Isaac Ahuvia

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Education

Stony Brook University 2020 – Present
Ph.D. Student in Clinical Psychology
Faculty Advisor: Jessica Schleider, Ph.D.

Stony Brook University 2020 – 2022
M.A. in Psychology

University of Michigan 2012 – 2016
Bachelor of Arts in Sociology
Thesis Advisors: Sarah Burgard, Ph.D., Sandra Levitsky, Ph.D.

Research Interests

Individual beliefs about mental health and illness; the relationship between these beliefs and clinically-relevant outcomes such as symptom severity, treatment expectations, and help-seeking behavior; the social construction of mental health and illness; scalable interventions for mental health problems.

Honors and Awards

Graduate Council Fellowship, Stony Brook University 2020 – 2025

Hughes Fellowship in Cultural Psychiatry, Society for the Study of Psychiatry and Culture 2023

Departmental Honors, University of Michigan Department of Sociology 2016

Phi Beta Kappa, University of Michigan 2016

James B. Angell Scholar, University of Michigan 2015 – 2016

University Honors, University of Michigan 2013 – 2016

Research Funding

John Neale Endowed Graduate Student Excellence Fund, Stony Brook University 2022 – 2023
Principal Investigator. Total costs: $1,500

Honors Thesis Research Grant, University of Michigan 2015 – 2016
Principal Investigator. Total costs: $400

Peer-Reviewed Publications

Schleider, J., Smith, A., & **Ahuvia, I**. (in press). Realizing the Untapped Promise of Single-Session Interventions for Eating Disorders. *International Journal of Eating Disorders*. https://psyarxiv.com/sgcvp/

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://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*, 1-7. 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://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*(5), 1147-1158. https://doi.org/10.1007/s11136-019-02387-3

Additional Publications

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

Ahuvia, I., & Schleider J. L. (2022). New Ideas: Single Sessions. In Bennett, S., Myles-Hooton, P., Schleider, J., & Shafran, 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

Gripsover, S., Londerèe, 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

*Indicates mentorship

Ahuvia, I., Chen, S., Gordon, L., Fox, K., & Schleider, J. (under review). A Mixed-Methods Investigation of Adolescents' Beliefs About the Causes of Depression. https://psyarxiv.com/yf6vq

Ahuvia, I., & Schleider, J. (under review). Depressed Adolescents' Beliefs About the Causes and Permanence of Depression: Correlates, Parent-Child Agreement, and Stability Over Time. https://psyarxiv.com/sqt8g

Ahuvia, I., Fox, K., & Schleider, J. (under review). Depressed Adolescents' Beliefs About What Symptoms Constitute Depression. https://osf.io/mu2jr

Ahuvia, I., Mullarkey, M., Sung, J., Fox, K., & Schleider, J. (under review). Evaluating a Treatment Selection Approach for Online Single-Session Interventions for Adolescent Depression. https://psyarxiv.com/nekhw

Ahuvia, I., Dobias, M., Cohen, K., Nelson, B., Richmond, L., London, B., & Schleider, J. (under review). Loss of Mental Health Support Among College Students During the COVID-19 Pandemic. https://psyarxiv.com/48q7p

*Pinder, J., **Ahuvia, I.**, Chen, S., & Schleider, J. (under review). Beliefs About Depression Relate to Active and Avoidant Coping in High-Symptom Adolescents. https://psyarxiv.com/q43pd

*Smith, A., **Ahuvia, I.**, Ito, S., & Schleider, J. (under review). A Mixed-Methods Evaluation of a Novel Single-Session Intervention for Body Dissatisfaction and Depression in Adolescents. https://psyarxiv.com/4ywe5/

Cohen, K., Ito, S., **Ahuvia, I.**, Clayton, C., Zhang, Y., Renshaw, T., Larson, M., & Schleider, J. (under review). Brief School-Based Interventions Targeting Student Mental Health or Wellbeing: A Systematic Review. https://osf.io/rhqfj

Fan, K., Dobias, M., **Ahuvia, I.**, Fox, K., & Schleider, J. (under review). Relationships Between Identity-Based Discrimination, Socioeconomic Status, and Mental Health Treatment Access Among Self-Injurious Adolescents. https://osf.io/n2xh4

Bear, H., Moon, Z., Wasil, A., **Ahuvia, I.**, Edbrooke-Childs, J., Wolpert, M. (under review). Development and Validation of the Illness Perceptions Questionnaire for Youth Anxiety and Depression.

Wakschlag, L., Pool, L., MacNeill, L., Krogh-Jespersen, S., Adam, H., Barch, D., Norton, E., Rogers, C., **Ahuvia, I.**, Smyser, C., Luby, J., and Allen, N. (under review). Predictive Utility of Irritability "in Context": Proof-of-Principle for an Early Childhood Mental Health Risk Calculator.

Research in Progress

*Indicates mentorship

Ahuvia, I., Sotomayor, I., Kwong, K., Lam, F., Mirza, A., & Schleider, J. (in preparation). Studying Causal Beliefs About Mental Illness: A Scoping Review and Bibliometric Analysis. https://osf.io/hsgvx

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

Ahuvia, I., Pinder, J., Fox, K., Schleider, J. (in preparation). Depression Beliefs as Intervention Targets for Single Session Interventions. https://osf.io/m4e89

*Kwong, K., **Ahuvia, I.**, & Schleider, J. (in preparation). Help-Seeking at the Intersection of Age and Race: Perceived Need and Treatment Access for Depression in the United States. https://osf.io/sxkyd

Bevans, K., **Ahuvia, I.**, Hallock, T., Norton, E., Kaat, A., Blackwell, C., Cella, D., Gershon, R., Wakshclag, L., Krogh-Jespersen, S. (in preparation). A Multimethod Approach to Identifying Reliable and Valid Responses to Pediatric Patient Reported Outcome Measures.

Roulston, C., Fassler, J., Chen, S., **Ahuvia, I.**, Fox, K., & Schleider, J. (in preparation). Self-Reported Barriers to Mental Health Treatment Among Adolescents with Depression. https://osf.io/d7wyn

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

Presentations

*Indicates mentorship

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

Academic Conferences
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. Plenary presentation given at the Society for the Study of Psychiatry and Culture Annual Conference, San Diego, CA.

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.

Symposia and Panels
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.

Posters and One-Slide Presentations
*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.

*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 Series.

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 Series.

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.

Media Appearances

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

Teaching

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)	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
PSY 310: Research and Writing in Psychology (Undergraduate)	Spring 2022

- 94% of students gave this class the highest possible rating on course evaluations

Guest Lecturer
PSY 382: Research Methods in Social Psychology (Undergraduate)	Fall 2021

Teaching Assistant
PSY 339: Schizophrenia Spectrum Disorders (Undergraduate)	Spring 2023
PSY 382: Research Methods in Social Psychology (Undergraduate)	Fall 2021

Additional Teaching Experience
Workshop on Statistical Programming in R	Fall 2020

Mentorship

Current
Kelly Kwong, current B.A. Student in Psychology at Stony Brook University
- Support research design, implementation, and writing of undergraduate honors thesis

Arielle Smith, current post-baccalaureate research coordinator at Stony Brook University
- Support research design, implementation, and writing of first-authored paper

Aqsa Mirza, current post-baccalaureate research assistant at Stony Brook University
- Support research design and planning of first-authored poster

Former
Juno Pinder, as M.A. Student in Clinical Psychology at the Columbia University
- Supported research design, implementation, and writing of first-authored paper

Laura Jans, as M.A. Student in Psychology at Stony Brook University
- Supported research design, implementation, and writing of first-authored poster

Professional Service

Stony Brook University	Stony Brook, NY
Member, Subcommittee on Mentoring Diverse Undergraduate Students	2023 – Present
Graduate Student Representative, Psychology Department	2020 – 2021

Coalition for the Advancement and Application of Psychological Science	National
Member, Subcommittee on Diversity, Equity, and Inclusion in NIH-Funded Research	2023 – Present

Professional Affiliations

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)

Editorial & Review Experience

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
Qeios	Since 2023

Research Experience

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)	Remote
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

Northwestern University Feinberg School of Medicine	Chicago, IL
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)

Consulting Experience

American Psychological Association   Washington, DC
Consultant   October 2022 – December 2022
- Provided recommendations on how to evaluate the population mental health of children and adolescents

Northwestern University Feinberg School of Medicine   Chicago, IL
Consultant   April 2020 – August 2020
- Conducted analyses (R) for research articles on adolescent self-report validity

Clinical Experience

Stony Brook University Krasner Psychological Center   Stony Brook, NY
Clinical Trainee   August 2021 – Present
- Provide evidence-based mental health treatment for adults, youth, couples, and families
- Conduct rigorous psychological and psychoeducational assessment

Single Session Support (S3) Center at Stony Brook University Hospital   Stony Brook, NY
Consultation Provider   March 2023 – Present
- Provide evidence-based single-session mental health support to healthcare workers and trainees

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

Published Software

- Code to **produce self-report data quality indices**, published as an online appendix to Bevans, et al. 2020. https://github.com/isaacahuvia/self-report-achival-indices (R)
- An app to **produce statistics and visualizations of census data for Chicago's 77 community areas**, publicly available and maintained by the University of Chicago Poverty Lab. https://github.com/Poverty-Lab/ACS-Map-Dashboard (R, R Shiny, html)
- Code to **aggregate between overlapping geographic levels** (e.g., Census Tract and ZIP) using **Census Block-level population data**. https://github.com/Poverty-Lab/ACS-Map-Dashboard. (R)

- A software package to **conduct power calculations in a beginner-friendly way**, for internal use by the University of Chicago Poverty Lab. https://github.com/isaacahuvia/QuickPower (R)

Technical Skills

- Advanced skills in **R**, **R Markdown** (automated reporting), and **R Shiny** (interactive online applications)
- Proficiency using **Git** and **GitHub** for software publication and version control
- Proficiency using the **Open Science Foundation** framework to register studies and pre-analysis plans
- Additional experience in **Stata, SAS**, **SPSS**, **SQL**, **Excel**, **Python**, and **html**