

CURRICULUM VITAE

Katharine E. Daniel, M.A.

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EDUCATION

- 2023 – Present **Massachusetts General Hospital/Harvard Medical School**, Boston, MA
Pre-doctoral Clinical Psychology Intern, Cognitive Behavioral Therapy Track
Advisor: Sabine Wilhelm, Ph.D.
- 2019 – Present **University of Virginia**, Charlottesville, VA
(expected 2024) Ph.D. Candidate, Clinical Psychology
Secondary Concentration, Quantitative Psychology
Advisor: Bethany Teachman, Ph.D.
- 2017 – 2019 **University of Virginia**, Charlottesville, VA
M.A., Clinical Psychology
Advisor: Bethany Teachman, Ph.D.
- 2012 – 2015 **University of North Carolina**, Chapel Hill, NC
B.A., Psychology (Management & Society 2nd major), *Highest Distinction*, Phi Beta Kappa
Advisor: Margaret Sheridan, Ph.D.

RESEARCH INTERESTS

Real-time monitoring and intensive longitudinal analytic methods to understand the relationship between emotion regulation strategy selection, context, and emotional states; mHealth interventions

GRANTS & FELLOWSHIPS

- 2022 – 2023 **Philanthropic Educational Organization (P.E.O.) International** (P.E.O. Scholar Award)
Investigating the Sequence of Emotion Regulation Strategy Choices in Daily Life
Purpose: To “recognize and encourage academic excellence and achievement by women in doctoral-level programs.”
Role: Principal Investigator
Amount Awarded: \$20,000
- 2022 – 2023 **Dean’s Dissertation Completion Fellowship, University of Virginia**

Investigating the Sequence of Emotion Regulation Strategy Choices in Daily Life

Purpose: To support graduate students who are “poised to complete distinguished dissertations.”

Role: Principal Investigator

Amount Awarded: \$20,000

October 2022 **Invited Researcher, Humboldt Universität zu Berlin**

Role: Visiting Scholar with the Methods Group Berlin

Amount Awarded: Travel and lodging

2022 **Graduate School of Arts & Sciences Research Grant, University of Virginia**

Tracking Mental Health Dynamics in Daily Life to Inform mHealth Intervention Development

Role: Principal Investigator (Faculty sponsor: Bethany Teachman, Ph.D.)

Amount Awarded: \$750

2020 – 2022 **John S. Lillard Fellow, Jefferson Scholars Foundation**

Leveraging Mobile Technology to Improve Access to Personalized Treatment for Social Anxiety Disorder in Daily Life

Purpose: To recognize “outstanding contributions to scholarship, teaching, leadership, and citizenship.”

Role: Principal Investigator (Faculty sponsor: Bethany Teachman, Ph.D.)

Amount Awarded: Tuition, stipend, health insurance, teaching relief, and \$5k research fund

2019 – 2021 **LIFE Fellow, International Max Planck Research School on the Life Course**

Selected as one of four UVA students to participate in international coursework and collaboration with graduate students and faculty from Berlin, Ann Arbor, and Zurich to “make an innovative contribution to transdisciplinary developments [in human lifespan research].”

2015 **Karen M. Gil Internship in Psychology & Neuroscience, University of North Carolina**

Selected by the faculty of UNC-Chapel Hill’s Psychology Department to participate in a “prestigious, highly competitive program [that] accepts 10-13 applicants per semester based on qualifications and achievement” to deepen understanding of psychology and develop professional skills.

AWARDS & HONORS

- 2023 **Raven Society Scholarship** for excellence in scholarship, leadership, and community service
- 2022 **Huskey Research Exhibition Honorarium**, University of Virginia (\$300)
- 2021 **Rebecca Boone Memorial Award for Excellence in Teaching**, University of Virginia (\$750)
- 2019 **Raven Society**, University of Virginia, Honor Society
- 2017 **Professional Development Fund**, University of Virginia (\$5,000)
- 2015 **Phi Beta Kappa**, University of North Carolina, Honor Society
- 2012 – 2015 **Dean’s List**, University of North Carolina

RESEARCH EXPERIENCES

Research Affiliations

- 2023 – Present **Center for Digital Mental Health, Massachusetts General Hospital**
Clinical Fellow | Supervisor: Dr. Sabine Wilhelm
Focus: Scaling technology solutions to prevent, assess, and treat mental illness and promote mental health.
- 2023 – Present **Center for OCD and Related Disorders, Massachusetts General Hospital**
Clinical Fellow | Supervisor: Dr. Sabine Wilhelm
Focus: Advancing knowledge of the etiology, maintenance, and treatment of OCD and related disorders (e.g., body dysmorphic disorder, hair pulling, hoarding).
- 2022 – Present **Center for Behavioral Health & Technology, University of Virginia School of Medicine**
Research Intern | Supervisors: Drs. Lee Ritterband and Kelly Shaffer
Focus: Developing and examining the use of digital technologies in the delivery of behavioral health interventions.
- October 2022 **Methods Group Berlin, Humboldt Universität zu Berlin**
Visiting Researcher | Supervisor: Dr. Manuel Voelke
Focus: Improving applied empirical research in the social and life sciences by offering consultation and training services to students and scientists in public and private research facilities.
- 2022 – 2023 **Family Medicine, University of Virginia Health System**
Graduate Research Assistant | Supervisor: Dr. Sarah Blackstone
Focus: Conducting clinical and epidemiological research to aid in population health management.
- 2017 – Present **Program for Anxiety Cognition and Treatment, University of Virginia**
Graduate Student | Supervisor: Dr. Bethany Teachman
Focus: Studying the automatic cognitive processes that contribute to the development and maintenance of psychopathology, particularly those related to anxiety disorders and emotion dysregulation.
- 2016 – 2017 **Center for the Study of Adolescent Risk and Resilience, Duke University**
Associate in Research | Supervisor: Dr. Rick Hoyle
Focus: Studying the genetic, cognitive, biological, and contextual factors that predispose or cause individuals to engage in drug and alcohol use and other health-risk behaviors.
- 2016 – 2017 **Hoyle Lab, Duke University**

Lab Manager / Supervisor: Dr. Rick Hoyle

Focus: Understanding the basic cognitive, affective, and social processes involved in self-regulation.

2016 – 2017 **Center for Child & Family Policy, Duke University**

Project Assessor / Supervisor: Dr. Katie Rosanbalm

Focus: Evaluating the synergistic effects of the child-directed Incredible Years Dinosaur Classroom Prevention Program (IY Dina) with teacher training in Incredible Years teacher Classroom Management (IYT).

2015 – 2016 **Child Imaging Research on Cognition & Life Experiences Lab, UNC-Chapel Hill**

Undergraduate Research Assistant / Supervisor: Dr. Margaret Sheridan

Focus: Identifying the neural mechanisms through which adversity affects brain development and risk for externalizing disorders.

Additional Research Training

Relevant Coursework

Multivariate Statistics; Structural Equation Modeling; Item Response Theory; Bayesian Analysis; Dynamical Systems Analysis

Workshops

Summer 2022 **Multilevel Modeling for Longitudinal Data**

Pitt Methods, July 19-21, 2022

Virtual Workshop

Instructor: Aidan Wright, Ph.D.

Summer 2018 **Multilevel Modeling with R**

Data Analysis Training Institute of Connecticut, June 11-15, 2018

University of Connecticut, Storrs, CT

Instructor: Betsy McCoach, Ph.D.

PEER-REVIEWED PUBLICATIONS

*Designates a co-first author manuscript

[Google Scholar Page](#)

1. **Daniel, K.E.**, Glazer, J.V., Le, T., Reilley, M.J., Jameson, M.J., Chow, P.I., Ritterband, L.M., & Shaffer, K.M. (2023). Associations between social, location, and activity contexts of daily life with positive and negative affect among cancer caregivers. *Supportive Care in Cancer*. doi:10.1007/s00520-023-08006-9
2. Wang, Z., Larrazabal, M. A., Rucker, M., Toner, E.R., **Daniel, K.E.**, Kumar, S., Boukhechba, M., Teachman, B.A., Barnes, L.E. (accepted). Toward Just-In-Time Adaptive Interventions for Social Anxiety: Detecting Social Contexts from Mobile Sensing Indicators. *Proceedings of the ACM on Interactive, Mobile, Wearable and Ubiquitous Technologies*.

Last updated 9/5/23

3. Shaffer, K.M., **Daniel, K.E.**, Frederick, C., Buysse, D.J., Morin, C.M., & Ritterband, L.M. (2023). Online sleep diaries: Considerations for system development and recommendations for data management. *SLEEP*. doi:10.1093/sleep/zsad199
4. Goodman, F. R., Peckham, A. D., Kneeland, E. T., Choate, A. M., **Daniel, K. E.**, Beard, C., & Björgvinsson, T. (in press). How does emotion regulation change during psychotherapy? A daily diary study in a transdiagnostic partial hospitalization program. *Journal of Consulting and Clinical Psychology*.
5. Beltzer, M.L., **Daniel, K.E.**, Daros, A.R., Teachman, B.A. (in production). Social reinforcement learning parameters change following web-based interpretation bias modification: Secondary analysis of a digital mental health intervention. *JMIR Human Factors*.
6. Boker, S.M., **Daniel, K.E.**, & Orzek, J. (in production). Separating long-term equilibrium adaptation from short-term self-regulation dynamics using latent differential equations. *Multivariate Behavioral Research*.
7. **Daniel, K.E.**, Southward, M.W., & Teachman, B.T. (2023). Investigating psychiatric symptoms as predictors of the reasons people do not regulate their emotions in daily life. *Emotion*. doi:10.1037/emo0001260
8. Szkody, E., Aggarwal, P, **Daniel, K.E.**, Boland, J., Selby, E., Peterman, A., & Washburn, J. (2023). The differential impact of COVID-19 across health service psychology students of color: An embedded mixed-methods study. *Journal of Clinical Psychology*. doi:10.1002/jclp.23530
9. **Daniel, K.E.**, Blackstone, S.R., Tan, J., Merkel, R., Hauck, F.R., & Allen, C.W. (2023). An integrated model of primary and mental health care for the refugee population served by an academic medical center. *Family Medicine and Community Health*. doi:10.1136/fmch-2022-002038
10. Goodman, F.R., Birg, J., **Daniel, K.E.**, & Kashdan, T. (2023). Stress generation in social anxiety and depression: A two-study community assessment. *Journal of Affective Disorders*. doi:10.1016/j.jad.2023.02.053
11. **Daniel, K.E.**, Larrazabal, M.A., Boukhechba, M., Barnes, L.E. & Teachman, B.A. (2023). Emotion regulation diversity in social anxiety. *Clinical Psychological Science*. doi:10.1177/21677026231151956
12. Beltzer, M.L., **Daniel, K.E.**, Daros, A.R., Teachman, B.A. (2023). Examining social reinforcement learning in social anxiety. *Journal of Behavior Therapy and Experimental Psychiatry*. doi:10.1016/j.jbtep.2022.101810
13. Tung, R., **Daniel, K.E.**, Lumley, M.A, Arora, P, Cavell, T.A., Pieterse, A., & ... Fernandes, M. (2023). Making the leap to socially responsive research training in health service psychology. *Training & Education in Professional Psychology*. doi:10.1037/tep0000427
14. Grasseti, S.N., Meehan, Z.M., Beveridge, R.M., Teachman, B.A., Stanton, A.G., Cooper, P.J., & **Daniel, K.E.** (2023). Evaluating the “visit day” tool for supporting underrepresented and/or marginalized students in applying to doctoral programs. *Training & Education in Professional Psychology*. doi:10.1037/tep0000426

15. Ladis, I., Toner, E. R., Daros, A. R., **Daniel, K. E.**, Boukhechba, M., Chow, P. I., Barnes, L. E., Teachman, B. A., & Ford, B. Q. (2022). Assessing emotion polyregulation in daily life: Who uses it, when is it used, and how effective is it? *Affective Science*. doi:10.1007/s42761-022-00166-x
16. **Daniel, K.E.***, Fua, K. *, Werntz, A., Doss, B., Lawrence, E., & Teachman, B.T. (2022). Development and validation of the flexibility in partner perspectives scale. *Contemporary Family Therapy*. doi:10.1007/s10591-022-09653-6
17. **Daniel, K.E.**, Moulder, R.G., Teachman, B.A., & Boker, S.M. (2022). Stability and spread: A novel method for quantifying transitions within multivariate binary timeseries data. *Behavior Research Methods*. doi:10.3758/s13428-022-01942-0
18. Ladis, I., Daros, A. R., Boukhechba, M., **Daniel, K. E.**, Chow, P. I., Beltzer, M. L., Barnes, L. E., & Teachman, B. A. (2022). When and where do people regulate their emotions? Patterns of emotion regulation in unselected and socially anxious young adults. *Journal of Social and Clinical Psychology*. doi:10.1521/jscp.2022.41.4.326
19. **Daniel, K.E.**, Szkody, E., Aggarwal, P., Peterman, A., Washburn, J.J., & Selby, E., (2022). Characterizing mental health-related outcomes for health services psychology trainees throughout the first year of the COVID-19 pandemic. *Journal of Clinical Psychology*. doi:10.1002/jclp.23392
20. Boland, J., Szkody, E., **Daniel, K.E.**, Aggarwal, P, Selby, E., Peterman, A., & Washburn, J. (2022). Clinical Psychology Doctoral Students Training During the COVID-19 Pandemic: May 1st to June 25th. *Training and Education in Professional Psychology*. doi:10.1037/tep0000406
21. **Daniel, K.E.**, Mendu, S., Cia, L., Bagglione, A., Boukhechba, M., Barnes, L.E., & Teachman, B.A. (2021). Cognitive bias modification for interpretations: Using passive mobile sensing to detect intervention effects in daily life. *Anxiety, Stress, & Coping*. doi:10.1080/10615806.2021.1959916
22. Goodman, F.R., **Daniel, K.E.**, Eldesouky, L., Brown, B.A., & Kneeland, E.T. (2021). How do people with social anxiety disorder manage daily stressors? Deconstructing emotion regulation flexibility in daily life. *Journal of Affective Disorders Reports*, 6, doi:10.1016/j.jadr.2021.100210
23. Moulder, R. G., **Daniel, K. E.**, Teachman, B. A., & Boker, S. M. (2021). Tangle: A metric for quantifying complexity and erratic behavior in short time series. *Psychological Methods*. doi:10.1037/met0000386.
24. Beltzer, M.L., Ameko, M.K., **Daniel, K.E.**, Daros, A.R., Boukhechba, M., Barnes, L.E., Teachman, B.A. (2021). Building an emotion regulation recommender algorithm for socially anxious individuals using contextual bandits. *British Journal of Clinical Psychology*. doi:10.1111/bjc.12282
25. **Daniel, K.E.**, Goodman, F.R., Beltzer, M.L., Daros, A.R., Boukhechba, M., Barnes, L.E., & Teachman, B.A. (2020). Emotion malleability beliefs and emotion experience and regulation in the daily lives of people with high trait social anxiety. *Cognitive Therapy & Research*, 44(6), 1186-1198. doi:10.1007/s10608-020-10139-8
26. **Daniel, K.E.**, Daros, A.R., Beltzer, M.L., Boukhechba, M., Barnes, L.E., & Teachman, B.A. (2020). How anxious are you right now? Using ecological momentary assessment to evaluate the effects of cognitive

- bias modification for social threat interpretations. *Cognitive Therapy & Research*, 44(3), 538-556. doi:10.1007/s10608-020-10088-2
27. Daros, A.R., **Daniel, K.E.**, Boukhechba, M., Chow, P.I., Barnes, L.E., & Teachman, B.A. (2020). Relationships between trait emotion dysregulation and emotional experiences in daily life: An experience sampling study. *Cognition and Emotion*, 34(4), 743-755. doi:10.1080/026993931.2019.1681364
 28. Lone, H.R., Mendu, S., **Daniel, K.E.**, Beltzer, M.L., Boukhechba, M., Barnes, L.E., Teachman, B.A. (2020). Predicting subjective measures of social anxiety from sparsely collected mobile sensor data. *Proceedings of the Association for Computing Machinery on Interactive, Mobile, Wearable and Ubiquitous Technologies*.
 29. **Daniel, K.E.**, Bae, S., Boukhechba, M., Barnes, L.E., & Teachman, B.A. (2019). Do I really feel better? The effectiveness of emotion regulation strategies depends on how effectiveness is measured. *Depression & Anxiety*, 1-9. doi:10.1002/da.22970
 30. Daros, A.R., **Daniel, K.E.**, Meyer, M.J., Chow, P.I., Barnes, L.E. & Teachman, B.A. (2019). Impact of social anxiety and social situations on emotion regulation strategy use: An experience sampling study. *Motivation & Emotion*. doi:10.1007/s11031-019-09773-x
 31. Meyer, A., Reilly, E.E., **Daniel, K.E.**, Hollon, S.D., Jensen-Doss, A., Mennin, D.S.,..., Teachman, B.A. (2019). Characterizing evidence-based practice and training resource barriers: A needs assessment. *Training and Education in Professional Psychology*. doi:10.1037/tep0000261
 32. Teachman, B.A., **Daniel, K.E.**, & Eberle, J.W. (2019). Using advances from cognitive science to understand the etiology and maintenance of psychopathology. *Clinical Psychology Review*, 69, 1-3. doi:10.1016/j.cpr.2018.11.003
 33. Geyer, E.C., Fua, K.C., **Daniel, K.E.**, Chow, P.I., Bonelli, W., Huang, Y., Barnes, L.E., & Teachman, B.A. (2018). I did ok, but did I like it? Using ecological momentary assessment to examine perceptions of social interaction associated with social anxiety and depressive symptoms. *Behavior Therapy*, 9(6), 866-880. doi:10.1016/j.beth.2018.07.009

MANUSCRIPTS UNDER REVIEW

*Designates a co-first author manuscript

1. **Daniel, K.E.**, Moulder, R.G., Boker, S.M., & Teachman, B.A. (revise & resubmit at *Clinical Psychological Science*). Switches in Emotion Regulation Strategies in the Daily Lives of Socially Anxious People.
2. Aggarwal, P., Szkody, E., Kapoulea, E.A., **Daniel, K.E.**, Bootes, K.R., Boland, J.K., Washburn, J.J., & Peterman, A. (revise & resubmit at *Studies in Graduate and Postdoctoral Education*). International students' experiences in graduate health service psychology programs during COVID-19 and recent socio-political climate in the United States.
3. **Daniel, K.E.**, Moulder, R.G., Southward, M.W., Cheavens, J.S., & Boker, S.M. (under review). Stability and Spread: Transition Metrics that are Robust to Time Interval Misspecification

4. **Daniel, K.E.**, Moulder, R.G., Southward, M.W., Cheavens, J.S., & Boker, S.M. (under review). Trait Neuroticism is Associated with How Often People Switch Between Negative Emotion-Focused Regulation Strategies in Daily Life.
5. Eberle, J.W., **Daniel, K.E.**, Bae, S., Behan, H.C., Silverman, A.L., Calicho-Mamani, C., Baglione, A.N., Wertz, A., French, N.J., Ji, J.L., Hohensee, N., Boukhechba, M., Funk, D.H., Barnes, L.E., & Teachman, B.A. (under review). Web-based interpretation bias training to reduce anxiety: A sequential, multiple-assignment, randomized trial.

BOOK CHAPTERS

1. **Daniel, K.E.** & Teachman, B.A. (in press). I don't want to bother you: A case study in social anxiety disorder. In M. Woud (Ed.), *Cognitive Behavior Therapy: Translating Science into Practice*. Springer.

SOFTWARE PACKAGES AND SOURCE CODE

1. Shaffer, K.M., **Daniel, K.E.**, & Ritterband, L.M. (2023). Sleep Diary Data - Formatting and Outcomes Computation for SHUTi for Researchers (Version 1.0). [Source code].
<https://github.com/BHT/SHUTiForResearchers>
2. **Daniel, K.E.** & Moulder, R.G. (2020). transitionMetrics: R package to calculate characteristics of transitions in multivariate binary time series data. Version 0.1.0.
<https://github.com/KatharineDaniel/transitionMetrics>

SELECTED MANUSCRIPTS IN PREPARATION

All listed manuscripts are at least 50% complete, and data collection has ended. Current drafts are available upon reasonable request.

1. **Daniel, K.E.**, Teachman, B.A., & Gruber, J. (in preparation). Investigating the long-term adaptiveness and short-term effectiveness of daily life emotion regulation diversity in a two-study conceptual replication.
2. **Daniel, K.E.**, Toner, E.R., Larrazabal, M.A., Driver, C., Boker, S.M., & Teachman, B.A. (in preparation). Affect Dynamics in Anxiety Sensitivity: A Two-Study Replication.
3. Greenberg, J.L., Weingarden, H., Hoepfner, S.S., Berger-Gutierrez, R.M., **Daniel, K.E.**, Klare, D., Snorrason, I., Vanderkruik, R.C., Harrison, O., & Wilhelm. (in preparation). Predicting response to smartphone-based cognitive-behavioral therapy app for body dysmorphic disorder.

SYMPOSIA CHAIRED

~ presented virtually due to COVID-19

1. **K.E. Daniel** (Chair), McMahon, T.P., McKone, K.M.P., English, T., & Southward, M.W. (2023, May). *Flipping the Switch: New Insights into How People Dynamically Update their Emotion Regulation Strategy Choices*. Symposium at the annual convention of the Association for Psychological Science, Washington, D.C.

2. ~**K.E. Daniel** & A. Meyer (Co-Chairs), Javier Martinez, A., Goodman, F.R., Jacobson, N.C., & Newman, M. (2021, November). *In the Here and Now: Using Smartphones and Wearable Sensor Technology to Study Anxiety and Emotion Regulation in Daily Life*. Symposium at the annual convention of the Association for Behavioral and Cognitive Therapies, New Orleans, LA.
3. **K.E. Daniel** & M.L. Beltzer (Co-chairs), Lindquist, K.A., Starr, L., Goodman, F.R., & Teachman, B.A. (2019, May). *Regulating Emotions Effectively: New Approaches to Understanding Effects of Time, Person, and Development*. Symposium at the annual convention of the Association for Psychological Science, Washington, D.C.

SELECTED CONFERENCE TALKS

~ presented virtually due to COVID-19

1. **Daniel, K.E.**, Southward, M.W., & Teachman, B.A. (2023, November). Investigating Psychiatric Symptoms as Predictors of the Reasons People Do Not Regulate Their Emotions in Daily Life. In M. Clayton (Chair), *Harnessing Ecological Momentary Assessment Methods to Elucidate Emotion Regulation Skills Use in Anxiety and Mood Disorders*. Symposium to be presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Seattle, WA.
2. **Daniel, K.E.**, Moulder, R.G., Boker, S.M., & Teachman, B.A. (2023, May). Investigating emotion regulation strategy switching in the daily lives of socially anxious people. In **K.E. Daniel** (Chair), *Flipping the Switch: New Insights into How People Dynamically Update their Emotion Regulation Strategy Choices*. Symposium at the annual meeting of the Association for Psychological Science, Washington, D.C.
3. **Daniel, K.E.**, Moulder, R.G., & Boker, S.M. (2023, May). Stability and spread: Transition metrics that are robust to time interval misspecification. In S.M. Boker (Chair), *New Methods for Analysis of Nonlinear Systems from Intensive Longitudinal Data*. Symposium at the annual meeting of the Association for Psychological Science, Washington, D.C.
4. **Daniel, K.E.** (2022, October). Characterizing Affect Dynamics in High versus Low Trait Anxiety Sensitivity Individuals: Discussing Modeling Ideas and Challenges. Talk at the biannual meeting of the Max Planck Institute Research School on the Life Course, Berlin, Germany.
5. Beltzer, M.L., **Daniel, K.E.**, Daros, A.R., & Teachman, B.A. (2022, September). Social reinforcement learning parameters change with web-based interpretation bias modification. Talk at the 11th meeting of the International Society for Research on Internet Interventions (ISRII). Pittsburgh, PA.
6. Goodman, F. R., Birg, J., Cuning, A., & **Daniel, K. E.** (2022, May). Emotion beliefs in social anxiety. In E. K. Kneeland (Chair). *“Don’t Stop Believin’”: The power of beliefs about emotions in shaping well-being*. Symposium at the annual convention of the Association for Psychological Science, Chicago, IL.
7. ~**Daniel, K. E.**, Moulder, R.G., Boker, S.M., & Teachman, B.A. (2021, November). Affect and Emotion Regulation Dynamics in the Daily Lives of People High in Trait Social Anxiety. In A. Meyer & **K.E. Daniel** (Co-Chairs). *In the here and now: Using smartphones and wearable sensor technology to study anxiety and emotion regulation in daily life*. Symposium at the annual meeting of the Association for Behavioral and Cognitive Therapies, New Orleans, LA.

8. ~Goodman, F. R., **Daniel, K. E.**, & Kneeland, E. T. (2021, November). Deconstructing regulatory flexibility in daily life: Social anxiety disorder as an exemplar. In A. Meyer & **K.E. Daniel** (Co-Chairs). *In the here and now: Using smartphones and wearable sensor technology to study anxiety and emotion regulation in daily life*. Symposium at the annual meeting of the Association for Behavioral and Cognitive Therapies, New Orleans, LA.
9. ~**Daniel, K.E.**, Beltzer, M.L., Teachman, B.A., & Golino, H. (2021, May). Using Dynamic Exploratory Graph Analysis to Study the Changing Structure of Emotion Regulation in Daily Life. Talk at the biannual meeting of the Max Planck Institute Research School on the Life Course, Ann Arbor, MI.
10. ~**Daniel, K.E.** & Teachman, B.A. (2020, November). Evaluating the Impact of Cognitive Bias Modification for Social Threat Interpretations in Daily Life Using Ecological Momentary Assessment and Passively Sensed Mobility Data, in D. Bose (Chair), *Cognitive Bias Modification: Novel Strategies to Improve Access and Outcomes in Children, Adolescents, and Adults*. Symposium at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
11. ~**Daniel, K.E.**, Moulder, R.G., & Boker, S.M (2020, October). Quantifying transitions within multivariate binary timeseries data: A simulation study. Talk at the biannual meeting of the Max Planck Institute Research School on the Life Course, Berlin, Germany.
12. ~**Daniel, K.E.**, Moulder, R.G., Boker, S.M, & Teachman, B.A. (2020, May). A novel method for quantifying transitions within multivariate binary timeseries data. Blitz talk at the biannual meeting of the Max Plank Institute Research School on the Life Course, Charlottesville, VA.
13. **Daniel, K.E.**, Meyer, A., Reilly, E., Hollon, S., Jensen-Doss, A., Mennin, D., Muroff, J., Schuler, T., White, B., & Teachman, B.A. (2019, November). Barriers to accessing training resources in evidence-based principles: A needs assessment., in K.A. Hepner (Chair), *Extending the Impact of Professional Training: Innovative Models to Support Clinician Competence*. Symposium at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
14. Beltzer, M.L., **Daniel, K.E.**, Daros, A.R., Barnes, L.E., & Teachman, B.A. (2019, November). Using social feedback to update expectancies of future social performance: An investigation in social anxiety, in M.L. Beltzer (Chair), *Learning from Social Situations: Translating Research on Mechanisms to Reduce the Burden of Social Anxiety*. Symposium at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
15. **Daniel, K.E.** & Teachman, B.A. (2019, October). How Anxious are You Right Now? Using Ecological Momentary Assessment to Evaluate the Effects of Cognitive Bias Modification for Social Threat Interpretations Over Time. Talk at the biannual meeting of the Max Planck Institute Research School on the Life Course, Zurich, Switzerland.
16. **Daniel, K.E.**, Bae, S., Barnes, L.E. & Teachman, B.A. (2019, May). What is effective? Assessing different aspects of emotion regulation effectiveness in daily life. In **K.E. Daniel** & M.L. Beltzer (Co-chairs), *Regulating Emotions Effectively: New Approaches to Understanding Effects of Time, Person, and Development*. Symposium at the annual meeting of the Association for Psychological Science, Washington, D.C.

17. **Daniel, K.E.**, Beltzer, M.L., Barnes, L.E., & Teachman, B.A. (2018, November). *I have to answer how many surveys? Real time emotion regulation and response to cognitive bias modification in social anxiety disorder*. Ignite session talk at the Technology and Behavior Change Special Interest Group at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, D.C.

INVITED TALKS & PROFESSIONAL PRESENTATIONS

~ presented virtually due to COVID-19

1. **Daniel, K.E.** (2023, July). Emotion (Dys)Regulation in Everyday Life: From Theory to Measurement to Intervention. Talk presented to the Center for Digital Mental Health, Massachusetts General Hospital, Boston, MA.
2. **Daniel, K.E.** (2022, Oct). Career Development in Clinical Psychology. Talk presented to the undergraduate research assistants at the Center for Behavioral Health and Technology, Charlottesville, VA.
3. **Daniel, K.E.** (2022, July). Investigating the Sequence of Emotion Regulation Strategy Choices in Daily Life. Talk presented to the PEO International Society, Charlottesville, VA.
4. ~Washburn, J., Teachman, B.A., Lee, S., & **Daniel, K.E.** (2022, January). Evolution in Education and Training: Rethinking the PhD in Clinical Psychology. Panel discussion at the annual midwinter meeting for the Council of University Directors of Clinical Psychology, San Diego, CA.
5. ~Kapoulas, E., **Daniel, K.E.**, Bootes, K., & Aggarwal, P. (2022, January). An Overview of CUDCP Student Projects 2019-2021: Perspectives on training, stress, and identity. Talk at the annual midwinter meeting for the Council of University Directors of Clinical Psychology, San Diego, CA.
6. ~**Daniel, K.E.** (2021, October). Stability and Spread: A Novel Method for Quantifying Transitions in Multivariate Binary Time Series Data. Talk at the From Data to Causes Workshop, Berlin, Germany.
7. ~**Daniel, K.E.** (2021, October). Problems with Switching: Investigating the Sequence of Emotion Regulation Strategy Choices in the Daily Lives of Socially Anxious People. Talk at the Jefferson Scholars Foundation, Charlottesville, VA.
8. ~**Daniel, K.E.** & Werntz, A.J. (2021, July). Transitioning back to “normal:” Understanding our brains as we emerge back into the world. Talk presented to UVA Instructors in Systems Engineering and Analysis Support, Charlottesville, VA.
9. ~**Daniel, K.E.** (2021, February). Stability and Spread: A Novel Method for Quantifying Transitions within Multivariate Binary Time Series Data. Talk at the University of Virginia’s Quantitative Psychology Area’s Lunch Speaker Series.
10. ~**Daniel, K.E.** (2020, September). Distress tolerance: In the clinic and in everyday life. Talk at UVA Health Family Medicine’s Behavioral Rounds, Charlottesville, VA.

SELECTED CONFERENCE POSTERS

Trainee authors/presenters are underlined; ~ presented virtually due to COVID-19

1. ~**Daniel, K.E.**, Beltzer, M.L., Golino, H., Barnes, L.E., & Teachman, B.A. (2019, November). *Exploring the Dynamic Structure of Contextual Emotion Regulation in the Daily Lives of Socially Anxious People*. Poster at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
2. **Daniel, K.E.**, Daros, A., Beltzer, M.L., Boukhechba, M., Barnes, L.E., & Teachman, B.A. (2019, November). *Measuring the effectiveness of a CBM-I online intervention for social anxiety in daily life*. Poster at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
3. **Daniel, K.E.**, Bae, S., Barnes, L.E., & Teachman, B.A. (2018, November). *Ecological momentary assessment of differential impact of emotion regulation strategies on negative affect based on social anxiety severity*. Poster at the Annual Association for Behavioral and Cognitive Therapies Convention, Washington, D.C.
4. Farris, K., **Daniel, K.E.**, Chow, P.E., & Teachman, B.A. (2018, November). *Using technology to predict real-time emotion regulation from depression severity and perceived utility of negative affect*. Poster at the Annual Association for Behavioral and Cognitive Therapies Convention, Washington, D.C.
5. **Daniel, K.E.**, Calicho-Mamani, C.P., Daros, A.R., & Teachman, B.A. (2018, September). *Impact of social anxiety and social context on college student's emotion regulation strategy use: An experience sampling study*. Poster at The University of Virginia's Post-Doctoral Research Conference, Charlottesville, VA.
6. **Daniel, K.E.**, Bae, S., Fua, K.C., Barnes, L.E., & Teachman, B.A. (2018, April). *Predicting emotion regulation strategy selections from depression and social anxiety symptoms*. Poster at the Annual Anxiety and Depression Association of American Conference. Washington, D.C.
7. Geyer, E.C., Fua, K.C., **Daniel, K.E.**, Chow, P.I., Bonelli, W., Huang, Y., Barnes, L.E., & Teachman, B.A. (2017, November). *I did ok, but did I like it? Using ecological momentary assessment to examine perceptions of social interaction associated with social anxiety and depressive symptoms*. Poster at the Annual Meeting of the Association for Behavior and Cognitive Therapies. San Diego, CA.
8. **Daniel, K.E.**, Calicho-Mamani, C.P., Blaisdell, K.N., Fua, K.C., Chow, P.I., & Teachman, B.A. (2017, November). *Examining differences in emotion regulation strategy choices across gender and ethnicity*. Poster at the Annual Diversifying Scholarship Conference at the University of Virginia. Charlottesville, VA.
9. Komoski, S., Hoyle, R.H., Davisson, K.E., & **Daniel, K.E.** (2017, January). *Grit and performance: A research synthesis*. Poster at the Annual Meeting of the Society for Personality and Social Psychology. San Antonio, TX.
10. **Daniel, K.E.**, Davisson, E.K., & Hoyle, R.H. (2016, October). *Using multiple measures of self-regulation to predict health-relevant behaviors*. Poster at the Annual Meeting of the Society for Southeastern Social Psychologists. Asheville, NC.
*This poster was given honorable mention for the Student Poster Award.
11. **Daniel, K.E.** (2015, December). *Chapel Hill-Carrboro City Schools: Exceptional Children Department*. Poster at the Fall 2015 Gill Internship Showcase. Chapel Hill, NC.

CLINICAL EXPERIENCES

Clinician

- July 2023 – Present – **Center for OCD and Related Disorders**, Massachusetts General Hospital
Intern | Supervisors: Ryan Jacoby, Ph.D. & Jessica Rasmussen, Ph.D.
- Provided evidence-based treatment to adults meeting criteria for obsessive compulsive disorder or OC spectrum disorders (e.g., body dysmorphic disorder, skin picking, hoarding).
- June 2022 – May 2023 – **Nelson Clinic, Department of Family Medicine**, Virginia Commonwealth University Health
Practicum Student | Supervisor: Jennifer Hinesley, Psy.D.
- Provided short-term outpatient teletherapy to a safety-net, urban adult population seen by VCU Family Medicine.
- June 2022 – May 2023 – **Gender Health Services, Family Medicine and Specialty Care Crozet**, UVA Health
Transgender Services Student Specialist | Supervisor: Joseph Tan, Ph.D.
- Provided affirming, targeted behavioral health interventions to adult transgender patients.
 - Conducted pre-surgical evaluations to write letters in support of gender-affirming medical interventions.
- Aug 2022 – May 2023 – **Family Stress Clinic, Department of Family Medicine**, UVA Health
Advanced Staff Therapist | Part-time practicum | Supervisor: Claudia Allen, Ph.D.
- Invited to remain on staff to provide individual therapy using CBT, DBT, and CPT to complex patients with borderline personality disorder and post-traumatic stress disorder presentations.
- July 2021 – July 2022 – **Family Stress Clinic, Department of Family Medicine**, UVA Health
Staff Therapist | Full-time practicum | Supervisors: Claudia Allen, Ph.D. & Joseph Tan, Ph.D.
- Provided ongoing, outpatient mental health treatment to couples, children, families, and adults presenting with a range of mental health concerns in an integrated care medical setting.
 - Provided brief psychological assessment and single-session behavioral health interventions to family medicine outpatients and to medical inpatients across hospital units.
- Aug 2019 – June 2020 – **Western State Hospital**, Staunton, Va
Practicum Student | Supervisors: Anna Lacey, Ph.D. & Christy McFarland, Ph.D.
- Provided mental health treatment to low-income Virginians found incompetent to stand trial, not guilty by reason of insanity, or involuntarily civilly committed within a multidisciplinary treatment team.
 - Led group therapy (e.g., ACT, Managing Symptoms) and individual therapy (e.g., CBT for chronic pain, CBT for psychosis) for adult inpatients with serious mental illness in a public psychiatric hospital.
- 2018 – 2023 – **Mary Ainsworth Clinic**, UVA Psychology Department Training Clinic
Student Therapist | Supervisors: Noelle Hurd, Ph.D., Lee Llewellyn, Ph.D., and Joe Allen, Ph.D.

- Served UVA students and the Charlottesville community with free evidence-based psychotherapy and assessments, working with clients ranging in age from 6 to 40 years old.

Sept 2015 – **Counseling and Psychological Services**, University of North Carolina at Chapel Hill

Dec 2015 *Peer Counselor / Supervisor: Diane Gallo, M.A., Pre-Doctoral Intern*

- Co-facilitated weekly process groups for undergraduate students on academic probation.

Aug 2015 – **Chapel Hill-Carrboro City School System**, Chapel Hill, NC

Dec 2015 *Functional Behavior Assessment Analyst / Supervisor: Nancy Kueffer, M.Ed.*

- Collaborated on a team to develop Competing Pathways and Functional Behavioral Analyses/Behavior Intervention Plans for students exhibiting behavioral issues.
- Built a research-based intervention database on Tiered Behavioral Interventions for district-wide use.

Student Supervisor

Aug 2021 – **Mary Ainsworth Clinic**, UVA Psychology Department Training Clinic

May 2022 *Lead Student Clinical Supervisor / Supervising Supervisor: Lee Llewellyn, Ph.D.*

- Demonstrated therapy-in-action to four junior therapists by reviewing recordings of every session I provided throughout treatment with a real client.
- Facilitated conversation around why I made the decisions that I made throughout treatment and explored alternative approaches to enrich their learning of providing psychotherapy.
- Live-observed and provided supervision to junior therapists' intake sessions.
- Consulted with junior therapists throughout the year on their treatment goals and approaches to intervention.

July 2021 – **Family Stress Clinic, Department of Family Medicine**, UVA Health

May 2023 *Staff Therapist / Supervising Supervisors: Claudia Allen, Ph.D. & Joseph Tan, Ph.D.*

- Provided instruction and supervision to advanced medical students and family medicine residents in evidence-based principles of change.
- After practicum rotation ended, invited to remain on staff to assist in supervision of current practicum students, medical residents, and medical students in ongoing individual, couples, and family therapy cases and in brief behavioral interventions.

Additional Clinical Training

External Training in Manualized Treatment Protocols

Aug 16 – 18, **Prolonged Exposure Therapy for PTSD: Evidence Based Treatment & Training**

2022 2.5-day intensive in-person workshop

Instructor: Peter Tuerk, Ph.D.

June 20 – 21, **Cognitive Processing Therapy: An Evidence-Based Approach to Treat PTSD and**

2022 **Related Conditions**

2-day intensive online training
Instructor: Kathleen M. Chard, Ph.D.

March 19, 2021 **Unified Protocol for Transdiagnostic Treatment of Emotional Disorders in Children/Adolescents**

8-hour virtual training provided by the University of Miami
Instructor: Jill Ehrenreich-May, Ph.D.

Workshops and Consultation Groups

July 22, 2022 **Use of Cultural Formulations in Clinical Practice with Latinx Families**

3-hour virtual SCCAP training to enhance culturally responsive evidence-based practice
Speaker: Armando Pina, Ph.D.

July 15, 2022 **Healing Interpersonal and Racial Trauma: Integrating Racial Socialization into Trauma-Focused Cognitive Behavioral Therapy for Black Youth and Families**

3-hour virtual SCCAP training to enhance culturally responsive evidence-based practices
Speaker: Isha Walwina Metzger, Ph.D.

July 8, 2022 **Applying APA's Multicultural Guidelines to Latinx Children and Families: Implications for Clinical Practice**

3-hour virtual SCCAP training to enhance culturally responsive evidence-based practices
Speaker: Milton Fuentes, PsyD.

June 24, 2022 **Addressing Discrimination Stress in the Context of CBT**

1.5-hour virtual ABCT training to offer specific strategies for tailoring cognitive behavioral interventions with cultural sensitivity
Speaker: Brittany Hall-Clark, Ph.D.

2019 – 2020 **Transgender and Gender Nonconforming People Clinical Consultation Group**

Monthly consultation group focused on improving the provision of gender-affirming care in our community, Charlottesville, VA
Supervisor: SJ Langer, LCSW-R

Nov 8, 2018 **Motivational Interviewing Workshop**

Feb 11, 2019 Two-part, in-person training series hosted by the Maxine Platzer Lynn Women's Center, Charlottesville, VA

Sept 2019 **Therapeutic Options of Virginia (TOVA I & II), Western State Hospital**

One-day, in-person training in the effective skills for personal protection and humane aggression control in the event of unpreventable violence by persons in distress

TEACHING & MENTORING EXPERIENCES

Teaching***(Co)Instructor / Lecturer***

- Spring 2022 **PSYC 7450, Psychological Intervention II**, University of Virginia
- Fall 2021 **PSYC 7420, Psychological Intervention I**, University of Virginia
Co-Instructor / Course Co-Instructors: Bethany Teachman, Ph.D. & Robert Emery, Ph.D.
- Taught junior therapists evidence-based principles of change for the treatment of individual adult clients, couples clients, and family therapy clients.
 - Led weekly roleplay classes to help junior therapists learn to apply these therapeutic tools.
- Summer 2021 **Training in Advanced Quantitative Research Methods: R & SEM**, U. of North Florida
Instructor Assistant / Course Instructor: Robert Moulder, Ph.D.
- Provided individual-level support to 20 graduate students and faculty members during an intensive training boot camp in R and structural equation modeling.
- Summer 2020 **LASE 2559-003: The Art and Science of Persuasive Statistics**, University of Virginia
Instructor of Record
- Selected to create and teach an online course of my own design to 25 undergraduate students.
 - Shared course materials with a second instructor to meet demand from students for a second session of this course.
- Spring 2020 **PSYC 3006: Research Methods and Data Analysis II**, University of Virginia
Lecturing Teaching Assistant / Course Instructor: M. Joseph Myer, Ph.D.
- Led a class of over 70 undergraduate students through bi-weekly data analyses in R.
 - Held weekly office hours and graded short-answer exam questions.

Teaching Assistant

- Spring 2018 **PSYC 1010, Introduction to Psychology**, University of Virginia
Teaching Assistant / Course Instructor: Christopher Mazurek, Ph.D.
- Developed and delivered a guest lecture on clinical psychology to a class of over 250 students.
 - Held office hours and graded short-answer exam questions.
- Fall 2017 **PSYC 3005, Research Methods and Data Analysis I**, University of Virginia
Teaching Assistant / Course Instructor: Fred Smyth, Ph.D.
- Held weekly office hours to provide individual-level support to undergraduates.
 - Wrote weekly exam questions and graded four exams for ~100 undergraduates.
- Spring 2014 **Statistical Principles in Psychology**, University of North Carolina
Undergraduate Teaching Assistant / Course Instructor: Viji Sathy, Ph.D.
- Co-led two weekly review sessions for a class of 15 undergraduates.

- Selected due to “outstanding performance in the course as a student.”

Mentoring

Individual Mentees

- 2020 – 2021 **Brittany Hofferber** (Department of Psychology, University of Virginia)
Senior Thesis Advisor
Title: How Anxiety Self-Identity, Emotion Malleability Beliefs and Perceived Effort Predict the Frequency of Emotion Regulation Strategy Use in a Nonclinical Population
- 2019 – 2022 **Sofia Espinosa** (Department of Psychology, University of Virginia)
Senior Thesis Advisor
Title: Skin Conductance & Subjective Distress of High Trait Anxiety Sensitivity Individuals to a 7.5% CO₂ Task
- 2018 – 2019 **Katrina Farris** (Department of Psychology, University of Virginia)
 Poster Advisor, Technology and Behavior Change Special Interest Group Poster at ABCT
Title: Using Technology to Predict Real-time Emotion Regulation from Depression Severity and Perceived Utility of Negative Affect

Teams

Routinely mentored teams of 5-8 undergraduate RAs in the PACT Lab on research projects and professional development, Department of Psychology, University of Virginia

Routinely mentored URM students interested in pursuing a PhD in clinical psychology through national service initiatives.

SERVICE RECORD

Ad-hoc Reviewing

Emotion; Journal of Clinical Psychology; Cognition & Emotion; Journal of Anxiety Disorders; Journal of Social & Clinical Psychology; Journal of Cognitive Therapy & Research; Anxiety, Stress, & Coping; Journal of Affective Disorders Reports; Journal of Medical & Internet Research; Association for Computing Machinery; Division 12 Poster and Symposium Submissions for the American Psychological Association’s 2023 Annual Conference; JMIR Research Protocols

Service to the Field

- 2022, 2023 **Society for Digital Mental Health Second Annual Virtual Conference**
Facilitator
- 2020 – 2022 **Council of University Directors of Clinical Psychology (CUDCP) Board**
Student Representative / Presidents: Jason Washburn, Ph.D. & Timothy Strauman, Ph.D.
- Elected to provide a graduate student perspective in matters of clinical training.

- Individually met with six prospective graduate students holding diverse and marginalized identities to provide guidance on the application process to increase diversity within clinical psychology.
- Authored manuscripts regarding student perspectives and experiences to guide decision making in clinical training.

2020 – 2021

Council of Chairs of Training Councils*Student Small Group Member | Social Responsiveness in Research*

- Developed guidelines for how programs can increase training in socially responsive research.
- **Product:** [Social Responsiveness in Health Service Psychology Education and Training Toolkit](#)

2018 – present

Committee for Advancement of Resources Supporting Evidence-Based Practice*Student Member*

- Co-founded an initiative dedicated to creating and disseminating evidence-based practice materials, including videos and worksheets, free of cost.
- Helped script and edit a series of videos demonstrating the principles of behavioral activation, which have been made publicly available and serve as an open-access training resource.
- **Product:** [Case Conceptualization \(Video 1 of 3\)](#); [Assigning Homework \(Video 2 of 3\)](#); [Troubleshooting Barriers in Behavioral Activation \(Video 3 of 3\)](#)

Service to the University of Virginia**Huskey Research Exhibition**, annual interdisciplinary research conference

2020 – 2021

Co-Chair, elected position

2018 – 2020

Planning Committee Member

2018 – 2023

Diversifying Scholarship Conference, annual conference dedicated to highlighting research on marginalized topics and promoting diversity in scholarly endeavors*Planning Committee Member*

2018 – 2022

Graduate School of Arts & Sciences Student Council*Psychology Department Representative*

2019 – 2020

Graduate School of Arts & Sciences Research Grant*Grant Reviewer***Service to the UVA Department of Psychology**

2019 – 2023

Diversifying Psychology Visit Day, annual event to promote diversity and inclusion in UVA's psychology department*Reviewer | Facilitator | Speaker*

Product: [Clinical Area Video](#)

2017 – 2023 **Cohort Representative**
Representative, elected position

2016 – 2023 **Graduate Student Wellbeing Committee**
Volunteer

SELECTED SKILLS

R; R Studio; Markdown; Rivanna (UVA's high-performance computing system; cluster); Github; MetricWire; OneMind; Epic

PROFESSIONAL MEMBERSHIPS

Society for Digital Mental Health
Society for a Science of Clinical Psychology
Anxiety and Depression Association of America
Association for Behavioral and Cognitive Therapies
Association for Psychological Science
Alpha Phi Omega, Community Service Fraternity

REFERENCES

Available upon request.