

**AMY MEZULIS, PH.D.**  
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**ACADEMIC DEGREES**

2005	Ph.D.	Clinical Psychology – University of Wisconsin - Madison
2002	M.S.	Clinical Psychology – University of Wisconsin - Madison
1996	M.A.	Political Science – University of California - Berkeley
1994	A.B.	Government – Harvard University

**PROFESSIONAL POSITIONS*****Seattle Pacific University – Department of Clinical Psychology***

Professor, 2019-  
 Department Chair, 2017-  
 Director of Research, 2014-17  
 Associate Professor, 2013-19  
 Assistant Professor, 2006-13

***University of Washington - Department of Psychiatry and Behavioral Sciences***

Senior Research Fellow, 2005-10

***VA Puget Sound Health Care System – Seattle***

Intern, 2004-5

**LICENSURE**

2009-present Licensed Clinical Psychologist, State of Washington (PY00003882)

**CLINICAL AREAS OF EXPERTISE**

Evidence-based and skills-focused interventions to children, adolescents, and adults with a focus on developing adaptive coping skills to manage negative emotions and tolerate stress. I am particularly trained in cognitive-behavioral therapy (CBT) and dialectical-behavioral therapy (DBT) for the treatment of depression and other mood disorders, self-injury and suicidality, anxiety, trauma, and substance use among pre-adolescents, adolescents and young adults.

**TEACHING AREAS OF EXPERTISE**

Assessment and diagnosis of psychopathology; diagnostic interviewing; cognitive-behavioral therapy; learning theory and behavior change; general clinical intervention skills.

**RESEARCH GRANTS AND AWARDS**

2016-2019	National Institute of Mental Health 2R15MH098294-02 titled: <i>Pathways Linking Dysregulation in the Positive Valence System with Adolescent Depression</i> (Total Direct Costs: \$299,923). Role: Principal Investigator
2013-2016	National Institute of Mental Health R15MH098294-01A1 titled: <i>Cognitive and Physiological Pathways from Temperament to Adolescent Depression</i> (Total Direct Costs \$290,727). Role: Principal Investigator.
2012-2016	Scientific Research Network – Flanders (FWO, Belgium) titled: <i>Temperamental and Cognitive Vulnerability to the Dysregulation of Affect and Behavior</i> . Role: Research Network Member.
2008-2016	Faculty Research Grants (totaling \$15,000) by Seattle Pacific University
2007-2010	National Association for Research in Schizophrenia and Depression Young Investigator Award (\$60,000). Role: Principal Investigator.

**PEER-REVIEWED PUBLICATIONS**

Fox, A.R., Aldrich, J.T., Ahles, J.A., & **Mezulis, A.H.** (2019). Stress and parenting predict changes in adolescent respiratory sinus arrhythmia. *Developmental Psychobiology*.

- Fox, A. R., Hammond, L. E., & **Mezulis, A. H.** (2018). Respiratory sinus arrhythmia and adaptive regulation as predictors of nonsuicidal self-injury in young adults. *International Journal of Psychophysiology*, 133
- Wielgus, M. D., Hammond, L., Fox, A. & **Mezulis, A. H.** (2018). Does shame influence nonsuicidal self-injury among college students? An investigation into the role of shame, negative urgency, and brooding. *Journal of College Student Psychotherapy*.
- Aldrich, J. T., Wielgus, M. D., **Mezulis, A. H.** (2018). Low physiological arousal and high impulsivity as predictors of self-injurious thoughts and behaviors among adolescents. *Journal of Adolescence*, 62C, 55 – 60.
- Skalisky, J., Wielgus, M.D., Aldrich, J.T., & **Mezulis, A.H.** (2018). Motives for and impairment associated with alcohol and marijuana use among college students. *Addictive Behaviors*, 88.
- Harding, K.A., Murphy, K., & **Mezulis, A.H.** (2017). Ruminating on the positive: Paths from trait positive emotionality to event-specific gratitude. *Journal of Happiness Studies*, 20(2).
- Heininga, V., Van Roekel, E., Ahles, J., Oldehinkel, A., & **Mezulis, A.** (2017). Positive affective functioning in anhedonic individuals' lives: Anything but flat and blunted. *Journal of Affective Disorders*, 218, 437-445.
- Wante, L., **Mezulis, A.**, Van Beveren, M.L., & Braet, C. (2017). The mediating role of adaptive and maladaptive emotion regulation strategies on executive functioning impairment and depressive symptoms among adolescents. *Child Neuropsychology*, 23 (8) 935-953.
- Kuhn, M., Ahles, J., Aldrich, J., Wielgus, M., & **Mezulis, A.** (2017). Physiological self-regulation buffers the relationship between impulsivity and externalizing behaviors among nonclinical adolescents. *Journal of Youth and Adolescence*, doi:10.1007/s10964-017-0689-1.
- Ahles, J., Mezulis, A., & Crowell, S. (2017). Pre-ejection period reactivity to reward is associated with anhedonic symptoms of depression among adolescents. *Developmental Psychobiology*, 59, 535-542.
- Van Beveren, M.L., Mezulis, A., Wante, L., & Braet, C. (2016). Joint contributions of negative emotionality, positive emotionality, and effortful control on depressive symptoms in youth. *Journal of Clinical Child and Adolescent Psychology*, 25, 1954-68.
- Vieselmeyer, J., Holguin, J., & **Mezulis, A.** (2017). The role of resilience and gratitude in posttraumatic stress and growth following a university shooting. *Psychological Trauma: Theory, Research, Practice, and Policy*, 9, 62-29.
- Wielgus, M., Aldrich, J., **Mezulis, A.**, & Crowell, S. (2016). Respiratory sinus arrhythmia as a predictor of self-injurious thoughts and behaviors among adolescents. *International Journal of Psychophysiology*, 106, 127-134.
- Nicolai, K.A., Wielgus, M.D., & **Mezulis, A.** (2016). Identifying risk for self-harm: Rumination and negative affectivity in the prospective prediction of nonsuicidal self-injury. *Suicide and Life-Threatening Behavior*, 46, 223-233.
- Nelis, S., Bijttebier, P., Raes, P., & **Mezulis, A.** (2016). Trait affectivity and response styles to positive affect: Negative affectivity relates to dampening and positive affectivity relates to enhancing. *Personality and Individual Differences*, 96, 148-154.
- Harding, K.A., Willey, B., Ahles, J., & **Mezulis, A.** (2016) Disentangling vulnerability from outcome: Distinctions between trait affect and depressive symptoms in adolescent and young adult samples. *Journal of Affective Disorders*, 199, 42-53.
- Murphy, K., McGuire, A., Erickson, T., & Mezulis, A. (2016). Somatic symptoms mediate the relationship between health anxiety and health-related quality of life over 8 weeks. *Stress and Health* (advance online publication) <http://dx.doi.org.ezproxy.spu.edu/10.1002/smi.2694>
- Harding, K., Murphy, K., & **Mezulis, A.** (2016). Cognitive responses reciprocally transmit vulnerability between depressive and somatic symptoms. *Depression Research and Treatment* (advanced online publication).
- Mezulis, A.**, Crystal, S., Ahles, J., & Crowell, S. (2015). Examining biological vulnerability in environmental context: Parenting moderates effects of low resting respiratory sinus arrhythmia on adolescent depressive symptoms. *Developmental Psychobiology*, 57, 974-983.
- Hudson, M.R., Harding, K.A., & **Mezulis, A.** (2015). Dampening and brooding jointly link temperament with depressive symptoms: A prospective study. *Personality and Individual Differences*, 832, 249-254.
- Ahles, J.J., **Mezulis, A.**, & Hudson, M.R. (2015). Religious coping as a moderator of the relationship between stress and depressive symptoms. *Psychology of Religion and Spirituality*, 8, 228-234.
- Snyder, H. R., Gulley, L.D., Bijttebier, P., Hartmann, C.A., Oldehinkel, A.J., **Mezulis, A.**, Young, J.F., & Hankin, B.L. (2015). Adolescent emotionality and effortful control: Core latent constructs and links to psychopathology and functioning. *Journal of Personality and Social Psychology*, 109, 1132-1149.
- Ahles, J.J., Harding, K.A., Hudson, M.R., & **Mezulis, A.** (2014). Sex differences in domain-specific cognitive responses to negative and positive life events. *Personality and Individual Differences*, 76, 198-203.

- Bastin, M., **Mezulis, A.**, Ahles, J., Bijttebier, P., & Raes, P. (2014). Moderating effects of brooding and co-rumination on the relationship between stress and depressive symptoms in early adolescence: A multi-wave study. *Journal of Abnormal Child Psychology*, 43, 607-618.
- Mezulis, A.**, & Harding, K. A. (2014). Gender differences in mental health. In H. Friedman (Ed.), *Encyclopedia of mental health* (2<sup>nd</sup> ed.). Amsterdam, Netherlands: Elsevier.
- Harding, K. A., Hudson, M. R., & **Mezulis, A.** (2014). Cognitive mechanisms linking low trait positive affect to depressive symptoms: A prospective diary study. *Cognition and Emotion*, 28, 1502-1511.
- Mezulis, A.**, Harding, K. A., & Hudson, M. R. (2014). Temperament: Contributions to normal and abnormal child development. In K. Flanagan & S. Hall (Eds.), *Christianity and Developmental Psychopathology: Foundations and approaches*. Westmont, IL: InterVarsity Press.
- Mezulis, A.**, Salk, R., Hyde, J.S., Priess-Groben, H., & Simonson, J. (2013). Affective, biological, and cognitive predictors of depressive symptom trajectories in adolescence. *Journal of Abnormal Child Psychology*, 42, 539-550.
- Nicolai, K., Laney, T., & **Mezulis, A.** (2013). Different stressors, different strategies, different outcomes: How domain-specific stress responses differentially predict depressive symptoms among adolescents. *Journal of Youth and Adolescence*, 42, 1183-1193.
- Crystal S.I., Simonson, J., **Mezulis, A.**, Pegram, K. (2012). Affective reactivity predicts cognitive reactivity to induced stress in adolescence. *Journal of Depression and Anxiety*, doi:10.4172/2167-1044.1000120
- Mezulis, A.**, & Rudolph, M. E. (2012). Pathways linking temperament and depressive symptoms: A short-term prospective diary study among adolescents. *Cognition and Emotion*, 26, 950-960.
- Mezulis, A.**, Vander Stoep, A., Stone, A.L., & McCauley, E. (2011). A latent class analysis of depressive and externalizing symptoms in non-referred adolescents. *Journal of Emotional and Behavioral Disorders*, 19, 247-256.
- Simonson, J., Sanchez, O., Arger, C., & **Mezulis, A.** (2011). Integrating affective and cognitive vulnerabilities to depression: Examining individual differences in cognitive responses to induced stress. *Cognitive Therapy and Research*, 36, 474-482.
- Simonson, J., Davis, K., & **Mezulis, A.** (2011). Socialized to ruminate? Gender role mediates the sex difference in interpersonal rumination. *Journal of Social and Clinical Psychology*, 30, 937-959.
- Cox, S., Funasaki, K., Smith, L., & **Mezulis, A.** (2011). A prospective study of brooding and reflection as moderators of the relationship between stress and depressive symptoms in adolescence. *Cognitive Therapy and Research*, 36, 290-299.
- Mezulis, A.**, Simonson, J., McCauley, E., & Vander Stoep, A. (2011). The association between temperament and depression in adolescence: Brooding and reflection as potential mediators. *Cognition and Emotion*, 25, 1460-1470.
- Carpenter, T., Laney, T., & **Mezulis, A.** (2011). Religious coping, stress, and depressive symptoms among adolescents: A prospective study. *Psychology of Religion and Spirituality*, 4, 19-30.
- Mezulis, A.**, Funasaki, K., & Hyde, J.S. (2011). Negative cognitive style trajectories in the transition to adolescence: Prediction from temperament, parenting, stress, and gender. *Journal of Clinical Child and Adolescent Psychology*, 40, 318-331.
- Mezulis, A.**, Hyde, J.S., Simonson, J., & Charbonneau, A. (2011). Integrating affective, biological, and cognitive vulnerability models to explain the gender difference in depression: The ABC model and its implications for intervention. In T. Strauman, P. Costanzo, & J. Garber (editors), *Depression in Adolescent Girls: Science & Prevention (The Duke Series in Child Development and Public Policy)*. Charlotte, NC: Duke University Press.
- Mezulis, A.**, Priess, H., & Hyde, J.S. (2011). Rumination mediates the relationship between infant temperament and adolescent depressive symptoms. *Depression Research and Treatment*, 2011, doi:10.1155/2011/487873.
- Mezulis, A.**, Funasaki, K., Charbonneau, A., & Hyde, J.S. (2010). Gender differences in the cognitive vulnerability-stress model of depression in the transition to adolescence. *Cognitive Therapy and Research*, 34, 501-513. doi:10.1007/s10608-009-9281-7
- Cox, S., **Mezulis, A.**, & Hyde, J. (2010). The influence of child gender role and maternal feedback to child stress on the emergence of the gender difference in rumination in adolescence. *Developmental Psychology*, 46, 842-852.
- Mezulis, A.**, & Funasaki, K. (2009). Modeling the gender difference in depression: A commentary on Cambron, Acitelli, and Pettit. *Sex Roles*, 61, 762-768. doi:10.1007/s11199-009-9663-z
- Charbonneau, A., **Mezulis, A.**, & Hyde, J.S. (2009). Stress and emotional reactivity as explanations for gender differences in adolescents' depressive symptoms. *Journal of Youth and Adolescence*, 38, 1050-1058. doi:10.1007/s10964-009-9398-8

- Hyde, J.S., **Mezulis, A.**, & Abramson, L.Y. (2008). The ABCs of depression: Integrating affective, biological, and cognitive models to explain the emergence of the gender difference in depression. *Psychological Review*, 115, 291-313. doi:10.1037/0033-295X.115.2.291
- Mezulis, A.**, Hyde, J.S., & Abramson, L.Y. (2006). The developmental origins of cognitive vulnerability to depression: Temperament, parenting, and negative life events in childhood as contributors to negative cognitive style. *Developmental Psychology*, 42, 1012-1025. doi:10.1037/0012-1649.42.6.1012
- Mezulis, A.**, Abramson, L., Hyde, J.S., & Hankin, B.L. (2004). Is there a universal positivity bias in attributions? A meta-analytic review of individual, developmental, and cultural differences in the self-serving attributional bias. *Psychological Bulletin*, 130, 711-746. doi:10.1037/0033-2909.130.5.711
- Mezulis, A.**, Hyde, J.S., and Clark, R. (2004). Father involvement moderates the effect of maternal depression in infancy on child behavior problems. *Journal of Family Psychology*, 18, 575-588.
- Mezulis, A.**, Abramson, L., and Hyde, J.S. (2002). Domain specificity of gender differences in rumination. *Journal of Cognitive Psychotherapy: An International Quarterly*, 16, 421-434.
- Hyde, J.S., & **Mezulis, A.** (2001). Gender difference research: Issues and critique. In J. Worrell (Ed.), *Encyclopedia of Gender*. New York: Academic Press.

#### CONFERENCE PRESENTATIONS (LAST 5 YEARS ONLY)

- Vieselmeyer, J., Hammond, L., & Mezulis, A. (2018, August). *A Program Evaluation of ZGiRLS: Psychological Skills Enhance Protective Factors*. Poster presentation for the 126<sup>th</sup> American Psychological Association (APA) Annual Conference. San Francisco, CA.
- Hammond, L.E., Kuhn, M., DeSimone, J., & Mezulis, A. (2018, April). *Past Year Nonsuicidal Self-Injury as a Predictor of Coping Strategy Use in Young Adults*. Poster presentation for the Western Psychological Association (WPA) Annual Conference. Portland, OR.
- Hammond, L.E., Fox, A.R., & Mezulis, A.H. (2017). *Problem-Solving Moderates the Relationship Between Respiratory Sinus Arrhythmia, Reactivity, and Nonsuicidal Self-Injury*. Poster presented 11/17 at the Association for Behavioral and Cognitive Therapies, San Diego, CA.
- Wielgus, M.D., Hammond, L.E., Fox, A.R., & Mezulis, A. H. (2017). *Shame-proneness, Negative Urgency, and Brooding in the Prediction of Nonsuicidal Self-injury*. Poster presented 04/2017 at the American Association of Suicidology, Phoenix, AZ.
- Aldrich, J. T., Wielgus, M. D., Walter, C., & Mezulis, A. H. (11/2017). Examining cognitive vulnerabilities of depressive symptoms. Poster presented at the 51st annual Association for Behavioral and Cognitive Therapies Conference, San Diego, CA.
- Skalisky, J., Wielgus, M., & Mezulis, A. H. (2017, November). Motives of use among college alcohol and marijuana users. Poster presented at the 51st Association for Behavioral and Cognitive Therapies Annual Convention, San Diego, CA.
- Wielgus, M. D., Aldrich, J. T., & Mezulis, A. H. (04/2017). Poor RSA recovery from stress predicts nonsuicidal self-injury among young adults: A replication study. Poster presented at the 50<sup>th</sup> annual American Association of Suicidology Conference, Phoenix, AZ.
- Mezulis, A. H., Wielgus, M., Aldrich, J., & Crowell, S. (2015). *Poor RSA Recovery from Stress Predicts Self-injurious Thoughts and Behaviors among Adolescents*. Poster presented 10/2015 at the Society for Psychophysiological Research, Seattle, WA.
- Ahles, J. J., Mezulis, A. H., & Crowell, S. (2015). *Pre-ejection Period Reactivity to Reward Predicts Anhedonia Symptoms Among Young Adolescents*. Poster presented 10/2015 at the Society for Psychophysiological Research, Seattle, WA.
- Aldrich, J., Ahles, J. J., & Mezulis, A. H. (2015). *Resting RSA Moderates the Effect of Trait Impulsivity on Youth Externalizing Behaviors*. Poster presented 10/2015 at the Society for Psychophysiological Research, Seattle, WA.
- Wielgus, M., Ahles, J. J., & Mezulis, A. H. (2015). *Attention to Negative Stimuli Interacts with Stress to Predict Pre-ejection Period Reactivity to Reward and Anhedonia Symptoms among Young Adolescents*. Poster presented 10/2015 at the Society for Psychophysiological Research, Seattle, WA.
- Ahles, J. J., Mezulis, A. H., & Crowell, S. (2015). *PNS and SNS Reactivity to Stress Interact to Predict Children's Externalizing Symptoms*. Poster presented 7/2015 at the International Society for Research in Child & Adolescent Psychopathology, Portland, OR.
- Mezulis, A. H., Ahles, J. J., Crystal, S. I., & Crowell, S. (2015). *Parenting Moderates Effects of Low Resting RSA on Adolescent Depressive Symptoms*. Poster presented 7/2015 at the International Society for Research in Child & Adolescent Psychopathology, Portland, OR.

- Mezulis, A. H., Brittany, W., Kuhn, M., & Ahles, J. J. (2015). *Temperament Predicts Stress-Induced Attention Biases Among Early Adolescents*. Poster presented 7/2015 at the International Society for Research in Child & Adolescent Psychopathology, Portland, OR.
- Ahles, J. J., McClellan, C., & Mezulis, A. H. (2015). *Impulsivity and Differential Susceptibility: Parenting Moderates the Relationship between Impulsivity and Externalizing Problems*. Poster presented 3/2015 at the Society for Research in Child Development, Philadelphia, PA.
- Harding, K., Ahles, J. J., & Mezulis, A. H. (2015). *Positive Affectivity and Impulsivity: Pathways from Externalizing Symptoms to Internalizing Symptoms*. Poster presented 3/2014 at the Society for Research in Child Development, Philadelphia, PA.
- Mezulis, A. H., Crystal, S., Ahles, J. J. (2014). *Examining Bidirectional Associations Between Rumination and Respiratory Sinus Arrhythmia*. Poster presented 9/2014 at the Society for Psychophysiological Research, Atlanta, GA.
- Harding, K. A., Hudson, M. R., Willey, B., & Mezulis, A. H. *Does negative cognitive style predict depressogenic cognitive responses to negative and positive events?* Poster to be presented at the Association for Behavioral and Cognitive Therapies 2014 Annual Meeting, Philadelphia, PA.
- Harding, K. A., Kuhn, M., DeSimone, J., & Mezulis, A. H. *Religious coping predicts state affect as mediated by ruminative responses to negative and positive events*. Poster to be presented at the Association for Behavioral and Cognitive Therapies 2014 Annual Meeting, Philadelphia, PA.
- Rudolph, M. E., Ahles, J. J., & Mezulis, A. H. *Cognitive vulnerability to nonsuicidal self-injury: An integrative approach*. Poster to be presented at the Association for Behavioral and Cognitive Therapies 2014 Annual Meeting, Philadelphia, PA.
- Rudolph, M. E., Shipley, L. A., & Mezulis, A. H. *Examining emotional reactivity in predicting depressive symptoms: The indirect serial effects of emotional clarity and rumination*. Poster to be presented at the Association for Behavioral and Cognitive Therapies 2014 Annual Meeting, Philadelphia, PA.
- Harding, K. A., Rudolph, M. E., & Mezulis, A. H. *Trait negative affect predicts depressive symptoms as mediated by dampening in response to positive events*. Poster to be presented at the Association for Behavioral and Cognitive Therapies 2014 Annual Meeting, Philadelphia, PA.
- Harding, K. A., Hudson, M. R., & Mezulis, A. H. (2014, March). *Examining cognitive mediators of the relationship between positive affect and depressive symptoms*. Poster presented at the Society for Research on Adolescence Biennial Meeting, Austin, TX.
- Ahles, J., Harding, K. A., & Mezulis, A. H. (2014, March). *Domain-specific cognitive responses to positive and negative life events and effects on depressive symptoms among emerging adults*. Poster presented at the Society for Research on Adolescence Biennial Meeting, Austin, TX.
- Hudson, M. R., & Harding, K. A., & Mezulis, A. H. (2014, March). *Cross-sectional and prospective examinations of temperament factors, cognitive strategies, and depressive symptoms*. Poster will be presented at the Society for Research on Adolescence Biennial Meeting, Austin, TX.
- Rudolph, M. E., Harding, K. A., Ahles, J. J., & Mezulis, A. H. (2014, March). *Fuel for the fire: Do brooding and reflection mediate the association between negative cognitions and depressive symptoms?* Poster presented at the Society for Research on Adolescence Biennial Meeting, Austin, TX.
- Crystal, S., Laney, T., Pegram, K., Mezulis, A. (2013, November). *Patterns of Physiological and Affective Stress Reactivity among Young Adolescents*. Poster presented at the Society for Research on Child Development Biennial Meeting, Seattle, WA.
- Hudson, M. R., & Harding, K. A., & Mezulis, A. H. (2013, November). *Dampening mediates effects of positive affect on depressive symptoms*. Symposium presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Nashville, TN.
- Harding, K. A., Hudson, M. R., Pegram, K. L., Crystal, S. I., & Mezulis, A. H. (2013, April). *Affective reactivity predicts cognitive reactivity among early adolescents*. Poster presented at the Society for Research on Child Development Biennial Meeting, Seattle, WA.
- Rudolph, M. E., & Mezulis, A. H. (2013, April). *Emotion dysregulation as a predictor of stress-reactive rumination and attentional biases among early adolescents*. Poster presented at the Society for Research in Child Development Biennial Meeting, Seattle, WA.
- Rudolph, M. E., & Mezulis, A. H. (2013, April). *Predictors of cognitive vulnerability to depression among adolescents: Examining the role of trait and state negative affectivity*. Poster presented at the Society for Research in Child Development Biennial Meeting, Seattle, WA.

## PROFESSIONAL ROLES

*Grant Reviewer:*

National Institutes of Health (US); Medical Research Council (UK); National Institute (Belgium)

*Member:*

International Society for Research in Child and Adolescent Psychopathology; Association for Behavioral and Cognitive Therapies; Society for Psychophysiological Research; Society for Research in Child Development; Society for Research in Adolescence;