

CURRICULUM VITAE

Jessica L. Schleider, Ph.D.

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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
- 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 and minoritized youth and caregivers (e.g., LGBTQ+ and youth of Color); harnessing technology to enhance scalability of mental health services; dissemination and implementation science; open science practices.

GRANTS, FELLOWSHIPS, CONTRACTS, & SPONSORSHIPS

Pending Support

- 2024-2027 **Development and Innovation Grant**, Institute of Education Sciences (*submitted; pending scientific review*). Youth Empowerment and Support in Schools (YESS): Single Session Interventions to Prevent and Address Internalizing Problems among Middle School Students.
MPI (with Eric Bruns, PhD).
- 2024-2028 **Research Project Grant** (R01), NIH/NCI (*resubmission in progress*). Using Single Session Interventions to Optimize SBIRT for Prevention of Vaping Progression in At-Risk Adolescents: A School Cluster Randomized Clinical Trial.
MPI (with Randi Schuster, PhD).
- 2024-2029 **Exploratory/Developmental Phased Award** (R61/R33), NIH/NIMH (*resubmission in process*). Designing and Optimizing an Automated Text-Based Just-in-Time Adaptive Intervention to Augment Single-Session Online Adolescent and Parental Interventions for Adolescent Anxiety.
Co-I (PI: Heather Nuske, PhD).
- 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 (*submitted; pending scientific review*). 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:** Adapting and testing an adjunctive, digital single-session intervention to increase caregiver adoption of early childhood mental health services.
Project Lead (PIs: Lauren Wakschlag, PhD; J.D. Smith, PhD).
- 2024-2028 **Research Project Grant** (R01), NIH/NIMH (*resubmission in process*). Nationwide Trial of Online, Just-In-Time Single-Session Interventions for Depression in Sexual and Gender Minority Adolescents.
PI.
- 2024-2027 **Developmental Research Grant** (R34), NIH/NIMH (*submission in process*). Adapting and Testing a Single Session Intervention Targeting Stigma-Related Stress for Transgender and Nonbinary Adolescents Waiting for Subspecialty Care.
MPI (with Diane Chen, PhD)

Current Support

- 2023-2024 **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
- 2023-2025 **Intervention Development and Implementation Research Contract**, Child Mind Institute. Next-Generation Digital Therapeutics for Child and Youth Behavioral Health Program.
PI. Total costs: \$212,739
- 2023-2024 **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: \$50,000

- 2023-2024 **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
- 2023-2024 **Services Contract**, TRAILS, a Project of the TIDES Center. SMILES Project: Scalable Mental Health Innovations for Learning and Emotional Support in Schools. *Our team provides expert guidance and consultation to TIDES on the design of scalable implementation strategies for school-based mental health supports.*
PI. Total costs: \$55,610
- 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).
- 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 Lead and Co-I (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
- 2019-2024 **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
- 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

Completed Support

- 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 **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
- 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

- 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
- 2022 **Research Support Grant**, HopeLab. Randomized Trial of Online Suicide Prevention Resources. **MPI** (with Rob Morris, PhD). Total costs: \$40,000
- 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
- 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 and Faculty Sponsor** (Trainee: Chantelle Roulston). Total costs: \$143,870
- 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
- 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 **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
- 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
- 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
- 2020-2021 **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
- 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
- 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
- 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
- 2017-2018 **William H. Talley Award**, Harvard University. Parental preferences and expectations for child mental health treatment: Effects of viewing emotion and anxiety as malleable. **PI**. Total costs: \$3,500
- 2017-2018 **MetricWire Research Project Sponsorship**, MetricWire Inc. Harnessing mobile technology to reduce anxiety and depression in adolescents: A pilot feasibility trial of app-based interventions. **PI**.
- 2016-2017 **Dissertation Completion Fellowship**, Harvard University. **PI**. Total costs: \$10,000
- 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
- 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, and 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

Grants and Fellowships Awarded to Mentees

- 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
- 2021-2022 **John Neale Graduate Student Excellence Fund**, Stony Brook University
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: \$102,000
- 2022-2025 **Graduate Research Fellowship Program**, National Science Foundation
Faculty Mentor with Nicholas Eaton, PhD (Student PI: Riley McDanal). Total costs: \$102,000
- 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/NICHHD
The Impact of Parent/Caregiver Behavioral Health Interventions on Child Outcomes.
Consultant (Student PI: Jack Andrews).
- 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
- 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: A Randomized Trial of a Single-Session Intervention Targeting Parent Accommodation
Faculty Mentor (Student PIs: Jenna Sung, Emma Mumper). Total costs: \$1,500

HONORS AND AWARDS

- 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 and 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.*
- 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
- 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

N= 128 published or forthcoming (4 books, 101 peer-reviewed articles in journals or conference proceedings, 12 book chapters, 4 miscellaneous publications, 7 treatment manuals and/or interactive, open-access web-based interventions; N = 11 articles in revision or review)

* Indicates student/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 Books

Schleider, J. L. & *Sung, J. Y. (under contract). *The Single-Session Consultation: A Brief Approach to Bridging Gaps in Systems of Mental Health Care, Clinician Guide*. Oxford University Press.

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

2023 and In Press

101. Haynos, A. F., Egbert, A. H., Fitzsimmons-Craft, E. E., Levinson, C. A., & **Schleider, J. L.** (in press). Not Niche: Eating Disorders and the Dangers of Over-Specialization. *British Journal of Psychiatry*. [Preprint](#)
100. *Ahuvia, I., & **Schleider, J. L.** (in press). Potential Harms from Emphasizing Individual Factors Over Structural Factors in Cognitive Behavioral Therapy with Stigmatized Groups. *The Behavior Therapist*. [Preprint](#)
99. *Ahuvia, I., Fox, K., & **Schleider, J. L.** (in press). Adolescents' Beliefs About What Symptoms Constitute Depression: Are More Expansive Definitions Helpful or Harmful? *Social Science & Medicine – Mental Health*. [Preprint](#)
98. *McDanal, R., *Shen, J., Fox, K., Eaton, N., & **Schleider, J. L.** (in press). Predicting Transdiagnostic Symptom Change across Diverse Demographic Groups in Single-Session Interventions for Adolescent Depression. *Clinical Psychological Science*. [Preprint](#)
97. Singla, D., **Schleider, J. L.**, & Patel, V. (in press). Democratizing access to psychological therapies: Innovations and the role of psychologists. *Journal of Consulting and Clinical Psychology*.
96. Ringle, V. M., *Sung, J. Y., *Roulston, C., & **Schleider, J. L.** (in press). Mixed Methods Examination of Youth-Reported Barriers to Accessing Mental Health Services. *Journal of Adolescent Health*. [Pre-Registration](#)
95. *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](#)
94. *Fitzpatrick, O.M., **Schleider, J. L.**, Mair, P., Carson, A., Harisinghani, A., & Weisz, J. R. (2023). Project SOLVE: A randomized, school-based trial of a low-intensity digital problem-solving intervention for adolescent internalizing problems during the coronavirus-era. *School Mental Health*.

93. Williams, J. A., Freed, M., Theofanopoulou, N., Doudén Rouquet, C., Klasnja, P., Gross, J. J., **Schleider, J. L.**, Slovak, P. (in press). Feasibility, perceived impact, and acceptability of a socially assistive robot to support emotion regulation with highly anxious university students: an open trial. *JMIR Mental Health*.
92. *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](#)
91. *Shen, J., *Rubin, A., *Cohen, K., *Hart, E. A., *McDanal, R., *Roulston, C. A., *Sung, J. Y., *Sotomayor, I., *Fox, K. R., & ***Schleider, J. L.** (2023). Randomized evaluation of an online single-session intervention for minority stress in LGBTQ+ adolescents. *Internet Interventions*, 33, 10063. [Open-Access Publication](#)
90. *Szency, 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*.
89. Sakaluk, J., De Santis, C., Kilshaw, R., Pittelkow, M., Brandes, C., Boness, C., Botanov, Y., Lorenzo-Luaces, L., Williams, A., Wendt, D., **Schleider, J.**, & van Ravenzwaaij, D (2023). Reconsidering What Makes Syntheses of Psychological Intervention Studies Useful. *Nature Reviews Psychology*.
88. Loades, M. & **Schleider, J. L.** (in press). Online, self-help Single Session Interventions could expand current provision, improving early access to help for young people with depression symptoms, including minority groups. *Child and Adolescent Mental Health*.
87. *Shen, J., **Schleider, J. L.**, Nelson, B. D., Richmond, L. L., London, B., & Eaton, N. R. (in press) Disparities in COVID-19-related trauma and internalizing symptoms across sexual orientation, race/ethnicity, and their intersection during the pandemic. *Psychology of Sexual Orientation and Gender Diversity*. [Preprint](#).
86. *Smith, A. C., *Ahuvia, I., *Ito, S., & **Schleider, J. L.** (in press). Project Body Neutrality: Piloting a digital single-session intervention for adolescent body image and depression. *International Journal of Eating Disorders*. [Preprint](#).
85. Eyllon, M., Dalal, M., *Jans, L., *Sotomayor, I., Peloquin, G., Yon, J., Fritz, R., & **Schleider, J. L.** (in press). Referring Adolescent Primary Care Patients to Single-Session Interventions for Anxiety and Depression: Protocol for a Feasibility Study. *JMIR Research Protocols*. [Preprint](#).
84. *Ghosh, A., *McDanal, R., & **Schleider, J. L.** (in press). Digital Single-Session Interventions for Child and Adolescent Mental Health: Evidence and Potential for Dissemination Across Low- and Middle-Income Countries. *Advances in Psychiatry and Behavioral Health*.
83. *Ahuvia, I., Mullarkey, M. C., *Sung, J. Y., Fox, K. R., & **Schleider, J. L.** (in press). Evaluating a Treatment Selection Approach for Online Single-Session Interventions for Adolescent Depression. *Journal of Child Psychology and Psychiatry*. [Preprint](#)
82. **Schleider, J. L.**, *Smith, A. C., & *Ahuvia, I. (2023). Realizing the Untapped Promise of Single-Session Interventions for Eating Disorders. *International Journal of Eating Disorders*. [Preprint](#).
81. *Sung, J. Y., Buggati, M., Vivian, D., & **Schleider, J. L.** (2023). Evaluating a telehealth single-session consultation service for clients on psychotherapy wait-lists. *Practice Innovations*, 8, 141-161. [Preprint](#)
80. Davis, K., Slovak, P., Landesman, R., Pitt, C., Ghajar, A., **Schleider, J. L.**, Kawas, S., Perez Portillo, A.G., & Kuhn, N. (2023). Supporting teens' intentional social media use through interaction design: An exploratory proof-of-concept study. Proceedings of the ACM SIGCHI Conference on Interaction Design and Children (IDC '23). New York: ACM Press.
79. *Lin, S.-Y., **Schleider, J.L.**, Nelson, B.D., Richmond, L., & Eaton, N.R. (in press). Gender and racial-ethnic disparities in undergraduate and graduate students' mental health and treatment use amid the COVID-19 pandemic. *Administration and Policy in Mental Health and Mental Health Services*. [Preprint](#)
78. *Shroff, A., *Roulston, C. A., *Fassler, J., Dierschke, N. A., San Pedro Todd, J., Rios, Á., Plastino, K., & **Schleider, J. L.** (2023). A Digital Single-Session Intervention Platform for Youth Mental Health: Cultural Adaptation, Evaluation, and Dissemination. *JMIR Mental Health*. 14, 10:e43062. [Open-Access Publication](#)

77. *Dobias, M. L., *Chen, S., Fox, K. R., & **Schleider, J. L.** (2023). Brief Interventions for Self-Injurious Thoughts and Behaviors: A Systematic Review. *Clinical Child and Family Psychology Review*, 26, 482-568. [Pre-Registration](#)
76. De Los Reyes, A., Epkins, C. C., Asmundson, G. J. G., Augenstein, T. M., Becker, K. D., Becker, S. P., ... **Schleider, J. L.** ... & Youngstrom, E. A. (2023). Editorial statement about JCCAP's 2023 special issue on informant discrepancies in youth mental health assessments: Observations, guidelines, and future directions grounded in 60 years of research. *Journal of Clinical Child and Adolescent Psychology*, 52, 1.
75. *Cohen, K., *Dobias, M. L., Morris, R., & **Schleider, J. L.** (2023). Improving uptake of mental health crisis resources: Randomized test of a single-session intervention embedded in social media. *Journal of Behavioral and Cognitive Therapy*, 33, 24-34. [Preprint](#)
74. **Schleider, J. L.** (2023). The Fundamental Need for Lived Experience Perspectives in Developing and Evaluating Psychotherapies. *Journal of Consulting and Clinical Psychology*. 91, 119–121. [Preprint](#).
73. *Hart, M.J., *Sung, J.Y., McQuillin, S., & **Schleider, J.L.** (2023). Expanding the Reach of Psychosocial Services for Youth: Untapped Potential of Mentor-Delivered Interventions. *Journal of Community Psychology*, 51, 1255-1272. [Preprint](#)
72. *Ahuvia, I., *Sung, J. Y., *Dobias, M. L., Nelson, B. D., Richmond, L. L., London, B., & **Schleider, J. L.** (in press). College student interest in teletherapy and self-guided mental health supports during the COVID-19 pandemic. *Journal of American College Health*. [Preprint](#) [Pre-Registration](#)
71. Ching, B.C.F., Bennet, S.D., Morant, N., Heyman, I., **Schleider, J.L.**, Fifield, K., Allen, S., & Shafran, R. (2023). Growth mindset in young people awaiting treatment in a paediatric mental health service: a mixed methods pilot of a digital single-session intervention. *Clinical Child Psychology and Psychiatry*, 28, 637-653.
70. *Roulston, C., McKetta, S., Price, M., Fox, K., & **Schleider, J. L.** (2023). Structural Correlates of Mental Health Support Access Among Sexual Minority Youth of Color During COVID-19. *Journal of Clinical Child and Adolescent Psychology*, 5, 649-658. [Preprint](#)
69. *McDanal, **Schleider, J.L.**, Fox, K.R., & Eaton, N.R. (2023). Loneliness in Gender- and Sexual Orientation-Diverse Adolescents: Measurement Invariance Analyses and Between-Group Comparisons. *Assessment*, 30, 706-727. [Preprint](#)
- 2022**
68. *Cohen, K., *Shroff, A., Nook, E. C., & **Schleider, J. L.** (2022). Linguistic Distancing Predicts Response to a Digital Single-Session Intervention for Adolescent Depression. *Behaviour Research and Therapy*, 159:104220. [Preprint](#)
67. *Birk, S., *Sung, J. Y., **Schleider, J. L.**, & Olino, T. M. (2022). Unpacking parental accommodation: Relationship to parent distress tolerance and cognitive styles. *Journal of Anxiety Disorders*, 92:102639.
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Other Publications

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Open-Access Mental Health Interventions

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Working Manuscripts Under Review

11. *Cohen, K. A., *Ito, S., *Ahuvia, I. L., *Yang, Y., Zhang, Y., Renshaw, T., Larson, M., Cook, C., & **Schleider, J. L.** (invited submission, *Clinical Child and Family Psychology Review*). Brief School-Based Interventions Targeting Student Mental Health or Wellbeing: A Systematic Review and Meta-Analysis.
10. *Manvelian, A., *Cohen, K., *Szkody, E., & **Schleider, J. L.** (under review). Interpersonal stressors and adolescent mental health during COVID-19: Investigating the role of loneliness.
9. *Ghosh, A., *Cohen, K., *Jans, L., *Busch, C., *McDanal, R., *Yang, Y., Cooper, K., & **Schleider, J. L.** (invited revision, *JMIR Mental Health*). A digital single-session intervention (Project Engage) to address fear of negative evaluation among college students: a pilot randomized controlled trial. [Preprint](#)
8. Maity, A., Wang, A., Dreier, M., Wallace, V., Orchard, F., **Schleider, J. L.**, Loades, M., & Hamilton, J. L. (under review). How do young people experience a newly developed Online Single Session Sleep Intervention for Young People?: A Think-Aloud Study.
7. *Szkody, E., *Chang, Y-W., & **Schleider, J. L.** (invited revision, *Journal of Clinical Child and Adolescent Psychology*). Serving the Underserved? Uptake, Effectiveness, and Acceptability of Digital SSIs for Rural American Adolescents. [Preprint](#)
6. Hallion, L. S., Hsu, K. J., & **Schleider, J. L.** (invited revision, *Nature Mental Health*). Cognitive training for mental health problems: Pitfalls, promises, and paths forward. [Preprint](#)
5. *Shen, J., Eaton, N.R., McDanal, R., Fox, K.R., & **Schleider, J. L.** (invited revision, *Psychology of Sexual Orientation and Gender Diversity*). Disparities in COVID-19-related trauma and internalizing symptoms across sexual orientation, race/ethnicity, and their intersection during the pandemic. [Pre-Registration](#)
4. *Fan, K., *Dobias, M. L., *Ahuvia, I., Fox, K. R., & **Schleider, J. L.** (invited revision, *Stigma & Health*). Neighborhood Resources, Discrimination, and Treatment Access for Adolescents Engaging in Self-Injury. [Pre-registration](#)

3. *Penner, K. E., Roy, R., Hanlon-Dearman, A. C., Cheung, K., Catz, K., **Schleider, J. L.**, Roos, L.E. & Cameron, E. E. (invited revision, *Journal of Autism and Developmental Disorders*). “Bottom of my own list.” Barriers and facilitators to mental health support use in caregivers of children with neurodevelopmental support needs.
2. *Ahuvia, I., *Chen, S., *Gordon, L., Fox, K. R., & **Schleider, J. L.** (under review). A Mixed-Methods Investigation of Adolescents’ Beliefs About the Causes of Depression. [Preprint](#)
1. *Pinder, J., *Ahuvia, I., *Chen, S., & **Schleider, J. L.** (under review). Beliefs About Depression Relate to Active and Avoidant Coping in High-Symptom Adolescents. [Preprint](#)

EDITORIAL & REVIEW EXPERIENCE

Associate Editorial Board/Consulting Editor

Behaviour Research and Therapy (2023-)
 Clinical Psychological Science (2021-)
 Behavior Therapy (2021-)
 Journal of Clinical Child and Adolescent Psychology (2018-)

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); 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); Perspectives on Psychological Science (since 2021); Proceedings of the National Academy of Sciences (since 2020)

Grant/Award Reviewer

National Institutes of Health (since 2021)
 -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= 200+ (90+ invited academic talks; 20+ community or clinical invited talks; 60+ conference symposia/panels/talks; 40+ poster presentations). * Indicates student/trainee; + Indicates equal co-authorship

Invited Talks: Academic

- 2024 *Forthcoming*. British Association of Behavioural & Cognitive Psychotherapies 52nd Annual Conference, Keynote Address, Manchester, United Kingdom.
- 2024 *Forthcoming*. Midwestern Psychological Association, Psi Chi Distinguished Speaker (encore invitation), Chicago, IL
- 2024 *Forthcoming*. Johns Hopkins University School of Medicine and Kennedy Krieger Institute, Division of Child and Adolescent Psychiatry Grand Rounds, Baltimore, MD
- 2024 *Forthcoming*. 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 *Forthcoming*. Ohio University, Clinical Psychology Colloquium Speaker, Athens, OH
- 2024 *Forthcoming*. University of Kentucky, Department of Psychiatry Grand Rounds, Lexington, KY
- 2024 *Forthcoming*. Brown University, Division of Child and Adolescent Psychiatry Grand Rounds, Providence, RI
- 2024 *Forthcoming*. Mayo Clinic, Keynote Speaker at the 2024 Integrated Behavioral Health in Primary Care Conference, Phoenix, AZ
- 2023 *Forthcoming*. New York-Presbyterian Hospital/Weill Cornell Medicine, Department of Psychiatry, Invited Grand Rounds Speaker: Annual Paulina Kernberg, M.D. Memorial Grand Rounds, New York, NY
- 2023 *Forthcoming*. Single-Session Therapy Symposium, Invited Address at the Italian Center for Single-Session Therapy, Rome, Italy
- 2023 *Forthcoming*. New York University, Department of Applied Psychology Colloquium, New York, NY
- 2023 *Forthcoming*. St. John's University, Psychology Department Colloquium, Queens, NY
- 2023 *Forthcoming*. University of Mississippi Medical Center, Department of Psychiatry Grand Rounds, Jackson, MS
- 2023 Comenzar de Nuevo A.C., Invited Research Seminar, Monterrey, Mexico
- 2023 Lurie Children's Hospital, Department of Psychiatry, Invited Scholarly Projects Series Speaker, Chicago, IL
- 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 Cundill Centre for Child and Youth Depression, Centre for Addiction and Mental Health (CAMH), Invited Research Talk, Canada
- 2023 UW SMART Center and UW ALACRITY Center, Invited IRI Fellowship Speaker, University of Washington, Seattle, WA

- 2023 Inaugural Klingenstein Third Generation Foundation Conference, Invited Speaker, New York, NY
- 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 American Psychological Association, Invited Panelist: “Essential Science Conversations: The Future of Peer Review,” Virtual Presentation
- 2023 University of Pennsylvania, Department of Psychology, Philadelphia, PA
- 2023 Center for Technology and Behavioral Health, Geisel School of Medicine, Dartmouth College, Hanover, NH
- 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 Association of Behavioral and Cognitive Therapies, Invited Panelist on Open Science, New York, NY
- 2022 Children’s Hospital of Philadelphia Research Institute, Philadelphia, PA
- 2022 Microsoft Research, Invited Speaker at 2022 Workshop: “Rethinking Technology for Mental Health and Wellbeing,” Virtual Presentation
- 2022 Rutgers-Princeton Center for Computational Cognitive Neuro-Psychiatry, Invited Seminar, Piscataway, NJ
- 2022 Northwestern University Feinberg School of Medicine, Center for Behavioral Intervention Technologies/Digital Mental Health Webinar, Chicago, IL
- 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 Eating Disorder Research Society, Keynote Address, Philadelphia, PA
- 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
- 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 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
- 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 Northwestern University Feinberg School of Medicine, Center for Behavioral Intervention Technologies/Digital Mental Health Seminar, Chicago, IL
- 2021 University of Michigan Medical School, Department of Psychiatry Grand Rounds, Ann Arbor, MI
- 2021 North American Society for Psychotherapy Research Conference, Invited Semi-Plenary Speaker, Virtual Event
- 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 Treatment Selection Idea Lab, Invited Speaker on “Digital Approaches” Panel, Universität Trier, Virtual Event
- 2021 Single-Session Therapy Symposium, Invited Address at the Italian Center for Single-Session Therapy, 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 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 University of Bath and University of Bristol, Cross-Institution Psychology Colloquium, UK
- 2020 University of Maryland - College Park, Clinical Psychology Colloquium, College Park, MD
- 2020 Indiana University - Bloomington, Clinical Psychology Colloquium, Bloomington, IN
- 2020 Journal of Clinical Child and Adolescent Psychology Future Directions Forum, Academic Job Interviewing Workshop, Washington, DC
- 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 Society of Clinical Child and Adolescent Psychology, Invited Webinar Series
- 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 Stony Brook University School of Social Welfare, Stony Brook, NY

- 2019 Stony Brook University Hospital, Department of Psychiatry Grand Rounds, Stony Brook, NY
- 2019 On the Shoulders of Giants Scientific Symposium, Child Mind Institute, New York, NY
- 2019 Swarthmore College, Psychology Department Colloquium, Swarthmore, PA
- 2019 Association for Psychological Science 31st Convention, Rising Stars of Depression Research - Invited Speaker, Clinical Science Forum, Washington, DC
- 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
- 2018 McLean Hospital, McLean Anxiety Mastery Program, Belmont, MA (Invited Webinar)
- 2018 Stony Brook University Hospital, Department of Psychiatry, Child and Adolescent Psychiatry Division, Stony Brook, NY
- 2018 Child Health and Development Institute of Connecticut, Annual Trauma-Focused Evidence Based Practice Conference, Hartford, CT
- 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
- 2018 Harvard Medical School & London School of Hygiene and Tropical Medicine, PRIDE Research Team, Goa, India (Invited Webinar)
- 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
- 2016 Harvard University, Clinical Science Research Training Seminar, Cambridge, MA
- 2016 Harvard Center on the Developing Child, Cambridge, MA

Invited Talks: Community and Clinical

- 2023 Association for Behavioral and Cognitive Therapies (ABCT) Continuing Education Webinar on Single Session Interventions for Youth 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 MQ Mental Health Research Foundation, Invited Panelist on the future of mental health research, New York, NY.
- 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 Going Digital: Behavior Health Tech Conference, Invited Speaker on Digital Mental Health Interventions for BIPOC and LGBTQ+ Youth, Virtual talk.
- 2021 Kentucky Psychological Association, Invited CE Workshop on Single Session Interventions for Youth Mental Health

- 2020 Innovations in Psychotherapy Conference, PESI, Inc., Invited Clinical Training on Single Session Interventions for Youth Mental Health
- 2020 Stuyvesant High School, Invited Guest Speaker Series, New York, NY
- 2020 Stony Brook University Psychology Peer Mentoring Program, Invited Webinar on Career Paths in Clinical Psychology and Allied Disciplines
- 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 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
- 2017 New Haven Adult Education Center, Teacher Professional Development Series, New Haven, CT
- 2017 Riverside Education Academy, Teacher Professional Development Series, New Haven, CT
- 2013 Cambridge Montessori School, Parent Seminar Series, 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.**, 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. Lythicum. 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.

Selected Poster Presentations (last 5 years; n = 30+)

- *Dobias, M. L., Morris, R., & **Schleider, J. L.** (2022, June). Embedding Single-Session Interventions Within An Online Social Platform: A Usability Study. Poster accepted for the 1st Annual Society for Digital Mental Health Virtual Meeting
- *Cohen, K., *Shroff, A., Nook, E., & Schleider, J. L. (2022). Adolescent Word Use Predicts Response to Growth Mindset Intervention. Poster for presentation at the Journal of Clinical Child and Adolescent Psychology (JCCAP) Future Directions Forum, Virtual.
- *Sung, J. Y., Ringle, V. M., *Roulston, C., & **Schleider, J. L.** (2022, August) *Mixed Methods Examination of Youth-Reported Barriers to Accessing Mental Health Services*. Poster at the Journal of Clinical Child and Adolescent Psychology (JCCAP) Future Directions Forum, Virtual.
- *Jans, L., *Ahuvia, I., Schleider, J. (2022, August). *Associations Between Perceived Causal Agents and Prognostic Pessimism in Adolescent Depression*. Poster at the Journal of Clinical Child and Adolescent Psychology (JCCAP) Future Directions Forum, Virtual Series.
- *Fan, K., *Dobias, M., *Ahuvia, I., Fox, K., & **Schleider, J. L.** (2022, August) *Neighborhood Resources, Identity-Based Discrimination, and Mental Health Treatment Access Among Adolescents Engaging in Self-Injury*. Poster at the Journal of Clinical Child and Adolescent Psychology (JCCAP) Future Directions Forum, Virtual Series.
- *McDanal, R., *Rubin, A., Fox, K., & **Schleider, J.L.** (2021, November). *Associations of LGBTQ+ Identities with Acceptability and Response to Online Single-session Youth Mental Health Interventions*. Poster at the Association for Behavioral and Cognitive Therapies 55th Annual Convention, New Orleans, LA.
- *Ahuvia, I., *Jans, L., & Schleider, J. L. (2021 November). *Secondary Effects of Body Dissatisfaction Interventions on Adolescent Depressive Symptoms: A Meta-Analysis*. Poster at the at the Association for Behavioral and Cognitive Therapies 55th Annual Convention, New Orleans, LA.
- *Shen, J., Eaton, N., Fox, K. & **Schleider, J. L.** (2021, November). *Evaluating Racial and Ethnic Disparities Among LGBTQ+ Adolescents During the COVID-19 Pandemic*. Poster at the at the Association for Behavioral and Cognitive Therapies 55th Annual Convention, New Orleans, LA.
- *Shen, J., **Schleider, J.**, Nelson, B., Richmond, L., London, B., & Eaton, N. R. (2021, September). Sexual Orientation- and Race/Ethnicity-Related Mental Health Disparities during the COVID-19 Pandemic. Poster presented at the Annual Society for Research in Psychopathology, Virtual.
- *McDanal, R., *Shen, J., Fox, K.R., Eaton, N.R., & Schleider, J.L. (2021, September). *Predicting transdiagnostic symptom change in a randomized trial of single-session interventions for adolescent depression*. Poster presented at the Treatment Selection Idea Lab Virtual Convention.
- *Shroff, A., *Fassler, J., *Sung, J. Y., *Mumper, E., & **Schleider, J. L.** (2021, May). *Relations of Child Health problems to Accommodation of Anxiety in an International Sample of High-Anxiety Parents*. Poster at the Association for Psychological Science Annual Convention (Virtual).
- *Inman, E. M., *Bermejo, R., *McDanal, R., Nelson, B., Richmond, R., **Schleider, J.**, & London, B. (2021, February). *Identity models of discrimination and psychosocial engagement during the COVID-19 pandemic*. Poster at the 2021 Society for Personality and Social Psychology (SPSP) Virtual Convention.
- *Sung, J. Y., *Bianco, A., & **Schleider J. L.** (2020, June). *The nature and malleability of therapist attitudes toward single-session mental health interventions*. Poster at the 4th Annual Journal of Clinical Child and Adolescent Psychology Future Directions Forum, Washington, DC
- *Dobias, M. L., *Sugarman, M. B., *Mullarkey, M. C., & **Schleider, J. L.** (2020, May). Predicting mental health treatment access in high-symptom adolescents: Machine learning approaches. Accepted symposium for

presentation at the 4th Annual Journal of Clinical Child and Adolescent Psychology Future Directions Forum, Washington, DC

- *Fassler, J. A., *Shroff, A., & **Schleider, J. L.** (2020, June). *An exploratory study into parent perceptions on youth mental health treatments*. Poster at the 4th Annual Journal of Clinical Child and Adolescent Psychology Future Directions Forum, Washington, DC
- *Mullarkey, M. C., *Dobias, M. L., Beevers, C. G., *Fassler, J., *Shroff, A., *Sugarman, M., & **Schleider, J. L.** (2020, June). *“Please Make it Shorter”: An eight minute, self-administered intervention decreases self-hatred in emerging adults*. Poster at the 4th Annual Journal of Clinical Child and Adolescent Psychology Future Directions Forum, Washington, DC
- *Rosenberg, B., *Dobias, M., *Sung, J., *Vilkin, E., & **Schleider, J. L.** (2020, June). *Evaluating mental health treatment access in lesbian, gay, and bisexual versus heterosexual young adults*. Poster at the Journal of Clinical Child and Adolescent Psychology Future Directions Forum, Washington, DC
- *Ahn, H. E., Nook, E. C., **Schleider, J. L.**, & Somerville, L. H. (2020, April). *Investigating linguistic abstraction in relation to psychological distancing and emotion regulation*. Poster at the Conference of the Society for Affective Science, San Francisco, CA.
- *†Fassler, J., *†Shroff, A., & **Schleider, J. L.** (2019, November). *How do parents’ mental health treatment histories relate to their expectancies for youth mental health treatment?* Poster at the at the Association for Behavioral and Cognitive Therapies 53rd Convention, Atlanta, GA.
- *†Bianco, A., *†Gilbert, R., *Abel, M.R., & **Schleider, J. L.** (2019, November). *When and why is psychotherapy brief? Roles of sociodemographic factors, problem severity, and problem type in U.S. adolescents*. Poster at the at the Association for Behavioral and Cognitive Therapies 53rd Convention, Atlanta, GA.
- *Lin, S.-Y., Eaton N. R., & **Schleider J. L.** (2019, November). *Unpacking associations between mood symptoms and screen-time in preadolescents: A network analysis*. Poster at the Association for Behavioral and Cognitive Therapies 53rd Convention, Atlanta, GA.
- *Venturo-Conerly, K., *Wasil, A., *Osborn, T., **Schleider, J. L.**, Weisz, J.R. (2019, November). *A Brief School-based Intervention Reduces Depression and Anxiety Symptoms in Kenyan Adolescents: Findings from a Pilot Randomized Controlled Trial*. Poster at the Association for Behavioral and Cognitive Therapies 53rd Convention, Atlanta, GA.
- *Bartolotta, K., **Schleider, J. L.**, Perlman, G., Klein, D., Gromatsky, M., Waszczuk, M., & Kotov, R. (2019, May). *Low Perceived Social Support from a Close Friend Predicts Future Non-Suicidal Self-Injury in Adolescent Girls*. Poster at the 31st Association for Psychological Science Convention, Washington, DC
- *Snow, R. S., **Schleider, J. L.**, & Weisz, J. R. (2018, June). *Beliefs about failure moderate the relation between parents’ past psychotherapy experiences and psychotherapy effectiveness expectancies for offspring*. Poster at the 2nd Journal of Clinical Child and Adolescent Psychology Future Directions Forum, Washington, DC
- *Garibaldi, P. M., **Schleider, J. L.**, & Weisz, J. R. (2018, June). *Unpacking Parents’ Mental Health Treatment Expectancies: The Roles of Perceived Social Class and Hopelessness*. Poster at the 2nd Journal of Clinical Child and Adolescent Psychology Future Directions Forum, Washington, DC

PROFESSIONAL SERVICE

Professional Memberships

Association for Behavioral and Cognitive Therapies (ABCT); Society of Clinical Child & Adolescent Psychology (APA Division 53); Anxiety and Depression Association of America; Association for Psychological Science; Society for a Science of Clinical Psychology (APA Division 12, Section 3); International Society for Research on Child and Adolescent Psychopathology (ISRCAP)

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
2018-21	Member, Grievance Committee

Service to the Field (National)

2022-	Science Council Member, MQ Mental Health
2021	Steering Committee Member, RCN-UBE Incubator: Undergraduate Learning Environments in Biology , funded by the National Science Foundation. <i>This grant aims to bring together experts in psychology, psychiatry, student services, and biology education to identify sources of anxiety in active-learning biology classrooms, design interventions to lessen student anxiety, and to spur new research on student anxiety in this context.</i>
2019-2020	Professional Development Team, Journal of Clinical Child and Adolescent Psychology (JCCAP) Future Directions Forum. <i>Organized and co-led professional development workshops at annual conference.</i>
2019-	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

TEACHING AND MENTORING

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
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Mentored Post-Doctoral Fellows

2023-	Benji Kaveladze
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2022-	Arka Ghosh
2022-	Erika Szkody
2021-	Atina Manvelian
2020-2021	Michael Mullarkey

Mentored Doctoral Graduate Students

2022-	Chantelle Roulston NSF Graduate Research Fellowship Program awardee (2023-2026) Dr. W. Burghart Turner Fellow at Stony Brook (2022-2027)
2021-	Katherine (Katie) Cohen
2021-	Jenny Shen, <i>co-mentored with Dr. Nicholas Eaton</i> Social Sciences and Humanities Research Council Fellowship awardee (2022-2024)
2020-	Isaac Ahuvia John Neale Graduate Student Excellence Fund awardee (2023) Stony Brook University Graduate Council Fellow at Stony Brook (2019-2024)
2020-	Riley McDanal, <i>co-mentored with Dr. Nicholas Eaton</i> NSF Graduate Research Fellowship Program awardee (2022-2025) John Neale Graduate Student Excellence Fund awardee (2020-2021)
2019-20	Emma Mumper, <i>Secondary mentor; primarily mentored by Dr. Daniel Klein</i> Psi Chi Graduate Research Grant awardee (2020-2021)
2019-	Mallory Dobias Stony Brook University Graduate Council Fellow at Stony Brook (2019-2024) Mamie Phipps Clark Diversity Research Grant awardee (2020-2021)
2019-	Jenna Sung RWJF Health Policy Research Scholars Fellowship awardee (2020-25) Psi Chi Graduate Research Grant awardee (2020-2021)

Student Committees

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	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)

Mentored Research Assistants and Lab Coordinators

*Supervised student in senior thesis or mentored research project(s)

†Received competitive mentored research grant for a project conducted under my supervision

	<u>Name and University/Institution</u>	<u>Subsequent Position</u>
2022-	Arielle Smith, Stony Brook University *	<i>Presently in lab</i>
2022-	Ian Sotomayor, Stony Brook University *	<i>Presently in lab</i>
2021-	Elena Vacanti, Stony Brook University	<i>Presently in lab</i>
2021-	Manreet Ranu, Stony Brook University	<i>Presently in lab</i>
2021-	Jessica Liao, Stony Brook University	<i>Presently in lab</i>
2021-	Skylar Sichel, Stony Brook University	<i>Presently in lab</i>
2021-	Syed Ahsan, Stony Brook University	<i>Presently in lab</i>
2021-	Jason Steiner, Stony Brook University	<i>Presently in lab</i>
2021-	Daanyal Syed, Stony Brook University	<i>Presently in lab</i>
2021-	Kelly Kwong, Stony Brook University	<i>Presently in lab</i>
2021-	Wagdy Eissa, Stony Brook University	<i>Presently in lab</i>
2021-	Valerie Thomas, Stony Brook University	<i>Presently in lab</i>
2021-	Nicole Lutsky, Stony Brook University	<i>Presently in lab</i>
2021-	Kateryna Korobkina, Stony Brook University	<i>Presently in lab</i>
2021-	John Difonzo, Stony Brook University	<i>Presently in lab</i>
2021-	Jessica Singh, Stony Brook University	<i>Presently in lab</i>
2021-	Fiona Lam, Stony Brook University	<i>Presently in lab</i>
2021-	Aqsa Mirza, Stony Brook University	<i>Presently in lab</i>
2021-	Shreya Addepalli, Stony Brook University	<i>Presently in lab</i>
2021-	Nadine Areikat, Stony Brook University	<i>Presently in lab</i>
2021-	Bailey Campbell, Stony Brook University	<i>Presently in lab</i>
2021-	Rinchen Lama, Stony Brook University	<i>Presently in lab</i>
2021-	Isha Trivedi, Stony Brook University	<i>Presently in lab</i>
2020-	Anna Guo, Stony Brook University	<i>Presently in lab</i>
2019-	Laura Jans, Stony Brook University *	<i>Presently in lab</i>
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, Stony Brook University
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 University
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 University
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
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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

- 2023- Expert Consultant – Single-Session Interventions, Optum/UnitedHealth Group
Consulting 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. Consult 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. Advise research team on data collection efforts to support integration of Kooth into the US market. Write expert commentary and briefs on the importance of single-session interventions (Kooth’s primary service delivery model). Develop 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

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 be 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)

InnovateLL, : ['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](#)