

Publications

JOURNAL ARTICLES

1. Schmitter, M., Vanderhasselt, M.-A., Spijker, J., Smits, J. A. J., & Vrijzen, J. N. (2023). Working it out: Can an acute exercise bout alleviate memory bias, rumination and negative mood? *Cognitive Behaviour Therapy*, 1–14. <https://doi.org/10.1080/16506073.2022.2164349>
2. Crombie, K. M., Adams, T. G., Dunsmoor, J. E., Greenwood, B. N., Smits, J. A., Nemeroff, C. B., & Cisler, J. M. (2023). Aerobic exercise in the treatment of PTSD: An examination of preclinical and clinical laboratory findings, potential mechanisms, clinical implications, and future directions. *Journal of Anxiety Disorders*, 94, 102680. <https://doi.org/10.1016/j.janxdis.2023.102680>
3. Natal, S., Young, C. C., Kaur, K., Gebhardt, E. S., Perrone, A., Morikawa, H., Tirado, C., & Smits, J. A. J. (2023). Applications of isradipine in human addiction studies: A systematic literature review. *Experimental and Clinical Psychopharmacology*. <https://doi.org/10.1037/pha0000633>
4. Rabasco, A., McKay, D., Smits, J. A., Powers, M. B., Meuret, A. E., & McGrath, P. B. (2022). Psychosocial treatment for panic disorder: An umbrella review of systematic reviews and meta-analyses. *Journal of Anxiety Disorders*, 86, 102528. <https://doi.org/10.1016/j.janxdis.2022.102528>
5. Smits, J. A. J., Rinck, M., Rosenfield, D., Beevers, C. G., Brown, R. A., Busch, H. E. C., Dutcher, C. D., Perrone, A., Zvolensky, M. J., & Garey, L. (2022). Approach bias retraining to augment smoking cessation: A pilot randomized controlled trial. *Drug and Alcohol Dependence*, 238, 109579. <https://doi.org/10.1016/j.drugalcdep.2022.109579>
6. Smits, J. A. J., Monfils, M.-H., Otto, M. W., Telch, M. J., Shumake, J., Feinstein, J. S., Khalsa, S. S., Cobb, A. R., Parsons, E. M., Long, L. J., McSpadden, B., Johnson, D., & and, A. G. (2022). CO2 reactivity as a biomarker of exposure-based therapy non-response: Study protocol. *BMC Psychiatry*, 22(1). <https://doi.org/10.1186/s12888-022-04478-x>
7. Smits, J. A. J., Baird, S. O., Rinck, M., Rosenfield, D., Beevers, C. G., Brown, R. A., Conroy, H. E., Alavi, N., Dutcher, C. D., & Freeman, S. Z. (2022). Corrigendum to “approach bias retraining to augment smoking cessation: Study protocol for a randomized controlled trial” [contemp. Clin. Trials commun. 14 (2019) 100340]. *Contemporary Clinical Trials Communications*, 28, 100922. <https://doi.org/10.1016/j.conctc.2022.100922>
8. Smits, J. (2022). Guest editorial: Progress in CBT for anxiety disorders. *Journal of Behavioral and Cognitive Therapy*, 32(1), 1–2. <https://doi.org/10.1016/j.jbct.2022.02.001>
9. Papini, S., Jacquart, J., Zaizar, E. D., Telch, M. J., & Smits, J. A. J. (2022). Targeting anxiety sensitivity with evidence-based psychoeducation: A randomized waitlist-controlled trial of a brief standalone digital intervention. *Cognitive and Behavioral Practice*. <https://doi.org/10.1016/j.cbpra.2022.04.001>
10. Morikawa, H., Young, C. C., & Smits, J. A. (2022). Usage of l-type calcium channel blockers to suppress drug reward and memory driving addiction: Past, present, and future. *Neuropharmacology*, 221, 109290. <https://doi.org/10.1016/j.neuropharm.2022.109290>
11. Fitzgerald, H. E., Hoyt, D. L., Kredlow, M. A., Smits, J. A. J., Schmidt, N. B., Edmondson, D., & Otto, M. W. (2021). Anxiety sensitivity as a malleable mechanistic target for prevention interventions: A meta-analysis of the efficacy of brief treatment interventions. *Clinical Psychology: Science and Practice*, 28(4), 323–337. <https://doi.org/10.1037/cps0000038>
12. Dutcher, C. D., Dowd, S. M., Zalta, A. K., Taylor, D. J., Rosenfield, D., Perrone, A., Otto, M. W., Pollack, M. H., Hofmann, S. G., & Smits, J. A. J. (2021). Sleep quality and outcome of exposure therapy in adults with social anxiety disorder. *Depression and Anxiety*, 38(11), 1182–1190. <https://doi.org/10.1002/da.23167>
13. Smits, J. A. J., Zvolensky, M. J., Rosenfield, D., Brown, R. A., Otto, M. W., Dutcher, C. D., Papini, S., Freeman, S. Z., DiVita, A., Perrone, A., & Garey, L. (2021). Community-based smoking cessation treatment for adults with high anxiety sensitivity: A randomized clinical trial. *Addiction*, 116(11), 3188–3197. <https://doi.org/10.1111/add.15586>
14. Beevers, C. G., Hsu, K. J., Schnyer, D. M., Smits, J. A. J., & Shumake, J. (2021). Change in negative attention bias mediates the association between attention bias modification training and depression symptom improvement. *Journal of Consulting and Clinical Psychology*, 89(10), 816–829. <https://doi.org/10.1037/ccp0000683>

15. Powers, M. B., Carl, E., Leivhn-Coon, A., Veldhuizen, M. V., Caven, A., Pogue, J., Fresnedo, M., Turner, E. D., Adams, M., Leonard, K., Conroy, H., Lantrip, C., Caven, T., Isbell, C., Regner, J., Garmon, E., Foreman, M., Miller, W., Fares, L. A., ... Smits, J. A. J. (2021). Nonpharmacologic pain management among hospitalized inpatients. *The Clinical Journal of Pain*, 37(9), 678–687. <https://doi.org/10.1097/ajp.0000000000000958>
16. Rubin, M., Bicki, A., Papini, S., Smits, J. A. J., Telch, M. J., & Gray, J. S. (2021). Distinct trajectories of depression symptoms in early and middle adolescence: Preliminary evidence from longitudinal network analysis. *Journal of Psychiatric Research*, 142, 198–203. <https://doi.org/10.1016/j.jpsychires.2021.07.053>
17. Rubin, M., Papini, S., Dainer-Best, J., Zaizar, E. D., Smits, J. A. J., & Telch, M. J. (2021). Exploratory and confirmatory bayesian networks identify the central role of non-judging in symptoms of depression. *Mindfulness*, 12(10), 2544–2551. <https://doi.org/10.1007/s12671-021-01726-1>
18. Brown, R. A., Minami, H., Hecht, J., Kahler, C. W., Price, L. H., Kjome, K. L., Bloom, E. L., Levy, D. E., Carpenter, K. M., Smith, A., Smits, J. A. J., & Rigotti, N. A. (2021). Sustained care smoking cessation intervention for individuals hospitalized for psychiatric disorders. *JAMA Psychiatry*, 78(8), 839. <https://doi.org/10.1001/jamapsychiatry.2021.0707>
19. Garey, L., Wirtz, M. R., Labbe, A. K., Zvolensky, M. J., Smits, J. A. J., Giordano, T. P., Rosenfield, D., Robbins, G. K., Levy, D. E., McKetchnie, S. M., Bell, T., & OCleirigh, C. (2021). Evaluation of an integrated treatment to address smoking cessation and anxiety/depressive symptoms among people living with HIV: Study protocol for a randomized controlled trial. *Contemporary Clinical Trials*, 106, 106420. <https://doi.org/10.1016/j.cct.2021.106420>
20. Hsu, K. J., Shumake, J., Caffey, K., Risom, S., Labrada, J., Smits, J. A. J., Schnyer, D. M., & Beevers, C. G. (2021). Efficacy of attention bias modification training for depressed adults: A randomized clinical trial. *Psychological Medicine*, 52(16), 3865–3873. <https://doi.org/10.1017/s0033291721000702>
21. Hsu, K. J., Carl, E., DiVita, A., Feldman, T., Foulser, A. A., Freihart, B., Madole, J., McNamara, M. E., Rubin, M., Stein, A. T., Tretyak, V., & Smits, J. A. J. (2021). Rising to the occasion of this COVID-19-impacted nation: Development, implementation, and feasibility of the brief assessment-informed skills intervention for COVID-19 (BASIC). *Cognitive and Behavioral Practice*, 28(4), 468–480. <https://doi.org/10.1016/j.cbpra.2021.02.003>
22. Stein, A. T., Carl, E., Cuijpers, P., Karyotaki, E., & Smits, J. A. J. (2021). Looking beyond depression: A meta-analysis of the effect of behavioral activation on depression, anxiety, and activation. *Psychological Medicine*, 51(9), 1491–1504. <https://doi.org/10.1017/s0033291720000239>
23. Schmitter, M., Spijker, J., Smit, F., Tendolkar, I., Derksen, A.-M., Oostelbos, P., Wijnen, B. F. M., Doesum, T. J. van, Smits, J. A. J., & Vrijsen, J. N. (2020). Exercise enhances: Study protocol of a randomized controlled trial on aerobic exercise as depression treatment augmentation. *BMC Psychiatry*, 20(1). <https://doi.org/10.1186/s12888-020-02989-z>
24. Dutcher, C. D., Papini, S., Gebhardt, C. S., & Smits, J. A. J. (2020). Network analysis reveals the associations of past quit experiences on current smoking behavior and motivation to quit. *Addictive Behaviors*, 113, 106689. <https://doi.org/10.1016/j.addbeh.2020.106689>
25. Papini, S., Dunsmoor, J. E., & Smits, J. A. J. (2020). The impact of prior and ongoing threat on the false alarm threshold for facial discrimination. *Journal of Behavior Therapy and Experimental Psychiatry*, 70, 101619. <https://doi.org/10.1016/j.jbtep.2020.101619>
26. Otto, M. W., Zvolensky, M. J., Rosenfield, D., Hoyt, D. L., Witkiewitz, K., McKee, S. A., Bickel, W. K., & Smits, J. A. J. (2020). A randomized controlled trial protocol for engaging distress tolerance and working memory to aid smoking cessation in low socioeconomic status (SES) adults. *Health Psychology*, 39(9), 815–825. <https://doi.org/10.1037/hea0000858>
27. Zvolensky, M. J., Garey, L., Rogers, A. H., Schmidt, N. B., Vujanovic, A. A., Storch, E. A., Buckner, J. D., Paulus, D. J., Alfano, C., Smits, J. A. J., & OCleirigh, C. (2020). Psychological, addictive, and health behavior implications of the COVID-19 pandemic. *Behaviour Research and Therapy*, 134, 103715. <https://doi.org/10.1016/j.brat.2020.103715>
28. Carl, J. R., Miller, C. B., Henry, A. L., Davis, M. L., Stott, R., Smits, J. A. J., Emsley, R., Gu, J., Shin, O., Otto, M. W., Craske, M. G., Saunders, K. E. A., Goodwin, G. M., & Espie, C. A. (2020). Efficacy of digital cognitive behavioral therapy for moderate-to-severe symptoms of generalized anxiety disorder: A randomized controlled trial. *Depression and Anxiety*, 37(12), 1168–1178. <https://doi.org/10.1002/da.23079>
29. Conroy, H. E., Jacquart, J., Baird, S. O., Rosenfield, D., Davis, M. L., Powers, M. B., Frierson, G. M., Marcus, B. H., Otto, M. W., Zvolensky, M. J., & Smits, J. A. J. (2020). Age and pre quit-day attrition during smoking cessation treatment. *Cognitive Behaviour Therapy*, 49(5), 361–373. <https://doi.org/10.1080/16506073.2020.1751262>
30. Smits, J. A. J., Pollack, M. H., Rosenfield, D., Otto, M. W., Dowd, S., Carpenter, J., Dutcher, C. D., Lewis, E. M., Witcraft, S. M., Papini, S., Curtiss, J., Andrews, L., Kind, S., Conroy, K., & Hofmann, S. G. (2020). Dose timing of d-cycloserine to augment exposure therapy for social anxiety disorder. *JAMA Network Open*, 3(6), e206777. <https://doi.org/10.1001/jamanetworkopen.2020.6777>

31. Gu, J., Miller, C. B., Henry, A. L., Espie, C. A., Davis, M. L., Stott, R., Emsley, R., Smits, J. A. J., Craske, M., Saunders, K. E. A., Goodwin, G., & Carl, J. R. (2020). Efficacy of digital cognitive behavioural therapy for symptoms of generalised anxiety disorder: A study protocol for a randomised controlled trial. *Trials*, 21(1). <https://doi.org/10.1186/s13063-020-4230-6>
32. Hutschemaekers, M. H. M., Kleine, R. A. de, Davis, M. L., Kampman, M., Smits, J. A. J., & Roelofs, K. (2020). Endogenous testosterone levels are predictive of symptom reduction with exposure therapy in social anxiety disorder. *Psychoneuroendocrinology*, 115, 104612. <https://doi.org/10.1016/j.psyneuen.2020.104612>
33. Smits, J. A. J., Zvolensky, M. J., Otto, M. W., Piper, M. E., Baird, S. O., Kauffman, B. Y., Lee-Furman, E., Alavi, N., Dutcher, C. D., Papini, S., Rosenfield, B., & Rosenfield, D. (2020). Enhancing panic and smoking reduction treatment with d-cycloserine: A pilot randomized clinical trial. *Drug and Alcohol Dependence*, 208, 107877. <https://doi.org/10.1016/j.drugalcdep.2020.107877>
34. Stein, A. T., Medina, J. L., Rosenfield, D., Otto, M. W., & Smits, J. A. J. (2020). Examining experiential avoidance as a mediator of the relation between anxiety sensitivity and depressive symptoms. *Cognitive Behaviour Therapy*, 49(1), 41–54. <https://doi.org/10.1080/16506073.2018.1546768>
35. Papini, S., Young, C. C., Gebhardt, C. S., Perrone, A., Morikawa, H., Otto, M. W., Roache, J. D., & Smits, J. A. J. (2020). Isradipine enhancement of virtual reality cue exposure for smoking cessation: Rationale and study protocol for a double-blind randomized controlled trial. *Contemporary Clinical Trials*, 94, 106013. <https://doi.org/10.1016/j.cct.2020.106013>
36. Papini, S., Rubin, M., Telch, M. J., Smits, J. A. J., & Hien, D. A. (2020). Pretreatment posttraumatic stress disorder symptom network metrics predict the strength of the association between node change and network change during treatment. *Journal of Traumatic Stress*, 33(1), 64–71. <https://doi.org/10.1002/jts.22379>
37. Carl, E., Witcraft, S. M., Kauffman, B. Y., Gillespie, E. M., Becker, E. S., Cuijpers, P., Ameringen, M. V., Smits, J. A. J., & Powers, M. B. (2020). Psychological and pharmacological treatments for generalized anxiety disorder (GAD): A meta-analysis of randomized controlled trials. *Cognitive Behaviour Therapy*, 49(1), 1–21. <https://doi.org/10.1080/16506073.2018.1560358>
38. Stein, A. T., Shumake, J., Beevers, C. G., & Smits, J. A. J. (2020). Therapist guided activity practice for depressive symptoms in university students: A randomized controlled trial. *Cognitive Therapy and Research*, 44(3), 499–510. <https://doi.org/10.1007/s10608-020-10095-3>
39. Jacquart, J., Papini, S., Freeman, Z., Bartholomew, J. B., & Smits, J. A. J. (2020). Using exercise to facilitate arousal reappraisal and reduce stress reactivity: A randomized controlled trial. *Mental Health and Physical Activity*, 18, 100324. <https://doi.org/10.1016/j.mhpa.2020.100324>

PREPRINTS

1. Beevers, C. G., Hsu, K. J., Schnyer, D. M., Smits, J. A. J., & Shumake, J. (2021). *Change in negative attention bias mediates the association between attention bias modification training and depression symptom improvement*. <https://doi.org/10.31234/osf.io/dyqr9>
2. Hsu, K. J., Shumake, J., Caffey, K. D., Risom, S., Labrada, J., Smits, J. A. J., Schnyer, D. M., & Beevers, C. G. (2020). *Efficacy of attention bias modification training for depressed adults: A randomized clinical trial*. <https://doi.org/10.31234/osf.io/btmfy>
3. Papini, S., Dainer-Best, J., Rubin, M., Zazar, E. D., Telch, M. J., & Smits, J. A. J. (2020). *Psychological networks can identify potential pathways to specific intervention targets for anxiety in response to coronavirus disease 2019 (COVID-19)*. <https://doi.org/10.31234/osf.io/4zr25>
4. Papini, S., Rubin, M., Telch, M. J., & Smits, J. A. J. (2020). *The impact of criteria-based and data-driven sampling approaches on the heterogeneity and interpretability of posttraumatic stress symptom networks*. <https://doi.org/10.31234/osf.io/re35k>
5. Papini, S., Young, C. C., Gebhardt, C. S., Perrone, A., Morikawa, H., Otto, M., Roache, J. D., & Smits, J. A. J. (2020). *Isradipine enhancement of virtual reality cue exposure for smoking cessation: Rationale and study protocol for a double-blind randomized controlled trial*. <https://doi.org/10.31234/osf.io/5rq3m>

BOOKS

1. Smits, J. (2023). *Clinical guide to exposure therapy: Anxiety disorders and beyond*. Springer Nature.

BOOK CHAPTERS

1. Smits, J. (2022). The basics of exposure therapy. In *Clinical guide to exposure therapy: Beyond phobias*.
2. Smits, J. (2021). Empirical status of mechanisms of change. In *APA handbook of CBT*.

Professional Presentations

Conference Abstracts

Stimuli Validation for Nicotine Addiction among Dual Combustible and Electronic Cigarette Users.

2023

Facilitating smoking cessation with exercise

2022

Facilitating smoking cessation with exercise

ANXIETY AND DEPRESSION ASSOCIATION OF AMERICA

2022

The impact of race, age, and sexual orientation on the relationship between nicotine dependence and selection of quit method.

SOCIETY OF BEHAVIORAL MEDICINE

2022

Re-energizing the exercise-for-smoking agenda: The value of targeting mood and anxiety sensitivity within a mediating-moderator framework.

ASSOCIATION FOR BEHAVIORAL AND COGNITIVE THERAPIE

2021

Sleep Before and After Exposure Therapy Sessions: Impact on Treatment Outcomes for Social Anxiety Disorder

THE ANXIETY AND DEPRESSION ASSOCIATION OF AMERICA

2021

The founding and vision of a new international consortium to advance research on exposure therapy.

ASSOCIATION FOR BEHAVIORAL AND COGNITIVE THERAPIES

2021

The role of nicotine dependence in the selection of quit attempt method.

THE ANNUAL CONVENTION OF THE ASSOCIATION FOR BEHAVIORAL AND COGNITIVE THERAPIES

2021

Sleep quality and exposure therapy outcomes for social anxiety disorder.

CONGRESS OF THE EUROPEAN ASSOCIATION FOR BEHAVIOURAL AND COGNITIVE THERAPIES

2020

Honors

Funding

1/2: CO2 Reactivity as a Biomarker of Non-response to Exposure-based Therapy

FUNDING: \$763,817

NIMH, R01MH125951

2022 - 2027

Brief Computer MI to Motivate Sustained Tobacco Cessation Following Psychiatric Hospital Discharge

FUNDING: \$1,631,524

Cancer Prevention and Research
Institute of Texas, RP220203

2022 - 2026

Approach Bias Retraining for Nicotine Addiction among Dual Combustible and Electronic Cigarette Users

FUNDING: \$231,002

National Cancer Institute,
R21CA263765

2022 - 2024

Effectiveness of an Integrated Treatment to Address Smoking Cessation and Anxiety/Depression in People Living with HIV

FUNDING: \$3,659,369

National Institute on Drug Abuse,
R01DA047933

2019 - 2023

Exercise as an aid to smoking cessation in anxiety vulnerable adults

FUNDING: \$891,623

Cancer Prevention and Research
Institute of Texas, RP170095

2016 - 2022

Psychological and Pharmacological Treatment Outcomes in Major Depressive Disorder: Cost-effectiveness Analysis Alongside a Randomised Comparison of Usual Care

FUNDING: \$426,350

ZonMw Doelmatigheidsonderzoek,

2019 - 2021

Isradipine and Virtual Reality Cue Exposure for Smoking Cessation

FUNDING: \$430,375

National Institute on Drug Abuse,
R21DA049539

2019 - 2021

Closed-loop Neuromodulation to Treat PTSD

FUNDING: \$477,443

Defense Advanced Research
Projects Agency (DARPA),

2018 - 2021

Approach Bias Retraining to Augment Smoking Cessation

FUNDING: \$669,039

National Institute on Drug Abuse,
R34DA044431

2017 - 2021

Development of Attention Bias Modification for Depression

FUNDING: \$1,754,833

NIMH,
2017 - 2020

Service

Earkick

ADVISOR

San Francisco, US

2022 - present

NIMH Division of Adult Translational Research and Treatment Development

GRANT REVIEWER

Bethesda, US

2020 - present

The University of Texas at Austin

DEPARTMENT LIAISON FOR MEDICAL AFFAIRS

Austin, US

2019 - present

Big Health Ltd

CLINICAL ADVISOR

London, GB

2018 - present

Elsevier Ltd

ASSOCIATE EDITOR

London, GB

2015 - present

The University of Texas at Austin

DIRECTOR AND CLINICAL SUPERVISOR

Austin, US

2014 - present

American Psychological Association

ASSOCIATE EDITOR

Washington, US

2012 - present

Springer Nature Limited

ASSOCIATE EDITOR

London, GB

2012 - 2022

Mentoring and Teaching

MENTORING

Lewis Leone

GRADUATE STUDENT SUPERVISOR

2020 - present

Christy Dutcher

GRADUATE STUDENT SUPERVISOR

2018 - present

Emily Carl

DISSERTATION CO-SUPERVISOR

2020 - 2021

Santiago Papini

DISSERTATION SUPERVISOR

2019 - 2021

Aliza Stein

DISSERTATION SUPERVISOR

2020 - 2020

TEACHING

357 RAs

SUPERVISOR

2013 - *present*

Advanced Practicum

INSTRUCTOR

2013 - *present*

Clinical Practicum I/II

INSTRUCTOR

2013 - *present*