor** (Student PI: Kirsten Christensen). Total costs: $90,000

2023 **Health Policy Research Scholars Dissertation Award**, Robert Wood Johnson Foundation. **Faculty mentor** (Student PI: Jenna Sung). Total costs: $10,000

2023-2024 **Psi Chi Graduate Research Grant**, Psi Chi Honor Society **Faculty Mentor** (Student PI: Isaac Ahuvia). Total costs: $1,500

2022-2025 **Graduate Research Fellowship Program,** National Science Foundation. **Faculty Mentor** (Student PI: Chantelle Roulston). Total costs: $159,000

2022-2025 **Graduate Research Fellowship Program,** National Science Foundation. **Faculty Mentor** with Nicholas Eaton, PhD (Student PI: Riley McDanal). Total costs: $159,000

2022-2024 **Doctoral Fellowship**, Social Sciences and Humanities Research Council**. Faculty Mentor** with Nicholas Eaton, PhD (Student PI: Jenny Shen). Total costs: $40,000 (CAD)

2022-2023 **Ruth L. Kirschstein Predoctoral NRSA** (F31MH130159), NIH/NIMH. Leveraging A Low-Intensity Behavioral Intervention for HIV Care to Target Depressive Symptoms in People Living with HIV. **Consultant** (Student PI: Simone Schriger). Total costs: $46,036

2022-2024 **Ruth L. Kirschstein Predoctoral NRSA** (F31HD105417), NIH/NICHD. The Impact of Parent/Caregiver Behavioral Health Interventions on Child Outcomes. **Consultant** (Student PI: Jack Andrews).

2021-2022 **John Neale Graduate Student Excellence Fund,** Stony Brook University **Faculty Mentor** (Student PI: Isaac Ahuvia). Total costs: $1,500

2021-2022 **John Neale Graduate Student Excellence Fund,** Stony Brook University. Daily Discrimination and Transdiagnostic Psychopathology in Black and LGBTQ+ Adults. **Faculty Mentor** with Nicholas Eaton, PhD (Student PI: Riley McDanal). Total costs: $750

2020-2024 **RWJF Health Policy Research Scholars Fellowship**, Robert Wood Johnson Foundation. **Faculty Mentor** (Student PI: Jenna Sung). Total costs: $120,000

2020-2021 **Mamie Phipps Clark Diversity Research Grant**, Psi Chi Honor Society. Targeting Self-Hate in Adolescents: A Scalable Intervention for Self-Injurious Thoughts/Behaviors. **Faculty Mentor** (Student PI: Mallory Dobias). Total costs: $1,500

2020-2021 **Psi Chi Graduate Research Grant**, Psi Chi Honor Society. Empowering Anxious Parents to Manage Child Avoidance Behaviors: RCT of a Single-Session Intervention Targeting Parent Accommodation. **Faculty Mentor** (Student PIs: Jenna Sung, Emma Mumper). Total costs: $1,500

HONORS AND AWARDS

2026 **TEDxChicago 2026 Speaker**, TEDxChicago.

2026 **Fierce 50 Awardee**, Fierce Pharma. "*Honoring the trailblazers redefining health, science & patient care.*"

2026 **50 States, 50 Breakthroughs Awardee** (for our lab's work deploying single-session interventions across Montana), Apolitical and the National Academy of Public Administration. *Selected as among "the most forward-thinking government projects improving how government operates and how citizens are served."*

2025 **Annual Jerilyn Ross Clinician Advocate Speaker,** Anxiety & Depression Association of America

2025-2027 **Jacobs Foundation Research Fellowship**, Jacobs Foundation

2024 **Early Career Achievement Award**, Dissemination and Implementation Science Special Interest Group, Association for Behavioral and Cognitive Therapies

2024 **Top 50 in Digital Health Honoree**, Rock Health

2023 **Kernberg Award,** Weill Cornell Medicine Department of Psychiatry

2023 **Early Career Achievement Award**, Technology & Behavior Change Special Interest Group, Association for Behavioral and Cognitive Therapies

2023 **Invited Fellowship**, Global Consortium for the Prevention of Depression

2023 **Alexander H. Glassman Memorial Award**, Columbia University Department of Psychiatry. *In recognition of outstanding contributions to mental health.*

2022 **Rising Star Award**, International Society for Research on Internet Interventions (ISRII)

2022-2024 **Implementation Research Institute Fellow**, National Institute of Mental Health

2022 **Susan Nolen-Hoeksema Early Career Research Award**, Society for a Science of Clinical Psychology, Division 12, American Psychological Association

2021 **Digital Innovation Award** (Highly Commended), Association of Child & Adolescent Mental Health

2021 **Richard "Dick" Abidin Early Career Award**, Society for Clinical Child and Adolescent Psychology, Division 53, American Psychological Association

2020 **Forbes 30 Under 30 in Healthcare**, Forbes Magazine

2019 **National Institutes of Health (NIH) Director's Early Independence Award**, NIH

2019 **President's New Researcher Award,** Association for Behavioral and Cognitive Therapies

2019 **Journal of Child Psychology and Psychiatry (JCPP) Best Paper Award**, Association of Child and Adolescent Mental Health. *Awarded for the highest-quality paper in the previous year's JCPP volume.*

Graduate

2017 **Outstanding Student Researcher Award**, Society for a Science of Clinical Psychology, Division 12, American Psychological Association

2017 **Anne Anastasi General Psychology Graduate Student Research Award**, Society for General Psychology, Division 1, American Psychological Association

2017 **Career Development Leadership Award**, Anxiety & Depression Association of America

2016 **Derek C. Bok Certificate of Distinction in Teaching**, Harvard University

2016 **Student Achievement Award**, Society for Clinical Child and Adolescent Psychology, Division 53, American Psychological Association

2016 **Delaware Project Student Award (Honorable Mention)**, The Delaware Project

2015 **Individual National Research Service Award,** National Institute of Mental Health

2015 **Travel Scholarship**, International Society for Research in Child/Adolescent Psychopathology

2013-17 **Restricted Funds Conference Grants** (x5), Harvard University

Undergraduate

2012 **Phi Beta Kappa**, Swarthmore College

2012 **Solomon Asch Award** (for most outstanding senior thesis in psychology), Swarthmore College

2010 **Sigma Xi Scientific Research Honors Society,** Swarthmore College

2010 **Starfield Summer Research Award**, Swarthmore College

2008 **National Gold Medal** (dramatic script category), Scholastic Art & Writing Awards

PUBLICATIONS

Total *N* = 203 published or forthcoming (3 books, 172 peer-reviewed articles in journals or conference proceedings, 14 book chapters, 6 miscellaneous publications, 8 treatment manuals or interactive, open-access digital interventions/platforms). **Total peer-reviewed articles since joining Northwestern faculty** (2023) **= 103** (62 first or senior author)

As of 08/18/2026, per Google Scholar: **H-index = 49**; **i10 index = 122**; cited **9,533 times** since 2014 (year of first publication).

* Indicates student/postdoc/other trainee; + Indicates equal co-authorship

Books

Trade (mass market) Book

Schleider, J. L. (2023). *Little Treatments, Big Effects: How to Build Meaningful Moments That Can Transform Your Mental Health.* Robinson/Little Brown Book Group. Publisher's Link

Clinical Book

Schleider, J. L., *Mullarkey, M. C., & *Dobias, M. L. (2021). *The Growth Mindset Workbook for Teens: Say Yes to Challenges, Deal with Difficult Emotions, and Reach Your Full Potential.* New Harbinger Publications. Publisher's Link

Edited Book

Bennett, S. D., Myles-Hooton, P., **Schleider, J. L.**, & Shafran, R. (Eds.) (2022). *The Oxford Guide to Brief and Low Intensity Interventions for Children and Young People.* Oxford University Press. Publisher's Link

Peer-Reviewed Articles

2026 and In Press

172. Kasujja, R., *Sotomayor, I., Birunji, P., Ndeezi, M., Szkody, E., & **Schleider, J. L.** (in press). Open pilot trial of a single-session consultation service for clients at StrongMinds Uganda. *Mental Health Science.*

171. Szkody, E., Rogers, M. M., Hobaica, S., *Gorkin, A., & **Schleider, J. L.** (in press). LGBTQ+ youth sexual orientation and gender identity support in schools. *School Mental Health.*

170. *Wang, Y., Sung, J., Reynolds, K., **Schleider, J. L.**, & Risser, H. (in press). Reducing parental accommodation in neurodiverse families: Adaptation of a digital single-session intervention. *Child Psychiatry & Human Development.*

169. Roos, C. R., McHugh, R. K., Vafaie, N., **Schleider, J.**, *McDanal, R., DeBenedictis, A., Palmer, R., John, M., Votaw, V. R., & Kober, H. (in press). Randomized trial of a single-session digital intervention targeting emotion-related beliefs and emotion regulation. *Scientific Reports*.

168. *Ghosh, A., *Kaveladze, B., & **Schleider, J. L.** (in press). Identifying the active ingredients of a behavioral activation-based digital single-session intervention targeting depression. *Clinical Psychological Science.*

167. Pendse, S.R., Gergle, D., Kornfield, R., Kruzan, K., Mohr, D., **Schleider, J.**, Suh, J., Wescott, A., & Meyerhoff, J. (in press). The Agony of Opacity: Foundations for Reflective Interpretability in AI-Mediated Mental Health Support. *Proceedings of the International Association for Safe & Ethical AI 2026.*

166. *Serody, M. R., *Beatty, C. C., Szkody, E., [+]**Schleider, J. L.**, & [+]Mohanty, A. (in press). An online single-session intervention for intrusive thoughts in young adults: Preliminary findings. *Journal of Anxiety Disorders.*

165. **Schleider, J. L.** & Morris, R. (in press) A Case for Designing Conversational AI as a Bridge to Youth Mental Health Support. *Child and Adolescent Mental Health.*

164. *Manvelian, A., *Sotomayor, I., *Ahuvia, I., *Bibby, E., Davila, J., & **Schleider, J. L.** (in press). Project Relate: A randomized clinical trial of a digital single-session romantic competence intervention. *International Journal of Behavioral Development.*

163. Zapata, J.P., *Gorkin, A., *Liao, J., Zamantakis, A., Saber, R., **Schleider, J.L.**, & Mustanski, B. (in press). An Adapted Intervention Mapping Approach to Scaling Digital HIV Care Through Single-Session Design. *AIDS Education and Prevention.*

162. Hochreuter, J., Nissen, E. K., Locher, C., **Schleider, J. L.**, Bhend, S., & Koechlin, H. (2026). The true experts: codeveloping a preventive psychological intervention for postsurgical pain with patients and caregivers. *PAIN Reports*, 11(3), e1445.

161. *Jans, L. K., Kiefer, M., **Schleider, J. L.**, & Last, B. S. (in press). Characterizing clinical and counseling psychology graduate students' perceptions of evidence-based treatment usability and training. *Psychological Services*.

160. Ajmani, L. H., *Ghosh, A., *Kaveladze, B., Kim, E., Nguyen, T., Okoli, E., **Schleider, J. L.**, Ford, D., & Suh, J. (in press). Seeking Late Night Life Lines: Experiences of Conversational AI Use in Mental Health Crisis. *Proceedings of the ACM Conference on Fairness, Accountability, and Transparency (FAccT) 2026*. ACM.

159. Amaro, C. M., Monzon, A. D., Alderfer, M. A., Canter, K. S., Amylon, M., Fooks-Parker, S., **Schleider, J. L.**, Patton, S. R., & Devine, K. A. (2026). Small but mighty: How can pediatric psychologists harness the power of digital single-session interventions? *Journal of Pediatric Psychology,* jsag033.

158. *Thakur, H., Parkhurst, J. T., **Schleider, J. L.**, & Lekkas, D. (in press). Application of the Minimal Clinically Important Difference to Adolescent Mental Health Interventions: A Case Study for Hopelessness. *Child Psychiatry & Human Development*.

157. Irgens, M. S., McPhee, J., Czopp, A., McBride. E., Del Cid, M., Szkody, E., *Sotomayor, I., **Schleider, J. L.**, Haack, L., & Folk, J. B. (in press). Single-session consultations delivered in a gender-responsive clinic: A case series on implementation and lessons learned. *Clinical Child Psychology and Psychiatry*.

156. Repple, J., Chevance, A. Fried, E., Elsaesser, M., Hahn, T. … **Schleider, J**. …& Reif, A. (in press). Depression phenotyping: Key challenges in advancing research. *Nature Mental Health*.

155. Amaro, C. M., Silver, S., Patel, P., Reffner Collins, M. K., Canter, K. S., Fooks-Parker, S., Amylon, M., Hudson, S., **Schleider, J. L.**, Alderfer, M. A., & Devine, K. A. (in press). Exploring Preferences for a Digital Single-Session Intervention for Adolescent Siblings of Youth with Cancer. *Pediatric Blood & Cancer*.

154. *Kaveladze, B., Voelkel, J., Stagnaro, M., *Huang, M., *Smock, A., Sullivan, E., Xu, Y., McCall, M., Zapata, J. P., Ishtiaque, S., Bhattacharjee, A., Georgieva, I., Hernandez-Ramos, R., Huber, K., Jennings, J., Kirk, A., Kornfield, R., Knowles, R., Lind, M., Liu, M., Liut, M., Mariakakis, A., Mattu, A., McGuire, A., Meyerhoff, J., Mrazek, A., Mrazek, M., Mohr, D., Morris, R., Mosunic, C., Nip, H., Olson-Urtecho, A., Podell, J., Ransom, D., Rizvi, S., Southward, M., Stoeckl, SE., Taylor, M., Texter, A., Trotter, A., Tower, C., Williams, J., Woodson, E., Wislocki, K., Protzko, J., Lorenzo-Luaces, L., Schueller, S., Nock, M., & **Schleider, J. L.** (in press). A Crowdsourced Megastudy of 12 Digital Single-Session Interventions for Depression in American Adults. *Nature Human Behaviour*.

153. *Sotomayor, I., Morksa, L., Fox, C., Mamcarz, P., Zapata, J. P., Domagala-Zysk, E., Miszczyszyn, Englert-Bator, A., Palamarchuk, O., Rambadt, A., & **Schleider, J. L.** (2026). Rapid cultural adaptations for scalable dissemination of a single-session intervention among Polish and Ukrainian youth: An open pilot trial. *Applied Psychology: Health & Well-Being, 18*, e70099.

152. Moskowitz, K., Rapoport, A., Childress, D., Derosier, M., **Schleider, J. L.**, & Ehrenreich-May, J. (in press). Feasibility and Preliminary Effectiveness of Transdiagnostic Digital Single-Session Interventions for Emotional Disorders in Adolescents. *Evidence-Based Practice in Child and Adolescent Mental Health.*

151. *Sotomayor, I., Szkody, E., **Schleider, J. L.**, & Pati, S. (in press). An open pilot trial of digital single-session interventions for healthcare workers and trainees. *Journal of Workplace Behavioral Health*.

150. *Ahuvia, I. L., Gurbuz, E., Cuda, J., Kapp, S., Houck, A., Gates, J., **Schleider, J. L.**, & Gurba, A. N. (in press). Identifying as Autistic Without a Formal Diagnosis: Who Self-Identifies as Autistic and Why? *Autism in Adulthood*.

149. *Cohen, K. A., *Costello, M., [+]**Schleider, J. L.,** & [+]Schuster, R. (in press). A Roadmap for Leveraging Schools for Population Mental Health: The Case for an Integrated and Person-Centered Screening, Brief Intervention, and Referral to Treatment (SBIRT) Framework. *Clinical Psychology: Science and Practice.*

148. *Thakur, H., *Sotomayor, I., Zapata, J. P., *Bergstrom, T., *Huang, M., *Hill, S., *Rapoport, A., Berry, K., Davison, E., & **Schleider, J. L.** (In press). Developing a Digital Single-Session Intervention to Promote Trauma-Informed Caregiving: Insights from Foster Caregivers and Child Welfare Providers. *Journal of Cognitive Psychotherapy*.

147. *Kaveladze, B. T, *Ghosh, A., *Funkhouser, C. J., Schueller, S. M, & **Schleider, J. L.** (in press). Longer Single-Session Interventions may not be Better: Evidence From two Randomized Controlled Trials With Online Workers Facing Mental Health Struggles. *Clinical Psychological Science*.

146. *Sung, J. Y., *Sotomayor, I., *Szkody, E., & **Schleider, J. L.** (in press). Provider hesitancy toward single-session interventions for mental health problems: Malleability and implications for adoption in routine care settings. *Clinical Psychology: Science & Practice.*

145. *Ahuvia, I., *Chen, S., *Gordon, L., Fox, K. R., & **Schleider, J. L.** (2026). A Mixed-Methods Investigation of Adolescents' Beliefs About the Causes of Depression. *Journal of Adolescent Research, 41,* 122-150. Preprint

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144. *Kaveladze, B., *Sung, J. Y., *Sotomayor, I., *Liao, J., & **Schleider, J. L.** (2025). Aha! moments during brief digital mental health interventions: a mixed methods study of randomized controlled trials. *BMC Digital Health*, *3*, 80.

143. Zapata, J. P., Rapoport, A., Wescott, A., Gandhi, S., *Bergstrom, T. C., Avila, A. A., Kuhns, L., Garofalo, R., & **Schleider, J. L.** (2025). Single-Session Interventions to Enhance HIV Outcomes among Adolescents and Young Adults: A Systematic Scoping Review and Implications for Integrating HIV and Mental Health Services. *AIDS and Behavior*, 1-18.

142. *Cohen K. A., *Rapoport A, Friis, E., *Hill, S., Feldman, S., & **Schleider J. L.** (2025). The Alongside Digital Mental Health Program for Teens: Longitudinal Pre-Post Outcomes Study. *JMIR Formative Research*, 9:e73180.

141. *Pigart, C. J., *Cohen, K. A., *McDanal, R., **Schleider, J. L.**, & Cooper, K. (2025). STEM, gender, and mental health: understanding academic impacts of depression and anxiety in a national undergraduate sample. *PLOS Mental Health,* 2(8): e0000364.

140. Harness, J., Gardner, K., **Schleider, J.**, & King, C. A. (2025). "Papageno"-story interview suicide prevention intervention for young adults with past month suicidal ideation: Uncontrolled single-group pilot study of feedback and acceptability. *JMIR Formative Research, 9*, e71368.

139. *Smith, A. C., *Ahuvia, I. L., Zapata, J. P., *Cohen, K. A., Graham, A. K., & **Schleider, J. L.** (2025). Randomized trial of a digital single-session intervention for body image and mood concerns among LGBTQ+ adolescents. *Behaviour Research and Therapy*, *193*, 104809

138. Szkody, E., Hobaica, S., *Sotomayor, I., *Jans, L., *Pinder, J., *Lopez, C., & **Schleider, J. L.** (2025). Barriers to Mental Health Support and Recommendations for Improvement from the Perspectives of 2SLGBTQIA+ Youth. *Journal of Adolescent Health, 77*, 667-678.

137. *Kwong, K., *Ahuvia, I. L., & **Schleider, J. L.** (2025). Help-seeking at the intersection of race and age: Perceived need and treatment access for depression in the United States. *Journal of Affective Disorders*, *386*, 119428.

136. Cohen, K.A., Bruns, E., Lyon, A., Raviv, T., Becker, S., & **Schleider, J. L.** (2025). Advancing implementation of single session interventions in schools: a protocol for a qualitative study. *Implementation Science Communications,* 6, 54.

135. *Pendse, S. R., Gergle, D., Kornfield, R., Meyerhoff, J., Mohr, D., Suh, J., Wescott, W., Williams, C., & **Schleider, J. L.** (2025). When Testing AI Tests Us: Safeguarding Mental Health on the Digital Frontlines. *Proceedings of the ACM Conference on Fairness, Accountability, and Transparency (FAccT) 2025*. ACM.

134. *Roulston, C. A., *Ahuvia, I., *Chen, S., *Fassler, J., Fox, K., & **Schleider, J. L.** (2025). "My family won't let me." Adolescent-reported barriers to accessing mental health care. *Journal of Research on Adolescence, 35*(1):e70013.

133. Bannon, S. M., *Rapoport, A., Applebaum, A. J., & **Schleider, J. L.** (2025). The potential of single session intervention approaches to enhance the mental health and resilience of older adults, care partners, and healthcare systems. *Frontiers in Public Health, 13*.

132. *Chang, Y., *Sotomayor, I., *Szkody, E., Fox, K., & **Schleider, J. L.** (2025). Effectiveness of an Online Single-Session Minority Stress Intervention: No Evidence for Variation by Structural Stigma, Internalized Stigma, or Social Support. *Social Science & Medicine - Mental Health, 7,* 100409.

131. *Ahuvia, I., Eberle, J., **Schleider, J. L.**, & Teachman, B. (2025). Anxiety identity centrality is associated with avoidant coping in anxious adults. *Journal of Social and Clinical Psychology, 44*(1), 1–15.

130. Song, I., Park, S., Pendse, S. **Schleider, J. L.**, De Choudhury, M., & Kim, Y.-H. (2025). ExploreSelf: Fostering User-driven Exploration and Reflection of Personal Challenges with Adaptive Guidance by Large Language Models. *CHI '25: Proceedings of the CHI Conference on Human Factors in Computing Systems*, *306*, 1-22.

129. **Schleider, J. L.**, Zapata J.P., Rapoport, A., Wescott, A., *Ghosh, A., *Kaveladze, B., *Szkody, E., & *Ahuvia I. (2025). Single-session interventions for mental health problems and service engagement: umbrella review of systematic reviews and meta-analyses. *Annual Review of Clinical Psychology, 21*. Preprint

128. *Cohen, K. A., Bruns, E., & **Schleider, J. L.** (2025). Tensions in Prevention: To Build Better School-Based Programming, We Must Start with What We Know. *Child and Adolescent Mental Health, 30,* 308-310.

127. **Schleider, J. L.**, *Smock, A., *Ahuvia, I., *Walubita, T, *Rapoport, A., *Hill, S., Purtle, J. (2025). State Parental Consent Law and Treatment Use Among Adolescents With Depression. *JAMA Pediatrics, 179*, 209-212.

126. Nook, E. C., Ahn, H. E., **Schleider, J. L.**, & Somerville, L. H. (2025). Emotion regulation is associated with increases in linguistic measures of both psychological distancing and abstractness. *Affective Science, 6*(1), 63–76.

125. *Kaveladze, B., Gastelum, S. F., Ngo, D.-A. C., Delacruz, P., *Cohen, K., Käll, A., Andersson, G., **Schleider, J. L.**, & Schueller, S.M. (2025). A randomized controlled trial comparing brief online self-guided interventions for loneliness. *Journal of Consulting and Clinical Psychology, 93*(1), 54–63

124. *Steinberg, J. S., Fitzpatrick, O. M., Khurana, S., Kim, M. Y., Mair, P., **Schleider, J. L.**, Hatzenbuehler, M. L., & Weisz, J. R. (in press). Is There a Place for Cognitive Restructuring in Brief, Self-Guided Interventions? Randomized Controlled Trial of a Single-Session, Digital Program for Adolescents. *Journal of Clinical Child and Adolescent Psychology.*

123. Last, B. S., *Jans, L., & **Schleider, J. L.** (2025). A pilot randomized controlled trial of a single-session intervention to reduce training psychologists' burnout. Behavior Therapy, *56*(1), 162–176. Preprint

122. **Schleider, J. L.** & Fox, K. A. (2025). Multi-level interventions that promote and protect youth autonomy could reduce depression at scale. *Journal of the American Academy of Child & Adolescent Psychiatry, 64,* 318-320. Preprint

121. *Penner, K. E., Roy, R., Hanlon-Dearman, A. C., Cheung, K., Catz, K., **Schleider, J. L.**, Roos, L. E. & Cameron, E. E. (2025) "Bottom of my own list:" Barriers and facilitators to mental health support use in caregivers of children with neurodevelopmental support needs. *Journal of Autism and Developmental Disorders*, *55*(9), 3288–3303.

120. Hobaica, S., *Szkody, E., *Sotomayor, I., *Liao, J., & **Schleider, J. L.** (2025). Sexual health education experiences and recommendations from the perspective of LGBTQ+ youth. Journal of Sex Research, 62(4), 632–640.

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118. Gerber, A.H., Nahmias, A.S., **Schleider, J. L.**, & Lerner, M.D. (2025). Results from a Pilot Randomized Controlled Trial of a Single-Session Growth-Mindset Intervention for Internalizing Symptoms in Autistic Youth. *Journal of Autism & Developmental Disorders, 55,* 3050-3064. Preprint

117. Dodge, K.A., Prinstein, M.J., Evans, A.C., *Ahuvia, I.L., Alvarez, K., Beidas, R.S., Brown, A.J., Cuijpers, P., Denton, E., Hoagwood, K.E., Johnson, C., Kazdin, A.E., *McDanal, R., Metzger, I.W., Rowley, S.N., **Schleider, J. L.**, Shaw, D.S. (2025). Population mental health science: Guiding principles and initial agenda. *American Psychologist.*

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116. *Cohen, K. A., *Ito, S., *Ahuvia, I. L., *Yang, Y., Zhang, Y., Renshaw, T. L., Larson, M., Cook, C., *Hill, S., *Rapoport, A., *Smock, A., *Yang, M., & **Schleider, J. L.** (2024). Brief school-based interventions targeting student mental health or wellbeing: A systematic review and meta-analysis. *Clinical Child and Family Psychology Review*, *27*(3). Preprint

115. Cohen, K. A., *Smith, A. C., & **Schleider, J. L.** (2024) Integrating Single-Session Interventions into Existing Care Systems: Conceptualizing Implementation Through the RE-AIM Framework. *Advances in Psychiatry & Behavioral Health, 1,* 81-89.

114. Methi, N., Weeks, I., Hunt, R., McGuire, T. C., *Rubin, A., *Decker, M., **Schleider, J. L.**, Wang, S. B., Fox, K. R. (2024). Accessibility and Utility of an Electronic Self-Guided Safety Plan for Adolescents. *Journal of Clinical Child & Adolescent Psychology*, *53*, 935-943.

113. **Schleider, J. L.**, *Smith, A., & Graham, A. (2024). Timing Matters in (Mis)identifying Moderators and Mediators of Digital Interventions for Eating Disorders: Commentary on McClure et al. 2023. *International Journal of Eating Disorders, 57,* 1141-1144. Open-Access Paper

112. *Ahuvia, I. L., Sotomayor, I., Kwong, K., Lam, F., Mirza, A., & **Schleider, J. L.** (2024). Causal Beliefs About Mental Illness: A Scoping Review. *Social Science and Medicine,* 116670.

111. *Ahuvia, I. L., **Schleider, J. L.,** Kneeland, E., Moser, J., & Schroder, H. (2024). Depression Self-Labeling in U.S. College Students: Associations with Perceived Control and Coping Strategies. *Journal of Affective Disorders, 351*, 202-210. Preprint

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107. *Fan, K., *Dobias, M. L., *Ahuvia, I., Fox, K. R, & **Schleider, J. L.** (2024). Neighborhood Resources, Discrimination, and Treatment Access for Adolescents Engaging in Self-Injury. *Stigma & Health.* Pre-registration

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104. *Wang, M., Richmond, L., **Schleider, J. L.**, Nelson, B., & Luhmann, C. (in press). Predicting internalizing symptoms with machine learning: Identifying individuals that need care. *Journal of American College Health.*

103. Maity, A., Wang, A., Dreier, M., Wallace, V., Orchard, F., **Schleider, J. L.**, Loades, M., & Hamilton, J. L. (2024). How do adolescents experience a newly developed Online Single Session Sleep Intervention for Adolescents?: A Think-Aloud Study. *Clinical Child Psychology and Psychiatry*, 1137-1158.

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100. Ringle, V. M., *Sung, J. Y., *Roulston, C., & **Schleider, J. L.** (2024). Mixed Methods Examination of Youth-Reported Barriers to Accessing Mental Health Services. *Journal of Adolescent Health,* 268-276. Pre-Registration

99. *Ahuvia, I., *Dobias, M., *Cohen, K., Nelson, B., Richmond, L., London, B., & **Schleider, J. L.** (in press). Loss of Mental Health Support Among College Students During the COVID-19 Pandemic. *Journal of American College Health.* Preprint

98. *Thorpe, D., *Mirhashem, R., *Shen, J., *Roulston, C.A., Fox, K.R., & **Schleider, J. L.** (in press). Ecological systems contributors to depression and anxiety symptoms in a national sample of adolescents during the COVID-19 pandemic. *Journal of Clinical Child and Adolescent Psychology.* Pre-Registration

97. *Szenczy, A., *Wang, M., *Beatty, C., Richmond, L., **Schleider, J. L.**, Nelson, B. (in press). COVID-19 experiences and psychopathology symptoms in college students at the onset of the pandemic. *Journal of American College Health.*

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9. Hojjat, M., Brake, S., Nelson, B., **Schleider, J. L.**, Richmond, L., London, B., & Moyer, A. (in press). Friendship in the time of COVID-19. In Hajjat, M., & Moyer, A. (Eds.) *Modern Relationships: The Evolution of Romance, Friendship, and Family*. Oxford University Press.
8. *Linthicum, K., Southward, M., & **Schleider, J. L.** (2023). Open Science and Clinical Psychology. In Asmundson, G., & Noel, M. (Eds.) *Comprehensive Clinical Psychology* (2nd ed.). Elsevier.
7. Myles-Hooton, P., & **Schleider, J. L.** (2022). Definitions and applications. In Bennett, S., Myles-Hooton, P., Schleider, J. L., & Shafran, R. (Eds.) *Oxford Guide to Brief and Low-Intensity Interventions for Children and Young People*. Oxford University Press.
6. *Ahuvia, I., **Schleider, J. L.** (2022). Single-session interventions for children and young people. In Bennett, S., Myles-Hooton, P., Schleider, J. L., & Shafran, R. (Eds.) *Oxford Guide to Brief and Low-Intensity Interventions for Children and Young People*. Oxford University Press.
5. *Sung, J. Y., **Schleider, J. L.** (2022). Prevention and Early Intervention. In Bennett, S., Myles-Hooton, P., Schleider, J. L., & Shafran, R. (Eds.) *Oxford Guide to Brief and Low-Intensity Interventions for Children and Young People*. Oxford University Press.

4. *Dobias, M. L., **Schleider, J. L.,** & Ollendick, T. (2022). Improving the efficiency and scalability of cognitive behavioral therapies. In Asmundson, G., & Noel, M. (Eds.) *Comprehensive Clinical Psychology* (2nd ed.). Elsevier.

3. Ng, M. Y., **Schleider, J. L.**, *Horn, R., & Weisz, J. R. (2021). Psychotherapy in Children and Adolescents: From efficacy to effectiveness, scaling, and personalizing. In Barkham, M., Lutz, W., & Castonguay, L. (Ed.), *Bergin and Garfield's Handbook of Psychotherapy and Behavior Change*, 7th Edition. Hoboken, NJ: Wiley.

2. **Schleider, J. L.**, & Schroder, H. S. (2018). Implicit theories of personality across development: impacts on coping, resilience, and mental health. In V. Ziegler-Hill & T. K. Shackelford (Eds.), *The SAGE Handbook of Personality and Individual Differences*. Sage Publications.

1. Keeton, C. P., **Schleider, J. L.**, & Walkup, J. T. (2017). Separation anxiety, generalized anxiety, and social anxiety. In B. J. Sadock, V. Sadock, & P. Ruiz (Eds.), *Kaplan & Sadock's Comprehensive Textbook of Psychiatry* (10th ed.). Philadelphia: Lippincott Williams & Wilkins

Other Publications

6. **Schleider, J. L.** (2026, February 25). If social platforms are harmful, don't just ban kids. Regulate the harms. *Los Angeles Times.* Full Article

5. **Schleider, J. L.** (2024, April 1). Banning teens from social media won't help their mental health. Here's what might (Opinion). *STAT News.* Full Article

4. *Manvelian, A., & **Schleider, J. L.** (2021). Digital Single-Session Interventions: Promoting Resilience Across the Lifespan. *International Society for the Study of Behavioural Development Bulletin*.

3. Lindquist, K. A., Gruber, J., **Schleider, J. L.,** Beer, J. S., Bliss-Moreau, E., & Weinstock, L. M. (Commentary submitted to *Nature Communications*). Flawed data and unjustified conclusions cannot elevate the Status of women in science: Response to "The association between early career informal mentorship in academic collaborations and junior author performance." Preprint **Original article retracted before our commentary was reviewed; as such, it was ultimately not considered for publication by Nature.*

2. *Sung, J., *Dobias, M. L., & **Schleider, J. L.** (2020). Single-Session Interventions: Complementing and Extending Evidence-Based Practice. *Advances in Cognitive Therapy*. Preprint

1. **Schleider, J. L.** (2016). Balancing "work" with "life" in psychology graduate school: A sampling of strategies. *Association of Psychological Science Undergraduate Update*.

Open-Access Mental Health Interventions

8. **Schleider, J. L.**, & Morris, R. (2026). *Project YES*. Lab for Scalable Mental Health and Koko. Retrieved June 18, 2026, from https://www.tryprojectyes.org/lsmh/

7. *Smith, A. C., *Ahuvia, I., *Ito, S., & **Schleider, J. L.** Project Body Neutrality. *Open Science Framework*. DOI 10.17605/OSF.IO/W82BF. Link

6. *Shen, J., *Rubin, A., *Hart, E. A., *Cohen, K., *McDanal, R., *Roulston, C. A., *Sung, J. Y., +Fox, K. R., & +**Schleider, J. L.** (2022). Project RISE. *Open Science Framework*. Link

5. *+ Sung, J. Y., *+ Mumper, E., & **Schleider, J. L.** (2020). Project EMPOWER. *Open Science Framework*. DOI 10.17605/OSF.IO/Z28P7. Link

4. **Schleider, J. L.** (2020). Single-Session Consultation for Emotional and Behavioral Health. *Open Science Framework*. DOI: 10.17605/OSF.IO/XNZ2T. Link

3. **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

2. **Schleider, J. L.** & Weisz, J. R. (2019). Project Personality. *Open Science Framework*. DOI: 10.17605/OSF.IO/259JV. Link

1. *Dobias, M. L., *Mullarkey, M. C., & **Schleider, J. L.** (2019). Project CARE. *Open Science Framework*. DOI: 10.17605/OSF.IO/YDQXJ. Link

EDITORIAL & REVIEW EXPERIENCE

Associate/Action Editor

Clinical Psychological Science (2026-)
Behavior Therapy (2025-)

Editorial Board Member/Consulting Editor

Cognitive and Behavioral Practice (2024-)
Behaviour Research and Therapy (2023-)
Clinical Psychological Science (2021-2025)
Behavior Therapy (2021-2024)
Journal of Clinical Child and Adolescent Psychology (2018-)

Co-Editor, *Clinical Psychology: Science & Practice* special issue: "Integrating Brief and Low-Intensity Interventions into Routine Clinical Practice" (2024-2025)

Co-Editor, *Behaviour Research and Therapy* special issue: "Innovations in Single-Session Interventions for Mental Health and Service Engagement"(2026)

Ad-Hoc Reviewer (40+ journals)

Administration and Policy in Mental Health and Mental Health Services Research (since 2020); Advances in Mental Health (since 2017); American Psychologist (since 2019); Behaviour Research and Therapy (since 2021); Behavior Therapy (since 2020); British Journal of Psychology (since 2021); British Journal of Educational Psychology (since 2016); Child and Adolescent Mental Health (since 2019); Child Development (since 2016); Child Maltreatment (since 2016); Child Psychiatry & Human Development (since 2017); Clinical Child Psychology & Family Review (since 2019); Clinical Psychological Science (since 2013); Clinical Psychology Review (since 2019); Clinical Psychology & Psychotherapy (since 2015); Child and Youth Care Forum (since 2015); Child & Youth Services (since 2016); Children and Youth Services Review (since 2017); Cognitive Neuropsychiatry (since 2015); Cognitive Therapy and Research (since 2015); Depression and Anxiety (since 2018), Emotion (since 2017); European Child & Adolescent Psychiatry (since 2021); Family Process (since 2015); JAMA Psychiatry (since 2023); Journal of Abnormal Child Psychology (since 2017); Journal of Affective Disorders (since 2017); Journal of Anxiety Disorders (since 2021); Journal of the American Academy of Child and Adolescent Psychiatry (since 2020); Journal of Applied Social Psychology (since 2016); Journal of Consulting and Clinical Psychology (since 2018); Journal of Child Psychology and Psychiatry (since 2017); Journal of Clinical Child and Adolescent Psychology (since 2016); Journal of Medical Internet Research (since 2019); Journal of Neuroscience and Behavioral Health (since 2015); Journal of Pediatrics (since 2016); Journal of Personality Assessment (since 2017); Journal of Studies on Alcohol and Drugs (since 2018); Lancet Psychiatry (since 2024); Perspectives on Psychological Science (since 2021); Proceedings of the National Academy of Sciences (since 2020)

Grant/Award Reviewer

Swiss National Science Foundation (since 2024)
Center for Disease Control (since 2024)

-Special Emphasis Panel/Scientific Review Group ZDP1 OHI (11) R, for RFA-DP-24-138, "Demonstration Projects to Research and Evaluate Strategies Aligned with CDC's What Works in Schools Approach"

Templeton Foundation (since 2023)

National Institutes of Health (since 2021)

-Special Emphasis Panel/Scientific Review Group ZAT 1 BH(06) for PAR-24-084 and PAR-24-085 "Exploratory Clinical Trials of Mind and Body Interventions"

-Special Emphasis Panel/Scientific Review Group 2021/05 ZRG1 HDM-H (58) R, for PAR-20-237, "Community Interventions to Address the Consequences of the COVID-19 Pandemic among Health Disparity and Vulnerable Populations"

American Psychological Foundation (since 2021)

-Reviewer, John and Polly Sparks Early Career Grant

Robert Wood Johnson Foundation (since 2021)

-Reviewer, Health Policy Research Scholars (HPRS) Fellowship Program

Medical Research Council (MRC) (since 2020)

-Reviewer, United Kingdom Research and Innovation Future Leaders Fellowship

Association of Psychological Clinical Science (since 2019)

-Reviewer, Clinical Science Student Training Award

PRESENTATIONS

***N* = 300+** (21 international talks; 130+ national invited talks; 15+ regional/local invited talks; 65+ peer-reviewed conference symposia/panels/talks; 75+ poster presentations). * Indicates student/trainee; $^{+}$ Indicates equal co-authorship

Invited Talks: International

2026 University of Calgary, Invited Psychology Department Colloquium Speaker, Calgary, Canada

2026 University of Calgary, Invited Clinical Workshop Leader, Calgary, Canada

2026 New Zealand Psychological Association, Invited Intensive Workshop on Single Session Interventions, Virtual Presentation

2026 World Congress of Cognitive and Behavioral Therapies, Keynote Address, San Francisco, CA

2026 World Congress of Cognitive and Behavioral Therapies, Invited Clinical Workshop Leader, San Francisco, CA

2026 Association for Child and Adolescent Mental Health, Invited webinar speaker: "Brief Interventions that Make a Difference," London, UK

2026 5th German Psychotherapy Conference, Keynote Address, Berlin, Germany

2026 EDIFY Conference: Shaping a Better Future for Young People with Eating Disorders, Keynote Address, London, UK

2025 Nordic Conference on Mental Health, Clinical Workshop, Stavanger, Norway

2025 European Association for Behavioural and Cognitive Therapies, Keynote Address, Glasgow, Scotland

2025 Annual Research Seminar, Israeli Child and Adolescent Psychiatric Association, Keynote Address, Tel-Aviv, Israel

2025 International Alliance of Mental Health Research Funders, Invited Panel: "What do we mean by evidence? How choosing the right methods can improve the real-world relevance of mental health research", Virtual Presentation

2024 British Columbia Children's Hospital Research Institute, Invited Keynote for BC Children's Research Day, Vancouver, BC

2024 British Association of Behavioural & Cognitive Psychotherapies 52nd Annual Conference, Keynote Address, Manchester, United Kingdom

2023 International Federation of Health Plans, Invited Webinar, Virtual Presentation

2023 4th International Single-Session Therapy Symposium, Invited Address at the Italian Center for Single-Session Therapy, Rome, Italy

2023 Cundill Centre for Child and Youth Depression, Centre for Addiction and Mental Health (CAMH), Invited Research Talk, Canada

2023 Comenzar de Nuevo A.C., Invited Research Seminar, Monterrey, Mexico

2022 Royal College of Psychiatrists (RCPsych) Faculty of Child and Adolescent Psychiatry Annual Conference 2022, Invited talk on "scalable youth mental health interventions," London, England, UK

2021 Single-Session Therapy Symposium, Invited Address at the Italian Center for Single-Session Therapy, Virtual Event

2020 University of Bath and University of Bristol, Cross-Institution Psychology Colloquium, UK

Invited Talks: National

2026 National Center for Mental Health Implementation Support, Invited to design and lead 3-part workshop: "Advancing access to mental health services through single-session interventions," Virtual Presentation Series

2026 Albert Einstein College of Medicine/Montefiore Medical Center, Department of Psychiatry Grand Rounds, Bronx, NY

2026 National Academy of Medicine Emerging Leaders Forum, Invited Panelist: "Exploring Non-Pharmacologic Therapies in Psychiatry, Addiction and Social Healing," Washington, DC

2026 National Academy of Public Administration, Invited Panelist: "Critical Conversations: Celebrating the American Public Servant's Innovation"

2026 American Association for the Advancement of Science/Center for Scientific Evidence in Policy Issues, Invited Panelist: "Youth Mental Health and Technology: What does the science say?," Virtual Presentation

2026 Children's Hospital of Philadelphia, Department of Child and Adolescent Psychiatry and Behavioral Sciences Grand Rounds, Philadelphia, PA ***Declined*

2026 Yale School of Medicine, Department of Psychiatry Grand Rounds, New Haven, CT

2026 Northwestern University Feinberg School of Medicine, Department of Psychiatry Grand Rounds, Chicago, IL

2025 Mayo Clinic Arizona, Psychiatry and Psychology Grand Rounds, Phoenix, AZ

2025 Virginia Commonwealth University, Department of Psychiatry Grand Rounds, Richmond, VA

2025 University of Texas at Austin, Clinical Psychology Colloquium Speaker, Austin, TX

2025 Center for Evidence-Based Mentoring – University of Massachusetts Boston, Invited Webinar, Virtual Presentation

2025 Society for Prevention Research 33rd Annual Meeting, Invited Panel on Single-Session Prevention Interventions, Seattle, WA

2025 5th Annual Evidence-Based Psychotherapy Conference, Center for Deployment Psychology at Uniformed Services University, Invited Talk, Virtual Presentation

2025 Amygdala, Stress, and PTSD Conference, Center for the Study of Traumatic Stress at Uniformed Services University of the Health Sciences, Invited Talk, Bethesda, MD

2025 Anxiety & Depression Association of America Annual Conference, Jerilyn Ross Advocate Invited Address, Las Vegas, NV

2025 Wayne State University School of Medicine, Department of Pediatrics 5th Annual Research Day Keynote Speaker, Detroit, MI

2025 Stanford School of Medicine, Department of Psychiatry Grand Rounds, Palo Alto, CA

2025 Cambridge Health Alliance/Harvard Medical School, Department of Psychiatry Grant Rounds, Cambridge, MA

2025 UCLA STAND ALACRITY Center, Invited Lecture for Speaker Series, Virtual Presentation

2024 Youth-Nex 9th Annual Conference, Invited Presenter, Charlottesville, VA

2024 Child Mind Institute, Invited Panelist (Beyond the Hype: What Research Tells Us About Social Media's Role in Youth Mental Health), Virtual Presentation

2024 12th Annual Lowcountry Mental Health Conference, Keynote Speaker, Charleston, SC

2024 National Institute of Mental Health (NIMH) Workshop on Promoting Mental Health for Sexual and Gender Minority Youth, Invited Presenter, Virtual Presentation

2024 Center for Suicide Research and Prevention at Massachusetts General Hospital and Harvard University, Invited Webinar on Brief Mental Health Interventions for Suicide Risk, Virtual Presentation

2024 Society for Pediatric Psychology (APA Division 54), Invited Webinar, Virtual Presentation

2024 Duke School of Medicine, Department of Psychiatry Grand Rounds, Durham, NC

2024 New York University Langone Medical Center, Department of Child and Adolescent Psychiatry Grand Rounds, New York, NY

2024 Lake Forest College, Psychology Department Colloquium Speaker, Lake Forest, IL

2024 Midwestern Psychological Association Conference, Psi Chi Distinguished Speaker (encore invitation), Chicago, IL

2024 Boston University, Department of Psychology Distinguished Speaker - Clinical Colloquium Series, Boston, MA

2024 University of California, San Francisco (UCSF) Department of Psychiatry and Behavioral Sciences Child and Adolescent Psychiatry and Behavioral Science Grand Rounds, San Francisco, CA

2024 Ohio University, Clinical Psychology Colloquium Speaker, Athens, OH

2024 Johns Hopkins University School of Medicine and Kennedy Krieger Institute, Division of Child and Adolescent Psychiatry Grand Rounds, Baltimore, MD

2024 Brown University, Division of Child and Adolescent Psychiatry Grand Rounds, Providence, RI

2024 Boston Children's Hospital, Department of Psychiatry, Invited Keynote – Fuss Research Seminar Series, Boston, MA

2024 3rd Annual Mayo Clinic Integrated Behavioral Health in Primary Care Conference, Keynote Speaker, Phoenix, AZ

2023 Association for Behavioral and Cognitive Therapies, Invited Presidential Panel, Seattle, WA

2023 Association for Behavioral and Cognitive Therapies (ABCT) Continuing Education Webinar on Single Session Interventions for Youth Mental Health

2023 Inaugural Klingenstien Third Generation Foundation Conference, Invited Speaker, New York, NY

2023 American Psychological Association, Invited Panelist: "Essential Science Conversations: The Future of Peer Review," Virtual Presentation

2023 Satellite Meeting for the Global Consortium on Depression Prevention, Invited Panelist/Fellowship Recipient, Providence, RI

2023 University of Kentucky, Department of Psychiatry Grand Rounds, Lexington, KY

2023 NewYork-Presbyterian Hospital/Weill Cornell Medicine, Department of Psychiatry, Invited Grand Rounds Speaker: Annual Paulina Kernberg, M.D. Memorial Grand Rounds, New York, NY

2023 New York University, Department of Applied Psychology Colloquium, New York, NY

2023 St. John's University, Psychology Department Colloquium, Queens, NY

2023 National Institute of Mental Health, Emotion and Development Branch, Bethesda, MD

2023 University of Mississippi Medical Center, Department of Psychiatry Grand Rounds, Jackson, MS

2023 Columbia University Irving Medical Center and New York State Psychiatric Institute, Department of Psychiatry, Invited Grand Rounds Speaker: Glassman Award Lecture, New York, NY

2023 Suicide Research Symposium, Invited Plenary Session, Virtual Presentation

2023 Midwestern Psychological Association, Psi Chi Distinguished Speaker, Chicago, IL

2023 Virginia Tech, Daniel Galper Invited Address, Department of Psychology, Blacksburg, VA

2023 UW SMART Center and UW ALACRITY Center, Invited IRI Fellowship Speaker, University of Washington, Seattle, WA

2023 University of Arkansas for Medical Science (UAMS), Department of Psychiatry Grand Rounds, Little Rock, AR

2023 University of North Carolina – Greensboro, Keynote Speaker at "Share to Care" Community-Research Partnership Conference, Greensboro, NC

2023 Princeton University, Cognitive Psychology Colloquium, Princeton, NJ

2023 University of Pennsylvania, Department of Psychology, Philadelphia, PA

2023 Center for Technology and Behavioral Health, Geisel School of Medicine, Dartmouth College, Hanover, NH

2023 Alongside, Invited Webinar on Single Session Interventions for Adolescent Mental Health

2023 Virginia Tech, Daniel Galper Invited Clinical Workshop, Department of Psychology, Blacksburg, VA

2023 Zucker Hillside Hospital Continuing Education Series, Department of Psychiatry

2022 Association for Behavioral and Cognitive Therapies, Invited Panelist on Open Science, New York, NY

2022 Microsoft Research, Invited Speaker at 2022 Workshop: "Rethinking Technology for Mental Health and Wellbeing," Virtual Presentation

2022 Eating Disorder Research Society Conference, Keynote Address, Philadelphia, PA

2022 University of Michigan, Eisenberg Family Depression Center, Ann Arbor, MI

2022 University of Chicago, Crown School of Social Work, Policy, and Practice, Chicago, IL

2022 University of North Carolina—Chapel Hill, UNC Suicide Prevention Institute, Chapel Hill, NC

2022 Children's Hospital of Philadelphia Research Institute, Philadelphia, PA

2022 Rutgers-Princeton Center for Computational Cognitive Neuro-Psychiatry, Invited Seminar, Piscataway, NJ

2022 University of Virginia, Clinical Area Colloquium, Charlottesville, VA

2022 Florida International University, Center for Children and Families, Invited Speaker in the CCF Annual Speaker Series, Miami, FL

2022 Massachusetts General Hospital, Department of Psychiatry, Invited Grand Rounds Speaker: 12th Annual Peter Miller Musser Lecture on Depression, Boston, MA

2022 Yale School of Medicine, Division of Prevention and Community Research Colloquium, New Haven, CT

2022 Children's Mercy Hospital, University of Missouri - Kansas City School of Medicine, Department of Pediatrics Grand Rounds, Kansas City, MO

2022 University of Utah, Department of Psychology Diversity Committee, Invited panelist, "Practicing Culturally-Responsive Mentoring," Salt Lake City, UT

2022 Utah State University, Departments of Psychology and Human Development & Family Studies Colloquium, Logan, UT

2022 Washington University at St. Louis, Center for Mental Health Services Research Seminar, St. Louis, MO

2022 University of California Davis, Department of Psychiatry Grand Rounds, Davis, CA

2022 MQ Mental Health Research Foundation, Invited Panelist on the future of mental health research, New York, NY.

2022 Journal of Clinical Child and Adolescent Psychology Future Directions Forum, Invited Address: "Future Directions in Single-Session Interventions," Washington, D.C.

2022 Association for Psychological Science Annual Convention, Invited Speaker, Clinical Science Forum, Chicago, IL

2022 Association for Psychological Science Annual Convention, Invited Speaker, Global Mental Health Symposium, Chicago, IL

2021 North American Society for Psychotherapy Research Conference, Invited Semi-Plenary Speaker, Virtual Event

2021 Going Digital: Behavior Health Tech Conference, Invited Speaker on Digital Mental Health Interventions for BIPOC and LGBTQ+ Youth, Virtual talk.

2021 Treatment Selection Idea Lab, Invited Speaker on "Digital Approaches" Panel, Universität Trier, Virtual Event

2021 Journal of Clinical Child and Adolescent Psychology Future Directions Forum, Workshop on Academic Networking in the Time of COVID-19, Washington, DC

2021 National Association of Pediatric Nurse Practitioners – Long Island 8th Annual Conference, Invited Speaker on Brief Mental Health Interventions in Pediatric Settings, Virtual talk.

2021 Kentucky Psychological Association, Invited CE Workshop on Single Session Interventions for Youth Mental Health

2021 University of Michigan Medical School, Department of Psychiatry Grand Rounds, Ann Arbor, MI

2021 Georgetown University School of Medicine, Department of Psychiatry "Encore" Grand Rounds, Washington, DC

2021 University of Southern California, Clinical Area Colloquium, Los Angeles, CA

2021 Yale University, Clinical Area Colloquium, New Haven, CT

2021 Harvard University, Clinical Area Colloquium, Cambridge, MA

2021 University of Connecticut Health Center, Department of Psychiatry Grand Rounds, Hartford, CT

2021 Children's Hospital of Philadelphia, PolicyLab Invited Speaker Series, Philadelphia, PA

2021 Klingenstein Third Generation Foundation, Invited Presentation, New York, NY

2021 Rosalind Franklin University, Psychology Department Colloquium, Chicago, IL

2021 Georgetown University School of Medicine, Department of Psychiatry Grand Rounds, Washington, DC

2021 Institute of Living/Hartford Hospital, Hospital-Wide Grand Rounds, Hartford, CT

2020 Journal of Clinical Child and Adolescent Psychology Future Directions Forum, Academic Job Interviewing Workshop, Washington, DC

2020 Society of Clinical Child and Adolescent Psychology, Invited Webinar Series

2020 Innovations in Psychotherapy Conference, PESI, Inc., Invited Clinical Training on Single Session Interventions for Youth Mental Health

2020 University of Maryland - College Park, Clinical Psychology Colloquium, College Park, MD

2020 Indiana University - Bloomington, Clinical Psychology Colloquium, Bloomington, IN

2020 Williams College, Psychology Department Colloquium, Williamstown, MA ***Cancelled due to COVID-19*

2020 Colby College and Edmund N. Ervin Pediatric Center, Keynote Speaker: Childhood Development and Behavior Conference, Augusta, ME ***Cancelled due to COVID-19*

2020 University of Pittsburgh, Keynote Speaker: ETUDES Center (Enhancing Treatment & Utilization for Depression & Emergent Suicidality) Frontline Innovation Contest, Pittsburgh, PA

2020 University of Pittsburgh Medical Center, Psychiatry Department Colloquium, Pittsburgh, PA

2020 Stuyvesant High School, Invited Guest Speaker Series, New York, NY

2020 Northern Berkshire Community Coalition, Communities that Care Coalition, & Strategic Planning Initiative for Families & Youth (SPIFFY) Coalition, Invited Webinar

2020 South Ocean Middle School Parent Teacher Association Speaker Series, Patchogue, NY

2020 Patchogue-Medford Special Education Parent Teacher Association Speaker Series, Patchogue, NY

2020 Middle Country Public Library Distinguished Speaker Series, Middle Country Public Library, Centereach, NY

2019 Association for Psychological Science 31st Convention, Rising Stars of Depression Research - Invited Speaker, Clinical Science Forum, Washington, DC

2019 Middle Country Special Education Parent Teacher Association Speaker Series, Centereach, NY

2019 Smithtown Special Education Parent Teacher Association Speaker Series, Smithtown, NY

2019 Port Jefferson Special Education Parent Teacher Association Speaker Series, Port Jefferson, NY

2019 On the Shoulders of Giants Scientific Symposium, Child Mind Institute, New York, NY

2019 Swarthmore College, Psychology Department Colloquium, Swarthmore, PA

2018 Harvard Medical School & London School of Hygiene and Tropical Medicine, PRIDE Research Team, Goa, India (Invited Webinar)

2018 Annual Trauma-Focused Evidence Based Practice Conference [Hosted by the Child Health and Development Institute of Connecticut], Invited Workshop, Hartford, CT

2018 McLean Hospital, McLean Anxiety Mastery Program, Belmont, MA (Invited Webinar)

2018 Yale School of Medicine, Department of Psychiatry, Psychiatry Technology Group, New Haven, CT

2018 New York University, Department of Psychology, New York, NY

2018 University of Connecticut Health Center, Division of Child Psychiatry Seminar, Farmington, CT

2017 Boston College, Lynch School of Education, Chestnut Hill, MA

2017 Stony Brook University, Department of Psychology, Stony Brook, NY

2017 Columbia University School of Social Work, New York, NY

2017 National Institute of Mental Health, Emotion and Development Branch, Bethesda, MD

2017 New Haven Adult Education Center, Teacher Professional Development Series, New Haven, CT

2017 Riverside Education Academy, Teacher Professional Development Series, New Haven, CT

Invited Talks: Regional/Local

2024 Northwestern University, Department of Psychology (Social Area), Evanston, IL

2024 Northwestern University, Department of Computer Science, Evanston, IL

2023 Northwestern University, Department of Psychology (Clinical Area), Evanston, IL

2023 Lurie Children's Hospital, Department of Psychiatry, Invited Scholarly Projects Series Speaker, Chicago, IL

2022 Northwestern University Feinberg School of Medicine, Center for Behavioral Intervention Technologies/Digital Mental Health Webinar, Chicago, IL

2022 Northwestern University Feinberg School of Medicine, Center for Behavioral Intervention Technologies/Digital Mental Health Seminar, Chicago, IL

2020 Stony Brook University School of Social Welfare, Stony Brook, NY

2020 Stony Brook University Psychology Peer Mentoring Program, Invited Webinar on Career Paths in Clinical Psychology and Allied Disciplines

2019 Stony Brook University Hospital, Department of Psychiatry Grand Rounds, Stony Brook, NY

2018 Stony Brook University Hospital, Department of Psychiatry, Child and Adolescent Psychiatry Division, Stony Brook, NY

2018 Stony Brook University, Pediatric Primary Care Division Retreat, Stony Brook, NY

2018 Stony Brook University, Counseling and Psychological Services, Stony Brook, NY

2018 Stony Brook University Hospital, Department of Pediatrics Grand Rounds, Stony Brook, NY

2016 Harvard University, Clinical Science Research Training Seminar, Cambridge, MA

2016 Harvard Center on the Developing Child, Cambridge, MA

Academic Conference Symposia and Panels

Chair

Schleider, J. L. (2021, November). Leveraging Digital Single-Session Interventions for Public Mental Health: Innovations from Large-Scale Clinical Trials. Symposium at the Association for Behavioral and Cognitive Therapies 55th Annual Convention, New Orleans, LA.

Schleider, J. L. (2020, November). From Computation to Implementation: Successes and Setbacks in Scaling-Up Brief Interventions. Symposium at the Association for Behavioral and Cognitive Therapies 54th Annual Convention, Philadelphia, PA.

Schleider, J. L. (2019, November). Brief, Technology-Mediated Interventions to Expand the Reach of Cognitive-Behavioral Therapies. Symposium at the Association for Behavioral and Cognitive Therapies 53rd Convention, Atlanta, GA.

Schleider, J. L. (2019, June). Scaling-Up Interventions for Youth Psychopathology: Promise, Progress, and Pitfalls. Focused Discussion at the 21st International Society for Research in Child and Adolescent Psychopathology Meeting, Los Angeles, CA.

Schleider, J. L. (2018, November). Harnessing very brief interventions to reduce youth anxiety and depression at scale: How, where, and for whom? Symposium at the Association for Behavioral and Cognitive Therapies 52nd Convention, Washington, DC.

Schleider, J. L. (2018, November). Wise interventions for psychopathology? Integrating social and clinical psychological science. Panel at the Association for Behavioral and Cognitive Therapies 52nd Convention, Washington, DC.

Schleider, J. L. (2017, April). Little treatments, big effects? New developments in very brief interventions for child and adolescent anxiety. Symposium at the Anxiety and Depression Association of America 37th Conference, San Francisco, CA.

Discussant

Rule, P. (Chair). Victor, S., Khazem, L., & Pearlstein, J., & **Schleider, J. L.** (2023, November). Disability as an Identity: Mental Health and Wellbeing Correlates and Implications for Future Research. Symposium at the 57th annual Association for Behavioral and Cognitive Therapies convention, Seattle, WA.

Nicholas, J. & Spoor, S. (Chairs), Kline, E., Smith, A., Baiden, P., Penwell, T., & **Schleider, J. L.** (2022, November). Barriers to Treatment Access Among High Mortality and Underserved Mental Health Populations in the United States. Symposium at the 56th Annual Association for Behavioral and Cognitive Therapies Convention, New York, NY.

Last, B. (Chair), *Sung, J., *Roulston, C., Bair, A., Adams, D., & **Schleider, J. L.** (2022, November). Hidden and Structural Barriers to Evidence-Based Mental Health Treatment Access and Engagement for Youth. Symposium at the 56th Annual Association for Behavioral and Cognitive Therapies Convention, New York, NY.

Zhao, X.A., (Chair), Timmons, A., Shi, L., Sarver, D., & Lin, Y., & **Schleider, J. L.** (2021, November) Geographical disparities in mental health information and care. Symposium at the 55th Annual Association for Behavioral and Cognitive Therapies Convention, New Orleans, LA.

Presentations

Schleider, J. L., Bearman, S., Becker-Haimes, E., Chu, B., & Vijay, A. (2024, November). Opening the Experts Toolbox: Implementing Effective and Innovative Youth Programs in Real-World Communities. Chair: E. Badin. Panel Discussant at the 58th annual Association for Behavioral and Cognitive Therapies convention, Philadelphia, PA.

Schleider, J. L., Mohr, D., Hollon, S., Robinson, N., & Singla, D. (2024, November). Ethical considerations when providing "therapy" without a therapist in community interventions. Chair: Ezawa, I. Panel Discussant at the 58th annual Association for Behavioral and Cognitive Therapies convention, Philadelphia, PA.

*Cohen, K. A., Rodriguez-Quintana, N., Bilek, E., Howard, J., & **Schleider, J. L.** (2024, November). Designing a Single-Session Strategy (S3) for School-Based Mental Health Providers Delivering CBT. Presentation at the 58th Association for Behavioral and Cognitive Therapies Convention. Philadelphia, PA, USA.

*Smith, A. C., *Ahuvia, I. L., *Cohen, K. A., & **Schleider, J. L.** (2024, November). A Randomized-Controlled Trial of a Digital Single-Session Intervention for LGBTQ+ Youth with Body Image and Mood Concerns. Presentation at the 58th Association for Behavioral and Cognitive Therapies Convention. Philadelphia, PA, USA.

Schleider, J. L., Price, M., Barnett, M., Marraccini, M., Metzger, I., & Lau, A. (2023, November). Innovative Intervention and Implementation Science to Promote Mental Health Equity for Stigmatized Youth. Chair: L. Saldana. Panel Discussant at the 57th annual Association for Behavioral and Cognitive Therapies convention, Seattle, WA.

Schleider, J. L., Victor, S., Boness, C., McCutcheon, S., & Swee, M. (2023, November). Dismantling Mental Health Stigma among Clinical Psychologists: How We Are Part of the Problem and What We Can Do to Address It. Chairs: M. Nauphal, A. Devendorf. Panel Discussant at the 57th annual Association for Behavioral and Cognitive Therapies convention, Seattle, WA.

*Cohen, K., Fox, K., & **Schleider, J. L.** (2023, November). Investigating engagement in a digital mental health intervention for LGBTQ+ Adolescents, Presentation at the 57th annual Association for Behavioral and Cognitive Therapies convention, Seattle, WA.

*Sotomayor, I., *Chang, Y., *Szkody, E., Fox, K., & **Schleider, J. L.** (2023, November). Intersectionality and a minority stress-based single-session intervention benefit multiply-marginalized LGBTQ+ adolescents. Presentation at the 57th annual meeting of the Association of Behavioral and Cognitive Therapies, Seattle, WA.

*Chang, Y., *Sotomayor, I., *Szkody, E., Fox, K., & **Schleider, J. L.** (2023, November). Effectiveness of an Online Single-Session Minority Stress Intervention: Variation by Structural Stigma? Presentation at the 57th annual meeting of the Association of Behavioral and Cognitive Therapies, Seattle, WA.

*Jans, L., *Sotomayor, I., Katz, B. A., *Cohen, K., Fox, K. R., & **Schleider, J. L.** (2023, November). Relative influences of social support and structural stigma on LGBTQ+ adolescent mental health. Presentation at the 57th Annual Association for Behavioral and Cognitive Therapies Convention, Seattle, WA.

Schleider, J. L., Harvey, A. G., Fisher, A. J., Hofmann, S. G., & Williams, M. T. (2022, November. Modifying CBT to "Save" CBT: Incorporating Context, Culture, Comorbidity, and Companionable Theories. Chairs: J. Ehrenreich-May, E. Halliday. Panel Discussant at the 56th Annual Association for Behavioral and Cognitive Therapies Convention, New York, NY.

Schleider, J. L., *Shroff, A., *Roulston, C., *Fassler, J., Dierschke, N. A., Todd, J. S. P., Ríos-Herrera, Á., & Plastino, K.. (2022, November). Culturally Adapting, Disseminating, and Evaluating a Single-Session Digital Mental Health Platform for San Antonio Youth. Presentation at the 56th Annual Association for Behavioral and Cognitive Therapies Convention, New York, NY.

**Schleider, J. L., ***Shroff, A., *Roulston, C., *Fassler, J., Dierschke, N. A., Todd, J. S. P., Ríos-Herrera, Á., & Plastino, K.. (2022, September). Culturally Adapting, Disseminating, and Evaluating a Single-Session Digital Mental Health Platform for San Antonio Youth. Presentation at the 11th Annual International Society for Research on Internet Interventions (ISRII) Meeting, Pittsburgh, PA.

*Shen, J., **Schleider, J. L.,** Nelson, B., Richmond, L., London, B., & Eaton, N. R. (2022, July). Disparities in COVID-19-related Trauma and Internalizing Symptoms across Sexual Orientation and Race/Ethnicity during the Pandemic. Presentation at the National LGBTQ Health Conference: Bridging Research and Practice 8th Convention, Chicago, IL.

Schleider, J. L., Victor, S., Ammerman, A., Bradford, D., Devendorf, J., Gunaydin, L., Hallion, L., Kaufman, E., Lewis, S., & Stage, D. (2022, May). Leveraging the strengths of psychologists with lived experience of psychopathology. Presentation at the Association for Psychological Science Annual Convention, Chicago, IL.

*Ahuvia, I., & **Schleider, J. L.** (2022, May). The Relationship Between Depression Beliefs and Depression Symptom in Adolescents. Presentation at the Association for Psychological Science Annual Convention, Chicago, IL.

Schleider, J. L., Mullarkey, M. C., Fox, K. R., Dobias, M. L., Shroff, A., Hart, E. A., & Roulston, C. (2022, April). A nationwide randomized trial of online single-session interventions for adolescent depression during COVID-19. Presentation at the National Institutes of Health Social, Behavioral, and Economic Health Impacts of COVID-19 Webinar, Virtual Event.

*Ahuvia, I., & **Schleider, J. L.** (2022, March). Adolescents' Beliefs About the Causes and Permanency of Depression: An Exploratory Study. Presentation at the Anxiety and Depression Association of America Annual Conference, Denver, CO.

Schleider, J. L., Schueller, S., Davidson, T., Pina, A., Aguilera, A., & Comer, J. (2021, November). Technology-Based Interventions for Black, Indigenous, and People of Color (BIPOC): A Strategy to Reduce Disparities and Promote Mental Health Equity. Chair: G. Ramos. Panel discussant at the 55th Annual Association for Behavioral and Cognitive Therapies Convention, New Orleans, LA.

Schleider, J. L., Sawyer, B., McClendon, J., Chapman, K., & Cohen, J. (2021, November). Using Media as a Tool for Social Good: Disseminating Cognitive Behavioral Science and Practice Online With a Social Justice Lens. Chair: I. Seager Van Dyk, PhD. Panel discussant at the 55th Annual Association for Behavioral and Cognitive Therapies Convention, New Orleans, LA.

Schleider, J. L., Mullarkey, M. C., Fox, K., *Dobias, M., *Shroff, A., *Hart, E., & *Roulston, C. A. (2021, November). Testing Scalable Single-Session Interventions for Adolescent Depression in the Context of COVID-19: A Nationwide Randomized-Controlled Trial. Presentation at the 55th Annual Association for Behavioral and Cognitive Therapies Convention, New Orleans, LA.

*Sung, J. Y., *Mumper, E., & **Schleider, J. L.** (2021, November). Empowering Anxious Parents to Manage Child Avoidance Behaviors: Randomized Trial of a Single-Session Intervention Targeting Parent Accommodation. Presentation at the 55th Annual Association for Behavioral and Cognitive Therapies Convention, New Orleans, LA.

*Dobias, M. L., **Schleider, J. L.**, *Jans, L., & Fox, K. R. (2021, November). Results from a Randomized Trial Testing an Online, Single-Session Intervention Targeting Adolescent Self-Injurious Thoughts and Behaviors. Presentation at the 55th Annual Association for Behavioral and Cognitive Therapies Convention, New Orleans, LA.

*Mullarkey, M. C., *Dobias, M. L., *Sung, J. Y., *Ahuvia, I., Shumake, J., Beevers, C., & **Schleider, J. L.** (2021, November). A scalable, single session intervention for perceived control over anxiety during COVID-19. Presentation at the 55th Annual Association for Behavioral and Cognitive Therapies Convention, New Orleans, LA.

*Chen, S., *Shroff, A., *Fassler, J., & **Schleider, J. L.** (2021, November). Optimizing Adolescents' Compliance During Ecological Momentary Assessment (EMA) Data Collection: A Structured Approach to Engaging and Giving Back to Participants. Presentation at the 55th Annual Association for Behavioral and Cognitive Therapies Convention, New Orleans, LA.

*Wasil, A. Malhotra, T., Nandakumar, N., Tuteja, N. Sethi, A., **Schleider, J. L.**, Khanna, P., Gautam, R., Bhatia, A., & DeRubeis, R. (2021, November). Evaluating an Online Single-Session Intervention for College Students in India: Outcomes of a Randomized Controlled Trial. Presentation at the 55th Annual Association for Behavioral and Cognitive Therapies Convention, New Orleans, LA.

Fox, K., *Rubin, A., & **Schleider, J. L.** (2021, November). Involving LGBTQ+ and QTPOC Adolescents to Adapt Online Interventions. Presentation at the 55th Annual Association for Behavioral and Cognitive Therapies Convention, New Orleans, LA.

Schleider, J. L., Farrand, P., Andersson, G., Watske, B., Laville, A., Shafran, R., & Myles-Hooton, P. (2021, September). Reaching a consensus on the definition of low intensity cognitive behavioural therapy. Roundtable at the 2021 Congress of the European Association for Behavioural and Cognitive Therapies, Belfast, Ireland.

Schleider, J. L., Mullarkey, M. C., Fox, K., *Dobias, M., *Shroff, A., *Hart, E., & *Roulston, C. A. (2021, June). Single-Session Interventions for Adolescent Depression in the Context of COVID-19: A Nationwide Randomized-Controlled Trial. Presentation at the 2021 National Institutes of Health High Risk, High Reward Research Symposium, Bethesda, MD.

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

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

*†Mullarkey, M. C., & †**Schleider, J. L.** (2020, November). Open science practices for clinical researchers: What you need to know and how to get started. Advanced Methods and Statistical Series Workshop at the Association for Behavioral and Cognitive Therapies 54th Annual 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. Paper presentation at the 54th 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. Paper presentation at the 54th Annual Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.

*Sung, J. Y., *Bianco, A., & **Schleider, J. L.** (2020, November). Open pilot trial of a single-session consultation service for clients on psychotherapy wait lists. Paper presentation at the 54th Annual Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.

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

Schleider, J. L., Hallion, L., Fisher, A., Teachman, B., & Rodebaugh, T. (2020, November). Opening the Toolbox: Expanding Access to Clinical Psychological Science Through Open Science Practices." Chairs: M. Southward, K. Lynthicum. Panel discussant at the 54th Annual Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.

Schleider, J. L (2020, November)**.** Can a brief vacation fix your problems? Strengthening the impact of CBT through intensive and short-term interventions. Panel discussant at the 54th Annual Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.

*†Mullarkey, M., & †**Schleider, J. L.** (2019, November). Open science practices for clinical researchers: What you need to know and how to get started. Advanced Methods and Statistical Series Workshop at the Association for Behavioral and Cognitive Therapies 53rd Annual Convention, Atlanta, GA.

Schleider, J. L., Burnette, J. L., Widman, L., Hoyt, C., & Prinstein, M. J. (2019, November). Randomized trial of a single-session growth mindset intervention for rural adolescents' internalizing and externalizing problems. Paper at the Association for Behavioral and Cognitive Therapies 53rd Annual Convention, Atlanta, GA.

Schleider, J. L. & *Mullarkey, M. (2019, May). Contributions of fixed mindsets and hopelessness to symptoms of depression and anxiety. Paper at the 31st Annual Association for Psychological Science Convention, Washington, DC.

*Mumper, E. M., *Mullarkey, M., & **Schleider, J. L.** (2019, May). A multi-method, machine-learning, and symptom-level approach to reward responsiveness and youth depression. Paper at the 31st Annual Association for Psychological Science Convention, Washington, DC.

Schleider, J. L., *Abel, M., & Weisz, J. (2018, November). Do immediate gains predict long-term symptom change? Findings from a randomized trial of a single-session intervention for youth anxiety and depression. Paper at the Association for Behavioral and Cognitive Therapies 52nd Annual Convention, Washington, DC.

Schleider, J. L. & *Mullarkey, M. (2018, November). Contributions of fixed mindsets and hopelessness to anxiety and depressive symptoms: A commonality analysis approach. Paper at the Association for Behavioral and Cognitive Therapies 52nd Annual Convention, Washington, DC.

*Dobias, M., **Schleider, J. L.**, & *Mullarkey, M. (2018, November). Social variables and their importance to

adolescent depression: Relative importance analysis. Paper at the Association for Behavioral and Cognitive Therapies 52nd Annual Convention, Washington, DC.

Schleider, J. L. & Weisz, J. R. (2017, April). Modifying mindsets for youth mental health: A randomized controlled trial. Paper at the Anxiety and Depression Association of America 37th Conference, San Francisco, CA.

Schleider, J. L. (2017, April). *Views from the New Generation: Evidence-based practices in graduate training programs*. Roundtable discussant at the Anxiety and Depression Association of America's 37th Conference, San Francisco, CA.

Eckshtain, D., Marchette, L., **Schleider, J. L.**, & Weisz, J. R. (2016, October). Parental depression as a predictor of outcome in the treatment of child depression. Paper at the 50th Convention of the Association for Behavioral & Cognitive Therapies, New York, NY.

Schleider, J. L., & Weisz, J. R. (2016, July). Reducing risk for internalizing problems in high-symptom adolescents: Effects of a single-session personality mindset intervention. Paper at the 11th International Conference on Child and Adolescent Psychopathology, London, England.

Schleider, J. L., & Weisz, J. R. (2016, May). Effects of a single-session personality mindset intervention on psychosocial functioning in at-risk early adolescents: A randomized-controlled trial. Paper at the 28th Association for Psychological Science Convention, Chicago, IL.

Nook, E. C., **Schleider, J. L.**, & Somerville, L. H. (2016, March). A linguistic signature of psychological distancing in emotion regulation. Data Blitz Presentation at the Society for Affective Science conference, Chicago, IL.

Nook, E. C., **Schleider, J. L.**, & Somerville, L. H. (2016, February). Getting away from the here and now: linguistic markers of psychological distancing in emotion regulation. Data Blitz Presentation at the Social Brain Sciences Symposium, Boston, MA.

Schleider, J. L. (2014, May). The Naked Truth: Getting Into Graduate School. Panel discussant at the 26th Association for Psychological Science Convention, San Francisco, CA.

Schleider, J. L., Ginsburg, G. S., Keeton, C. P., & Weisz, J. R. (2014, March). Parent psychopathology and treatment outcomes for anxious youths: Multiple mediation through family functioning and caregiver strain. Paper at Anxiety and Depression Association of America's 34th Conference, Chicago, IL.

Poster Presentations (*150+ since 2018, 100% first-authored by trainees; full list of poster citations available upon request.*)

PROFESSIONAL SERVICE

Professional Memberships

Association for Behavioral and Cognitive Therapies; Society of Clinical Child & Adolescent Psychology; Anxiety and Depression Association of America; Association for Psychological Science; Society for a Science of Clinical Psychology; International Society for Research on Child and Adolescent Psychopathology; International Society for Research on Internet Interventions; Society for Digital Mental Health

Service to the Department of Psychology (Stony Brook University)

2021-22	Member, Inclusion, Equity Diversity, and Access (IDEA) Fellow Search Committee
2021-23	Director, Clinical Psychology Program Externship Placement
2020-23	Co-Chair, Clinical Psychology Program Admissions Committee
2020-23	Member, Sub-Committee for Diversifying Graduate Student Recruitment
2020-23	Member, Hosting Committee for Diversity
2020-23	Member, Masters Program Admissions Committee
2019-23	Member, Graduate Committee
2019-21	Member, Student Self-Care Committee

Service to the Field (National)

2023 Invited Planning Committee Member, American Psychological Association Population Health Summit
2021 Steering Committee Member, RCN-UBE Incubator: Undergraduate Learning Environments in Biology, funded by the National Science Foundation
2019-2020 Professional Development Team, Journal of Clinical Child and Adolescent Psychology (JCCAP) Future Directions Forum
2019-2021 Member, Association for Psychological Clinical Science Program Membership Committee
2019- Mentor, Society for Clinical Child and Adolescent Psychology Mentorship Program
2018- Reviewer, Flexibility Fund Awards, Academy of Psychological Clinical Science
2017-2018 Mentor, ABCT Dissemination & Implementation Science SIG Mentorship Program
2013-2016 Mentor, Association for Psychological Science Undergraduate Mentorship Program

Service to the Field (International)

2023-2025 Director, 5th International Single Session Therapy Symposium (*responsible for programming, fundraising, organization, and execution of an international professional conference including 200+ practitioners, scientists, and implementers across 4+ continents)*
2022- Science Council Member, MQ Mental Health

TEACHING AND MENTORING

Northwestern University

2023- Core Faculty Mentor and Seminar Lecturer, T32 Postdoctoral Training Program, Center for Behavioral Intervention Technologies (CBITs)
2023- Core Faculty Mentor, T32 Postdoctoral Training Program, Institute for Developmental Science (DevSci)
2023- Core Faculty Mentor, T32 Postdoctoral Training Program, IMPACT Institute
2023- Faculty Mentor, Clinical Psychology PhD Program, Feinberg School of Medicine
2023- Faculty Mentor, Health Sciences Integrated PhD Program, Feinberg School of Medicine

Stony Brook University

2022 Instructor, Intervention Science, Doctoral seminar
2019 Instructor, Abnormal Child Psychology. Undergraduate lecture.
2018- Instructor & Clinical Supervisor, Child/Adolescent Clinical Supervision. Doctoral practicum seminar.
2018- Co-Instructor, Survey of Clinical Psychology. Graduate (Master's) seminar.
2018- Clinical Didactics Guest Lecturer, Stony Brook University Consortium Internship Program. Predoctoral intern seminar.
2018-2019 Honors College Thesis Advisor

Harvard University

2017 Guest Lecturer, Psychotherapy Research. Doctoral seminar.
2016-2017 Undergraduate Psychology Thesis Advisor
2016 Co-Instructor (with John Weisz, PhD), Research Methods in Child/Adolescent Clinical Psychology. Undergraduate & Graduate lecture. Overall student rating: 4.9/5.0
2016 Guest Lecturer, Psychotherapy: Science and Practice. Undergraduate seminar.

Additional Teaching Experience

2006-2008 Middle School Teaching Fellow (taught math, English and theatre to at-risk, high-potential middle school students), Breakthrough New York at The Town School, New York, NY

Mentored Post-Doctoral Fellows

2026- Isaac Ahuvia (CBITs T32 Fellow)
2026- Limor Luss Smith (NIDILRR Community Living & Participation Fellow)
2024-2025 Sachin Pendse (CBITs T32 Fellow)
2024- Hena Thakur (DevSci T32 Fellow)
2024- Jeremy Eberle (CBITs T32 Fellow)
2023-2025 Benji Kaveladze (CBITs T32 Fellow)
2022-2025 Arka Ghosh
2022-2024 Erika Szkody
2021-2023 Atina Manvelian
2020-2021 Michael Mullarkey

Mentored Doctoral Graduate Students

2026- Heyli Arcese
2024- Arielle Smith
NSF Graduate Research Fellowship Program awardee (2024-2027)
2024- Ian Sotomayor
RWJF Health Policy Research Scholars Fellowship awardee (2024-29)
NSF Graduate Research Fellowship Program Honorable Mention (2024)
2024- Tubanji Walubita
Predoctoral NRSA T32 Fellow, AHRQ (2024-2026)
2022- Chantelle Roulston
NSF Graduate Research Fellowship Program awardee (2023-2026)
Dr. W. Burghart Turner Fellow (2022-2023)
2021-2026 Katherine (Katie) Cohen
Ruth L. Kirschstein Predoctoral NRSA (F31) Awardee, NIMH (2024-2026)
2021-2025 Jenny Shen, *co-mentored with Dr. Nicholas Eaton*
Social Sciences and Humanities Research Council Fellowship awardee (2022-2024)
2020-2026 Isaac Ahuvia
John Neale Graduate Student Excellence Fund awardee (2023)
Stony Brook University Graduate Council Fellow at Stony Brook (2019-2024)
2020-2026 Riley McDanal, *co-mentored with Dr. Nicholas Eaton*
NSF Graduate Research Fellowship Program awardee (2022-2025)
John Neale Graduate Student Excellence Fund awardee (2020-2021)
2019-2025 Jenna Sung
RWJF Health Policy Research Scholars Fellowship awardee (2020-25)
Psi Chi Graduate Research Grant awardee (2020-2021)
2019-20 Emma Mumper, *Secondary mentor; primarily mentored by Dr. Daniel Klein*
Psi Chi Graduate Research Grant awardee (2020-2021)
2019-2024 Mallory Dobias
Stony Brook University Graduate Council Fellow at Stony Brook (2019-2024)
Mamie Phipps Clark Diversity Research Grant awardee (2020-2021)

Student Committees

2024-26 Katie Cohen (Dissertation Committee Chair; NU Feinberg School of Medicine)

2025- Tubanji Walubita (Dissertation Committee Chair; NU Feinberg School of Medicine)
2025- Chantelle Roulston (Dissertation Committee Chair; NU Feinberg School of Medicine)
2025 Arielle Smith (Master's Thesis Committee Chair; NU Feinberg School of Medicine)
2024-25 Riley McDanal (Dissertation Committee; Stony Brook University)
2023-25 Isaac Ahuvia (Dissertation Committee; Stony Brook University)
2023-25 Gina Belli (Dissertation Committee; Northwestern University (NU) Feinberg School of Medicine)
2023-24 Jenny Shen (Dissertation Committee; Stony Brook University)
2022-24 Mallory Dobias (Dissertation Committee; Stony Brook University)
2022-24 Jenna Sung (Dissertation Committee; Stony Brook University)
2022 Mallory Dobias (Specialties Committee; Stony Brook University)
2022 Jenna Sung (Specialties Committee; Stony Brook University)
2022 Jenny Shen (Specialties Committee; Stony Brook University)
2021-2022 Sin-Ying Lin (Dissertation Committee Chair; Stony Brook University)
2021 Olivia Fitzpatrick (Master's Thesis Committee; Harvard University)
2020 Sin-Ying Lin (Specialties Committee Chair; Stony Brook University)
2019-2022 Amrita Ramakrishnan (Dissertation Committee; New York University)

Mentored Clinical Psychology Interns (Stony Brook University Consortium Internship Program)
2023-2024 May Yuan
2023-2024 Jeremy Eberle
2022-2023 Monika Lind
2019-2020 Michael Mullarkey

Mentored Master's Graduate Students
2023-2024 Jessica Liao
2022-2023 Yuanyuan Yang
2021-2022 Sakura Ito
2021-2022 Laura Jans
2020-2021 Aijia Yao
2019-2020 Renee Gilbert
2019-2020 Amanda Bianco
2019-2020 Briana Rosenberg
2019 Shreya Sheth
2018-2019 Jacquelyn Marriott
2018-2019 Charlotte Palmer

Mentored Undergraduate Honors Theses
2021-2022 Kailyn Fan (Honors Thesis, Stony Brook University), *co-mentor with Mallory Dobias*
2021-2022 Elden Flores (Honors Thesis, Stony Brook University), *co-mentor with Jenna Sung*
2018-2019 Tyler Plaskon (Honors College Thesis, Stony Brook University)
2016-2017 Steven Kunis (Senior Thesis, Harvard University)

Research Assistants and Lab Staff
*Supervised student in senior thesis or mentored research project(s)
†Received competitive mentored research grant for a project conducted under my supervision

	Name and University/Institution	Subsequent Position
2024-	Alyssa Gorkin, Northwestern University	*Presently in lab*
2024-	Tyra Bergstrom, Northwestern University*	*Presently in lab*

2024-	Andy Rapoport, Northwestern University*	*Presently in lab*
2023-	Shannon Hill, Northwestern University*	*Presently in lab*
2023	Amanda Smock. Northwestern University*	*Presently in lab*
2022-	Arielle Smith, Northwestern University *	PhD student, Clinical Psychology, Northwestern
2022-	Ian Sotomayor, Northwestern University *	PhD student, Clinical Psychology, Northwestern
2021-	Elena Vacanti, Stony Brook University	Full-time research position
2021-	Manreet Ranu, Stony Brook University	Continued undergraduate studies
2021-	Jessica Liao, Northwestern University *	*Presently in lab*
2021-	Skylar Sichel, Stony Brook University	Continued undergraduate studies
2021-	Syed Ahsan, Stony Brook University	Continued undergraduate studies
2021-	Jason Steiner, Stony Brook University	Applying to medical school
2021-	Daanyal Syed, Stony Brook University	Continued undergraduate studies
2021-	Kelly Kwong, Stony Brook University	Applying to MA programs
2021-	Wagdy Eissa, Stony Brook University	Continued undergraduate studies
2021-	Valerie Thomas, Stony Brook University	Continued undergraduate studies
2021-	Nicole Lutsky, Stony Brook University	Full-time research position
2021-	Kateryna Korobkina, Stony Brook University	Continued undergraduate studies
2021-	John Difonzo, Stony Brook University	Continued undergraduate studies
2021-	Jessica Singh, Stony Brook University	Continued undergraduate studies
2021-	Fiona Lam, Stony Brook University	Continued undergraduate studies
2021-	Aqsa Mirza, Stony Brook University	Continued undergraduate studies
2021-	Shreya Addepalli, Stony Brook University	Continued undergraduate studies
2021-	Nadine Areikat, Stony Brook University	Continued undergraduate studies
2021-	Bailey Campbell, Stony Brook University	Continued undergraduate studies
2021-	Rinchen Lama, Stony Brook University	Continued undergraduate studies
2021-	Isha Trivedi, Stony Brook University	Continued undergraduate studies
2020-	Anna Guo, Stony Brook University	Continued undergraduate studies
2019-	Laura Jans, Northwestern University *	PhD student, clinical psychology, Stony Brook
2020-22	Sharon Chen, Stony Brook University *	PhD student, Clinical Psychology, University of Kentucky
2020-22	Chantelle Roulston, Stony Brook University *	PhD student, Clinical Psychology, Northwestern
2018-22	Angeles Paucar, Stony Brook University	Applying to PA training programs
2018-22	Akash Shroff, Stony Brook University *	DO student, NYIT Medical School
2020-22	Lucy Gordon, Stony Brook University	MSW student, Stony Brook University
2020-22	Jody Huie, Stony Brook University	Continued undergraduate studies
2020-	Colette Lopez, Stony Brook University	Continued undergraduate studies
2020-	Ashley Larose, Stony Brook University	MA student in Counseling, Hunter College
2020-21	Elden Flores, Stony Brook University *	Continued undergraduate studies
2021-2022	Michael Shamouil, Stony Brook University	Continued undergraduate studies
2021-2022	Anastasia Philippopoulos, Stony Brook U.	Continued undergraduate studies
2018-2021	Julia Fassler, Hofstra University *	MSW student, New York University
2019-2021	Michael Sugarman, CUNY Hunter College *	PsyD student, School Psychology, St. John's University
2018-2021	Aleta Thomas, Stony Brook University	Applying to Medical Schools
2020-2021	Aijia Yao, Stony Brook University *	Research Associate, Johns Hopkins University
2020-2021	Astrid Cousins, Stony Brook University	Continued undergraduate studies
2019-2020	Amanda Bianco, Stony Brook University *	PhD student, Clinical Psychology, Texas Tech
2019-2020	Renee Gilbert, Stony Brook University *	PhD student, Clinical Child Psychology, University of Kansas
2018-2020	Briana Rosenberg, Stony Brook University *	MSW candidate, New York University
2019	Lauren Edwards, Catholic Univ. of America	Continued undergraduate studies
2018-2019	Carolyn Lorenzi, Stony Brook University *	Continued undergraduate studies
2018-2019	Kate Bartolotta, Stony Brook University *	PhD candidate, School Psychology,

		Fordham University
2018-2019	Tyler Plaskon, Stony Brook University *	Continued undergraduate Studies
2017-2018	Rachel Snow, Mass. General Hospital *	MSW Candidate, Boston College
2017-2018	Patricia Garibaldi, Harvard University *	PhD student, Clinical Psychology, Northwestern University
2015-2017	Steven Kunis, Harvard University †*	MSc candidate, Cognitive Anthropology, Oxford University
2015-2017	Joshua Insler, Tufts University *	MD candidate, Rush Medical College
2015-2017	Manaswi Kashyap, Wellesley College *	Continued undergraduate studies
2015-2017	Stephanie Traver, Tufts University †*	PsyD student, William James College
2016	Joe Byrnes, Tufts University *	Continued undergraduate studies
2016	Albe Folcarelli, Columbia University *	Continued undergraduate studies
2016	Susanna Yim, Rhode Island College *	Research Assistant, Bradley-Hasbro Children's Research Center
2016	Valerie Woxholdt, Harvard University	Research Assistant, Harvard GSE
2015-2016	Eun Youb (Josh) Lee, Tufts University *	MS, Computer Science, Tufts Univerrsity
2015-2016	Elise Garden, Harvard University	Continued undergraduate studies
2015-2016	Marisol Consuegra, Tufts University	Continued undergraduate studies
2013-2014	Madelaine Abel, Wellesley College †*	PhD student, Clinical Child Psychology, University of Kansas
2013-2014	Giovanna Castro, Tufts University	Community Coordinator, East End House
2013-2014	Brendan Eappen, Harvard University	Booth Fellow, Partners in Health
2014	Meghan Farley, Emmanuel College	Mental Health Specialist, McLean Hospital
2014	Rebecca Krane, Harvard University	Continued undergraduate studies
2013	Anushka Patel, Harvard University *	PhD student, University of Tulsa
2013	Evelyn Ramirez, Harvard University	Fulbright Scholar
2013	Tedi Asher, Harvard University	Postdoc, Harvard Medical School

CLINICAL EXPERIENCE

2018-2023 Faculty Supervisor, Child/Adolescent Outpatient Clinic
Founder, Director, and Clinical Supervisor, Single Session Consultation (SSC) Service
Krasner Psychological Center, Stony Brook University, Stony Brook, NY

2017-2018 Psychology Fellow
The Consultation Center at Yale University, New Haven, CT

2017-2018 Individual and Family Therapist
West Haven Mental Health Clinic (WHMHC) at Yale University, New Haven, CT

2016-2017 DBT Parent Coach, Family Therapist, and Multifamily Skills Group Leader
3East Dialectical Behavioral Therapy Program, McLean Hospital, Belmont, MA

2015-2016 Neuropsychological Assessment Specialist
Metrowest Neuropsychology LLC, Westborough, MA

2014-2016 MATCH-ADTC School-Based Supervisor and Trainer
Student Outcomes of Integrative Mental Health Services, Brookline, MA

2014-2015 Individual Therapist

Center for Anxiety and Related Disorders, Boston University, Boston, MA

2014 Individual Therapist & Counselor
"Brave Bunch" Selective Mutism Treatment Camp, CARD, Boston University, Boston, MA

2014 Psychodiagnostic Assessment Specialist
Department of Psychiatry, Massachusetts General Hospital, Boston, MA

2013-2014 Individual Therapist
Judge Baker Children's Center, Harvard Medical School, Boston, MA

CONSULTING and INDUSTRY

2024- Co-Founder and Chief Scientific Advisor, Navi
Navi is a 24/7, evidence-based app that empowers students with single-session mental wellness support, designed to make a meaningful impact in each encounter. Co-founded and advise on company's approach to scientifically-sound program design, continuous evaluation, and evidence-informed improvement.

2023 Expert Consultant – Single-Session Interventions, Optum/UnitedHealth Group
Consulted on Optum/United Health's efforts to design, deliver, and sustainably implement single-session interventions for youth mental health problems.

2023 Expert Panelist (Consultant), Woebot Health
Woebot Health partners with payers, providers, employers, and life science companies to provide scalable, AI-powered mental health tools to those who need them. Consulted on integration of single-session approaches to mental health care into Woebot's products and clinical content.

2022 Digital Mental Health Consultant, Kooth LLC
Kooth offers a safe, anonymous suite of digital tools (self-help, peer support, professional services) to promote youth mental health at scale. Write expert commentary and briefs on the importance of single-session interventions (Kooth's primary service delivery model). Advised on a protocol for a formal evaluation of the first rollout of Kooth in US public schools.

2021- Co-Founder and Co-Director, Single Session Support Solutions, Inc. (S4)
S4 empowers clinics, schools, and organizations to provide their community members with data-driven, single-session interventions for stress, coping, and mental health, when and where support is needed most. Co-founded and lead organization's mission, directions, and operations.

2021- Clinical Advisory Board Member, **Koko**
Koko aims to bring mental health and well-being to as many people as possible by partnering with web- and mobile-based media platforms to provide evidence-based supports. Contribute and consult on single-session intervention content.

2020- Co-Founding Scientific Advisory Board Member and Content Consultant, **Walden Wise**.
Walden Wise is a nonprofit working to translate basic research on psychopathology to improve parenting practices and youth mental health. Contribute to nonprofit's theory of change, key practices, and structure.

MEDIA APPEARANCES & CONTRIBUTIONS

Fox 32 Chicago*,* May 2026. Interviewed live for Fox32 News, "Meta's teen mental health battle heads back to court as experts question social media's impact."

WTTW/Chicago PBS, May 2026. Interviewed for televised panel discussion, "Should Social Media be Regulated for Kids? Illinois Lawmakers Seek Restrictions Amid Debate."

Associated Press, April 2026. Quoted in article and research featured, "Can a single therapy session make a difference? Experts say yes, with the right mindset"

Apolitical, April 2026. Work disseminating single-session interventions across Montana featured in extended case study, "Closing the youth mental health access gap in Montana through evidence-based digital support"

Apolitical, March 2026. Work disseminating single-session interventions across Montana selected as state-wide winner on "50 States, 50 Breakthroughs" List

Fox 32 Chicago*,* February 2026. Interviewed live for Fox32 News, "Social Media and its Impact on Youth Mental Health"

Wired, February 2026. Quoted in article, "A Landmark Social Media Addiction Case Puts Big Tech on Trial"

Los Angeles Times, February 2026. Published op-ed, "If social platforms are harmful, don't just ban kids. Regulate the harms."

The Guardian*,* January 2026. Quoted and work featured in article, "Screen time limits for children are no longer Enough, new US report finds"

Coffee with Curalinc Podcast, January 2026. Interviewed for podcast episode, "The Power of One Session."

Balancing Act with John Katko - PBS, December 2025. Interviewed for televised episode on nationally broadcasted program, "Mental Health Crisis."

American Psychological Association, July 2025. Profile and research featured in article, "Improving population mental health through single-session interventions."

Amazon News, May 2025. Lab's partnership with Amazon featured in article, "Amazon expands mental health support for employees and families worldwide."

Feinberg Breakthroughs Podcast, May 2025. Interviewed for podcast episode, "Can a single session impact mental health for teens? With Jessica Schleider, PhD"

The Billings Post, April 2025. Lab featured in article, "Montana Set to Become First State to Launch Free Digital Mental Health Tool for Youth."

Feinberg News Center, February 2025. Research featured in article, "Single-Session Interventions Significantly Reduce Mental Health Issues for Youth and Adults"

Feinberg News Center, February 2025. Quoted and research featured in article, "Investigating the Youth Mental Health Crisis."

Feinberg News Center*,* December 2024. Research featured in article, "Parental Consent Rules May Hinder Teen Mental Health Treatment."

Mad in America, June 2024**.** Podcast interview, "Conveying Hope, Empowering Teens: An Interview with Jessica Schleider"

The New York Times, May 2024. Quoted and research cited in article, "Are Schools Too Focused on Mental Health?"

STAT News, April 2024. Published opinion article, "Banning teens from social media won't help their mental health. Here's what might"

Lifehacker, February 2024. Research featured in article, "If therapy is too expensive, try single-session interventions"

Lifehacker, February 2024. Research featured in article, "These 'Pathways to Hope' Can Improve your Mental Health"

Behavioral Health Today Podcast, February 2024. Podcast interview, "Single-Session Therapy, Scalable Impact"

Anxiety at Work Podcast, February 2024. Podcast interview, "Transform Your Mental Health with Powerful Single-Session Interventions"

The Chris Voss Show Podcast, February 2024. Podcast interview, "Little Treatments, Big Effects"

Deep Into Sleep Podcast, February 2024. Podcast interview, "Transformative Moments: Single Session Therapy and Mental Health Innovations"

Beyond the Thesis Podcast, February 2024. Podcast interview, "Dealing with Mental Unrest in Grad School"

Thrive Global, January 2024. Excerpt from book (*Little Treatments, Big Effects*) published, "Transforming Mental Health Care Access."

Speaking of Cults podcast, January 2024. Podcast interview, "Little Treatments, Big Effects"

The Michael Shermer Show Podcast, January 2024. Podcast interview, "Transforming Mental Health with Small Interventions"

Oprah Daily, January 2024. Book (*Little Treatments, Big Effects*) featured as one of the "Best Self-Help Books for Life's Smaller Stressors"

Next Big Idea Club, January 2024. Book-Bite (15-minute audio summary) published, *The Life-Changing Potential of a Little Bit of Therapy*.

Psychology Today, January 2024. Article published, "The Status-Quo Will Never Solve the Youth Mental Health Crisis"

The Telegraph, November 2023. Quoted and work highlighted in "Can a one-off, 60-pound therapy session really fix all your problems?"

The New York Times, November 2023. Research cited in article, "This is Not the Way to Help Depressed Teenagers."

Science Saturdays Podcast, November 2023. 30-minute podcast interview, "Little Treatments, BIG Effects."

Next Big Idea Club, November 2023. Book (*Little Treatments, Big Effects*) featured as one of "The Next Big Idea Club's January 2024 Must-Read Books"

The Atlantic, November 2023. Quoted and research highlighted in article, "These Teens Got Therapy. Then They Got Worse."

New Scientist, October 2023. Book (*Little Treatments, Big Effects*) featured and reviewed, "Can a single therapy session nudge us toward better mental health?"

Wondros Podcast, October 2023. 45-minute podcast interview, "Is One Session Enough?"

PsychEverywhere Podcast, May 2023. 30-minute podcast interview, "Meaningful Change in a Single Session? Interview with Jessica Schleider, Ph.D"

The Guardian, February 2023. Research highlighted in article, The big idea: Your personality is not set in stone.

The Atlantic, February 2023. Quoted and research highlighted in article, What's the smallest amount of therapy that's still effective?

Behaviour Research and Therapy Podcast*,* January 2023. Hour-long podcast interview about my lab, research program, and future directions in single-session mental health interventions.

Monitor on Psychology – American Psychological Association*,* January 2023. Quoted and research highlighted in feature article, Psychologists are rebranding the field, expanding the one-to-one therapy approach.

The Washington Post, November 2022. Quoted and single-session online interventions featured in essay, Many teens struggle with mental health issues. Here are tips for parents.

Wall Street Journal, October 2022. Quoted and research featured in essay, The Power of Brief Mental Health Therapies.

Commonwealth fund, August 2022. Quoted and research highlighted in feature article on scalable solutions for the youth mental health crisis. Filling Gaps in Access to Mental Health Treatment in Teens and Young Adults.

Monitor on Psychology – American Psychological Association, April 2022. Quoted and research highlighted in feature article on single-session mental health interventions, More Growth for Patients in Less Time.

Article reporting on new Health Resources and Services Administration grant published in SBU News.

Article reporting results of nationwide trial of single-session online interventions, published in *Nature Human Behaviour,* covered in multiple news outlets, including:

Healio: Online interventions reduce teens' depression symptoms
Newswise: Study reveals brief online interventions help reduce teen depression
HealthDay: Online single session interventions benefit teens with depression
The Medical News: Online single-session interventions help curb adolescent depression, study shows
Futurity: Online interventions can ease teen depression
Physician's Weekly: Online single-session interventions benefit teens with depression

San Antonio Express News, Nov. 2021. The lab's open-access single-session interventions were featured in "Online Mental Health Program Lets San Antonio Teens Talk it Out"

"Interest to Impact" Podcast, Sept. 2021. Half-hour podcast interview on the promise of digital single-session interventions for youth mental health.

Vox, Sept. 2021. Quoted in article, What an enormous global study can tell us about feeling better during the pandemic

American Academy of Child and Adolescent Psychiatry*,* Jul. 2021. Invited guest on "Screen-side Chats" series with AACAP President Dr. Gaye Carlson, The Promise of Single-Session Interventions

Mad in America, Apr. 2021. Pre-print featured, Coming to Terms with the Failures of Youth Psychology Research

News for San Antonio, Jan. 2021. Open-access intervention initiative featured, Project YES Helps Teens Suffering from Anxiety and Stress.

Vox, Sept. 2020. Quoted in article, How the Pandemic Forced Mental Health Care to Change for the Better

"Research Matters" Podcast, Aug. 2020. Hour-long podcast interview on open science practices and diversity, equity, and inclusion in academia

"In Conversation" Podcast, Association for Child and Adolescent Mental Health, Aug. 2020. Invited guest on ACAMH's "In Conversation" podcast episode, "Single Sessions, Scalable Impacts"
Forbes, Jan. 2020. Included on the 2020 *Forbes* 30 Under 30 in Healthcare list

Quoted in articles and radio interviews covering receipt of 2019 NIH Director's Early Independence Award supporting a five-year study on brief, scalable interventions for adolescent depression (Oct, 2019)
InnovateLI, **:** 'Early' $2M grant cheers ambitious depression study
Stony Brook News**:** New Approach Seeks Better Outcomes for Teen Depression
TBR News Media: SBU's Schleider scores $2M for teen depression intervention
WSHU – NPR: Treating Depression in Teens Using What They Know Best — Their Phone

Elemental*,* Oct. 2019. Quoted in article on research program, The Emerging Benefits of Short-Term Therapy

The Fix, Sept. 2019. Quoted in article on research program, Is Bite-Sized Therapy a Good Option for Kids?

Vox, Sept. 2019. Research initiative testing free, online teen mental health supports, **Project Y.E.S.**, featured in *Vox*: These Scientists Want to Make Therapy Much, Much Shorter

The Atlantic, Aug. 2019. Research program at the Lab for Scalable Mental Health was profiled in *The Atlantic*: The Quick Therapy That Actually Works

TRT Roundtable, Aug 2019. Invited panelist on an episode of TRT World News' *Roundtable:* Youth Depression: Do We Have the Right Tools?

Scientific American, Aug. 2019. Quoted in article on Growth Mindset interventions for students

Fatherly**,** Jul. 2019. Quoted in article published in *Fatherly*, Happy Kids Versus Resiliency: Why Anxious Parents Can Calm Down

Doctor Radio, Feb. 2019. Interviewed on youth mental health for "Everyday Health" on Sirius XM's Doctor Radio

Medium, Dec. 2018. Limbix Partners with Academic Researchers to Create VR Intervention for Adolescent Depression

HealthDay*,* Nov. 2018. Published research covered in HealthDay: For Teen Girls, Depression May Predict Subsequent Alcohol Use

Win Win Parenting Podcast, Mar. 2018. Invited podcast guest, Reducing Anxiety and Depression in Teens in Just One Session.

Medscape, Feb. 2018. Published research covered in Medscape: Brief Intervention Yields Lasting Results for Teen Depression, Anxiety

EdCentral, Jan. 2018. Published research covered in EdCentral: Could Growth Mindset Support Students' Mental Health, As Well As Their Learning?

British Research Digest, Nov. 2017. Published research covered in British Research Digest: A 30-Minute Lesson in the Malleability of Personality Has Long-Term Benefits for Anxious, Depressed Teenagers

BigThink, Nov. 2017. Published research covered in BigThink: This 30-Minute Course Can Improve Mental Health. Should Everyone Take It?

The Emotion Machine, Nov. 2017. Published research covered in The Emotion Machine: A One Time Lesson in 'Growth Mindset' Can Help With Anxiety and Depression

InnerDrive, Nov. 2017. Interview with InnerDrive, Mindset and Mental Health: Interview with an Expert

U.S. News & World Report, Oct. 2017. Published research covered in U.S. News & World Report: Low-Cost Mindset Interventions Show Promise

The Hechinger Report, Oct. 2017. Published research covered in The Hechinger Report: Telling Depressed Kids They're Capable of Change Might Help Them Improve

Family Practice News, Jul. 2017. Published research covered in Family Practice News: Little Treatments Show Big Effects for Youth Psychiatric Problems