

Harvard Medical School/Harvard School of Dental Medicine

Curriculum Vitae

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Name: Luana Marques, Ph.D.

Office Address: Community Psychiatry Program for Research in Implementation and Dissemination of Evidence-Based Treatments (PRIDE)
Massachusetts General Hospital
1 Bowdoin Square, 6th Floor
Boston, MA 02114

Home Address: 485 Harrison Avenue, Apt 209
Boston, MA 02118

Work Phone: Office: (617) 726-7913
Mobile: (617) 851-4892

Work E-Mail: lmarques@mgh.harvard.edu

Work Fax: (617) 887-3610

Place of Birth: Governador Valadares, Brazil

Education

2001	B.S. <i>Cum laude</i>	Psychology	State University of New York at Buffalo
2005	M.A.	Clinical Psychology	State University of New York at Buffalo
2007	Ph.D.	Clinical Psychology	State University of New York at Buffalo

Postdoctoral Training

2006-2007	Pre-Doctoral Psychology Internship	Psychiatry	Massachusetts General Hospital Harvard Medical School
2007-2009	Post-Doctoral Fellow	Psychiatry	Massachusetts General Hospital Harvard Medical School

Faculty Academic Appointments

2009-2011	Instructor in Psychology	Psychiatry	Harvard Medical School
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2011-2016	Assistant Professor in Psychology	Psychiatry	Harvard Medical School
2015-	Visiting Professor in Psychology	Psychology	Universidad de Monterrey, Mexico
2017-	Associate Professor in Psychology	Psychiatry	Harvard Medical School

Appointments at Hospitals/Affiliate Institutions

2006-2007	Clinical Fellow in Psychology	Psychiatry	Massachusetts General Hospital
2007-2008	Clinical Assistant in Psychology	Psychiatry	Massachusetts General Hospital
2009-2017	Assistant Psychologist	Psychiatry	Massachusetts General Hospital
2017-	Psychologist	Psychiatry	Massachusetts General Hospital

Other Professional Positions

2014-	Advisory Board Member	Roca, Inc.	1 day per year
2017-	Consultant	Fenway Health	2 days per year

Major Administrative Leadership Positions

Local

2010-2013	Director, Psychiatry Hispanic Clinical Research Program, Center for Anxiety and Traumatic Stress Disorders		Massachusetts General Hospital
2011-2014	Director, Psychotherapy Research and Training Program, Center for Anxiety and Traumatic Stress Disorders		Massachusetts General Hospital
2014-	Director, Community Psychiatry Program for Research in Implementation and Dissemination of Evidence-Based Treatments (Community Psychiatry PRIDE)		Massachusetts General Hospital

2018-	Associate Director, Center for Anxiety and Traumatic Stress Disorders and Complicated Grief Program (CATSD)	Massachusetts General Hospital
2018-	Director of Research, Center for Anxiety and Traumatic Stress Disorders and Complicated Grief Program (CATSD)	Massachusetts General Hospital
2018-	Director of Anxiety and PTSD Studies, MGH Clinical Trials Network and Institute (CTNI)	Massachusetts General Hospital

National and International

2015-	Course Director Cognitive and Behavioral Curriculum Development for Master's Students	Universidad de Monterrey, Mexico
2018-	President-Elect	Anxiety and Depression Association of America (ADAA)

Committee Service

Local

2009-2016	Center for Diversity and Inclusion	Massachusetts General Hospital
2010-2013		Chair, Patient Demographic Committee
2010-2013		Chair, Latino Initiative Sub-Committee
2011-2013		Chair, Community Initiative
2013-	Public and Community Psychiatry Oversight Committee	Massachusetts General Hospital Department of Psychiatry
2013-2014	Departmental Strategic Planning Committee for Psychology	Massachusetts General Hospital Department of Psychiatry
2014-	Trauma and Violence Committee	Partners Healthcare
2014-	Psychology Steering Committee	Massachusetts General Hospital Department of Psychiatry
2013-2015, 2017	Internship Selection Committee	Massachusetts General Hospital Department of Psychiatry
2017-	Psychiatry Department Promotions Committee	Massachusetts General Hospital Department of Psychiatry

National and International

2009-2010	Scientific Program Organizing Committee	World Congress of Behavioral and Cognitive Therapies (WCBCT)
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Held in Boston, June 2-5, 2010

2016- Scientific Review Committee

International Society for Traumatic
Stress Studies (ISTSS)
Conference Reviewer

2018- Scientific Review Committee

AcademyHealth, Annual Conference on
the Science of Dissemination and
Implementation in Health
Conference Reviewer

Professional Societies

2002- American Psychological Association (APA)

2002- Association for the Advancement of Cognitive and Behavioral Therapies
(ABCT)

2018-

Program Committee,
Scientific Reviewer

2008- Anxiety and Depression Association of America (ADAA)

2008

Career Development Travel
Awardee

2009-

Awards and Scientific
Review Committee,
Scientific Reviewer

2010-2011

Membership Committee,
Diversity Efforts Member,
Conference Program Chair

2013

Scientific Program Chair

2014-2017

Annual Conference
Committee, Conference
Program Coordinator

2016-

Board of Directors,
Member

2017-

Professional Education
Strategic Planning
Committee

2017-

Clinical Fellow

Grant Review Activities

2013-2016, 2018	Grant Review Committee	Patient-Centered Outcomes Research Institute (PCORI) Communication and Dissemination
2014-2015	Grant Review Committee	National Institute of Health (NIH) Training Institute for Dissemination and Implementation Research in Health

Editorial Activities

Ad hoc Reviewer

- Behavior Therapy
- Body Image
- Clinical Psychology Review
- CNS Neuroscience & Therapeutics
- Cognitive and Behavioral Practice
- Depression and Anxiety
- General Hospital Psychiatry
- Journal of Affective Disorders
- Journal of Anxiety Disorders
- Journal of Clinical Psychiatry
- Journal of Consulting and Clinical Psychology
- Journal of Racial and Ethnic Health Disparities
- Journal of Obsessive-Compulsive and Related Disorders
- International Journal of Eating Disorders
- Psychiatry Research
- Psychological Trauma: Theory, Research, Practice, and Policy
- Quality of Life Research
- Review of General Psychology

Other Editorial Roles

2014-	Editorial Board Member	Journal of Obsessive Compulsive and Related Disorders
2014-	Editorial Board Member	Depression and Anxiety

Honors and Prizes

2000	Psi Chi	National Honor Society in Psychology	Undergraduate academic achievement in psychology
2002-2006	Schomburg Minority Fellowship	State University of New York at Buffalo	Academic achievement of a minority student
2008	Research Poster Award	Massachusetts General Hospital Department of Psychiatry	Awarded best poster at the MGH Clinical Research Day

2010	Health Disparities Loan Repayment Program	National Institutes of Health	
2011	Partners in Excellence Award	The Department of Psychiatry, Center for Diversity, at the Massachusetts General Hospital	Team Award
2012	Health Disparities Loan Repayment Program	National Institutes of Health	
2014	Health Disparities Loan Repayment Program	National Institutes of Health	

Report of Funded and Unfunded Projects

Funding Information

Past

- 2005-2006 Posttraumatic Stress Disorder (PTSD) and Interpersonal Variables
Department of Psychology Dissertation Grant
PI (\$1000)
The goal of this study was to examine the role of social support from interpersonal relationships in buffering PTSD development after a severe motor vehicle accident.
- 2005-2006 Posttraumatic Stress Disorder (PTSD) and Interpersonal Variables
Mark Diamond Dissertation Research Grant
PI (\$1200)
The goal of this study was to examine the role of social support from interpersonal relationships in buffering PTSD development after a severe motor vehicle accident.
- 2005-2007 Relational Variables and Posttraumatic Stress Disorder (PTSD)
National Institute of Mental Health Minority Dissertation Grant
National Institute of Mental Health (NIMH): R36 MH015383
PI (\$62,875)
The goal of this study was to examine the role of social support from interpersonal relationships in buffering PTSD development after a severe motor vehicle accident.
- 2007-2012 D-Cycloserine (DCS) Enhancement of Exposure in Social Anxiety Disorder (SAD)
NIMH R01 MH075899
PI: Mark H. Pollack, MD
Co-Investigator; Study Therapist

The goal of this study was to assess the efficacy of DCS augmentation of cognitive behavioral therapy (CBT) for the treatment of SAD. My role as a study therapist was to run group CBT sessions for SAD patients.

- 2008-2013 Exposure, D-Cycloserine (DCS) Enhancement, and Genetic Modulators in Panic Disorder
NIMH R01 MH081130
PI: Mark H. Pollack, MD
Co-Investigator; Study Therapist
The goal of this study was to assess the efficacy of DCS augmentation of cognitive behavioral therapy (CBT) for the treatment of Panic Disorder. My role as a study therapist was to conduct individual CBT sessions with Panic Disorder patients.
- 2009 Relationship between Perceived Social Support and Body Dysmorphic Symptom Severity
Psi Chi Undergraduate Summer Research Grant: Sponsoring Faculty
Faculty Mentor (\$1500)
The goal of this study was to examine the differing relationship between social support and body dysmorphic symptom severity for men and women with this disorder.
- 2009-2012 Optimizing Treatment for Complicated Grief
NIMH R01 MH085308-01
PI: Naomi Simon, MD, MSc
Co-Investigator; Study Therapist
The goal of this randomized study was to examine the response to antidepressant medication administered with or without Complicated Grief Therapy, a targeted psychotherapy for bereaved individuals with complicated grief.
- 2010-2012 Randomized Trial of Sertraline, Prolonged Exposure, and their Combination for Posttraumatic Stress Disorder (PTSD) in Operation Enduring Freedom (OEF)/Operation Iraqi Freedom (OIF)
Department of Defense (DOD): W81XWH-11-1-0073
Site PI: Naomi Simon, MD, MSc
Co-Investigator; Study Therapist
The goal of this four-site randomized study -was to examine the comparative efficacy of Prolonged Exposure Therapy (PE), sertraline pharmacotherapy, and the combination of PE and sertraline for the treatment of combat-related PTSD in OEF/OIF veterans.
- 2010-2011 D-Cycloserine Enhancement of Exposure in Social Phobia
NIMH R01 MH075899-03S2 PI of the Supplement (\$137,985)
NIMH R01 MH075899; PI of original grant: Mark H. Pollack, MD
The goal of the supplement was to examine ethnic issues in Social Phobia in order to develop ethnic sensitive interventions for Hispanics diagnosed with Social Phobia.

- 2011-2015 Creating a Teaching Program for Evidence-Based Therapy for Posttraumatic Stress Disorder (PTSD) in Community Mental Health: Bridging the Science-Practice Gap
Multicultural Affairs Office/Executive Committee on Research (ECOR) Massachusetts General Hospital
PI (\$120,000)
The core aim of the proposed teaching plan was to bridge the science-practice gap by creating a community participatory teaching program that is designed to teach an empirically-based treatment, namely Cognitive Processing Therapy (CPT), to clinicians who are actively treating patients diagnosed with posttraumatic stress disorder (PTSD) at the MGH-Chelsea Community Mental Health Center (MGH Chelsea).
- 2012-2017 Implementation of Cognitive Processing Therapy for Posttraumatic Stress Disorder (PTSD) in Diverse Communities
NIMH K23 MH096029-01A1
PI (\$928,734)
The aims of this study are to identify and assess the barriers to implementation of evidence-based treatments (EBTs) in community mental health clinics, to initiate and implement a pilot training program of Cognitive Processing Therapy (CPT) for community mental health workers, and to revise the existing CPT manual for community settings.
- 2013- 2015 Predictors of Type of Treatment Received and Duration of Treatment for Adults with Posttraumatic Stress Disorder
PI
This study, using data from the Pregnancy Risk Assessment Monitoring System, evaluates Using data from the Partner’s Research Patient Data Registry (RPDR), the purpose of this project is to evaluate predictors of types of treatment received and duration of treatment for patients presenting with posttraumatic stress disorder in the Partner’s Healthcare System.
- 2014- 2015 Relationship Between Race/Ethnicity and Mental Health in the Nationally-Representative Collaborative Psychiatric Epidemiologic Surveys (CPES)
PI
This study is designed to conduct secondary data analyses. Specifically, the purpose of these analyses, based in the nationally-representative Collaborative Psychiatric Epidemiologic Surveys (CPES), is to elucidate the complex relationships between race/ethnicity and mental health outcomes. Specific projects have focused on the role of race/ethnicity in modifying the association between posttraumatic stress disorder and chronic illnesses, racial/ethnic and socioeconomic predictors of unmet treatment need among adults with posttraumatic stress disorder and the association of residential segregation with mental health among Latinos.
- 2014-2015 Syndemics Underlying Risk of Mental Distress Among Latinos in the Behavioral Risk Factor Surveillance System

PI

Using data from the national Behavioral Risk Factor Surveillance System (BRFSS), the major goal of this study is to evaluate how risk factors for mental distress interact synergistically to create an inordinate burden of mental distress, focused on the Latino population.

2014-2015 The Role of Stress During Pregnancy in Mediating the Relationship Between Race/Ethnicity and Preterm Birth

PI

This study, using data from the Pregnancy Risk Assessment Monitoring System, evaluates whether inequities in exposure to stressors during pregnancy may explain a portion of the high risk of preterm birth observed among African American women as compared to non-Latino white women.

2014-2015 The Syndemic Effect of Multiple Psychosocial Problems on Preventive Care and Cancer Screening among Latinos in the Behavioral Risk Factor Surveillance System

PI

The Behavioral Risk Factor Surveillance System (BRFSS) is the nation's premier system of health-related telephone surveys that collect state data about U.S. residents regarding their health-related risk behaviors, chronic health conditions, and use of preventive services.

This study utilizes BRFSS data to test the syndemic (e.g., co-occurring and mutually enhancing) effect of interpersonal violence victimization, mental illness stigma, and problematic alcohol use on preventive care and cancer screening behaviors among Latinos.

2014-2016 Creating a Training Program for First Responders and Service Professionals Working with Veterans with Posttraumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI)

Attorney General's Office

PI: Naomi Simon, MD, MSc

Implementation Consultant (\$1,230,822)

The aim of this teaching project is to work with patient care and rehabilitation service professionals and first responders to improve the identification, care, and referral of returning veterans and military families affected by the invisible wounds of war, including untreated or undertreated posttraumatic stress disorder, depression, substance use disorders, suicidality, and resultant impairments in relationships, functioning, social isolation, and quality of life.

2014-2017 Implementation of a New Cognitive-Behavioral Program for Young Men at High-Risk for Incarceration.

Laura and John Arnold Foundation

PI (\$880,000)

The Arnold Foundation focuses on strong research methodologies when inviting grant applications. The foundation is very competitive when it comes to awarding grants

within the criminal justice field. Although the Arnold Foundation funds mostly randomized control trials, they decided to fund this project given its innovative nature combined with strong mixed methods methodology. Specifically, this project leverages an ongoing community-academic partnership between MGH and Roca, Inc. Roca is a community-based organization that serves young men at high risk of incarceration (Ages 18-24). The aims of the project include the development and iterative pilot testing of a novel Cognitive Behavioral Therapy (CBT) intervention aimed at improving emotion regulation and problem-solving skills. We hypothesize that improvement in these domains will result in reduced rates of recidivism and improvements in sustained employment. This project is also the first to test a novel delivery strategy that employs non-mental health specialists as providers of CBT through both formal and informal teaching.

- 2016-2018 Transdiagnostic Approaches to Facilitate Sustainable Implementation of Evidence-Based Mental Health Treatment in Safety Net Settings
Evans Center for Implementation and Improvement Sciences
PI (\$8,549)
The Center for Implementation and Improvement Sciences (CIIS) is a methodological hub for the scientific evaluation of efforts to improve healthcare delivery that integrates key components of implementation and improvement sciences with a focus on care within safety net systems. This project leverages ongoing community-academic partnerships by forming a collaboration between Massachusetts General Hospital, Boston University, and Boston Healthcare for the Homeless (BHCHP). BHCHP is community-based organization that aims to provide and assure access to the highest quality health care for Boston's homeless men, women, and children.
The aims of the project are to identify, assess, and address the organizational social context and the characteristics of patients at BHCHP, to conduct a pilot investigation of the feasibility and acceptability of an evidence-based mental health treatment (the Unified Protocol), and to identify methods for scaling implementation of appropriate EBTs in safety-net settings.
- 2017 Development of a Sustainable Training and Consultation Program for CBT at Roca, Inc. Laura and John Arnold Foundation
PI (\$70,656)
This study aims to provide a framework for Roca, Inc. to sustainably train their staff in their novel cognitive-behavioral curriculum for use with their young men participants who are at risk of reincarceration. The study will evaluate knowledge pre- and post-training to determine the effectiveness of the training program and will yield recommendations for sustainability.
- 2017-2018 Adaptation and Implementation of a Novel Cognitive-Behavioral Program for High-Risk Young Mothers
Philanthropy
PI (\$31,740)

This study uses an innovative cognitive-behavioral program originally designed for use with young men at risk of reincarceration and aims to adapt the program to high-risk young mothers. A working group with participants and staff from the young mother's program at Roca, Inc. will inform the intervention adaptation, which will subsequently be delivered by paraprofessionals.

2019 Engagement Period with Charlestown High School to Introduce Cognitive Behavioral Strategies
Shah Family Foundation
PI (\$252,826.91)
The award supported an engagement period with Charlestown High School (CHS) with the purpose to understand the feasibility of utilizing Cognitive Behavioral Strategies (CBS) as a way to address the social and emotional needs of the staff and students at CHS. In addition, the engagement period aimed to inform an optimal implementation design that would ultimately lead to a full saturation of CBS at CHS such that every individual in the building would be trained in CBS.

Current

2017-2021 Leveraging Routine Clinical Materials and Mobile Technology to Assess CBT Quality
NIMH 1 R01 MH112628-01
PI: Shannon Wiltsey-Stirman, PhD
Site PI (\$194,403)
This grant proposes to investigate optimal strategies to support the sustainment of Evidence-Based Psychotherapies (EBPs) across public-sector mental health care settings by assessing a variety of key implementation outcomes, including patient-level outcomes, as well as the budget impact of the strategies and the mechanisms by which they impact patient outcomes. It will produce reliable data on both long-term fidelity and the types of adaptations made by clinicians under different conditions.

2019-2022 Cognitive-Behavioral Strategies (CBS) for Youth Development Organizations: Strengthening Organizational Capacity
Dalio Foundation, Inc.
PI (\$1,626,000)
The project's core objective is to strengthen the capacity of the three Connecticut Opportunity Project partners to deliver their services with excellence by providing the organizations' staff an evidence-based training and coaching program on how to deliver emotion regulation strategies that have been shown to be effective, can be delivered by youth development professionals, and sufficiently address the complex social-emotional needs of the youth they serve. The project will deliver an open source evidence-based curriculum to target emotion dysregulation among disengaged and disconnected youth designed to be delivered by youth development professionals. The project will develop and refine a tailored evidence-based training and coaching program to build capacity for youth development professionals so that they are equipped to deliver CBS with excellence.

2019-2024

Does Treating Young Persons Psychopathy Prevent the Onset of Opioid and other Substance Use Disorders?

NIH 1UG3DA050252-01

PI: Timothy Wilens, M.D.

Co-I (\$4,175,613)

The main aims of this study are to implement a pragmatic set of office-based instrumentation using patient related outcome measures linked to electronic health records (EPIC) for intake and follow-up assessments to evaluate psychopathology, OUD, nicotine and other SUDs-as well as the cost-effectiveness of these interventions. We plan to study young people aged 16-30 years old who are receiving treatment naturalistically as part of their routine clinical care in behavioral health outpatient settings. We aim to compare those with higher- relative to lower-treatment exposure for up to 3.5 years to examine the effects of pharmacotherapy, psychosocial treatments, and their combination on the later development of OUD, nicotine and other SUDs in young people. Using identical methodology, in outpatient SUD treatment settings, we also plan to examine similar age patients with non-opioid SUD to examine the impact of treatment in mitigating the development of OUD. We also aim to examine important mediators and moderators of psychosocial factors and treatment response on later OUD, nicotine and other SUDs. Data derived from this study will help inform clinical guidelines, public health policy, and provide important secondary outcomes for further work on the prevention of OUD, nicotine and SUD in relation to early-onset psychopathology.

2020-2025 Evaluation for Impact: Testing Innovation Implementation Models for the Access to Care Crisis in Mental Health

MGH Research Scholars Program Award

PI (\$500,000)

This grant proposes to increase access to evidence-based treatments (EBTs) for mental health by equipping paraprofessionals to deliver EBTs with fidelity through evidence-based training and coaching and by developing innovative implementation models for scaling-up sustainable EBTs within community organizations.

Mentored Trainee Grants

2019-2023 Bridging the Science-Practice Gap by Creating a Community Participatory Teaching Program

MGH Clinician-Teacher Development Award

Mentor of Soo Jeong Youn, PhD

The aim of this proposal is to bridge this science-practice gap by creating a community participatory teaching program that will train teachers working in inner-city high schools to better utilize cognitive behavioral strategies to serve the mental health needs of their students.

Unfunded Projects

Current

2017- A Qualitative Investigation of the Need for and Barriers and Facilitators to Implementing Evidence-Based Mental Health Interventions in Monterrey, Mexico
PI
This study aims to investigate the need for evidence-based mental health interventions in Mexico, determine the training needs of local providers, and examine the barriers and facilitators to implementing mental health interventions and training programs in Mexico. In addition, the goal of this study is to build research capacity at the Universidad de Monterrey (UDEM).

Submitted

2019 Improving Parenting, Attachment, and Child Outcomes with In-home Treatment for Postpartum Mothers with Posttraumatic Stress Disorder
Consultant
This grant proposes to determine the effectiveness of trauma-focused treatment (CPT) in postpartum mothers with Posttraumatic Stress Disorder (PTSD) as a means of reducing maternal PTSD as well as child risk. The proposed research will be the first to examine in-home trauma-focused PTSD treatment as a target for improved parenting and child outcomes in postpartum mothers.

Report of Local Teaching and Training

Teaching of Students in Courses

2005-2006	Couples Therapy and Research Undergraduate Students	SUNY at Buffalo, NY 3 hrs/week for 12 weeks
2009	Abnormal Psychology Undergraduate Students	Simmons College, Boston, MA 3 hrs/week for 12 weeks
2015	Introduction to Cognitive Behavioral Therapy Masters-level Students	Universidad de Monterrey, Monterrey, Mexico 15 hrs/week for 2 weeks
2016	Evidence-Based Protocols: A Focus on Trauma Masters-level Students	Universidad de Monterrey, Monterrey, Mexico 15 hrs/week for 2 weeks
2018	Evidence-Based Protocols Across Anxiety Disorders Masters-level Students	Universidad de Monterrey, Monterrey, Mexico 15 hrs/week for 2 weeks

Formal Teaching of Residents, Clinical Fellows, and Research Fellows (post-docs)

2007-2009	Multicultural Seminar; Lectures on Multicultural Psychology Topics 4-8 Clinical Psychology interns	Massachusetts General Hospital 4-6 hours/year
2008-2009	Cognitive Behavioral Therapy for Tourette Syndrome (TS); Lectures on CBT for TS 2 Clinical Psychology interns	Massachusetts General Hospital 4-6 hours/year
2008-2013	Cognitive Behavioral Therapy for Individuals with Panic Disorder 4-8 Clinical Psychology interns	Massachusetts General Hospital 1 hour/year
2008-2015	Cognitive Behavioral Therapy for Individuals with Posttraumatic Stress Disorder 4-8 Clinical Psychology interns	Massachusetts General Hospital 1 hour/year
2013-2015	Developed Cognitive Behavioral Therapy (CBT) curriculum for trainees on basics of CBT and CBT for specific disorders including PTSD, Generalized Anxiety Disorder, Depression, Social Phobia, etc. 4 Social Work interns, 2 Clinical Psychology practicum students	MGH Chelsea HealthCare Center Massachusetts General Hospital 60 hours/year
2014-2015	Cognitive Processing Therapy (CPT) for Individuals with Posttraumatic Stress Disorder Trainer of 1 Clinical Fellow, 4 Clinical Psychology interns, 3 Social Work interns	MGH Chelsea HealthCare Center Massachusetts General Hospital 26 hours/year
2014-2015	Cognitive Processing Therapy (CPT) for Posttraumatic Stress Disorder Clinical Supervisor of clinical psychology practicum students and social work interns using CPT	MGH Chelsea HealthCare Center Massachusetts General Hospital 75 hours/year
2014-2015	Developed a year-long cognitive behavioral therapy (CBT) for social work interns and clinical psychology practicum students at MGH Chelsea Clinical Supervisor of clinical psychology practicum students and social work interns	MGH Chelsea HealthCare Center Massachusetts General Hospital 25 hours/year
2014-	Established a new course for psychiatry residents focused on trauma in community settings (PGY 2 – 4)	Department of Psychiatry Massachusetts General Hospital 3 hour/year

Clinical Supervisory and Training Responsibilities

2009-	Cognitive Behavioral Program	3 hours/week
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Clinical Supervisor / Massachusetts General Hospital (MGH)

2013-2017	Cognitive Processing Therapy for Posttraumatic Stress Disorder Clinical Consultant of Community Mental Health Workers / MGH Chelsea HealthCare Center	10 hours/week
2014-2017	Evidence-based Interventions for Treating Complicated Grief, Social Phobia, and Panic Disorder / MGH Chelsea HealthCare Center	1 hour/week
2014-	Research and clinical supervision of post-doctoral fellows / Community Psychiatry Program for Research in Implementation and Dissemination of Evidence-Based Treatments (PRIDE)	6 hours/week
2015-2016	Supervision of biostatistician / Community Psychiatry Program for Research in Implementation and Dissemination of Evidence-Based Treatments (PRIDE)	1 hour/week

Mentored Trainees and Faculty

2007-2009	Angela Fang, PhD / Assistant Professor, Harvard Medical School; Assistant in Psychology, Massachusetts General Hospital Career stage: research coordinator at the OCD and Related Disorders Clinic, MGH. Mentoring role: clinical and research advisor. Accomplishments: authorship on three published manuscripts.
2008-2010	Hilary Weingarden, PhD/ Staff Psychologist in the OCD and Related Disorders Program, Massachusetts General Hospital Career stage: undergraduate psychology intern at MGH. Mentoring role: clinical and research advisor, primary mentor for undergraduate thesis, consultant for F31 grant (1F31MH100845-01A1). Accomplishments: co-author of six manuscripts.
2009-	Nicole LeBlanc, PhD / Clinical Fellow in Psychiatry, MGH/HMS Career stage: undergraduate psychology student at Tufts University, doctoral student at Harvard University, clinical psychology internship. Mentoring role: thesis advisor, clinical and research advisor. Accomplishments: co-author of twelve manuscripts.
2009-2015, 2019-	Donald J. Robinaugh, PhD / Assistant Professor in the Department of Psychiatry, MGH/HMS Career stage: clinical psychology practicum student, early career development. Mentoring role: clinical and research advisor. Accomplishments: authorship on nine manuscripts.

- 2010-2011 Meghan E. Keough, PhD / Clinical Instructor, Department of Psychiatry and Behavioral Sciences, University of Washington School of Medicine
Career stage: clinical psychology fellow at the Center for Anxiety and Traumatic Stress Disorders, MGH/HMS. Mentoring role: clinical mentor.
- 2010-2013 Steffany Fredman, PhD / Assistant Professor at The Pennsylvania State University
Career stage: early career development at the Center for Anxiety and Traumatic Stress Disorders at MGH. Mentoring role: clinical supervisor, career development mentor.
Accomplishments: authorship on one manuscript.
- 2011-2012 Kristen K. Ellard, PhD / Clinical Fellow in Psychology (Psychiatry), Massachusetts General Hospital/Harvard Medical School
Career stage: clinical psychology fellow at the Center for Anxiety and Traumatic Stress Disorders, MGH/HMS. Mentoring role: clinical mentor.
- 2012- 2015 Louise Dixon, MA / Graduate Student (PhD), University of California, Los Angeles
Career stage: undergraduate psychology intern, research coordinator a Community Psychiatry PRIDE, MGH. Mentoring role: research mentor, mentor for graduate school applications. Accomplishments: co-author of six publications.
- 2013-2014 Lauren Hallion, PhD / Assistant Professor, Department of Psychology, University of Pittsburg
Career stage: practicum student at the Center for Anxiety and Traumatic Stress Disorders, MGH/HMS. Mentoring role: clinical mentor.
- 2013-2014 Peter Marcus, PsyD / Instructor, Harvard Medical School; Staff Psychologist, Massachusetts General Hospital
Career stage: postdoctoral fellow, MGH Chelsea HealthCare Center. Mentoring role: clinical and research advisor.
- 2013-2014 Alex Keuroghlian, MD / Assistant Professor of Psychiatry, Harvard Medical School
Career stage: psychiatry resident at MGH Chelsea HealthCare Center. Mentoring role: clinical and research advisor.
- 2014 Manisha Salinas, Dr.P.H. / Lecturer in Sociology, Sonoma State University
Career stage: volunteer research assistant at Community Psychiatry PRIDE, MGH.
Mentoring role: research advisor. Accomplishments: co-author of one publication.
- 2014-2015 Christy Denckla, PhD / Postdoctoral Fellow, Harvard T.H. Chan School of Public Health
Career stage: postdoctoral fellow at the Department of Psychiatry, MGH/HMS.
Mentoring role: clinical and research advisor.
- 2014- 2016 Andrea Spencer, MD / Instructor of Medicine, Boston University School of Medicine
Career stage: Louis V. Gerstner III Research Scholar at MGH Chelsea Healthcare Center.
Mentoring role: research advisor.

- 2014-2017 Sarah Valentine, PhD / Assistant Professor in Psychiatry, Boston University School of Medicine
Career stage: postdoctoral fellow at Community Psychiatry PRIDE, MGH/HMS/MGH Chelsea HealthCare Center. Mentoring role: clinical and research advisor.
Accomplishments: co-author of twelve manuscripts.
- 2015-2016 Monica Gerber, MPH / Statistical Research Associate, Fred Hutch
Career stage: biostatistician at Community Psychiatry PRIDE, MGH. Mentoring role: research mentor. Accomplishments: co-author of six manuscripts.
- 2015-2016 Carrie Nobles, PhD / Doctoral Fellow, Eunice Kennedy Shriver National Institute of Child Health and Human Development
Career stage: postdoctoral fellow at Community Psychiatry PRIDE, MGH/HMS.
Mentoring role: research advisor. Accomplishments: co-author of seven manuscripts.
- 2016-2018 Emily Ahles, BA / Graduate Student (PsyD), University of Indianapolis
Career stage: clinical research coordinator at Community Psychiatry PRIDE, MGH.
Mentoring role: research advisor, mentor for graduate school applications.
Accomplishments: co-author of four publications.
- 2016-2018 Allyson Blackburn, BA / Graduate Student (PhD), University of Illinois at Urbana-Champaign
Career stage: undergraduate research intern at Community Psychiatry PRIDE, MGH.
Mentoring role: research advisor, thesis advisor. Accomplishments: completion of honors thesis, Tufts University.
- 2016-2017 Kyle Yuan, BA / Graduate Student (PsyD), Yeshiva University
Career stage: undergraduate research intern at Community Psychiatry PRIDE, MGH.
Mentoring role: research advisor.
- 2016-2018 Marina Rakhilin, BA / Clinical Research Coordinator, Dauten Family Center for Bipolar Treatment and Innovation at Massachusetts General Hospital
Career stage: undergraduate research intern at Community Psychiatry PRIDE, MGH.
Mentoring role: research advisor.
- 2017-2018 Claudia Robles-Gil, BA / Undergraduate Research Assistant, Community Psychiatry PRIDE at Massachusetts General Hospital
Career stage: undergraduate research intern at Community Psychiatry PRIDE, MGH.
Mentoring role: research advisor, thesis advisor. Accomplishments: completion of honors thesis, Tufts University.
- 2017- Soo Jeong Youn, PhD / Instructor, Massachusetts General Hospital/Harvard Medical School
Career stage: postdoctoral fellow, early career faculty at Community Psychiatry PRIDE, MGH/HMS. Mentoring role: clinical and research advisor. Accomplishments: co-author of three manuscripts.
- 2017-2018 Haley Carroll, PhD / Independent Licensed Clinical Psychologist

- Career stage: clinical psychology intern at MGH/HMS. Mentoring role: research advisor.
- 2017-2019 Yesenia Aguilar Silvan, BA / Lab Manager at the Culture and Anxiety Lab for Mental Health Advances, University of California, Los Angeles
Career stage: clinical research coordinator at Community Psychiatry PRIDE, MGH.
Mentoring role: research advisor, mentor for graduate school applications.
Accomplishments: co-author of seven publications.
- 2018 Meghana Nallajerla, BA / Undergraduate Fellowship Recipient, Active Minds' Emerging Scholars Fellowship Program
Career Stage: Emerging Scholars fellow. Mentoring role: National Program Mentor.
- 2018- Alisha Pollastri, PhD / Director of Research and Evaluation at Think:Kids, MGH/HMS
Career stage: professional development for directorial position at Think-Kids. Mentoring role: research advisor and collaborator
- 2018- Amanda Baker, PhD / Staff Psychologist, Center for Anxiety and Traumatic Stress Disorders (CATSD)
Career stage: staff psychologist at the CATSD, MGH/HMS. Mentoring role: clinical and research advisor. Accomplishments: co-author of one manuscript.
- 2018- Eric Bui, MD, PhD / Staff Psychiatrist, Center for Anxiety and Traumatic Stress Disorders (CATSD)
Career stage: staff psychiatrist at CATSD, MGH/HMS. Mentoring role: clinical and research advisor. Accomplishments: co-author of five manuscripts.
- 2018- Jonah Cohen, PhD / Staff Psychologist, Center for Anxiety and Traumatic Stress Disorders (CATSD)
Career stage: staff psychologist at CATSD, MGH/HMS. Mentoring role: clinical and research advisor.
- 2018-2019 Ryan J. Jacoby, PhD / Instructor in Psychology, Department of Psychiatry at MGH
Career stage: clinical psychology intern in the Cognitive Behavioral Track at MGH.
- 2018-2019 Shelley Kind / Graduate Student (PhD), Suffolk University
Career stage: practicum student at Center for Anxiety and Traumatic Stress Disorders, MGH/HMS. Mentoring role: clinical mentor.
- 2019- Kimberlye Dean, PhD / Clinical Research Fellow, Community Psychiatry PRIDE at MGH/HMS
Career stage: postdoctoral fellow. Mentoring role; clinical and research advisor.

Formal Teaching of Peers

Those presentations below sponsored by outside entities are so noted and the sponsor is identified.

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|------|---|--|
| 2007 | Cognitive Behavior Therapy for Panic Disorder | Single Presentation as Invited Speaker |
|------|---|--|

	Continuing Medical Education Course Psychiatry Academy	Boston, MA
2008	Cognitive Behavior Therapy for Hypochondriasis Continuing Medical Education Course Psychiatry Academy	Single Presentation as Invited Speaker Boston, MA
2013	Cultural Considerations in Anxiety Treatment Continuing Medical Education Course Harvard Medical School	Single Presentation as Invited Speaker Boston, MA
2016	Improving Healthcare Services in Resource- Restricted Settings Continuing Medical Education Course Harvard Medical School	Single Presentation as Invited Speaker Boston, MA

Local Invited Presentations

No presentations below were sponsored by outside entities.

2007	“Cognitive Behavioral Therapy for Panic Disorder and Panic Disorder with Agoraphobia” / Invited Lecturer Massachusetts General Hospital Psychiatry Academy; Boston, MA
2008	“Cognitive Behavioral Therapy for Hypochondriasis” / Invited Lecturer Massachusetts General Hospital Psychiatry Academy; Boston, MA
2008	“Behavioral Therapy for Obsessive Compulsive Disorder and Posttraumatic Stress Disorder” / Invited Lecture Tufts University; Boston, MA
2009	“Managing Acute Trauma Reactions” / Invited Lecturer Grand Rounds, Massachusetts General Hospital Psychiatry Academy; Boston, MA
2009	“Adapting Cognitive Behavioral Therapy for Ethnic Minorities with Body Dysmorphic Disorder” / Invited Lecturer Massachusetts General Hospital Psychiatry Academy; Boston MA
2011	“Complicated Grief: What is it and what can be done to help?” / Invited Lecturer Massachusetts General Hospital Charlestown; Charlestown, MA
2011	“Psychotherapeutic Approaches to Trauma”/ Invited Speaker Massachusetts General Hospital Psychiatry Academy; Boston, MA

- 2012 “Dissemination of Cognitive Behavioral Interventions for Posttraumatic Stress Disorder (PTSD): Key Principles and Strategies for Integration into Practice” / Invited Lecturer
Grand Rounds, Massachusetts General Hospital Psychiatry Academy; Boston, MA
- 2013 “Barriers and Facilitators to Implementation of Empirically Supported Treatments in the Community: A Focus on Posttraumatic Stress Disorder (PTSD)” / Symposium
Speaker
Massachusetts General Hospital Public and Community Psychiatry Symposium;
Boston, MA
- 2013 “Recent Advances in Cognitive Behavioral Therapy for Generalized Anxiety Disorder, Social Anxiety Disorder and Panic Disorder” / Invited Speaker
Massachusetts General Hospital Psychiatry Academy; Boston, MA
- 2013 “Identifying and Managing Posttraumatic Stress in the Wake of the Boston Marathon Bombings: A Focus on Psychological First Aid” / Invited Speaker
Massachusetts General Hospital Psychiatry Academy; Boston, MA
- 2013 “Identifying and Managing Acute Stress Disorder in the Wake of the Boston Marathon Bombings” / Invited Speaker
Massachusetts General Hospital Psychiatry Academy; Boston, MA
- 2013 “Identifying and Managing Posttraumatic Stress Disorder (PTSD) in the Wake of the Boston Marathon Bombings” / Invited Speaker
Massachusetts General Hospital Psychiatry Academy; Boston, MA
- 2013 “Posttraumatic Stress Disorder Diagnosis Training” / Invited Speaker
Massachusetts General Hospital Chelsea HealthCare Center; Chelsea, MA
- 2014 “Introduction to Community Trauma” / Invited Speaker
Department of Psychiatry, Massachusetts General Hospital; Boston, MA
- 2015 “Cultural Considerations in Anxiety Treatment” / Invited Speaker
Department of Clinical Psychology, Tufts University; Medford, MA
- 2015 Cognitive Behavioral Therapy for PTSD: A Prime/Invited Speaker
Department of Psychiatry, Massachusetts General Hospital; Boston, MA
- 2015 Implementation of EBTs for Trauma in Community Settings/Invited Speaker
Department of Psychiatry, Massachusetts General Hospital; Boston, MA
- 2016 “Getting Evidence-Based Treatments for PTSD into Community Settings” /

Grand Rounds Presenter

Department of Psychiatry Grand Rounds, Massachusetts General Hospital; Boston, MA

- 2018 “From the Ivory Tower to the Streets: Utilizing Implementation Science to Bridge the Gap” / Keynote Speaker
Massachusetts General Hospital Community Research Day; Chelsea, MA
- 2018 “Achieving Excellence in Research and Clinical Care in Resource-Restricted Settings: Lessons from Implementation Science”/ Invited Speaker
Career Advancement and Leadership Skills for Women in Healthcare; Boston, MA
- 2018 “Getting Results in High Stakes Conversations: How to Apply Cognitive Behavioral Strategies to Enhance Your Ability to Communicate as a Leader” / Workshop Leader
Career Advancement and Leadership Skills for Women in Healthcare; Boston, MA
- 2019 “Bridging the science-practice gap in mental health treatment” / Invited Speaker
Massachusetts General Hospital Charlestown HealthCare Center; Boston, MA
- 2019 “Innovation through Implementation”/ Invited Speaker
Massachusetts General Hospital Center for Community Health Improvement; Boston, MA
- 2020 “Cognitive Behavioral Strategies to Manage Anxiety: Tools to Build Resilience”/
Grand Rounds Presenter
Department of Psychiatry Grand Rounds, Massachusetts General Hospital; Boston, MA
- 2020 “Regulating Emotions & Building Resiliency in the Face of a Pandemic” / Presenter
Harvard Medical School Webinar Series; Boston, MA
- 2020 “Coping with the Stress of Corona Virus”/ Presenter
Harvard Medical School COVID-19 Live Webinar; Boston, MA
- 2020 “Coping with the Stress of Corona Virus: A Focus on Disparities Related to Women and Minorities”/Presenter
Harvard Medical School Joint Committee on the Status of Women; Boston, MA

Report of Regional, National, and International Invited Teaching and Presentations

Invited Presentations and Courses

No presentations below were sponsored by outside entities.

Regional

2019 “Bridging the science-practice gap in mental health through community partnerships” /
Invited Speaker
Chelsea Counseling Center, North Suffolk Mental Health Association; Chelsea, MA

2019 “How to Make Anxiety Your Best Friend”/ Invited Speaker
National Alliance on Mental Illness; Cambridge, MA

National

2008 “Cognitive and Behavioral Therapy for Body Dysmorphic Disorder” / Symposium
Speaker
Annual Meeting of the American Psychological Association; Boston, MA

2009 “Prevalence, Correlates of Impairment, and Service Utilization for Ethnic Minorities
with
Eating Disorders compared to Non-Latino Whites” / Invited Speaker
National Latino and Asian American Study (NLAAS) II Meeting; Boston, MA

2009 “Latest Advances in Our Understanding of the Nature and Treatment of Body
Dysmorphic Disorder” / Symposium Chair and Speaker
Obsessive Compulsive Foundation 16th Annual Conference; Minneapolis, MN

2009 “Barriers to Treatment Among Individuals with Obsessive-Compulsive and Body
Dysmorphic Symptoms: Does Ethnicity Matter?” / Symposium Chair and Speaker
Obsessive Compulsive Foundation 16th Annual Conference; Minneapolis, MN

2009 “Body Dysmorphic Disorder: Informational Processing, Cultural Influences, and
Treatment” / Symposium Chair and Speaker
Convention of the Association of Behavioral and Cognitive Therapies 43rd Annual
Conference; New York, NY

2009 “Emotion Regulation in Anxiety Disorders: Affect, Cognition, and Emotions” /
Symposium Chair and Speaker
Anxiety Disorders Association of America Annual Conference; Albuquerque, NM.

2010 “This stinks!”: The Phenomenology and Course of Olfactory Reference Syndrome /
Symposium Speaker
Obsessive Compulsive Foundation Annual Conference; Washington, DC

2010 “Barriers to Treatment Utilization and Research Participation Amongst Ethnic
Minorities with Anxiety Disorders” / Symposium Chair and Speaker
Anxiety Disorders Association of America Annual Conference; Baltimore, MD

- 2010 “Cultural Considerations in Anxiety Disorders: Service Utilization and Treatment” /
Symposium Chair and Speaker
Anxiety Disorders Association of America Annual Conference; Baltimore, MD
- 2010 “Implementation of Prolonged Exposure (PE) for PTSD in Community Settings:
Challenges and Opportunities” / Clinical Round Table Panelist
Anxiety Disorders Association of America Annual Conference; Baltimore, MD
- 2011 “But Words Will Never Hurt Me? The Impact of Microaggression on Mental Health
and Health-Risk Behaviors” / Symposium Speaker
Association of Behavioral and Cognitive Therapies Annual Conference; Toronto, ON
- 2012 “Dyadic Communication Style Predicts Posttraumatic Stress Disorder (PTSD)
Symptom Severity Following MVA” / Symposium Speaker
Association of Behavioral and Cognitive Therapies Annual Conference; National
Harbor, MD
- 2012 “Efficacy of D-Cycloserine Augmentation of Cognitive Behavioral Group Therapy
(CBT) in Generalized Social Anxiety Disorder (GSAD)” / Symposium Speaker
Anxiety and Depression Association of America Annual Conference; Arlington, VA
- 2012 “Complicated Grief symptoms in Anxiety Disorder Patients: Prevalence and Associated
Impairment” / Symposium Speaker
Anxiety and Depression Association of America Annual Conference; Arlington, VA
- 2012 “Cognitive Processing Therapy with Diverse Populations: Basic Principles and
Adaptations to Support Novel Applications” / Symposium Speaker
Association of Behavioral and Cognitive Therapies 46th Annual Conference; National
Harbor, MD
- 2013 “Integrating Technology into Research” / Panel Chair
Anxiety and Depression Association of America Annual Conference; La Jolla, CA
- 2013 “How to Conduct Research and Deliver Treatment in the 21st Century: Experiences
from The Digital Realm” / Symposium Discussant
Anxiety and Depression Association of America Annual Conference; La Jolla, CA
- 2013 “Cognitive Processing Therapy in Diverse Populations: Barriers to Implementation” /
Invited Speaker
Cognitive Processing Therapy Training Workshop with Deb Kaysen, PhD; Seattle, WA

- 2014 “Barriers and Facilitators to the Implementation of CPT in Community Mental Health Clinics: Providers’ Perspectives” / Symposium Speaker
Anxiety and Depression Association of America Annual Conference; Chicago, IL
- 2014 “Implementation of Cognitive Processing Therapy (CPT) in Community Clinics: The Role of Provider Attitude” / Symposium Speaker
Anxiety and Depression Association of America Annual Conference; Chicago, IL
- 2014 “Integration of Care in Community Mental Health Clinics” / Panel Speaker
Anxiety and Depression Association of America Annual Conference; Chicago, IL
- 2014 “How Can Mobile, Connected Technologies Expand Treatment Opportunities for Anxiety Disorders?” / Panel Speaker
Anxiety and Depression Association of America Annual Conference; Chicago, IL
- 2015 “Bridging the Gap for Young Professionals” / Symposium Speaker
Anxiety and Depression of America Annual Conference; Miami, FL
- 2015 “Bridging the gap: Getting evidence-based treatments for PTSD into community settings”/ Grand Rounds Presenter
Department of Psychiatry Grand Rounds, Rush University Medical Center; Chicago, IL
- 2016 “Disseminating PTSD Treatments to Community Settings” / Grand Rounds Presenter
Department of Psychiatry, State University Of New York, Buffalo, NY
- 2016 “Delivering Cognitive-Processing Therapy in a Community Health Setting: The Influence of Latino Culture and Community Violence on Posttraumatic Cognitions” / Symposium Speaker
Anxiety and Depression Association of America Annual Conference; Philadelphia, PA
- 2016 “Supporting EBP Implementation in Routine Care: An Examination of Fidelity and Its Relationship to Clinical Outcomes” / Discussant
Anxiety and Depression Association of America Annual Conference; Philadelphia, PA
- 2016 “Going Off-Script: Modifications to Cognitive Processing Therapy (CPT) in a Community Health Clinic” / Symposium Speaker
The 9th Annual Conference on the Science of Dissemination and Implementation; Washington DC
- 2017 “Clinician Modifications to Evidence-Based Treatments: The “How, Why, and What’s Next?” of Changes to Treatment Protocols” / Symposium Speaker
Anxiety and Depression Association of America Annual Conference; San Francisco, CA

alongside the health workers at MGH Chelsea HealthCare Center to create a community-friendly CPT manual that could be implemented in a wide-range of clinical settings.

- 2013- The creators of Cognitive Processing Therapy (CPT) published a manual for Spanish-speaking clients. However, it was translated by Spanish academics who use high-level academic language. Additionally, the manual was not culturally appropriate. I worked to revise this manual to a community Spanish version that uses easy-to-understand language and considers Latino culture.
- 2014- There are significant challenges to implementing existing Cognitive Behavioral Therapy (CBT) interventions for high-risk young men in a community setting. Engaging and retaining high risk young men in behavioral health programming, due to stigma and reluctance to seek help, are most daunting. Accordingly, I developed an innovative CBT program explicitly in response to known implementation barriers and was developed iteratively using community-based participatory research strategies to ensure the fit of the program to the population and community setting.

Report of Education of Patients and Service to the Community

No activities below were sponsored by outside entities

Activities

- 2002-2006 Obsessive Compulsive Disorder (OCD) Support group
Co-Leader of group designed to educate family members of patients with OCD.
Buffalo General Hospital, Buffalo, NY
- 2009 Adapting Cognitive Behavioral Therapy (CBT) for Ethnic Minorities with
Body Dysmorphic Disorder (BDD)
Invited speaker for families and patients with Body Dysmorphic Disorder (BDD)
McLean Hospital, Belmont, MA
- 2011 Posttraumatic Stress Disorder (PTSD) Psychoeducation Groups
Group leader for providers and patients on psychoeducation of PTSD and other trauma-related disorders.
North Suffolk Mental Health Association, Chelsea, MA
- 2013 Trauma Psychoeducation Groups
Group leader for patients who have experienced or witnessed a traumatic event.
MGH Chelsea HealthCare Center, Chelsea, MA
- 2019 TEDx Emory / Invited Speaker
Presented “How to Make Anxiety your Best Friend” at an independently organized TED event
Emory University, Atlanta, GA

Educational Materials for Patients and the Lay Community

No educational materials below were sponsored by outside entities

2011	Tell Your “Mazeophobia” to Get Lost	Interviewee	NBC News
2012	Help for Anxiety: Treatments That Work	Contributor	Shared decision-making program, Health Dialog and Informed Medical Decisions Foundation
2013	Almost Anxious: Is My (or My Loved One’s) Worry or Distress a Problem?	Author	Marques L, Metcalf E. <i>Almost Anxious: Is My (Or My Loved One’s) Worry or Distress a Problem?</i> Center City, MN: Hazelden/Harvard Health Publications; 2013
2013	Book Signing: Almost Anxious	Guest Author	Harvard Coop
2013	Book Signing: Almost Anxious	Guest Author	Barnes & Nobles, Buffalo, NY
2013	When Depression and Anxiety Loom	News coverage of book	Harvard Gazette
2013	Dr. Luana Marques on Treating the Grey Area Between Worrying and Clinical Anxiety	Interviewee	Fox 25 News
2013	Almost Anxious	News coverage of book	Publishers Weekly
2013	Overcoming an Overwhelming Fear of Flying	Interviewee	WBUR Radio Boston
2013	Monkey Mind Anxiety	Interviewee	Right Turn Radio
2013	High Anxiety: How I (Sort of) Overcame My Fear of Flying	News coverage of clinical activities	WBUR CommonHealth
2013	Natural Ways to Fight Anxiety	Interviewee	Women’s Day

2013	About Health #276: Almost Anxious	News coverage of book	City of Boston.gov
2013	The Joy Cardin Show	Interviewee	Wisconsin Public Radio
2014	Doctor, Author Discusses Managing Social Anxiety in the New Year	Interviewee	Fox 25 News
2017	Take Your Traveling for Granted? Meet the People Who Can't.	Interviewee	Boston Globe
2017	I Have Social Anxiety but I Still Want an Invite to The Party	Interviewee	Refinery29
2017	Almost Anxious	Recognized as recommended self-help book	Association for Behavioral and Cognitive Therapies
2018	Do I have anxiety or worry: What's the difference?	Contributor	Harvard Health Blog
2018	Intensive CBT: How fast can I get better?	Contributor	Harvard Health Blog
2019	How to handle stress at work	Contributor	Harvard Health Blog
2019	I face a known risk from cancer and an undetermined risk from the scan used to detect it. Which is worse?	Interviewee	Washington Post
2020	How to Handle Coronavirus Anxiety	Interviewee	Ten Percent Happier Podcast
2020	Mindfulness during the coronavirus: Harvard professors tips to help lower anxiety	Interviewee	Good Morning America
2020	Quarentena: profissionais de saúde dão dicas para manter a saúde mental em tempos de coronavirus	Interviewee	TV Globo Brazil (Portuguese)

2020	How to handle Anxiety During a Pandemic	Interviewee	Bernie and Sid in the Morning, 77 WABC Radio
2020	Coping with Corona Virus Anxiety	Contributor	The Guardian
2020	I have clinical anxiety. If the coronavirus scares you, this might help	Contributor	The Globe Magazine
2020	Managing Anxiety COVID-19	Interviewee	Live with Astrid Fontenele
2020	Leadership and Management Amid Crisis	Interviewee	CNBC@Work Livestream
2020	Face the Nation	Interviewee	CBS
2020	O mínimo que você precisa saber para manter a sanidade	Interviewee	Vida Simples
2020	Práticas e técnicas para reduzir a ansiedade no isolamento	Interviewee	Claudia Magazine
2020	What we've learned about how remote work is changing us	Interviewee	CNBC
2020	Protecting Pets	Interviewee	Fuji Television
2020	“Corona depression” is increasing rapidly How to protect your mental health 7 points recommended by Harvard Associate Professor	Interviewee	Fuji Television
2020	Helping Communities Cope with the Stress of COVID-19	Interviewee	MGH Psychiatry

2020	Could you get PTSD from your pandemic experience? The long-term mental health effects of coronavirus	Interviewee	CNBC Make It
2020	When the Wave Comes: Evidence-Based Strategies to Help Frontline Health Care Workers Build Resilience During the COVID-19 Pandemic	Contributor	Anxiety and Depression Association of America

Report of Scholarship

Peer-Reviewed Publications in print or other media

Research investigations

1. Gudmundsdottir B, Beck JG, Coffey SF, **Marques L**, Palyo SA. Quality of life and post trauma symptomatology in motor vehicle accident survivors: the mediating effects of depression and anxiety. *Depress Anxiety* 2004; 20(4):187-189.
2. Beck JG, Coffey SF, Palyo SA, Gudmundsdottir B, **Marques L**, Colder CR. Psychometric properties of the Posttraumatic Cognitions Inventory (PTCI): a replication with motor vehicle accident survivors. *Psychol Assessment* 2004; 16(3):289-298.
3. Beck JG, Gudmundsdottir B, Palyo SA, **Marques L**, Grant DM. Rebound effects following deliberate thought suppression: does PTSD make a difference? *Behav Ther* 2006; 37(2):170-80.
4. Coffey SF, Gudmundsdottir B, Beck JG, Palyo SA, **Marques L**. Screening for PTSD in motor vehicle accident survivors using the PSS-SR and IES. *J Traum Stress* 2006; 19(1):119-128.
5. Beck JG, Grant DM, Read JP, Clapp JD, Coffey SF, **Marques L**, Palyo SA. The impact of Event Scale-Revised: psychometric properties in a sample of motor vehicle accident survivors. *J Anxiety Disord* 2008; 22(2):187-198.
6. Palyo SA, Clapp JD, Beck JG, Grant DM, **Marques L**. Unpacking the relationship between posttraumatic numbing and hyperarousal in a sample of motor vehicle accident survivors: replication and extension. *J Traum Stress* 2008; 21(2):235-238.
7. Grant DM, Beck JG, **Marques L**, Palyo SA, Clapp JD. The structure of distress following trauma: posttraumatic stress disorder, major depressive disorder, and generalized anxiety disorder. *J Abnorm Psychol* 2008; 117(3):662-672.

8. Chosak A, **Marques L**, Greenberg JL, Jenike E, Dougherty DD, Wilhelm S. Body dysmorphic disorder and obsessive-compulsive disorder: similarities, differences and the classification debate. *Expert Rev Neurother* 2008; 8(8):1209-1218.
9. **Marques L**, Kaufman RE, LeBeau RT, Moshier SJ, Otto MW, Pollack MH, Simon NM. A comparison of Emotional Approach Coping (EAC) between individuals with anxiety disorders and nonanxious controls. *CNS Neurosci Ther* 2009; 15(2):100-106.
10. Li Y, **Marques L**, Hinton DE, Wang Y, Xiao ZP. Symptom dimensions in Chinese patients with obsessive-compulsive disorder. *CNS Neurosci Ther* 2009; 15(3):276-282.
11. Chosak A, **Marques L**, Fama J, Renaud S, & Wilhelm, S. Cognitive therapy for OCD: A case illustration. *Cogn Behav Pract* 2009; 16:7-17.
12. **Marques L**, LeBlanc NJ, Weingarden HM, Timpano KR, Jenike M, Wilhelm S. Barriers to treatment and service utilization in an internet sample of individuals with obsessive-compulsive symptoms. *Depress Anxiety* 2010; 27(5):470-475.
13. Hinton DE, Pich V, **Marques L**, Nickerson A, Pollack MH. Khyâl attacks: a key idiom of distress among traumatized Cambodia refugees. *Cult Med Psychiatry* 2010; 34(2):244-278.
14. **Marques L**, Alegria M, Becker AE, Chen CN, Fang A, Chosak A, Diniz JB. Comparative prevalence, correlates of impairment, and service utilization for eating disorders across U.S. ethnic groups: implications for reducing ethnic disparities in health care access for eating disorders. *Int J Eat Disord* 2011; 44(5):412-420.
15. Clapp JD, Olsen SA, Beck JG, Palyo SA, Grant DM, Gudmundsdottir B, **Marques L**. The driving behavior survey: scale construction and validation. *J Anxiety Disord* 2011; 25(1):96-105.
16. **Marques L**, LeBlanc N, Robinaugh D, Weingarden H, Keshaviah A, Wilhelm S. Correlates of quality of life and functional disability in individuals with body dysmorphic disorder. *Psychosomatics* 2011; 52(3):245-254.
17. **Marques L**, Weingarden HM, LeBlanc NJ, Wilhelm S. Treatment utilization and barriers to treatment engagement among people with body dysmorphic symptoms. *J Psychosom Res* 2011; 70(3):286-293.
18. **Marques L**, LeBlanc N, Weingarden H, Greenberg JL, Traeger LN, Keshaviah A, Wilhelm S. Body dysmorphic symptoms: phenomenology and ethnicity. *Body Image* 2011; 8(2):163-167.
19. Hoge EA, **Marques L**, Wechsler RS, Lasky AK, Delong HR, Jacoby RJ, Worthington JJ, Pollack MH, Simon NM. The role of anxiety sensitivity in sleep disturbance in panic disorder. *J Anxiety Disord* 2011; 25(4):536-538.

20. **Marques L**, Weingarden HM, LeBlanc NJ, Siev J, Wilhelm S. The relationship between perceived social support and severity of body dysmorphic symptoms: the role of gender. *Rev Bras Psiquiatr* 2011; 33(3):238-244.
21. **Robinaugh DJ, **Marques L**, Traeger LN, Marks EH, Sung SC, Gayle Beck J, Pollack MH, Simon NM. Understanding the relationship of perceived social support to post-trauma cognitions and posttraumatic stress disorder. *J Anxiety Disord* 2011; 25(8):1072-1078.
22. **Marques L**, Robinaugh DJ, Leblanc NJ, Hinton D. Cross-cultural variations in the prevalence and presentation of anxiety disorders. *Expert Rev Neurother* 2011; 11(2):313-322.
23. **Weingarden H, **Marques L**, Fang A, Leblanc N, Buhlmann U, Phillips KA, Wilhelm S. Culturally adapted cognitive behavioral therapy for body dysmorphic disorder: case examples. *Int J Cog Ther* 2011; 4(4):381-396.
24. Buhlmann U, **Marques L**, Wilhelm S. Traumatic experiences in individuals with body dysmorphic disorder. *J Nerv Ment Dis* 2012; 200(1):95-98.
25. Sung SC, Porter E, Robinaugh DJ, Marks EH, **Marques L**, Otto MW, Pollack MH, Simon NM. Mood regulation and quality of life in social anxiety disorder: an examination of generalized expectancies for negative mood regulation. *J Anxiety Disord* 2012; 26(3):435-441.
26. Williams MT, Domanico J, **Marques L**, Leblanc NJ, Turkheimer E. Barriers to treatment among African Americans with obsessive-compulsive disorder. *J Anxiety Disord* 2012; 26(4):555-563.
27. **Marques L**, Porter E, Keshaviah A, Pollack MH, Van Ameringen M, Stein MB, Simon NM. Avoidant personality disorder in individuals with generalized social anxiety disorder: what does it add? *J Anxiety Disord* 2012; 26(6):665-672.
28. Greenberg JL, Falkenstein M, Reuman L, Fama J, **Marques L**, Wilhelm S. The phenomenology of self-reported body dysmorphic disorder by proxy. *Body Image* 2013; 10(2):243-246.
29. Hoge EA, Bui E, **Marques L**, Metcalf CA, Morris LK, Robinaugh DJ, Worthington JJ, Pollack MH, Simon NM. Randomized control trial of mindfulness meditation for generalized anxiety disorder: effects on anxiety and stress reactivity. *J Clin Psychiatry* 2013; 74(8):786-792.
30. **Marques L**, Bui E, LeBlanc N, Porter E, Robinaugh D, Dryman MT, Nadal-Vicens M, Worthington J, Simon N. Complicated grief symptoms in anxiety disorders: prevalence and associated impairment. *Depress Anxiety* 2013; 30(12):1211-1216.
31. Hofmann SG, Smits JA, Rosenfield D, Simon N, Otto MW, Meuret AE, **Marques L**, Fang A, Tart C, Pollack MH. D-Cycloserine as an augmentation strategy with cognitive-behavioral therapy for social anxiety disorder. *Am J Psychiatry* 2013; 170(7):751-758.

32. Bui E, Leblanc NJ, Morris LK, **Marques L**, Shear MK, Simon NM. Panic-agoraphobic spectrum symptoms in complicated grief. *Psychiatry Res* 2013; 209(1):118-120.
33. Smits JA, Rosenfield D, Otto MW, **Marques L**, Davis ML, Meuret AE, Simon NM, Pollack MH, Hofmann SG. D-Cycloserine enhancement of exposure therapy for social anxiety disorder depends on the success of exposure sessions. *J Psychiatr Res* 2013; 47(10):1455-1461.
34. Zalta AK, Dowd S, Rosenfield D, Smits JA, Otto MW, Simon NM, Meuret AE, **Marques L**, Hofmann SG, Pollack MH. Sleep quality predicts treatment outcome in CBT for social anxiety disorder. *Depress Anxiety* 2013; 30(11):1114-1120.
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36. Chang TE, Weiss AP, **Marques L**, Baer L, Vogeli C, Trinh HT, Clain AJ, Blais MA, Fava M, Yeung AS. Race/ethnicity and other social determinants of psychological well-being and functioning in mental health clinics. *J Health Care Poor Underserved* 2014; 25(3):1418-1431.
37. Smits JA, Hoffman SG, Rosenfield D, DeBoer LB, Costa PT, Simon NM, O’Cleirigh C, Meuret AE, **Marques L**, Otto MW, Pollack MH. D-cycloserine augmentation of cognitive behavioral group therapy of social anxiety disorder: prognostic and prescriptive variables. *J Consult Clin Psychol* 2014; 81(6):1100-1112.
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40. Asnaani A, Aderka IM, **Marques L**, Simon N, Robinaugh DJ, Hofmann SG. The structure of feared social situations among race-ethnic minorities and Whites with social anxiety disorder in the United States. *Transcult Psychiatry* 2015; 52(6):791-807.
41. **Valentine SE, Gerber MW, Nobles CJ, Shtasel DL, **Marques L**. Longitudinal study of mental health and pain-related functioning following a motor vehicle collision. *Health Psychol* 2016; 35(7):742-750.
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43. **LeBlanc NJ, Dixon L, Robinaugh DJ, Valentine SE, Bosley HG, Gerber MW, **Marques L**. PTSD and romantic relationship satisfaction: cluster -and symptom- level analyses. *J Trauma Stress* 2016; 29(3):259-267.
44. **Nobles CJ, Thomas JJ, Valentine SE, Gerber MW, Vaewsorn AS, **Marques L**. Association of premenstrual syndrome and premenstrual dysphoric disorder with bulimia nervosa and binge-eating disorder in a nationally representative epidemiological sample. *Int J Eat Disord* 2016; 49(7):641-650.
45. **Marques L**, Dixon L, Valentine SE, Borba CP, Simon NM, Wiltsey Stirman S. Providers' perspectives of factors influencing implementation of evidence-based treatments in a community mental health setting: a qualitative investigation of the training-practice gap. *Psychol Serv* 2016; 13(3):322-331.
46. **Valentine SE, Borba CP, Dixon L, Vaewsorn AS, Guajardo JG, Resick PA, Wiltsey Stirman S, **Marques L**. Cognitive processing therapy for Spanish-speaking Latinos: a formative study of a model-driven cultural adaptation of the manual to enhance implementation in a usual care setting. *J Clin Psychol* 2017; 73:239-256.
47. **Nobles CJ, Valentine SE, Borba CP, Gerber MW, Shtasel DL, **Marques L**. Black-white disparities in the association between posttraumatic stress disorder and chronic illness. *J Psychosom Res* 2016; 85:19-25.
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** Paper first authored by mentee

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** *Poster first-authored by mentee*

*** *Co-senior authorship*

Narrative

I am the Director of the Community Psychiatry Program for Research in Implementation and Dissemination of Evidence-Based Treatments (PRIDE) at Massachusetts General Hospital (MGH) and Associate Professor of Psychiatry at Harvard Medical School. Established in 2013, Community Psychiatry PRIDE is a clinical research program under the division of Community and Public Psychiatry at MGH that focuses on the dissemination and implementation of cutting-edge clinical interventions for mental disorders in racially and ethnically diverse low-income communities. Research conducted at Community Psychiatry PRIDE aims to reduce health disparities by increasing access to treatment and quality of care provided at community-based organizations. In the past several years, we successfully developed and implemented a successful evidence-based social and emotional learning curriculum with Roca, a local non-profit serving high risk youth, and are now expanding with the support of the Dalio foundation. This curriculum is currently being adapted to support the broader community with COVID-19. As Director of PRIDE, I oversee a team of psychologists, psychiatrists, fellows, research assistants, and undergraduate interns who contribute to ongoing community-based clinical research trials.

Area of Excellence: Investigation

I have over 10 years of experience conducting clinical research in health disparities and trauma-related disorders. In recent years, I have gained additional expertise in methodologies for conducting dissemination and implementation research. The origin of this line of inquiry extends back to my doctoral dissertation, which examined interpersonal functioning and relational variables in PTSD in a diverse sample.

After my clinical internship in the CBT track at MGH, I worked at Center for Anxiety and Traumatic Stress Disorders at MGH, where I served as a co-investigator on three NIH-funded studies examining the enhancement of Cognitive-Behavioral Therapy (CBT) in combination with medications for (1) Social Anxiety Disorder (SAD), (2) Panic Disorder, and (3) Complicated Grief. Through my involvement in these studies, I received a NIMH minority supplement to examine the phenomenology and treatment-seeking patterns of Hispanic individuals with SAD.

To integrate my knowledge of clinical research with the growing field of implementation science, I was awarded an NIH training grant to study the implementation of Cognitive Processing Therapy (CPT) for individuals suffering from PTSD in community mental health clinics for diverse patients. This study has yielded a culturally-adapted CPT manual in English and Spanish. In response to the importance of this

line of research and my competency as a researcher from an underrepresented group, I transitioned to my own community-based research center (e.g., Community Psychiatry PRIDE), which included institutional support for a postdoctoral fellow.

I have devoted the past five years to expansion of the research portfolio at Community Psychiatry PRIDE and to the research mentorship of junior faculty. I provided intensive mentorship to the submission of a training grant for one of my post-doctoral fellows.

In 2014, I was awarded a significant foundation grant (PI: Marques; Laura and John Arnold Foundation; \$880,000) for an implementation project designed to create a targeted cognitive-behavioral program for diverse young men at high risk for incarceration in collaboration with Roca, Inc.

In 2016, I was awarded a grant as the Co-PI through the Evans Center for Implementation and Improvement Sciences (\$8,549) for a project designed to test an evidence-based treatment for patients at Boston Healthcare for the Homeless in order to create a sustainable model for safety-net settings.

In 2017, I was awarded a grant as a Site PI (PI: Wiltsey-Stirman; National Institute of Mental Health; \$194,403) on a multi-site project designed to investigate optimal strategies to support the sustainment of evidence-based psychotherapies across public-sector mental health care settings by assessing a variety of key implementation outcomes.

I currently serve as the Principal Investigator of a \$1.6 million project funded by the Dalio Philanthropies focused on addressing the significant social emotional needs of disengaged and disconnected youth through evidence-based training and coaching. The project's core objective is to strengthen the capacity of the three Connecticut Opportunity Project partners to deliver their services with excellence by providing the organizations' staff an evidence-based training and coaching program on how to deliver emotion regulation strategies that have been shown to be effective, can be delivered by youth development professionals, and sufficiently address the complex social-emotional needs of the youth they serve.

Much of the background knowledge for Connecticut Opportunities Project developed from my work with Charlestown High School, a Boston public school with a minority and underprivileged student body. Between June-July 2019, I hosted an internship program at PRIDE offices to engage students in developing CBT skills. Several CBT skill trainings were also held for local school teachers in date and date.

Most recently, I received an MGH Research Scholars Program Award for \$500,000 to evaluate the impact of the training and coaching program for youth development professionals that is supported by the Dalio Philanthropies. The goal of this grant is to expand access to evidence-based treatments by identifying implementation models that can be successfully scaled and sustained within community organizations.

In the wake of the COVID-19 Pandemic, my team and I recognized the unique opportunity to expand the reach of our evidence-based skills for managing anxiety. Since March 2020, I have presented several webinars to the Harvard community and media outlets with topics ranging from self-care in isolation to diversity and disparity. I am currently working to adopt the Dalio curriculum to the broader public. This will be completed and disseminated on an open source platform by date.

Teaching and Education

My teaching concentrates on the implementation of cognitive-behavioral interventions for individuals with anxiety and trauma-related disorders and on the psychology of ethnic minorities. I have delivered

grand rounds locally and nationally (2009; 2012; 2015; 2016; 2020), as well as numerous seminars to psychology interns, residents, clinical and research fellows. I have presented at both national and international conferences (e.g., the World Congress of Behavioral and Cognitive Therapy, Association of Behavioral and Cognitive Therapy). In addition, since 2015, I have been a Visiting Professor in Psychology at the Universidad de Monterrey, Mexico.

Significant Supporting Activities

Clinical Expertise

I have served as the expert clinical consultant to medical and mental health providers at community-based clinics who are dually interested in a) using culturally-modified cognitive-behavioral interventions for trauma, and b) addressing mental health disparities among racial and ethnic minority groups.

Education of Patients and Service to the Community

I currently serve as the President of the Anxiety Disorders Association of America (ADAA) and am a scientific reviewer for the Patient Centered Outcomes Research Institute (PCORI). I have also published a self-help book for a lay audience, *Almost Anxious: Is My (or My Loved One's) Distress or Worry a Problem?*, which seeks to educate and reduce stigma around anxiety disorders on a national and global level by providing easy-to-read evidence-based treatment. The exercises and figures from this publication are also available in the public domain at www.luanamarquesphd.com, which is important for the dissemination of evidence-based tools for anxiety management. *Almost Anxious* has been highlighted in local (*Harvard Gazette*, *WBUR*, and *City of Boston.gov*) and national media outlets (*Fox News*, *NBC News*, *Publishers Weekly*, *Right Turn Radio*, *Women's Day*, and *Wisconsin Public Radio*). I have provided numerous interviews to the national and international media (*Face the Nation on CBS*, *CNBC*, *Washington Post*, *The Guardian*, *TV Globo Brazil*, *Fuji Television*) serving as an expert for managing stress and anxiety using evidence-based skills.