

LAURA J. LONG
CURRICULUM VITAE
(Last Revised November, 2025)

Professional Address

Boston University
Dept. of Psychological & Brain Sciences
Center for Anxiety and Related Disorders
900 Commonwealth Ave, Suite 2
Boston, MA 02215
(847) 431-2890 (phone)
ljlong@bu.edu (email)

EDUCATIONAL HISTORY

Doctorate, *Clinical Psychology*, 2016-2022
University of Houston, Houston, TX (APA-Accredited Program)
Primary Mentor: Matthew W. Gallagher, Ph.D.
Minor Concentration in Psychological Statistics and Data Analysis

Master of Arts, *Psychology*, 2016-2018
University of Houston, Houston, TX (APA-Accredited Program)
Primary Mentor: Matthew W. Gallagher, Ph.D.

Bachelor of Arts, *Psychology and English*, 2008-2012 (Magna cum laude)
Vanderbilt University, Nashville, TN
Concentration in Psychology Research

PROFESSIONAL LICENSURE

Licensed Clinical Psychologist: Massachusetts Board of Registration of Psychologists, License
#PSY10000316

Licensed Psychological Associate: Texas State Board of Examiners of Psychologists, License
#38466

EMPLOYMENT AND POSITIONS

2025-Present Research Assistant Professor
Center for Anxiety and Related Disorders, Dept. of Psychology & Brain Sciences,
Boston University, Boston, MA

2022-2025 Postdoctoral Associate
Center for Anxiety and Related Disorders, Dept. of Psychology & Brain Sciences,
Boston University, Boston, MA
Supervisors: Todd Farchione, Ph.D. and Michael W. Otto, Ph.D.

- 2021-2022 Clinical Psychology Intern
 Dept. of Psychiatry & Human Behavior, Warrant Alpert Medical School of
 Brown University, Providence, RI
 Supervisor: Lauren Weinstock, Ph.D.
- 2020-2021 Graduate Research Assistant
 Dept. of Psychology/Texas Institute for Measurement, Evaluation, & Statistics,
 University of Houston, Houston, TX
 Supervisor: Matthew W. Gallagher, Ph.D.
- 2018-2021 Assistant Director of the Trauma and Anxiety Clinic of Houston
 Dept. of Psychology, University of Houston, Houston, TX
 Supervisors: Matthew W. Gallagher, Ph.D. and Anka Vujanovic, Ph.D.
- 2018-2020 Teaching Fellow/Instructor of Record,
 Dept. of Psychology, University of Houston, Houston, TX
 Supervisor: Matthew W. Gallagher, Ph.D.
- 2016-2018 Graduate Teaching Assistant
 Dept. of Psychology, University of Houston, Houston, TX
 Supervisor: Matthew W. Gallagher, Ph.D.
- 2012-2016 Research Analyst/Laboratory Coordinator
 Dept. of Psychology, Vanderbilt University, Nashville, TN
 Supervisor: Geoffrey F. Woodman, Ph.D.
- 2011-2012 Undergraduate Research Assistant,
 Dept. of Psychology, Vanderbilt University, Nashville, TN
 Supervisor: Bunmi O. Olatunji, Ph.D.
- 2010-2011 Dept. of Psychology, Vanderbilt University, Nashville, TN
 Supervisor: David Cole, Ph.D.
- 2010 Dept. of Psychology, Rosalind Franklin University of Medicine and Science,
 North Chicago, IL
 Supervisor: Lawrence C. Perlmutter, Ph.D.

HONORS AND AWARDS

Presidential Fellowship (\$2000), University of Houston, Dept. of Psychology (2017)
Presidential Fellowship (\$2000), University of Houston, Dept. of Psychology (2016)
Psi Chi (International Honor Society in Psychology), Vanderbilt University Chapter, Secretary
 (2011–2012)

EDITORIAL, REVIEWING AND RELATED ACTIVITIES

Ad Hoc Journal Reviewer:

Journal for Happiness Studies (2018, 2020, 2024, 2025)
Journal of Psychosomatic Research (2025)
Journal of Clinical Psychology (2024)
Journal of Positive Psychology (2023)
International Journal of Cognitive Therapy (2023)
Current Psychology (2023)
Scientific Reports (2023)
New Ideas in Psychology (2023)
Journal of Personality (2022)
Journal of Psychiatric Research (2021)
Wellbeing, Space & Society (2021)
Psychology, Health & Medicine (2021)
Chronic Stress (2020)
Breast Cancer: Basic and Clinical Research (2020)
Complementary Therapies in Clinical Practice (2019)
Neuropsychology (2019)
Clinical Psychology and Psychotherapy (2017)

ISTSS Abstract Reviewer (2023)

ABCT Student Reviewer (2020)

PROFESSIONAL SOCIETY MEMBERSHIPS

Depression and Anxiety Association of America, Member (2020-Present)
 Association for Behavioral and Cognitive Therapies, Member (2017-Present)
 American Psychological Association, Student Affiliate, (2010-2012), Member (2025)
 Society for a Science of Clinical Psychology, Member (2018-2020)
 Association for Psychological Science, Member (2016-2017, 2020)
 Toastmasters International, Website Administrator (2015–2016), Member (2013–2016)

SERVICE ACTIVITIES

Committee Assignments - Local

2025-Present Program Development Committee, Dept. of Psychological and Brain Sciences,
 Boston University

2019-2021 Diversity Committee, Clinical Psychology Program, University of Houston

National Advisory Boards & Consultations:

2025-Present Track Leader, World Congress of Cognitive and Behavioral Therapies (WCCBT)

2025-Present Rigor and Reproducibility Committee, Mechanistic Behavioral Research Consortium
 (<https://www.mbrc-sobc.org/>)

TEACHING ACTIVITIES

Teaching

Abnormal Psychology (PSYC-4321)

Role: Instructor of Record/Teaching Fellow (2018-2020)

Institution: University of Houston, Dept. of Psychology

Summer 2019: 56 Undergraduate Students

Fall 2019: 80 Undergraduate Students

Spring 2020: 80 Undergraduate Students

Summer 2020: 39 Undergraduate Students

Directed Study in Psychology (CAS-PS-102): Using Multilevel Modeling in R for Analysis of Intensive Longitudinal Data

Role: Instructor of Record (2025)

Institution: Boston University, Dept. of Psychological & Brain Sciences

Focus: Data-analytic planning; longitudinal modeling, proficiency in R/SPSS

Fall 2025: 1 Graduate Student

Advanced Adult Clinical Assessment (PSYC-7397)

Role: Teaching Fellow (2018-2019)

Institution: University of Houston, Dept. of Psychology

Fall 2018-Spring 2019: 6 Graduate Students

Psychology of Personality (PSYC-3325)

Role: Teaching Assistant (2017-2017)

Institution: University of Houston, Dept. of Psychology

Fall 2017: 2 Sections with 80 and 82 Undergraduate Students

Spring 2018: 3 Sections with 80, 80, and 99 Undergraduate Students

Summer 2018: 57 Undergraduate Students

Positive Psychology (PSYC-4397)

Role: Teaching Assistant (2016-2017), Guest Lecturer (2016-2018)

Institution: University of Houston, Dept. of Psychology

Fall 2016: 18 Undergraduate Students

Spring 2017: 35 Undergraduate Students

Fall 2018: 15 Undergraduate Students

Guest Lecturing

9/16/2022 *Acceptance and Positive Regard.* Psychotherapy (Graduate), Dept. of Psychological & Brain Sciences, Boston University, MA.

3/24/2025 *Expectancies, Hope, and Placebo Effects.* Cognitive and Affective Bases of Behavior (Graduate), Dept. of Psychological & Brain Sciences, Boston University, MA.

- 3/18/2025 *Substance-Related and Addictive Disorders*. Psychopathology (Undergraduate), Dept. of Psychological & Brain Sciences, Boston University, MA.
- 3/04/2025 *Empirically Supported Interventions for Anxiety Disorders*. Empirically Supported Treatments for Psychological Disorders (Graduate), Dept. of Psychological & Brain Sciences, Boston University, MA.
- 9/14/2022 *Deliberate Practice*. Psychotherapy (Graduate), Dept. of Psychological & Brain Sciences, Boston University, MA.
- 4/19/2018 *Eastern and Western Perspectives on Positive Psychology*. Positive Psychology (Undergraduate). Dept. of Psychology, University of Houston, Houston, TX.
- 11/14/2017 *Eastern and Western Perspectives on Positive Psychology*. Positive Psychology (Undergraduate). Dept. of Psychology, University of Houston, Houston, TX.
- 4/06/2017 *Gratitude, Empathy, and Altruism*. Positive Psychology (Undergraduate). Dept. of Psychology, University of Houston, Houston, TX.
- 3/09/2017 *Mindfulness*. Positive Psychology (Undergraduate). Dept. of Psychology, University of Houston, Houston, TX.
- 8/13/2016 *Mindfulness*. Positive Psychology (Undergraduate). Dept. of Psychology, University of Houston, Houston, TX.

FUNDING SUPPORT

Grants in Preparation

Title: Aging In Place with Purpose: Piloting a Scalable Mental Health Intervention for Underserved Older Adults
Source: Commonwealth Fund
Amount: \$285,000 (*to be requested*)
Dates: *Application in preparation*
Role: Principal Investigator

Ongoing Funding Support

Title: Training and Treatment Integration Research for Virtue and Flourishing in Mental Healthcare: A Team Science Project
Source: John Templeton Foundation (63654)
Amount: \$5,220,961
Dates: 09/2025–08/2028
Role: Co-Investigator, Biostatistician (Co-PIs: Sandage and Owens)

Title: CO₂ Reactivity as a Biomarker of Non-response to Exposure-based Therapy
Source: NIH/NIMH (R01MH125949)
Amount: \$2,204,557
Dates: 05/2022–02/2027
Role: Study Therapist (PI: Otto)

Title: Using Machine Learning to Optimize User Engagement and Clinical Response to Digital Mental Health Interventions
Source: NIH/NIMH (R01MH127469)
Amount: \$2,498,598
Dates: 06/2022–03/2026
Role: Co-Investigator (PI: Farchione)

Title: Telemedicine-Delivered CBT to Reduce Diabetes Distress in Young Adults with Type 1 Diabetes (CBT-DD)
Source: Breakthrough T1D (4-SRA-2022-1187-M-B)
Amount: \$1,672,180 (Site: \$301,350)
Dates: 12/2022–11/2026
Role: Study Therapist (PI: Gonzalez)

Past Funding Support

Title: Clinical Efficacy of Digital CBT for the Treatment of Generalized Anxiety Disorder: A Randomized Controlled Trial of Daylight
Source: Big Health, Inc. (NCT05748652)
Amount: \$290,724
Dates: 03/2023–02/2024
Role: Clinical Supervision (MPI: Parsons and Otto)

Title: Mental Healthcare, Virtue and Human Flourishing
Source: John Templeton Foundation (61603)
Amount: \$2,023,012 (Site: \$477,890)
Dates: 07/2020–06/2023
Role: Biostatistician, Clinical Supporter Supervisor (Co-PIs: Sandage and Owens)

Title: Virtual Reality Smoking Study
Source: BU Crowdfunding
Amount: \$1105
Dates: 2023
Role: Principal Investigator

Title: Adaptation and Initial Evaluation of Transdiagnostic CBT for Anxious and Depressed Smokers (Unified Protocol for Smoking Cessation Treatment; UP-ST)
Source: Cancer Prevention and Research Institute of Texas (CPRIT) (RP200409)
Amount: \$890,502
Dates: 12/2020–02/2024

Role: Co-Project Coordinator, Study Therapist (PI: Zvolensky)

Title: Efficacy Evaluation of Transdiagnostic CBT for Comorbid Alcohol Use and Anxiety Disorders

Source: NIH/NIAAA (R01AA023676)

Amount: \$2,908,645

Dates: 09/2017–08/2022

Role: Statistical Consultant, Study Therapist (PI: Farchione)

Title: Interdisciplinary Study of Two Novel Anticonvulsants in Alcoholism

Source: NIH/NIAAA (R01AA015923)

Amount: \$3,778,286

Dates: 09/2016–06/2022

Role: Statistical Consultant (PI: Farchione)

Quantitative Methods and Statistics Consulting

Provides consultation and mentorship on quantitative methodology and statistical analysis to graduate students, research assistants, and faculty collaborators across multiple research projects. Regularly advises on grant applications, clinical trials, manuscripts, conference presentations, and master's thesis/dissertation prospectuses. Common areas of consultation include data analytic planning, longitudinal data analysis, power analysis, and measurement.

Specialized Skills

Multilevel modeling
 Structural equation modeling
 Latent growth modeling
 Random intercept cross-lagged panel modeling
 Confirmatory factor analysis
 Measurement equivalence testing
 Meta-Analysis
 Statistical software proficiency: SPSS, Mplus, R

Major Research Interests

1. Resilience and risk factors in the development, maintenance, and treatment of anxiety and trauma-related disorders.
2. Positive expectancies (e.g., hope, optimism, self-efficacy) and positive emotional processes as mechanisms of CBT supporting both symptom reduction and flourishing
3. Digital and technology-supported interventions (e.g., internet-based CBT, VR-exposure) to enhance access, personalization and scalability of treatment.
4. Intensive longitudinal and multilevel modeling approaches to examine within-person processes and treatment mechanisms (mediators and moderators)

SCHOLARLY PUBLICATIONS
(Listed in reverse chronological order)

Peer-Reviewed Journal Articles

38. Richardson, A. L., **Long, L. J.**, & Gallagher, M. W. (In Press). Hope and anxiety: A meta-analytic review. *Journal of Clinical Psychology*.
37. Moreno, J. D., Teplow, D., Liu, Q., **Long, L. J.**, Spencer-Laitt, D., de Lemons, M., & Farchione, T. J. (In Press). Application of the random-intercept cross-lagged panel model to clinical treatment data: A methodological tutorial assessing model fit. *Journal of Behavioral Medicine*.
36. Parsons, E. M., Ball, T., Carl, J., Henry, A. L., Emsley, R., Miller, C. B., Wong, E. Y., Coombs, E., Collins, D., **Long, L. J.**, Chis Ster, A., Smits, J. A. S., & Otto, M. W. (In Press). Effectiveness of digital CBT for generalized anxiety disorder: A randomized clinical trial. *JAMA Network Open*.
35. Otto, M. W., **Long, L. J.**, Papini, S., Culver, T., Taylor, C. T., Rubin, M., Fitzgerald, H. E., Liu, Q., Smits, J. A. J., Anderson, R. A., Aslanidou, A., Benke, C., Cox, W. R., Engelhard, I. M., Friendman, S. E., Goodman, R. R., Graham, B. M., Hearon, B. A., Howard, H. W., Jacquart, J., Johnson, H. M., Kredlow, M. A., Lam, C. L. M., Lee, E. B., Vogelzang McClure, G., McEvoy, P. M., Melzig, C. A., Moore, T. M., Moses, K., Nagy, S. M., Newby, J. M., Pfaff, P. F. R., Regan, A., Rief, W., Rudaizky, D., Smith, L. H., Sung, S. C., Wieser, M. J., Wong, A. H. K., Wong, Q. J. J., Zainal N. H., & Zhang, Z. (2025). Moderating role of state and trait positive affect in virtual reality exposure for public speaking anxiety: Protocol for a multisite experimental study. *JMIR Research Protocols*, 14, e80010. <https://doi.org/10.2196/80010>
34. **Long, L. J.**, Cardona, N., Hey, A., Moreno, J., Barlow, D. H., & Farchione, T. J. (2025). Hope predicts long-term well-being following cognitive behavioral therapy for anxiety and related disorders. *Psychotherapy Research*. <https://doi.org/10.1080/10503307.2025.2523479>
33. **Long, L. J.**, Samora, J., Indriolo, T., Huber, E. G., Geng, Y., Ouyang, L., Papini, S., Smits, J. A. & Otto, M. W. (2025). Examining the individual and combined influence of negative affect and nicotine cue provocation on craving to vape nicotine among e-cigarette users. *Addictive Behaviors*, 169, 108378. <https://doi.org/10.1016/j.addbeh.2025.108378>
32. Tang, M., **Long, L. J.**, Torre, M., Spencer-Laitt, D., Moreno-Villamizar, J. D., Barlow, D. H., & Farchione, T. J. (2025). Cognitive reappraisal as a potential mechanism of Unified Protocol (UP) for emotional disorders. *Behavior Therapy*, 56(6), 1055–1067. <https://doi.org/10.1016/j.beth.2025.04.005>
31. **Long, L. J.**, Spencer-Laitt, D., Brown, B., & Farchione, T. J. (2025). Reply to letter to the

- editor: Evaluating the efficacy of Zonisamide in managing alcohol use disorder. *Journal of Psychiatric Research*, 182, 398-399. <https://doi.org/10.1016/j.jpsychires.2024.11.059>
30. Teplow, D., Spencer-Laitt, D., **Long, L. J.**, Hey, A. J., Moreno, J. D., & Farchione, T. J. (2025). Strengths use and emotional disorder symptom reduction during a transdiagnostic cognitive behavioral therapy: A random-intercept cross-lagged panel model study. *Psychotherapy*, 62(2), 220–234. <https://doi.org/10.1037/pst0000553>
 29. **Long, L. J.**, Viana, A. G., Zvolensky, M. J., Lu, Q., & Gallagher, M. W. (2024). The influence of optimism on trajectories of COVID-19 stress, health anxiety, and wellbeing during the COVID-19 pandemic. *Journal of Clinical Psychology*, 80(12), 2387-2404. <https://doi.org/10.1002/jclp.23746>
 28. Farchione, T. J., **Long, L. J.**, Matthew W. Gallagher, Spencer-Laitt, D., Torre, M., Woodard, L. S., Curren, A., Brown, B., Ross, M., & Barlow, D. H. (2024). Results from a randomized controlled trial of Zonisamide in the treatment of alcohol use disorder. *Journal of Psychiatric Research*, 179, 182-190. <https://doi.org/10.1016/j.jpsychires.2024.08.044>
 27. Farchione, T. J., **Long, L. J.**, Spencer-Laitt, D., Moreno, J., & Barlow, D. H. (2024). State of the science: The Unified Protocol for the Transdiagnostic Treatment of Emotional Disorders. *Behavior Therapy*, 55(6), 1189-1204. <https://doi.org/10.1016/j.beth.2024.04.007>
 26. Spencer-Laitt, D., **Long, L. J.**, Woodard, L. S., Jaso, B. A., Cardona, N. D., Fong, S. R., Farchione, T. J. (2023). Are changes in joviality associated with cognitive behavioral treatment outcomes? Examining an emerging treatment target. *Psychotherapy*, 60(4), 477-487. <https://doi.org/10.1037/pst0000498>
 25. D'Souza, J. M., **Long, L. J.**, Richardson, A. L., Rogers, A. H., & Gallagher, M. W. (2023). Hope, optimism, and self-efficacy predicting mental health & illness in a community sample exposed to Hurricane Harvey. *Journal of Community Psychology*, 51(7), 2774-2789. <https://doi.org/10.1002/jcop.23075>
 24. Barlow, D. H., & **Long, L. J.** (2023). The Unified Protocol: Current status, future directions. *Clinical Psychology: Science and Practice*, 30(2), 222–225. <https://doi.org/10.1037/cps0000152>
 23. Belanger, H. G., **Long, L. J.**, Winsberg, M., Sullivan, S., Farchione, T., & O'Callaghan, E. (2023). The utility of completing adjuvant video lessons based on the Unified Protocol during psychotherapy: A retrospective study using a telehealth platform in routine clinical care. *Psychotherapy Research*, 34(2), 228-240. <https://doi.org/10.1080/10503307.2023.2174460>
 22. Smits, J. A., Monfils, M.-H., Otto, M. W., Telch, M. J., Shumake, J., Feinstein, J. S., Khalsa, S. S., Parsons, E. M., **Long, L. J.**, McSpadden, B., Johnson, D., & Greenberg,

- A. (2022). CO2 Reactivity as a biomarker of exposure-based therapy non-response: Study protocol. *BMC Psychiatry*, 22(1), 831. <https://doi.org/10.1186/s12888-022-04478-x>
21. **Long, L. J.** (2022). Hope and PTSD. *Current Opinion in Psychology*, 48, 101472. <https://doi.org/10.1016/j.copsyc.2022.101472>
 20. Gallagher, M. W., Smith, L. J., Richardson, A. L., & **Long, L. J.** (2022). Six month trajectories of COVID-19 experiences and associated stress, anxiety, depression, and impairment in American adults. *Cognitive Therapy and Research*, 46(3), 457–469. <http://dx.doi.org/10.1007/s10608-021-10277-7>
 19. Manning, K., Zvolensky, M. J., Garey, L., **Long, L. J.**, & Gallagher, M. W. (2021). The explanatory role of fatigue severity in the relation between COVID 19 perceived stress and depression, anxiety, and panic severity. *Cognitive Behaviour Therapy*, 51(2), 89–99. <http://dx.doi.org/10.1080/16506073.2021.1874503>
 18. **Long, L. J.**, Lu, Q., Walker, R. L., & Gallagher, M. W. (2021). Examining the measurement equivalence of the Life Orientation Test-Revised across American and Japanese adults. *Journal of Well-being Assessment*, 4, 447–462. <http://dx.doi.org/10.1007/s41543-021-00043-7>
 17. Gallagher, M. W., Smith, L. J., Richardson, A. L., & **Long, L. J.** (2021). Examining associations between COVID-19 experiences and posttraumatic stress. *Journal of Loss and Trauma*, 26(8), 752–756. <http://dx.doi.org/10.1080/15325024.2021.1886799>
 16. **Long, L. J.**, Phillips, C. A., Glover, N., Richardson, A. L., D’Souza, J. M., Cunningham-Erdogdu, P., & Gallagher, M. W. (2021). A meta-analytic review of the relationship between posttraumatic growth, anxiety, and depression. *Journal of Happiness Studies*, 22, 3703–3728. <http://dx.doi.org/10.1007/s10902-021-00370-9>
 15. Gallagher, M. W., Smith, L. J., Richardson, A. L., D’Souza, J. M., & **Long, L. J.** (2021). Examining the longitudinal effects and potential mechanisms of hope on COVID-19 stress, anxiety, and well-being. *Cognitive Behaviour Therapy*, 50(3), 234–245. <http://dx.doi.org/10.1080/16506073.2021.1877341>
 14. Manning, K., Eades, N. D., Kauffman, B. Y., **Long, L. J.**, Richardson, A. L., Garey, L., Zvolensky, M. J., & Gallagher, M. W. (2021). Anxiety sensitivity moderates the impact of COVID-19 perceived stress on anxiety and functional impairment. *Cognitive Therapy and Research*, 45, 689–696. <http://dx.doi.org/10.1007/s10608-021-10207-7>
 13. Gallagher, M. W., Zvolensky, M. J., **Long, L. J.**, Rogers, A. H., & Garey, L. (2020). The impact of Covid-19 experiences and associated stress on anxiety, depression, and functional impairment in American adults. *Cognitive Therapy and Research*, 44, 1–9. <http://dx.doi.org/10.1007/s10608-020-10143-y>

12. **Long, L. J.**, Bistricky, S. L., Phillips, C. A., Richardson, A. L., D'Souza, J. M., Lai, B. S., Short, M., & Gallagher, M. W (2020). The potential unique impacts of hope and resilience on mental health and well-being in the wake of Hurricane Harvey. *Journal of Traumatic Stress*, 33(6), 962-972. <http://dx.doi.org/10.1002/jts.22555>
11. Gallagher, M. W., Phillips, C. A., D'Souza, J. M., Richardson A. L., **Long, L. J.**, Woods, B., Boswell, J. F., Farchione, T. J., & Barlow, D. H. (2020). Trajectories of change in well-being during cognitive behavioral therapies for anxiety disorders: Quantifying the impact and covariation with improvements in anxiety. *Psychotherapy Theory Research & Practice*, 57(3), 379-390. <http://dx.doi.org/10.1037/pst0000283>
10. Gallagher, M. W., **Long, L. J.**, Richardson, A., D'Souza, J. M., Boswell, J. F., Farchione, T. J., & Barlow, D. H. (2020). Examining hope as a transdiagnostic mechanism of change in cognitive-behavioral interventions for anxiety disorders. *Behavior Therapy*, 51(1), 190-202. <http://dx.doi.org/10.1016/j.beth.2019.06.001>
9. Gallagher, M. W., **Long, L. J.**, & Phillips, C. A. (2020). Hope, optimism, self-efficacy and posttraumatic stress disorder: A meta-analytic review of the protective effects of positive expectancies. *Journal of Clinical Psychology*, 76(3), 329-355. <http://dx.doi.org/10.1002/jclp.22882>
8. Bistricky, S. L., **Long, L. J.**, Betty, S. L., Gallagher, M. W., Kanenberg, H., Elkins, S., Harper, K. L., & Short, M. (2019). Surviving the storm: Avoidant coping, helping behavior, resilience and affective symptoms around a major hurricane-flood. *Journal of Affective Disorders*, 257, 297-306. <http://dx.doi.org/10.1016/j.jad.2019.07.044>
7. Gallagher, M. W. **Long, L. J.**, Richardson, A. L., & D'Souza, J. M. (2019). Resilience and coping in cancer survivors: The unique effects of optimism and mastery. *Cognitive Therapy and Research*, 43, 32-44. <http://dx.doi.org/10.1007/s10608-018-9975-9>
6. Gallagher, M. W., **Long, L. J.**, Tsai, W., Stanton, A. J., & Lu, Q. (2018). The unexpected impact of expressive writing on posttraumatic stress and growth in Chinese American breast cancer survivors. *Journal of Clinical Psychology*, 74(10), 1673–1686. <http://dx.doi.org/10.1002/jclp.22636>
5. Heritage, A. J., **Long, L. J.**, Woodman, G. F., & Zald, D. H. (2017). Personality correlates of individual differences in the recruitment of cognitive mechanisms when rewards are at stake. *Psychophysiology*, 55(2), 1–13. <http://dx.doi.org/10.1111/psyp.12987>
4. Reinhart R. M., Xiao W, **McClenahan L. J.**, & Woodman G. F. (2016). Electrical stimulation of visual cortex can immediately improve spatial vision. *Current Biology*, 26(14), 1867-72. <http://dx.doi.org/10.1016/j.cub.2016.05.019>
3. Reinhart, R. G., **McClenahan, L. J.**, & Woodman, G. F. (2016). Attention's accelerator. *Psychological Science*, 27(6), 790-798. <http://dx.doi.org/10.1177/0956797616636416>

2. Reinhart, R. G., **McClenahan, L. J.**, & Woodman, G. F. (2015). Visualizing trumps vision in training attention. *Psychological Science*, 26(7), 1114-1122.
<http://dx.doi.org/10.1177/0956797615577619>
1. Armstrong, T., **McClenahan, L. J.**, Kittle, J., & Olatunji, B. O. (2014). Don't look now! Oculomotor avoidance as a conditioned disgust response. *Emotion*, 14(1), 95-104.
<http://dx.doi.org/10.1037/a0034558>

Manuscripts Under Review and In Preparation

1. **Long, L. J.**, Spencer-Laitt, D., Hey, A. J., Boschulte, M. R., Teplow, D., Moreno, J., Eustis, E., Trudel-Fitzgerald, C., & Farchione, T. J. Efficacy of a modified digital unified protocol targeting both positive and negative emotion regulation: A randomized clinical trial. *Under Review (Revise and Resubmit) at Journal of Clinical and Consulting Psychology*.
2. **Long, L. J.** Fitzgerald, H., Parsons, E. M., McSpadden, B., Cobb, A., Shumake, J., Monfils, M.-H., Telch, M. J., Smits, J. A., & Otto, M. W. The role of hope in recovery during transdiagnostic exposure-based therapy for anxiety-, obsessive-compulsive and trauma- and stressor-related disorders. *Under Review (Revise and Resubmit) at Behavior Therapy*.
3. Fitzgerald, H. E., **Long, L. J.**, Moore, T. M., Cobb, A. R., Lubin, R. E., Parsons, E. M., Taghian, N. R., Shumake, J., Monfils, M.-H., Telch, M. J., Smits, J. A. J., & Otto, M. W. Investigating the role of affective valence and arousal in exposure therapy for anxiety and related disorders. *Under Review (Revise and Resubmit) at Journal of Clinical and Consulting Psychology*.
4. Spencer-Laitt, D., Hey, A. J., Mintz, E. H., Cirulli, K. E., **Long, L. J.**, Magoon, C. Robinaugh, D. J., & Farchione, T. J. Bittersweet: A narrative review of positive emotion regulation in Prolonged Grief and other emotional disorders. *Under Review (Invited Submission, Revise and Resubmit) at Clinical Psychology: Science and Practice*.
5. Teplow, D. A., **Long, L. J.**, Williams, A. L., Moreno, J. D., Hey, A. J., Boschulte, M., Spencer-Laitt, D., & Farchione, T. J. Evaluating hope as a mechanism of change in psychotherapy for depression. *Under review at Cognitive Therapy and Research*.
6. Somma, A., Mastinu, L., Farchione, T. J., **Long, L. J.**, & Fossati, A. Psychometric properties of the Italian-translated Overall Anxiety Severity and Impairment Scale (OASIS), Overall Depression Severity and Impairment Scale (ODSIS), and Positive Emotion Scale (PES) among community-dwelling adults. *Under Review at Psychological Assessment*.
7. Hey, A. J., Spencer-Laitt, D., **Long, L. J.**, Moreno-Villamizar, J. D., Torre, M., Fulford, D., & Farchione, T. J. (2025). Dynamic relationships between savoring and affect in adults with emotional disorders: An ecological momentary assessment study. *Under review*

at The Journal of Positive Psychology.

8. Otto, M. W., **Long, L. J.**, Taylor, C. T., Rubin, M., Fitzgerald, H. E., Liu, Q., Culver, T., Smits, J. A. J., Anderson, R. A., Aslanidou, A., Benke, C., Cox, W. R., Engelhard, I. M., Friendman, S. E., Goodman, R. R., Graham, B. M., Hearon, B. A., Howard, H. W., Jacquart, J., Johnson, H. M., Kredlow, M. A., Lam, C. L. M., Lee, E. B., Vogelzang McClure, G., McEvoy, P. M., Melzig, C. A., Moore, T. M., Nagy, S. M., Newby, J. M., Pfaff, P. F. R., Regan, A., Rief, W., Rudaizky, D., Smith, L. H., Wieser, M. J., & Wong, A. H. K. State versus trait positive affect as moderators of single-session VR exposure for public speaking anxiety: A multisite randomized experimental study. *In Preparation for Journal of Clinical Psychology.*
9. **Long, L. J.**, Spencer-Laitt, D., Moreno, J., Hey, A., & Farchione, T. J. Examining how savoring and hope relate to daily gratitude among treatment-seeking individuals with anxiety disorders: An EMA Study. *In Preparation for Journal of Happiness Studies.*
10. Farchione, T. J., **Long, L. J.**, Spencer-Laitt, D., Moreno, J. D., Torre, M., & Hey, A. J. Results from a randomized controlled trial of the Unified Protocol for alcohol use disorder and emotional disorder comorbidity. *In Preparation for Behavior Therapy.*
11. Spencer-Laitt, D., **Long, L. J.**, Boschulte, M. R., Hey, A. J., & Farchione, T. J. Positive affect, gratitude and flourishing during a clinical trial of the digital Unified Protocol: A random intercept cross-lagged panel modeling study. *In Preparation for Journal of Clinical Psychology.*
12. Moreno-Villamizar, J. D., **Long, L. J.**, Torre, M., Spencer-Laitt, D., Williams, A., & Farchione, T. J. Targeting neuroticism in comorbid alcohol use disorders and anxiety disorders: A secondary analysis of the Unified Protocol. *In Preparation for Behavior Research and Therapy.*
13. Grunfeld, G., **Long, L. J.**, Westerman, C., Schiffman, J., Shah, J. L., Baker, J. T., Torous, J., & Fulford, D. Loneliness as a symptom predictor in clinical high risk for psychosis: Testing the social deafferentation hypothesis. *In Preparation.*
14. Hey, A. J., Spencer-Laitt, D., Sandage, C., Teplow, D., Long, **L. J.**, & Farchione, T. J. Trajectories of savoring subtypes and symptoms of anxiety and depression during transdiagnostic treatment: A parallel process latent growth curve modeling study. *In Preparation.*
15. Moreno-Villamizar, J. D., **Long, L.**, Williams, A., Crespo-Ramos, G., Spencer-Laitt, D., Gonzalez, J., Agarwal, S., & Farchione, T. J. Case series: Telemedicine-delivered Unified Protocol for CBT in Type 1 Diabetes. *In Preparation for Behavioral Medicine.*
16. Kredlow, A. M., Goodman, R. R., Fitzgerald, H. E., & **Long, L. J.** Symptom-relevant negative autobiographical memories in public speaking anxiety. *In Preparation.*

17. Steinberg, M. H., **Long, L. J.**, Zvolensky, M., Garey, L., Businelle, M., & Otto, M. W. The role of anxiety in the course of pain among individuals with elevated anxiety and high risk for chronic pain. *In Preparation*.
18. **Long, L. J.**, Boisseau, C., Rasmussen, S., Eisen, J., & Mancebo, M. The influence of changes in OCD symptoms on changes in functional impairment among treatment-seeking OCD patients over 7 years. *In Preparation*.

Books and Treatment Manuals

2. Barlow, D. H., Farchione, T. J., **Long, L. J.**, Williams, A., Spencer-Laitt, D., Moreno-Villamizar, J. D., Hey, A. J., Bullis, J. R., & Cassiello-Robbins, C. (In Preparation). *Unified protocol for transdiagnostic treatment of emotional disorders: Workbook* (3rd Ed.). Oxford University Press
1. Barlow, D. H., Farchione, T. J., **Long, L. J.**, Williams, A., Spencer-Laitt, D., Moreno-Villamizar, J. D., Hey, A. J., Bullis, J. R., & Cassiello-Robbins, C. (In Preparation). *Unified protocol for transdiagnostic treatment of emotional disorders: Therapist guide* (3rd Ed.). Oxford University Press.

Chapters in Edited Volumes

9. Williams, A., **Long, L. J.**, Payne, L. A., Ellard, K. K., Farchione, T. J., & Barlow, D. H. (In Preparation). Emotional disorders: A unified protocol for transdiagnostic treatment. In D. H. Barlow & M. Nock (Eds.), *Clinical handbook of psychological disorders*. Guilford Press.
8. Trudel-Fitzgerald, Hey, A. J., **Long, L. J.**, & Farchione, T. J. (In Preparation). Tromouvoir l'épanouissement: Considération des émotions positives et des vertus dans la thérapie cognitive-comportementale transdiagnostique [Promoting flourishing: Considering positive emotions and virtues in transdiagnostic cognitive-behavioral therapy]. In M.-J. Brennstuhl & C. Martin-Krumm (Eds.), *Manuel de Psychothérapie Positive Intégrative (Handbook of Integrative Positive Psychotherapy)*. Dunod.
7. Spencer-Laitt, D., **Long, L. J.**, Moreno, J. D., Boschulte, M. R., & Farchione, T. J. (Under Review). The Unified Protocol for Emotional Disorders. In T. L. Boisseau (Ed.), *Cognitive and behavioral flexibility: Science into practice*.
6. Farchione, T. J., **Long, L. J.**, Spencer-Laitt, D., & Woodard, L. S. Unified Protocol: CBT. (Under Review). In S. J. Sandage & J. Owen (Eds.), *Addressing suffering and flourishing in psychotherapy*. American Psychological Association.
5. Farchione, T. J., Spencer-Laitt, D., **Long, L. J.**, & Woodard, L. S. (2025). The unified protocol: A transdiagnostic approach to the diagnosis and treatment of depression. In J. W. Pettit, T. M. Olinio, R. C. Boyd, B. C. Chu, E. P. Hayden, & D. A. Pizzagalli (Eds.), *APA handbook of depression: Vol. 2. Minoritized populations, lifespan development*,

assessment, and treatment (pp. 681–698). American Psychological Association.
<https://doi.org/10.1037/0000438-035>

4. **Long, L. J.**, Parsons, E. M. & Otto, M. W. (2024). Cognitive behavioral therapy targeted to the successful discontinuation of Benzodiazepine medication. In K. Wolitzky-Taylor (Ed.), *Treating comorbid emotional and substance use disorders* (pp. 211–235). Springer. https://doi.org/10.1007/978-3-031-62971-6_10
3. **Long, L. J.**, Smith, L. J., & Gallagher, M. W. (2022). Psychiatric comorbidity populations. In G. Asmundson (Ed.), *Comprehensive clinical psychology* (2nd ed., Vol. 9, pp. 233–242). Elsevier. <https://doi.org/10.1016/B978-0-12-818697-8.00196-5>
2. Gallagher, M. W., & **Long, L. J.** (2020). Assessment of well-being. In M. M. Antony & D. H. Barlow (Eds.), *Handbook of assessment and treatment planning for psychological disorders* (3rd ed, pp. 50-73). The Guilford Press.
1. **Long, L. J.** Gallagher, M. W. (2018). Hope and posttraumatic stress disorder. In M. W. Gallagher & S. J. Lopez, *Oxford handbook of hope* (pp. 233-242). Oxford University Press. <http://dx.doi.org/10.1093/oxfordhb/9780199399314.013.24>

CONFERENCE PRESENTATIONS, POSTERS, AND PUBLISHED ABSTRACTS

(Listed in reverse chronological order)

Oral Conference Presentations

14. **Long, L. J.**, Farchione, T. J., Spencer-Laitt, D., & Hey, A. J. (2025, August 8). An adapted digital unified protocol to enhance positive affect and well-being. In S. Sandage (Chair), *Strengths and flourishing in psychotherapy: Multicultural and clinical applications* [Symposium] American Psychological Association Annual Convention, Denver, Colorado, United States.
13. Farchione, T. J. & **Long, L.** (2025, January 16). The digital Unified Protocol: Program development and initial results from a randomized clinical trial. In S. Arnfred (Chair), *Transdiagnostic blended psychotherapy - possibilities in digital format* [Symposium] Presented to Region Zealand Psychiatry, Psychiatric Research Unit, Copenhagen, Denmark.
12. Spencer-Laitt, D., **Long, L. J.**, & Farchione, T. J. (2024, June 26-29). Positive affect and psychological flourishing during a randomized clinical trial of a transdiagnostic, digital CBT: The role of relational virtues. In S. Sandage (Chair), *Relational virtues, emotion regulation, and well-being in outpatient psychotherapy research* [Symposium] Society for Psychotherapy Research, 55th International Annual Meeting, Ottawa, Canada.
11. **Long, L. J.** & Farchione, T. J. (2023, November 16-19). Examining changes in negative affectivity, stress, depression, and anxiety in response to an augmented digital application of the unified protocol. In **L. J. Long** & D. Spencer-Laitt (Chairs), *New*

- empirical findings from a clinical trial of an augmented digital application of the unified protocol for enhancing positive affect and psychological flourishing* [Symposium] Association for Behavioral and Cognitive Therapies 57th Annual Meeting, Seattle, WA, United States.
10. Spencer-Laitt, D., **Long, L. J.**, Boschulte, M. R., & Farchione, T. (2023, November 16-19). Relationships between positive affect, gratitude and psychological flourishing during treatment with a digital version of the Unified Protocol. In **L. J. Long & D. Spencer-Laitt** (Chairs), *New empirical findings from a clinical trial of an augmented digital application of the unified protocol for enhancing positive affect and psychological flourishing* [Symposium] Association for Behavioral and Cognitive Therapies 57th Annual Meeting, Seattle, WA, United States.
 9. Farchione, T., Spencer-Laitt, D., **Long, L.** & Moreno, J. (2023, November 16-19). Introduction, rationale and description of methods for a randomized clinical trial of an augmented version of the internet-based UP targeting adaptive positive affect regulation. In **L. J. Long & D. Spencer-Laitt** (Chairs), *New empirical findings from a clinical trial of an augmented digital application of the unified protocol for enhancing positive affect and psychological flourishing* [Symposium] Association for Behavioral and Cognitive Therapies 57th Annual Meeting, Seattle, WA, United States.
 8. Farchione, T. J., Spencer-Laitt, D., **Long, L.**, & Woodard, L. (2023, March 28). *Efficacy of an online unified protocol targeting positive affect* [Symposium]. Center for Research in Neuropsychology and Cognitive Behavioral Intervention, Coimbra, Portugal.
 7. **Long, L. J.**, Richardson, A. L., & Gallagher, M. W. (2021, July 15-17). A meta-analytic review of the relationship between hope and anxiety. In A. L. Richardson (Chair), *Hope across contexts: Examining hope as a predictor of resilience and well-being in diverse samples* [Symposium] International Positive Psychology Association 7th World Congress, Virtual.
 6. **Long, L. J.**, Bistricky, S. L., & Gallagher, M. W. (2020, March 19-22). The unique impact of hope and optimism on mental health and well-being in the wake of Hurricane Harvey. In **L. J. Long & M. W. Gallagher** (Chairs), *Risk, resilience, and mental health in the wake of Hurricane Harvey* [Accepted as symposium]. Anxiety and Depression Association of America 40th Annual Conference, San Antonio, TX.
 5. Gallagher, M. W., **Long, L. J.**, Richardson, A., D'Souza, J. M., Boswell, J. F., Farchione, T. J., & Barlow, D. H. (2020, March 19-22). Examining hope as a transdiagnostic mechanism of change in cognitive-behavioral interventions for anxiety disorders. In Taylor, C. (Chair) *Boosting positivity to treat anxiety, depression and suicidality: New treatment developments* [Accepted as paper presentation] Anxiety and Depression Association of America 40th Annual Conference, San Antonio, TX.
 4. **Long, L. J.** (2019, March 21). *Mindfulness* [Panel discussion]. University of Houston Mindfulness Symposium, University of Houston, Houston, TX.

3. Gallagher, M. W., & **Long, L. J.** (2018, May 24-27). A meta-analytic review of the effects of hope and optimism on posttraumatic stress disorder. In M. Margalit (Chair), *Advances, controversies, and future directions in the study of hope* [Symposium] Association for Psychological Science 30th Annual Convention, San Francisco, CA, United States.
2. Vujanovic, A. A., Gallagher, M. W., Smith, L. J., Bartlett, B. A., **Long, L. J.**, & Tran, J. K. (2018, November 8-10). Associations between posttraumatic stress, depression, and alcohol use in firefighters: Examining racial/ethnic differences. In M. Luciano (Chair), *Self-medication and beyond: Towards a more complete understanding of trauma and alcohol misuse in under-represented, community and national samples* [Symposium] International Society for Traumatic Stress Studies 34th Annual Meeting, Washington, DC, United States.
1. Heritage, A. J., **McClenahan, L. J.**, Woodman, G. F., & Zald, D. H. (2016, May 5-7). Attention and working memory for affective faces in psychopathy. In J. Hackathorn (Chair), *Gender victimization and relationship challenges* [Symposium] Midwest Psychological Association 88th Annual Meeting, Chicago, IL, United States.

Poster Presentations

23. Moreno-Villamizar, J. D., Teplow, D., Rosellini, A.J., Williams, A., Boschulte, M., García-Mejía, N., **Long, L.**, Hey, A., Spencer-Laitt, D., & Farchione, T. (2025, November 20). *Transdiagnostic psychopathology networks among patients in a digital mental health intervention selection trial* [Poster presentation]. Association for Behavioral and Cognitive Therapies 59th Annual Convention, New Orleans, LA.
22. Teplow, D., Williams, A., Moreno, J. D., **Long, L. J.**, Spencer-Laitt, D., Hey, A., & Farchione, T. (2025, April 3-5). *Targeting neuroticism in anxiety and mood disorders with the digital Unified Protocol* [Poster presentation]. Anxiety and Depression Association of America 2025 Conference. Las Vegas, NV, United States.
21. **Long, L. J.**, Samora, J., Indriolo, T., Huber, E. G., Geng, Y., Papini, S., Smits, J. A. & Otto, M. W. (2025, March 26-29). *Negative affective context and smoking cue reactivity among primary e-cigarette users: Main effects but no interaction for provocation of craving* [Poster presentation]. The 46th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA, United States.
20. Moreno, J. D., **Long, L. J.**, Torre, M., & Farchione, T. J. (2024, November 15). *Examining longitudinal dynamics: Alcohol as an emotion regulation strategy in comorbid AUD and anxiety disorders* [Poster presentation]. Association for Behavioral and Cognitive Therapies 58th Annual Meeting, Philadelphia, PA, United States.
19. Spencer-Laitt, D., **Long, L. J.**, Fulford, D., & Farchione, T. J. (2024, November 14-17). *Dynamic relationships between savoring and affect in adults with emotional*

- disorders: An Ecological Momentary Assessment study* [Poster presentation]. Association for Behavioral and Cognitive Therapies 58th Annual Meeting. Philadelphia, PA, United States.
18. Torre, M., **Long, L. J.**, Moreno, J., Burruezo-López, B., & Farchione, T. J. (2024, November 14-17). *Self-Blame and acceptance in the relationship between a transdiagnostic treatment and alcohol drinking outcomes* [Poster presentation]. Association for Behavioral and Cognitive Therapies 58th Annual Meeting, Philadelphia, PA, United States.
 17. **Long, L. J.**, Spencer-Laitt, D., Moreno, J. D., & Farchione, T. J. (2024, March 11-14). *Examining how savoring and affect relate to daily gratitude among treatment-seeking individuals with anxiety disorders using ecological momentary assessment* [Poster presentation]. Anxiety and Depression Association of America 2024 Conference, Boston, MA, United States.
 16. **Long, L. J.**, & Gallagher, M. W. (2022, November 17-20). *The influence of optimism on trajectories of wellbeing and health-related outcomes during the COVID-19 pandemic*. [Poster presentation]. Association for Behavioral and Cognitive Therapies 57th Annual Meeting, Seattle, WA, United States.
 15. **Long, L. J.**, & Gallagher, M. W. (2022, November 17-20). *The influence of optimism on trajectories of wellbeing and health-related outcomes during the COVID-19 pandemic* [Poster presentation]. Association for Behavioral and Cognitive Therapies 56th Annual Meeting, New York, New York, United States.
 14. **Long, L. J.**, & Gallagher, M. W. (2021, November 19-22). *The longitudinal measurement invariance of the Brief Fatigue Inventory* [Poster presentation]. Association for Behavioral and Cognitive Therapies 55th Annual Meeting, Virtual.
 13. **Long, L. J.**, & Gallagher, M. W. (2021, November 19-22). *The longitudinal measurement invariance of the short Health Anxiety Inventory* [Poster presentation]. Association for Behavioral and Cognitive Therapies 55th Annual Meeting, Virtual.
 12. **Long, L. J.**, & Gallagher, M. W. (2020, November 19-22). *The relationship between posttraumatic stress and posttraumatic growth in Cancer survivors* [Poster presentation]. Association for Behavioral and Cognitive Therapies 54th Annual Meeting, Philadelphia, PA, United States.
 11. Richardson, A. L., Smith, **Long, L. J.**, & Gallagher, M. W. (2020, November 4-14). *Examining associations between COVID-19 experiences and posttraumatic stress* [Poster presentation]. International Society for Traumatic Stress Studies 36th Annual Meeting, Atlanta, GA, United States.
 10. Gallagher, M.W., **Long, L. J.**, Richardson, A. L., D'Souza, J. M., Boswell, J., Farchione, T., Barlow, D. (2019, November 21-24). *Hope is a transdiagnostic mechanism of*

- change across anxiety disorders and CBT treatment protocols* [Poster presentation]. Association for Behavioral and Cognitive Therapies 53rd Annual Meeting, Atlanta, GA, United States.
9. **Long, L. J.**, Bistricky, S. L., Phillips, C. A., D'Souza, J. M., Richardson, A. L., Lai, B. S., Kanenberg, H., Elkins, S., Harper, K., Short, M., & Gallagher, M. W. (2019, November 21-24). *The comparative influence of hope and trait resilience on mental health in the aftermath of hurricane Harvey* [Poster presentation]. Association for Behavioral and Cognitive Therapies 53rd Annual Meeting, Atlanta, GA, United States.
 8. Richardson, A. L., **Long, L. J.**, D'Souza, J. M., Phillips, C., & Gallagher, M.W. (2019, November 14-16). *Gratitude after Harvey: Effects of gratitude on post-traumatic growth and PTSD in the aftermath of hurricane Harvey* [Poster presentation]. Annual International Society for Traumatic Stress Studies 35th Annual Meeting, Boston, MA, United States.
 7. **Long, L. J.**, & Gallagher, M. W. (2018, November 15-18). *A meta-analytic review of the relationship between self-efficacy and posttraumatic stress disorder* [Poster presentation]. Association for Behavioral and Cognitive Therapies 52nd Annual Meeting, Washington, D.C., United States.
 6. **Long, L. J.**, & Gallagher, M. W. (2018, November 15-18). *A cross cultural comparison of the latent structure of optimism in American and Japanese adults* [Poster presentation]. Association for Behavioral and Cognitive Therapies 52nd Annual Meeting, Washington, D.C., United States.
 5. Gallagher, M. W., **Long, L. J.**, Richardson, A., D'Souza, J. M., & Barlow, D. H. (2018, November 15-18). *The impact of cognitive behavioral therapies on hope: Examining timing and consistency across treatment protocols* [Poster presentation]. Association for Behavioral and Cognitive Therapies 52nd Annual Meeting, Washington, D.C., United States.
 4. Farah, L., Harper, K., Darban, B., **Long, L.**, Lai, B., Short, M.B., Gallagher, M.W., Elkins, S., Kanenberg, & Bistricky, S.L. (2018, November 15-18). *How strongly were hurricane Harvey exposure, coping, social support, and ethnicity related to PTSD symptoms?* [Poster presentation]. Association for Behavioral and Cognitive Therapies 52nd Annual Meeting, Washington, D.C., United States.
 3. **Long, L. J.**, & Gallagher, M. W. (2017, November 16-19). *A cross-cultural comparison of the benefits of compensatory primary control among American and Japanese adults* [Poster presentation]. Association for Behavioral and Cognitive Therapies 51st Annual Meeting, San Diego, CA, United States.
 2. Gallagher, M. W., **Long, L. J.**, Tsai, W., Stanton, A. L., & Lu, Q. (2017, May 15-18). *The unexpected impact of expressive writing on posttraumatic stress and growth in Chinese American breast cancer survivors* [Poster presentation]. Association for Psychological Science 29th Annual Convention, Boston, MA, United States.

1. Heritage, A. J., **McClenahan, L. J.**, Woodman, G. F., & Zald, D. H. (2016, May 5-7). *Individual differences in reward sensitivity influence the recruitment of specific cognitive mechanisms in conditions of reward* [Poster presentation]. Midwest Psychological Association 88th Annual Meeting, Chicago, IL, United States.

Invited Talks/Presentations

3. **Long, L. J.** (2025, Sept 10). *Personalized transdiagnostic exposure therapy for anxiety and related disorders*. Invited speaker for a three-part clinical training series on anxiety disorders. Boston Medical Center, Boston, MA.
2. **Long, L. J.** (2025, April 18). *Understanding anxiety, depression, and loneliness in older Adults: A transdiagnostic framework*. Invited speaker for MassHousing Resident Coordinator Workshop. Victory Road Apartments, Lynn, MA.
1. **Long, L. J.** (2019, May 18). *Expressive writing: Promoting mental health and positive functioning*. Invited keynote speaker at Poetry for Your Brain Event, Lone Star College, Houston, TX.

PRESS COVERAGE

1. Schwed, J. (2024, November 13). *Virtual reality shows promise in alleviating mental health issues, according to recent BU studies*. *The Daily Free Press*.
<https://dailyfreepress.com/11/13/21/207677/virtual-reality-shows-promise-in-alleviating-mental-health-issues-according-to-recent-bu-studies/>

RESEARCH CONSORTIA AND PROFESSIONAL NETWORKS

Mechanistic Behavioral Research Consortium (MBRC): Advancing Mechanistic Behavior Change Science

Position: General Member, Rigor and Reproducibility Committee Member

Affiliation: International collaboration of researchers promoting the Science of Behavior Change (SOBC) through multi-site mechanistic investigations of health behavior change

Dates: 2025–Present

Activities (selected): Committee participation on rigor and reproducibility initiatives; consultation on study design and statistical analysis; collaboration on multi-site mechanistic studies; contribution to shared resources (e.g., harmonized measures, protocols, and training materials); participation in cross-site dissemination efforts (workshops, presentations, and consortium outputs).

Website: <https://www.mbrc-sobc.org/>

Exposure Therapy Consortium (ETC): A Global Effort to Increase the Effectiveness and Use of Exposure Therapy

Position: Member, Primary Site Project Coordinator

Affiliation: International research–practice network advancing multi-site team science, training, and implementation of exposure therapy

Dates: 2022-Present

Activities (selected): Collaborator/co-investigator on multi-site studies; statistical consulting for multi-site consortium manuscripts (design, analysis plans, and reporting); development of clinician-facing resources (fidelity tools, training materials); dissemination via clinical training workshops and conference presentations.

Primary-site Study Launch & Project Management: Spearheaded primary site set-up/cross-site start-up on VR speech-anxiety exposure study testing positive affect and positive expectancies as treatment moderators; facilitated local IRB approval, managed staffing/training, oversaw recruitment/data flow, maintained cross-site protocol fidelity, contributed to data analysis

Website: <https://www.exposuretherapyinfo.org/>

Virtue & Flourishing Project Early-Career Co-Investigator Network: Team Science on Training & Treatment Integration for Virtue and Flourishing in Mental Health

Position: Member, Early-Career Co-Investigator

Affiliation: Multi-site academic and clinical consortium supported by the John Templeton Foundation focused on integrating relational virtues and flourishing into psychotherapy

Dates: 2025-Present

Activities (selected): Receiving structured cross-site mentoring with annual in-person meetings and spring virtual meetings; collaboration on shared training tools and measure/analytic harmonization; co-authorship of manuscripts and dissemination of products across sites

Site Launch & Project Management: Coordination of local start-up and protocols at BU site (focused on digital CBT to enhance positive emotion regulation and well-being), staffing and training study personnel, IRB/ethics coordination across institutions, data systems development

Website: <https://www.virtueandflourishing.com/>

MENTORSHIP ACTIVITIES

Research Supervisor

Institution: Center for Anxiety and Related Disorders, Boston University

Trainees: 4 Master's Students, 4 Undergraduate Honors/Prospective Undergraduate Research Opportunities Program Students, and Additional Rotating Research Assistants

Dates: August 2022-Present

Primary Clinical Supervisor

Institution: Center for Anxiety and Related Disorders, Boston University

Trainees: 4 Doctoral Clinical Practicum Students

Dates: August 2022-Present

Research Assistant Training Direct Supervisor

Institution: Trauma and Anxiety Clinic of Houston, University of Houston

Trainees: 1 Undergraduate Student

Dates: August 2018-August 2019

Research Assistant Training Direct Supervisor

Institution: Houston Anxiety Resilience & Treatment Laboratory, University of Houston

Trainees: 2 Undergraduate Students

Dates: December 2017- August 2020

CLINICAL ACTIVITIES

Center for Anxiety and Related Disorders, Boston University, Boston, MA

Position: Study Therapist and Clinical Supervisor

Supervisors: Todd Farchione, Ph.D., Michael Otto, Ph.D.

Dates: August 2022 – Present

Role: Delivers transdiagnostic exposure-based psychotherapy interventions to clinical trial participants as a study therapist (e.g., the Unified Protocol [UP] for Emotional Disorders for patients with comorbidities [Alcohol Use Disorder, Type 1 Diabetes], person-centered transdiagnostic exposure therapy for primary OCD, generalized anxiety disorder, panic disorder, social anxiety, or PTSD). Provided support to participants with anxiety and depressive disorders receiving internet-based UP through asynchronous messaging and video meetings. Conducts assessments to determine eligibility for clinical trials and response to treatment, including the SCID, ADIS, CGI, and SIGH-A/D. Provides clinical supervision to doctoral practicum students and clinical training to independent evaluators for clinical trials.

Primary Care Behavioral Health, VA Providence Healthcare System, Providence, RI

Position: Clinical Psychology Intern

Supervisors: Caitlin Burditt, Ph.D., Kevin McKay, Ph.D.

Dates: March 2022 – June 2022

Role: Provided individual solution-focused CBT and motivational interviewing to veterans with diverse presenting problems, including adjustment to medical conditions, emotional disorders, anger management problem, and tobacco dependence. Coordinated treatment as part of an interdisciplinary team and completed functional assessments and/or “warm handoffs” within an open access model of care.

OCD & Anxiety Intensive Outpatient Program, Butler Hospital, Providence, RI

Position: Clinical Psychology Intern

Supervisors: Maria Mancebo, Ph.D., Matthew Evans, Ph.D., Jose Rengifo, M.D.

Dates: November 2021 – February 2022

Role: Provided Exposure and Response Prevention to patients with OCD and/or anxiety disorders during individual and group therapy sessions. Administered intake assessments and consults. Conducted evaluations at the Patient Assessment Services Department to determine indications for inpatient hospitalization.

Woman’s Partial Hospitalization Program, Butler Hospital, Providence, RI

Position: Clinical Psychology Intern

Supervisors: Theresa Morgan, Ph.D.

Dates: June 2021 – October 2021

Role: Delivered Dialectical Behavior Therapy and Acceptance and Commitment Therapy-based individual and group psychotherapy to partial hospital patients with borderline

personality disorder, trauma histories, or emotional regulation deficits. Provided intake assessments and coordinated care as part of an interdisciplinary team.

Trauma Recovery Services, VA Providence Healthcare System, Providence, RI

Position: Clinical Psychology Intern

Supervisors: Caren Francione, Ph.D., Kristen Healy, Ph.D., Caryn DiLandro, Ph.D.

Dates: July 2021 – Present

Role: Provided Mental Health and Behavioral Science Services Comprehensive Evaluations and Cognitive Processing Therapy (CPT) to veterans with trauma-related psychopathology. Received training for CPT Provider Status.

Total Wellness Assessment and Counseling Center, Houston, TX

Position: Pre-Doctoral Clinician

Supervisors: Gina Evans-Hudnall, Ph.D.

Dates: August 2020 – May 2021

Role: Delivered psychotherapy to a patient population that was diverse in terms of age, race, ethnicity, culture, gender identity, sexual orientation, SES, disability status, and presenting problems, typically utilizing a cognitive behavioral approach. Conducted a wide range of assessments, including full psychiatric evaluations, neuropsychiatric evaluations, ADHD and autism evaluations, evaluations for bariatric surgery, and evaluations for disability benefits. Provided tiered peer supervision to a pre-doctoral clinician.

Houston Anxiety Resilience and Treatment Laboratory/Anxiety and Health Research Laboratory/Substance Use Treatment Clinic, Houston, TX

Position: Co-Project Coordinator and Study Therapist

Supervisors: Matthew W. Gallagher, Ph.D., Michael J. Zvolensky, Ph.D.

Dates: June, 2020 – August 2021

Role: Contributed to the setup of CPRIT-funded clinical trial adapting the transdiagnostic Unified Protocol for smokers with emotional disorders as the Co-Project Coordinator. Co-developed the study treatment manual and trained study therapists to deliver the protocol. Delivered the active treatment as a study therapist.

MD Anderson Cancer Center, Tobacco Treatment Program, Houston, TX

Position: Pre-Doctoral Clinician

Supervisors: Janice Blalock, Ph.D., Dianne Beneventi, Ph.D.

Dates: December 2019 – August 2020

Role: Conducted consultations assessing baseline tobacco dependency and mental health history for a diverse cancer patient population. Provided inpatient and outpatient counseling focused on cognitive behavioral strategies, motivational interviewing, and medication management to support tobacco cessation. Coordinated client care with an integrated healthcare team of counselors and medical professionals. Received weekly tele-mentoring and teleconsultation in tobacco education and cessation strategies through Project ECHO, a partnership between MD Anderson and providers in rural and underserved communities.

University of Houston, Trauma and Anxiety Center of Houston, Houston, TX

Position: Assistant Director, Pre-Doctoral Clinician

Supervisors: Matthew W. Gallagher, Ph.D., Anka A. Vujanovic, Ph.D.

Dates: September 2017 – December 2019

Role: Provided assessment and empirically-supported, manualized, cognitive behavioral therapies in both individual and group format for anxiety, mood, obsessive-compulsive, and trauma-related disorders. Provided clinical supervision to graduate students and reviewed integrated assessment reports and clinical notes. Performed administrative duties associated with managing the clinic (e.g. tracking client flow and clinic income).

University of Houston, Psychological Research and Services Center, Houston, TX

Position: Pre-Doctoral Clinician

Supervisor: Rheeda Walker, Ph.D.

Dates: September 2017 – August 2018

Role: Used evidence-based practice to treat a client base that was diverse in terms of race, ethnicity, culture, socioeconomic status, sexual orientation, and presenting problems. Conducted psychodiagnostics assessments for a wide range of psychological disorders.

Sexual Assault Center, Nashville, TN

Position: Telephone Counselor

Supervisor: Amanda Markham

Dates: October 2015 – May 2016

Role: Used a crisis intervention model to counsel callers affected by sexual assault.

SPECIALIZED TRAININGS AND WORKSHOPS

Stats Camp: Multilevel Modeling

Institution: Stats Camp Foundation

Trainers: Alexander Schoemann, Ph.D. (Instructor), Todd D. Little, Ph.D. (Director)

Dates: June 4, 2023 – June 9, 2023

Diabetes Education 101 for the Behavioral Health Professional

Institution: American Diabetes Association

Trainers: David Marrero, Ph.D., Mary de Groot, Ph.D., Monica Peek, MD, MPH, MS, FACP, Korey Hood, Ph.D., Diana Naranjo, Ph.D., Marisa Hilliard, Ph.D., Maureen Monaghan, Ph.D., CDCES, Michael Harris, Ph.D., Jill Weissberg-Benchell, Ph.D., CDCES, Cynthia Muñoz, Ph.D., MPH, Tricia Tang, Ph.D.

Dates: December 4, 2020 – December 5, 2020

Virtual Regional Cognitive Processing Therapy for PTSD Workshop

Institution: US Dept. of Veteran's Affairs

Trainers: Anne-Marie Tripodi, LICSW, Katherine Putnam, Ph.D., Shareen Kneeshaw, Ph.D.

Dates: October 28, 2020 – October 29, 2020

Certified Tobacco Treatment Specialist Training

Institution: MD Anderson Cancer Center, Dept. of Behavioral Science

Trainers: Maher Karam-Hage, M.D., Diane Beneventi, Ph.D., CTTS, Mark Evans, MSW, LCSW-S, CTTS, Janice Blalock, Ph.D., Jennifer Cofer, MPH, CHES, Leann Witmer, M.A.,

LPC-S, NCTTP, Ryan Ingraham, J.D.

Dates: August 17, 2020 – August 21, 2020

Workshop on the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders

Institution: Boston University, Center for Anxiety and Related Disorders

Trainer: Todd Farchione, Ph.D., Elizabeth Eustis, Ph.D. & Erin Ward-Ciesielski, Ph.D.

Dates: April 14, 2020

APA Recovery to Practice Training

Institution: University of Texas Health Science Center San Antonio, Dept. of Psychiatry

Trainer: Matthew Brown, Ph.D.

Dates: April 14, 2019

Suicide Assessment Training

Institution: University of Houston, Dept. of Psychology

Trainers: Rheeda L. Walker, Ph.D.

Dates: September 23, 2016, August 17, 2017, and August 28, 2018

OTHER SERVICE ACTIVITIES

Student Representative for University of Houston at the Graduate Program Networking Fair,
International Society for Traumatic Stress Studies, Dallas, TX, 2017