

**Nicholas J. Sibrava, Ph.D.**  
Curriculum Vitae

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**Contact Information**

Baruch College – The City University of New York  
Department of Psychology  
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**Academic Appointment**

August 2014 – Present: Assistant Professor, Department of Psychology, Baruch College – City University of New York, New York, NY

February 2020 – Present: Affiliated Faculty Member, Health Psychology and Clinical Science Doctoral Program, The Graduate Center – City University of New York, New York, NY.

**Education and Training**

Brown University Medical School – Butler Hospital, Providence, RI  
NIMH Sponsored Postdoctoral Research Fellowship, September 2009 – September 2011  
Obsessive-Compulsive Disorder Research Program  
Faculty Sponsors: Steven A. Rasmussen, M.D., Jane L. Eisen, M.D.

The Pennsylvania State University, University Park, PA  
Doctor of Philosophy in Clinical Psychology, August 2009  
Dissertation Title: *Client and therapist attachment style and the therapeutic alliance.*  
Faculty Advisor: Thomas D. Borkovec, Ph.D.

State University of New York Upstate Medical University, Syracuse, NY  
APA-Accredited Predoctoral Internship in Clinical Psychology, September 2008 – August 2009  
Training Director: Roger P. Greenberg, Ph.D.

The Pennsylvania State University, University Park, PA  
Master of Science in Clinical Psychology, August 2005  
Masters Thesis Title: *Catastrophizing assessment of worries and goals.*  
Faculty Advisor: Thomas D. Borkovec, Ph.D.

The Ohio State University, Columbus, OH  
Bachelor of Arts, Psychology and Criminology, June 2001  
Summa Cum Laude, With Honors in the Liberal Arts, and Distinction in Psychology  
Honors Thesis Title: *Primary prevention of binge drinking among a college population.*  
Faculty Advisor: Norman Bradley Schmidt, Ph.D.

## **Professional Licenses**

December 2015 – Present: State of New York, Licensed Psychologist, License # 021503

April 2013 – June 2016: State of Rhode Island and Providence Plantations, Licensed Clinical Psychologist, License # PS01367

## **Honors and Awards**

### Baruch College – The City University of New York

Outstanding Reviewer Award: *Behavior Therapy* – Association for Behavioral and Cognitive Therapies, Elsevier Journals, March 2015

Eugene M. Lang Junior Faculty Research Fellowship

CUNY Academy William Stewart Travel Award for Assistant Professors

### Brown University Medical School/Baruch College

National Institutes of Health Extramural Loan Repayment Award for Clinical Researchers, Funding Agency: National Institute of Mental Health, 2013 - 2015

### The Pennsylvania State University

Harold F. Martin Graduate Assistant Outstanding Teaching Award

Bruce V. Moore Graduate Fellowship in Psychology

Penn State Research and Graduate Office (RGSO) Travel Award

Psychology Department Graduate Teaching Fellowship Award

Psi Chi Honors Society “Outstanding Teaching Assistant” Award

Martin T. Murphy Award for Excellence in Clinical Psychology

Pennsylvania State University Graduate School Teaching Certificate

Don A. Trumbo Psychology Department Student Research Fund Travel Award

### The Ohio State University

Summa Cum Laude, With Honors in the Liberal Arts, and Distinction in Psychology

Phi Beta Kappa Honors Society

Ohio State University Student Wellness Center Undergraduate Research Fellowship

Ohio State University Pressey Honors Endowment Student Research Grant

Ohio State University Lawson Memorial Fund Scholarship

Ohio State University Scarlet and Gray Scholarship

Ohio State University College of the Arts and Sciences “Excellence in Scholarship” Award

## **Professional Service Activities**

### Editorial Board

Behavior Therapy, 2014 – Present

UP Scholars (Undergraduate Psychology Journal), 2016 – Present

## Ad Hoc Reviewer

Cognition and Emotion  
Behavior Therapy  
Anxiety, Stress, and Coping  
Psychiatry Research  
Cognitive Therapy and Research  
Journal of Affective Disorders  
Comprehensive Psychiatry  
Assessment  
Journal of Nervous and Mental Disease  
Cognitive Behaviour Therapy  
Frontiers in Human Neuroscience  
Journal of Behavior Therapy and Experimental Psychiatry  
Behaviour Research and Therapy  
Journal of Personality Assessment

## Conference Program and Review Committees

Annual Convention of the Association for Behavioral and Cognitive Therapies,  
Professional/Clinical Workshops Committee, 2017-Present

Annual Convention of the Association for Behavioral and Cognitive Therapies,  
Conference Program Committee, 2016-Present

Annual Conference of the Anxiety and Depression Association of America,  
Scientific Program Review Committee, 2019

## Publications (\* indicates research mentee)

**Sibrava, N.J.**, Bjornsson, A.S., Pérez Benítez, A.C.I., Moitra, E., Weisberg, R.B., & Keller, M.B. (2019). Posttraumatic stress disorder in African American and Latinx adults: Clinical course and the role of racial and ethnic discrimination. *American Psychologist* 74(1), 101-116. <http://dx.doi.org/10.1037/amp0000339>

Boisseau, C.L., **Sibrava, N.J.**, Garnaat, S.L., Mancebo, M.C., Eisen, J.L., & Rasmussen, S.A. (2018). The Brown Incompleteness Scale (BINCS): Measure development and initial validation. *Journal of Obsessive-Compulsive and Related Disorders*, 16, 66-71. doi: 10.1016/j.jocrd.2017.12.008

\*Schwartzman, C.M., Boisseau, C.L., **Sibrava, N.J.**, Mancebo, M.C., Eisen, J.L., & Rasmussen, S.A. (2017). Symptom subtype and quality of life in obsessive-compulsive disorder. *Psychiatry Research*, 249, 307-310. doi: 10.1016/j.psychres.2017.01.025

**Sibrava, N.J.** (2017). The placebo effect. In A. Wenzel (Ed.), *The SAGE encyclopedia of abnormal and clinical psychology* (pp. 2585). Thousand Oaks, CA: SAGE Publications.

**Sibrava, N.J.**, Boisseau, C.L., Eisen, J.L., Mancebo, M.C., & Rasmussen, S.A. (2016). An empirical investigation of incompleteness in a large clinical sample of obsessive compulsive disorder. *Journal of Anxiety Disorders*, 42, 45-51. doi: 10.1016/j.janxdis.2016.05.005

- Francazio, S.K., Flessner, C.A., Boisseau, C.L., **Sibrava, N.J.**, Mancebo, M.C., Eisen, J.L., & Rasmussen, S.A. (2016). Parental accommodation predicts symptom severity at long-term follow-up in children with obsessive-compulsive disorder: A preliminary investigation. *Journal of Child and Family Studies*, 25(8), 2562-2570. doi: 10.1007/s10826-016-0408-7
- Garnaat, S.L., Boisseau, C.L., Yip, A., **Sibrava, N.J.**, Greenberg, B.D., Mancebo, M.C., McLaughlin, N.C.R., Eisen, J.L., & Rasmussen, S.A. (2015). Predicting course of illness in patients with severe obsessive-compulsive disorder. *Journal of Clinical Psychiatry*, 76(12), e1605-e1610. doi: 10.4088/JCP.14m09468
- Askland, K., Garnaat, S.L., **Sibrava, N.J.**, Boisseau, C.L., Strong, D.R., Mancebo, M.C., Greenberg, B.D., Rasmussen, S.A., & Eisen, J.L. (2015). Prediction of remission in obsessive compulsive disorder using a novel machine learning strategy. *International Journal of Methods in Psychiatric Research*, 24(2), 156-169. doi: 10.1002/mpr.1463
- Pérez Benítez, C.I., **Sibrava, N.J.**, Kohn-Wood, L.P., Bjornsson, A.S., Zlotnick, C., Weisberg, R.B., & Keller, M.B. (2014). Posttraumatic Stress Disorder in African Americans: A two-year follow-up study. *Psychiatry Research*, 220(1-2), 376-383. doi: 10.1016/j.psychres.2014.07.020
- Bjornsson, A.S., **Sibrava, N.J.**, Beard, C., Moitra, E., Weisberg, R.B., Pérez Benítez, C.I., & Keller, M.B. (2014). Two-year course of generalized anxiety disorder, social anxiety disorder and panic disorder with agoraphobia in a sample of Latino adults. *Journal of Consulting and Clinical Psychology*, 82(6), 1186-1192. doi: 10.1037/a0036565
- Mancebo, M.C., Boisseau, C.L., Garnaat, S.L., Eisen, J.L., Greenberg, B.D., **Sibrava, N.J.**, Stout, R.L., & Rasmussen, S.A. (2014). Long-term course of pediatric OCD: Three years of prospective follow-up. *Comprehensive Psychiatry*, 55(7), 1498-1504. doi: 10.1016/j.comppsy.2014.04.010
- Pérez Benítez, C.I., **Sibrava, N.J.**, Zlotnick, C., Weisberg, R.B., Keller, M.B. (2014). Differences between Latino individuals with posttraumatic stress disorder and those with other anxiety disorders. *Psychological Trauma: Theory, Research, Practice, and Policy*, 6(4), 345-352. doi: 10.1037/a0034328
- \*Pardue, C.M., **Sibrava, N.J.**, Boisseau, C.L., Mancebo, M.C., Eisen, J.L., & Rasmussen, S.A. (2014). Differential parental influence in the familial aggregation of obsessive compulsive disorder. *Journal of Obsessive-Compulsive and Related Disorders*, 3(3), 215-219. doi: 10.1016/j.jocrd.2014.05.001
- Garnaat, S.L., Greenberg, B.D., **Sibrava, N.J.**, Goodman, W.K., Mancebo, M.C., Eisen, J.L., & Rasmussen, S.A. (2014). Who qualifies for Deep Brain Stimulation for OCD? Data from a naturalistic clinical sample. *Journal of Neuropsychiatry and Clinical Neurosciences*, 26(1), 81-86. doi: 10.1176/appi.neuropsych.12090226
- Sibrava, N.J.**, Beard, C., Bjornsson, A.S., Moitra, E., Weisberg, R.B., & Keller, M.B. (2013).

Two-year course of generalized anxiety disorder, social anxiety disorder, and panic disorder in a longitudinal sample of African American adults. *Journal of Consulting and Clinical Psychology*, 81(6), 1052-1062. doi: 10.1037/a0034382

Eisen, J.L., **Sibrava, N.J.**, Boisseau, C.L., Mancebo, M.C., Stout, R.L., Pinto, A., & Rasmussen, S.A. (2013). Five-year course of obsessive-compulsive disorder: Predictors of remission and relapse. *Journal of Clinical Psychiatry*, 74(3), 233-239. doi: 10.4088/JCP.12m07657

Goldwin, M., Behar E., & **Sibrava, N.** (2013). Concreteness of depressive rumination and trauma recall in individuals with elevated trait rumination and/or trauma symptoms. *Cognitive Therapy and Research*, 37, 680-689. doi: 10.1007/s10608-012-9507-y

**Sibrava, N.J.**, Boisseau, C.L., Mancebo, M.C., Eisen, J.L., & Rasmussen, S.A. (2011). Prevalence and clinical characteristics of mental rituals in a longitudinal clinical sample of obsessive compulsive disorder. *Depression and Anxiety*, 28, 892-898. doi: 10.1002/da.20869

Moitra, E., Dyck, I., Beard, C., Bjornsson, A.S., **Sibrava, N.J.**, Weisberg, R.B., & Keller, M.B. (2011). Impact of stressful life events on the course of panic disorder in adults. *Journal of Affective Disorders*, 134, 373-376. doi: 10.1016/j.jad.2011.05.029

Mancebo, M.C., Eisen, J.L., **Sibrava, N.J.**, Dyck, I.R., & Rasmussen, S.A. (2011). Patient utilization of cognitive-behavioral therapy for obsessive compulsive disorder. *Behavior Therapy*, 42, 399-412. doi: 10.1016/j.beth.2010.10.002

Beard, C., Rodriguez, B.F., Moitra, E., **Sibrava, N.J.**, Bjornsson, A., Weisberg, R.B., & Keller, M.B. (2011). Psychometric properties of the Liebowitz Social Anxiety Scale (LSAS) in a longitudinal study of African Americans with anxiety disorders. *Journal of Anxiety Disorders*, 25, 722-726. doi: 10.1016/j.janxdis.2011.03.009

Cassidy, J., Lichtenstein-Phelps, J., **Sibrava, N.J.**, Thomas, C.L., Borkovec, T.D. (2009). Generalized anxiety disorder: Connections with self-reported childhood attachment. *Behavior Therapy*, 40, 23-38. doi: 10.1016/j.beth.2007.12.004

McLaughlin, K.A., Borkovec, T.D., & **Sibrava, N.J.** (2007). The effects of worry and rumination on affect states and cognitive activity. *Behavior Therapy*, 38, 23-38. doi: 10.1016/j.beth.2006.03.003

**Sibrava, N.J.**, & Borkovec, T.D. (2006). The cognitive avoidance theory of worry. In G. C. L. Davey & A. Wells (Eds.), *Worry and its psychological disorders: Theory, assessment, and treatment*. West Sussex, UK: John Wiley & Sons. pp. 239-256.

McLaughlin, K.A., **Sibrava, N.J.**, Behar, E., & Borkovec, T.D. (2006). Recurrent negative thinking in emotional disorders: Worry, trauma recall, and rumination. In S. Sassaroli & G. Ruggiero (Eds.), *Worry, need of control, and other core cognitive constructs in anxiety and eating disorders*. Milan: Raphael Cortina Publisher. pp. 37-67.

Borkovec, T.D., & **Sibrava, N.J.** (2005). Problems with the use of placebo conditions in psychotherapy research, suggested alternatives, and some strategies for the pursuit of the placebo phenomenon. *Journal of Clinical Psychology, 61*, 805-818. doi: 10.1002/jclp.20127

### **Book Review**

**Sibrava, N.J.** (2010). Book Review: Imagery and the threatened self: Perspectives on mental imagery and the self in cognitive therapy. *Cognitive Behaviour Therapy, 39*, 159. doi: 10.1080/16506070903523312

List of Published Works on NCBI “My Bibliography”:

<https://www.ncbi.nlm.nih.gov/myncbi/nicholas.sibrava.1/bibliography/public/>

### **Manuscripts Under Review, Submitted, and in Preparation**

**Sibrava, N.J.**, Goldwin, M.A., Behar, E.S., McGowen, S.K., & Borkovec, T.D. Cognitive and emotional effects of trauma recall and depressive rumination. Manuscript in Preparation.

Woodhouse, S.S., **Sibrava, N.J.**, Wix, R., Cassidy, J., & Borkovec, T.D. An attachment perspective on generalized anxiety disorder and psychotherapy outcome. Manuscript in Preparation.

### **Conference Presentations**

\*Makak, M.M., & **Sibrava, N.J.** (2020, March). *The association between playing board games and pattern recognition*. Poster presented at the 125<sup>th</sup> Annual Meeting of the Eastern Psychological Association. Boston, MA.  
[https://www.easternpsychological.org/files/DOCUMENTLIBRARY/EPA%20program%202020\\_fnl.pdf](https://www.easternpsychological.org/files/DOCUMENTLIBRARY/EPA%20program%202020_fnl.pdf) (Conference cancelled).

\*Makak, M.M., & **Sibrava, N.J.** (2020, January). *Playing board games and pattern recognition*. Poster presented at the 6<sup>th</sup> Annual CUNY Games Conference. New York, NY.

\*Luks, K.L., & **Sibrava, N.J.** (2019, November). *Developmental and sociocultural correlates of mental health stigma among African American adults*. Poster presented at the 53<sup>rd</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies. Atlanta, GA.

**Sibrava, N.J.**, Bjornsson, A.S., Moitra, E., Weisberg, R.B., & Keller, M.B. (2018, April). Five-year course of Generalized Anxiety Disorder, Social Anxiety Disorder and Panic Disorder in longitudinal sample of African-American adults. In A.S. Bjornsson & **N.J. Sibrava** (co-chairs), *The Harvard/Brown Anxiety Research Project - Phase II: A study on the nature and course of anxiety disorders in African American, Latino, and White samples*. Symposium presented at the 38<sup>th</sup> Annual Conference of the Anxiety and Depression Association of America. Washington, DC.

**Sibrava, N.J.**, Bjornsson, A.S., Pérez Benítez, C.I., Moitra, E., Weisberg, R.B., & Keller, M.B.

(2018, April). Posttraumatic Stress Disorder in Latino and African American Adults: Clinical course and the role of racial and ethnic discrimination. In A.S. Bjornsson & **N.J. Sibrava** (co-chairs), *The Harvard/Brown Anxiety Research Project - Phase II: A study on the nature and course of anxiety disorders in African American, Latino, and White samples*. Symposium presented at the 38<sup>th</sup> Annual Conference of the Anxiety and Depression Association of America. Washington, DC.

Bjornsson, A.S., **Sibrava, N.J.**, Moitra, E., Weisberg, R.B., & Keller, M.B. (2018, April). Five-year course of Generalized Anxiety Disorder, Social Anxiety Disorder and Panic Disorder in longitudinal sample of Latino adults. In A.S. Bjornsson & **N.J. Sibrava** (co-chairs), *The Harvard/Brown Anxiety Research Project - Phase II: A study on the nature and course of anxiety disorders in African American, Latino, and White samples*. Symposium presented at the 38<sup>th</sup> Annual Conference of the Anxiety and Depression Association of America. Washington, DC.

Moitra, E., Bjornsson, A.S., **Sibrava, N.J.**, Weisberg, R.B., & Keller, M.B. (2018, April). Cross-cultural examination of Ataques de Nervios in a diverse sample of adults with anxiety disorders. In A.S. Bjornsson & **N.J. Sibrava** (co-chairs), *The Harvard/Brown Anxiety Research Project - Phase II: A study on the nature and course of anxiety disorders in African American, Latino, and White samples*. Symposium presented at the 38<sup>th</sup> Annual Conference of the Anxiety and Depression Association of America. Washington, DC.

Bjornsson, A.S., **Sibrava, N.J.**, Héðinsdóttir, U., Þórðarson, Ó., Moitra, E., Weisberg, R., & Keller, M.B., (March, 2017). Ferill almennrar kvíðaröskunar, félagsfærni og felmtursröskunar á fimm ára tímabili hjá fólki af rómönskum uppruna. Sálfræðiþingið.

*(Bjornsson, A.S., **Sibrava, N.J.**, Héðinsdóttir, U., Þórðarson, Ó., Moitra, E., Weisberg, R., & Keller, M.B., (March, 2017). Five-year course of anxiety disorders among Latinos in the Harvard/Brown Anxiety Research Project - II. Paper Presented at the Annual Conference of the Icelandic Psychological Association, Reykjavic, Iceland)*

Francazio, S., Flessner, C., Boisseau, C. L., **Sibrava, N. J.**, Mancebo, M. C., Eisen, J. L., & Rasmussen, S.A. (November, 2014). *Parental accommodation predicts symptom severity in pediatric obsessive-compulsive disorder: a longitudinal examination*. Poster presented at the 48th Annual Meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

**Sibrava, N.J.**, Garnaat, S.L., Boisseau, C.L., Mancebo, M.C., Eisen, J.L., & Rasmussen, S.A. (2013, November). *Impact of significant life events on the course of obsessive compulsive disorder*. Poster presented at the 47th Annual Convention of the Association for Behavioral and Cognitive Therapies. Nashville, TN.

**Sibrava, N.J.** (2013, May). The importance of understanding and assessing core underlying features of OCD: The influence of incompleteness and harm avoidance on treatment. J.L. Eisen & **N.J. Sibrava** (Co-Chairs), *Clinical case discussion of a core feature model of OCD: New perspectives on treatment resistance*. Clinical case conference conducted at the 166th annual meeting of the American Psychiatric Association. San Francisco, CA.

Phillips, K.A., Hart, A.S., Eisen, J.L., Menard, W.E., **Sibrava, N.J.**, & Rasmussen, S.A. (2012, December). *Psychometric evaluation of the Brown Assessment of Beliefs Scale in body dysmorphic disorder and obsessive-compulsive disorder*. Poster presented at the 51<sup>st</sup> annual meeting of the American College of Neuropsychopharmacology. Hollywood, FL.

**Sibrava, N.J.**, Boisseau, C.L., Garnaat, S.L., Eisen, J.L., and Rasmussen, S.A. (2012, November). *Predictors of social adjustment in obsessive-compulsive disorder*. Poster presented at the 46th annual meeting of the Association for Behavioral and Cognitive Therapies. National Harbor, MD.

\*Pardue, C.M., \*Senter, M.S., **Sibrava, N.J.**, Boisseau, C.L., Mancebo, M.C., Eisen, J.L., & Rasmussen, S.A. (2012, November). *Symptom constellation of obsessive-compulsive disorder with co-morbid anxiety disorders*. Poster presented at the 46th annual meeting of the Association for Behavioral and Cognitive Therapies. National Harbor, MD.

Boisseau, C.L., **Sibrava, N.J.**, Garnaat, S.L., Mancebo, M.C., Eisen, J.L., and Rasmussen, S.A. (2012, November). *Obsessive compulsive disorder and major depressive disorder: Comorbidity, clinical course, and order of onset*. Poster presented at the 46th annual meeting of the Association for Behavioral and Cognitive Therapies. National Harbor, MD.

Garnaat, S.L., Boisseau, C.L., **Sibrava, N.J.**, Eisen, J.L., and Rasmussen, S.A. (2012, November). *Obsessive beliefs, symptom severity, and insight in OCD*. Poster presented at the 46th annual meeting of the Association for Behavioral and Cognitive Therapies. National Harbor, MD.

Boisseau, C.L., Eisen, J.L., **Sibrava, N.J.**, Mancebo, M.C., & Rasmussen, S.A. (2012, May). *Patterns of remission and relapse in the 5-year course of OCD*. J.L. Eisen (Chair), *Long term treatment and outcome of Obsessive-Compulsive Disorder*, Symposium presented at the 165th Annual Meeting of the American Psychiatric Association. Philadelphia, PA.

**Sibrava, N.J.**, Beard, C., Bjornsson, A.S., Moitra, E., Weisberg, R.B., & Keller, M.B. (2012, April). *Two-Year Course of Generalized Anxiety Disorder, Social Anxiety Disorder and Panic Disorder in a Longitudinal Sample of African-American Adults*. Symposium presented at the 32<sup>nd</sup> Annual Conference of the Anxiety Disorders Association of America. Arlington, VA.

Bjornsson, A.S., **Sibrava, N.J.**, Beard, C., Moitra, E., Weisberg, R.B., & Keller, M.B. (2012, April). *Two-Year Course of Generalized Anxiety Disorder, Social Anxiety Disorder and Panic Disorder in a Longitudinal Sample of Latino Adults*. Symposium presented at the 32<sup>nd</sup> Annual Conference of the Anxiety Disorders Association of America. Arlington, VA.

**Sibrava, N.J.**, Bjornsson, A., Beard, C., Moitra, E., Weisberg, R.B., & Keller, M.B. (2011, November). *Clinical characteristics and one-year course of generalized anxiety disorder in a longitudinal sample of African-American and Latino adults*. Symposium presented at the 45<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies. Toronto, ON.



- Boisseau, C.L., **Sibrava, N.J.**, Mancebo, M.C., Eisen, J., & Rasmussen, S. (2011, November). *The Five Factor Model in a longitudinal study of OCD: Relationship to symptom subtypes and clinical course*. Poster presented at the 45<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies. Toronto, ON.
- \*Pardue, C.M., \*Senter, M.S., \*Amoroso, A., **Sibrava, N.J.**, Boisseau, C.L., Mancebo, M. C., Eisen, J.L., & Rasmussen, S.A. (2011, November). *The familial component in obsessive-compulsive disorder*. Poster presented at the 45<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies. Toronto, ON.
- \*Senter, M.S., \*Amoroso, A., \*Pardue, C.M., Mancebo, M.C., **Sibrava, N.J.**, Boisseau, C. L., Eisen, J.L., & Rasmussen, S.A. (2011, November). *Clinical characteristics of OCD in children and adolescents with OCD with and without a history of tics*. Poster presented at the 45<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies. Toronto, ON.
- Goldwin, M.A., Conybeare, D., Olsen, E.K., Jorgensen, I., **Sibrava, N.J.**, & Behar, E. S. (2011, November). *Concreteness of idiographic periods of trauma-recall and depressive rumination*. Poster presented at the 45<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies. Toronto, ON.
- Van Dyke, B.P., Beard, C., Rodriguez, B.F., Moitra, E., **Sibrava, N.J.**, Bjornsson, A., Weisberg, R.B., Keller, M.B. (2011, November). *Psychometric properties of the Liebowitz Social Anxiety Scale in African Americans*. Poster presented at the 45<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies. Toronto, ON.
- Yip, A.G., Mancebo, M., **Sibrava, N.**, McLaughlin, N., Eisen, J., Greenberg, B. & Rasmussen, S. (2011, May). *Course of illness among potential functional neurosurgical candidates in the Brown Longitudinal Obsessive Compulsive Study (BLOCS)*. Poster Presented at the 66<sup>th</sup> Annual Meeting of the Society of Biological Psychiatry. San Francisco, CA.
- Sibrava, N.J.**, Mancebo, M.C., Eisen, J.L., & Rasmussen, S.A. (2010, November). *Clinical characteristics of mental rituals in OCD*. Poster presented at the 44<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies. San Francisco, CA.
- Mancebo, M.C., Eisen, J.L., **Sibrava, N.J.**, & Rasmussen, S.A. (2010, November). *Long-term course of OCD in children and adolescents*. Poster presented at the 44<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies. San Francisco, CA.
- Woodhouse, S.S., **Sibrava, N.J.**, Wix, R., Cassidy, J., & Borkovec, T.D. (2010, August). *An attachment perspective on generalized anxiety disorder and psychotherapy outcome*. Paper presented at the 118<sup>th</sup> Annual Meeting of the American Psychological Association. San Diego, CA.
- Sibrava, N.J.**, Cassidy, J. & Borkovec, T.D. (2010, June). *Therapist and client attachment and the working alliance in a CBT trial for generalized anxiety disorder*. Poster presented at the 6<sup>th</sup> World Congress of Behavioral and Cognitive Therapies. Boston, MA.
- Mancebo, M.C., Eisen, J.L., **Sibrava, N.J.**, & Rasmussen, S.A. (2010, June). Patient utilization

of cognitive-behavioral therapy for obsessive compulsive disorder. In P. Emmelkamp, (Chair), *Are you being served? Dissemination of CBT, treatment adherence, and optimizing treatment effect in OCD patients*. Symposium presented at the 6th World Congress of Behavioral and Cognitive Therapies. Boston, MA.

**Sibrava, N.J.**, Eisen, J.L., Mancebo, M.C., & Rasmussen, S.A. (2010, May). *Harm avoidance and incompleteness in a clinical sample of OCD*. Poster presented at the 163rd Annual Meeting of the American Psychiatric Association. New Orleans, LA.

Goldwin, M.A., McGowan, S.K., **Sibrava, N.**, Behar, E., & Borkovec, T.D. (2009, November). *Emotional experiences during recall of negative events*. Poster presented at the 43<sup>rd</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies. New York, NY.

**Sibrava, N.J.** (2008, August). *Tribute to Tom Borkovec's contribution to the advancement of training and the empirically based practice of psychotherapy*. Panel presented at the 116<sup>th</sup> Annual Convention of the American Psychological Association. Boston, MA.

**Sibrava, N.J.**, Pincus, A.L., Przeworski, A., Yamasaki, A.S., Newman, M.G., & Borkovec, T.D. (2007, November). *Heterogeneity in the presentation of GAD*. Poster presented at the 41st Annual Meeting of the Association for Behavioral and Cognitive Therapies. Philadelphia, PA.

**Sibrava, N.J.** & Levy, K.N. (2007, November). *Attachment and generalized anxiety disorder*. Poster presented at the 41st Annual Meeting of the Association for Behavioral and Cognitive Therapies. Philadelphia, PA.

**Sibrava, N.J.**, Borkovec, T.D., Newman, M.G., Castonguay, L.G. (2005, November). *Change in specific patterns of worry content in the treatment of GAD*. Poster presented at the 39th Annual Meeting of the Association for Behavioral and Cognitive Therapies (formerly AABT). Washington, DC.

Borkovec, T.D., Behar, E., McLaughlin, K.A., & **Sibrava, N.** (2004, June). *Cognitive and affective effects of worry, trauma recall, and depressive rumination*. Talk presented at the 35<sup>th</sup> Annual Meeting of the Society for Psychotherapy Research. Rome, Italy.

**Sibrava, N.J.**, Behar, E., & McLaughlin K.A. (2003, November). *Cognitive and emotional experiences during trauma recall and depressive rumination*. Poster presented at the 37<sup>th</sup> annual meeting of the Association for the Advancement of Behavior Therapy. Boston, MA.

Woolaway-Bickel, K., **Sibrava, N.J.**, Elder, L., Kendren, J.M., & Schmidt, N.B. (2001, November). *The reduction of social anxiety in the primary prevention of college binge drinking*. Poster presented at the 35th Annual Meeting of the Association for Advancement of Behavior Therapy. Philadelphia, PA.

**Sibrava, N.J.**, & Schmidt, N.B. (2001, May). *Primary prevention of binge drinking among a college population*. Poster presented at the Richard J. and Martha D. Denman Undergraduate Research Forum. Columbus, OH.

## **Invited Presentations and Colloquia**

**Sibrava, N.J.** (2019, October). *Course of anxiety disorders in minority populations: risk, resilience, and the role of discrimination*. Colloquium presented to the Health Psychology and Clinical Science Doctoral Program of the CUNY Graduate Center. New York, NY.

**Sibrava, N.J.** (2014, January). *A multidimensional approach to understanding the nature of anxiety and barriers to recovery*. Presented at The Ferkauf Graduate School of Psychology, Yeshiva University. Bronx, NY.

**Sibrava, N.J.** (2009, February). *The role of attachment theory in the nature and treatment of generalized anxiety disorder*. Presented at The Family Institute at Northwestern University. Evanston, IL.

**Sibrava, N.J.** (2004, December). *The future of medication in the treatment of bipolar disorder and schizophrenia*. Presented at the National Alliance on Mental Illness. State College, PA.

**Sibrava, N.J., & Schmidt, N.B.** (2001, May). *A primary prevention program for college binge drinking*. Paper presented at The Ohio State University Student Wellness Center Alcohol and Other Drug Prevention Program Faculty/Student Luncheon. Columbus, OH.

Palmer, C., Thornton, L., Wheeler, S.C., **Sibrava, N.J.**, & Hodgson, E. (2001, May). *The importance of the undergraduate research experience*. Invited panelist, The Ohio State University Department of Psychology 4<sup>th</sup> Annual Undergraduate Research Colloquium. Columbus, OH.

## **Selected Interviews and Media Coverage**

Yegorova, M. (2017, October). 'The Good Doctor' sensationalizes certain aspects of autism. *The Ticker*. Retrieved from: <https://theticker.org/archive/the-good-doctor-sensationalizes-certain-aspects-of-autism>

Romero, A. (2017, July). Sibrava studies, teaches about stress and anxiety. *College Talk* (33):1-1. Retrieved from: <http://www.aromerojr.net/Publications/986.Sibrava.pdf>

Weissman School of Arts and Sciences. (2017, Jul 26). *Coping with anxiety & stress: Dr. Nicholas Sibrava* [Video File]. Retrieved from: <https://www.youtube.com/watch?v=qKby1vg6Sic>

Appold, K. (2014, May). Coping with anxiety or a panic attack. *Care New England Wellness Corner*. Retrieved from: <http://www.wellnessctr.org/wellness-corner/Anxiety.cfm>

Peden, T. (2007, December 17). Researcher: Worry won't help you pass. *Collegian Magazine*, 27 (10), 16.

Hensel Jr., B. (2007, July 5). Flight delays breed gripes: Report finds U.S. airlines

struggle to stay on time as more take to the skies. *The Houston Chronicle*, p. A1.

Harvard Health Publications (2007). Do you worry too much? *Harvard Health Letter*, January, 2007. Retrieved from:  
[http://read.health.harvard.edu/user/user.fas/s=784/fp=3/tp=76?T=open\\_summary,951260&P=summary](http://read.health.harvard.edu/user/user.fas/s=784/fp=3/tp=76?T=open_summary,951260&P=summary)

### **University Teaching Experience**

#### Assistant Professor/Instructor – Baruch College

Theories of Counseling - *Fall 2014, Spring '15, Spring '16, Spring '17, Spring '18*  
Research and Program Evaluation in Mental Health Counseling - *Fall 2014, Fall '15, Fall '16, Fall '17*

Assessment in Mental Health Counseling - *Winter 2015, Spring '15, Fall '16, Spring '18*

Psychopathology of Childhood - *Fall 2015, Fall '16, Fall '17*

Child and Adolescent Psychopathology - *Spring 2016, Spring '17*

Research Practicum in Psychology - *Spring 2016, Summer '16, Fall '16, Spring '17*

Research Methods in Psychology - *Spring 2017, Spring '18*

#### Seminar Leader – Brown University Medical School

Psychology Resident Seminar on Psychotherapy for Obsessive-Compulsive Disorder - *August 2011, August 2012, September 2013*

#### Instructor – Penn State

Abnormal Psychology - *Spring 2006, Summer '06, Fall '06, Spring '07, Fall '07, Spring '08*

Advanced Independent Study - *Summer 2005*

Dialogues on Race - *Spring 2005*

#### Teaching Assistant – Penn State

Advanced Research Methods in Clinical Psychology, Developmental Psychology, Honors Research Methods, Abnormal Psychology, Personality Psychology, Cognitive Development, Introduction to Psychology

### **Professional Experience and Previous Academic Appointments**

August 2014 – July 2017: *Adjunct Assistant Professor (Research)*, Department of Psychiatry and Human Behavior, Alpert Medical School of Brown University, Providence, RI

July 2013 – August 2014: *Assistant Professor (Research)* – Department of Psychiatry and Human Behavior, Brown University Medical School, Providence, RI.

September 2011 – August 2014: *Research Psychologist* – Butler Hospital, Providence, RI.

September 2011 – July 2013: *Instructor (Research)* – Department of Psychiatry and Human Behavior, Brown University Medical School, Providence, RI.

September 2009 – August 2011: *Postdoctoral Research Fellow/Project Coordinator*- Obsessive-Compulsive Disorder Research Program, Brown University Medical School, Providence, RI  
Director: Steven Rasmussen, M.D.

August 2004 – August 2008: *Laboratory Coordinator*- Stress and Anxiety Disorders Institute, The Pennsylvania State University, University Park, PA  
Director: Thomas D. Borkovec, Ph.D.

May 2004 – October 2004: *Research Interviewer*- Fast Track Project, The Pennsylvania State University, University Park, PA.  
Principal Investigator/Supervisor: Karen L. Bierman, Ph.D.

December 1999 – June 2002: *Research Coordinator/Clinic Coordinator*- Anxiety and Stress Disorders Clinic, The Ohio State University, Columbus, OH.  
Clinic Directors/Supervisors: Norman Bradley Schmidt, Ph.D., Michael W. Vasey, Ph.D.

January 2000 – June 2001: *Advanced Research Assistant*- OSU Stress and Health Study, The Ohio State University Medical Center, Columbus, OH.  
Principal Investigators/Supervisors: Janice Kiecolt-Glaser, Ph.D., Ronald Glaser, Ph.D.

### **Clinical Training**

September 2009 – August 2011: Postdoctoral Fellow, Obsessive Compulsive Disorders Clinic, Brown University Medical School/Butler Hospital, Providence, RI.  
Conducted diagnostic evaluations and individual psychotherapy with adult outpatients in a specialized OCD treatment and research clinic. Received advanced training in CBT for OCD (ExRP). Supervised psychology and psychiatry trainees and research assistants in the diagnosis and treatment of OCD and related disorders.

September 2008 – August 2009: Psychology Intern, State University of New York Upstate Medical University, Syracuse, NY.  
Completed rotations in adult inpatient psychiatry, child and adolescent psychiatry, health psychology, and inpatient physical medicine and rehabilitation psychology. Completed training in outpatient individual psychotherapy, Dialectical Behavior Therapy, and child and adult integrative assessments.

August 2006 – August 2008: Staff Therapist/Assessor, The Psychological Clinic, The Pennsylvania State University, University Park, PA.  
Conducted diagnostic intake assessments using the SCID-I, ADIS-IV, and the IPDE, conducted neuropsychological assessments, and provided individual psychotherapy with adult and adolescent clients from the community experiencing a range of Axis I and Axis II disorders.

August 2005 – June 2006: Clinical Supervision Practicum  
The Psychological Clinic, The Pennsylvania State University, University Park, PA.  
Supervisor: Mary A. Boutselis, Ph.D.  
Participated in didactic training in theories and techniques of clinical supervision. Supervised two first-year clinical students as they began conducting assessments and individual psychotherapy. Met weekly for individual supervision with each supervisee, reviewed videotapes

of their therapy, edited their clinical paperwork and documentation, and provided feedback and guidance on their clinical work.

**June 2005 – May 2006: Neuropsychological Assessment Practicum**

The Psychological Clinic, The Pennsylvania State University, University Park, PA.

Supervisors: Michael Keil, Ph.D., Frank G. Hillary, Ph.D., & Peter A. Arnett, Ph.D.

Received training in basic functional neuroanatomy, test administration and scoring, flexible battery development, and report writing. Conducted neuropsychological assessment with clients from community, as well as ADHD/LD assessments with the undergraduate population.

**May 2004 – May 2005: Cognitive-Behavioral Practicum**

The Psychological Clinic, The Pennsylvania State University, University Park, PA.

Supervisors: Michelle G. Newman, Ph.D. & Richard Lytle, Ph.D.

Received training in the core elements of Cognitive-Behavioral theory, case conceptualization, and intervention skills. Administered manualized therapies, and flexibly applied CBT principles to adult clients.

**August 2003 – May 2004: Contemporary Psychodynamic Practicum**

The Psychological Clinic, The Pennsylvania State University, University Park, PA.

Supervisor: Aaron L. Pincus, Ph.D.

Developed case conceptualization and intervention skills using contemporary psychodynamic theories of psychotherapy, including Object Relations and Transference Focused Psychotherapy, as well as interpersonal models such as Interpersonal Reconstructive Therapy.

**May 2005 – August 2006: Advanced Peer Supervision Group**

The Psychological Clinic, The Pennsylvania State University, University Park, PA.

Supervisor: Aaron L. Pincus, Ph.D.

Participated in a weekly peer supervision practicum for advanced clinical students.

**December 2000 – June 2002: Intake Interviewer/Assessor/Group Facilitator**

Anxiety and Stress Disorders Clinic, The Ohio State University, Columbus, OH.

Clinical Supervisors: N. Brad Schmidt, Ph.D., & Kelly Woolaway-Bickel, M.A.

Conducted diagnostic intake assessments and served as a group co-facilitator in a research clinic with adults from the community suffering from anxiety and mood disorders.

**Research Grants & Awards**

Title: Primary Prevention Program For College Binge Drinking

Role in Project: Principal Investigator

Type of Grant: OSU Student Wellness Center Undergraduate Research Fellowship

Funding Source: The Ohio State University Student Wellness Center

Years Funded: 2000-2001

Total Funds Awarded: \$1,500

Title: Reduction Of Social Anxiety In The Primary Prevention Of College Binge Drinking

Role in Project: Principal Investigator

Type of Grant: Pressey Honors Endowment Student Research Grant

Funding Source: The Ohio State University Honors College

Years Funded: 2000-2001

Total Funds Awarded: \$500

Title: Follow-up Study of Obsessive Compulsive Disorder

Role in Project: Co-Investigator/Project Director (Steven Rasmussen, PI)

Type of Grant/Number: R01 MH060218

Funding Agency: National Institute of Mental Health

Years Funded: 2001 – 2017

Total Direct Costs: \$6,276,965

Title: Exploring the Neurobiological Basis of Active Avoidance in OCD

*Unfunded Grant Proposal*

Role in Project: Principal Investigator

Type of Grant/Number: K23 MH099335-01

Funding Agency: National Institute of Mental Health

Years Proposed: 2012 – 2017

Total Funds Requested: \$922,022

Title: Exploring the Neurobiological Basis of Active Avoidance in OCD

Role in Project: Principal Investigator

Type of Award: NIH Extramural Loan Repayment Program for Clinical Researchers

Funding Agency: National Institute of Mental Health, 2013 – 2015

Total Funds Awarded: \$51,368.94

Title: Sociocultural Factors as Predictors of Risk for Anxiety in African Americans

*Unfunded Grant Proposal*

Role in Project: Principal Investigator

Type of Grant/Number: Traditional A (Small Grant), TRADA-46-814

Funding Agency: Professional Staff Congress-City University of New York (PSC-CUNY)

Years Proposed: 2014 – 2015

Total Funds Requested: \$3,500

Title: Barriers to Mental Health Treatment in African Americans

Role in Project: Principal Investigator

Type of Grant/Number: Traditional A (Small Grant), TRADA-48-675

Funding Agency: Professional Staff Congress-City University of New York (PSC-CUNY)

Years Funded: 2017 – 2018

Total Funds Awarded: \$3,458.24

Title: Barriers to Mental Health Treatment in African Americans

Role in Project: Principal Investigator

Type of Grant/Number: Eugene M. Lang Junior Faculty Fellowship

Funding Agency: Baruch College/Eugene M. Lang Foundation

Years Proposed: 2017 – 2018

Total Funds Awarded: \$5,691

Title: Sociocultural Predictors of Discrimination-Related Stress in African Americans

Role in Project: Principal Investigator

Type of Grant/Number: Traditional B Grant, TRADB-51-332

Funding Agency: Professional Staff Congress-City University of New York (PSC-CUNY)

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Years Proposed: 2020 – 2021  
Total Funds Awarded: \$5,998.40

### **College and Department Service and Committees**

#### Baruch College – City University of New York

Weissman School of Arts and Sciences – Committee on Academic Standing  
Curriculum Committee – Master’s in Mental Health Counseling (MHC) Program  
Webmaster – Department of Psychology  
Colloquium Committee – Department of Psychology  
Capstone Project Rubric Committee – MHC Program  
Part-Time and Evening MHC Program Development Committee – MHC Program  
Department of Psychology 2016-2017 Developmental Faculty Search Committee  
Curriculum Committee – Department of Psychology (2018 – present)

#### Brown University and Butler Hospital

Alternate Member of the Butler Hospital Institutional Review Board (IRB)

#### The Pennsylvania State University

Psychological Clinic Technology Committee, 2006-2008  
Psychological Clinic Administrative Committee, 2004-2008  
Psi Chi Undergraduate Research Conference Judge, 2006  
Psychology Department Faculty Search Committee, 2004-2005  
Clinical Training Committee, Student Representative, 2004-2005  
Clinical Training Committee, Building Renovation Subcommittee, 2004-2005  
Student Recruitment Interview Weekend Organizer, 2003, 2004  
Clinical Pre-Practicum Assistant, 2003 & 2004  
Psi Chi Honors Society Guest Speaker, October 2003, April 2004, February 2007

#### The Ohio State University

University Committee on Academic Misconduct

### **Membership in Professional Organizations**

American Psychological Association (APA)  
Association for Behavioral and Cognitive Therapies (ABCT)  
Anxiety and Depression Association of America (ADAA)

### **Recent Mentorship Activities**

Caleb M. Pardue, M.S. Research assistant under my mentorship at Brown 2010-2013; Presented three posters at national conferences, published a first-authored peer-reviewed empirical paper under my mentorship, and began a doctoral program in clinical psychology at University of Missouri – St. Louis.

Meredith S. Senter, M.D.. Research assistant under my mentorship at Brown 2010-2012; Presented three posters at national conferences, completed medical school at UMDNJ - New Jersey Medical School, and currently completing psychiatry residency at Columbia Medical School.



Alex Amoroso, B.S. Research assistant under my mentorship at Brown 2010-2012; Co-authored two research posters presented at national conferences, currently enrolled in a doctoral program in school psychology at University of Rhode Island.

Anna J. Harrison, Ph.D. Research assistant under my mentorship at Brown 2009-2010; currently enrolled in a doctoral program in clinical psychology at Northwestern University Medical School.

Gabrielle Granoff, PsyD. Research assistant under my mentorship at Brown 2009-2010; currently enrolled in a doctoral program in clinical psychology at the Chicago School of Professional Psychology.

Alexandra Jacowitz, B.A. Student and mentee at Penn State University 2004-2006; currently enrolled in a doctoral program in clinical psychology at Widener University.

### **Professional References**

**Thomas D. Borkovec, Ph.D.** (Ph.D. Mentor)  
Distinguished Professor Emeritus of Psychology  
The Pennsylvania State University  
Department of Psychology  
Bruce V. Moore Building  
University Park, PA 16802  
Phone: (814) 863-1725  
Email: tdb@psu.edu

**Steven A. Rasmussen, M.D.** (Postdoc Mentor)  
Professor of Psychiatry  
Chair of the Department of Psychiatry and Human Behavior  
Warren Alpert Medical School of Brown University  
345 Blackstone Blvd  
Providence, RI 02906  
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**Michelle G. Newman, Ph.D.**  
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**Jane L. Eisen, M.D.**  
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