

Ilana Emily Ladis

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Education

- 2019 – present **University of Virginia** – Charlottesville, VA
Doctor of Philosophy, Clinical Psychology
Advisor: Bethany Teachman, Ph.D.
- 2014 – 2017 **Wesleyan University** – Middletown, CT
Bachelor of Arts, *High Honors* in Psychology, Concentration in Cognitive Science

Awards and Honors

- 2019 Graduate Student Poster Award, *Association for Behavioral and Cognitive Therapies Technology & Behavior Change Special Interest Group*
- 2017 Departmental High Honors, Wesleyan University Psychology Department
- 2016-17 Feldman Fund Award, Wesleyan University Psychology Department
— *Recipient of a departmental award to support my research examining eating disorder symptoms in undergraduate students (\$900)*
- 2016 Psi Chi, International Honor Society in Psychology
- 2015 National Science Foundation, Research Experience for Undergraduates (REU)
— *Recipient of a stipend to defray living costs during internship at New York University Center for Behavioral Statistics and the Study of Motivated Perception (\$4,000)*

Peer-Reviewed Publications

- Wilhelm, S., Weingarden, H., Greenberg, J. L., McCoy, T. H., **Ladis, I.**, Summers, B. J., Matic, A., & Harrison, O. (2020). Development and pilot testing of a cognitive-behavioral therapy digital service for body dysmorphic disorder. *Behavior Therapy*, 51(1), 15-26.
- Wilhelm, S., Weingarden, H., **Ladis, I.**, Braddick, V., Shin, J., & Jacobson, N. C. (2020). Cognitive-behavioral therapy in the digital age: Presidential address. *Behavior Therapy*, 51(1), 1-14.
- Weingarden, H., Mothi, S. S., **Ladis, I.**, Hoepfner, S., Reese, H. E., Timpano, K., Siev, J., Rasmussen, J., Ragan, J., Dougherty, D. D., & Wilhelm, S. (2019). d-Cycloserine-augmented behavior therapy for body dysmorphic disorder: A preliminary efficacy trial. *Cognitive Therapy and Research*, 43(5), 937-947.
- Hellberg, S. N., **Ladis, I.**, & Shepherd, C. B. (2019). Pilot study of a personality-based approach to assessing eating disorder and obsessive-compulsive disorder symptom risk in college men and women. *Journal of American College Health*, 67(8), 801-816.

Manuscripts Under Review

- Shepherd, C. B., **Ladis, I.**, Jiang, A., & He, W. (Revise and Resubmit). Overlapping neurocognitive inefficiencies associated with higher eating disorder symptoms in college women.
- Ladis, I.**, Hellberg, S., & Shepherd, C. B. (Under Review). Cognitive fusion mediates the relationship between obsessional thinking and eating disorder symptoms in a sample of female college students.

Invited Chapters

Summers, B. J., **Ladis, I.**, Weingarden, H., & Wilhelm, S. (2020). Adolescent body dysmorphic disorder: An overview and tools for assessment. In E. Youngstrom & M. Prinstein (Eds.). *Assessment of Childhood Disorders, 5th Edition*. New York, NY: Guilford Press.

Symposia and Oral Presentations

Wilhelm S., Weingarden, H., Greenberg, J., McCoy, T., **Ladis, I.**, Summers, B., Matic, A., & Harrison, O. (November 2019). A New Smartphone App for Body Dysmorphic Disorder: Development and Pilot Testing. In S. Wilhelm & N. C. Jacobson (Chairs), *Utilizing technology to extend the social impact of cognitive behavioral science in national and international samples*. Symposium to be presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.

Weingarden, H., Mothi, S. S., **Ladis, I.**, Reese, H. E., Timpano, K., Siev, J., Rasmussen, J., Ragan, J. & Wilhelm, S. (November 2018). D-Cycloserine Augmented Behavior Therapy for Body Dysmorphic Disorder. In F. Dietel (Chair), *Predictors of treatment response and novel strategies for the augmentation of cognitive-behavioral therapy for body dysmorphic disorder*. Symposium presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Washington, DC.

Ladis, I. & Jessani, Z. (July 2015). *Eyes on the prize: The interplay of narrowed attention, perceptual representation, and exercise behavior*. Presented at the Annual Diversity Summer Student Research Conference of New York University, New York, NY.

Manuscripts in Preparation

Ladis, I., Daros, A. R., Boukhechba, M., Daniel, K. E., Chow, P. I., Barnes, L. E., & Teachman, B. A. (In Preparation). Using mobile sensing to examine contextual features surrounding emotion regulation: An exploratory study in college students.

Poster Presentations

Larrazábal, M. A., **Ladis, I.**, Rashid, H., Daniel, K. E., Beltzer, M. L., Boukhechba, M., Barnes, L. E., & Teachman, B. A. (November 2020). *Toward just-in-time interventions: Detecting different temporal stages of state social anxiety*. Poster accepted for presentation at the 54th annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Ladis, I., Weingarden, H., Schwartzberg, A., Harrison, O., & Wilhelm, S. (November 2019). *Testing a cognitive-behavioral smartphone application for body dysmorphic disorder: Maintenance of gains at 6-month follow-up*. Poster presented at the 53rd annual convention of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.

Ladis, I., Shin, J., Lawson, L., Fang, A., & Wilhelm, S. (November 2018). *Effect of oxytocin on threat interpretations in body dysmorphic disorder and healthy control participants: The moderating effects of anxious attachment and interpersonal sensitivity*. Poster presented at the 52nd annual convention of the Association for Behavioral and Cognitive Therapies, Washington, D.C.

Ladis, I., Weingarden, H., Renshaw, K., & Wilhelm, S. (November 2018). *Avoidance as a mediator of the relationship between disgust and obsessive-compulsive disorder symptoms: Testing disgust within the CBT model of*

OCD. Poster presented at the 52nd annual convention of the Association for Behavioral and Cognitive Therapies, Washington, D.C.

Shin, J., **Ladis, I.**, Lawson, L., Fang, A., & Wilhelm, S. (November 2018). *Effect of oxytocin on trust behavior in body dysmorphic disorder*. Poster presented at the 52nd annual convention of the Association for Behavioral and Cognitive Therapies, Washington, D.C.

Ladis, I. & Shepherd, C. B. (April 2018). *Overthinking it: The association between local interference, cognitive fusion, avoidant cognitive strategies, and heightened distress*. Poster presented at the 38th annual convention of the Anxiety and Depression Association of America, Washington, D.C.

Ladis, I. & Shepherd, C. B. (August 2017). *Set-shifting ability as a moderator of the relationship between cognitive fusion, distress, and eating restraint*. Poster presented at the 125th annual convention of the American Psychological Association, Washington, D.C.

Ladis, I. & Shepherd, C. B. (June 2017). *The relationship between central coherence, eating pathology, and body image distortion*. Poster presented at the 25th International Conference on Eating Disorders, Prague, Czech Republic.

Ladis, I. & Shepherd, C. B. (April 2017). *Comorbid eating disorder and obsessive-compulsive symptoms: The role of central coherence, cognitive fusion, and thought suppression*. Poster presented at the annual poster session of the Wesleyan University Psychology Department, Middletown, CT.

Corner, S., Feingold-Link, J., & **Ladis, I.** (April 2017). *Demand characteristics in the child minimal group paradigm*. Poster presented at the annual poster session of the Wesleyan University Psychology Department, Middletown, CT.

Ladis, I. & Shepherd, C. B. (April 2016). *The relationship between central coherence, eating pathology, and body image distortion*. Poster presented at the annual poster session of the Wesleyan University Psychology Department, Middletown, CT.

Brew, K., Corner, S., & **Ladis, I.** (April 2016). *The role of demand characteristics in minimal group experiments*. Poster presented at the annual poster session of the Wesleyan University Psychology Department, Middletown, CT.

Research Experience

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| 08/2019 – present | Graduate Student
Program for Anxiety, Cognition and Treatment (PACT) Lab
University of Virginia, Charlottesville, VA
<i>Supervisor:</i> Bethany Teachman, Ph.D. |
| 05/2017 – 06/2019 | Clinical Research Coordinator
OCD and Related Disorders Program
Massachusetts General Hospital, Boston, MA
<i>Supervisors:</i> Sabine Wilhelm, Ph.D., & Hilary Weingarden, Ph.D. |
| 09/2016 – 05/2017 | Honors Thesis Student
Wesleyan University Department of Psychology, Middletown, CT
<i>Supervisor:</i> Caitlin Shepherd, Ph.D. |

- 01/2016 –05/2016 **Independent Research Study**
Wesleyan University Department of Psychology, Middletown, CT
Supervisor: Caitlin Shepherd, Ph.D.
- 06/2016 –07/2016 **Research Assistant**
Community Psychiatry Program for Research in Implementation
and Dissemination of Evidence-Based Treatments
Massachusetts General Hospital/Harvard Medical School, Chelsea, MA
Supervisor: Luana Marques, Ph.D.
- 09/2015 – 05/2017 **Research Assistant**
Cognitive Developmental Laboratory
Wesleyan University Department of Psychology, Middletown, CT
Supervisor: Hilary Barth, Ph.D.
- 06/2015 – 08/2015 **National Science Foundation**
Research Experience for Undergraduates (REU) Intern
Social Perception Action & Motivation Laboratory
New York University Department of Psychology
Supervisors: Emily Balcetis, Ph.D., & Tessa West, Ph.D.

Mentorship Experience

*Supervised student in fourth-year thesis/capstone project

	<u>Name and Departmental Affiliation</u>	<u>Subsequent Position</u>
2019 – 2020	Darby Anderson, Systems Engineering*	Economic & Valuation Services Associate, KPMG
2019 – 2020	Amanda Brownlee, Systems Engineering *	Technical Solutions Specialist, IBM
2019 – 2020	Georgie Lafer, Systems Engineering *	Product Manager, Alarm.com
2019 – 2020	Judy Nguyen, Systems Engineering*	Program Manager, Microsoft
2019 – 2020	Halle Wine, Systems Engineering *	Technology Advisor, Ernst and Young

Teaching Experience

Courses at the University of Virginia

- 08/2020 – 12/2020 **Teaching Assistant, *Abnormal Psychology*** (PSYC 2410)
Professor: Robert Emery, Ph.D.
University of Virginia, Charlottesville, VA
- 01/2020 – 4/2020 **Teaching Assistant, *Introductory Psychology*** (PSYC 1010)
Professor: Christopher Mazurek, Ph.D.
University of Virginia, Charlottesville, VA

08/2019 – 12/2019 **Teaching Assistant**, *Research Methods and Data Analysis I* (PSYC 2005)
Professor: Fred Smyth, Ph.D.
University of Virginia, Charlottesville, VA

Courses at Wesleyan University

09/2016 – 12/2016 **Teaching Assistant**, *Foundations of Contemporary Psychology* (PSYC 105)
Professor: Sarah Kristin Carney, Ph.D.
Wesleyan University, Middletown, CT

09/2014 – 05/2015 **Writing Tutor**, *Center for Prison Education*
Wesleyan University, Middletown, CT – York Correctional Institution and
Cheshire Correctional Institution

Service Record

National Service

2020 – present Member, Association for Behavioral and Cognitive Therapies Technology &
Behavior Change SIG Social Media Committee

2019 – present Mentor, Association for Behavioral and Cognitive Therapies Technology & Behavior
Change SIG Mentorship Match Program

Departmental Service at the University of Virginia

2020-present Member, 4th Annual Diversifying Scholarship Conference Planning Committee

3/2020 Organizer, How to Prepare a CV Workshop for Teachman lab undergraduate RAs

10/2019 Panelist (2x), Applying to Graduate School in Psychology— for fourth years enrolled
in psychology department Distinguished Majors Program

2019– present Member, Department of Psychology Diversity and Inclusion Committee

2019– present Member, Department of Psychology Graduate Student Well-Being Committee

2019– present Member, Department of Psychology Swing Space and Relocation Committee

Professional Affiliations

10/2019– present Member, Association for Psychological Science

10/2017– present Member, Association for Behavioral and Cognitive Therapies

10/2017– present Member, Association for Behavioral and Cognitive Therapies, Technology and
Behavior Change Special Interest Group (SIG)

Editorial Activities

Ad Hoc Reviewer

Journal of Obsessive-Compulsive and Related Disorders, Psychiatry Research, Body Image, Brazilian Journal of Psychiatry