

- Steinman, S. A., Namaky, N., Thomas, S., **Meissel, E.**, St. John, A. T., Pham, N., Werntz, A. J., Saunders, T., Gorlin, E. I., Arbus, S., Beltzer, M., Soroka, A. & Teachman, B. A. (2017, April). Which variations of cognitive bias modification for interpretations lead to the strongest effects? In L. S. Hallion & S. A. Steinman (Co-Chairs), *New Directions in Cognitive Training for Anxiety*. Symposium presented at the annual meeting of the Anxiety and Depression Association of America, San Francisco, CA.

POSTERS

- Meissel, E. E.**, Stevens, E. S., Evans, T. C., & Shankman, S. A. (April, 2017). Do people with a family history of anxiety have heightened attentional biases to threat? Poster presented at the 37th annual meeting of the Anxiety and Depression Association of America, San Francisco, CA.
- Meissel, E. E.**, Evans, T. C., Funkhouser, C., Liu, H., Britton, J. C., Shankman, S.A. (2016, September). Investigating the Reliability of Different Measures from the Dot-Probe Task and Using Personal and Family History of Social Anxiety Disorder as Validators. Poster presentation at the thirtieth annual meeting of the Society for Research in Psychopathology, Baltimore, MD.
- Meissel, E. E.**, Katz, A. C., Stevens, E. S., Lieberman, L., Weinberg, A. Shankman, S.A. (2016, April). Habituation of Habituation: Investigating the Time-Course of Startle Habituation. Poster presented at the annual meeting of the Anxiety and Depression Association of America, Philadelphia, PA.
- Meissel, E. E.**, Salthouse, T. A. The Effects of Naturally Occurring Variations in State Anxiety on Cognitive Functioning. Poster presented at the L. Starling Reid Undergraduate Psychology Conference, Charlottesville, Va.
- Funkhouser, C. J., **Meissel, E. E. E.**, Kujawa, A., & Shankman, S. A. (April, 2017). The association between negative cognitive style and neural reactivity to social acceptance vs. rejection. Poster presented at the 37th annual meeting of the Anxiety and Depression Association of America, San Francisco, CA.
- Namaky, N., Werntz, A.J., Saunder, T.L., **Meissel, E.E.**, Nelms, J.B., Teachman, B.A. (2015, November). Age Differences in Threat Bias When Attending to Social or Physical Stimuli on a Dot-Probe Task. Poster presented at the 49th annual meeting of the Association for Behavioral and Cognitive Therapies. Chicago, IL.
- Reuland, M.M., **Meissel, E.E.**, Voeller, E.K., Nelms, J.B., Chandler, J.E., Teachman, B.A. (2014, November). The value of online administration and including parents in a cognitive bias modification intervention for socially anxious youth. Poster presented at the 48th annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

RESEARCH EXPERIENCE

Graduate Research Assistant 2017-Present
 Center for Understanding and Treating Anxiety
 San Diego State University, San Diego, CA

Project: NIH funded R01 (#MH106477) Attention training to modify ERN and risk for anxiety in adolescence.

Duties: Administer the semi-structured interview assessments for clinical trials for adult and adolescent psychopathology (SCID, KSADS); data analysis in R, Matlab, and SPSS; assist with grant preparation; manuscript preparation.

Supervisor: Dr. Nader Amir (PI)

Graduate Research Assistant 2017-Present
 Kappenman Lab
 San Diego State University, San Diego, CA

Duties: Assist with grant preparation; data analysis in R, Matlab, and SPSS; manuscript preparation.

Supervisor: Dr. Emily Kappenman (PI)

Research Associate at the Chicago Lab of Emotion and Physiology
University of Illinois at Chicago, Chicago, IL

2015 - 2017

Project: NIH funded R01 (#MH098093) family study of reward and threat sensitivity in internalizing psychopathology.

Duties: Administered a modified version of the Structured Clinical Interview for DSM-V disorders and the Longitudinal Interval Follow-up Evaluation (200+ interviewing hours); conduct laboratory visits (apply 64 electrode channel EEG cap, EMG electrodes, and shock electrodes; administer tasks in Presentation and PSYLab; troubleshoot program related issues); created and edited processing streams in E-Prime; initiated small scale studies to collect preliminary data for grant preparation; analyzed preliminary data in SPSS; processed EEG, EMG, and RSA data using Brain Vision Analyzer; administered behavioral and neuropsychological tasks (BART, Dot-Probe, DKEFs, WTAR, Design Fluency, TRAILS, and Stroop); conducted telephone eligibility screenings (150+ screens); collect blood spots and saliva samples for genetic and hormonal testing; hired, trained, and managed undergraduate research assistants; assisted with IRB, manuscript, and grant preparations

Supervisor: Dr. Stewart Shankman (PI)

Project Coordinator at the Virginia Cognitive Aging Project
University of Virginia, Charlottesville, VA

June 2014-December 2014

Project: NIH funded R37 (#AG024270) longitudinal study investigating short term cognitive change in adults from 18-80.

Duties: Data processing and database maintenance for over 800 participants across three sessions of 16-20 cognitive batteries each; scheduled ~50 two hour experimental sessions per day with respect to participants and 20 research assistants, including coordination of payment for participants and research assistants; troubleshoot program and scheduling related issues.

Supervisor: Dr. Timothy Salthouse (PI)

Project Coordinator at Center for Behavioral Medicine and Research
University of Virginia, Charlottesville, VA

May 2014-December 2014

Project: YouthNex Center to Promote Effective Youth Development seed funded study investigating the effects of physical activity, executive function and risk-taking in novice drivers.

Duties: Completed 6-month follow-up sessions with 40 families; prepared master dataset; updated offsite primary investigator on a regular basis

Supervisor: Dr. Ann Lambert, Dr. Daniel Cox (PI)

Summer Intern in the Gilbert Lab
Harvard University, Cambridge, MA

June 2015-August 2015

Project: Assess people's likes and dislikes and how they affect perceptions of others.

Duties: Assisted graduate student in designing, implementing, and analyzing small scale studies; created and submitted Qualtrics surveys to and access data from Amazon's mTurk; assisted in manuscript preparation

Supervisor: Gus Cooney, Dr. Daniel Gilbert (PI)

Research Assistant in the Program for Anxiety, Cognition, and Treatment
University of Virginia, Charlottesville, VA

May 2013-May 2015

Project: Compare the effectiveness of variations on a traditional online cognitive bias modification.

Duties: Independently designed and programmed a variation on a well-established online cognitive bias modification and present updates to team members weekly.

Supervisor: Dr. Bethany Teachman (PI)

Project: Assess attention biases towards physical versus social threat in older versus younger

adults.

Duties: Set up eye-tracking device; administered an attention bias task during eye tracking sessions; obtained live ratings of anxiety; administered relaxation techniques after threatening task
Supervisors: Nauder Namaky, Dr. Bethany Teachman (PI)

Project: Develop an online cognitive bias modification for children with social anxiety.

Duties: Administered a stress speech task to children with social anxiety; administer test of cognitive functioning to socially anxious children aged 11-14 and their parents; manually sent time interval internet links for intervention and follow up on completion

Supervisors: Dr. Meg Reuland, Dr. Bethany Teachman (PI)

Project: Assess the utility of goal-affirmation strategies to overcome the effects of rumination

Duties: Coded creativity participant responses to a prompt; assessed inter-rater reliability within the coding system

Supervisor: Eugena Gorlin, Dr. Bethany Teachman (PI)

Research Assistant at the Virginia Cognitive Aging Project

October 2012-December 2013

University of Virginia, Charlottesville, VA

Project: NIH funded R37 (#AG024270) longitudinal study investigating short term cognitive change in adults from 18-80.

Duties: Administered a battery of tests assessing working memory, logical reasoning, spatial relations, perceptual speed, and vocabulary abilities; scored and double scored test materials; entered and double enter item level data

Supervisor: Dr. Timothy Salthouse (PI)

Research Assistant in the Center for Behavioral Medicine and Research

August 2012-May 2013

University of Virginia, Charlottesville, VA

Project: YouthNex Center to Promote Effective Youth Development funded study examining the relationship between physical activity, executive function, and risk-taking in novice drivers.

Duties: Administered neuropsychological assessment of Executive Function (D-KEFS); trained participants in using high fidelity driving simulator and administer driving tasks; followed VO2 max protocol to measure physical fitness; administered and collected accelerometers to measure physical activity

Supervisors: Dr. Ann Lambert, Dr. Daniel J. Cox (PI)

CLINICAL EXPERIENCE

Interviewer for Chicago Lab of Emotion and Physiology

2015-2017

University of Illinois at Chicago, Chicago, IL

Administered diagnostic interviews to research participants: Structured Clinical Interview for DSM-IV (SCID), Longitudinal Interval Follow-Up Evaluation (LIFE), World Health Organization Disability Assessment Schedule (WHODAS) 2.0; assessed for Mania and Psychosis during telephone screen for study exclusion criteria.

Volunteer at Anonymous Crisis/Suicide Prevention Hotline

2012- 2014

Charlottesville, VA

TEACHING AND MENTORING EXPERIENCE

Project Coordinator at the Chicago Lab of Emotion and Physiology

2015-2017

University of Illinois at Chicago, Chicago, IL

Duties: Trained undergraduate research assistants in lab protocols including: EEG/EMG set up and electrode application; EEG/EMG processing including artifact rejection; administering neuropsychological assessment; conducting phone screening to determine participant eligibility; enter data in Excel and SPSS; Designed and evaluated assignments to determine pass/fail course credit; led undergraduate lab meetings to discuss empirical journal articles.

Trainer for Anonymous Crisis/Suicide Prevention Hotline
Charlottesville, VA

2014

PROFESSIONAL ORGANIZATION MEMBERSHIPS

Association of Behavioral and Cognitive Therapy

Society for Research in Psychopathology

Anxiety and Depression Association of America