

**CURRICULUM VITAE**

**Brittain L. Mahaffey, Ph.D.**

Research Assistant Professor, Licensed Clinical Psychologist  
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**Education & Licensure**

May 2007	B.A. in Psychology with Highest Honors University of Texas at Austin Austin, TX
May 2009	M.A. in Clinical Psychology University of North Carolina Chapel Hill, NC
December 2013	Ph.D. in Clinical Psychology University of North Carolina Chapel Hill, NC
July 2013	APA Accredited Predoctoral Internship Northport Veterans Affairs Medical Center Northport, NY
Sept. 2013-Dec. 2014	Post-Doctoral Associate Stony Brook University Stony Brook, NY
July 2014-present	Licensed Clinical Psychologist, New York State License No. 020811

**Employment**

From 07/2012 to 08/2013	Northport Veterans Affairs Medical Center Predoctoral Intern Northport, NY
From 09/2013 to 12/2014	SUNY Research Foundation Stony Brook Psychiatry Postdoctoral Associate Stony Brook, NY

From 12/2014 to present                      Stony Brook Medicine, Psychiatry Department  
 Research Assistant Professor  
 Clinical Psychologist  
 Stony Brook, NY

### Honors and Awards

- 2003                      **Dean's list**  
 Bucknell University, Lewisburg, PA
- 2004-2007              **Psi Chi National Psychology Honors Society**  
 University of Texas
- 2004-2007              **Distinguished College Scholar**  
 University of Texas
- 2007                      **Phi Beta Kappa**  
 University of Texas
- 2009                      **Graduate and Professional Student Federation  
 Research Travel Award**  
 Awarded to outstanding student for conference travel
- 2017-2019              **NIH Loan Repayment Program (NICHD)**  
*Promoting Mental Health and Resilience in  
 High-Risk Populations*

### Peer Reviewed Publications

1. Abramowitz, J. S., Melzer-Brody, S., Lesserman, J., Killenburg, S., Rinaldi, K., **Mahaffey, B. L.**, Pedersen, C (2010). Obsessional thoughts and compulsive behaviors in a sample of women with postpartum mood symptoms. *Archives of Women's Mental Health, 13*, 523-530, doi: 10.1007/s00737-010-0172-4
2. Timpano, K. R., Keough, M. E., **Mahaffey, B. L.**, Schmidt, N. B., & Abramowitz, J. S. (2010). Parenting and obsessive-compulsive symptoms: Implications of authoritarian parenting. *Journal of Cognitive Psychotherapy, 24*, 151-164. doi: 10.1891/0889-8391.24.3.151
3. Timpano, K. R., Abramowitz, J. S., **Mahaffey, B. L.**, Mitchell, M.A., & Schmidt, N.B. (2011). Efficacy of a Prevention Program for Postpartum Obsessive-Compulsive Symptoms. *Journal of Psychiatric Research, 45*, 1511-1517. doi: 10.1016/j.jpsychires.2011.06.015
4. Wheaton, M. G., **Mahaffey, B. L.**, Timpano, K. R., Berman, N. C., & Abramowitz, J. S. (2012). The Relationship between Anxiety Sensitivity and Obsessive-Compulsive Symptom Dimensions. *Journal of Behavior Therapy and Experimental Psychiatry, 43*, 891-896.
5. **Mahaffey, B. L.**, Wheaton, M. G., Fabricant, L. E., Berman, N. C., & Abramowitz, J. S. (2012). The contribution of experiential avoidance and social cognitions in the prediction of social anxiety. *Behavioural and Cognitive Psychotherapy, 1-12*, doi:10.1017/S1352465812000367

6. Deacon, B. J., Lickel, J.J., Possis, E. A., Abramowitz, J. S., **Mahaffey, B. L.**, Wolitzky-Taylor, K. (2012). Do cognitive reappraisal and diaphragmatic breathing augment interoceptive exposure for anxiety sensitivity? *Journal of Cognitive Psychotherapy*, *26*, 567-269. doi: 10.1891/0889-8391.26.3.257. doi:10.1016/j.jbtep.2012.01.001
7. Yarbro, J., **Mahaffey, B. L.**, Abramowitz, J., Kashdan, T. (2013). Recollections of parent–child relationships, attachment insecurity, and obsessive–compulsive beliefs, *Personality and Individual Differences*. doi:10.1016/j.paid.2012.10.003
8. **Mahaffey, B. L.**, Gonzalez, A., Farris, S. G., Zvolensky, M. J., Bromet, E. J., Luft, B. J., & Kotov, R. (2015). Smoking to regulate negative affect: disentangling the relationship between posttraumatic stress and emotional disorder symptoms, nicotine dependence, and cessation-related problems. *Nicotine & Tobacco Research*, *175*.
9. Farris, S. G., Paulus, D. J., Gonzalez, A., **Mahaffey, B. L.**, Bromet, E. J., Luft, B. J., ... & Zvolensky, M. J. (2015). Anxiety sensitivity mediates the association between post-traumatic stress symptom severity and interoceptive threat-related smoking abstinence expectancies among World Trade Center disaster-exposed smokers. *Addictive behaviors*, *51*, 204-210.
10. Dixon, L., **Mahaffey, B. L.** (2015). The why, what, and how of tracking your training: A primer for clinical psychology students. *The Behavior Therapist*. *38*, 70-74.
11. Gonzalez, A., Vranceanu, A. M., **Mahaffey, B.**, Laroche, K., & Park, E. R. (2016). Mental and physical health outcomes following the Relaxation Response Resiliency Program (3RP) in a clinical practice setting. *European Journal of Integrative Medicine*.
12. Gonzalez, A., Locicero, B., **Mahaffey, B.**, Fleming, C., Harris, J., & Vujanovic, A. A. (2015). Internalized HIV Stigma and Mindfulness Associations With PTSD Symptom Severity in Trauma-Exposed Adults With HIV/AIDS. *Behavior Modification*, 0145445515615354.
13. Farris, S. G., Paulus, D. J., Gonzalez, A., **Mahaffey, B. L.**, Bromet, E. J., Luft, B. J., ... & Zvolensky, M. J. (2016). Posttraumatic stress symptoms and body mass index among World Trade Center disaster-exposed smokers: A preliminary examination of the role of anxiety sensitivity. *Psychiatry Research*, *241*,135-140.
14. **Mahaffey, B. L.**, Watson, D., Clark, L.A., Kotov, R. (2016). Clinical and personality traits in emotional disorders: Evidence of a common framework. *Journal of Abnormal Psychology*. *125*, 758-767 DOI: 10.1037/abn0000187.
15. Blakey, S. M., Abramowitz, J. S., & **Mahaffey, B. L.** (2017). Do obsessive beliefs predict body dysmorphic concerns? *Journal of Obsessive-Compulsive and Related Disorders*.
16. **Mahaffey, B. L.**, Gonzalez, A., Farris, S. G., Zvolensky, M. J. Bromet, E.J., Luft, B. J., Kotov, R. (2017). Understanding the connection between posttraumatic stress symptoms and respiratory problems: Contributions of anxiety sensitivity. *Journal of Traumatic Stress*.
17. Gonzalez, A., Friedberg, F., Li, X., Zvolensky, M. J., Bromet, E. J., **Mahaffey, B. L.**, Vujanovic, A. A., Luft, B. J., & Kotov, R. (2017). Trauma-focused smoking cessation for smokers exposed to the World Trade Center Disaster: A randomized clinical trial. *Nicotine and Tobacco Research*.
18. Shim, M., **Mahaffey, B.**, Bleidistel, M., & Gonzalez, A. (2017). A scoping review of human-support factors in the context of Internet-based psychological interventions (IPIs)for depression and anxiety disorders. *Clinical psychology review*.

19. Shim, M., Gonzalez, A., Vranceanu, A.M. Reffi, A., **Mahaffey, B.**, Park, E. (2018). The Relaxation Response Resiliency Program (3RP) in Patients with Headache and Musculoskeletal Pain: A Retrospective Analysis of Clinical Data. *Pain Management Nursing*.
20. **Mahaffey, B. L.**, Mackin, D. M., Vranceanu, A., Lofaro, L., Bromet, E. J., Luft, B. J., Gonzalez, A. (2018). The Stony Brook Health Enhancement Program (SB-HEP): The development of an active control condition for mind-body interventions. *Journal of Health Psychology*.

### Publications under Review & In Preparation

Liu, K., Ruggero, C. J., Kotov, R., Callahan, J., Boals, A., **Mahaffey, B.**, & Gonzalez, A. (2018). When hindsight is not 20/20: Ecological momentary assessment of PTSD symptoms versus retrospective report. Manuscript under review.

Mahaffey, B.M., Mackin, D., Gonzalez, A. (2018). The Disaster Worker Resilience Training Program: A randomized clinical trial in Hurricane Sandy responders. Manuscript in preparation.

### Book Chapters

1. Abramowitz, J. S., Wheaton, M. G., & **Mahaffey, B. L.** (2008). Obsessive-compulsive personality disorder. In W. E. Craighead & C. B. Nemeroff (Eds), *The Concise Corsini Encyclopedia of Psychology and Behavioral Science* (fourth edition) Hoboken, NJ: Wiley.
2. Abramowitz, J. S., **Mahaffey, B. L.**, & Wheaton, M. G. (2008). Obsessive-compulsive disorder. In W. E. Craighead & C. B. Nemeroff (Eds), *The Concise Corsini Encyclopedia of Psychology and Behavioral Science* (fourth edition) Hoboken, NJ: Wiley.
3. Abramowitz, J. S. & **Mahaffey, B. L.**, (2011). The obsessive compulsive disorders spectrum. In D.H. Barlow (eds). *The Oxford Handbook of Clinical Psychology*. New York, NY: Oxford University Press.
4. Abramowitz, J. S. & **Mahaffey, B. L.**, (2013). Psychological treatment of obsessive-compulsive disorder: The case of Cassie. Chapter in W. O'Donohue and S. Lillienfeld (eds). *Case studies in clinical psychology*.
5. **Mahaffey, B.L.**, Lobel, M. (in press). Mental Health and Emotional Distress during Pregnancy in Revenson, T. A. & Gurung, R. A. R. (Eds.), *The New Handbook of Health Psychology*. NY: Taylor & Francis/Routledge.

### Treatment Manuals

**Mahaffey, B. L.** & Gonzalez, A. (2013). The WTC stress management health enhancement program. Unpublished manual.

### Professional Talks & Invited Workshops

1. Fabricant, L. E., , **Mahaffey, B. L.**, Wheaton, M. G., Berman, N. C., & Abramowitz, J. S. (2010, November). *The relationship between anxiety sensitivity and obsessive compulsive symptoms*. Poster presented at the 44<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

2. Abramowitz, J. S., Ringer, M., **Mahaffey, B. L.**, Simpson, S.J., Deacon, B. (2008, November). *Dismantling the delivery of interoceptive exposure for anxiety sensitivity: A randomized controlled trial*. In D. McKay, B. Deacon (Chairs), *Experimental and Therapeutic Effects of Interoceptive Exposure Procedures*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
3. Deacon, B. J., Abramowitz, J. S., Lickel, J., Nelson, E., **Mahaffey, B. L.**, Simpson, S., & Draper, W. (2008, March). *Methods of delivering interoceptive exposure for anxiety sensitivity: Preliminary results from a randomized controlled trial*. In Cromer, K. (chair), *Anxiety sensitivity and psychopathology: Recent finding and new research directions*. Paper presented at the Anxiety Disorders Association of America Annual Conference. Savannah, GA.
4. Abramowitz, J. S., Olatunji, B., Deacon, B. J., Wheaton, M. G., & **Mahaffey, B. L.** (2008, March). *Dimensions of anxiety sensitivity and dimensions of obsessive-compulsive disorder*. In Cromer, K. (chair), *Anxiety sensitivity and psychopathology: Recent finding and new research directions*. Paper presented at the Anxiety Disorders Association of America Annual Conference. Savannah, GA.
5. Abramowitz, J. S., Timpano, K., R., Keough, M. E., **Mahaffey, B. L.**, Schmidt, N. B. (2008, September). *Relationships between obsessive-compulsive-related beliefs and anxiety sensitivity*. In K. Timpano (chair), *Recent advances in understanding vulnerability and risk for obsessive-compulsive disorder*. Paper presented at the 42<sup>nd</sup> Annual Conference of the Association for Behavioral and Cognitive Therapies. Orlando, FL.
6. **Mahaffey, B. L.**, Wheaton, M. G., Berman, N. C., & Abramowitz, J. S. (2010, March). *The relationship between maternal care and overprotection in the familial transmission of OC symptoms*. In B. Mahaffey (chair), *Anxious youth: The relationship between parenting and anxiety in childhood and young adulthood*. Symposium presented at the 30<sup>th</sup> Annual Conference of the Anxiety Disorders Association of America. Baltimore, MD.
7. Gonzalez, A., **Mahaffey, B. L.**, (2014, December). The Stress Management and Resiliency Training (SMART) Program: Synergistically healing mind and body. Grand Rounds presented at Stony Brook Medicine, Department of Psychiatry. Stony Brook, NY.
8. Gonzalez, A., **Mahaffey, B. L.**, Rosen, J. (2015, April). The Disaster Worker Resiliency Training Program. Workshop accepted for presentation at National Association for City and County Health Officials (NACCHO) Preparedness Summit. Atlanta, GA.
9. **Mahaffey, B. L.**, (2016, March). The Mind Body Connection, Using Your Brain to Promote Wellness. Talk presented at Stony Brook Medicine Colorectal Cancer Survivorship and Support Group Meeting. Stony Brook, NY.
10. **Mahaffey, B. L.**, Tanenberg- Karant, M. (2016, November). Women's Peripartum Mental Health and an Update on Treatment Resources available for Perinatal Depression and Anxiety. Grand Rounds presented at Stony Brook Medicine, Department of Obstetrics and Gynecology and Reproductive Medicine. Stony Brook, NY.
11. **Mahaffey, B. L.**, (2017, January). Treating Antenatal Mood and Anxiety Symptoms: A Pilot Trial of the SMART Pregnancy Program. Grand Rounds presented at Stony Brook Medicine, Department of Psychiatry. Stony Brook, NY.

12. **Mahaffey, B. L.**, (2018, May). The Management of Chronic Suicidality in an Outpatient Setting: A DBT Informed Approach. Grand Rounds presented at Stony Brook Medicine, Department of Psychiatry. Stony Brook, NY.
13. **Mahaffey, B. L.**, (2018, June). Daily Stress Reduction for Health Care Providers. Talk presented at Stony Brook World Trade Center Clinic Training Day. Commack, NY.

### Conference Poster Presentations

1. Lee, H. J., **Mahaffey, B. L.**, & Telch, M. J. (2006, November). *The Affects of Suppressing Apparent Anxiety Symptoms*. Poster presented at the 40<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies. Chicago, IL.
2. **Mahaffey, B. L.**, Dankner, N., Simpson, S., Hollman, H., Storch, E. A., & Abramowitz, J. S. (2008, November). *Pathways to inflated responsibility beliefs*. Poster presented at the 42<sup>nd</sup> Annual Conference of the Association for Behavioral and Cognitive Therapies. Orlando, FL.
3. **Mahaffey, B. L.**, Olatunji, B. O., Deacon, B. J., Harrington, D., Draper, W., & Abramowitz, J. S. (2008, November). *The relationship between cognitions and obsessive-compulsive symptoms*. Poster presented at the 42<sup>nd</sup> Annual Conference of the Association for Behavioral and Cognitive Therapies. Orlando, FL.
4. Lickel, J., J., Abramowitz, J. S., Nelson, E. A., Ringer, M., **Mahaffey, B. L.**, Simpson, S. J., & Deacon, B. J. (2008, November). *Dismantling the delivery of interoceptive exposure for anxiety sensitivity: A randomized controlled trial*. Poster presented at the 42<sup>nd</sup> Annual Conference of the Association for Behavioral and Cognitive Therapies. Orlando, FL.
5. **Mahaffey, B. L.**, Timpano, K. R., Keough, M. E., Schmidt, N. L., Abramowitz, J. S. (2009, November). *Fear of Sin, A Unique Domain of Obsessive Belief*. Poster presented at the Anxiety Disorders Special Interest Group Meeting at the 43<sup>rd</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
6. **Mahaffey, B. L.**, Abramowitz, J. S., Deacon, B. J., Olatunji, B. O., Wheaton, M. G., et al. (2009, November). *The Dimensional Obsessive-Compulsive Scale (DOCS): Development, factor analysis, and reliability*. Poster presented at the 43<sup>rd</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
7. Wheaton, M., Berman, N. C., **Mahaffey, B. L.**, Abramowitz, J. S., Deacon, B., Olatunji, B., Timpano, K., McGrath, P., Riemann, B., Adams, T., Bjorgvinsson, T., Storch, E., & Hale, L. (2009, November). *Reliability and Validity of the Dimensional Obsessive-Compulsive Scale*. Poster presented at the 43<sup>rd</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, New York City, NY.
8. **Mahaffey, B. L.**, Deaton, T. P., Berman, N. C., Wheaton, M. G., Fabricant, L. E., & Abramowitz, J. S. (2010, November). *Religiosity, childhood experiences, and obsessive beliefs*. Poster presented at the 44<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
9. **Mahaffey, B. L.**, Abramowitz, J. S., Meltzer-Brody, S., Lesserman, J., Killenberg, S., Rinaldi, K., & Pedersen, C. (2010, November). *Obsessive-compulsive symptomatology in women with postpartum clinical depression*. Poster presented at the 44<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
10. Wheaton, M. G., Fabricant, L. E., Berman, N. C., **Mahaffey, B. L.**, & Abramowitz, J. S. (2010, November). *Experiential avoidance in the prediction of compulsive hoarding*. Poster

presented at the 44<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

11. Wheaton, M. G., Olatunji, B. O., **Mahaffey, B. L.**, Fabricant, L. E., Berman, N. C., & Abramowitz, J. S. (2010, November). *Swine flu concerns: Associations with health anxiety, contamination cognitions, and disgust sensitivity*. Poster presented at the 44<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
12. Berman, N. C., Wheaton, M. G., Fabricant L. E., **Mahaffey, B. L.**, Pardue, C., Abramowitz, J. S. (2010, March). *The relationship between thought-action fusion and motivation for religion*. Poster presented at the 2010 Anxiety Disorders Association of America Annual Conference. Baltimore, MA.
13. Fabricant L. E., Berman, N. C., Wheaton, M., **Mahaffey, B. L.**, Abramowitz, J. S. (2010, March). *Development of a behavioral paradigm to assess thought-action fusion*. Poster presented at the 2010 Anxiety Disorders Association of America Annual Conference. Baltimore, MA.
14. **Mahaffey, B. L.**, Abramowitz, J. S., Meltzer-Brody, J., Leserman, J., Killenberg, S., Rinaldi, K., Pedersen, C. (2010, March). *Obsessional thoughts and compulsive behaviors in a sample of women with postpartum mood symptoms*. Poster presented at Anxiety Disorders Association of America Annual Conference. Baltimore, MA.
15. Fabricant, L. E., Schneider, R., Wheaton, M. G., Berman, N. C., **Mahaffey, B. L.**, Abramowitz, J. S. (2011, November), *The role of dysfunctional cognitions, experiential avoidance, and mindfulness in the prediction of PTSD symptoms*. Poster presented at the 45<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
16. Wheaton, M. G., Fabricant, L. E., Berman, N. C., **Mahaffey, B. L.**, Abramowitz, J. S. (2011, November). *Hoarding and PTSD symptoms in a trauma-exposed student sample*. Poster presented at the 45<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
17. **Mahaffey, B. L.**, Wheaton, M. G., Fabricant, L. E., Berman, N. C., Abramowitz, J. S. (2011, November). *The contribution of experiential avoidance and dysfunctional cognitions in the prediction of social anxiety*. Poster presented at the 45<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
18. **Mahaffey, B. L.**, Yarbro, J., Abramowitz, J. S. (2011, November). *Parental care, attachment insecurity, and the endorsement of obsessive beliefs*. Poster presented at the 45<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
19. Shaw, A. M., Timpano, K. R., Doss, B. D., **Mahaffey, B. L.**, Mitchell, M. A., Abramowitz, J. S., & Schmidt, N. B. (2012, April). *Obsessions and relationship functioning in the postpartum: The effects of obsessive-compulsive symptoms on relationship satisfaction*. Poster presented at the 32nd Annual Convention of the Anxiety and Depression Association of America. Alexandria, VA.
20. Jacoby, R. J., Blakey, S. M., Campbell, A. A., Wheaton, M. G., **Mahaffey, B. L.** Berman, N. C., Fabricant, L. E., & Abramowitz, J. S. (2012, April). *Associations between emotion reactivity and cognitive distortions in outpatients with anxiety disorders*. Poster presented at the 32nd Annual Convention of the Anxiety and Depression Association of America. Alexandria, VA.

21. Fabricant, L. E., Jacoby, R. J., Wheaton, M. G., **Mahaffey, B. L.**, Berman, N. C., & Abramowitz, J. S. (2012, November). Is the use of analogue samples appropriate in research on OCD? Poster presented at the 46<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies. National Harbor, MD.
22. **Mahaffey, B. L.**, Blakey, S., M., Fabricant, L. E., Jacoby, R. J., & Abramowitz, J. S. (2012, November). Cognitive vulnerabilities and the relationship between body dysmorphic disorder and OCD. Poster presented at the 46<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies. National Harbor, MD.
23. Campbell, A., Berman, N., Fabricant, L. E., Jacoby, R. J., **Mahaffey, B. L.**, Wheaton, M. G., & Abramowitz, J. S. (2013, November). Body Vigilance across Obsessive-Compulsive Symptom Dimensions. Poster presented at the 47<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies. Nashville, TN.
24. **Mahaffey, B. L.**, Boeding, S. E., Blakey, S. M., Berman, N. C., Wheaton, M. G., Fabricant, L. E., Jacoby, R. J., & Abramowitz, J. S. (2013, November). Evaluating a cognitive-behavioral model of pathological mirror gazing: Implications for the maintenance of anxiety and appearance dissatisfaction in body dysmorphic disorder. Poster presented at the 47<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies. Nashville, TN.
25. **Mahaffey B. L.**, Bromet, E., Kotov, R., Luft, B. (2014, April). Patient risk perceptions after toxic disasters: Health implications. Poster presented at the 8<sup>th</sup> annual Women in Medicine Research Day. Stony Brook, NY.
26. **Mahaffey, B. L.**, Gonzalez, A., Reffi, A., Kotov, R., Bromet, E., & Luft, B. (2014, May). Designing a randomized controlled trial for PTSD and comorbid health problems: The development of a credible comparison treatment. Poster presented at the 48<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies. Philadelphia, PA.
27. Gonzalez, A., Vranceanu, A.M., **Mahaffey, B. L.**, Laroche, K., Park, E. Psychiatric and physical outcomes following the relaxation response resiliency program (3RP). Poster presented at the 1<sup>st</sup> inaugural Osher Center Integrative Medicine Forum. Boston, MA.
28. **Mahaffey, B. L.**, Ray, C., & Gonzalez, A. (2014, November). Designing a comprehensive Health Enhancement Program (HEP). Poster presented at the Integrative Medicine Research Forum, Boston, MA.
29. Liu, K., Ruggero, C. J., Kotov, R., Callahan, J., Boals, A., **Mahaffey, B.**, & Gonzalez, A. (2015, May). When hindsight is not 20/20: Assessment of PTSD symptoms predominantly captures peak symptoms, not average ones. Poster presented for presentation at the 27<sup>th</sup> Association for Psychological Science annual conference, New York, NY.
30. Gonzalez, A., **Mahaffey, B.**, Caruso, V., Luft, B., Taioli, E., Schwartz, R., Rosen, J., & Rosen, M. (2015, August). The disaster worker resiliency training program for Sandy responders: Project design and preliminary data. Poster presented at the 2015 Hurricane Sandy Conference, New York University, New York, N.Y.
31. Gonzalez, A., **Mahaffey, B.**, Kotov, R., Luft, B., & Bromet, E. (2015, August). Effects of Hurricane Sandy on the respiratory and mental health of WTC responders. Poster presented at the 2015 Hurricane Sandy Conference, New York University, New York, NY.
32. **Mahaffey, B.L.**, Gonzalez, A., Farris, S.G., Zvolensky, M.J., Bromet, E.J., Luft, B.J., & Kotov, R. (2015, November). Smoking to regulate negative affect: Disentangling the relationship



between posttraumatic stress symptom severity, nicotine dependence, and cessation-related problems. Poster presented at the 49<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

33. Gonzalez, A., **Mahaffey, B.**, Caruso, V., Luft, B., Taioli, E., Schwartz, R., Rosen, J., & Rosen, M. (2015, December). The disaster worker resiliency training program for Sandy responders: Project design and preliminary data. Poster presented at the 2015 National Health Care Coalition Preparedness Conference, San Diego, CA.
34. Gonzalez, A., **Mahaffey, B.**, Shim, M., & Ferayorni, F. (February, 2016). Asynchronous techniques for the delivery of empirically supported psychotherapies. Poster presented at the NASA 2016 Human Research Program Investigator's Workshop. Galveston, TX.
35. Lee, A. H., Henninger, M. W., **Mahaffey, B.**, & Gonzalez, A. (April 2016). *Post-traumatic growth and Hurricane Sandy: Associations with mental health in 9/11 disaster responders*. Poster presented at the 37<sup>th</sup> Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Washington, DC.
36. Gonzalez, A., Locicero, B., **Mahaffey, B.**, Fleming, C., Harris, J. and Vujanovic, A.A., (2016). Internalized HIV Stigma and Mindfulness: Associations With PTSD Symptom Severity in Trauma-Exposed Adults With HIV/AIDS. Poster accepted for presentation at the Academy of Integrative Health and Medicine Annual Conference 2016, San Diego, CA.
37. Gonzalez, A., **Mahaffey, B.**, Park, E., Kotov, R., Bromet, B., & Luft, B. (2016). Comprehensive mind-body treatment: Addressing co-occurring PTSD and respiratory symptoms in 9/11 responders. Poster presented at the 32nd Annual Meeting for the International Society for Traumatic Stress Studies, Dallas, TX.
38. Gonzalez, A., **Mahaffey, B.**, Shim, M., & Hernandez, J. (2017). Review of internet-based behavioral health interventions for depression and anxiety disorders and the role of human support. Poster presented at the NASA 2017 Human Research Program Investigator's Workshop, Galveston, TX.
39. Mackin, D. M., **Mahaffey, B.**, Kotov, R., Bromet, E., Luft, B., & Gonzalez, A. (2017, March). Cross-sectional Associations of Mindfulness Skills and PTSD Symptoms in World Trade Center Responders. Poster presented at the 107th meeting of the American Psychopathological Association, New York, NY.

### Media Appearances & Interviews

1. **Mahaffey, B.** (2015, August 11). Guest Radio Appearance. Astronaut Mental Health on Long Duration Space Missions [Radio broadcast episode]. In M. Kron (Producer), *Everyday Health with Dr. Carol Bernstein*. New York, NY: Sirius/XM's Doctor Radio Channel (XM Channel 81).
2. **Mahaffey, B.** (2018, January). Invited interview. Six Things You Didn't Know About Self-Harm. *US News and World Report*.
3. **Mahaffey, B.** (2018, February). Invited interview. 13 Useful, Expert Backed Tips for Dealing with Social Anxiety. *Huffington Post*.

### Research Support

#### Active Grants:

Title: An Internet Delivered Mind-Body Program for Prenatal Maternal Stress

Award Number: 1 K23 HD092888-01A1

Dates: 09/01/2018-08/31/2023

Amount: \$703,872 [total costs]

Funding Source: National Institute for Child Health and Human Development (NICHD)

Role: Principal Investigator

**Past Grants:**

Title: Asynchronous Techniques for the Delivery of Empirically Supported Psychotherapies

Award Number: NNX15A64G

Dates: 2015/07/01-2018/06/30

Amount: \$1,049,945 [total costs]

Funding Source: National Aeronautics and Space Administration (NASA)

Role: Co-Investigator (PI: Adam Gonzalez).

Title: Prevention Program for Postpartum Obsessive-Compulsive Symptoms

Dates: 2007-2010

Funding Source: International Obsessive Compulsive Disorders Foundation

Role: Project Director (PIs: Kiara Timpano Ph.D., Jonathan Abramowitz Ph.D.)

Title: Piloting a Prevention Program for Perinatal Anxiety Problems.

Dates: 2009-2010

Funding Source: North Carolina March of Dimes

Role: Co-Principal Investigator (Co PI: Jonathan Abramowitz Ph.D.)

Title: Mind-Body Treatment for WTC Responders with Comorbid PTSD and Respiratory Illness

Dates: 2013/07/01-2016/06/30

Award Number: 1U01OH010524-01,

Funding Source: National Institute for Occupational Safety and Health (NIOSH)

Role: Project Director (PI: Adam Gonzalez)

Title: The Efficacy of a Brief Resilience Training Program for Hurricane Sandy Disaster Responders

Dates: 2014/10/01-2016/09/30

Award Number: 1-HITEP-140021-01-00

Funding Source: US Department of Health and Human Services (ASPER, DHHS)

Role: Co-Investigator (PI: Adam Gonzalez).

Title: A Pilot Test of the Relaxation Response Resiliency Program in Spanish Speaking World Trade Center Disaster Survivors with PTSD

Dates: 2015/07/01-2016/06/30

Award Number: 1 U01 OH010996-01

Funding Source: National Institute for Occupational Safety and Health

Role: Co-Investigator (PI: Adam Gonzalez).

**Teaching, Supervision & Mentorship**

**Instructional Assistant, UNC Department of Psychology**

Research Methods (Psyc 270), Fall 2008 – Spring 2009

Introduction to Psychological Statistics (Psyc 210), Fall 2010

**Undergraduate Honors Thesis Supervisor, UNC Department of Psychology**

Fall 2009 - Spring 2011

Students supervised include:

- Shannon Blakey B.A.
- Jessica Yarbrow B.A.
- Taylor Deaton B.A.

**Teaching Assistant, UNC Department of Psychology**

Abnormal Psychology (Psyc 245), Spring 2007

Introduction to Psychology (Psyc 101), Fall 2011 – Spring 2012

**Teaching Fellow (Instructor of Record), UNC Department of Psychology**

Abnormal Psychology (Psyc 245) Fall 2009, Summer 2010, Spring 2011

**Clinical Supervisor, UNC Anxiety and Stress Disorders Clinic**

UNC Department of Psychology

Fall 2011- Spring 2012

**Clinical Research Supervisor, Stony Brook Psychiatry Department**

Fall 2013 to Present

**Internship and Externship Clinical Supervisor, Stony Brook Consortium**

(Stony Brook Consortium Internship/Externship/Postdoctoral Program)

Fall 2013 to present

**PGY-3 Psychiatry Residents Didactics, Stony Brook Psychiatry**

Fall 2015 to present

Seminar Topics Taught: Evidence Based Treatments for PTSD, OCD and Personality Disorders.

**Journal Editorial Boards**

*Journal of Psychotherapy Integration*

**Ad Hoc Journal Reviews (Arranged Alphabetically)**

*American Journal of Industrial Medicine*

*Behaviour Research and Therapy*

*Behavior Modification*

*Cognitive Therapy and Research*

*Journal of Behavioral Medicine*

*Journal of Consulting and Clinical Psychology*

*Journal of Cognitive Psychotherapy*

*Journal of Obsessive Compulsive and Related Disorders*

*Journal of Nervous and Mental Disease*

*Journal of Substance Abuse Treatment*

*Journal of Affective Disorders*

*Maternal and Child Health Journal*

*Psychosomatic Medicine*

*Stress and Health*

**Professional Affiliations and Memberships**

2007-present Association for Behavioral and Cognitive Therapies  
*2014-2016 ABCT Program Design Committee Member*

2009-present Anxiety Disorders Association of America

2009-present Society for a Science of Clinical Psychology

2014-present Society for Behavioral Medicine

2017-present Suffolk County Psychological Association

**Professional Service**

2014-present ABCT Program Design Committee

2015-present Tobacco Cessation Task Force for the New York Suffolk County DSRIP Program, committee member

2015-present Stony Brook University Consortium Internship & Externship Programs: Executive, Training and Selection Committees

2016 Health Research Board, International Grant Review Panel

**Relevant Training & Volunteer Service**

**Austin Child Guidance Center**

September 2005 - May 2006  
Volunteer Play Therapy Leader

**Texas State Hospital**

May 2006 - May 2007  
Volunteer Group Leader (psychoeducational and support groups)

**Safe Zone Ally Training**

January 2008  
Safe Zone Ally for the LGBTQIA community

**Advanced Statistical Training**

Fall 2008, Fall 2009  
Completed coursework in factor analysis and multilevel modeling.

**Haven Domestic Violence Prevention Training**

November 2010  
Certified Haven Ally for survivors of sexual violence, abusive relationships, and stalking.

**Rorschach Training Seminar**

June 2010  
Exner Comprehensive Scoring System and the Rorschach Performance Assessment System (R-PAS), as well as the interpretation of test scores.

**Cognitive-Behavioral Couple Therapy Seminar**

August 2011 - May 2011  
Completed seminar in CBCT with supervision by Donald Baucom PhD.

**Stress Management and Resiliency Training Program (SMART)**

**Train the Trainer**

Fall 2013

Training completed at Benson-Henry Institute for Mind-Body Medicine at Massachusetts General Hospital, Boston MA.

**World Trade Center, 9/11 Oral History Project**

Fall 2013- Spring 2016

Volunteered to conduct interviews for the 9/11 Oral History project. This is a video documentary series documenting the experiences of 9/11 disaster responders.