

Isaac Ahuvia

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Education

Stony Brook University Ph.D. Candidate in Clinical Psychology Faculty Advisor: Jessica Schleider, Ph.D.	2020 – Present
Stony Brook University M.A. in Psychology	2020 – 2022
University of Michigan Bachelor of Arts in Sociology Thesis Advisors: Sarah Burgard, Ph.D., Sandra Levitsky, Ph.D.	2012 – 2016

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; quantitative methods.

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

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

Peer-Reviewed Publications

*Indicates mentorship

†Article accompanied by invited commentary

†**Ahuvia, I.**, Mullarkey, M., Sung, J., Fox, K., & Schleider, J. (in press). Evaluating a Treatment Selection Approach for Online Single-Session Interventions for Adolescent Depression. *Journal of Child Psychology and Psychiatry*. <https://doi.org/10.1111/jcpp.13822> <https://psyarxiv.com/nekhw>

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

Ahuvia, I., Sung, J., Dobias, M., Nelson, B., Richmond, L., London, B., & Schleider, J. (in press). College Student Interest in Teletherapy and Self-Guided Mental Health Supports During the COVID-19 Pandemic.

Journal of American College Health. <https://doi.org/10.1080/07448481.2022.2062245>
<https://psyarxiv.com/8unfx>

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

Bear, H., Moon, Z., Wasil, A., **Ahuvia, I.**, Edbrooke-Childs, J., Wolpert, M. (in press). Development and Validation of the Illness Perceptions Questionnaire for Youth Anxiety and Depression. *Counseling Psychology Quarterly*. <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. (in press). Predictive Utility of Irritability “in Context”: Proof-of-Principle for an Early Childhood Mental Health Risk Calculator. *Journal of Clinical Child and Adolescent Psychology*. <https://doi.org/10.1080/15374416.2023.2188553>

†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/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://doi.org/10.1002/eat.23659> <https://psyarxiv.com/6rycq>

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(5), 1147-1158. <https://doi.org/10.1007/s11136-019-02387-3>

Additional Publications

Book Chapters

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>

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., Londerée, 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>

Publicly Available Mental Health Interventions

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

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., Fox, K., & Schleider, J. (under review). Depressed Adolescents' Beliefs About What Symptoms Constitute Depression. <https://psyarxiv.com/hs98z>

Ahuvia, I., & Schleider, J. (under review). Potential Harms from Emphasizing Individual Factors Over Structural Factors in Cognitive Behavioral Therapy with Stigmatized Groups.

*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>

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>

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. <https://osf.io/hsgvx>

Ahuvia, I., Schroder, H., Kneeland, E., Moser, J., & Schleider, J. (in preparation). Associations Between Depression Self-Labeling and (Mal)Adaptive Coping Strategies in College Students. <https://osf.io/mxnbu/>

Ahuvia, I., Gurba, A., Gates, J., Cuda, J., Gurbuz, E., Houck, A., Kapp, S., & Schleider, J. (in preparation). Identifying as Autistic Without a Diagnosis: Who Self-Identifies and Why? <https://osf.io/vwa3u/>

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>

*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>

Pinder, J., **Ahuvia, I.**, & Schleider, J. (in preparation). Measurement Invariance of the CDI-2-SF Among Adolescents Across Sexual Orientation and Gender Identity. <https://osf.io/b6x4y>

Schroder, H., **Ahuvia, I.**, Kneeland, E., & Moser, J. (in preparation). Causal Beliefs for Depression in U.S. College Students: A Latent Profile Analysis. <https://osf.io/2afgc>

Norton, E., Bevans, K., **Ahuvia, I.**, Hallock, T., 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>

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/>

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

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., 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.

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

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.

Brief 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.

Poster Presentations

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

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) Summer 2023

- Ongoing

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 301: Advanced Statistics (Undergraduate) Summer 2023

- 100% of students gave this class the highest possible rating on course evaluations
- Average improvement in statistics self-efficacy: 1.05 standard deviations (d_{av})

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 447: Professional Development: What You Can Do with Your Degree (Undergraduate) Fall 2023

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

Creator of Instructional Materials

PSY 505: Multivariate Statistical Methods (Graduate) Summer 2023

Teaching Assistant

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

Workshop on Statistical Programming in R	Fall 2020
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Mentorship

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

Current

Arielle Smith, current post-baccalaureate research coordinator at Stony Brook University

- Support research design, implementation, and writing of multiple first-authored papers

Kelly Kwong, current B.A. Student in Psychology at Stony Brook University

- Support research design, implementation, and writing of undergraduate honors thesis

Katie Zeng, current B.A. Student in Psychology at Stony Brook University

- Support research design, implementation, and writing of undergraduate honors thesis

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

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

Coalition for the Advancement and Application of Psychological Science

Member, Subcommittee on Diversity, Equity, and Inclusion in NIH-Funded Research	National 2023 – Present
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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

Ph.D. Student, Lab for Scalable Mental Health	Stony Brook, NY August 2020 – Present
<ul style="list-style-type: none">• 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

Consultation Provider

Stony Brook, NY

March 2023 – Present

- Provide evidence-based single-session mental health support to healthcare workers and trainees

National Runaway Safeline

Crisis Counselor

Chicago, IL

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**