

## Isaac Ahuvia

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### Education

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| <b>Stony Brook University</b><br>Ph.D. Candidate in Clinical Psychology<br>Faculty Advisor: Jessica Schleider, Ph.D.            | 2020 – Present |
| <b>VA Boston Healthcare System</b><br>Doctoral Intern   | 2025 – Present |
| <b>Stony Brook University</b><br>M.A. in Psychology   | 2020 – 2022    |
| <b>University of Michigan</b><br>Bachelor of Arts in Sociology<br>Thesis Advisors: Sarah Burgard, Ph.D., Sandra Levitsky, Ph.D. | 2012 – 2016    |

### Honors and Awards

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| <b>Graduate Council Fellowship</b> , Stony Brook University  | 2020 – 2025 |
| <b>Career Development Leadership Program</b> , Anxiety and Depression Association of America           | 2025        |
| <b>Departmental Award for Excellence in Teaching</b> , Stony Brook University Department of Psychology | 2023        |
| <b>Hughes Fellowship in Cultural Psychiatry</b> , Society for the Study of Psychiatry and Culture      | 2023        |
| <b>Departmental Honors</b> , University of Michigan Department of Sociology                            | 2016        |
| <b>Phi Beta Kappa</b> , University of Michigan   | 2016        |
| <b>James B. Angell Scholar</b> , University of Michigan  | 2015 – 2016 |
| <b>University Honors</b> , University of Michigan  | 2013 – 2016 |

### Research Funding

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| <b>Graduate Research Grant</b> , Psi Chi<br>Principal Investigator. Total costs: \$1,500  | 2023 – 2024 |
| <b>John Neale Endowed Graduate Student Excellence Fund</b> , Stony Brook University<br>Principal Investigator. Total costs: \$1,500 | 2022 – 2023 |
| <b>Honors Thesis Research Grant</b> , University of Michigan<br>Principal Investigator. Total costs: \$400                          | 2015 – 2016 |

### Peer-Reviewed Publications

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\*Indicates mentorship

†Indicates co-first author

‡Article accompanied by invited commentary

†Ahuvia, I., Beatty, C., Davila, J., & Vivian, D. (in press). How Dyadic Patterns in Intimate Relationships Can Maintain and Exacerbate Relationship Obsessive-Compulsive Disorder Symptoms. *The Behavior Therapist*.  
<https://psyarxiv.com/he6rx>

Ahuvia, I., & Link, B. (2025). The Mental Illness Self-Labeling Model: A Conceptual Model for Studying the Effects of Mental Illness Self-Labeling on Clinical Outcomes. *Clinical Psychological Science*.  
<https://doi.org/10.1177/21677026251338829> <https://psyarxiv.com/nye7s>

- Ahuvia, I.**, Eberle, J., Schleider, J., & Teachman, B. (2025). Anxiety Identity Centrality is Associated with Avoidant Coping in Anxious Adults. *Journal of Social and Clinical Psychology*, 44(1), 60-74. <https://doi.org/10.1521/jscp.2025.44.1.003> <https://psyarxiv.com/5wgnc>
- \*Kwong, K., **Ahuvia, I.**, & Schleider, J. (2025). Help-Seeking at the Intersection of Age and Race: Perceived Need and Treatment Access for Depression in the United States. *Journal of Affective Disorders*. <https://doi.org/10.1016/j.jad.2025.119428> <https://osf.io/preprints/osf/274a5>
- Roulston, C., **Ahuvia, I.**, Leong, S., Fassler, J., Fox, K., & Schleider, J. (2025). “My Family Won’t Let Me”: Adolescent-Reported Barriers to Accessing Mental Health Care. *Journal of Research on Adolescence*, 35, e70013. <https://doi.org/10.1111/jora.70013> <https://psyarxiv.com/yqgh3>
- Schleider, J. L., Zapata, J. P., Rapoport, A., Wescott, A., Ghosh, A., Kaveladze, B., Szkody, E., & **Ahuvia, I.** (2025). Single-Session Interventions for Mental Health Problems and Service Engagement: Umbrella Review of Systematic Reviews and Meta-Analyses. *Annual Review of Clinical Psychology*, 21. <https://doi.org/10.1146/annurev-clinpsy-081423-025033> <https://psyarxiv.com/gp6sx>
- Ahuvia, I.**, Schleider, J., Kneeland, E., Moser, J., & Schroder, H. (2024). Depression Self-Labeling in U.S. College Students: Associations with Perceived Control and Coping Strategies. *Journal of Affective Disorders*, 351, 202-210. <https://doi.org/10.1016/j.jad.2024.01.229> <https://psyarxiv.com/jqrhu>
- Ahuvia, I.**, Sotomayor, I., Kwong, K., Lam, F., Mirza, A., & Schleider, J. (2024). Causal Beliefs About Mental Illness: A Scoping Review. *Social Science and Medicine*, 345, 116670. <https://doi.org/10.1016/j.socscimed.2024.116670> <https://psyarxiv.com/x58pw>
- Ahuvia, I.**, Chen, S., Gordon, L., Fox, K., & Schleider, J. (2024). A Mixed-Methods Investigation of Adolescents’ Beliefs About the Causes of Depression. *Journal of Adolescent Research*. <https://doi.org/10.1177/07435584241256605> <https://psyarxiv.com/yf6vq>
- Ahuvia, I.** (2024). Refining the Prevalence Inflation Hypothesis: Disentangling Overinterpretation from Self-Fulfilling Prophecies. *New Ideas in Psychology*, 75, 101106. <https://doi.org/10.1016/j.newideapsych.2024.101106> <https://psyarxiv.com/nvx2f>
- \*Pinder, J., **Ahuvia, I.**, Chen, S., & Schleider, J. (2024). Beliefs About Depression Relate to Active and Avoidant Coping in High-Symptom Adolescents. *Journal of Affective Disorders*, 346, 299-302. <https://doi.org/10.1016/j.jad.2023.11.026> <https://psyarxiv.com/q43pd>
- Schleider, J., Smock, A., **Ahuvia, I.**, Walubita, T., Rapoport, A., Hill, S., & Purtle, J. (2024). State Parental Consent Law and Treatment Use Among Adolescents with Depression. *JAMA Pediatrics*, 179(2), 209-212. <https://doi.org/10.1001/jamapediatrics.2024.5361>
- Cohen, K., Ito, S., **Ahuvia, I.**, Clayton, C., Zhang, Y., Renshaw, T., Larson, M., & Schleider, J. (2024). Brief School-Based Interventions Targeting Student Mental Health or Wellbeing: A Systematic Review. *Clinical Child and Family Psychology Review*, 27, 732-806. <https://doi.org/10.1007/s10567-024-00487-2> <https://psyarxiv.com/xemjn>
- Dodge, K., Prinstein, M., Evans, A., **Ahuvia, I.**, Alvarez, K., Beidas, R., Brown, A., Cuijpers, P., Denton, E., Hoagwood, K., Johnson, C., Kazdin, A., McDanal, R., Metzger, I., Rowley, S., Schleider, J., & Shaw, D. (2024). Population Mental Health Science: Guiding Principles and Initial Agenda. *American Psychologist*, 79(6), 805-823. <https://doi.org/10.1037/amp0001334>
- ‡**Ahuvia, I.**, Mullarkey, M., Sung, J., Fox, K., & Schleider, J. (2023). Evaluating a Treatment Selection Approach for Online Single-Session Interventions for Adolescent Depression. *Journal of Child Psychology and Psychiatry*, 64(12), 1679-1688. <https://doi.org/10.1111/jcpp.13822> <https://psyarxiv.com/nekhw>
- ‡**Ahuvia, I.**, Fox, K., & Schleider, J. (2023). Adolescents’ Beliefs About What Symptoms Constitute Depression: Are More Expansive Definitions Helpful or Harmful? *SSM – Mental Health*, 4, 100259. <https://doi.org/10.1016/j.ssmmh.2023.100259> <https://psyarxiv.com/hs98z>

**Ahuvia, I., & Schleider, J. (2023).** Potential Harms from Emphasizing Individual Factors Over Structural Factors in Cognitive Behavioral Therapy with Stigmatized Groups. *The Behavior Therapist*, 46(7), 248-254. [https://services.abct.org/i4a/doclibrary/getfile.cfm?doc\\_id=181](https://services.abct.org/i4a/doclibrary/getfile.cfm?doc_id=181) <https://psyarxiv.com/n65fj>

**Ahuvia, I., Dobias, M., Cohen, K., Nelson, B., Richmond, L., London, B., & Schleider, J. (2023).** Loss of Mental Health Support Among College Students During the COVID-19 Pandemic. *Journal of American College Health*, 73(3), 1198-1204. <https://doi.org/10.1080/07448481.2023.2245917> <https://psyarxiv.com/48q7p>

\*Smith, A., **Ahuvia, I.**, Ito, S., & Schleider, J. (2023). A Mixed-Methods Evaluation of a Novel Single-Session Intervention for Body Dissatisfaction and Depression in Adolescents. *International Journal of Eating Disorders*, 56(8), 1554-1569. <https://doi.org/10.1002/eat.23976> <https://psyarxiv.com/4ywe5>

‡Schleider, J., Smith, A., & **Ahuvia, I.** (2023). Realizing the Untapped Promise of Single-Session Interventions for Eating Disorders. *International Journal of Eating Disorders*, 56(5), 853-863. <https://doi.org/10.1002/eat.23920> <https://psyarxiv.com/sgcyp>

Fan, K., Dobias, M., **Ahuvia, I.**, Fox, K., & Schleider, J. (2023). Neighborhood Resources, Discrimination, and Mental Health Treatment Access for Youth Engaging in Self-Injury. *Stigma and Health*, 10(1), 114-121. <https://doi.org/10.1037/sah0000494> <https://psyarxiv.com/d7tpw>

Bear, H., Moon, Z., Wasil, A., **Ahuvia, I.**, Edbrooke-Childs, J., Wolpert, M. (2023). Development and Validation of the Illness Perceptions Questionnaire for Youth Anxiety and Depression. *Counseling Psychology Quarterly*, 37(3), 441-469. <https://doi.org/10.1080/09515070.2023.2232320>

Wakschlag, L., MacNeill, L., Pool, L., Smith, J., Adam, H., Barch, D., Norton, E., Rogers, C., **Ahuvia, I.**, Smyser, C., Luby, J., and Allen, N. (2023). Predictive Utility of Irritability “in Context”: Proof-of-Principle for an Early Childhood Mental Health Risk Calculator. *Journal of Clinical Child and Adolescent Psychology*, 53(2), 231-245. <https://doi.org/10.1080/15374416.2023.2188553>

**Ahuvia, I.**, Jans, L., & Schleider, J. (2022). Secondary Effects of Body Dissatisfaction Interventions on Depression: A Meta-Analysis. *International Journal of Eating Disorders*, 55(2), 231-246. <https://doi.org/10.1002/eat.23659> <https://psyarxiv.com/6rycq>

**Ahuvia, I.**, Sung, J., Dobias, M., Nelson, B., Richmond, L., London, B., & Schleider, J. (2022). College Student Interest in Teletherapy and Self-Guided Mental Health Supports During the COVID-19 Pandemic. *Journal of American College Health*, 72(3), 940-946. <https://doi.org/10.1080/07448481.2022.2062245> <https://psyarxiv.com/8unfx>

Mullarkey, M., Dobias, M., Sung, J., **Ahuvia, I.**, Shumake, J., Beevers, C., & Schleider, J. (2022). Web-Based Single Session Intervention for Perceived Control Over Anxiety During COVID-19: Randomized Controlled Trial. *JMIR Mental Health*, 9(4), e33473. <https://doi.org/10.2196/33473> <https://psyarxiv.com/qp7c2>

Pellecchia, A., Kritikos, M., Guralnik, J., **Ahuvia, I.**, Santiago-Michels, S., Carr, M., Kotov, R., Bromet, E., Clouston, S., & Luft, B. (2022). Physical Functional Impairment and the Risk of Incident Mild Cognitive Impairment in an Observational Study of World Trade Center Responders. *Neurology: Clinical Practice*, 12(6), e162-e171. <https://doi.org/10.1212/CPJ.0000000000200089>

Bevans, K., **Ahuvia, I.**, Hallock, T., Mendonca, R., Roth, S., Forrest, C., Blackwell, C., Kramer, J., & Wakschlag, L. (2020). Investigating Child Self-Report Capacity: A Systematic Review and Utility Analysis. *Quality of Life Research*, 29, 1147-1158. <https://doi.org/10.1007/s11136-019-02387-3>

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## Additional Publications

### Book Chapters

**Ahuvia, I., & Schleider, J. L. (2022).** New Ideas: Single Sessions. In Bennett, S., Myles-Hooton, P., Schleider, J., & Shafraan, R. (Eds.) *Oxford Guide to Brief and Low Intensity Interventions for Children and Young People*. Oxford University Press. <https://doi.org/10.1093/med-psych/9780198867791.001.0001>

## Research Reports

**Ahuvia, I.,** Fox, K., & Schleider, J. (2023). Depression Beliefs Among High-Symptom Adolescents: Correlates, Parent-Child Agreement, and Stability Over Time. <https://psyarxiv.com/sqt8g>

**Ahuvia, I.,** & Gripshover, S. (2023). Elevate Learning Brief: Focus on Fidelity to Deepen Improvements in Learning Conditions (Report). San Francisco, CA: PERTS. <http://perts.net/research/fidelity-predicts-improvement>

Gripsover, S., Londerè, A., **Ahuvia, I.,** Shyjka, A., Krohsinsky, F., Ryan, N., Farrington, C., & Paunesku, D. (2022). Learning Conditions Are an Actionable, Early Indicator of Math Learning (Report). San Francisco, CA: PERTS. <http://perts.net/research/early-indicators>

**Ahuvia, I.,** Bartik, A., Bertrand, M., Gottlieb, J., Hallberg, K., Notowidigdo, M., Pollack, H., & van Dijk, W. (2020). Where COVID-19 Testing Lags Community Need in Illinois (Report). Chicago, IL: University of Chicago Inclusive Economy Lab. <https://urbanlabs.uchicago.edu/projects/where-covid-19-testing-lags-community-need-in-illinois>

## Manuscripts Under Review

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\*Indicates mentorship

†Indicates co-first author

**Ahuvia, I.,** Gurbuz, E., Cuda, J., Kapp, S., Houck, A., Gates, J., Schleider, J., & Gurba, A. (under review). Identifying as Autistic Without a Formal Diagnosis: Who Self-Identifies and Why? <https://osf.io/preprints/psyarxiv/8bsyz>

†**Ahuvia, I.,** Ilagan, G., Jonassaint, C., & Hughes, C. (under review). NIH Diversity Supplement Uptake and Receipt Among Psychologists: How Can We Improve Utilization?

\*Smith, A., **Ahuvia, I.,** Zapata, J., Cohen, K., Graham, A., & Schleider, J. (under review). Randomized Trial of a Digital Single-Session Intervention for Body Image and Mood Concerns among LGBTQ+ Adolescents. <https://psyarxiv.com/hsgrrp>

Pinder, J., **Ahuvia, I.,** Rodriguez-Seijas, C., Fox, K., & Schleider, J. (under review). Measurement Invariance of the CDI-2-SF Among Adolescents Across Sexual Orientation and Gender Identity. <https://osf.io/b6x4y>

Manvelian, A., Sotomayor, I., **Ahuvia, I.,** Davila, J., & Schleider, J. L. (under review). Project Relate: A Randomized Clinical Trial of a Romantic Competence Single-Session Intervention. <https://osf.io/st6gu>

## Research in Progress

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\*Indicates mentorship

†Indicates co-first author

**Ahuvia, I.,** & Schleider, J. (in preparation). Exploring the Psychological Consequences of Online Depression Screening: Effects of Receiving Symptom Feedback With and Without a Brief Psychoeducational Intervention. <https://osf.io/a2dge>

**Ahuvia, I.,** Tse, J., Pinder, J., & Schleider, J. (in preparation). Depression Concept Breadth and Self-Labeling in a Diverse Sample of U.S. College Students. <https://osf.io/sc6p9>

**Ahuvia, I.,** & Pinder, J. (in preparation). PHQ-9 Responses in U.S. College Students Versus the General Adult Population: Differences in Response Patterns and Item Functioning.

Eberle, J., **Ahuvia, I.,** Chang, Y., Chen, S., Shroff, A., Bringmann, L., Mullarkey, M., & Schleider, J. (in preparation). Using Idiographic Symptom Networks to Predict Change in Adolescent Depression Symptoms. <https://osf.io/c4e75>

Shroff, A., Roulston, C., Fassler, J., **Ahuvia, I.,** Fox, K., & Schleider, J. (in preparation). Factors Informing Disclosure of Mental Health Difficulties to Parents Among Adolescents with Depression. <https://osf.io/d7wyn>

Dobias, M., Roulston, C., Jans, L., **Ahuvia, I.,** Fox, K., & Schleider, J. (in preparation). What do Depressed Adolescents Believe is the “Ideal” Support for Their Depression? <https://osf.io/d7wyn>

Roberts, S., Smith, A., Stout, C., **Ahuvia, I.**, Gordon, A., & Schleider, J. (in preparation). The Impact of LGBTQ+ Identity on Acceptability and Response to an Online Single-Session Intervention for Adolescents' Body Image and Depression. <https://osf.io/3vesk>

Houck, A., Cuda, J., Gurba, A., Gates, J., Gurbuz, E., Schleider, J., Kapp, S., & **Ahuvia, I.** (in preparation). Avenues to Autistic Identity Among Diagnosed and Self-Identifying Adults. <https://osf.io/vwa3u>

## Presentations

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\*Indicates mentorship

### Invited Talks

Northwestern University Feinberg School of Medicine Center for Behavioral Intervention Technologies. "Depression and Anxiety Identities: Prevalence Inflation, Labeling, and Self-Fulfilling Prophecies." May 28, 2024.

Stony Brook University Clinical Science Colloquium. "Two Studies of Self-Labeling: Depression in College Students and Autism in Adults." February 21, 2024.

University of New Mexico Alcohol Use and Mental Health ECHO. "Brief Therapy Interventions and Resources for Depression." November 15, 2022.

### Academic Conferences

#### *Plenary and Keynote Presentations*

**Ahuvia, I.**, Chen, S., Gordon, L., Fox, K., & Schleider, J. (2023, April). A Mixed-Methods Investigation of Adolescents' Beliefs About the Causes of Depression. Hughes Fellowship plenary presentation given at the Society for the Study of Psychiatry and Culture Annual Conference, San Diego, CA.

#### *Chaired Symposia and Panels*

**Ahuvia, I.**, & McKetta, S. (Chairs), Mirhashem, R., Jans, L., Chang, Y., Fan, K., & Price, M. (2023, November). The Role of Structural Stigma in Psychopathology Among Marginalized Youth. Symposium at the Association for Behavioral and Cognitive Therapies Annual Convention, Seattle, WA.

#### *Symposium and Panel Presentations*

**Ahuvia, I.**, Schleider, J. (2025, April). Do My Experiences "Count" as Depression? Depression Concept Breadth as a Predictor of Self-Labeling. Symposium presentation given at the Anxiety and Depression Association of America Annual Conference, Las Vegas, NV.

\*Smith, A., **Ahuvia, I.** Cohen, K., & Schleider, L. (2024, November). A Randomized-Controlled Trial of a Digital Single-Session Intervention for LGBTQ+ Youth with Body Image and Mood Concerns. Symposium presentation given at the Association for Behavioral and Cognitive Therapies Annual Convention, Philadelphia, PA.

Jans, L., Smith, A., **Ahuvia, I.**, Eberle, J., & Schleider, J. (2024, June). Shared and Unique Contributions of Pre-Post Changes in Proximal Targets to 3-Month Changes in Depression Symptoms in Two Web-Based Single-Session Interventions for Depressed Adolescents. Symposium presentation given at the 12th Annual International Society for Research on Internet Interventions, Limerick, Ireland.

**Ahuvia, I.**, Schleider, J., Kneeland, E., Moser, J., & Schroder, H. (2024, April). Depression Self-Labeling in U.S. College Students: Associations with Perceived Control and Coping Strategies. Symposium presentation given at the Anxiety and Depression Association of America Annual Conference, Boston, MA.

**Ahuvia, I.**, Fox, K., & Schleider, J. (2023, November). Adolescents' Beliefs About What Symptoms Constitute Depression: Are More Expansive Definitions Helpful or Harmful? Symposium presentation given at the Association for Behavioral and Cognitive Therapies Annual Convention, Seattle, WA.

**Ahuvia, I.**, Chen, S., Gordon, L., Fox, K., & Schleider, J. (2023, November). Adolescents' Beliefs About What Causes Depression: Implications for Clinical Psychoeducation. Symposium presentation given at the Association for Behavioral and Cognitive Therapies Annual Convention, Seattle, WA.

Fan, K., Dobias, M., **Ahuvia, I.**, Fox, K., & Schleider, J. (2023, November). Neighborhood Resources, Discrimination, and Treatment Access for Adolescents Engaging in Self-Injury. Symposium presentation given at the Association for Behavioral and Cognitive Therapies Annual Convention, Seattle, WA.

Mirhashem, R., Thorpe, D., **Ahuvia, I.**, Fox, K., & Schleider, J. (2023, November). How do Subjective Social Status and Objective Neighborhood Resources Relate to Adolescent Depression? Symposium presentation given at the Association for Behavioral and Cognitive Therapies Annual Convention, Seattle, WA.

Dobias, M., Roulston, C., Jans, L., **Ahuvia, I.**, & Schleider, J. (2023, November). Mixed Methods Analysis of Youth Mental Health Support Preferences. Symposium presentation given at the Association for Behavioral and Cognitive Therapies Annual Convention, Seattle, WA.

**Ahuvia, I.**, & Schleider, J. (2022, May). The Relationship Between Depression Beliefs and Depression Symptom in Adolescents. Symposium presentation given at the Association for Psychological Science Annual Convention, Chicago, IL.

**Ahuvia, I.**, & Schleider, J. (2022, March). Adolescents' Beliefs About the Causes and Permanency of Depression: An Exploratory Study. Symposium presentation given at the Anxiety and Depression Association of America Annual Conference, Denver, CO.

#### *Individual Presentations*

\*Smith, A., **Ahuvia, I.**, Ito, S., & Schleider, J. (2023, June). Acceptability and Impact of a Digital Single-Session Intervention for Adolescents with Elevated Body Image and Mood Concerns. Flash talk presentation given at the Society for Digital Mental Health Annual Meeting, Virtual.

\*Smith, A., **Ahuvia, I.**, Ito, S., & Schleider, J. (2022, November). Project Body Neutrality: Piloting a Digital Single Session Intervention for Body Image and Depression. Ignite presentation at the Technology and Behavior Change SIG meeting, Association for Behavioral and Cognitive Therapies Annual Convention, New York, NY.

Bevans, K., **Ahuvia, I.**, Hallock, T., & Mendonca, R. (2019, October). Advancing the Science of Pediatric Health Measurement: A Multimethod Approach to Assessing Children's Self-Report Capacity. Presentation given at the International Society for Quality of Life Research Annual Conference, San Diego, CA.

#### *Poster Presentations*

**Ahuvia, I.** (2025, April). Depression Symptom Profiles Differ Between U.S. College Students and the General Adult Population, With Implications for Detection. Poster presented at the Anxiety and Depression Association of America Annual Conference, Las Vegas, NV.

Smock, A., Walubita, T., Hill, S., Rapoport, A., **Ahuvia, I.**, Purtle, J., & Schleider, J. (2024, November). State Laws That Require Parental Consent for Adolescent Depression Treatment May Undermine Youths' Access to Care. Poster presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Philadelphia, PA.

\*Kwong, K., **Ahuvia, I.**, & Schleider, J. (2024, May). Help-Seeking at the Intersection of Age and Race: Perceived Need and Treatment Access for Depression in the United States. Poster presented at the Association for Behavioral and Cognitive Therapies Annual Student Research Symposium, Virtual.

\*Smith, A., **Ahuvia, I.**, Ito, S., Cohen, K., & Schleider, J. (2023, November). Adolescent Treatment Seekers' Perspectives on Body Positivity and Body Neutrality. Poster presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Seattle, WA.

Gripshover, S., Yohannes, E., & **Ahuvia, I.** (2023, April). Enabling Conditions for the Continuous Improvement of Student Experience. Poster presented at the Carnegie Foundation Summit on Improvement in Education, San Diego, CA.

\*Jans, L., **Ahuvia, I.**, Schleider, J. (2022, August). Associations Between Perceived Causal Agents and Prognostic Pessimism in Adolescent Depression. Poster presented at the Journal of Clinical Child and Adolescent Psychology (JCCAP) Future Directions Forum, Virtual.



Fan, K., Dobias, M., **Ahuvia, I.**, Fox, K., & Schleider, J. (2022, August). Neighborhood Resources, Identity-Based Discrimination, and Mental Health Treatment Access Among Adolescents Engaging in Self-Injury. Poster presented at the Journal of Clinical Child and Adolescent Psychology (JCCAP) Future Directions Forum, Virtual.

**Ahuvia, I.**, Jans, L., & Schleider, J. (2021, November). Secondary Effects of Body Dissatisfaction Interventions on Adolescent Depressive Symptoms: A Meta-Analysis. Poster presented at the Association for Behavioral and Cognitive Therapies Annual Convention, New Orleans, LA.

**Ahuvia, I.**, & Bevans, K. (2019, November). Consequences of Excluding Potentially Invalid PRO Response Data for Research with Adolescent ADHD Populations. Poster presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Atlanta, GA.

## Public Engagement

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### Articles

Ahuvia, I. (2024, March 7). Students Don't Know How Depressed They Are. *Inside Higher Ed*. <https://www.insidehighered.com/opinion/views/2024/03/07/many-depressed-students-dont-identify-such-opinion>

### Media Appearances

Mad in America. "Depression Self-Labeling Associated with Worse Outcomes." August 12, 2024. <https://www.madinamerica.com/2024/08/depression-self-labeling-associated-with-worse-outcomes/>

The Atlantic. "Not Everyone Needs to Go to Therapy." July 9, 2024. <https://www.theatlantic.com/podcasts/archive/2024/07/therapy-mental-health-school-kids/678911>

The New York Times. "Are We Talking Too Much About Mental Health?" May 6, 2024. <https://www.nytimes.com/2024/05/06/health/mental-health-schools.html>

Forbes. "Generative AI and the Great Promise of Single-Session Therapy for Mental Health." May 3, 2024. <https://www.forbes.com/sites/lanceeliot/2024/05/03/generative-ai-and-the-great-promise-of-single-session-therapy-for-mental-health>

Mad in America. "From Self-Label to Self-Sabotage: Identifying with Anxiety Fuels Avoidance Behaviors." March 26, 2024. <https://www.madinamerica.com/2024/03/from-self-label-to-self-sabotage-identifying-with-anxiety-fuels-avoidance-behaviors>

ACAMH Podcasts. "What Works for Whom: Treatment Selection Approach for Single-Session Interventions for Depression." February 19, 2024. <https://www.acamh.org/podcasts/treatment-selection-approach-for-single-session-interventions-for-depression>

Mad in America. "Can Individual Focus of CBT Harm Those Facing Systemic Discrimination?" September 20, 2023. <https://www.madinamerica.com/2023/09/can-individual-focus-of-cbt-harm-those-facing-systemic-discrimination>

Tradeoffs Podcast. "Hard to Reach." June 11, 2020. <https://tradeoffs.org/2020/06/11/hard-to-reach>

### Teaching

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Teaching materials publicly available at <https://www.isaacahuvia.com/#teaching>

#### Stony Brook University

Stony Brook, NY

*Instructor and Creator of Original Course*

PSY 339: The Social Construction of Mental Illness (Undergraduate) Summer 2023

- 100% of students gave this class the highest possible rating on course evaluations

PSY 339: The Social Construction of Mental Illness (Undergraduate) Winter 2023

- 100% of students gave this class the highest possible rating on course evaluations

PSY 339: The Social Construction of Mental Illness (Undergraduate) Summer 2022

- 100% of students gave this class the highest possible rating on course evaluations

### *Instructor*

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| PSY 301: Advanced Statistics (Undergraduate)   | Summer 2023 |
| <ul style="list-style-type: none"><li>• 100% of students gave this class the highest possible rating on course evaluations</li><li>• Average improvement in statistics self-efficacy: 1.05 standard deviations (<math>d_{av}</math>)</li></ul> |             |
| PSY 310: Research and Writing in Psychology (Undergraduate)  | Spring 2022 |
| <ul style="list-style-type: none"><li>• 94% of students gave this class the highest possible rating on course evaluations</li></ul>  |             |

### *Guest Lecturer*

|   |           |
|---|-----------|
| PSY 447: Professional Development: What You Can Do with Your Degree (Undergraduate) | Fall 2024 |
| PSY 447: Professional Development: What You Can Do with Your Degree (Undergraduate) | Fall 2023 |
| PSY 505: Multivariate Statistical Methods (Graduate)                                | Fall 2023 |
| PSY 382: Research Methods in Social Psychology (Undergraduate)                      | Fall 2021 |

### *Creator of Instructional Materials*

|  |           |
|--|-----------|
| PSY 505: Multivariate Statistical Methods (Graduate) | Fall 2023 |
|--|-----------|

### *Teaching Assistant*

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|--|-------------|
| PSY 358: Neuroethology (Undergraduate)                         | Spring 2024 |
| PSY 505: Multivariate Statistical Methods (Graduate)           | Fall 2023   |
| PSY 339: Schizophrenia Spectrum Disorders (Undergraduate)      | Spring 2023 |
| PSY 382: Research Methods in Social Psychology (Undergraduate) | Fall 2021   |

### **Additional Teaching Experience**

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|--|-----------|
| Workshop on Statistical Programming in R | Fall 2020 |
|--|-----------|

### **Mentorship**

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Center for the Improvement of Mentored Experiences in Research (CIMER) certified.

|  |             |
|--|-------------|
| Katie Zeng, as B.A. student in psychology at Stony Brook University  | 2023 – 2024 |
| <ul style="list-style-type: none"><li>• Support research design, implementation, and writing of undergraduate honors thesis</li></ul>  |             |
| Arielle Smith, as post-baccalaureate research coordinator at Stony Brook University  | 2022 – 2023 |
| <ul style="list-style-type: none"><li>• Support research design, implementation, and writing of multiple first-authored papers</li><li>• Recipient of 2023 Best Trainee Poster Award, ABCT Eating Disorder and Eating Behavior SIG</li></ul> |             |
| Kelly Kwong, as B.A. student in psychology at Stony Brook University   | 2022 – 2023 |
| <ul style="list-style-type: none"><li>• Support research design, implementation, and writing of undergraduate honors thesis</li></ul>  |             |
| Juno Pinder, as M.A. student in clinical psychology at the Columbia University   | 2021 – 2022 |
| <ul style="list-style-type: none"><li>• Supported research design, implementation, and writing of first-authored paper</li></ul>   |             |
| Laura Jans, as M.A. student in psychology at Stony Brook University  | 2021 – 2022 |
| <ul style="list-style-type: none"><li>• Supported research design, implementation, and writing of first-authored poster</li></ul>  |             |

### **Professional Service**

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|   |                 |
|---|-----------------|
| <b>Stony Brook University</b>   | Stony Brook, NY |
| Member, Subcommittee on Mentoring Diverse Undergraduate Students                | 2023 – Present  |
| Graduate Student Representative, Psychology Department                          | 2020 – 2021     |
| <b>Coalition for the Advancement and Application of Psychological Science</b>   | National        |
| Member, Subcommittee on Diversity, Equity, and Inclusion in NIH-Funded Research | 2023 – Present  |

### **Professional Affiliations**

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American Psychological Association (APA)  
Anxiety and Depression Association of America (ADAA)  
Association for Behavioral and Cognitive Therapies (ABCT)  
Association for Psychological Science (APS)



Coalition for the Advancement and Application of Psychological Science (CAAPS)  
 Society for the Study of Psychiatry and Culture (SSPC)  
 Society for the Teaching of Psychology (APA Division 2)  
 Society of Clinical Psychology (APA Division 12)

## Editorial & Review Experience

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### Ad-Hoc Reviewer

|   |            |
|---|------------|
| Journal of Clinical Child & Adolescent Psychology   | Since 2021 |
| Journal of Medical Internet Research                | Since 2021 |
| Journal of Adolescence                              | Since 2022 |
| Journal of Adolescent Research                      | Since 2022 |
| Research on Child and Adolescent Psychopathology    | Since 2022 |
| Journal of American College Health                  | Since 2024 |
| BMC Psychology                                      | Since 2024 |
| American Journal of Psychology                      | Since 2024 |
| International Journal of Adolescence and Youth      | Since 2024 |
| Journal of Cross-Cultural Psychology                | Since 2024 |
| Current Psychology                                  | Since 2025 |
| International Journal of Human-Computer Interaction | Since 2025 |
| Scientific Reports                                  | Since 2025 |
| Social Psychiatry and Psychiatric Epidemiology      | Since 2025 |
| Analyses of Social Issues and Public Policy         | Since 2025 |
| Behavioural and Cognitive Psychotherapy             | Since 2025 |

## Research Experience

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### Stony Brook University

Stony Brook, NY

Ph.D. Student, Lab for Scalable Mental Health

August 2020 – Present

- Lead and contribute to a variety of research projects from conceptualization through publication
- Create data processing pipelines (R) to facilitate rigorous, transparent research

Research Assistant, World Trade Center Study

June 2021 – September 2021

- Conducted survival analysis (R) for studies on health outcomes of World Trade Center first responders

### PERTS (Project for Education Research That Scales)

San Francisco, CA

Data Analyst

October 2021 – Present

- Analyze data (R) to evaluate impacts of classroom- and school-level interventions on student outcomes
- Communicate results to educators, providing clear steps they can take to improve their classrooms
- Create tools to process data (R) to enhance research team efficiency

### American Psychological Association

Washington, DC

Consultant

October 2022 – December 2022

- Contributed a chapter to a research report (later published in *American Psychologist*) regarding how to evaluate outcomes for population mental health science

### Northwestern University Feinberg School of Medicine

Chicago, IL

Consultant, Developmental Mechanisms Lab

April 2020 – August 2020

- Conducted analyses (R) for research articles on adolescent self-report validity

Senior Research Coordinator, Developmental Mechanisms Lab

November 2018 – November 2019

- Coordinated recruitment, data collection, and finance for a large grant-funded project
- Contributed to manuscript and grant preparation across a variety of studies
- Managed a team of 14 research assistants

### University of Chicago Poverty Lab

Chicago, IL

Research Analyst

November 2019 – July 2020

- Led analyses (R) for outcome evaluations of Chicago-area social service programs

- Assisted in the implementation of a large-scale universal basic income program (Stata)
- Prepared reports and presentations for principal investigators, partners, and funders

Senior Project Associate

December 2017 – November 2018

- Managed the implementation of outcome evaluations of Chicago-area social service programs
- Conducted analyses (R) for outcome evaluations of Chicago-area social service programs
- Managed research assistants in collecting data, conducting literature reviews, and other tasks

Project Associate

May 2016 – December 2017

- Assisted in the implementation of outcome evaluations of Chicago-area social service programs
- Conducted analyses (R) for outcome evaluations of Chicago-area social service programs

**University of Michigan**

Ann Arbor, MI

Honors Thesis, Department of Sociology

January 2015 – May 2016

- Conducted a qualitative study of issue framing among social movement organizations and legislators

Research Assistant, Department of Sociology

September 2015 – May 2016

- Examined the relationship between welfare receipt and credit using longitudinal survey data (Stata)

Research Assistant, Ross School of Business

May 2015 – August 2015

- Translated code for market share prediction models used by the Ford Motor Company (Stata, SAS)

Research Assistant, Institute for Social Research

October 2014 – May 2015

- Developed a database used to study and the achievement gap and study abroad participation (Stata)

## **Clinical Experience**

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### **Clinical Intervention**

**Stony Brook University Hospital Adult Inpatient Unit**

Stony Brook, NY

Individual Therapist (Adult)

August 2024 – December 2024

Supervisors: Andrew Deptula, Ph.D.

- Provide evidence-based treatments to adults with severe psychopathology, including acute mood disorders, anxiety disorders, personality disorders, suicidality, and psychosis
- Develop and execute treatment plans integrating Cognitive-Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT), and Cognitive Behavioral Analysis System of Psychotherapy (CBASP) approaches
- Co-lead Dialectical Behavior Therapy (DBT) skills group
- Administer thorough safety and risk assessment (e.g., suicidality)
- Participate in multidisciplinary clinical meetings regarding treatment planning and case management
- Attend weekly supervision with licensed clinical psychologist

**Stony Brook University Krasner Psychological Center**

Stony Brook, NY

Individual Therapist (Adult)

August 2021 – July 2024

Supervisors: Joanne Davila, Ph.D., Dina Vivian, Ph.D.

- Provide evidence-based mental health treatment for adults of all ages
- Presenting problems include anxiety (GAD, OCD, phobia), chronic and acute depression, interpersonal conflict, chronic stress, and worry
- Develop and execute treatment plans integrating a variety of evidence-based therapies, including Cognitive-Behavioral Therapy (CBT), Exposure and Response Prevention (ERP), Behavioral Activation (BA), Cognitive Behavioral Analysis System of Psychotherapy (CBASP), and more
- Flexibly utilize a variety of cognitive-behavioral techniques as necessary for the client, including exposure and response prevention, cognitive restructuring, situational analysis, and mindfulness exercises
- Conduct rigorous intake interviews and ongoing outcome monitoring using structured and semi-structured tools to assess goals, motivation, and symptomatology
- Administer thorough safety and risk assessment (e.g., suicidality)
- Attend weekly supervision with licensed clinical psychologist, presenting case conceptualizations, treatment updates, and session tape review

- Document sessions weekly and manage billing for each client

#### Individual Therapist (Child)

August 2021 – July 2024

Supervisors: Jessica Schleider, Ph.D., Daniel O’Leary, Ph.D.

- Provide evidence-based mental health treatment for children, adolescents, and their parents
- Presenting problems include anxiety, depression, disruptive behavior, and oppositionality
- Develop and execute treatment plans integrating a variety of evidence-based therapies, including Cognitive-Behavioral Therapy (CBT), Exposure and Response Prevention (ERP), Parent Management Training (PMT), the “Being Brave” program, and more
- Provide services directly to children (e.g., child-directed CBT), to their parents (e.g., PMT), and to both (e.g., “Being Brave” program) as indicated
- Conduct rigorous intake interviews and ongoing outcome monitoring using child- and parent-reported tools to assess goals, motivation, family functioning, and symptomatology
- Administer thorough safety and risk assessment (e.g., suicidality, child abuse)
- Attend weekly supervision with licensed clinical psychologist, presenting case conceptualizations, treatment updates, and session tape review
- Document sessions weekly and manage billing for each client

#### Couples Therapist

August 2021 – July 2024

Supervisors: Daniel O’Leary, Ph.D., Dina Vivian, Ph.D.

- Provide evidence-based mental health treatment for couples
- Presenting problems include relationship dissatisfaction, interpersonal conflict, communication problems, lack of trust and intimacy, and infidelity
- Develop and execute treatment plans integrating cognitive, behavioral, emotion-based, and Integrated Behavioral Couples Therapy (IBCT) techniques
- Flexibly utilize techniques including communication training, problem-solving, behavioral activation, and emotion-based strategies fit to the needs of each couple
- Focus on modifying interactions via in-session learning, top-down cognitive processes, and behavioral interventions
- Conduct rigorous intake interviews and ongoing outcome monitoring using structured and semi-structured tools to assess goals, motivation, and interpersonal functioning
- Administer thorough safety and risk assessment (e.g., suicidality, intimate partner violence)
- Attend weekly supervision with licensed clinical psychologist, presenting case conceptualizations, treatment updates, and session tape review
- Document sessions weekly and manage billing for each client

#### Single Session Support (S3) Center at Stony Brook University Hospital

Stony Brook, NY

Consultation Provider

March 2023 – June 2024

Supervisor: Jessica Schleider, Ph.D.

- Provide brief solution-focused therapy to healthcare workers and trainees
- Implement novel, evidence-based single-session consultation (Sung, J. Y., Bugatti, M., Vivian, D., & Schleider, J. L. (2023). Evaluating a telehealth single-session consultation service for clients on psychotherapy wait-lists. *Practice innovations*.)

#### National Runaway Safeline

Chicago, IL

Crisis Counselor

April 2018 – March 2020

- Provided crisis intervention via phone and chat to hundreds of youths and adults of diverse backgrounds
- Presenting problems included depression, anxiety, suicidality, trauma, and ongoing abuse
- Utilized brief supportive and problem-solving techniques to help youth in acute crisis
- Facilitated the return of runaway youth to their homes using family-based problem-solving techniques
- Administer thorough safety and risk assessment (e.g., suicidality, child abuse)

#### Assessment

**Stony Brook University Krasner Psychological Center**

Clinical Assessor (Adult &amp; Child)

Stony Brook, NY

August 2021 – July 2024

Supervisors: Brady Nelson, Ph.D., Dina Vivian, Ph.D.

- Conduct rigorous psychological and psychoeducational assessment for children and adults
- Referral questions include cognitive and intellectual functioning, academic performance, and psychopathology
- Develop and execute assessment plans integrating evidence-based measures of intellectual ability, academic achievement, and psychopathology
- Administer validated tests assessing intellectual ability (e.g., WAIS, WISC), academic achievement (e.g., WJ), and psychopathology (e.g., MINI, SCID, IDAS-II, CAT-PD)
- Write thorough evaluation reports including client background, assessment methods, results, diagnostic conclusions, and recommendations
- Deliver evaluation reports and respond to client questions and concerns in feedback sessions

**Consultation and Evaluation****Lab for Scalable Mental Health**

TRAILS

Chicago, IL

August 2024 – Present

- Work with TRAILS, a school-based mental health service provider, to integrate evidence-based single-session interventions into the suite of services offered to students

**University of Chicago Poverty Lab**

Storycatchers Theatre

Chicago, IL

January 2017 – November 2018

- Design and implement a rigorous impact evaluation of Storycatchers Theatre, a full-time art therapy program for youth recently released from juvenile detention
- Act as the primary point of contact between the University of Chicago and Storycatchers Theatre, responding to partner concerns and working to maintain a collaborative relationship
- Coordinate with Storycatchers Theatre staff on study recruitment
- Conduct program visits to interview program staff, participants, and observe intervention delivery
- Design and execute analyses of the effects of program participation on employment and arrest outcomes

**The Dovetail Project**

January 2017 – November 2018

- Design and implement a rigorous impact evaluation of The Dovetail Project, a ten-week, once-weekly fatherhood program for predominantly non-residential fathers on Chicago's south and west sides
- Act as the primary point of contact between the University of Chicago and The Dovetail Project, responding to partner concerns and working to maintain a collaborative relationship
- Coordinate with The Dovetail Project staff on study recruitment and data collection
- Create and pilot an in-depth interview to assess participant outcomes
- Conduct program visits to observe intervention delivery
- Design and execute analyses of the effects of program participation on parenting, employment, and arrest outcomes

**Intervention Development****Lab for Scalable Mental Health**

Project Body Neutrality

Chicago, IL

August 2021 – Present

- Develop a transdiagnostic single-session intervention for body dissatisfaction in adolescents
- Work with intervention scientists to develop a brief, interactive online program for reducing body dissatisfaction, decreasing hopelessness, and increasing body functionality appreciation
- Collaborate on a pilot evaluation study (<https://doi.org/10.1002/eat.23976>) and randomized controlled trial (ongoing)

**Publicly Available Mental Health Interventions**

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Smith, A., Ahuvia, I., Cohen, K., Ito, S., & Schleider, J. (2023). Project Body Neutrality. <https://doi.org/10.17605/osf.io/w82bf>

#### Published Software

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- An app to produce visualizations of parental consent laws for adolescent mental health treatment by state, published as an appendix to Schleider et al., 2024. Code: <https://github.com/isaacahuvia/youth-treatment-access-dashboard> App: <https://www.schleiderlab.org/dashboard.html>
- Code to produce self-report data quality indices, published as an online appendix to Bevans, et al. 2020. Code: <https://github.com/isaacahuvia/self-report-achival-indices>
- An app to produce statistics and visualizations of census data for Chicago's 77 community areas. Code: <https://github.com/Poverty-Lab/ACS-Map-Dashboard>
- Code to aggregate between overlapping geographic levels (e.g., Census Tract and ZIP) using Census Block-level population data. Code: <https://github.com/Poverty-Lab/ACS-Map-Dashboard>
- A software package for beginner-friendly power calculation, for internal use by the University of Chicago Poverty Lab. Code: <https://github.com/isaacahuvia/QuickPower>