

**Emily B. K. Thomas**  
(formerly Emily B. Kroska)  
**Psychological and Brain Sciences**  
Curriculum Vitae as of 6/30/22

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## EDUCATION AND PROFESSIONAL HISTORY

### Post Graduate Education

2018 - 2019 **Postdoctoral Fellow**, Psychiatry, University of Wisconsin-Madison  
**Mentor(s)**: Kolden, Gregory, Stowe, Zachary N.  
2017 - 2018 **Internship**, Clinical Psychology, University of Kansas Medical Center  
**Mentor(s)**: Hunter, Edward

### Higher Education

2018 **PhD**, Clinical Psychology, University of Iowa  
**Thesis**: How Much is Enough in Brief Acceptance and Commitment Therapy?  
2014 **MA**, Clinical Psychology, University of Iowa  
2012 **BA**, Psychology, Honor's in Psychology; With distinction, University of Kansas  
**Supporting Areas / Minor**: Social and Behavioral Sciences Methodology

### Licensures and Certifications

2019 – Present **Health Service Provider**, State of Iowa Bureau of Professional Licensure  
2019 – Present **Psychologist**, Iowa Department of Public Health, Bureau of Professional Licensure

### Honors and Awards

2021 **Early Career Research Paper Award**, Association for Contextual Behavioral Science, Selected based on scientific impact and rigor of research paper and quality of work  
2017 **Graduate Research Excellence Award**, University of Iowa, For students who conduct research that is recognized as highly original and makes a significant contribution to the field  
2017 **University of Iowa Dare to Discover**, University of Iowa, A campaign to showcase original research and scholarships  
2017 **Wischner Award**, University of Iowa, For outstanding graduate student accomplishment  
2012 - 2017 **Department of Psychology Travel Award**, University of Iowa, Received \$200 in travel funds each year for conference travel  
2017 **ACBS Student Spotlight Award**, Association for Contextual Behavioral Science, For students who are doing important work in the CBS community  
2016 **Graduate Student Senate Travel Award**, University of Iowa  
2016 **ACBS Junior Investigator Award**, Association for Contextual Behavioral Science, For outstanding poster presentation  
2014 **Executive Council of Graduate & Professional Students Travel Award**, University of Iowa  
2014 **J.R. Simon Early Scholarship Potential Award**, University of Iowa, For a PhD student who has demonstrated the greatest potential for a successful career as a teacher, researcher, and all-around good citizen in a top-ranking academic department.  
2013 **Graduate Student Senate Travel Award**, University of Iowa  
2012 **Phi Beta Kappa**, University of Kansas

**Memberships**

2015 - Present	Iowa Psychological Association
2013 - Present	Association for Contextual Behavioral Science
2012 - Present	Association for Behavioral and Cognitive Therapies
2012 - Present	American Psychological Association

**TEACHING****Courses Taught at the University of Iowa**

Term	Course#	Title	Ten-Day Enrollment	Final Enrollment
Spring 2022	PSY:7360:0001	Therapy Practicum <sup>1</sup>	11	11
Spring 2022	PSY:3994:8332	Research Practicum in Psychology	3	3
Spring 2022	PSY:7110:7822	Research Projects	3	3
Spring 2022	IBA:3992:4940	IBA Research in Biomedical Science <sup>1</sup>	1	1
Fall 2021	PSY:7330:0001	Seminar: Acceptance & Commitment Therapy	4	4
Fall 2021	PSY:7360:0001	Therapy Practicum <sup>1</sup>	5	5
Fall 2021	PSY:3994:8332	Research Practicum in Psychology	2	2
Fall 2021	PSY:7110:7822	Research Projects	3	3
Fall 2021	IBA:3992:4940	IBA Research in Biomedical Science <sup>1</sup>	1	1
Summer 2021	PSY:7360:0001	Therapy Practicum	3	3
Spring 2021	PSY:7331:0001	Seminar: Advanced Acceptance & Commitment Therapy	8	8
Spring 2021	PSY:7360:0001	Therapy Practicum <sup>1</sup>	11	11
Spring 2021	PSY:3994:8332	Research Practicum in Psychology	2	2
Spring 2021	PSY:7110:7822	Research Projects	3	3
Fall 2020	PSY:7330:0001	Seminar: Acceptance & Commitment Therapy	8	8
Fall 2020	PSY:7360:0001	Therapy Practicum <sup>1</sup>	7	7
Fall 2020	PSY:3994:8332	Research Practicum in Psychology	1	1
Fall 2020	PSY:7110:7822	Research Projects	3	3
Summer 2020	PSY:7360:0001	Therapy Practicum <sup>1</sup>	2	2
Spring 2020	PSY:7330:0001	Seminar: Acceptance & Commitment Therapy	7	7
Spring 2020	PSY:7360:0001	Therapy Practicum <sup>1</sup>	9	9
Spring 2020	PSY:7310:001	Seminar: Orientation to Clinical Research <sup>1</sup>	3	3
Spring 2020	PSY:3994:8332	Research Practicum in Psychology	1	1
Spring 2020	PSY:7110:7822	Research Projects	1	1
Fall 2019	PSY:7330:0001	Seminar: Acceptance & Commitment Therapy	5	5
Fall 2019	PSY:7360:0001	Therapy Practicum <sup>1</sup>	7	7

<sup>1</sup>Co-taught course, was one of multiple clinical supervisors, or supervised research as part of a formal course taught by another professor

**Additional Courses Taught**

Term	Title	Ten-Day Enrollment	Final Enrollment
June 2021 – May 2022	Exposure Therapy Seminar This is a year-round required seminar. Students enroll in the Therapy Practicum course for both clinical supervision and the didactic seminar.	3	3

June 2020 – May 2021	Exposure Therapy Seminar This is a year-round required seminar. Students enroll in the Therapy Practicum course for both clinical supervision and the didactic seminar.	4	4
August 2019 - December 2019	Acceptance and Commitment Therapy Consultation This consultation group seminar was offered as a clinical adjunct to the ACT seminar course. The purpose was to explore clinical applications of the material with the students' cases in the Seashore Psychology Clinic or external practica.	NA	3
January 2020 - May 2020	Acceptance and Commitment Therapy Consultation This consultation group seminar was offered as a clinical adjunct to the ACT seminar course. The purpose was to explore clinical applications of the material with the students' cases in the Seashore Psychology Clinic or external practica.		5
August 2019 – May 2020	Exposure Therapy Seminar This is a year-round required seminar. Students enroll in the Therapy Practicum course for both clinical supervision and the didactic seminar.	4	4
9/2018 – 7/2019	<i>Psychotherapy Interventions for Distress in Pregnancy</i> Provided didactic instruction and ongoing clinical supervision to 3 predoctoral clinical psychology interns in Acceptance and Commitment Therapy during the perinatal period.		3
11/2018 – 2/2019	<i>Acceptance and Commitment Therapy seminar</i> Course was for predoctoral clinical psychology interns.		10
1/2018 – 6/2018	<i>Acceptance and Commitment Therapy seminar</i> Course was for psychiatry residents.		8

### Innovations in Teaching (Other Teaching Contributions)

#### *Design & Implementation of New Courses*

- 2020 – Present     **Behavior Therapy Seminar** Created new summer content with new textbook for the PSY:7360 seminar series for Clinical Science training area. Implemented the course in 2020 and 2021.
- 2020 – Present     **Advanced Acceptance and Commitment Therapy** Created a new advanced course to allow for increased depth of knowledge among students in the course. Implemented the course.
- 2019 - Present     **Acceptance and Commitment Therapy** Created a new course in ACT for fall 2019 and spring 2020. Implemented the course.
- 2018                 **Acceptance and Commitment Therapy for Perinatal Women.** Conducted training and supervision of 3 pre-doctoral interns at University of Wisconsin – Madison.
- 2017                 **Acceptance and Commitment Therapy in Psychiatry.** Conducted 13-week training of Psychiatry residents at the University of Kansas Medical Center based on original curriculum.

#### *Guest Lectures*

- 2020                 **Acceptance and Commitment Therapy**, Guest lecture in PSY:6340, Psychological Therapies.
- 2019                 **Acceptance and Commitment Therapy**, Guest lecture in PSY: 3350, Psychotherapies.
- 2019                 **Responding to adversity with acceptance and intention**, Guest Lecture in GRMN: 2620, Anne Frank and Her Story.
- 2019                 **Acceptance- and Mindfulness-Based Therapies for Perinatal Women**, Guest lecture in PSY: 4090, Seminar: Women's Reproductive Mental Health.

#### *Workshop/Clinic*

- 2021                 **Integrating Acceptance and Commitment Therapy (ACT) in Trauma Treatment**, National Crime Victims Research & Treatment Center, Medical University of South Carolina, Didactic workshop for clinical psychology interns, medical residents, and staff
- 2020                 **ACT in Clinical Behavioral Medicine**, Workshop for clinical science and health psychology

graduate students and faculty  
 2019 **Suicide Risk Assessment and Safety Planning**, 90-minute training for clinical science  
 graduate students

### Student Mentoring Summary

Summer 2022 Doctoral Comprehensive Exam, Co-Chair  
 Ti Hsu – proposed 7/15/22 – *The efficacy of Acceptance and Commitment Therapy in the promotion of psychological flexibility in college students: A meta-analytic review*  
 Doctoral Comprehensive Exam, Member  
 Rachel Telles – proposed 6/23/22 – *Mindfulness-Based Psychosocial Interventions and Psychological Well-Being in Cancer Patients: A Meta-Analysis*  
 Jordan Harris, 6/23/22, *A Developmentally Informed Systematic Review and Meta-Analysis of the Strength of General Psychopathology in Childhood and Adolescence*

Spring 2022 Doctoral Dissertation Committee, Co-Chair  
 Jenna Adamowicz – proposed 3/15/22 – *Chronic fatigue syndrome in military Veterans with chronic pain: an investigation into prevalence, sociodemographic characteristics, psychiatric comorbidities, and healthcare utilization*  
 Doctoral Dissertation Committee, Member  
 Alyssa Sullivan – proposed 5/4/22 – *Predicting Cognitive Outcomes after Focal Brain Injury: The Contribution of Age at Lesion Onset*  
 Doctoral Comprehensive Exam, Member  
 Sara Diesel, 5/9/22, *Acceptance and Commitment Therapy for patients undergoing CABG: A RCT NRSA to be submitted to the National Heart, Lung, and Blood Institute (NHLBI)*

Fall 2021 Doctoral Dissertation Committee, Member, # Students: 2  
 Cole Toovey – proposed 8/30/21 – *Linguistic Biomarkers as a Diagnostic and Prognostic Tool for Alzheimer’s Disease*  
 Brendan Whitney – proposed 10/18/21 – *An Assessment of the Multilevel and Dynamic Structure of Depression and Anxiety Symptoms*

Summer 2021 Doctoral Comprehensive Exam, Member  
 Shana Harris, 6/15/21, *Disparities in Neurologists’ Response to Hypomimia Experienced by White and Black Patients with Parkinson’s Disease*  
 Doctoral Comprehensive Exam, Co-Chair  
 Jenna Adamowicz, 6/16/21, *Fatigue and Avoidance among Individuals with Chronic Disease: A Meta-Analysis*

Spring 2021 Doctoral Comprehensive Exam, Member  
 Alyssa Sullivan, 5/17/21, *Implications of Age of Lesion Onset for Neuropsychological Outcomes: A Systematic Review Focusing on Focal Brain Lesions*

Fall 2020 Doctoral Dissertation Committee, Member, # Students: 3  
 Graham Nelson, 5/21/2020, *Attachment Anxiety, Attachment Avoidance, and Internalizing Disorder Symptoms: Identification of Moderating Variables*  
 Kristen Merkitch, 6/22/2020, *Pregnancy-Specific Body Image across First, Second, and Third Trimesters: Stability and Factor Structure*  
 Francesca Scheiber – proposed 11/5/20 – *Maternal Mental Health, Child-Directed Speech, and Children’s Language in both Preterm-Born and Term-Born Children*

Spring 2020 Doctoral Comprehensive Exam, Member, # Students: 2  
 Francesca Scheiber, 2/3/2020, *Maternal Depression and Maternal Language Input: A Systematic Review*  
 Brendan Whitney, 2/25/2020, *The Relationships Among Alexithymia and Integrative Five-Factor Personality Traits: A Meta-Analysis*

### Student Mentoring

#### PHD

\*Co-chaired committee

#### **Dissertation Defense Committee Member**

2022 – present Adamowicz, Jenna\*

2021 – present	Whitney, Brendan
2021 – present	Scheiber, Francesca
2021 – present	Toovey, Cole
2021 – present	Sullivan, Alyssa
2020	Merkitch, Kristen
2020	Nelson, Graham

***Comprehensive Exams Committee Member***

2022	Telles, Rachel
2022	Hsu, Ti*
2022	Harris, Jordan
2022	Diesel, Sara
2021	Harris, Shana
2021	Adamowicz, Jenna*
2021	Sullivan, Alyssa
2019	Whitney, Brendan
2019	Scheiber, Francesca

***Research Advisory Committee Member***

2020 – present	Schneider, Alyssa
2020 – present	Hsu, Ti
2019 – present	Adamowicz, Jenna

**Professional Mentoring**

***Graduate Student***

2020 – Present	Hsu, Ti Clinical Science, Psychological and Brain Sciences, University of Iowa, Primary research mentor.
2020 – Present	Schneider, Alyssa Clinical Science, Psychological and Brain Sciences, University of Iowa, Primary research mentor.
2019 - Present	Adamowicz, Jenna Clinical Science, Psychological and Brain Sciences, University of Iowa, Primary mentor in the program beginning in November 2019.

***Other***

2021 – Present	Sirotiak, Zoe THRIVE Lab, Psychological and Brain Sciences, University of Iowa, Mentored a Doctor of Physical Therapy professional student in clinical research, diagnostic assessment, psychotherapy interventions, and statistical analysis.
2020 – Present	Stegall, Manny THRIVE Lab, Psychological and Brain Sciences, University of Iowa, Mentor as a post-baccalaureate full-time research intern. Trained in data management, participant recruitment, data collection, administration of clinical assessments, and management of research teams.
2020 - Present	Rhode, Justin THRIVE Lab, Psychological and Brain Sciences, University of Iowa, Mentor as a post-baccalaureate research assistant. Trained in clinical interviewing and use of REDCap software, among other administrative research tasks.
2019 - 2021	Holdefer, Paul THRIVE Lab, Psychological and Brain Sciences, University of Iowa, Mentor as a post-baccalaureate research assistant. Trained in clinical interviewing and use of REDCap software, among other administrative research tasks.

***Undergraduate***

2022 – present	Williams, Micah THRIVE Lab, University of Iowa, Mentored research experience in data management, participant recruitment, structured clinical interviews, and delivery of interventions.
2022 – present	Orellana, Stephanie THRIVE Lab, University of Iowa, Mentored research experience in data management, participant recruitment, structured clinical interviews, and delivery of interventions.
2022 – present	Sartini-Rideout, Azzurra THRIVE Lab, University of Iowa, Mentored research experience in data management, participant recruitment, structured clinical interviews, and delivery of interventions.
2022 – present	Nettleton, Stephanie THRIVE Lab, University of Iowa, Mentored research experience in data management, participant recruitment, structured clinical interviews, and

delivery of interventions.

2021 – present	Buri, Maria THRIVE Lab, University of Iowa, Mentored research experience in data management, participant recruitment, structured clinical interviews, and delivery of interventions.
2021 – present	Herrmann, Felipe THRIVE Lab, Iowa Biosciences Advantage, University of Iowa, Mentored research experience in data management, participant recruitment and retention, delivery of interventions, scientific writing, and poster presentations. Presented poster at summer undergraduate research conference. Was awarded Maximizing Access to Research Careers (MARC) Awards (T34) fellowship for 2021-2022 academic year.
2021 – present	Czarnecki, Halle THRIVE Lab, Psychological and Brain Sciences, University of Iowa, Mentored research experience in data management and participant recruitment.
2020 – 2021	Beith-Mangrum, Holly THRIVE Lab, Psychological and Brain Sciences, University of Iowa, Mentored experience as an undergraduate research assistant. Trained in participant recruitment, motivational interviewing, and data management.
2020 – 2021	Dellmann, Carlie THRIVE Lab, Psychological and Brain Sciences, University of Iowa, Mentored experience as an undergraduate research assistant. Trained in participant recruitment, motivational interviewing, and data management.
2020 – 2021	Cantu, Meghan THRIVE Lab, Iowa Illinois Nebraska STEM Partnership for Innovation in Research and Education, University of Iowa, Mentored experience for underrepresented students to gain research experience, including data management, participant recruitment, and scientific writing. Presented poster at summer undergraduate research conference.
2019 - 2020	Martin, Noah THRIVE Lab, Psychological and Brain Sciences, University of Iowa, Mentor as an undergraduate research assistant. Trained in clinical interviewing and use of REDCap software, among other administrative research tasks.
2019 - 2020	Stegall, Manny THRIVE Lab, Psychological and Brain Sciences, University of Iowa, Mentor as an undergraduate research assistant. Trained in clinical interviewing and use of REDCap software, among other administrative research tasks. Mentored in the preparation and submission of a poster abstract for Marce 2020.
2019 - 2020	Dietrich, Nicole THRIVE Lab, Psychological and Brain Sciences, University of Iowa, Mentor as an undergraduate research assistant. Trained in clinical interviewing and use of REDCap software, among other administrative research tasks. Mentored in the preparation and submission of a poster abstract for Marce 2020.

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## SCHOLARSHIP

### Publications

\*Mentorship of trainee

#### **Refereed Articles**

1. Adamowicz, J. L.\*, Vélez-Bermúdez, M., & Thomas, E. B. K. (2022). Fatigue severity and avoidance among individuals with chronic disease: A meta-analysis. *Journal of Psychosomatic Research*, 159, 110951. doi: 10.1016/j.jpsychores.2022.110951.
2. Adamowicz, J. L.\*, Sirotiak, Z.,\* & Thomas, E. B. K. (*In press*). The impact of alexithymia on the relation between childhood trauma and somatization. *Psychological Trauma: Theory, Research, Practice, & Policy*.
3. Thomas, E. B. K., Stegall, M.\*, Farley, K.\*, & Pawlak, S. (2022). A Multidisciplinary Pelvic Pain Clinic for Women: Integrated Health Psychology in a Specialty Care Setting. *Journal of Women's Health*.
4. Hoel, S.\*, Victory, A.\*, Sagorac Gruichich, T.\*, Stowe, Z. N., McInnis, M., Cochran, A., & Thomas, E. B. K. (2022). A Mixed-Methods Analysis of Mobile ACT Responses from Two Cohorts. *Front Digit Health*, 4:869143. doi: 10.3389/fgdth.2022.869143  
-Part of special issue: Digital Mental Health Research: Understanding Participant Engagement and Need for User-centered Assessment and Interventional Digital Tools
5. Grove, L.\*, Roche, A. I.\*, Doyle, R., Stowe, Z. N., & Thomas, E. B. K. (2022). ACT-Informed Treatment of Co-morbid Psychiatric Disorders in the Postpartum Period: A Case Report. *Clinical Case*

- Studies*. doi: 10.1177/15346501221091273
6. Roche, A. I.\*, Holdefer, P. H.\*, & Thomas, E. B. K. (2022). College Student Mental Health: Understanding Changes in Psychological Symptoms in the Context of the COVID-19 Pandemic in the United States. *Current Psychology*. IF = 4.297. doi: 10.1007/s12144-022-03193-w  
Part of Collection: Global Psychological Perspectives on the COVID-19 Pandemic
  7. Meyer, J.D., Perkins, S.L., Brower, C.S., Lansing, J.E., Slocum, J.A., Thomas, E.B.K., Lee, D.C., Wade, N.G. (2022). Feasibility of an exercise and CBT intervention for treatment of depression: a pilot randomized controlled trial. *Front Psychiatry*, 13, 799600. doi: 10.3389/fpsy.2022.799600  
-Part of special issue: Rising Stars in Psychological Therapies
  8. Schwartz, J. R., Thomas, E. B. K., Juckett, M. B., & Costanzo, E. S. (2022). Predictors of Posttraumatic Growth Among Hematopoietic Cell Transplant Recipients. *Psycho-Oncology*, 31(6), 1013-1021. doi: 10.1002/pon.5892
  9. Grekin, R., Thomas, E. B. K., Miller, M. L., & O'Hara, M. W. (2021). The role of prenatal posttraumatic stress symptoms among trauma exposed women in predicting postpartum depression. *Stress & Health*, 1-5. doi: 10.1002/smi.3100
  10. Thomas, E.B.K., Hamilton, J., Francis, C.L., & Sykes, K.J. (2021). Invisible spread and perceived stress amidst COVID-19. *Kansas Journal of Medicine*, 14, 298-301. <https://doi.org/10.17161/kjm.vol14.15612>
  11. Schneider, A\*. & Kroska, E.B. (2021). Face covered and six feet apart: Behavioral awareness predicts adherence to public health guidelines during the COVID-19 pandemic. *International Journal of Environmental Research & Public Health*, 18, 8247. doi: 10.3390/ijerph18168247
  12. Weinstein, J., Kroska, E.B., & Walser, R.D. (2021). The Empowerment Plan: Enhancing the safety plan with a CBS approach to repertoire expansion. *Journal of Contextual Behavioral Science*, 20, 101-107. doi: 10.1016/j.jcbs.2021.03.004
  13. Solness, C. L. \*, Kroska, E. B., Holdefer, P. J. \*, & O'Hara, M. W. (2020). Treating postpartum depression in rural veterans using internet delivered CBT: program evaluation of MomMoodBooster. *Journal of Behavioral Medicine*, 1-13. doi: 10.1007/s10865-020-00188-5
  14. Wippold, G. M., Tucker, C. M., Kroska, E. B., & Harvey, G. A. (2020). Perceived socioeconomic status and health-related quality of life (HQoL) among urban adults: Evaluating the protective value of resilience. *American Journal of Orthopsychiatry*, 91(1), 20-26. doi: 10.1037/ort0000514
  15. Kroska, E. B., Hoel, S.\*, Victory, A., Murphy, S. A., McInnis, M. G., Stowe, Z. N., & Cochran, A. (2020). Optimizing Acceptance and Commitment Therapy Microintervention via a mobile app with two cohorts: Protocol for micro-randomized trials. *JMIR Research Protocols*, 9, e17086. doi: 10.2196/17086
  16. Kroska, E. B., Roche, A. I.\*, Adamowicz, J. L.\*, & Stegall, M. S.\* (2020). Psychological flexibility in the context of COVID-19 adversity: Associations with distress. *Journal of Contextual Behavioral Science*. doi: 10.1016/j.jcbs.2020.07.011  
- Media coverage: [Forbes](#), [Science Daily](#), [Iowa Now](#), cited in [New York Times](#)
  17. Kroska, E. B., Stowe, Z. N. (2020). Postpartum Depression: Identification and Treatment in the Clinic Setting. *Obstetrics and Gynecology Clinics*, 47(3), 409-419. doi: 10.1016/j.ogc.2020.05.001
  18. Weaver, S. S.\*, Kroska, E. B., Ross, M. C., Sartin-Tarm, A., Sellnow, K. A.\*, Schaumberg, K., ... & Cisler, J. M. (2020). Sacrificing reward to avoid threat: Characterizing PTSD in the context of a trauma-related approach-avoidance conflict task. *Journal of Abnormal Psychology*, 129(5), 457. doi: 10.1037/abn0000528
  19. Kroska, E. B., Roche, A. I.\*, O'Hara, M. W. (2020). How much is enough in brief Acceptance and Commitment Therapy? A randomized trial. *Journal of Contextual Behavioral Science*, 21, 235-244. doi: 10.1016/j.jcbs.2020.01.009
  20. Kroska, E. B., Meller, E. W.\*, Doyle, R., Coker, J. L., Knight, B. T., Ray-Griffith, S. L., Nembhard, W. N., & Stowe, Z. N. (2019). Drug screening during pregnancy: Urine dip cups measure up. *Drug and Alcohol Dependence*, 204, 107461. doi: 10.1016/j.drugalcdep.2019.04.032
  21. Mellick, W. H., Mills, J. A., Kroska, E. B., Calarge, C. A., Sharp, C., & Dindo, L. N. (2019). Experiential avoidance predicts persistence of major depressive disorder and generalized anxiety disorder in late adolescence. *The Journal of Clinical Psychiatry*, 80(6), 18m12265. doi: 10.4088/JCP.18m12265
  22. Green, M., Herrick, A., Kroska, E. B., Reyes, S., Sage, E., Miles, L. (2019). Cardiac biomarkers of disordered eating: A case for decreased mean R wave amplitude. *Psychiatry Research*, 272, 555-561. doi: 10.1016/j.psychres.2018.12.162

23. Green, M. A., Kroska, E. B., Herrick, A., Bryant, B., Sage, E., Miles, L., Ravet, M., Powers, M., Whitegoat, W., Linkhart, R., King, B. (2018). A preliminary trial of an online dissonance-based eating disorder intervention. *Eating Behaviors*, *31*, 88-98. <https://doi.org/10.1016/j.eatbeh.2018.08.007>
24. Bannon, S., Kroska, E. B. (2018). A Reply to Marylie Gerson's Commentary: The Complex Interplay among Eating Disorders, Social Support, and Psychological Aggression in Romantic Relationships. *Journal of Integrated Social Sciences*, *8*(1), 48-54. [http://www.jiss.org/documents/volume\\_8/JISS%202018%208\(1\)%2048-54%20Disordered%20Eating%20Commentary%20Reply.pdf](http://www.jiss.org/documents/volume_8/JISS%202018%208(1)%2048-54%20Disordered%20Eating%20Commentary%20Reply.pdf)
25. Bannon, S., Kroska, E. B., Brock, R. (2018). The interplay between intimate relationship conflict and support adequacy as predictors of disordered eating symptoms. *Journal of Integrated Social Sciences*, *8*(1), 22--39. [http://www.jiss.org/documents/volume\\_8/JISS%202018%208\(1\)%2022-39%20Disordered%20Eating.pdf](http://www.jiss.org/documents/volume_8/JISS%202018%208(1)%2022-39%20Disordered%20Eating.pdf)
26. Hamilton, J.<sup>+</sup>, Kroska, E. B.<sup>+</sup> (2018). Distress predicts utilization of psychosocial health services in oncology patients. *Psycho-Oncology*, *28*(1), 61-67. doi: 10.1002/pon.4910  
<sup>+</sup>Co-first author
27. Roche, A. I., Kroska, E. B., Miller, M. L., Kroska, S. K., O'Hara, M. W. (2018). Childhood trauma and problem behavior: Examining the mediating roles of experiential avoidance and mindfulness processes. *Journal of American College Health*, *67*(1), 17-26. doi: 10.1080/07448481.2018.1455689
28. Kroska, E. B., Roche, A. I., O'Hara, M. W. (2018). Childhood Trauma and Somatization: Identifying Mechanisms for Targeted Intervention. *Mindfulness*, *9*(6), 1845-1856. doi: 10.1007/s12671-018-0927-y
29. Kroska, E. B., Miller, M. L., Roche, A. I., Kroska, S. K., O'Hara, M. W. (2018). Effects of traumatic experiences on obsessive-compulsive and internalizing symptoms: The role of avoidance and mindfulness. *Journal of Affective Disorders*, *225*, 326-336. doi: 10.1016/j.jad.2017.08.039
30. Green, M. A., Willis, M., Fernandez-Kong, K., Reyes, S., Linkhart, R., Johnson, M., Thorne, T., Lindberg, J., Kroska, E. B., Woodward, H. (2017). A controlled randomized preliminary trial of a modified dissonance-based eating disorder intervention program. *Journal of Clinical Psychology*, *73*(12), 1612-1628. doi: 10.1002/jclp.22468
31. Kroska, E. B., Calarge, C., O'Hara, M. W., Deumic, E., Dindo, L. (2017). Burnout and depression in medical students: Relations with avoidance and disengagement. *Journal of Contextual Behavioral Science*, *6*(4), 404-408. doi: 10.1016/j.jcbs.2017.08.003
32. Kroska, E. B., O'Hara, M. W., Elgbeili, G., Hart, K. J., Laplante, D. P., Dancause, K. N., King, S. (2017). The impact of maternal flood-related stress and social support on offspring weight in early childhood. *Archives of Women's Mental Health*, *21*(2), 225-233. doi: 10.1007/s00737-017-0786-x
33. Miller, M. L., Kroska, E. B., Grekin, R. (2017). Immediate postpartum mood assessment and postpartum depressive symptoms. *Journal of Affective Disorders*, *207*, 69-75. doi: 10.1016/j.jad.2016.09.023
34. Green, M. A., Willis, M., Fernandez-Kong, K., Reyes, S., Linkhart, R., Johnson, M., Thorne, T., Kroska, E. B., Woodward, H., Lindberg, J. (2016). Dissonance-based eating disorder program reduces cardiac risk: A preliminary trial. *Health Psychology*, *36*(4), 346-355. doi: 10.1037/hea0000438
35. Kroska, E. B. (2016). A meta-analysis of fear-avoidance and pain intensity: The paradox of chronic pain. *Scandinavian Journal of Pain*, *13*(1), 43-58. doi: 10.1016/j.sjpain.2016.06.011  
This report was selected by the journal for an accompanying commentary:  
Vlaeyen, J.W.S. (2016). The intricate relationship amongst pain intensity, fear and avoidance. *Scandinavian Journal of Pain*, *13*, 128-129.
36. Atchley, P., Hooker, E., Kroska, E., & Gilmour, A. (2012). Validation of an online orientation seminar to improve career and major preparedness. *Teaching of Psychology*, *39*, 146-151. doi: 10.1177/0098628312437719

### Book Chapters

1. Patel, N.\*, Kroska, E.B., & Stowe, Z.N. (2020). Postpartum depression: Identification and treatment in the primary care setting. M.H. Trivedi (Ed). *Depression*. New York, NY: Oxford University Press.
2. Brock, R. L., Kroska, E. B., Lawrence, E. (2015). Current status of research on couples. T. L. Sexton & J. Lebow (Eds.), *Handbook of Family Therapy* (pp. 409-433). New York, NY: Taylor & Francis. [https://api.elsevier.com/content/abstract/scopus\\_id/85037596562](https://api.elsevier.com/content/abstract/scopus_id/85037596562)



### Abstracts

1. Cochran, A., Hoel, S.\*, Victory, A., Gruichich, T.S., Maronge, J., McInnis, M., & Kroska, E.B. (2021). A pilot micro-randomized trial for optimizing the delivery of mobile ACT-inspired interventions. *Bipolar Disorders*, 23, 19.
2. Roche, A. I., Kroska, E. B., O'Hara, M. W. (2017). *Examining psychological flexibility as a mediator of the association between childhood trauma and adult somatization* (vol. 51, pp. S2797-S2797). *Annals of Behavioral Medicine*.
3. Zagorski, L., Kroska, E. B., Hooker, E., Kraft, T., & Pressman, S. (2011). *Physical activity predicts cardiovascular recovery from acute psychological stressors*. (vol. 41). *Annals of Behavioral Medicine*.

### Publications in Progress

#### Under Review

1. Vander Weg, M. W., Howren, M. B., Grant, K. M., Prochazka, A. V., Duffy, S., Burke, R., Cretzmeyer, M., Parker, C., Thomas, E. B. K., Rizk, M. T., Bayer, J., Kinner, E. M., Clark, J. M., Katz, D. A. (*Under Review*). A Smoking Cessation Intervention for Rural Veterans Tailored to Individual Risk Factors: A Multicenter Randomized Clinical Trial. *American Journal of Public Health*.
2. Sirotiak, Z., Adamowicz, J. L., & Thomas, E. B. K. (*Under Review*). Examining the role of mindfulness on general stress in college students reporting a COVID-19 somatic symptom during the pandemic. *Journal of American College Health*.
3. Gruichich, T. S., Hoel, S., Patel, N., Stowe, Z. N., Knight, B., Newport, J., & Thomas, E. B. K. (*Under Review*). Effects of maternal psychopathology on the regulation of blood glucose during pregnancy. *Maternal Health, Neonatology, and Perinatology*.
4. Adamowicz, J.L., Thomas, E.B.K., Hsu, T., Denburg, N.L., & Roche, A.I. (*Under Review*). Confirmatory factor analysis of the Comprehensive assessment of Acceptance and Commitment Therapy processes (CompACT) and the Tacting of Function scale (TOF) in community-dwelling older adults. *Aging and Mental Health*.
5. Thomas, E. B. K., Hamilton, J., Francis, C., & Sykes, K. (*Under Review*). Predictors of behavior during COVID-19 using a Health Belief Model lens: Perceived susceptibility, perceived severity, and perceived benefits. *Annals of Behavioral Medicine*.
6. Roche, A. I., Adamowicz, J., Stegall, M. S., Toovey, C., Sirotiak, Z., & Thomas, E. B. K. (*Under Review*). College Student Resilience During COVID-19: Examining the Roles of Mindfulness, Compassion, and Prosocial Behavior. *Adversity & Resilience Science*.
7. Eadeh, H., Adamowicz, J. L., Markon, K., & Thomas, E. B. K. (*Under Review*). Using Network Analysis to examine connections between Acceptance and Commitment Therapy (ACT) processes, internalizing symptoms, and well-being in a sample of undergraduates. *Journal of Affective Disorders*.
8. Hsu, T., Hoffman, L., & Thomas, E. B. K. (*Revise & Resubmit*). Confirmatory Measurement Modeling and Longitudinal Invariance of the CompACT-15: A Short-Form Assessment of Psychological Flexibility. *Psychological Assessment*.
9. Hsu, T., Thomas, E. B. K., Evanovich, E. K., O'Hara, M. W., & McCabe, J. E. (*Under Review*). Examining the structure of distress tolerance: Are behavioral and self-report indicators assessing the same construct? *Motivation and Emotion*.

### Areas of Research Interest

Acceptance and Commitment Therapy, My research examines the effectiveness of ACT with at-risk and diverse samples. I also am interested in supervising, teaching, and training others in ACT, as well as the dissemination and implementation of ACT in high-need settings.

Trauma and Resilience, I am interested in the relation between traumatic life experiences and long-term outcomes. I am interested in predictors of resilience, as well as adverse outcomes. In particular, I am interested in modifiable psychological mechanisms that mediate the relation between trauma and long-term outcomes.

Women's Health, I am interested in factors that promote health and psychological well-being among women and families. I am interested in intervention efficacy among perinatal women. I am also interested in evaluating the impact of maternal interventions on childhood outcomes.

**Grants and Contracts****Funded**

- July 2022 – June 2023 Interactions of Adverse Childhood Experiences, Sleep Disruption, and Mechanistic Links to Cardiometabolic Disease Risk in Adolescents and Young Adults  
*Injury Prevention Research Center, University of Iowa*  
Role: Co-investigator  
Principal Investigator: Nathaniel Jenkins, Ph.D.
- Oct 2020 – present MomMoodBooster – III: A National Program for Perinatal and Postpartum Depressed Women Veterans  
*Rural Health Resource Center – Iowa City*  
Funded by VA Office of Rural Health. Award amount FY21: \$290,397, FY22: \$256,396. Percent effort: 20%. Principal Investigator: Emily Thomas (Kroska). Funds three graduate research assistantships, one full-time study coordinator, and salary support for three faculty members (Michael O’Hara, Stacey Pawlak, & Bruce Alexander).
- Jul 2019 - Jun 2021 *Baldwin Wisconsin Idea Endowment Seed Grant*  
Funded by University of Wisconsin-Madison. Award amount: (\$3,960.00)  
Percent effort: 0. Investigator/s Emily Kroska (Principal Investigator).

**Submitted**

- July 2022 Psychological health, cerebrovascular function, and rest-activity stability in pregnancy: A novel pregnancy biomarker  
*MOVE-Ome, University of Iowa Jumpstarting Tomorrow*  
PI: Emily Thomas, Ph.D.
- July 2022 Adverse Childhood Experiences, Disturbed Sleep, and Cardiovascular Health in Pregnancy: The REVEALING Cardiovascular Risk in Pregnancy Cohort Study  
*National Heart, Lung, & Blood Institute, R01*  
PI: Nathaniel Jenkins, Ph.D.  
Role: Co-investigator (12.5% for Y1-Y4; 15% for Y5)
- June 2022 Adverse Childhood Experiences, Sleep Disruption, and Mechanistic Links to Vascular Dysfunction in Young Adulthood  
*National Heart, Lung, & Blood Institute, R01*  
PI: Nathaniel Jenkins, Ph.D.  
Role: Co-investigator (10% for Y1-Y2, 15% for Y3-Y5)
- June 2022 ActiveCBT for depression: Transforming treatment through exercise priming  
*National Institute of Mental Health, R61/R33*  
PI: Jacob Meyer, Ph.D.  
Role: Co-investigator (15%)

**Completed**

- Aug 2016 - May 2017 *Presidential Ballard-Seashore Fellow*  
Funded by University of Iowa Graduate College. Award amount: (\$20,000.00)  
Percent effort: 100. For protected time to be dedicated to completion of dissertation project.
- Aug 2012 - May 2016 *Presidential Graduate Research Fellow*  
Funded by University of Iowa Graduate College. Provided financial support for two academic years and four summers of graduate study and research
- May 2014 - May 2015 *ACT with At-Risk Adolescents*  
Funded by University of Iowa Executive Council of Graduate & Professional Students Research Grant. Award amount: (\$1,100.00) Number of Months: 12.  
Investigator/s Emily B Kroska (Principal Investigator). For conduct of a research project at the University of Iowa
- Oct 2014 - Feb 2015 *Obermann Senior Fellow*  
Funded by Obermann Center, University of Iowa. To serve as a co-leader of a

week-long academy for graduate students across areas of study to promote public engagement and develop publicly engaged research. Prepared curriculum with two faculty leaders and evaluated applications for selection.

Dec 2013 - Jan 2014     *Obermann Fellow*

Funded by Obermann Center, University of Iowa. For attendance at a week-long academy on public engagement in research, teaching, and scholarship.

## Invited Lectures and Conference Presentations

### *Invited Presentations*

1. Thomas, E.B.K. (2021, January 26). Integrating acceptance and commitment therapy with exposure-based approaches. [Webinar]. Presented for nationwide VA training in Acceptance and Commitment Therapy for Depression.
2. Weinstein, J., Thomas, E.B.K., & Walser, R. (2021, September 28). The Empowerment Plan: Enhancing the safety plan with a CBS approach to repertoire expansion. [Webinar]. Presented for VA/DoD Clinical Practice Guidelines (CPG) for Suicide Prevention Webinar Series. <https://t.co/sOQm62oxq3?amp=1>.
3. Kroska, E. B., & Schiller, C. E. (2017, November 7). *Applying Acceptance and Commitment Therapy (ACT) with perinatal and postpartum women* [Invited workshop]. Third Biennial Perinatal Mental Health Conference. Marcé of North America, Chicago, IL, USA.
4. Kroska, E. B., McMurray, R., & Bollinger, K. (2010, November). *Diversity: Awareness, acceptance, and celebration* [Workshop]. National Conference for Peer Tutors. International Writing Center Association, Baltimore, Maryland, USA.

### *Oral Presentations, Symposia, and Panel Discussions*

\*Mentorship of trainee

1. Roche, A. I., & Thomas, E. B. K. (2022, June). *Reducing risk and promoting resilience during the COVID-19 pandemic: An exploration of psychological processes*. [Oral presentation]. Association for Contextual Behavioral Science World convention. San Francisco, CA, USA.
2. Hsu, T.\*, Hoffman, L., & Thomas, E. B. K. (2022, June). Further Validation of the Comprehensive assessment of Acceptance and Commitment Therapy processes. [Symposium]. In S. Spencer (Chair). *Psychometric Hexa-dancing: Innovations in the validation of self-report measures spanning core ACT processes*. Association for Contextual Behavioral Science World convention. San Francisco, CA, USA.
3. Kroska, E.B., Hoel, S.\*, Victory, A., Sagorac Gruichich, T., Stowe, Z.N., Cochran, A. (2021, July). Evaluating an ACT-based mobile micro-intervention for distressed first-generation college students [Symposium]. In Vasilis S. Vasiliou (Chair). *Harnessing ACT to develop and deliver innovative interventions targeting university students' health and illicit drug use*. Association for Contextual Behavioral Science Virtual World Convention.
4. Kroska, E.B., Barnes, S.M., Strosahl, K., Weinstein, J., & Walser, R.D. (2021, July). *Integrating CBS principles into suicide prevention and intervention* [Panel Discussion]. Association for Contextual Behavioral Science Virtual World Conference.
5. Devon, D.\*, Adamowicz, J. L.\*, Harris, S.\*, & Kroska, E.B. (2021, June). Acceptance and Commitment Therapy (ACT) for Huntington's Disease [Oral IGNITE presentation]. Association for Contextual Behavioral Science Virtual World Conference.
6. Schneider, A.\*, Stegall, M.\*, & Kroska, E.B. (2021, July). *An Acceptance and Commitment Therapy (ACT) Intervention aimed at addressing burnout in educators during the COVID-19 pandemic* [Oral IGNITE presentation]. Association for Contextual Behavioral Science Virtual World Conference.
7. Hsu, T.\*, Kroska, E.B. (2021, July). Acceptance and Distress Tolerance: Conceptual Differences and Overlaps [Oral IGNITE presentation]. Association for Contextual Behavioral Science Virtual World Conference.
8. Cochran, A., McInnis, M., Gruichich, T.S., Hoel, S., Victory, A., Maronge, J.M., & Kroska, E.B. (2021). *A pilot micro-randomized trial for optimizing mobile ACT-inspired microinterventions* [Oral presentation]. Abstract accepted to International Society of Bipolar Disorder.
9. Stegall, M. S.\*, Weaver, S. S.\*, & Kroska, E. B. (2021, July). *The Trauma-Related Approach-Avoidance Behavioral Task* [Oral presentation]. Association for Contextual Behavioral Science Virtual World Conference.
10. Adamowicz, J.L.\*, & Kroska, E.B. (2020). *Acceptance and Commitment Therapy (ACT) for Chronic Fatigue Syndrome (CFS)* [Oral IGNITE presentation]. Association for Contextual Behavioral Science

- Virtual World Conference.
11. Kroska, E. B., & O'Hara, M. W. (2018, July 27). *How much is enough in brief Acceptance and Commitment Therapy in treating depressive symptoms?* [Symposium]. Association for Contextual Behavioral Science, Montreal, QB, Canada.
  12. Roche, A. I., Kroska, E. B., & Denburg, N. L. (2018, July 29). *Problematic health behaviors: Experiential avoidance as a common function* [Oral presentation]. Association for Contextual Behavioral Science, Montreal, QB, Canada.
  13. Roche, A. I., Kroska, E. B., O'Hara, M. W. (2017, April). *Childhood trauma exposure and somatic symptoms: Identifying potential mechanisms for targeted intervention* [Oral presentation]. Iowa Psychological Association, Davenport, IA, USA.
  14. Kroska, E. B., Orengo-Aguayo, R. E., O'Hara, M. W., & Marchman, J. N. (2016, June 17). *ACT with at-risk adolescents: A community-based preventive intervention* [Symposium]. Association for Contextual Behavioral Science, Seattle, WA, USA.
  15. Kroska, E. B., Orengo-Aguayo, R. E., & Marchman, J. N. (2015, April 10). *An unusual day at school: ACT with at-risk adolescents* [Symposium]. Iowa Psychological Association, Pella, IA, USA.
  16. Kroska, E. B., Orengo-Aguayo, R. E., & Marchman, J. N. (2014, November 21). *An unusual day at school: ACT with at-risk adolescents* [Symposium]. Association for Behavioral and Cognitive Therapies, Philadelphia, PA, USA.
  17. Kroska, E. B., Orengo-Aguayo, R. E., & Marchman, J. N. (2014, June 20). *Acceptance and Commitment Therapy with at-risk adolescents* [Symposium]. Association for Contextual Behavioral Science, Minneapolis, MN, USA.
  18. Kroska, E. B., Bannon, S., & Lawrence, E. (2013, August 1). *The influence of treatment content on program attrition in Batterer's Education Programs* [Symposium]. American Psychological Association, Honolulu, HI, USA.
  19. Kroska, E. B., Kraft, T., Pressman, S. (2012, April 13). *The role of perceived stress in the resilient individual* [Symposium]. Southwestern Psychological Association, Oklahoma City, OK, USA.

### **Departmental Presentations**

1. Thomas, E. B. K. (2022). The Empowerment Plan: Integrating CBS principles into safety planning to promote repertoire expansion. [Oral presentation]. University of Iowa, Clinical Science Rounds, Iowa City, IA, USA.
2. Kroska, E.B. (2018). Integrating Acceptance and Commitment Therapy and Prolonged Exposure for Patients with PTSD [Oral presentation]. University of Kansas Medical Center, Clinical Psychology, Kansas City, KS, USA.
3. Kroska, E.B. (2017, September 26). Acceptance and Commitment Therapy: An Introduction and Case Examples [Oral presentation]. University of Kansas Medical Center, Psychiatry Grand Rounds, Kansas City, KS, USA.
4. Kroska, E.B. (2016). Addressing shame in psychotherapy: Using ACT and DBT [Oral presentation]. University of Iowa, Clinical Psychology Rounds, Iowa City, IA, USA.
5. Kroska, E.B. (2015). Psychotherapy after traumatic brain injury: A case example [Oral presentation]. University of Iowa, Clinical Psychology Rounds, Iowa City, IA, USA.
6. Kroska, E.B. (2014). Case presentation of a Student Disability Services evaluation [Oral presentation]. University of Iowa, Clinical Psychology Rounds, Iowa City, IA, USA.
7. Kroska, E.B., & Robinson, H. (2013). Intellectual Disability Evaluations: Case examples from Seashore Psychology Clinic. Oral presentation at departmental rounds.

### **Community Presentations**

1. Kroska, E. B. (2020, October). *Using acceptance and mindfulness to cope with chronic disease*. Molecular Otolaryngology and Renal Research Laboratories 14th C3G/DDD Family Conference, Iowa City, IA, USA.
2. Kroska, E.B., & Adamowicz, J.L.\* (2019, October). *Acceptance-based coping with C3G/DDD*. Molecular Otolaryngology and Renal Research Laboratories 14th C3G/DDD Family Conference, Iowa City, IA, USA.
3. Kroska, E.B. (2016). *ACT with Young Mentors' Movement: Brief Intervention with Children and Parents* [Oral presentation]. Boys and Girls Club, Young Mentors' Movement, Cedar Rapids, IA, USA.
4. Kroska, E.B. (2016). *ACT and IPT with Adolescents Experiencing Depression* [Oral presentation]. University of Iowa Hospitals and Clinics, Child Psychiatry, Evidence-Based Practice Seminar, Iowa City,

IA, USA.

**Poster Presentations**

\*Mentorship of trainee

1. Hsu, T.\*, Thomas, E.B.K., Welch, E., K., O'Hara, M.W., & McCabe, J.E. *Examining the Structure of Distress Tolerance: Are Behavioral and Self-Report Measures Assessing the Same Construct?* Poster accepted to the 2022 Annual Convention of the Association of Psychological Science. Chicago, U.S.A.
2. Grekin, R., Kroska, E.B., Miller, M.L., & O'Hara, M.W. (2021, October). *The role of prenatal posttraumatic stress symptoms among trauma exposed women in predicting postpartum depression.* Accepted for presentation at Marcè of North America (MONA) Biennial Conference, Virtual.
3. Adamowicz, J.L.\*, Velez-Bermudez, M., & Kroska, E.B. (2021, August). *A meta-analysis of fatigue and avoidance in individuals with chronic disease.* International Association for Chronic Fatigue Syndrome/Myalgic Encephalomyelitis, Virtual.
4. Herrmann, F.\*, Schneider, A.\*, Stegall, M.S.\*, & Kroska, E.B. (2021, July). *Acceptance and Commitment Therapy: An Overview.* Summer Undergraduate Poster Symposium, University of Iowa.
5. Cantu, M.\*, Hsu, T.\*, & Kroska, E.B. (2021, July). *Comparing perceived stress between Latinx and non-Latinx individuals during the COVID-19 global pandemic.* Summer Undergraduate Poster Symposium, University of Iowa.
6. Schneider, A.\*, & Kroska, E.B. (2021, June). *Face covered and six feet apart: behavioral awareness predicts greater adherence to public health guidelines during the COVID-19 pandemic.* Association for Contextual Behavioral Science, Virtual.
7. Hsu, T.\*, Hoffman, L., & Kroska, E.B. (2021, June). *Further examination of the factor structure of the Comprehensive assessment of Acceptance and Commitment Therapy processes.* Association for Behavioral and Cognitive Therapies, Virtual.
8. Stegall, M.S.\*, Hsu, T.\*, Schneider, A.\*, Roche, A.I.\*, & Kroska, E.B. (2021, June). *Pandemic-related adversity and distress: A longitudinal investigation of psychological flexibility as a mediator.* Association for Behavioral and Cognitive Therapies, Virtual.
9. Hoel, S.\*, Victory, A., Gruichich, T.S., Stowe, Z., McInnis, M., Cochran, A., & Kroska, E. (2020). *A mixed-methods analysis of mobile ACT microintervention responses from two cohorts.* Association for Behavioral and Cognitive Therapies, Virtual.
10. Roche, A.I.\*, Kroska, E.B., Johnson, M.K., Sesker, H., Turner, M., van Heukelum, J., Fleisher, R., & Denburg, N. (2020). *Well-being in ACTION: Examining the impact of acceptance and commitment training in community-dwelling older adults.* Association for Behavioral and Cognitive Therapies, Virtual.
11. Adamowicz, J.L.\*, Kroska, E.B., Newport, D.J., & Stowe, Z. (2020). *Do glucose-tolerance test results predict postpartum depression in neuropsychiatric patients: A prospective study.* The International Marce Society for Perinatal Mental Health, Iowa City, IA.
12. Adamowicz, J.L.\*, Kroska, E.B., Denburg, N., & Roche, A.I.\* (2020). *Validation of the Tacting of Function (TOF) scale in healthy older adults.* Association for Contextual Behavioral Science, Virtual.
13. Stegall, M.S.\*, Roche, A.I.\*, O'Hara, M.W., & Kroska, E.B. (2020). *Improvements in psychological flexibility and resilience following brief ACT intervention.* Association for Contextual Behavioral Science, Virtual.
14. Story, P. A., O'Boyle, E. H., Forsyth, D. R., Kroska, E.B., & Prewett, A. (2017, November). *Facet level changes in generational narcissism.* Society of Southeastern Social Psychologists, Atlantic Beach, FL, USA.
15. Roche, A.I., Kroska, E.B., & O'Hara, M.W. (2017, April 1). *Examining psychological flexibility as a mediator of the association between childhood trauma and adult somatization.* Society of Behavioral Medicine, San Diego, CA, USA.
16. King, S., Kroska, E.B., Elgbeili, G., Dancause, K., Hart, K., Laplante, D.P. & O'Hara, M.W. (2017, February 14) *The effects of prenatal maternal stress on toddler body mass index as mediated by birthweight and moderated by social support: The Iowa Flood Study.* Canadian National Perinatal Research Meeting, Montebello, QB, Canada.
17. Miller, A.\*, Kroska, E.B., & O'Hara, M.W. (2016, July). *Health behaviors of at-risk adolescents in alternative high schools.* Summer Undergraduate Research Conference, Iowa City, IA, USA.
18. Kroska, E.B., Orengo-Aguayo, R.E., O'Hara, M.W., & Marchman, J. (2016, June 17). *ACT with at-risk adolescents: A community-based preventive intervention.* Poster presentation given at the 2016 Association for Contextual Behavioral Science convention.

19. Kroska, E.B. (2015, November 12). *Avoidance and pain intensity: The paradox of chronic pain*. Association for Behavioral and Cognitive Therapies, Chicago, IL, USA.
20. Kroska, E.B., Lawrence, E., Orengo-Aguayo, R., Langer, A., & Bannon, S. (2013, November 21). *Neuropsychological differences in subtypes of intimate partner violence*. Association for Behavioral and Cognitive Therapies, Nashville, TN, USA.
21. Kroska, E.B., Markon, K., & Pressman, S.D. (2013, November 21). *Development of a scale measuring the depth of relationships*. Association for Behavioral and Cognitive Therapies, Nashville, TN, USA.
22. Bassett, S. M., Kraft, T. L., Kroska, E.B. & Pressman, S.D. (2013, June 27). *Subjective sleep quality is associated with self-reported resilience in the survivors of trauma*. International Positive Psychology Association, Los Angeles, CA, USA.
23. Kraft, T., Kroska, E.B., & Pressman, S.D. (2012, April 13). *Positive affect and posttraumatic growth*. Southwestern Psychological Association, Oklahoma, OK, USA.
24. Kroska, E.B., Kraft, T., & Pressman, S.D. (2012, April 12). *What distinguishes volunteers from non-volunteers?* Southwestern Psychological Association, Oklahoma City, OK, USA.
25. Zagorski, L. A., Kroska, E. B., Hooker, E. D., Kraft, T., & Pressman, S.D. (2010, April 7). *Physical activity predicts cardiovascular recovery from acute psychological stressors*. Society of Behavioral Medicine, Seattle, WA, USA.
26. Zagorski, L. A., Kroska, E. B., Hooker, E. D., Kraft, T., & Pressman, S.D. (2010, May). *Physical activity predicts cardiovascular recovery from acute psychological stressors*. Symposium for Undergraduate Psychology Engagement and Research, Lawrence, KS, USA.
27. Kroska, E.B., Kass, S., Barnes, C., Hoffman, H., & Murphy, B. (2010, May). *Can happiness be increased through the addition of colorful decoration?* Symposium for Undergraduate Psychology Engagement in Research, Lawrence, KS, USA.
28. Atchley, P., Hooker, E. D., Kroska, E.B., & Gilmour, A. (2009, May). *Validation of an online orientation seminar to improve career and major preparedness*. Greater Kansas City Symposium on Teaching and Learning, Kansas City, MO, USA.

## SERVICE

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### Profession

- |                |   |
|----------------|---|
| 2021 – 2022    | Associate Program Chair, Association for Behavioral and Cognitive Therapies 2022 Convention |
| 2020 – present | Editorial Board, <i>Journal of Contextual Behavioral Science</i>                            |

### Ad-Hoc Reviewer

- |                |  |
|----------------|--|
| 2022           | PloS ONE                                 |
| 2021           | Behaviour Research and Therapy           |
| 2021           | Current Psychology                       |
| 2020 – 2021    | Mindfulness                              |
| 2020           | Journal of Behavioral Medicine           |
| 2020           | Assessment                               |
| 2020           | Psychological Bulletin                   |
| 2019 – 2020    | Archives of Women's Mental Health        |
| 2019 - 2020    | Psychological Medicine                   |
| 2019           | European Journal of Pain                 |
| 2017 – present | Journal of Contextual Behavioral Science |
| 2017           | Clinical Psychology and Psychotherapy    |

### Department

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|-------------|---|
| 2019 - 2021 | Associate Director of Clinical Training, Clinical Area Training Committee, Psychological and Brain Sciences, University of Iowa |
| 2015-2017   | Practicum Coordinator, Iowa Depression and Clinical Research Center   |

### University

- |                |  |
|----------------|--|
| 2022 – present | <i>Academic Caretaking Fund for Faculty</i> , Committee Member |
|----------------|--|

- 2021 – present *Biobehavioral Interface Program*, Recruitment & Admissions Committee Member, NIGMS T32 Training Grant
- 2021 *Student Success Development Team*, Holistic Well-Being Subgroup, Strategic Plan 2022-2027

## Community

- 2022 Collaboration with Iowa Matrix & Rumbidzai Madzudzo, Development of ACT training protocol for youth in Botswana.
- 2019, 2020 Molecular Otolaryngology and Renal Research Laboratories 14th C3G/DDD Family Conference, Invited Lecture, Delivered oral presentation to patients with ultra-rare kidney condition and their families regarding coping with a chronic disease using acceptance. Mentored graduate student through joining this presentation in 2019.
- 2016 Boys and Girls Club of Cedar Rapids, Young Mentors Movement, Volunteer, Facilitated psychotherapy groups with children and parents of the children participating in the Young Mentors Movement. Delivered oral presentation at the Young Mentors Movement launch event with community members and sponsoring partners.
- 2010-2014 Lupus Foundation of America, Iowa chapter, Teen Lupus Advocacy Board, Director, Organized group of 50+ high school students to fundraise, obtain sponsorships and donations, and build awareness in the community.  
The group raised over \$11,000 for both the 2012 and 2013 Iowa Walk for Lupus Now. I was selected as one of the Iowa chapter's representatives to attend Lupus Advocacy Days in Washington D.C. (June 2013) to advocate for Lupus awareness and research to congressional leaders.

## Media Contributions

- 2021 [Iowa Public Radio, Talk of Iowa](#), Coping with depression during the pandemic
- 2020 – present *Psychology Today*, Intentional Zeal blog
- 2020 [CBS2 Iowa's News Now](#), Experts give tips on how to handle COVID-19 holiday stress
- 2020 [Radio Iowa](#), A Zoom Thanksgiving is a poor substitute, but it's better than being alone
- 2020 [KCRG ABC](#), Experts: Lack of holiday gatherings could add to an already stressful year
- 2020 [KWWL NBC](#), Mental health experts are noticing an increase in stress as the holiday season is near
- 2020 [AM 600 WMT Newsradio](#), How can we reduce the amount of pandemic-related stress?
- 2020 [Post-Pandemic World: Health Care](#), *Iowa Magazine*, What will our post-pandemic world look like?
- 2020 [The Gazette](#), University of Iowa psychologist answers questions on COVID-19 and mental health

## Professional Development Activities

### *Diversity, Equity, and Inclusion Training and Development*

- 2021 Building Diverse and Inclusive Teams, Tippie Leadership Collaborative, Dr. Ken Brown
- 2021 A Closer Look at Race in the U.S., BUILD UI Learning and Development
- 2021 LGBTQ Safe Zone: Phase I, BUILD UI Learning and Development
- 2021 LGBTQ Safe Zone: Phase II, BUILD UI Learning and Development
- 2021 LGBTQ Safe Zone: Trans Awareness, BUILD UI Learning and Development
- 2020 ACT for Social Justice, BUILD UI Learning & Development
- 2020 Beyond the Numbers - Foundations for Diversity, Equity, & Inclusion Survey, BUILD UI Learning and Development
- 2020 Fostering your CQ Framework, BUILD UI Learning and Development

### *Continuing Education and Professional Training*

- 2021 Communicating Ideas Workshop, University of Iowa, workshop for selected faculty
- 2021 Training/Development Program, Write Winning Grant Proposals, Phase II, John Robertson, Ph.D., Grant Writers' Seminars & Workshops
- 2020 Continuing Education Program, Ethical Dilemmas in Rural Health, Centers for Disease Control and Prevention

- 2019 Training/Development Program, Write Winning Grant Proposals, Phase I Workshop, John Robertson, Ph.D., Grant Writers' Seminars & Workshops
- 2018 Continuing Education Program, Doing Experiential Therapy, Association of Contextual and Behavioral Science, Matthieu Villatte, Ph.D., & Robyn Walser, Ph.D.
- 2016 Continuing Education Program, Parent-Child Interaction Therapy, University of Iowa Hospitals and Clinics, Beth Troutman, Ph.D.
- 2016 Continuing Education Program, Advanced Parent-Child Interaction Therapy, University of Iowa Hospitals and Clinics, Beth Troutman, Ph.D.
- 2015 Continuing Education Program, Mindfulness and Psychological Assessment in Primary Care: Research, Integration, and Practice, Iowa Psychological Association, Kirk Strosahl Ph.D.
- 2014 Continuing Education Program, ACT Using Mindfulness, Compassion, and Values, Association for Behavioral and Cognitive Therapies, Robyn Walser, Ph.D.
- 2014 Continuing Education Program, Building Stronger Commitments: Non-Clinical Applications of Acceptance and Commitment Therapy, Iowa Department of Corrections, Daniel J. Moran, Ph.D.
- 2014 Continuing Education Program, Wielding the Double-Edged Sword: How to Use Relational Frame Theory to Master Verbal Interactions, Experiential Exercises, and Metaphors in Therapy, Association for Contextual Behavioral Science, Matthieu Villatte, Ph.D., Jennifer Villatte, Ph.D., & Sonja Batten, Ph.D.
- 2013 Training/Development Program, The Iowa Mentoring Academy, Lori Adams, Ph.D.
- 2013 Continuing Education Program, Interpersonal Psychotherapy Introduction, Scott Stuart, M.D.
- 2012 Continuing Education Program, Acceptance and Commitment Therapy for the Iowa Domestic Abuse Program, Parts 1 & 2, James Marchman, Ph.D.