

Publications

JOURNAL ARTICLES

1. Schmitter, M., Vanderhasselt, M.-A., Spijker, J., Smits, J. A. J., & Vrijsen, J. N. (2023). Working it out: Can an acute exercise bout alleviate memory bias, rumination and negative mood? *Cognitive Behaviour Therapy*, 52(3), 232–245. <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*, 31(2), 507–522. <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., Conroy Busch, H. E., 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., & Greenberg, A. (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. (2023). Targeting anxiety sensitivity with evidence-based psychoeducation: A randomized waitlist-controlled trial of a brief standalone digital intervention. *Cognitive and Behavioral Practice*, 30(4), 678–691. <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., Levihn-Coon, A., Van Veldhuizen, M., 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: A randomized waitlist-controlled trial of standard virtual reality (CGI VR) versus video capture VR (360 degrees 3D/stereoscopic video capture VR). *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: The helping HAND 3 randomized clinical trial. *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., & O’Cleirigh, 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. (2020). 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. Dutcher, C. D., Papini, S., Gebhardt, C. S., & Smits, J. A. J. (2021). 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>
24. Papini, S., Dunsmoor, J. E., & Smits, J. A. J. (2021). 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>

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>

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

Honors

Funding

Efficacy and implementation of exercise-based smoking cessation treatment for adults with high anxiety sensitivity FUNDING: \$648,024	National Cancer Institute, R01CA273221 2023 - 2028
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
Targeted Plasticity Therapy for the Treatment of Post-Traumatic Stress Disorder FUNDING: \$2,317,051	Congressionally Directed Medical Research Programs, HT9425-23-1-0818 2023 - 2025
Approach Bias Retraining for Nicotine Addiction among Dual Combustible and Electronic Cigarette Users FUNDING: \$231,002	National Cancer Institute, R21CA263765 2022 - 2024
Effectivenss 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

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

TEACHING

Clinical Practicum I/II

INSTRUCTOR

2013 - present

Advanced Practicum

INSTRUCTOR

2013 - *present*

357 RAs

SUPERVISOR

2013 - *present*