Student Driven Publication
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Lee Anna Clark, Ph.D.
University of Notre Dame
Zubin Award Winner

Shirley Wang, Harvard University
Tierney McMahon, University of Buffalo

Dr. Lee Anna Clark, the 2017 Zubin Award winner, is a pioneer in the field of personality disorders. With over 160 publications, she has helped advance our understanding of assessment, etiology, and treatment of personality disorders. Moreover, she brings an unbridled passion to her work, which has inspired researchers in the field.

After teaching English in Japan for one year and subsequently obtaining a Master's in East Asian Studies from Cornell University, Dr. Clark completed her doctoral degree in clinical psychology at the University of Minnesota under the mentorship of Dr. James Butcher. Perhaps not surprisingly, Dr. Clark's dissertation focused on translating the MMPI into Japanese, "I think [Dr. Butcher] knew what my dissertation would be before I even arrived to graduate school." While Dr. Clark was in graduate school, the DSM-III was published, which included personality disorders for the first time. She remembered feeling excited that these disorders were being recognized, but puzzled by the approach to assessment. Although personality disorders were defined as dysfunctional personality traits, the disorders were assessed via loosely defined prototypes and symptoms. During the same period when the DSM-III was published, Dr. Clark and her now-husband and long-time colleague, Dr. David Watson, were learning about Dr. Auke Tellegen's development of the Multidimensional Personality Questionnaire, a test designed to assess normal personality functioning. Given Dr. Clark's interest in personality measurement and her concerns with the diagnostic approach to personality disorders, she began developing the Schedule for Nonadaptive and Adaptive Personality (the SNAP), with the hope that it could serve as a valid assessment of personality pathology.

Throughout her work, Dr. Clark has strongly advocated for a dimensional, trait-based model for characterizing personality pathology,

"If we can describe someone on 5-15 traits and point out what is most problematic or needs to be addressed, that is much more useful than a prototype model. A prototype model cannot inform what needs to be addressed."

Although categorical models may be easier to understand in the abstract, a single category can describe two very different presentations, reducing the reliability and validity of diagnoses. Thus, Dr. Clark's research has consistently underscored the importance of a dimensional approach, which may provide more optimal information for identifying points of intervention.

In light of Dr. Clark's life work, she is a strong advocate for an empirically supported diagnostic system, and she believes it is critical to help insurance companies understand that disorders exist along a continuum and thus, treatment should be provided, accordingly. As a member of the Personality Disorders Working Group for the ICD, Dr. Clark is working to ensure that this issue does not continue to slip through the cracks in future revisions of the diagnostic system.

When asked about her advice to current graduate students and early career investigators, Dr. Clark provided 4 insightful recommendations. First, she stated that aspiring academics should be certain this is the career path they want, as research and academic careers are not easy, nor always rewarding. Second, she suggested that students create healthy habits early on, as these habits will help during times of stress that are inevitable throughout graduate school and an academic research career. Third, she advised students to think about both short-term and long-term goals. Fourth, Dr. Clark reminded us to remain "balanced." She stated that this balance might fluctuate from time to time, but emphasized that we should never let the pendulum swing too far in any direction. Dr. Clark spoke of times in her own life when her career demands necessitated that she "miss out on a soccer game" and other times when she conversely chose to spend

time with her family, rather than stay late to work on a project, "We can have it all, but we cannot always have it all at once."

Finally, Dr. Clark provided a special piece of advice to female aspiring academics: Don't adjust your career or family aspirations because of outside pressure. Dr. Clark has repeatedly referred to her husband and strongest collaborator, Dr. David Watson, as her partner. She knew they were a team and although it was difficult to ensure they remained together as their careers developed, they agreed that they would not sacrifice their partnership.

In sum, Dr. Clark's passion for research is clear. Her drive towards dimensional assessment of personality disorders and empirically based diagnostic criteria continues to have an immense impact on the field. Dr. Clark's lifelong research on the assessment, diagnosis, and treatment of personality disorders has greatly contributed to the understanding of psychopathology, and we are excited to follow her future pursuits.

Theodore Beauchaine, Ph.D.
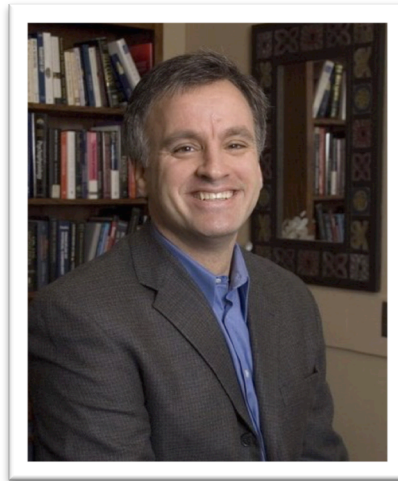## Ohio State University

Gail Corneau, University of North Carolina at Greensboro
Jacob Pine, Ohio State
Erik Nook, Harvard University

On a pleasant afternoon during the annual SRP meeting this September, we were fortunate to sit down with Dr. Ted Beauchaine over coffee and discuss his research, career development, and advice for aspiring psychologists. A professor at The Ohio State University and Director of the Lifespan Adjustment Project, Dr. Beauchaine's research examines developmental pathways to psychopathology. Specifically, his work focuses on how biological and contextual variables contribute to behavioral impulsivity, emotion dysregulation, and subsequent internalizing and externalizing disorders in children and adolescents.

Dr. Beauchaine took a non-traditional path to a career in psychological research. Hailing from a working class family in Oregon, he was the first of his family to seek an advanced degree. However, while exploring the fields of chemistry, physics, and engineering at Portland State University, Dr. Beauchaine discovered that none of these subjects fully aligned with his intellectual interests. He decided to leave school and worked as a Teamster for several years before returning to Portland State to study psychology, a subject that resonated more strongly with him. Through work with his undergraduate mentors, Drs. Cathleen Smith and Thomas Kindermann, Dr. Beauchaine developed a fascination with child and adolescent development, which was to be one day be paired with a focus on externalizing disorders. With encouragement of his mentors, Dr. Beauchaine decided to apply to graduate school to further pursue these topics.

In 1994, he entered the Clinical Psychology program at Stony Brook University. Dr. Beauchaine spoke fondly of the Department and his time there, recounting the high

quality mentorship provided by faculty—including Drs. Edward Katkin, Daniel Klein, Susan O'Leary, Zvi Strassberg, and Everett Waters—whose research guided and shaped his own. Dr. Beauchaine discussed how synthesizing the contributions of multiple advisors was pivotal to his career, as combining multiple methods and theoretical perspectives led to new perspectives on developmental and biological underpinnings of psychopathology.

Dr. Beauchaine completed his predoctoral internship at the University of California at San Diego School of Medicine. He was then offered both a postdoctoral position at UCSD and a faculty position in the Child Clinical Area at the University of Washington. Dr. Beauchaine struggled with this choice. On one hand, the postdoctoral position would grant him the opportunity to learn about emerging neuroimaging methods, whereas the faculty position would allow him to launch his career in academia right away.

He ultimately decided to take the faculty position, but he speculated that his career would likely have taken a different direction had he made a different decision. This was a point that Dr. Beauchaine returned to in our conversation: Sometimes it is not clear which choice is "right," and young scientists should nevertheless continue to take steps to pursue their interests. Such quiet and consistent dedication will lead to success in the long run.

Indeed, this approach has brought Dr. Beauchaine much success. His research underscores the importance of carefully delineating genetic, neural, and psychological processes that underlie development of psychiatric disorders. He focuses on endophenotypes—biological markers that convey vulnerability to or indicate the presence of psychopathology. In light of research indicating that many biomarkers of psychopathology transcend diagnoses, Dr. Beauchaine has suggested that endophenotypes may be most useful when examined in relation to specific neural functions, as opposed to observable behaviors. Additionally, his research incorporates contextual variables, which can affect how certain endophenotypes ultimately give rise to psychological symptoms. In short,

Dr. Beauchaine's work highlights the importance of considering biological and environmental pathways, simultaneously and synergistically, in development of psychopathology.

Dr. Beauchaine applies this approach to externalizing spectrum disorders, such as ADHD, conduct disorder, and antisocial personality disorder, as well as non-suicidal self-injury and suicidal behavior. Interestingly, his research suggests that behavioral impulsivity is a common vulnerability to all of these disorders, yet the interaction of behavioral impulsivity with additional biological and contextual variables ultimately determines the trajectory and nature of a person's symptoms. When discussing this phenomenon, Dr. Beauchaine remarked that "the field is still wrapping its head around the complexity of psychopathology."

He suggested that scientists should not be threatened by such complexity but instead embrace it and seek to uncover how multiple phenomena combine in the development of mental illness.

When asked about future directions of the field and best research practices, Dr. Beauchaine said that scientists should continue to explore the interactions of biological, developmental, and contextual factors contributing to the etiology of psychiatric disorders. To encourage this, he recommended that data analysis plans should avoid "splitting" a study into separate papers that each report main effects and may not fully capture the complexity of psychopathology. Further, Dr. Beauchaine underscored the value of theory-driven research and noted that although data-driven methods can help reveal associations among symptoms and vulnerabilities, we must be attentive to potential replicability challenges. Dr. Beauchaine also had several pieces of advice for young scholars. He was sympathetic to the sense of uncertainty experienced by many beginning researchers. He reflected on risks he took throughout his career, including his decision to immediately take the faculty position at the University of Washington instead of exploring brain imaging methods as a postdoctoral fellow. Ultimately, his group has published several imaging studies of externalizing disorders and self-injury, so pursuing multiple objectives is possible. Key pieces of advice he gave were "just talk to people!" and collaborate. He described how his openness to speaking with mentors and drawing on their advice positively shaped his professional trajectory. Further, Dr.

Beauchaine stressed the importance of refining scientific writing skills through practice, developing a rigorous editing approach, and being vigilant about prioritizing writing on a daily basis.

In reflecting on his career thus far, Dr. Beauchaine remarked that "many good things come with patience and persistence." These words were encouraging to us as we embark on our own professional careers in psychological science. Moreover, it was clear that these qualities have facilitated Dr. Beauchaine's success, leading to his far-reaching contributions to our understanding of developmental pathways to psychopathology

Thomas Olino, Ph.D.

Temple University, Department of Psychology

Annaleis Giovanetti, University of Notre Dame
Katerina Rnic, University of Western Ontario
Docia Demmin, Rutgers University

Dr. Tom Olino, Assistant Professor of Psychology at Temple University, was the recipient of the 2017 Society for Research in Psychopathology Early Career Award. The Early Career Award recognizes promising and productive scientists, and for Dr. Olino, this honor is well-deserved. Dr. Olino's passion for research and drive to better understand risk for depression began as an undergraduate, and his dedication to this pursuit has only gained momentum throughout his career. Dr. Olino earned his doctoral degree in Clinical Psychology from Stony Brook University, minoring in Quantitative Methods. He completed his clinical internship at Western Psychiatric Institute and Clinic (WPIC) and a postdoctoral fellowship at the University of Pittsburgh, and then, became an Assistant Professor of Psychiatry at the University of Pittsburgh. The common theme across Dr. Olino's positions—from WPIC to Temple—is that he has conducted theory-advancing work in the field of depression.

Dr. Olino has been interested in developmental processes since the beginning of his education and career in psychology. His graduate years consisted primarily of behavioral coding before he began working with neuroimaging during his internship. He reflected on how learning these assessment techniques allowed him to begin making connections between underlying processes and behavioral differences. When asked where he hopes to see the field progress, he commented on the desire for this basic science research to help inform clinical interventions with the improvement of cross-talk between these fields. Dr. Olino was passionate about the necessity for translating assessment measures for clinical use, emphasizing the importance of predictive validity,

reliability, and time and cost-effectiveness. Additionally, he expressed an ambition to develop more personalized treatments, where we are able to identify factors that could predict whether or not an individual will respond to a particular intervention.

Dr. Olino also offered valuable advice for rising researchers and particularly those at the beginning of their academic careers. He underscored the advantages that both computer programming and an advanced understanding of data analytics provide, and recommended taking classes on these topics even as an undergraduate to prepare for a career in academia. Thinking to the future, he explained how a strong grasp of these concepts means not having to fight the boundary of your own skills, allowing you to pursue the research questions that are of most interest. He stressed the importance of being curious and persistent about how to answer these questions. Importantly, he encouraged young scientists to be comfortable seeking out others who are more experienced, who have those analytic

interests, and being willing to learn those pieces,

"It can be tedious, it can be intimidating, it can be frustrating; but at the end of the day you get the actual answer that you are interested in."

It is evident that this persistence and drive has contributed to his Dr. Olino's considerable success.

When we asked Dr. Olino about the role SRP has played in the development of his career, he warmly referred to the conference as his "intellectual home." He highlighted the collaborative nature of the conference, emphasizing how the small environment of the organization facilitates engaging conversation with both established and rising scholars. Such an environment provides a pivotal role to advance clinical science, which ultimately, may enhance our capacity to help individuals struggling with wide ranging mental disorders.

Tierney McMahon
University of Buffalo
Mentor: Kristin Naragon-Gainey
Smadar Levin Award Recipient

Xia Allen, University of Notre Dame
Rebecca Kazinka, University of Minnesota

Tierney McMahon, a fourth-year graduate student at the University of Buffalo, generously agreed to speak with us to discuss her academic background, current research, and career plans. She is one of the winners of the 2017 Smadar Levin Award at this year's Society for Research in Psychopathology conference in Denver, CO, along with Adam Culbreth, who is a fifth-year graduate student studying at Washington University in St. Louis.

Tierney is currently studying under the mentorship of Dr. Kristin Naragon-Gainey, whose research broadly examines affective processes in psychopathology and psychological well-being. Tierney told us that she always knew she wanted to be a psychologist, influenced by her aunt, who is also a psychologist. During her undergraduate years she joined several research labs to build her CV, and found she enjoyed academia and research. When she applied to work on a Master's degree she connected with Dr. Naragon-Gainey, who was in her first year of mentorship and was looking for lab volunteers. Tierney told us that she was originally interested in researching rumination, but was drawn to Dr. Naragon-Gainey's work on emotion regulation because it is a broader construct. This mentorship helped Tierney to become a better, more critical consumer of research, leading her to develop efficient and quality research skills that would eventually win her this year's Smadar Levin Award.

Tierney's main research interests lie in examining emotion regulation in context – that is, when certain emotion regulation strategies are and are not adaptive, and how to improve them. She expressed that she has a secondary interest in decentering and mindfulness, the third-wave therapy concepts related to the objective observation of one's own internal experience. Her lab is currently working on examining the use of decentering in daily life, using Ecological Momentary Assessment (EMA). Participants report 6 times per day on their emotional experiences, depression symptoms, and their use of decentering and mindfulness as emotion regulation strategies. Tierney herself is in the process of planning her dissertation, and hopes to examine attentional control processes as possible mediating factors in the relation between decentering, psychopathology, and emotional experience.

The direction of her dissertation reflects her broader career goal of identifying trans-diagnostic mechanisms of psychopathology, the "essential ingredients" of treatment, and the neurobehavioral processes underlying both. In the long term, she hopes to conduct randomized controlled trials and translational research that can improve clinical interventions, but for now she is focused on understanding and refining the measurement of relevant constructs. In particular, she is interested in the mechanisms of dysregulated affect in internalizing disorders, and whether treatments targeting these mechanisms can be applied trans-diagnostically.

Before she is able to reach these goals, she sees broadening her research experiences as the next step in her career development. She told us that after the completion of her degree she plans to complete a post-doc and obtain an academic position, but she is open to other options and is keeping an open mind regarding the opportunities networking may bring her. This outlook reflects her advice for students early in their career development to be open to opportunities and changing research interests:

"Always keep an open mind in terms of what you might be interested in – you don't really know where your opportunities will lead you."

Adam Culbreth
Washington University
Mentor: Deana Barch
Smadar Levin Award Recipient

Xia Allen, University of Notre Dame
Rebecca Kazinka, University of Minnesota

We had the pleasure of speaking with Adam Culbreth, a fifth-year graduate student at Washington University and the recipient of the 2017 Smadar Levin Award following the 2017 Society for Research in Psychopathology conference in Denver, CO. Adam was very generous with his time in discussing his research, future goals, and advice for other students.

Adam currently works with Dr. Deanna Barch, studying motivation and negative symptoms in schizophrenia. Inspired by his neuroscience and clinical courses topic during his undergraduate career at Indiana University, Adam began working with Dr. Bill Hetrick studying schizophrenia, where he learned invaluable research skills. After graduation, still eager to learn more about the topic, he became a research assistant at the University of Maryland under Dr. Jim Gold and Dr. Greg Strauss, where he met more patients face-to-face. Adam found that his experience at the University of Maryland enriched his understanding of schizophrenia and exposed what is still unknown. Dr. Strauss and Dr. Gold's research on motivational deficits in schizophrenia helped him hone his interests, and he now focuses on maladaptive reward learning and effort as it relates to motivation in schizophrenia.

To conduct his research, Adam uses a decision-making task to measure motivation while measuring brain function with an fMRI scanner. In addition, he uses an Ecological Momentary Assessment (EMA)

approach in which patients are given a cell phone asked what they are doing and how they are feeling at random intervals throughout the day. Adam argues that this method will allow the researchers to better assess how active patients are in their day-to-day lives. He was first exposed to this method while working on a grant proposal, when he met another researcher who used EMA in an inpatient clinic to try to predict relapse, and thought that it would be an excellent addition to his research. He is hopeful that this method will help answer important questions, like "Do effort-based tasks in the lab correlate with real life experiences?" Further, by comparing the EMA measurements of motivation to experimental motivational tasks and neuroimaging, he hopes to elucidate important mechanistic pathways on how motivational deficits in schizophrenia occur.

Adam finds this work particularly valuable because negative symptoms of schizophrenia, such as anhedonia and disorganization, often have a more severe impact on everyday functioning than the well-known positive symptoms like hallucinations. Therefore, understanding the mechanisms of negative symptoms can help inform treatments to improve patients' lives. However, Adam notes that while negative symptoms are perhaps the more valuable target, they are much harder to measure consistently. Currently the most popular method of

assessing negative symptoms is retrospective self-report, which can be particularly difficult with patients with schizophrenia. He hopes that using EMA will improve the measurement of these symptoms.

As Adam looks towards internship next year, he hopes to gain important clinical skills and insight into what patients' daily experience is really like. "Ultimately, the goal is to use this research to improve treatment for schizophrenia," and find the best ways to intervene with motivational deficits in schizophrenia. He is particularly inspired by EMA research, and hopes that future research can get even more information from cell phones, such as number of text messages or phone calls, steps per day, and daily questionnaires, to further quantify motivation. After internship, he aims to work towards becoming an independent researcher. As he approaches the end of his graduate training, he hopes to gain more skills in organization and management so that he can mentor future excellent researchers. He has always been impressed with how well-structured Dr. Barch's lab has been, and found it gave him the necessary support needed to accomplish his goals. He aims to apply what he has learned as he looks towards future leadership positions.

Finally, Adam has some advice for younger students interested in research.

"There is a lot of emphasis in research to carve out your own area", he says, but he believes that doesn't mean that you have to do it all alone. *"The best projects I've done were in collaboration with lab members"*

He advises that working alone will limit the complexity of the questions you can ask, which can ultimately hold you back. He suggests building relationships with other lab members and potential collaborators that can help answer the important research questions, which will ultimately help move the whole field forward.