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EDUCATION AND TRAINING

- Washington University in St. Louis School of Medicine
Department of Psychiatry
T32 Post-doctoral Research Fellow
Sep. 2015-present
- University of North Carolina School of Medicine
Department of Psychiatry
Center of Excellence for Eating Disorders
Clinical Psychology Intern
Aug. 2014-Aug. 2015
- Doctorate of Philosophy (Ph.D.), Clinical Science
Washington University in St. Louis
Department of Psychology
Dissertation: Manipulation of Negative Social Evaluation
Fears on Body Dissatisfaction and Eating Behaviors: Does
Fear of Social Evaluation Lead to Disordered Eating?
Received: Aug. 2015
Defended: June 2013
Proposed: Dec. 2011
- Masters of Art (M.A.), Clinical Science
Washington University in St. Louis
Thesis: Self-Discrepancy and Regulatory Focus Theory:
Acculturation Matters
Received: Dec. 2010
- University of Kentucky
University of Kentucky Honors Program
Psychology, Bachelor of Arts
History, Bachelor of Arts
Piano Performance, minor
Cumulative Grade Point Average: 4.0
Received: Dec. 2007

GRANTS AND AWARDS

- National Research Service Award, National Institute of Mental Health, F31-MH096433-01. **Shared Vulnerabilities of Social Anxiety and Eating Disorders.** Awarded with a Priority Score of 20 (19 percentile). Direct Costs: \$125,400; 2011-2014
- Co-Sponsors: Dr. Thomas Rodebaugh, Ph.D. & Dr. Eric Lenze, M.D.
 - Consultants: Dr. Denise Wilfley, Ph.D., Dr. Greg Smith, Ph.D., & Dr. Elliot Nelson, M.D.
- P.E.O. Scholar Award (Awarded April 2012).
- \$15,000 awarded for “excellence in research, academics, and ability to make a significant contribution to society”

Academy for Eating Disorders Early Career Scholarship (Awarded February 2015).

- \$1,500 awarded to attend the International Conference on Eating Disorders to present research and complete research training in grant writing

American Psychological Association Dissertation Award (Awarded November 2012).

- \$1,000 for dissertation research

American Psychological Association Basic Psychological Science Research Grant (May 2011).

Social Evaluation Fears and Eating Behaviors.

- Awarded Honorable Mention

John A. Stern Research Award (Awarded September 2014).

- \$480 awarded to Leigh C. Brosco for an undergraduate research project
- Role: Research Mentor

Society for a Science of Clinical Psychology (SSCP) Outstanding Student Researcher Award (Awarded October 2014)

PUBLISHED REFEREED JOURNAL ARTICLES

1. **Levinson, C. A.**, Rodebaugh, T.L. (in press). Negative social evaluative fears produce social anxiety, food intake, and body dissatisfaction: Evidence of similar mechanisms through different pathways. *Clinical Psychological Science*.
 2. **Levinson, C. A.**, Rodebaugh, T. L., Lim, M., Fernandez, K.C. (in press). A Core Extrusion Schema Short Form: Hiding oneself predicts severity of social interaction anxiety. *Assessment*.
 3. Martel, M. M., **Levinson, C.A.**, Langer, J.K., Nigg, J.T. (in press). A network analysis of developmental change in ADHD symptom structure from preschool to adulthood. *Clinical Psychological Science*.
 4. Walker, M., Thornton, L., De Choudhury, M., Teevan, J., Bulik, C.M., **Levinson, C.A.**, Zerwas, S. (in press). Facebook Use and Disordered Eating in College-Aged Women. *Journal of Adolescent Health*.
 5. Rodebaugh, T. L. Lim, M.H., Shumaker, E.A. **Levinson, C.A.**, Thompson, T. (in press). Social Anxiety and Friendship Quality over Time. *Cognitive Behaviour Therapy*.
 6. **Levinson, C.A.**, Rodebaugh, T.L., Fewell, L., Kass, A., Riley, E.N., Stark, L., McCallum, K., Lenze, E.J. (2015). A pilot randomized control trial of D-cycloserine facilitation of exposure therapy in patients with Anorexia Nervosa. *The Journal of Clinical Psychiatry*, 76, 787-793.
 7. **Levinson, C.A.**, *Byrne, M. (2015). The Fear of Food Measure: A novel measure for use in exposure therapy for eating disorders. *International Journal of Eating Disorders*, 48, 271-283.
- *denotes student supervisee author
8. **Levinson, C. A.**, Rodebaugh, T. L., Shumaker, E.A., Menatti, A.R., Weeks, J.W., White, E., Heimberg, R. G., Blanco, C., Schneier, F, Liebowitz, M. (2015). Perceptions matter for clinical perfectionism and social anxiety. *The Journal of Anxiety Disorders*, 29, 61-71.
 9. *Kaplan, S.C. **Levinson, C.A.**, Rodebaugh, T.L., Menatti, A.R., Weeks, J.W. (2015). Social anxiety and the Big Five Personality traits: The interactive relationship of trust and openness. *Cognitive Behaviour Therapy*, 44, 212-222.
- *denotes student supervisee author.
10. Weidman, A.C., **Levinson, C. A.** (2015). I'm still socially anxious online: Offline relationship impairment characterizing social anxiety manifests and is accurately perceived in online social networking profiles. *Computers in Human Behavior*, 49, 12-19.
 11. Whitlock, E. L., Rodebaugh, T. L., Hassett, A. L., Shanks, A. M., Kolarik, E., Houghtby, J.,...**Levinson, C.A.**,...Avidan, M. S. (2015). Psychological sequelae of surgery: A cohort

study of prospectively-identified patients from three intraoperative awareness prevention trials. *Anesthesia and Analgesia*, 120, 87-95.

12. **Levinson, C. A.**, Rapp, J. *Riley, E.N. (2014). Addressing the fear of fat: Extending imaginal exposure therapy for anxiety disorders to anorexia nervosa. *Eating and Weight Disorders*, 4,521-524.

*denotes student supervisee author

13. Harpole, J.K., **Levinson, C. A.**, Woods, C.M. Rodebaugh, T. L. Weeks, J.W., Brown, P.J., Heimberg, R.G., Menatti, A.R., Blanco, C., Schneier, F.R., Liebowitz, M.R. (2014). Assessing the straightforwardly-worded Brief Fear of Negative Evaluation Scale for differential item functioning across gender and ethnicity. *Journal of Psychopathology and Behavioral Assessment*, 37, 306-317.
14. Rodebaugh, T. L., Lim, M. H., Fernandez, K. C., Langer, J. K., Weisman, J. S., Tonge, N., **Levinson, C. A.**, & Shumaker, E. A. (2014). Self and friend's differing views of social anxiety disorder's effects on friendship. *Journal of Abnormal Psychology*, 123, 715-724.
15. Harpole, J.K., Woods, C.M., Rodebaugh, T.L., **Levinson, C.A.**, Lenze, E.J. (2014). How bandwidth selection algorithms impact exploratory data analysis using Kernel Density Estimation. *Psychological Methods*, 19, 428-443.
16. *McCord, B., Rodebaugh, T.L., **Levinson, C. A.** (2014). Facebook: Social uses and anxiety. *Computers in Human Behavior*, 34, 23-27.

*denotes student supervisee author.

17. **Levinson, C.A.**, Langer, J.K., Rodebaugh, T. L. (2013). Reactivity to exclusion prospectively predicts social anxiety symptoms in young adults. *Behavior Therapy*, 44, 470-478.
18. **Levinson, C.A.**, Rodebaugh, T. L., White, E., Menatti, A.R., Weeks, J.W., Warren, C. S. (2013). Social appearance anxiety, perfectionism, and fear of negative evaluation: Distinct or shared risk factors for social anxiety and eating disorders? *Appetite*, 67, 125-133.
19. **Levinson, C.A.**, Rodebaugh, T. L., Menatti, A., Weeks, J.W. (2013). Development and validation of the Social Exercise and Anxiety Measure (SEAM): Assessing fears, avoidance, and importance of social exercise. *Journal of Psychopathology and Behavioral Assessment*, 2, 244-253.
20. Rodebaugh, T. L., **Levinson, C.A.**, Lenze, E. J. (2013). A high-throughput clinical assay for testing drug facilitation of exposure therapy. *Depression and Anxiety*, 30,631-637.
21. Rodebaugh, T. L., Shumaker, E. A., **Levinson, C.A.**, Fernandez, K.C., Langer, J.K., Lim, M.H., Yarkoni, T. (2013). Interpersonal constraint conferred by generalized social anxiety disorder is evident on a behavioral economics task. *Journal of Abnormal Psychology*, 122, 39-44.
22. VanDyke, M., **Levinson, C.A.** (2013). High standards, the Olympic athlete, and body image: A strong model. *PsycCRITIQUES*, 58.
23. Menatti, A. R., Weeks, J.W., **Levinson, C.A.**, McGowan, M. M. (2013). Exploring the relationship between social anxiety and bulimic symptoms: Mediational effects of perfectionism among females. *Cognitive Therapy and Research*, 37, 914-922.
24. **Levinson, C.A.**, Rodebaugh, T. L. (2013). Anxiety, self-discrepancy, and regulatory focus theory: Acculturation matters. *Anxiety, Stress, and Coping: An International Journal*, 26, 171-186.
25. **Levinson, C.A.**,Rodebaugh, T. L., Bertelson, A.D. (2013). Prolonged Exposure Therapy following awareness under anesthesia: A case study. *Cognitive and Behavioral Practice*, 1, 74-80.
26. **Levinson, C. A.**, Rodebaugh, T. L. (2012). Social anxiety and eating disorders: The role of negative social evaluation fears. *Eating Behaviors*, 13, 27-35.
27. **Fernandez, K.C., ****Levinson, C. A.**, Rodebaugh, T. L. (2012). Profiling: Predicting social anxiety from Facebook profiles. *Social Psychological and Personality Science*. 6, 707-712.

****The first two authors contributed equally to this manuscript**

28. Weidman, A.C., Fernandez, K.C., **Levinson, C.A.**, Augustine, A. A., Larsen, R. J., Rodebaugh, T. L. (2012). Socially anxious individuals' compensatory internet use associated with poorer well-being. *Personality and Individual Differences*, 53, 191-195.

29. Rodebaugh, T. L., Fernandez, K. C., & **Levinson, C. A.** (2012). Testing the effects of social anxiety disorder on friendship quality across gender and ethnicity. *Cognitive Behaviour Therapy, 41*, 130-139.
30. **Levinson, C.A.**, Rodebaugh, T. L. (2011). Validation of the Social Appearance Anxiety Scale: Factor, convergent, and divergent validity. *Assessment, 18*, 350-356.
31. **Levinson, C.A.**, Langer, J. K., Rodebaugh, T. L. (2011). Social anxiety and self-construal: Considering personality. *Personality and Individual Differences, 51*, 355-359.
32. **Levinson, C.A.**, Rodebaugh, T.L., Frye, T. (2011). An examination of the factor structure, convergent, and discriminant validity of the Behavioral Inhibition and Behavioral Activation System Scales. *Journal of Psychopathology and Behavioral Assessment, 33*, 87-100.
33. **Levinson, C.A.**, & Giancola, P.R., Parrott, D. J. (2011). Beliefs about aggression moderate alcohol's effects on aggression. *Experimental and Clinical Psychopharmacology, 19*, 64-74.
34. Giancola, P.R., **Levinson, C.A.**, Corman, M.D., Godlaski, A.J., Morris, D.H., Phillips, J.P., Holt, J. C. (2009). Men and women, alcohol and aggression. *Experimental and Clinical Psychopharmacology, 17*, 154-164.

PUBLISHED CHAPTERS

1. **Levinson, C.A.**, *Kaplan, S.C. Rodebaugh, T. L. (2014). Personality: Better understanding the socially anxious temperament. In J.W. Weeks (Ed.), *Handbook on Social Anxiety Disorder*. United States, Wiley-Blackwell.
- *denotes student supervisee author
2. Pearson, C. M., Zapolski, T. C. B., **Levinson, C. A.**, Wood, A., & Smith, G. T. (in press). Defining beauty: Cultural variations in the pursuit of attractiveness and associated harms. In N. Gotsiridze-Columbus (Ed.), *Binge Eating and Binge Drinking: Psychological Social and Medical Implications*. New York: Nova Science Publishers.

MANUSCRIPTS UNDER REVIEW

1. **Levinson, C.A.**, *Riley, E.N., Rodebaugh, T.L., *Brosf, L.C. (2014). Restraint and evaluation impair self-regulation after stress: Interacting individual differences impact food intake, disordered eating, and weight.
- *denotes student supervisee author
2. **Levinson, C.A.**, Rodebaugh, T.L. (2014). Clarifying the cross-sectional versus prospective relationships between social anxiety and disordered eating risk.
 3. **Levinson, C.A.**, *Byrne, M., Rodebaugh, T. L. (2014). Guilt and shame as shared risk factors for social anxiety and bulimic symptoms: Shame prospectively predicts both social anxiety and bulimic symptoms.
- *denotes student supervisee author
4. **Levinson, C.A.**, *Brosf, L.C. (2015). Cultural and Ethnic Differences in Eating Disorders and Disordered Eating Behaviors. Invited review for *Current Psychiatry Reviews*.
- *denotes student supervisee author
5. *Brosf, L.C., **Levinson, C.A.** (2015). Social appearance anxiety and dietary restraint as mediators between perfectionism and binge eating: A six month three wave longitudinal study.
- *denotes student supervisee author
- 6.*Sala, M. **Levinson, C.A.** (2015). A longitudinal study on the association between worry and disordered eating.
- *denotes student supervisee author
7. Rodebaugh, T.L., **Levinson, C.A.**, Langer, J.K., Weeks, J.W., Brown, P.J., Heimberg, R.G., Menatti, A.R., Blanco, C., Schneier, F.R., Liebowitz, M.R. (2015). Models of vulnerabilities for social anxiety disorder: Broad and specific latent factors or complex causal network.

8. *Piccirillo, M.L., **Levinson, C.A.**, Rodebaugh, T.L. (2014). Modeling the relationship between urbanicity and internalizing disorders.
*denotes student supervisee author.
9. Weisman, H., Fernandez, K.C., **Levinson, C.A.**, Rodebaugh, T.L. (2015). Exploring the Efficacy of a Positive Mood Induction to Enhance a Public Speaking Intervention.
10. Martel, M.M., **Levinson, C.A.**, (2015). Impulsivity as Core of the Developmental Externalizing Spectrum.

MANUSCRIPTS IN PREPERATION

1. **Levinson, C.A.**, Rodebaugh, T. L. (2014). Social appearance anxiety, fear of negative evaluation, and disordered eating: A latent trajectory model across one year.
2. **Levinson, C.A.**, Rodebaugh, T.L. (2014). A network model of social anxiety and eating disorder comorbidity.
3. **Levinson, C.A.**, Zerwas, S. C., Marcus, M., Kordy, H., Hamer, R.M., Hofmeier, S.M., Levine, M., Zimmer, B., Moesner, M., Peat, C., Runfola, C.D., Bulik, C.M. (2015). Network and latent variable analysis of bulimic, anxiety, and depression symptoms in patients with Bulimia Nervosa.
4. **Levinson, C. A.** (2013). Social anxiety and eating disorder comorbidity: A review and new model.
5. **Levinson, C.A.**, Menatti, A.R., Weeks, J.W. (2014). The Positive Appearance Evaluation Scale: Adding positive valence into a model of social anxiety and eating disorder comorbidity.
6. **Levinson, C.A.**, Zerwas, S. C. , ...Bulik, C. M. (2015). Explaining Associations between Drive for Thinness, Obsessions, Compulsions: A Path Analysis.
7. **Levinson, C.A.**, Baker, J., Metzger, L., Bulik, C. (2015). A pilot perfectionism and anxiety intervention on an eating disorder inpatient unit.
8. **Levinson, C.A.**, Sala, M. Rodebaugh, T. L., Lenze, E.C. (2015). Correlates of Food Anxiety during a Short Course of Mealtime Exposure Therapy in Patients Diagnosed with an Eating Disorder

CHAired SYMPOSIA AT NATIONAL CONFERENCES

1. **Levinson, C.A.** (November, 2015). *Network Analysis: A Symptom Perspective of Psychopathology*. Symposium to be presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
2. **Levinson, C.A.** (November, 2013). *The Price of Perfection: Perfectionism is a Transdiagnostic Factor Across Social anxiety, Depression, and Eating Disorders*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
3. **Levinson, C.A.**, Langer, J.K. (November, 2013). *Peer Victimization and Emotional Reactivity: Risk Factors for Anxiety and Depression from Childhood to Early Adulthood*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
4. **Levinson, C. A.** (November, 2011). *Comorbid Anxiety and Disordered Eating: Research Findings and Implications for Treatment*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
5. **Levinson, C. A.**, Fernandez, K. C. (November, 2011). *Embracing the Digital Age: Methodological Innovations in the Study of Social Anxiety*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.

NATIONAL SYMPOSIUM PRESENTATIONS AND PROFESSIONAL TALKS

1. **Levinson, C.A.** Rodebaugh, T.L., Langer, J.K., White, E.K., Warren, C., Weeks, J.W., Menatti, A. Lim, M. Fernandez, KC. (November, 2015). *A network model of social anxiety and eating disorder symptoms*. In **C.A. Levinson & J.K. Langer** (chairs), *Networks analysis: A symptom*

- perspective of psychopathology. Paper to be presented at annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
2. **Levinson, C.A.**, Rodebaugh, T.L. *Cross-sectional and prospective relationships between fears of evaluation, perfectionism, and social anxiety and eating disorder risk*. In M. Lipton (chair), *Examining fears of evaluation across multiple domains of psychopathology*. Paper to be presented at annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
 3. **Levinson, C.A.**, Rodebaugh, T.L., Fewell, L., Kass, A., Riley, E.N., Stark, L., McCallum, K., Lenze, E.J. (November, 2015). *D-cycloserine facilitation of exposure therapy improves weight regain in patients with anorexia nervosa: A pilot randomized control trial*. In J. Vanderwal (chair), *Brief interventions for eating disorders*. Paper to be presented at annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
 4. **Levinson, C.A.**, Byrne, M. (March, 2015). *The Fear of Food Measure: A novel measure for use in exposure therapy for eating disorders*. Paper presented at the International Conference on Eating Disorders, Boston, MA.
 5. **Levinson, C.A.**, Byrne, M., Rodebaugh, T. L. (March, 2015). *Guilt and shame as shared risk factors For social anxiety and bulimic symptoms: Shame prospectively predicts both social anxiety and bulimic symptoms*. Paper presented at the International Conference on Eating Disorders, Boston, MA.
 6. **Levinson, C.A.**, Rodebaugh, T.L., Fewell, L., Kass, A., Riley, E.N., Stark, L., McCallum, K., Lenze, E.J. (March, 2014). *A double-blind clinical trial of exposure therapy in combination with d-cycloserine for food anxiety in patients with Anorexia and Bulimia Nervosa*. Paper presented at the International Conference on Eating Disorders, New York, NY.
 7. **Levinson, C.A.** (November, 2013). *Fear of negative evaluation leads to increased food intake and social appearance anxiety leads to state body dissatisfaction*. In A.R. Menatti & L. DeBoer (chairs). *Sociocultural influences of eating pathology: The roles of anxiety and social-evaluative concerns*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
 8. **Levinson, C.A.**, Rodebaugh, T.L. (November, 2013). *Maladaptive perfectionism and restraint interact to produce decreased eating after a stressful task*. In C. A. Levinson (chair), *The Price of Perfection: Perfectionism is a transdiagnostic factor across social anxiety, depression, and eating disorders*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
 9. **Levinson, C.A.**, Langer, J.K., Rodebaugh, T.L. (November, 2013). *Reactivity to Exclusion Prospectively Predicts Social Anxiety Symptoms in Young Adults*. In C. A. Levinson & J. K. Langer (chairs). *Peer Victimization and Emotional Reactivity: Risk Factors for Anxiety and Depression from Childhood to Early Adulthood*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
 10. **Levinson, C.A.**, Rodebaugh, T. L. (April, 2013). *Measurement of Avoiding and Fearing Rejection: A Core Extrusion Schema Predicts the Severity of Social Anxiety Disorder*. In A. Reilly (chair), *Keeping Current: Updating and Improving the Assessment of Social Anxiety Disorder and Related Constructs*. Symposium presented at the annual meeting of the Anxiety and Depression Association of America, San Diego, CA.
 11. **Levinson, C.A.**, Rodebaugh, T. L. (November, 2012). *Social appearance anxiety: A domain of social anxiety with implications for binge eating and obesity*. In A.R. Menatti (chair), *Heterogeneity in SAD: Expanding Conceptualizations*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
 12. Rodebaugh, T. L., **Levinson, C.A.**, Lenze, E. J. (November, 2012). *A Clinical Assay Detects the Effects of D-Cycloserine on Exposure and Rumination*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD. In T.

- L. Rodebaugh (chair), *Combining Behavior Change with Medication in the Treatment of Social Anxiety and Phobia: Pursuit of Principal Augmentation*.
13. Fernandez, K.C., Rodebaugh, T. L., **Levinson, C. A.** (November, 2012). *Testing the Effects of Social Anxiety Disorder on Friendship Quality: Considering Ethnicity*. In P. Anderson (chair), *Anxiety Disorders and their Treatment across Racial and Ethnic Groups: Similarities and Differences*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
 14. **Levinson, C.A.**, Lawton, E., Fernandez, K. C. (February, 2012). *Teaching Mindfulness: The Fall 2011 PSC Mindfulness Group*. Talk given at Washington University Clinical Science Seminar, St. Louis, MO.
 15. **Levinson, C. A.**, Rodebaugh, T. L. (November, 2011). *The Role of Fear of Negative Evaluation and Social Appearance Anxiety in Social Anxiety and Disordered Eating Comorbidity*. In C. A. Levinson (chair), *Comorbid Anxiety and Disordered Eating: Research Findings and Implications for Treatment*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
 16. **Levinson, C. A.**, Fernandez, K. C., Rodebaugh, T. L. (November, 2011). *Profiling: Predicting Social Anxiety Using Facebook Profiles*. In C. A. Levinson & K. C. Fernandez (chairs), *Embracing the Digital Age: Methodological Innovations in the Study of Social Anxiety*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
 17. Menatti, A. R., **Levinson, C.A.** McGowan, M., Weeks, J.W. (November, 2011). *Exploring the Relationship between Social anxiety and Bulimic Symptoms: Mediation Effects of Perfectionism among Females*. In C. A. Levinson (chair), *Comorbid Anxiety and Disordered Eating: Research Findings and Implications for Treatment*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
 18. **Levinson, C. A.**, (January, 2011). *Post-traumatic Stress Disorder from Awareness During Surgery*. Case Conference talk given at Washington University Clinical Science Seminar, St. Louis, MO.
 19. **Levinson, C. A.**, (September, 2010). *Self-Discrepancy and Regulatory Focus Theory: Acculturation Matters*. Master's talk given at Washington University Clinical Science Seminar, St. Louis, MO.
 20. **Levinson, C. A.**, Fernandez, K. M., (April, 2010). *Social Anxiety and Online Social Networking a Closer Look at Facebook*. Research talk given at Washington University Clinical Science Seminar, St. Louis, MO.

ABSTRACT PRESENTATIONS AT NATIONAL CONFERENCES

1. *Brosof, L.C., **Levinson, C.A.** (Nov, 2015). Social Appearance Anxiety is the Domain of Social Anxiety that Predicts Binge Eating over Time. Association for Behavioral and Cognitive Therapies, Chicago, IL.
*denotes student supervisee author
- 2.*Brosof, L.C., **Levinson, C.A.** (May, 2015). Social Appearance Anxiety Mediates the Relationship Between Concern Over Mistakes and Binge Eating: A Six-Month Three Wave Longitudinal Study. Association for Psychological Sciences. New York, NY.
*denotes student supervisee author
- 3.*Byrne, M. **Levinson, C.A.**, Rodebaugh, T.L. (November, 2014). Role of State Shame and Guilt in Social Anxiety, Bulimic, and Obsessive-Compulsive Symptoms. Association for Behavioral and Cognitive Therapies. Philadelphia, PA.
*denotes student supervisee author
4. *Byrne, M. **Levinson, C.A.**, Rodebaugh, T.L. (November, 2014). The Role of Shame and Guilt in Social Anxiety and Bulimic Symptoms Over Time. Association for Behavioral and Cognitive Therapies. Philadelphia, PA.
*denotes student supervisee author

5. *Piccirillo, M., **Levinson, C.A.**, Rodebaugh, T.L. (November, 2013). Exploring the Impact of Urbanicity on the Prevalence of Anxiety and Mood Disorders in two Epidemiological Datasets. Association for Behavioral and Cognitive Therapies. Nashville, TN.
*denotes student supervisee author
6. Weisman, J., Fernandez, K.C., **Levinson, C.A.**, Rodebaugh, T. L. (November, 2013). Diminished Trait Positive Affect May Enhance the Efficacy of A Positive Mood Induction During A Public Speaking Task. Association for Behavioral and Cognitive Therapies. Nashville, TN.
7. **Levinson, C.A.**, Rodebaugh, T. L., (November, 2012). Social Appearance Anxiety may be a Pathway between Perceived Flaws in Appearance and Body Dissatisfaction and Social Anxiety Symptoms Over Time. Association for Behavioral and Cognitive Therapies. National Harbor: MD.
8. *Riley, E., **Levinson, C. A.**, Rodebaugh, T. L. (November, 2012). Does Social Appearance Anxiety and Maladaptive Perfectionism Predict Restrained Eating Over Time?. Association for Behavioral and Cognitive Therapies. National Harbor: MD.
*denotes student supervisee author
9. *Kaplan, S.C., **Levinson, C.A.**, Rodebaugh, T. L., (November, 2012). Social Anxiety and the Big Five Personality Traits: The Interactive Relationship of Trust and Openness. Association for Behavioral and Cognitive Therapies. National Harbor: MD.
*denotes student supervisee author
10. *McCord, B., Rodebaugh, T. L., **Levinson, C.A.** (November, 2012). Social Anxiety on Facebook. Association for Behavioral and Cognitive Therapies. National Harbor: MD.
*denotes student supervisee author
11. **Levinson, C. A.**, Rodebaugh, T. L. (November, 2011). Social Appearance Anxiety, Fear of Negative Evaluation, and Health: The Relationship with Obesity and Body Image. Association for Behavioral and Cognitive Therapies. Toronto: Canada.
12. **Levinson, C. A.**, Rodebaugh, T. L., Menatti, A., Weeks, J.W. (November, 2011). Development and Validation of the Social Exercise Self-efficacy Measure: Assessing Fears of Social Exercise. Association for Behavioral and Cognitive Therapies. Toronto: Canada.
13. **Levinson, C. A.**, *Johnson, S. B., Rodebaugh, T. L. (November, 2011). Talking about Ethnic Identity Decreases State Anxiety. Association for Behavioral and Cognitive Therapies. Toronto: Canada.
*denotes student supervisee author
14. **Levinson, C. A.**, Balsis, S., Rodebaugh, T. L., Brown, P. J., Heimberg, R. G., Lenze, E. J. (November, 2011). The items of the Penn State Worry Questionnaire Function Differently in Older Adults. Association for Behavioral and Cognitive Therapies. Toronto: Canada.
15. **Levinson, C. A.**, Langer, J. K., Rodebaugh, T. L., (November 2011). Peer Victimization: A Risk Factor for Social Anxiety in Young Adults? Association for Behavioral and Cognitive Therapies. Toronto: Canada.
16. Fernandez, K. C., **Levinson, C. A.**, Rodebaugh, T. L. Menatti, A., Weeks, J. W., (November 2011). Social Anxiety, Internet Use, and Facebook. Association for Behavioral and Cognitive Therapies. Toronto: Canada.
17. **Levinson, C. A.**, Fernandez, K. C., Rodebaugh, T. L. (April 2011). Social Appearance Anxiety Mediates and Moderates the Relationship Between Loneliness and Eating Dysfunction. International Conference on Eating Disorders, Miami: FL.
18. **Levinson, C. A.**, Rodebaugh, T. L. (November 2010). Social Anxiety and Body Image Disorders: What Role Does Social Appearance Anxiety Play? Association for Behavioral and Cognitive Therapies, San Francisco: CA.
19. **Levinson, C.A.**, Rodebaugh, T. L. (November 2010). The Social Appearance Anxiety Scale: A Valid Measure of Social Appearance Anxiety. Association for Behavioral and Cognitive Therapies, San Francisco: CA.
20. **Levinson, C. A.**, Rodebaugh, T. L. (November, 2010). Independent/ Interdependent Self-Construal, Collectivism, and Individualism: What do these Cultural Variables mean for Psychopathology? Association for Behavioral and Cognitive Therapies, San Francisco, CA.

21. **Levinson, C.A.**, Rodebaugh, T. L. (November, 2010). Ought, Ideal, and Undesired Self-Discrepancies: Are there Ethnic Differences? Association for Behavioral and Cognitive Therapies, San Francisco, CA.
22. **Levinson, C.A.**, Langer, J.K., Rodebaugh, T. L. (November, 2010). The Relationship between Self-Construal and Social Anxiety: Mediated and Moderated by Personality. Association for Behavioral and Cognitive Therapies, San Francisco, CA.
23. **Levinson, C.A.**, Rodebaugh, T.L., Fernandez, K. (November, 2009). Ethnic Identity: Protective Factor for Internalizing Disorders? Association for Behavioral and Cognitive Therapies, New York: NY.
24. **Levinson, C.A.**, Rodebaugh, T.L., Fernandez, K. (November, 2009). Gender Differences in the Social Appearance Anxiety Scale. Association for Behavioral and Cognitive Therapies, New York: NY.
25. Shumaker, E.A., Rodebaugh, T.L., **Levinson, C.A.** (November 2009). Psychological Functioning Across the First Semester of College. Association for Behavioral and Cognitive Therapies, New York: NY.
26. **Levinson, C.A.**, Rodebaugh, T.L., Frye, T. (May, 2009). The Behavioral Inhibition and Activation System Scales: Convergent and Discriminant Validity. Association for Psychological Sciences, San Francisco, CA.
27. **Levinson, C.A.**, Smith, G.T. (May, 2008). Culturally Specific Standards of Beauty: Appearance Dissatisfaction in Japanese and Caucasian Women. National Conference of Undergraduate Research, Salisbury, MD.

**TEACHING
EXPERIENCES**

Instructor (Summer 2011). Abnormal Psychology
Washington University: University College

Washington University Teaching Citation (completed April 2014)

This is a program sponsored by the Teaching Center for completing three distinct supervised and evaluated teaching experiences, attending six advanced workshops on teaching, and completing a teaching philosophy statement.

Undergraduate Research Mentor (August 2011-current)

I have mentored several student supervisee authors on independent projects and posters from data I have collected. These projects have resulted in poster presentations and authorship on manuscripts.

APL Discussion Leader (Fall 2008-Spring 2013)

I taught a research discussion section for student supervisee authors in the Anxiety and Psychotherapy Laboratory. Constructed syllabi and led weekly discussions on current research.

Introduction to Biological Psychology (Fall 2011). Teaching Assistant

Statistics (Fall 2009). Teaching Assistant

I taught review sessions, constructed exam questions, and lectured on correlation and multiple regression.

Introduction to Social Psychology (Spring 2009). Teaching Assistant

I constructed exam questions, held office hours to answer student questions, and provided support to the instructor.

Washington University Practicum in Teaching (Summer 2009)

UK 101 Peer Instructor (Fall 2005)

I taught an introductory freshmen class designed for first semester freshmen to learn skills for success in college. I taught classes on topics such as study skills, alcohol education, and how to use the library.

CLINICAL EXPERIENCES

University of North Carolina School of Medicine Internship Eating Disorder Program (August 2014-August 2015)

Department of Psychiatry

Center of Excellence in Eating Disorders

Supervisors: Cynthia Bulik, Ph.D., Dr. Thomas J. Raney, Ph.D., Meg Raney, Ph.D., Maureen Dymek-Valentine, Ph.D. Sara Hofmeier, M.S.

Primary Responsibilities Major Rotation: I served as an individual therapist in an outpatient, partial hospitalization, and inpatient eating disorder clinic carrying a caseload of 6-9 patients. I completed comprehensive assessments to evaluate eating disorder symptoms and behaviors and determine the appropriate level of care needed. I led CBT, DBT, and ACT groups for patients in the inpatient and partial hospitalization clinics. I designed and implemented groups on anxiety and perfectionism. I participated in interdisciplinary team meetings, didactics, and treatment planning. Finally, I participated in clinical research meetings and conducted research with the Center of Excellence in Eating Disorders Research Team.

Primary Responsibilities Minor Rotations: I completed minor rotations in behavioral medicine, bariatric surgery, heart and lung transplant services, pain clinic, women's mood and anxiety clinic, perinatal mood and depression clinic, and children with developmental disorders clinic.

Peer Supervisor (August 2011-May 2014)

Primary Responsibilities: I served as a peer supervisor for first year graduate students conducting IQ and clinical assessments. Additionally, I served as a therapy peer supervisor for two third year students. We met bi-weekly for supervision.

Community Consultant/Supervisor (August 2012-June 2014)

Primary Responsibilities: I served as a consultant and supervisor for a licensed MSW and direct care staff at a community eating disorder clinic. Consulted and supervised on anxiety disorder and exposure related treatments for patients with eating disorders.

Washington University Psychological Service Center; Therapist (August 2009-December 2013)

Supervisors:

Thomas Rodebaugh, Ph.D. (2009-2010), CBT orientation; anxiety disorder specialist

Amy Bertelson, Ph.D. (2010-2011), Integrative orientation; sleep disorder specialist

Carol Dyer, Ph.D. (2010-2012), Self-psychologist; eating disorder specialist

Jane Grady, Ph.D. (2012-2013), CBT orientation; child and adolescent specialist

Primary Responsibilities: Individual outpatient therapy with a wide range of long and short-term patients using many treatment modules including: CBT, mindfulness-based therapies, dialectical behavior therapy, supportive therapy, interpersonal therapy, integrative therapy, behavioral therapy, and family therapy. Completed intake interviews using structured clinical interviews. Treated adults and adolescents with a wide range of diagnoses including: borderline personality disorder, schizophrenia, binge-eating disorder, social anxiety disorder, major depression, bulimia nervosa, generalized anxiety disorder, obsessive-compulsive disorder, body dysmorphic disorder, post-traumatic stress disorder, and panic disorder. I saw patients both short term and long-term (more than 3 years in some severe cases). Attended weekly individual (2010-2013) and group (2009-2011) supervision.

McCallum Place Eating Disorder Treatment Program and Webster Wellness Professionals; Therapist (May 2012-May 2014)

Supervisors: Dr. Randal Flanery, Ph.D. (primary), Dr. Jennifer Summers, Psy.D., Dr. Carol Dyer, Ph.D.
Primary Responsibilities: Worked as a practicum therapist at both the inpatient hospital (McCallum Place) and affiliated intensive outpatient facility (Webster Wellness). Independently or co-led the following groups: Cognitive Behavior Therapy for Eating Disorders, Meal Therapy; Dialectical Behavior Therapy (DBT) skills training for adults, DBT skills training for adolescents, Interpersonal Effectiveness skills, Adolescent Cognitive Behavior Therapy, Relationship Skills, Schema, Sexuality, and Process groups. Participated in DBT consultation team meetings. Conducted individual cognitive behavior therapy with clients in the intensive outpatient program. Co-assisted with family day once a month with patients and their families (family therapy included). Designed and implemented group on perfectionism. Organized and conducted ongoing research study testing the effectiveness of d-cycloserine on meal exposure therapy. Conducted individual structured clinical interviews with patients in the inpatient facility. Attended weekly individual supervision.

Washington University Psychological Service Center; Additional Assessment Experience (2012-2014)

Supervisors: Dr. Desiree White, Ph.D., Dr. Jim Reid, Ph.D.

Primary Responsibilities: Conducted structured clinical interviews and wrote integrated diagnostic reports. Conducted clinical, personality, intelligence, and attention assessments.

The St. Louis Behavioral Medicine Institute; Anxiety Disorders Therapist (August 2011-May 2012)

Supervisors: C. Alec Pollard, Ph.D., Gloria Mathis, Ph.D., Debra Emery, Ph.D., Melanie VanDyke, Ph.D.

Primary Responsibilities: Provided individual and group therapy to patients in the intensive outpatient program for children and adults. Primary diagnoses were severe anxiety and depressive disorders. Implemented intensive exposure therapy. Also implemented mindfulness, acceptance and commitment, and cognitive therapy. Co-led the child anxiety group for children ages 6-12. Co-led the adult social anxiety disorder group. Attended case consultation meetings and individual supervision.

Washington University Psychological Service Center; Mindfulness Group Leader (September 2011-November 2011)

Supervisor: Thomas L. Rodebaugh, Ph.D.

Primary Responsibilities: Designed and implemented an 8-week mindfulness therapy group for adults based on Segal et al.'s Mindfulness Based Cognitive Therapy. Participants were primarily older adults.

Washington University Psychological Service Center; ADHD Parent Training Group Leader (January 2010-June 2010)

Supervisor: Denise Head, Ph.D.

Primary Responsibilities: Participated in an intensive training on how to conduct a parent training group. Co-led a 10-week Barkley Defiant Children ADHD parent training group for parents of children with defiant behavior or ADHD. Conducted individual assessments with parents to determine if they were appropriate for the group. Participated in weekly supervision where we re-watched videos of the group.

Washington University Psychological Service Center; Clinical Assistant to the Director (August 2010-August 2011)

Supervisor: Dr. Amy Bertelson, Ph.D.

Primary Responsibilities: I conducted over 70 initial screening assessments of patients seeking therapy. Completed 20-30 minute interviews assessing symptoms, functioning, and background information. Maintained hourly reports for all graduate students therapists and assisted the Director with daily clinic duties.

Washington University Student Health Services Counseling Center; Counselor (August 2010-May 2011)

Supervisor: Dr. Craig Woodsmall, Psy.D. (primary), Dr. Dorothy Van Buren, Ph.D.

Primary Responsibilities: I maintained a caseload of 5-7 clients weekly who sought counseling for a

variety of issues spanning from adjustment disorders, insomnia, grief, and stress to severe aspergers, anxiety, and depressive disorders. Additionally, I participated in the weekly eating disorder consultation group and attended weekly case conference meetings. I also conducted outreach programs on healthy sleep and exercise habits.

Empirically Supported Treatments Class, Student (Fall 2009)

University of Kentucky Harris Psychology Service Center; Intern (Spring 2007)

Bluegrass Rape Crisis Center; Volunteer (May 2007-August 2008)

STATISTICS COURSES

Hierarchical Linear Modeling
Multivariate Statistics
Factor Analysis and Related Methods
Graduate Level Quantitative Methods I
Graduate Level Quantitative Methods II

UNIVERSITY SERVICE

APA; **Campus Representative**; (July 2009-August 2010)
Graduate Student Senate; **Senator**;(July 2009-August 2010)
Clinical Committee; **Representative**; (August 2009-August 2010)
Peer Mentor for Psychology Graduate Students; (August 2009-May 2011)

PROFESSIONAL ACTIVITIES

Association of Behavioral and Cognitive Therapies, Reviewer for the National 2015 Conference abstract submissions
American Psychological Association Science Subcommittee, Elected Member (2011-2013); I reviewed grant applications for the APA Basic Science Grant and Junior Scientist Fellowship
Ad Hoc Reviewer: *Advances in Eating Disorders* (since 2015), *Journal of Anxiety Disorders* (since 2015), *Clinical Psychology and Psychotherapy* (since 2015), *Journal of Clinical Psychiatry* (since 2014), *Psychological Medicine* (since 2014), *Clinical Psychology and Psychotherapy* (since, 2014), *Sage Open* (since 2014), *Journal of Adolescence* (since 2013), *Quality of Life Research* (since 2013), *New Media and Society* (since 2013), *Journal of Personality* (since 2012), *Eating Behaviors* (since 2012), *Cognitive Behaviour Therapy* (since 2011), *Journal of Studies on Alcohol and Drugs* (since 2011), *Journal of Psychopathology and Behavioral Assessment* (since 2009)
Reviewer for APA: Smart Phone Intervention Applications
Member (since 2008), Association for Behavioral and Cognitive Therapies
Member (since 2008), Association for Psychological Sciences
Member (since 2008), Society for a Science of Clinical Psychology
Member (since 2009), American Psychological Association

HONORS AND AWARDS

Washington University Conference Travel Award (yearly 2008-2013)
Washington University Graduate Fellowship (2008-2009)
Phi Beta Kappa
2008 James Miller Award
This was given for recognition of best undergraduate honors thesis poster presentation at the University of Kentucky Psychology Honors and Awards Day.
Holman-Hamilton Fellowship (Spring 2007)

I was awarded a semester tuition scholarship for successful academic performance. This award is given to one history major per year and is selected by the history faculty.

Governor's School for the Arts Full Tuition Scholarship (2003-2007)

I was awarded a four-year full tuition scholarship at the University of Kentucky. This was awarded after successful completion of Kentucky's Governor's School for the Arts in the piano concentration and for having high ACT/SAT scores.