

# MATTHEW W. SOUTHWARD, Ph.D.

Curriculum Vitae

February 2024

University of Kentucky  
Department of Psychology  
Phone: (859) 562-1569  
Email: [southward@uky.edu](mailto:southward@uky.edu)

## ACADEMIC APPOINTMENTS

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2022 – **University of Kentucky**  
*Research Assistant Professor, Department of Psychology (Clinical Area)*  
*Licensed Psychologist in Kentucky (#269179)*

## EDUCATION & TRAINING

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2019 – 2021 **University of Kentucky**  
*Postdoctoral Scholar*  
Mentor: Shannon Sauer-Zavala, Ph.D.

2019 **The Ohio State University**  
*Ph.D., Clinical Psychology*  
*Specialization in Biomedical Clinical & Translational Science*  
*Minor in Quantitative Psychology*  
Dissertation Advisor: Jennifer S. Cheavens, Ph.D.

2018 – 2019 **Duke University Medical Center**  
*Medical Psychology Intern*  
Mentor: Andrada D. Neacsiu, Ph.D.

2014 **The Ohio State University**  
*M.A., Clinical Psychology*  
Thesis Advisor: Jennifer S. Cheavens, Ph.D.

2011 **University of Chicago**  
*A.B., Psychology, with Honors*  
Honors Thesis Advisors: Eunice Y. Chen, Ph.D. & John T. Cacioppo, Ph.D.

## CURRENT PROFESSIONAL INTERESTS

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- Personalizing and optimizing psychotherapy treatments (e.g., DBT, UP) for those with emotion dysregulation difficulties (e.g., mood, anxiety, and personality disorders)
- Translating basic research in emotion regulation flexibility and quality into clinical interventions
- Targeting novel mechanisms of treatment with advanced experimental and statistical methods

## GRANT ACTIVITY

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### Current Support

- 2023**      **Theodore Millon Grant in Personality Psychology**, Society of Clinical Psychology. Engaging Personality Dimensions in Treatment: A Parsimonious Approach to Precision Medicine.  
**Co-PI** (PI: Shannon Sauer-Zavala, PhD). Total costs: \$4,650
- 2022 – 2026**      **K23 MH126211 – Mentored Patient-Oriented Research Career Development Award**, NIMH.  
A Precision Medicine Approach to Target Engagement for Emotion Regulation.  
**PI** (Co-Mentors: James Gross, PhD; Shannon Sauer-Zavala, PhD). Total costs: \$701,493
- 2022 – 2025**      **F31 MH132194 – Ruth L. Kirschstein Predoctoral Individual National Research Service Award**, NIMH.  
The Experience and Regulation of Posttraumatic Shame Among Women with Histories of Interpersonal Trauma.  
**Collaborator** (PI: Jordyn Tipsword, MS). Total costs: \$132,284

### Completed Support

- 2016 – 2017**      **TL1 TR001069 – Mentored Career Development Award**, Center for Clinical & Translational Sciences, The Ohio State University.  
Assessment of skills in Dialectical Behavior Therapy: A comparison of self-report and behavioral measures of DBT skills across treatment for borderline personality disorder.  
**Predoctoral Fellow** (PI: Rebecca Jackson, PhD). Total costs: \$117,796
- 2016 – 2017**      **Coca-Cola Critical Difference for Women Grant**, Dept. of Women's, Gender and Sexuality Studies, The Ohio State University.  
Assessment of skills in Dialectical Behavior Therapy: A comparison of self-report and behavioral measures of DBT skills across treatment for borderline personality disorder.  
**Co-I** (PI: Jennifer S. Cheavens, PhD). Total costs: \$4,000

## HONORS & AWARDS

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- 2024      **APS Rising Star**, Association for Psychological Science (APS)
- 2023      **Early Career Investigator Award**, North American Society for the Study of Personality Disorders (NASSPD)
- 2022 – 2023      **Outstanding Reviewer Award**, *Emotion*
- 2022      **Excellence in Reviewing Award**, Association for Research in Personality (ARP)
- 2020      **Member Spotlight**, Society of Clinical Psychology (APA Division 12)
- 2015      **Summer Research Fellowship** (\$5,375), The Ohio State University
- 2012 – 2018      **Conference Presentation Award** (\$500 7x), The Ohio State University
- 2012      **University Fellowship** (\$14,878), The Ohio State University
- 2010      **Summer Action Grant** (\$1,680), University of Chicago

## PUBLICATIONS

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Google Scholar: <https://scholar.google.com/citations?user=qxJiweAAAAAJ&hl=en>

(62 publications: 58 peer-reviewed articles, 3 chapters, 1 edited book)

\*Indicates student/trainee

### Peer-Reviewed Articles

58. Daniel, K. E., Moulder, R. G., **Southward, M. W.**, Cheavens, J. S., & Boker, S. M. (in press). Stability and spread: Transition metrics that are robust to time interval misspecification. *Journal of Behavioral Data Science*. Preprint: <https://doi.org/10.31234/osf.io/mqgu6>
57. Hood, C. O., **Southward, M. W.**, Badour, C. L., & Sauer-Zavala, S. (2024). BPD Compass: An integrated treatment of co-occurring BPD and PTSD based in a dimensional model of psychopathology. *Journal of Traumatic Stress*. Advance online publication. <https://doi.org/10.1002/jts.23024>
56. Whitted, W. M., **Southward, M. W.**, Howard, K. P., Wick, S. B., Strunk, D. R., & Cheavens, J. S. (2024). Seeing is believing: The effect of subtle communication in social media on viewers' beliefs about depression and anxiety tractability. *Journal of Clinical Psychology*. Advance online publication. <https://doi.org/10.1002/jclp.23647>
55. Sauer-Zavala, S., **Southward, M. W.**, \*Terrill, D. R., \*Semcho, S. A., & \*Stumpp, N. E. (2024). Mechanism engagement as a potential evidence-based approach to personalized treatment termination. *Psychotherapy Research*, 34(1), 124–136. <https://doi.org/10.1080/10503307.2023.2168574>  
Open code: <https://doi.org/10.17605/osf.io/62mzw>
54. \*Stumpp, N. E., **Southward, M. W.**, & Sauer-Zavala, S. (2024). Assessing theories of state and trait change in neuroticism and symptom improvement in the Unified Protocol. *Behavior Therapy*, 55(1), 93–105. <https://doi.org/10.1016/j.beth.2023.05.005>  
Open code: <https://doi.org/10.17605/osf.io/8bhvr>
53. \*Fruhbaurova, M., \*Terrill, D. R., \*Semcho, S. A., \*Stumpp, N. E., McCann, J. P., Sauer-Zavala, S., & **Southward, M. W.** (2024). Skill use mediates the within-person effect of the alliance on session-to-session changes in anxiety and depression in the Unified Protocol. *Journal of Mood and Anxiety Disorders*, 5, 100043. <https://doi.org/10.1016/j.xjmad.2023.100043>  
Open code: <https://doi.org/10.17605/osf.io/9ym5j>
52. Bansal, P. S., Goh, P. K., **Southward, M. W.**, Sizemore, Y. J., & Martel, M. M. (2024). Impulsivity as key bridge symptoms in cross-sectional and longitudinal networks of ADHD and ODD. *Journal of Child Psychology & Psychiatry*, 65(1), 52–63. <https://doi.org/10.1111/jcpp.13863>
51. Stepan, M., Zimmermann, R., Fürer, L., **Southward, M. W.**, Koenig, J., Kaess, M., Kleinbub, J. R., Roth, V., & Schmeck, K. (2023). Machine learning facial emotion classifiers in psychotherapy research: A proof-of-concept study. *Psychopathology*. Advance online publication. <https://doi.org/10.1159/000534811>
50. \*Terrill, D. R., **Southward, M. W.**, \*Crowley, L., \*Feddock, R., \*Kushner, M. L., & Sauer-Zavala, S. (2023). Temporal relations among changes in activation, avoidance, and anxiety in the Unified Protocol. *Journal of Psychopathology & Behavioral Assessment*. Advance online publication. <https://doi.org/10.1007/s10862-023-10099-9>

49. \*Semcho, S. A., **Southward, M. W.**, \*Stumpp, N. E., Smith, M., \*Fruhbaurova, M., & Sauer-Zavala, S. (2023). Within-person changes in aversive reactivity predict session-to-session reductions in anxiety and depression in the Unified Protocol. *Psychotherapy Research*. Advance online publication. <https://doi.org/10.1080/10503307.2023.2254467>
48. Daniel, K. E., **Southward, M. W.**, & Teachman, B. A. (2023). Investigating psychiatric symptoms as predictors of the reasons people do not regulate their emotions in daily life. *Emotion*. Advance online publication. <https://doi.org/10.1037/emo0001260>  
Open code: <https://osf.io/tjdbe/>
47. **Southward, M. W.**, Goh, P. K., & Bansal P. S. (2023). How to align DBT and DBT skills with adolescent externalizing problems. *Clinical Psychology: Science & Practice*, 30(3), 264–267. <https://doi.org/10.1037/cps0000162>  
Invited commentary
46. **Southward, M. W.**, Lane, S. P., \*Shroyer, S., & Sauer-Zavala, S. (2023). Do Unified Protocol modules exert general or unique effects on anxiety, depression, and transdiagnostic targets? *Journal of Mood & Anxiety Disorders*, 3, 100022. <https://doi.org/10.1016/j.xjmad.2023.100022>  
Open code: <https://doi.org/10.17605/osf.io/rh7yu>
45. Sauer-Zavala, S., **Southward, M. W.**, \*Fruhbaurova, M., \*Semcho, S. A., \*Stumpp, N. E., Hood, C. O., \*Smith, M., \*Elhousseini, S., & \*Cravens, L. (2023). BPD Compass: A randomized controlled trial of a short-term, personality-based treatment for borderline personality disorder. *Personality Disorders: Theory, Research, & Treatment*, 14(5), 534–544. <https://doi.org/10.1037/per0000612>  
Open code: <https://doi.org/10.17605/osf.io/rxh63>
44. **Southward, M. W.**, Howard, K. P., Christensen Pacella, K. A., & Cheavens, J. S. (2023). Protective factors in borderline personality disorder: A multi-study analysis of conscientiousness, distress tolerance, and self-compassion. *Journal of Affective Disorders*, 338, 589–598. <https://doi.org/10.1016/j.jad.2023.06.067>  
Open code: <https://doi.org/10.17605/osf.io/qjm6y>
43. Sauer-Zavala, S., & **Southward, M. W.** (2023). BPD Compass is an accessible alignment of dimensional assessment and treatment. *Personality Disorders: Theory, Research, & Treatment*, 14(4), 388–390. <https://doi.org/10.1037/per0000604>
42. Sauer-Zavala, S., **Southward, M. W.**, Hood, C. O., \*Elhousseini, S., \*Fruhbaurova, M., \*Stumpp, N. E., & \*Semcho, S. A. (2023). Conceptual development and case data for a modular, personality-based treatment for borderline personality disorder. *Personality Disorders: Theory, Research, & Treatment*, 14(4), 369–380. <https://doi.org/10.1037/per0000520>  
**APA Editor's Choice paper**
41. **Southward, M. W.**, Cheavens, J. S., & Coccaro, E. F. (2023). Defining the *p*-factor: An empirical test of five leading theories. *Psychological Medicine*, 53(7), 2732–2743. <https://doi.org/10.1017/S0033291722001635>  
Open code: <https://doi.org/10.17605/osf.io/hs8cp>

40. **Southward, M. W.**, Howard, K. P., & Cheavens, J. S. (2023). Less is more: Decreasing the frequency of maladaptive behaviors predicts improvements in DBT more consistently than increasing the frequency of DBT skill use. *Behaviour Research & Therapy*, *163*, 104288. <https://doi.org/10.1016/j.brat.2023.104288>  
Open code: <https://doi.org/10.17605/osf.io/98qwc>
39. Nauphal, M., Curreri, A. J., Cardona, N. D., Meyer, E. R., **Southward, M. W.**, & Sauer-Zavala, S. (2023). Measuring emotion regulation skill use during treatment: A promising methodological approach. *Assessment*, *30*(3), 592–605. <https://doi.org/10.1177/10731911211063229>
38. Cheavens, J. S., **Southward, M. W.**, Howard, K. P., Heiy, J. E., & Altenburger, E. M. (2023). Broad strokes or fine points: Are dialectical behavior therapy modules associated with general or domain-specific changes? *Personality Disorders: Theory, Research, & Treatment*, *14*(2), 137–147. <https://doi.org/10.1037/per0000557> Open code: <https://doi.org/10.17605/osf.io/8k4by>  
**APA Editor's Choice paper**
37. Tipsword, J. M., **Southward, M. W.**, Adams, A., Brake, C. A., & Badour, C. L. (2023). Daily associations between trauma-related mental contamination and use of specific coping strategies: Results of a daily monitoring study. *Journal of Interpersonal Violence*, *38*(7-8), 5699–5720. <https://doi.org/10.1177/08862605221127205>
36. \*Semcho, S. A., **Southward, M. W.**, \*Stumpp, N. E., \*MacLean, D. L., Hood, C. O., Wolitzky-Taylor, K., & Sauer-Zavala, S. (2023). Aversive reactivity: A transdiagnostic functional bridge between neuroticism and avoidant behavioral coping. *Journal of Emotion & Psychopathology*, *1*(1), 23–40. <https://doi.org/10.55913/joep.v1i1.9>
35. \*Stumpp, N. E., **Southward, M. W.**, & Sauer-Zavala, S. (2023). Do you see what I see? Researcher-participant agreement on single-item measures of emotion regulation behaviors in borderline personality disorder. *Assessment*, *30*(1), 102–110. <https://doi.org/10.1177/10731911211044216>  
Open code: <https://doi.org/10.17605/osf.io/xbfap>
34. **Southward, M. W.**, \*Terrill, D. R., & Sauer-Zavala, S. (2022). The effects of the Unified Protocol and Unified Protocol skills on loneliness in the COVID-19 pandemic. *Depression & Anxiety*, *39*(12), 913–921. <https://doi.org/10.1002/da.23297>  
Open code: <https://doi.org/10.17605/osf.io/xz92g>
33. Panjwani, A. A., **Southward, M. W.**, Fugate-Laus, K., & Carpenter, K. M. (2022). Coping self-efficacy, perceived helpfulness of coping, and distress: A longitudinal investigation of breast and gynecologic cancer patients undergoing chemotherapy. *Journal of Behavioral Medicine*, *45*(6), 868–881. <https://doi.org/10.1007/s10865-022-00345-y>
32. Uliaszek, A. A., Fournier, M. A., **Southward, M. W.**, Al-Dajani, N., & Quitasol, M. (2022). Bridging development and disturbance: A translational approach to the study of identity. *Personality Disorders: Theory, Research, & Treatment*, *13*(5), 460–473. <https://doi.org/10.1037/per0000514>  
Open data: <https://osf.io/zdv2b/>
31. Sauer-Zavala, S., **Southward, M. W.**, \*Stumpp, N. E., \*Semcho, S. A., Hood, C. O., \*Garlock, A., & \*Urs, A. (2022). A SMART approach to personalized care: How to select and sequence skills in transdiagnostic CBT. *Cognitive Behaviour Therapy*, *51*(6), 435–455. <https://doi.org/10.1080/16506073.2022.2053571>

30. **Southward, M. W.**, & Sauer-Zavala, S. (2022). Dimensions of skill use in the Unified Protocol: Exploring unique effects on anxiety and depression. *Journal of Consulting & Clinical Psychology*, 90(3), 246–257. <https://doi.org/10.1037/ccp0000701>  
Open code: <https://doi.org/10.31234/osf.io/cftqs>
29. **Southward, M. W.**, Holmes, A. C., Strunk, D. R., & Cheavens, J. S. (2022). More and better: Reappraisal quality partially explains the effect of reappraisal use on changes in positive and negative affect. *Cognitive Therapy and Research*, 46, 73–85.  
<https://doi.org/10.1007/s10608-021-10255-z>  
Open code: <https://doi.org/10.17605/osf.io/ruqsf>
28. \*Elhousseini, S., \*Cravens, L. E., **Southward, M. W.**, & Sauer-Zavala, S. (2022). Associations between improvements in aversive reactions to negative emotions and increased quality of life in the Unified Protocol. *Journal of Behavioral and Cognitive Therapy*, 32(1), 25–32.  
<https://doi.org/10.1016/j.jbct.2021.12.001>  
Invited paper for Special Issue on the Treatment of Anxiety Disorders
27. Christensen, K. A., Seager van Dyk, I., **Southward, M. W.**, & Vasey, M. W. (2022). Exploring intrapersonal emotion regulation through the interpersonal context of dyadic female friendships. *Journal of Clinical Psychology*, 78(2), 266–282. <https://doi.org/10.1002/jclp.23214>
26. **Southward, M. W.**, Eberle, J. W., & Neacsiu, A. D. (2022). Multilevel associations of daily skill use and effectiveness with anxiety, depression, and stress in a transdiagnostic sample undergoing dialectical behavior therapy skills training. *Cognitive Behaviour Therapy*, 51(2), 114–129.  
<https://doi.org/10.1080/16506073.2021.1907614>  
Open code: <https://doi.org/10.31234/osf.io/569ey>
25. Tipsword, J. M., Brake, C. A., McCann, J., **Southward, M. W.**, & Badour, C. L. (2022). Mental contamination, PTSD symptoms, and coping following sexual trauma: Results from a daily monitoring study. *Journal of Anxiety Disorders*, 86, 102517.  
<https://doi.org/10.1016/j.janxdis.2021.102517>
24. Sauer-Zavala, S., **Southward, M. W.**, & \*Semcho, S. A. (2022). Integrating and differentiating personality and psychopathology in cognitive behavior therapy. *Journal of Personality*, 90(1), 89–102. <https://doi.org/10.1111/jopy.12602>  
Invited paper for annual Special Issue
23. Hood, C. O., **Southward, M. W.**, \*Bugher, C., & Sauer-Zavala, S. (2021). A preliminary evaluation of the Unified Protocol among trauma-exposed adults with and without PTSD. *International Journal of Environmental Research & Public Health*, 18(21), 11729.  
<https://doi.org/10.3390/ijerph182111729>  
Invited paper for Special Issue on Transdiagnostic Approaches in Clinical and Health Psychology: Psychopathology, Assessment and Intervention Outcomes  
Open code: <https://osf.io/xrv8k/>
22. **Southward, M. W.**, Sauer-Zavala, S., & Cheavens, J. S. (2021). Specifying the mechanisms and targets of emotion regulation: A translational framework from affective science to psychological treatment. *Clinical Psychology: Science and Practice*, 28(2), 168–182.  
<https://doi.org/10.1037/cps0000003>



21. Cardona, N. D., **Southward, M. W.**, Furbish, K., Comeau, A., & Sauer-Zavala, S. (2021). Nomothetic and idiographic patterns of behavioral responses to emotions in borderline personality disorder. *Personality Disorders: Theory, Research, & Treatment*, 12(4), 354–364. <https://doi.org/10.1037/per0000465>
20. Christensen, K. A., & **Southward, M. W.** (2021). Habitual, but not momentary, avoidance strategy use as a moderator of the association between disgust sensitivity and affective response to a disgust-inducing film clip. *Canadian Journal of Behavioural Science*, 53(3), 254–262. <https://doi.org/10.1037/cbs0000244>
19. Moss-Pech, S. A., **Southward, M. W.**, & Cheavens, J. S. (2021). Hope attenuates the negative impact of general psychological distress on goal progress. *Journal of Clinical Psychology*, 77(6), 1412–1427. <https://doi.org/10.1002/jclp.23087>
18. **Southward, M. W.**, Wilson, A. C., & Cheavens, J. S. (2021). On what do therapists agree? Assessing therapist evaluations of emotion regulation strategy effectiveness. *Psychology and Psychotherapy: Theory, Research, and Practice*, 94(2), 231–246. <https://doi.org/10.1111/papt.12302>
17. **Southward, M. W.**, & Sauer-Zavala, S. (2020). Experimental manipulations to test theory-driven mechanisms of cognitive behavior therapy. *Frontiers in Psychiatry*, 11, 603009. <https://doi.org/10.3389/fpsy.2020.603009>  
Invited paper for Special Issue on Contemporary Issues in Defining the Mechanisms of Cognitive Behavior Therapy
16. **Southward, M. W.**, & Cheavens, J. S. (2020). More (of the right strategies) is better: Disaggregating the naturalistic between- and within-person structure and effects of emotion regulation strategies. *Cognition & Emotion*, 34(8), 1729–1736. <https://doi.org/10.1080/02699931.2020.1797637>  
Open code: <https://doi.org/10.31234/osf.io/5qeay>
15. **Southward, M. W.**, \*Semcho, S. A., \*Stumpp, N. E., \*MacLean, D. L., & Sauer-Zavala, S. (2020). A day in the life of borderline personality disorder: A preliminary analysis of within-day emotion generation and regulation. *Journal of Psychopathology and Behavioral Assessment*, 42(4), 702–713. <https://doi.org/10.1007/s10862-020-09836-1>  
Open code: <https://doi.org/10.17605/osf.io/cua5m>
14. Cassiello-Robbins, C., **Southward, M. W.**, Wilner Tirpak, J., & Sauer-Zavala, S. (2020). A systematic review of Unified Protocol applications: Facilitating widespread dissemination via adaptability. *Clinical Psychology Review*, 78, 101852. <https://doi.org/10.1016/j.cpr.2020.101852>
13. **Southward, M. W.**, Cassiello-Robbins, C., Zerkowitz, R. L., & Rosenthal, M. Z. (2020). Navigating the new landscape of value-based care: An example of increasing access, improving quality, and reducing costs using the Unified Protocol. *The Behavior Therapist*, 43(4), 134–137. <http://www.abct.org/docs/PastIssue/43n4.pdf>  
Special Issue: Contemporary Issues in Clinical Training
12. **Southward, M. W.**, & Cheavens, J. S. (2020). Quality or quantity? A multistudy analysis of emotion regulation skills deficits associated with borderline personality disorder. *Personality Disorders: Theory, Research, & Treatment*, 11(1), 24–35. <https://doi.org/10.1037/per0000357>

11. Benitez, C., **Southward, M. W.**, Altenburger, E. M., Howard, K. P., & Cheavens, J. S. (2019). The within-person effects of validation and invalidation on in-session changes in affect. *Personality Disorders: Theory, Research, & Treatment*, *10*(5), 406–415. <https://doi.org/10.1037/per0000331>
10. \*Haines, N., **Southward, M. W.**, Cheavens, J. S., Beauchaine, T., & Ahn, W.-Y. (2019). Using computer-vision and machine learning to automate facial coding of positive and negative affect intensity. *PLoS ONE*, *14*(2), Article e0211735. <https://doi.org/10.1371/journal.pone.0211735>
9. **Southward, M. W.**, Heiy, J. E., & Cheavens, J. S. (2019). Emotions as context: Do the naturalistic effects of emotion regulation strategies depend on the regulated emotion? *Journal of Social and Clinical Psychology*, *38*(6), 451–474. <https://doi.org/10.1521/jscp.2019.38.6.451>
8. **Southward, M. W.**, & Pfeifer, B. J. (2019). Do as I say and as I do: Reflections on three methods of evidence-based clinical supervision of graduate-level trainees. *The Behavior Therapist*, *42*(2), 50–53. <http://www.abct.org/docs/PastIssue/42n2.pdf>  
Preprint & open code: <https://doi.org/10.17605/osf.io/k762d>
7. **Southward, M. W.**, Altenburger, E. M., Moss, S. A., Cregg, D. R., & Cheavens, J. S. (2018). Flexible, yet firm: A model of healthy emotion regulation. *Journal of Social and Clinical Psychology*, *37*(4), 231–251. <https://doi.org/10.1521/jscp.2018.37.4.231>
6. **Southward, M. W.**, & Cheavens, J. S. (2018). Identifying core deficits in a dimensional model of borderline personality disorder features: A network analysis. *Clinical Psychological Science*, *6*(5), 685–703. <https://doi.org/10.1177/2167702618769560>  
Open code: <https://doi.org/10.17605/osf.io/8qay5>
5. **Southward, M. W.**, & Cheavens, J. S. (2017). Assessing the relation between flexibility in emotional expression and symptoms of anxiety and depression: The roles of context sensitivity and feedback sensitivity. *Journal of Social and Clinical Psychology*, *36*(2), 142–157. <https://doi.org/10.1521/jscp.2017.36.2.142>
4. Lazarus, S. A., **Southward, M. W.**, & Cheavens, J. S. (2016). Do borderline personality disorder features and rejection sensitivity predict social network outcomes over time? *Personality and Individual Differences*, *100*, 62–67. <https://doi.org/10.1016/j.paid.2016.02.032>  
Dr. Sybil Eysenck Young Researcher Award Special Issue
3. Sharp, L. K., Carvalho, P., **Southward, M.**, Schmidt, M. L., Jabine, L. N., Stolley, M. R., & Gerber, B. S. (2014). Electronic personal health records for childhood cancer survivors: An exploratory study. *Journal of Adolescent and Young Adult Oncology*, *3*(3), 117–122. <https://doi.org/10.1089/jayao.2013.0039>
2. **Southward, M. W.**, Christensen, K. A., Fettich, K. C., Weissman, J., Berona, J., & Chen, E. Y. (2013). Loneliness mediates the relationship between emotion dysregulation and bulimia nervosa/binge eating disorder psychopathology in a clinical sample. *Eating and Weight Disorders: Studies on Anorexia, Bulimia and Obesity*, *19*(4), 509–513. <https://doi.org/10.1007/s40519-013-0083-2>
1. Chen, E. Y., Fettich, K. C., Tierney, M., Cummings, H., Berona, J., Weissman, J., Ward, A., Christensen, K., **Southward, M.**, Gordon, K. H., Mitchell, J., & Coccaro, E. (2012). Factors associated with suicidal ideation in severely obese bariatric surgery-seeking individuals. *Suicide and Life-Threatening Behavior*, *42*(5), 541–549. <https://doi.org/10.1111/j.1943-278X.2012.00110.x>



### Books and Book Chapters

4. Sauer-Zavala, S., & **Southward, M. W.** (Eds.) (forthcoming). *The Oxford handbook of borderline personality disorder*. Oxford University Press.
3. Sauer-Zavala, S., **Southward, M. W.**, & Cassiello-Robbins, C. (2023). Anxiety disorders. In F. T. L. Leong, J. L. Callahan, J. Zimmerman, M. J. Constantino, & C. F. Eubanks (Eds.), *APA handbook of psychotherapy*. American Psychological Association.
2. Linthicum, K. P., **Southward, M. W.**, & Schleider, J. L. (2022). Open science in clinical psychology. In G. J. G. Asmundson & M. Noel (Eds.), *Comprehensive clinical psychology* (2nd ed.; pp. 63–76). Elsevier. <https://doi.org/10.1016/B978-0-12-818697-8.00165-5>
1. **Southward, M. W.**, \*Semcho, S. A., & Sauer-Zavala, S. (2021). Cognitive-behavioral therapy. In R. E. Feinstein (Ed.), *Primer on personality disorders: Multi-theoretical view points* (pp. 259–282). Oxford University Press.

### Revise & Resubmit

Daniel, K. E., Moulder, R. G., **Southward, M. W.**, Cheavens, J. S., & Boker, S. M. (Revise & resubmit at *Cognitive Therapy & Research*). *Trait neuroticism is associated with how often people switch between negative emotion-focused regulation strategies in daily life*.

**Southward, M. W.**, \*Kushner, M. L., \*Terrill, D. R., & Sauer-Zavala, S. (Revise & resubmit at *Psychiatric Clinics*). *A review of transdiagnostic mechanisms in cognitive-behavior therapy*.

### Under Review

\*Urs, A., Adams, T. G., & Sauer-Zavala, S., & **Southward, M. W.** (Under review). *Racial and ethnic identity moderates changes in skill use and therapeutic alliance but not anxiety or depression in the Unified Protocol*.

### In Preparation

Christensen Pacella, K. A., **Southward, M. W.**, Seager van Dyk, I., Chapa, D. A. N., Richson, B., Johnson, S., & Nelson, S. V. (2023, manuscript in progress). *Meta-analysis and systematic review of experimental manipulations of emotion regulation strategies and laboratory eating behaviors*.

Daros, A. R., **Southward, M. W.**, Carney, A., Wardell, J. D., & Quilty, L. C. (2023, manuscript in progress). *Relationships between state contextual factors and emotion regulation and depressive symptoms during psychotherapy: A longitudinal approach*.

\*Hines, A., Kushner, M. L., Stumpp, N. E., Semcho, S. A., Bridges, E., Croom, H., Rahman, A., Cecil, S., Maynard, C., **Southward, M. W.**, Widiger, T. A., & Sauer-Zavala, S. (2023, analyzing data). *Different routes to the same destination? Comparing DSM-5 Section II- and AMPD-defined borderline personality disorder*.

**Southward, M. W.**, Panjwani, A. A., Fugate-Laus, K., & Carpenter, K. M. (2023, manuscript in progress). *A network analysis of the effects of coping strategies on health outcomes during breast cancer treatment*.

**Southward, M. W.**, \*Yellanki, S., \*Feng, G., & Neacsiu, A. D. (2023, manuscript in progress). *Reappraisal effectiveness and frequency, but not quality, are associated with reductions in depression after a single-session reappraisal intervention.*

\*Stumpp, N. E., **Southward, M. W.**, \*Hines, A., \*Kushner, M. L., Schäuffele, C., \*Fruhbaurova, M., \*Bridges, E., \*Rahman, A., & Sauer-Zavala, S. (2023, manuscript in progress). *Neuroticism change in treatment: When and under what circumstances?*

## PRESENTATIONS

### Invited Talks & Presentations

21. **Southward, M. W.** (2024, January). Translating emotion regulation to streamline and structure interventions. Invited talk, The Ohio State University, Columbus, OH.
20. **Southward, M. W.** (2023, July). Translating emotion regulation to streamline and structure interventions. Invited talk, University of Chicago, Chicago, IL.
19. **Southward, M. W.**, \*Fruhbaurova, M., \*Semcho, S. A., \*Stumpp, N. E., & Sauer-Zavala, S. (2023, May). Emotion regulation skillfulness predicts session-to-session reductions in BPD features (not anxiety or depression) in a novel cognitive-behavioral treatment for BPD. In S. Chen (Chair), *New advances in the mechanisms and treatment of emotion (dys)regulation*. Invited paper presented at the annual meeting of the Association for Psychological Science (APS), Washington, DC.
18. **Southward, M. W.** (2023, April). Tailoring emotion regulation to streamline and structure interventions. Invited talk, University of Pittsburgh, Pittsburgh, PA.
17. **Southward, M. W.** (2023, January). Translating emotion regulation: From affective science to interventions. Invited talk, Vanderbilt University, Nashville, TN.
16. **Southward, M. W.** (2022, December). Translating emotion regulation: From affective science to interventions. Invited talk, American University, Washington, DC.
15. **Southward, M. W.** (2022, November). Skillful coping. Invited talk, Department of Psychology Professional Development Seminar, University of Kentucky, Lexington, KY.
14. **Southward, M. W.** (2022, October). Which aspects of emotion regulation are most helpful for patients? Research on prioritizing skills in treatment. Invited workshop at the annual meeting of the Society for Dialectical Behaviour Therapy in the UK and Ireland (SfDBT).
13. **Southward, M. W.** (2022, April). Thinking SMART about adaptive treatment designs to study mechanisms of change. Invited talk, Personalizing Psychotherapy Journal Club. <https://doi.org/10.17605/osf.io/wcqpt>
12. Crowell, S. E., Gratz, K. L., Ruocco, A. C., & **Southward, M. W.** (2022, April). Is emotion dysregulation a core feature of borderline personality disorder? Invited panel discussion conducted at the annual meeting of the North American Society for the Study of Personality Disorders (NASSPD).
11. **Southward, M. W.** (2022, January). Translating emotion regulation: From affective science to interventions. Invited talk, University of Western Ontario, London, ON, Canada.

10. **Southward, M. W.** (2021, November). What IPH (if)... you could find your ideal psychotherapy treatment before seeing a therapist? Invited talk, Center for Innovation in Population Health, University of Kentucky, Lexington, KY. <https://youtu.be/aCNduasbaAQ>
9. **Southward, M. W.** (2021, September). Open science in clinical psychology. Invited talk, Mood and Personality Studies Lab, The Ohio State University, Columbus, OH.
8. **Southward, M. W.** (2021, May). Translating emotion regulation: From affective science to interventions. Invited talk, York University, Toronto, ON, Canada.
7. **Southward, M. W.** (2020, December). Translating emotion regulation: From affective science to interventions. Invited talk, University of Windsor, Windsor, ON, Canada.
6. **Southward, M. W.** (2020, December). Translating emotion regulation: From affective science to interventions. Invited talk, University of Tulsa, Tulsa, OK.
5. **Southward, M. W.** (2019, February). The centrality of loneliness, impulsivity, and mood intensity to borderline personality disorder. Invited talk, Duke University Medical Center, Durham, NC.
4. **Southward, M. W.** (2018, December). Being flexible about emotion regulation flexibility: Identifying when, what, and for whom. Invited talk, Kent State University, Kent, OH.
3. **Southward, M. W.** (2018, March). Quantity, quality, and centrality: Identifying core deficits in borderline personality disorder. Invited talk, The Ohio State University Psychology Department, Clinical Area, Columbus, OH.
2. **Southward, M. W.** (2015, March). The impact of expressive flexibility and context sensitivity on distress. Invited talk, Psychology Graduate Student Research Forum, Columbus, OH.
1. **Southward, M. W.** (2013, May). The Evaluation of Strengths and Deficits (ESD): A validation and replication study. Invited talk, Clinical Psychology First Year Colloquium, Columbus, OH.

### **Symposium Chair or Discussant**

11. **Southward, M. W.** (2023, November). *At the borderline of change: Revisiting and revamping our conception of borderline personality disorder*. Panel discussion conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Seattle, WA.
10. Strunk, D. R. (2023, November). *Sharing and leveraging the lessons of CBT: Understanding how CBT works and using that understanding to inform interventions*. Role: Discussant. Symposium conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Seattle, WA.
9. Daniel, K. E. (2023, May). *Flipping the switch: New insights into how people dynamically update their emotion regulation strategy choices*. Role: Discussant. Symposium conducted at the annual meeting of the Association for Psychological Science (APS), Washington, DC.
8. **Southward, M. W.** (2023, April). *What's in it for my clients? The why and how of dimensional models of psychopathology in the clinic*. Symposium conducted at the annual meeting of the North American Society for the Study of Personality Disorders (NASSPD), Waltham, MA.

7. **Southward, M. W.** (2021, November). *Doing what works: Predictors, correlates, and outcomes of skills use across transdiagnostic CBTs*. Symposium conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), New Orleans, LA.
6. **Southward, M. W.** (2021, November). *Identifying strengths for better health: Resilience factors in borderline personality disorder and non-suicidal self-injury*. Symposium conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), New Orleans, LA.
5. **Southward, M. W.** (2020, November). *Transdiagnostic mechanisms of emotion regulation in treatment: Perspectives across mood, anxiety, and personality disorders*. Symposium conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Philadelphia, PA.
4. **Southward, M. W., & Linthicum, K. P.** (2020, November). *Opening the toolbox: Expanding access to clinical psychological science through open science*. Panel discussion conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Philadelphia, PA. Open science resources inspired by the panel: <https://doi.org/10.17605/osf.io/68vms>
3. **Southward, M. W.** (2020, May). *Translating transdiagnostic EMA approaches to emotion regulation: From measurement fundamentals to treatment outcomes*. Symposium accepted for the annual meeting of the Association for Psychological Science (APS), Chicago, IL. (Conference canceled)
2. **Southward, M. W.** (2019, May). *Applying machine learning and related technologies to decode in-session emotional processes and personalize treatment recommendations*. Symposium conducted at the annual meeting of the Association for Psychological Science (APS), Washington, DC.
1. **Southward, M. W.** (2018, November). *Getting specific about emotion dysregulation in borderline personality disorder: A multimethod approach*. Symposium conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Washington, DC.

#### Peer-Reviewed Conference Presentations

49. **Southward, M. W.,** Semcho, S. A., Stumpp, N. E., Fruhbauerova, M., Hines, A. H., Woodie, H., Croom, H., & Sauer-Zavala, S. (2024, June). Skillfulness mediates the relation between stronger within-person alliances and session-to-session improvements in borderline personality disorder features. In Z. D. Cohen & S. Zilcha-Mano (Chairs), *How can we improve psychotherapy process research?* Paper to be presented at the annual meeting of the Society for Psychotherapy Research (SPR), Ottawa, ON, Canada.
48. Hall, M. (2024, June). *Mental health in academia*. (Role: Panelist). Panel discussion at the annual meeting of the Society for Psychotherapy Research (SPR), Ottawa, ON, Canada.
47. Daniel, K. E., **Southward, M. W.,** & Teachman, B. A. (2023, November). Investigating psychiatric symptoms as predictors of the reasons people do not regulate their emotions in daily life. In M. Clayton (Chair), *Harnessing ecological momentary assessment methods to elucidate emotion regulation skills use in anxiety and mood disorders*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Seattle, WA.

46. **Southward, M. W.**, \*Croom, H., \*Stumpp, N. E., \*Semcho, S. A., & Sauer-Zavala, S. (2023, November). Testing mechanistic theories of change in the Unified Protocol: An examination of skills use and aversive reactions to emotions. In L. Sarfan & N. Gumport (Chairs), *Building toolkits with our clients: Predictors and outcomes of treatment skills*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Seattle, WA.
45. **Southward, M. W.**, Sauer-Zavala, S., & Gross, J. J. (2023, November). More or better? Changes in negative affect and emotion regulation in response to brief, virtual skill trainings. In M. Clayton (Chair), *Harnessing ecological momentary assessment methods to elucidate emotion regulation skills use in anxiety and mood disorders*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Seattle, WA.
44. **Southward, M. W.**, \*Stumpp, N. E., \*Semcho, S. A., \*Fruhauerova, M., \*Hines, A., & Sauer-Zavala, S. (2023, November). It's not how many skills you use, but how often you use them: Predicting session-to-session reductions in BPD features in a novel CBT for BPD. In E. Waite & K. L. Dixon-Gordon (Chairs), *The who, what, and how of regulating emotions in borderline personality disorder*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Seattle, WA.
43. Sauer-Zavala, S., **Southward, M. W.**, \*Fruhauerova, M., \*Stumpp, N. E., & \*Semcho, S. A. (2023, June). BPD Compass: Targeting the higher-order personality dimensions that underscore varied presentations of borderline personality disorder. Paper presented at the annual meeting of the Society for Psychotherapy Research (SPR), Dublin, Ireland.
42. **Southward, M. W.**, Lane, S. P., \*Shroyer, S., & Sauer-Zavala, S. (2023, June). Do Unified Protocol modules exert general or unique effects on anxiety, depression, and transdiagnostic treatment targets? Paper presented at the annual meeting of the Society for Psychotherapy Research (SPR), Dublin, Ireland.
41. **Southward, M. W.**, \*Stumpp, N. E., \*Semcho, S. A., \*Fruhauerova, M., \*Terrill, D. R., & Sauer-Zavala, S. (2023, June). The impact of skillfulness and the alliance in predicting session-to-session changes in borderline personality disorder features in a novel cognitive behavioral treatment. Paper presented at the annual meeting of the Society for Psychotherapy Research (SPR), Dublin, Ireland.
40. **Southward, M. W.**, Sauer-Zavala, S., & Gross, J. J. (2023, May). More or better? Changes in negative affect and emotion regulation in response to brief, virtual skill trainings. In C. Cusack (Chair), *Developing digital mental health interventions: Lessons learned about feasibility, dissemination, and effectiveness*. Paper presented at the annual meeting of the Association for Psychological Science (APS), Washington, DC.
39. Sauer-Zavala, S., **Southward, M. W.**, \*Stumpp, N. E., \*Fruhauerova, M., & \*Semcho, S. A. (2023, April). BPD Compass: Targeting the higher-order personality dimensions that underscore varied presentations of borderline personality disorder. Paper presented at the annual meeting of the North American Society for the Study of Personality Disorders (NASSPD), Waltham, MA.
38. **Southward, M. W.**, Smith, M., \*Stumpp, N. E., \*Fruhauerova, M., \*Semcho, S. A., & Sauer-Zavala, S. (2023, April). Emotion regulation skillfulness predicts session-to-session reductions in Criterion A and BPD features in a novel cognitive-behavior therapy for BPD. Paper presented at the annual meeting of the North American Society for the Study of Personality Disorders (NASSPD), Waltham, MA.

37. \*Stumpp, N. E., **Southward, M. W.**, & Sauer-Zavala, S. (2023, April). Assessing when, and under what circumstances, neuroticism changes during treatment with the Unified Protocol. Paper presented at the annual meeting of the North American Society for the Study of Personality Disorders (NASSPD), Waltham, MA.
36. Tipsword, J. M., **Southward, M. W.**, Jones, A. C., & Badour, C. L. (2023, April). PTSD symptoms and daily experiences and regulation of shame following interpersonal trauma. In J. M. Tipsword & N. Weiss (Chairs), *Understanding emotion-related risk factors for PTSD and comorbid concerns: Roles of emotional vulnerabilities, coping, and emotion regulation*. Paper presented at the annual meeting of the Anxiety & Depression Association of America (ADAA), Washington, DC.
35. \*Fruhbaurova, M., **Southward, M. W.**, \*Terrill, D. R., \*Semcho, S. A., \*Stumpp, N. E., & Sauer-Zavala, S. (2022, November). Skill use mediates the within-person effect of therapeutic alliance on session-to-session changes in anxiety and depression in the Unified Protocol. In A. R. Daros (Chair), *Mechanisms of treatment in action: Using innovative methods to examine symptom change across cognitive-behavioral interventions*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), New York, NY.
34. **Southward, M. W.**, \*Semcho, S. A., \*Stumpp, N. E., \*Fruhbaurova, M., & Sauer-Zavala, S. (2022, November). Emotion regulation skillfulness predicts session-to-session decreases in BPD features in a novel, cognitive-behavioral treatment for BPD. In A. A. Uliaszek (Chair), *Exploration of treatment mechanisms of change and neural activation in borderline personality disorder and general personality pathology*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), New York, NY.
33. **Southward, M. W.**, \*Fruhbaurova, M., \*Terrill, D. R., \*Semcho, S. A., \*Stumpp, N. E., & Sauer-Zavala, S. (2022, July). Skill use mediates the within-person effect of the alliance on session-to-session changes in anxiety and depression in the Unified Protocol. Paper presented at the annual meeting of the Society for Psychotherapy Research (SPR), Denver, CO.
32. **Southward, M. W.**, \*Fruhbaurova, M., \*Stumpp, N. E., & Sauer-Zavala, S. (2022, March). Neuroticism and conscientiousness moderate the relation between emotion regulation skillfulness and anxiety in the Unified Protocol. In A. Wen (Chair), *It depends: Contextual factors influence the link between emotion regulation and internalizing psychopathology*. Paper presented at the annual meeting of the Anxiety and Depression Association of America (ADAA), Denver, CO.
31. **Southward, M. W.**, Sauer-Zavala, S., & Cheavens, J. S. (2022, February). Translating emotion regulation from affective science to psychological interventions. In K. M. Werner & E. K. Kalokerinos (Chairs), *Building strong foundations in affect regulation*. Paper presented at the annual meeting of the Society for Personality and Social Psychology (SPSP), San Francisco, CA.
30. Sauer-Zavala, S., **Southward, M. W.**, Hood, C. O., & Wilner Tirpak, J. (2021, November). BPD Compass: Development of a short-term, customizable treatment for borderline personality disorder. In S. Fitzpatrick (Chair), *We'll keep this short: The development and testing of brief interventions for borderline personality disorder*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), New Orleans, LA.



29. Sauer-Zavala, S., **Southward, M. W.**, \*Semcho, S. A., & \*Stumpp, N. E. (2021, November). A SMART approach to personalizing transdiagnostic CBT: How to sequence skills and when to discontinue care? In L. Safren (Chair), *Addressing the real-world complexity of mental illness: Cognitive behavioral approaches to comorbidity and transdiagnostic treatments*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), New Orleans, LA.
28. **Southward, M. W.**, \*Garlock, A., & Sauer-Zavala, S. (2021, November). Within-person skillfulness, not alliance, predicts session-to-session changes in anxiety and depression in the Unified Protocol. In **M. W. Southward** (Chair), *Doing what works: Predictors, correlates, and outcomes of skills use across transdiagnostic CBTs*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), New Orleans, LA.
27. **Southward, M. W.**, Howard, K. P., Christensen, K. A., & Cheavens, J. S. (2021, November). Conscientiousness is a unique deficit in borderline personality disorder, but self-compassion predicts changes over time. In **M. W. Southward** (Chair), *Identifying strengths for better health: Resilience factors in borderline personality disorder and non-suicidal self-injury*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), New Orleans, LA.
26. **Southward, M. W.**, & Sauer-Zavala, S. (2021, November). The unique effects of Unified Protocol skill frequency and repertoire on session-to-session changes in anxiety, depression, and loneliness. In T. L. Spitzen (Chair), *Innovations in emotion regulation research: Examining understudied emotion regulation-related factors*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), New Orleans, LA.
25. **Southward, M. W.**, & Sauer-Zavala, S. (2021, November). Leveraging sequential multiple assignment randomized trials (SMARTs) to empirically guide clinical decision-making for youth. In N. Hong & L. A. Norris (Chairs), *Designing personalized cognitive-behavioral treatments for youth: Approaches to guide clinical decision-making across various stages of intervention*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), New Orleans, LA.
24. **Southward, M. W.**, Cheavens, J. S., & Coccaro, E. F. (2021, May). Defining the *p* factor: An empirical test of five leading theories. Paper presented at the annual meeting of the Association for Psychological Science (APS).
23. Cheavens, J. S., **Southward, M. W.**, & Howard, K. P. (2021, April). Does DBT result in module-specific symptom change? The role of emotion regulation skills in changing symptoms across domains. In J. Wilner Tirpak (Chair), *What works and why? Mechanism-focused treatment of borderline personality disorder*. Paper presented at the annual meeting of the North American Society for the Study of Personality Disorders (NASSPD), Pittsburgh, PA.
22. **Southward, M. W.**, \*Semcho, S. A., \*Stumpp, N., \*MacLean, D. L., & Sauer-Zavala, S. (2021, April). A day in the life of borderline personality disorder: Hour-by-hour associations between emotions and emotion regulation behaviors. In K. McMahon (Chair), *Emotion is the mechanism: The role of emotional responses and regulation strategies within transdiagnostic personality dysfunction*. Paper presented at the annual meeting of the North American Society for the Study of Personality Disorders (NASSPD), Pittsburgh, PA.

21. Cardona, N. D., **Southward, M. W.**, & Sauer-Zavala, S. (2020, November). Interpersonal events differentially predict specific behavioral responses in individuals with BPD. In K. McMahon (Chair), *Interpersonal dysfunction: Understanding the mechanisms and potential targets of treatment for people with chronic social impairment*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Philadelphia, PA.
20. Eberle, J. W., **Southward, M. W.**, & Neacsiu, A. D. (2020, November). Disaggregating between- and within-person relations among skills use, perceived effectiveness, and negative affect in Dialectical Behavior Therapy skills training. In **M. W. Southward** (Chair), *Transdiagnostic mechanisms of emotion regulation in treatment: Perspectives across mood, anxiety, and personality disorders*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Philadelphia, PA.
19. Howard, K. P., **Southward, M. W.**, & Cheavens, J. S. (2020, November). Less is more: The role of decreasing the frequency of maladaptive behaviors and increasing the frequency of DBT skills use in improvements in DBT. In **M. W. Southward** (Chair), *Transdiagnostic mechanisms of emotion regulation in treatment: Perspectives across mood, anxiety, and personality disorders*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Philadelphia, PA.
18. **Southward, M. W.**, Sauer-Zavala, S., & Cheavens, J. S. (2020, November). Specifying the mechanisms and targets of emotion regulation: A translational framework from affective science to psychological treatment. In **M. W. Southward** (Chair), *Transdiagnostic mechanisms of emotion regulation in treatment: Perspectives across mood, anxiety, and personality disorders*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Philadelphia, PA.
17. **Southward, M. W.**, \*Semcho, S. A., \*Stumpp, N. E., \*MacLean, D. L., & Sauer-Zavala, S. (2020, June). Capitalizing on patient strengths or compensating for deficits: Preliminary analyses from a randomized controlled trial of the Unified Protocol. Paper accepted at the annual meeting of the Society for Psychotherapy Research (SPR), Amherst, MA. (Conference canceled)
16. Christensen, K. A., Seager van Dyk, I., & **Southward, M. W.** (2020, June). Adaptive or maladaptive? A meta-analytic study of effects of emotion regulation strategies on laboratory eating behavior. Paper presented at the annual meeting of the International Conference for Eating Disorders (ICED), Sydney, Australia.
15. **Southward, M. W.**, & Cheavens, J. S. (2020, May). The multilevel structure and function of emotion regulation strategies in a student sample. In **M. W. Southward** (Chair), *Translating transdiagnostic EMA approaches to emotion regulation: From measurement fundamentals to treatment outcomes*. Paper accepted at the annual meeting of the Association for Psychological Science (APS), Chicago, IL. (Conference canceled)
14. **Southward, M. W.**, Cardona, N., & Sauer-Zavala, S. (2020, May). Daily relations between specific emotions and emotion regulation strategies in borderline personality disorder. In **M. W. Southward** (Chair), *Translating transdiagnostic EMA approaches to emotion regulation: From measurement fundamentals to treatment outcomes*. Paper accepted at the annual meeting of the Association for Psychological Science (APS), Chicago, IL. (Conference canceled)

13. Eberle, J. W., **Southward, M. W.**, & Neacsiu, A. D. (2020, May). Disaggregating within- and between-person relations between DBT skills, perceived effectiveness, and negative affect in a DBT skills group. In **M. W. Southward** (Chair), *Translating transdiagnostic EMA approaches to emotion regulation: From measurement fundamentals to treatment outcomes*. Paper accepted at the annual meeting of the Association for Psychological Science (APS), Chicago, IL. (Conference canceled)
12. **Southward, M. W.**, \*Semcho, S. A., \*Stumpp, N., \*MacLean, D. L., & Sauer-Zavala, S. (2020, April). A day in the life of borderline personality disorder: Hour-by-hour associations between emotions and emotion regulation behaviors. In K. McMahon (Chair), *Emotion is the mechanism: The role of emotional responses and regulation strategies within transdiagnostic personality dysfunction*. Paper accepted at the annual meeting of the North American Society for the Study of Personality Disorders (NASSPD), Pittsburgh, PA. (Conference canceled)
11. Cardona, N., **Southward, M. W.**, & Sauer-Zavala, S. (2020, April). The naturalistic unfolding of emotions in borderline personality disorder: From prompting events to unique behaviors. In K. McMahon (Chair), *Emotion is the mechanism: The role of emotional responses and regulation strategies within transdiagnostic personality dysfunction*. Paper accepted at the annual meeting of the North American Society for the Study of Personality Disorders (NASSPD), Pittsburgh, PA. (Conference canceled)
10. Cheavens, J. S., **Southward, M. W.**, & Howard, K. P. (2020, April). Does DBT result in module-specific symptom change? The role of emotion regulation skills in changing symptoms across domains. In J. Wilner Tirpak (Chair), *What works and why? Mechanism-focused treatment of borderline personality disorder*. Paper accepted at the annual meeting of the North American Society for the Study of Personality Disorders (NASSPD), Pittsburgh, PA. (Conference canceled)
9. **Southward, M. W.**, Heiy, J. E., & Cheavens, J. S. (2019, November). Anger, not anxiety or sadness, moderates the naturalistic use and effects of emotion regulation strategies. In C. Cassiello-Robbins (Chair), *What do I do with this angry patient? Developments in the understanding and treatment of dysregulated anger*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Atlanta, GA.
8. Cheavens, J. S., **Southward, M. W.**, & Howard, K. P. (2019, November). Does DBT result in module-specific symptom change? The role of emotion regulation skills in changing symptoms across domains. In J. Wilner Tirpak (Chair), *From laboratory to clinic: Mechanism-focused treatment of borderline personality disorder*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Atlanta, GA.
7. Benitez, C., Howard, K. P., **Southward, M. W.**, & Cheavens, J. S. (2019, October). Finding the kernel of truth: How validation and invalidation impact affect, depression, treatment dropout, and emotion dysregulation. Paper presented at the biennial meeting of the International Society for the Study of Personality Disorders (ISSPD), Vancouver, BC, Canada.
6. **Southward, M. W.**, & Cheavens, J. S. (2019, October). Specifying the forms of emotion dysregulation in borderline personality disorder: Quality and frequency of emotion regulation strategy use. Paper presented at the biennial meeting of the International Society for the Study of Personality Disorders (ISSPD), Vancouver, BC, Canada.

5. \*Haines, N., **Southward, M. W.**, Cheavens, J. S., Beauchine, T. P., & Ahn, W.-Y. (2019, May). Computer-vision and machine learning can classify facial expressions of emotion with accuracy that rivals human coders. In **M. W. Southward** (Chair), *Applying machine learning and related technologies to decode in-session emotional processes and personalize treatment recommendations*. Paper presented at the annual meeting of the Association for Psychological Science (APS), Washington, DC.
4. **Southward, M. W.**, & Cheavens, J. S. (2019, April). BPD and beyond: A network analysis of borderline personality disorder features, emotion dysregulation, and interpersonal difficulties. In K. L. Gratz (Chair), *The interplay of emotional and interpersonal functioning in borderline personality disorder*. Paper presented at the annual meeting of the North American Society for the Study of Personality Disorders (NASSPD), Pittsburgh, PA.
3. **Southward, M. W.**, & Cheavens, J. S. (2019, April). Quality or quantity? Specifying Linehan's biosocial model of emotion regulation skills deficits in borderline personality disorder. Paper presented at the annual meeting of the North American Society for the Study of Personality Disorders (NASSPD), Pittsburgh, PA.
2. **Southward, M. W.**, & Cheavens, J. S. (2019, March). Which deficits are most central to borderline personality disorder? A network analysis of 4,000 participants. In P. J. Jones (Chair), *Beyond symptoms: Network analysis of trait and disordered personality*. Paper presented at the biennial International Convention of Psychological Science (ICPS), Paris, France.  
Slides: <https://osf.io/t35ys/>
1. **Southward, M. W.**, & Cheavens, J. S. (2018, November). Quality vs. quantity: An analysis of the unique skills deficits associated with borderline personality disorder. In **M. W. Southward** (Chair), *Getting specific about emotion dysregulation in borderline personality disorder: A multimethod approach*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Washington, DC.

## Community Outreach

### *Invited Workshops and Presentations*

24. **Southward, M. W.** (2023, December). BPD Compass: Cognitive behavioral modules for personality symptoms. Clinical workshop, Brightside Health.
23. Sauer-Zavala, S., & **Southward, M. W.** (2023, December). BPD Compass: A novel, short-term CBT protocol for borderline personality disorder. Clinical workshop.
22. Sauer-Zavala, S., & **Southward, M. W.** (2023, November). BPD Compass: A novel, short-term CBT protocol for borderline personality disorder. Clinical workshop presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Seattle, WA.
21. **Southward, M. W.** (2023, October). An introduction to the Unified Protocol. Clinical workshop, University of Chicago, Chicago, IL.
20. **Southward, M. W.**, & Cheavens, J. S. (2023, April). How to get into graduate school. Roundtable discussion at the annual meeting of the North American Society for the Study of Personality Disorders (NASSPD), Waltham, MA.

19. **Southward, M. W.** (2023, April). Between & within: An introduction to HLM and MSEM. Teaching demonstration, University of Pittsburgh, Pittsburgh, PA.
18. **Southward, M. W.** (2021, May). Treatments for depression: The theory and practice of cognitive therapy. Teaching demonstration, York University, Toronto, ON, Canada.
17. Hahn, H. A., & **Southward, M. W.** (2021, April). Securing predoctoral grant funding. Panel discussion, Advanced Seminar in Clinical Psychology, Ohio State University, Columbus, OH.
16. **Southward, M. W.** (2021, March). An overview of emotion regulation: Theory, research, and tools. Community workshop, CBT Durham, Durham, NC.
15. **Southward, M. W.** (2020, December). Treating borderline personality disorder with complex trauma using dialectical behavior therapy. Clinical case presentation, University of Windsor, Windsor, ON, Canada.
14. **Southward, M. W.** (2020, November). Emotion regulation flexibility. Clinic for Emotional Health Didactic Seminar Series, University of Kentucky, Lexington, KY.
13. **Southward, M. W.** (2019–2021). An introduction to and overview of dialectical behavior therapy. Clinical assistant seminar series, University of Kentucky, Lexington, KY.
12. **Southward, M. W.** (2019, May). Implicit bias: Reviewing the research and identifying its role in our organization. Roundtable discussion, Duke University Medical Center, Durham, NC.
11. Rosenthal, M. Z., & **Southward, M. W.** (2019, April). Implementing and supplementing value-based care with technological solutions. Community outreach, Duke University, Durham, NC.
10. **Southward, M. W.**, Zelkowitz, R. L., & Rosenthal, M. Z. (2019, March). The new landscape of healthcare: The logistics and clinical demonstrations of value-based care. Community outreach, Duke University, Durham, NC.
9. Kraut, A. G., Levenson, R. W., & Trouillet, R. (2019, March). Training issues in clinical science: An international perspective. *Role*: Discussant. Invited panel discussion, International Convention of Psychological Science, Paris, France.
8. **Southward, M. W.** (2019, February). Deliberate practice in cognitive restructuring for cognitive processing therapy. Clinical workshop, Duke University Medical Center, Durham, NC.
7. **Southward, M. W.** (2018, April). What *are* mental disorders, really? Community outreach, Never Walk Alone, The Ohio State University, Columbus, OH.
6. Christensen, K. A., Pfeifer, B. J., Shader, T. M., **Southward, M. W.**, & Wilson, A. E. (2018, March). Applying for internship: A survival guide. Invited panel discussion, The Ohio State University Clinical Psychology Area, Columbus, OH.
5. Bumpus, E., DiTrapani, J., Kim, S., **Southward, M. W.**, Von Spiegel, J., & Wilson, A. E. (2018, February). The ins and outs of graduate school in psychology. Invited panel discussion, The Ohio State University Psychology Club, Columbus, OH.

4. **Southward, M. W.** (2017, August). Stretched beyond the limit: When emotion regulation flexibility helps and hurts us. Invited talk, Positive Psychology Club, The Ohio State University, Columbus, OH.
3. **Southward, M. W.** (2016, February). Skills you can use: Practical skills in positive psychology and mindfulness. Invited talk, Jones Tower Resident Life, The Ohio State University, Columbus, OH.
2. Derry, H., Doran, M., Montoya, A., Myung, J., Sasso, K., Seager, I., & **Southward, M. W.** (2016, February). Money matters: A student-led panel about securing funding. Invited panel discussion, Council of Graduate Students/Psychology Graduate Students Association, The Ohio State University, Columbus, OH.
1. **Southward, M. W.** (2015, November). Buckeyes, burritos, and brains: Practical skills in positive psychology and mindfulness. Invited talk, Bradley Hall Resident Life, The Ohio State University, Columbus, OH.

### *Community Outreach and Guest Lectures*

22. Martin, T. (2023, December). Eastern Standard: December 14, 2023. Interview, WEKU, Richmond, KY. <https://esweku.org/track/3633422/december-14-2023-full-length>
21. St. Claire, S. (2023, November). How to manage seasonal depression. Interview, ABC 36 (WTVQ), Lexington, KY. <https://www.wtvq.com/how-to-manage-seasonal-depression/>
20. Kiser, K., & Piercey, L. (Hosts). (2023, February 6). UK psychology professor Matt Southward on the struggle with the 'winter blues' [Audio podcast episode]. In *Behind the Blue*. University of Kentucky. <http://uknow.uky.edu/campus-news/behind-blue-uk-psychology-professor-matt-southward-struggle-winter-blues>
19. Swanz, L. (2023, February). SAD winters: Seasonal depression affects some UK students. Interview, Kentucky Kernel, Lexington, KY. <https://kykernel.com/91588/features/sad-winters-seasonal-depression-affects-some-uk-students/>
18. Melito, T. (2023, January). University of Kentucky professor on how to cope with seasonal depression. Interview, FOX 56 (WDKY), Lexington, KY. <https://fox56news.com/news/local/university-of-kentucky-professor-on-how-to-cope-with-seasonal-depression/>
17. Piercey, L. (2023, January). Seasonal depression: UK expert explains how to understand, overcome it. Interview, UKNow: University of Kentucky News, Lexington, KY. <http://uknow.uky.edu/research/seasonal-depression-uk-expert-explains-how-understand-overcome-it>
16. Piercey, L. (2022, April). UK psychologist: How to adapt, overcome in times of uncertainty. Interview, UKNow: University of Kentucky News, Lexington, KY. <http://uknow.uky.edu/campus-news/uk-psychologist-how-adapt-overcome-times-uncertainty>
15. Brown, A. (2022, March). 2 years later: Area health experts talk lessons learned during the pandemic. Interview, WTVQ, Lexington, KY. <https://www.wtvq.com/2-years-later-area-health-experts-talk-lessons-learned-during-the-pandemic/>



14. Johnson, S. (2021, August). UK psychologist speaks of importance of personal communication during COVID pandemic. Interview, WEKU, Lexington, KY. <https://www.weku.org/interviews/2021-08-16/uk-psychologist-speaks-of-importance-of-personal-communication-during-covid-pandemic>
13. **Southward, M. W.**, Sauer-Zavala, S., & Cheavens, J. S. (2021, July). A framework to test emotion regulation in the lab and the clinic. SCP Blog, Society of Clinical Psychology, Division 12, American Psychological Association. <https://div12.org/a-framework-to-test-emotion-regulation-in-the-lab-and-the-clinic/>
12. Piercey, L. (2021, June). Reopening anxiety? Here's how to overcome it according to UK experts. Interview, UKNow: University of Kentucky News, Lexington, KY. <http://uknow.uky.edu/research/reopening-anxiety-here-s-how-overcome-it-according-uk-experts>
11. Crenshaw, D. (2021, May). UK psychologist talks about post pandemic anxiety. Interview, WKYT, Lexington, KY. <https://www.wkyt.com/2021/05/21/uk-psychologist-talks-about-post-pandemic-anxiety/>
10. Piercey, L. (2020, December). 'It's essential that we look out for each other': Seasonal depression amid COVID-19. Interview, UKNow, Lexington, KY. <https://uknow.uky.edu/campus-news/it-s-essential-we-look-out-each-other-seasonal-depression-amid-covid-19>
9. **Southward, M. W.** (2020, October). Psychological tools to respond to a crisis. Interview, 210 Leaders, Lexington, KY.
8. Nie, J. (2020, October). Mental health expert weighs in on battling seasonal depression amid a pandemic. Interview, WLEX-TV, Lexington, KY. <https://www.lex18.com/news/covering-kentucky/expert-weighs-in-on-battling-seasonal-depression-amid-a-pandemic>
7. **Southward, M. W.** (2019, April). Personality disorders. Guest lecture, Abnormal Psychology, Duke University, Durham, NC.
6. **Southward, M. W.** (2018/2019). Awareness training: Mindfulness meditation. Community outreach, Duke Diet and Fitness Center, Durham, NC.
5. **Southward, M. W.** (2018/2019). Managing difficult emotions. Community outreach, Duke Diet and Fitness Center, Durham, NC.
4. **Southward, M. W.** (2018/2019). Controlling overeating and binge eating. Community outreach, Duke Diet and Fitness Center, Durham, NC.
3. **Southward, M. W.** (2017, March). Suicide: Theories, research, and treatment. Guest lecture, Abnormal Psychology Analysis, The Ohio State University, Columbus, OH.
2. **Southward, M. W.** (2015, April). Substance-related disorders. Guest lecture, Abnormal Psychology Analysis, The Ohio State University, Columbus, OH.
1. **Southward, M. W.** (2013, November). Curiosity. Guest lecture, Positive Psychology, The Ohio State University, Columbus, OH.

## Posters

55. \*Croom, H., **Southward, M. W.**, & Sauer-Zavala, S. (2024, April). *Testing reciprocal within-person changes in aversive reactions to emotions and skill use in the Unified Protocol*. Poster to be presented at the annual meeting of the National Conference on Undergraduate Research (NCUR), Long Beach, CA.
54. \*Bridges, E., \*Kushner, M., **Southward, M. W.**, & Sauer-Zavala, S. (2023, November). *Investigating the efficacy of transdiagnostic cognitive-behavioral treatment for addressing comorbid psychopathology*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Seattle, WA.
53. \*Kushner, M., \*Terrill, D., **Southward, M. W.**, & Sauer-Zavala, S. (2023, November). *Identifying strengths and deficits in CBT skills for treatment personalization: Comparing the efficacy of three assessments*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Seattle, WA.
52. \*Rahman, A., **Southward, M. W.**, & Sauer-Zavala, S. (2023, November). *Can a brief, cognitive-behavioral treatment for borderline personality disorder reduce suicidality?* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Seattle, WA.
51. \*Semcho, S. A., Sauer-Zavala, S., & **Southward, M. W.** (2023, November). *Personalized longitudinal network models of alcohol use: A mechanistic perspective*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Seattle, WA.
50. \*Stumpp, N. E., \*Fruhbaurova, M., \*Croom, H., \*Bridges, E., \*Cecil, S., \*Maynard, C., **Southward, M. W.**, & Sauer-Zavala, S. (2023, November). *Assessing patient perceptions of a short-term, personality-based treatment for borderline personality disorder*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Seattle, WA.
49. \*Terrill, D. R., **Southward, M. W.**, & Sauer-Zavala, S. (2023, November). *Latent classes of symptom trajectories in a brief treatment for borderline personality disorder*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Seattle, WA.
48. \*Feddock, R., \*Terrill, D., Sauer-Zavala, S., & **Southward, M. W.** (2023, April). *Modular skill use from the Unified Protocol as a predictor of change in anxiety sensitivity*. Poster presented at the annual University of Kentucky Undergraduate Honors Poster Session, Lexington, KY.
47. \*Wright, K. L., **Southward, M. W.**, & Sauer-Zavala, S. (2023, April). *The impact of hope and treatment expectancies on changes in anxiety and depression in the Unified Protocol*. Poster presented at the annual University of Kentucky Undergraduate Honors Poster Session, Lexington, KY.
- James Miller Best Poster Award**
46. \*Feddock, R., \*Terrill, D., Sauer-Zavala, S., & **Southward, M. W.** (2023, April). *Modular skill use from the Unified Protocol as a predictor of change in anxiety sensitivity*. Poster presented at the annual University of Kentucky Showcase of Undergraduate Scholars, Lexington, KY.

45. \*Wright, K. L., **Southward, M. W.**, & Sauer-Zavala, S. (2023, April). *The impact of hope and treatment expectancies on changes in anxiety and depression in the Unified Protocol*. Poster presented at the annual University of Kentucky Showcase of Undergraduate Scholars, Lexington, KY.
44. \*Hines, A., Widiger, T. A., Sauer-Zavala, S., & **Southward, M. W.** (2023, April). *Bipolarity in the Alternative Model of Personality Disorders*. Poster presented at the annual meeting of the North American Society for the Study of Personality Disorders (NASSPD), Waltham, MA.
43. Borger, T., **Southward, M. W.**, Maras, J., Feather, A., & Burris, J. L. (2023, April). *A longitudinal study of the association between the teachable moment heuristic and tobacco use of head and neck cancer patients*. Poster presented at the annual meeting of the Society for Behavioral Medicine (SBM), Phoenix, AZ.
42. \*Stumpp, N. E., **Southward, M. W.**, & Sauer-Zavala, S. (2022, November). *Neuroticism change varies as a function of skill module ordering and treatment length conditions in the Unified Protocol*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), New York, NY.
41. \*Terrill, D. R., Sauer-Zavala, S., **Southward, M. W.**, \*Semcho, S. A., & \*Stumpp, N. E. (2022, November). *Change in aversive reactivity to emotions predicts decreases in symptoms after treatment termination*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), New York, NY.
40. \*Woodie, H., **Southward, M. W.**, \*Semcho, S. A., & Sauer-Zavala, S. (2022, November). *More frequent strategy use strengthens the relationship of transdiagnostic constructs and OCD symptoms*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), New York, NY.
39. \*Wright, K. L., **Southward, M. W.**, & Sauer-Zavala, S. (2022, November). *The impact of hope and treatment expectancies on changes in anxiety and depression in the Unified Protocol*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), New York, NY.
38. Hood, C. O., **Southward, M. W.**, & Sauer-Zavala, S. (2022, November). *BPD Compass: A short-term transdiagnostic treatment approach for co-occurring BPD and PTSD*. Poster presented at the annual meeting of the International Society for Traumatic Stress Studies (ISTSS), Atlanta, GA.
37. Tipsword, J. M., **Southward, M. W.**, Adams, A. M., Brake, C. A., & Badour, C. L. (2022, November). *Daily associations between trauma-related mental contamination and use of specific coping strategies among women with a history of sexual trauma*. Poster presented at the annual meeting of the International Society for Traumatic Stress Studies (ISTSS), Atlanta, GA.
36. \*Wright, K. L., **Southward, M. W.**, & Sauer-Zavala, S. (2022, March). *The impact of hope and treatment expectancies on changes in anxiety and depression in the Unified Protocol*. Poster presented at the annual Kentucky Psychological Science Conference, Louisville, KY.
35. \*Terrill, D. R., **Southward, M. W.**, & Sauer-Zavala, S. (2022, March). *The effect of the Unified Protocol and Unified Protocol skills on loneliness*. Poster presented at the annual meeting of the Anxiety and Depression Association of America (ADAA), Denver, CO.

34. \*Elhousseini, S., \*Cravens, L., **Southward, M. W.**, & Sauer-Zavala, S. (2021, November). *Improvements in aversive reactions to negative emotions are associated with increased quality of life in the Unified Protocol*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), New Orleans, LA.
33. \*Miller, L., \*Semcho, S. A., **Southward, M. W.**, & Sauer-Zavala, S. (2021, November). *LGBTQ status is associated with substance use above and beyond transdiagnostic mechanisms of psychopathology*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), New Orleans, LA.
32. \*Semcho, S. A., **Southward, M. W.**, & Sauer-Zavala, S. (2021, November). *Within-person changes in aversive reactivity predict session-to-session reductions in anxiety and depression in the Unified Protocol*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), New Orleans, LA.
31. \*Stumpp, N. E., **Southward, M. W.**, & Sauer-Zavala, S. (2021, November). *Weekly within-person increases in neuroticism are associated with session-to-session increases in anxiety, but not depressive symptoms in the Unified Protocol*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), New Orleans, LA.
30. \*Garlock, A., Sauer-Zavala, S., & **Southward, M. W.** (2021, May). *The therapeutic alliance in the Unified Protocol: Patient-therapist relationships in cognitive behavioral therapy*. Poster presented at the Department of Psychology Honors Research Symposium, University of Kentucky, Lexington, KY.
29. \*Urs, A., Sauer-Zavala, S. & **Southward, M. W.** (2021, May). *Anxiety sensitivity change within age, gender, and ethnic groups*. Poster presented at the Department of Psychology Honors Research Symposium, University of Kentucky, Lexington, KY.
28. \*Garlock, A., Sauer-Zavala, S., & **Southward, M. W.** (2021, April). *The therapeutic alliance in the Unified Protocol: Patient-therapist relationships in cognitive behavioral therapy*. Poster presented at the Showcase of Undergraduate Scholars, University of Kentucky, Lexington, KY.
27. \*MacLean, D. L., \*Garlock, A., **Southward, M. W.**, & Sauer-Zavala, S. (2020, November). *Behavioral responses to anger in borderline personality: A qualitative investigation*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Philadelphia, PA.
26. Moss, S. A., **Southward, M. W.**, Wahl, L. M., & Cheavens, J. S. (2020, November). *Hope attenuates the negative impact of stress and depressive symptoms on goal striving*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Philadelphia, PA.
25. \*Stumpp, N. E., \*Urs, A., **Southward, M. W.**, & Sauer-Zavala, S. (2020, November). *Do you see what I see? Assessing agreement between BPD patients and researchers on EMA items of behavioral responses to emotional experiences*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Philadelphia, PA.

24. Cardona, N., **Southward, M.**, Nauphal, M., & Sauer-Zavala, S. (2019, November). *Predicting behavioral responses to emotions in borderline personality disorder: An ecological momentary assessment (EMA) approach*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Atlanta, GA.
23. **Southward, M. W.**, & Cheavens, J. S. (2019, April). *Applying network analysis to uncover core deficits in borderline personality disorder*. Poster presented at the annual meeting of the North American Society for the Study of Personality Disorders (NASSPD), Pittsburgh, PA.
22. Howard, K. P., **Southward, M. W.**, Altenburger, E. M., & Cheavens, J. S. (2018, November). *Do Dialectical Behavior Therapy skills modules exert module-specific or general effects?* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Washington, DC.
21. **Southward, M. W.**, Heiy, J. E., & Cheavens, J. S. (2018, April). *Emotion as context: The naturalistic effects of emotion regulation strategies in response to discrete emotions*. Poster presented at the annual meeting of the Society for Affective Science (SAS), Los Angeles, CA.
20. **Southward, M. W.**, & Cheavens, J. S. (2017, November). *Quality vs. quantity: An analysis of skills deficits associated with borderline personality disorder (BPD)*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), San Diego, CA.
19. **Southward, M. W.**, & Cheavens, J. S. (2017, November). *If at first you don't succeed: Persistence and emotions in the face of repeated negative feedback*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), San Diego, CA.
18. \*Haines, N. B., **Southward, M. W.**, Hendricks, P., Cohn, J. F., Cheavens, J. S., & Ahn, W.-Y. (2017, March). *Reading picture-induced positive and negative emotions using facial expressions and machine learning*. Poster presented at the annual meeting of the Social and Affective Neuroscience Society (SANS), Los Angeles, CA.
17. \*Haines, N. B., **Southward, M. W.**, Cheavens, J. S., & Ahn, W.-Y. (2016, October). *Testing the validity of automatic emotion-decoding tools: Comparisons of emotion ratings between computer algorithms and human coders*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), New York, NY.
16. **Southward, M. W.**, Cregg, D., Moss, S. A., & Cheavens, J. S. (2016, October). *Flexible yet firm: The relations of emotion regulation flexibility with psychopathology symptoms and personality*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), New York, NY.
15. \*Haines, N. B., **Southward, M. W.**, Cheavens, J. S., & Ahn, W.-Y. (2016, September). *Testing the validity of automatic emotion-decoding tools: Comparisons of emotion ratings between computer algorithms and human coders*. Poster presented at the annual meeting of the Society for Research in Psychopathology (SRP), Baltimore, MD.
14. Benitez, C., **Southward, M. W.**, Guter, M., Altenburger, E. M., Lazarus, S. A., & Cheavens, J. S. (2015, November). *The moderating role of dispositional forgiveness on perceived social support among individuals with heightened interpersonal sensitivity and neuroticism*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Chicago, IL.

13. **Southward, M. W.**, & Cheavens, J. S. (2015, November). *Context sensitivity moderates the impact of emotion regulation flexibility on changes in distress*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Chicago, IL.
12. Lazarus, S. A., **Southward, M. W.**, & Altenburger, E. A. (2014, November). *An investigation of social network perceptions in borderline personality disorder*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Philadelphia, PA.
11. Lazarus, S. A., **Southward, M. W.**, & Cheavens, J. S. (2013, November). *Rejection sensitivity moderates the impact of BPD features on social network quality*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Nashville, TN.
10. **Southward, M. W.**, Lazarus, S. A., & Cheavens, J. S. (2013, November). *Rejection sensitivity moderates the relationship between borderline personality disorder features and longitudinal social network composition*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Nashville, TN.
9. **Southward, M. W.**, Christensen, K. A., Fettich, K. C., Weissman, J., Berona, J., & Chen, E. Y. (2013, March). *Loneliness mediates the relationship between emotion dysregulation and BN/BED psychopathology in a clinical sample*. Poster presented at the annual Edward F. Hayes Graduate Research Forum, Columbus, OH.
8. Christensen, K., Fettich, K., **Southward, M.**, Noga, N., & Chen, E. Y. (2012, November). *Self-reported mood, not physiological reactivity or persistence, as a measurement of distress tolerance in women with bulimia nervosa*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), National Harbor, MD.
7. Christensen, K., **Southward, M.**, Fettich, K. C., Noga, N., Weissman, J., & Chen, E. Y. (2011, November). *Childhood trauma predicts thought suppression in an eating disorders sample*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Toronto, ON, Canada.
6. **Southward, M.**, Christensen, K. A., Weissman, J., So, S., Berona, J., & Chen, E. Y. (2011, November). *Loneliness mediates emotional dysregulation and eating disorder severity in an eating disorders sample*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Toronto, ON, Canada.
5. Berona, J., Fettich, K. C., Weissman, J., Christensen, K., **Southward, M.**, Ward, A., So, S., & Chen, E. Y. (2010, November). *Severely obese men who binge-eat differ from those who do not*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), San Francisco, CA.
4. Chen, E. Y., Berona, J., Fettich, K. C., Weissman, J., Christensen, K., **Southward, M.**, Ward, A., & So, S. (2010, November). *A lack of early rapid treatment response in a bulimia nervosa and major depression sample*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), San Francisco, CA.
3. Fettich, K. C., Berona, J., Weissman, J., Christensen, K., **Southward, M.**, Ward, A., So, S., & Chen, E. Y. (2010, November). *Respiratory sinus arrhythmia is associated with obesity rather than difficulties regulating emotions or eating disorder severity*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), San Francisco, CA.



2. Chen, E. Y., Fettich, K. C., Berona, J., Weissman, J., Christensen, K., **Southward, M.**, Taromino, C., Nelson, M., & Zhou, H. (2010, October). *Respiratory sinus arrhythmia, distress tolerance, emotion regulation and depressed mood as psychobiological correlates of binge-eating disorder – A pilot study*. Poster presented at the annual meeting of the Society of Psychophysiological Research (SRP), Portland, OR.
1. Chen, E. Y., Fettich, K. C., Weissman, J., Berona, J., **Southward, M.**, Christensen, K., Taromino, C., Nelson, M., & Zhou, H. (2010, October). *Emotional impulsivity predicts treatment response in women who binge eat: An exploratory study*. Poster presented at the annual meeting of the Society of Psychophysiological Research (SPR), Portland, OR.

## **TEACHING & MENTORING**

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### **Instructor**

#### Research Design in Clinical Psychology (Graduate)

SP 2024 Department of Psychology, University of Kentucky  
*In progress*

SP 2023 Department of Psychology, University of Kentucky  
Student Evaluation of Instruction: N/A  
(Classes with < 5 students do not release evaluations)

SP 2022 Department of Psychology, University of Kentucky  
Student Evaluation of Instruction: 5.0 / 5.0  
University Average: 4.3 / 5.0

#### Abnormal Psychology (Undergraduate)

SP 2018 Department of Psychology, The Ohio State University  
Student Evaluation of Instruction: 4.5 / 5.0  
University Average: 4.4 / 5.0

AU 2015 Department of Psychology, The Ohio State University  
Student Evaluation of Instruction: 4.6 / 5.0  
University Average: 4.4 / 5.0

AU 2014 Department of Psychology, The Ohio State University  
(2 sections) Student Evaluation of Instruction: 4.8 / 5.0, 4.6 / 5.0  
University Average: 4.3 / 5.0

### **Teaching Assistant**

#### Applied Psychology: Human Behavior in the Wild, Instructor: Laura Wagner, Ph.D.

SP 2018 Department of Psychology, The Ohio State University

#### Theories of Personality, Instructor: Kristy Boyce, Ph.D.

SP 2014 Department of Psychology, The Ohio State University

#### Positive Psychology, Instructor: Jennifer S. Cheavens, Ph.D.

AU 2013 Department of Psychology, The Ohio State University

**Student Committees**

2024	Rowan Hunt (Dissertation Committee; University of Louisville)
2023	Madeline Kushner (Master's Thesis Committee; University of Kentucky)
2023	Stephen Semcho (Dissertation Committee Co-Chair; University of Kentucky)
2023	Shriya Anand (Master's Thesis Committee; Columbia University)
2023	Talia Tessera (Master's Thesis Committee; York University)
2023	Nicole Stumpp (Qualifying Examination Committee; University of Kentucky)
2022	Martina Fruhbauerova (Qualifying Examination Committee; University of Kentucky)

**Mentored Undergraduate Honors Theses**

*\*co-mentored with Shannon Sauer-Zavala, Ph.D.*

2023-2024	Hannah Croom (Honors Thesis, University of Kentucky)
2023-2024	Abrar Rahman (Honors Thesis, University of Kentucky)
2022-2023	Kat Wright (Honors Thesis, University of Kentucky)
2020-2021	Anna Garlock (Honors Thesis, University of Kentucky)*
2020-2021	Alex Urs (Honors Thesis, University of Kentucky)*

**CLINICAL EXPERIENCE**

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2021 –	<i>Licensed Psychologist, Kentucky</i> License # 269179
2019 – 2021	<i>Postdoctoral Scholar, Clinic for Emotional Health, University of Kentucky</i> <u>Supervisor</u> : Shannon Sauer-Zavala, Ph.D. Certified in the Diagnostic Interview for Anxiety, Mood, and Obsessive-Compulsive and Related Neuropsychiatric Disorders (DIAMOND; 10/29/19) Certified in the Unified Protocol (UP; 07/17/20)
2018 – 2019	<i>Medical Psychology Intern, Duke University Medical Center</i> <u>Supervisors</u> : Melissa L. Miller, Ph.D.; Andrada D. Neacsiu, Ph.D.; M. Zachary Rosenthal, Ph.D.; Moria J. Smoski, Ph.D.; Noga Zerubavel, Ph.D.
2017 – 2018	<i>Therapist Trainee, Addiction Recovery Clinic, The Ohio State University</i> <u>Supervisor</u> : Michael R. Vilensky, Ph.D.
2015 – 2017	<i>Therapist Trainee, DBT Clinic, The Ohio State University</i> <u>Supervisor</u> : Jennifer S. Cheavens, Ph.D.
2014 – 2015	<i>Therapist Trainee, Depression Treatment &amp; Research Clinic, The Ohio State University</i> <u>Supervisor</u> : Daniel R. Strunk, Ph.D.
2013 – 2014	<i>Therapist Trainee, Psychological Services Center, The Ohio State University</i> <u>Supervisor</u> : Joseph P. DeCola, Ph.D., Ph.D.
2013	<i>Assessor Trainee, Psychological Appraisal Practicum, The Ohio State University</i> <u>Supervisor</u> : Ruchika S. Prakash, Ph.D.

### Supervised Practicum Students

2023 – 2024	Sharon Chen, University of Kentucky
Cognitive	Madeline Kushner, University of Kentucky
Therapy	Madeline Petersen, University of Kentucky
	Rayven Peterson, University of Kentucky
	Olivia Shaffer, University of Louisville
	Douglas Terrill, University of Kentucky
DIAMOND/ SCID	Sharon Chen, University of Kentucky
	Madeline Petersen, University of Kentucky
2022 – 2023	Mackenzie Brown, University of Louisville
BPD Compass	Martina Fruhbauerova, University of Kentucky
	Rowan Hunt, University of Louisville
	Stephen Semcho, University of Kentucky
	Nicole Stumpp, University of Kentucky
2021 – 2022	William Bowling, University of Kentucky
BPD Compass	Rowan Hunt, University of Louisville
	Stephen Semcho, University of Kentucky
	Michelle Smith, University of Kentucky
	Jordyn Tipsword, University of Kentucky
2020 – 2021	William Bowling, University of Kentucky*
BPD Compass	* <i>co-supervised with Dr. Shannon Sauer-Zavala</i>

### PROFESSIONAL MEMBERSHIP

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American Psychological Association (APA), Division 12: *Society of Clinical Psychology*  
 APA, Div. 12, Sec. 3: *Society for a Science of Clinical Psychology*  
 APA, Div. 12, Sec. 10: *Graduate Students & Early Career Psychologists*  
 Association for Behavioral and Cognitive Therapies (ABCT)  
 Association for Psychological Science (APS)  
 Hierarchical Taxonomy of Psychopathology (HiTOP)  
 International Society for the Study of Personality Disorders (ISSPD)  
 Kentucky Psychological Association (KPA)  
 North American Society for the Study of Personality Disorders (NASSPD)  
 Society for Psychotherapy Research (SPR)

### PROFESSIONAL SERVICE

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#### *Grant and Award Reviews*

2022 –	<i>Reviewer, Swiss National Science Foundation</i>
2021	<i>Reviewer, Understanding and Mitigating the Impacts of COVID-19 Pandemic on Children, Youth &amp; Families in Canada Funding Opportunity, Canadian Institute of Health Research (CIHR)</i>
2021 –	<i>Reviewer, Clinical Science Student Training Award, Academy of Psychological Clinical Science (APCS)</i>

**National and Professional Service**

- 2023 – *Web Editor*, APA, Division 12 (Society of Clinical Psychology)
- 2022 – *Member*, Kentucky Psychological Association Continuing Education Planning Committee
- 2022 – *Co-Chair*, Personality/Personality Disorders Student Interest Group (P/PD SIG), ABCT  
*Member*, Leadership & Infrastructure Committee  
*Member*, Social Committee
- 2022 – *Member*, HiTOP Utility Workgroup
- 2021 – 2023 *Member*, Coalition for the Application and Advancement of Psychological Science (CAAPS) Scientific Impact Committee
- 2020 – *Member*, ABCT Annual Convention Program Committee
- 2019 – *Reviewer*, NASSPD Annual Conference
- 2018 – *Member*, ABCT Clinical Research Methods & Statistics SIG
- 2017 – 2022 *Social Media Coordinator*, APA, Division 12  
Facebook: [Society of Clinical Psychology](#); Twitter: [@SCPDiv12](#)
- 2017 – 2022 *Twitter Team Member*, ABCT Social Media Committee. Twitter: [@ABCTNOW](#)
- 2017 – 2019 *Student Representative*, APA, Division 12, Publications Committee

**Departmental Service**

- 2021 – *Member*, University of Kentucky, Department of Psychology Diversity, Equity, & Inclusion Committee
- 2018 – 2019 *Member*, Duke University Medical Center Multicultural Team
- 2017 – 2018 *Student Representative*, The Ohio State University, Department of Psychology, Clinical Area
- 2016 – 2018 *Co-Chair*, The Ohio State University, Psychology Department, Clinical Area Student & Alumni Social Media Committee. Facebook: [OSUClinical](#); Twitter: [@OhioStClinPsych](#)

**EDITORIAL SERVICE**

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**Consulting Editor:**

- 2024 – Personality Disorders: Theory, Research, & Treatment
- 2023 – Journal of Personality Disorders
- 2021 – Emotion
- 2021 – Journal of Emotion and Psychopathology
- 2020 – Assessment
- 2020 – Journal of Clinical Psychology

**Ad Hoc Journal Reviews for:**

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| Advances in Methods & Practices in Psychological Science | Journal of American College Health            |
| American Journal of Psychotherapy                        | Journal of Cognitive Psychology               |
| BMC Medicine   | Journal of Consulting & Clinical Psychology   |
| Borderline Personality Disorder & Emotion Dysregulation  | Journal of Contextual Behavioral Science      |
| British Journal of Psychology                            | Journal of Mood & Anxiety Disorders           |
| Canadian Journal of Behavioural Science                  | Journal of Personality                        |
| Clinical Psychological Science                           | Journal of Psychiatric Research               |
| Clinical Psychology: Science & Practice                  | Journal of Psychopathology & Clinical Science |
| Clinical Psychology & Psychotherapy                      | Journal of Social & Clinical Psychology       |
| Cogent Psychology  | Mindfulness                                   |
| Cognition & Emotion                                      | Motivation & Emotion                          |
|  | Nature Reviews Methods Primers                |
|  | Nature Reviews Psychology                     |

Cognitive & Behavioral Practice	Personality and Individual Differences
Cognitive Therapy & Research	Personality and Social Psychology Review
Educational Psychology Review	PLoS ONE
European Journal of Psychological Assessment	Psychological Medicine
European Journal of Psychotraumatology	Psychology of Men & Masculinity
Frontiers in Psychiatry	Psychopathology
Journal of Abnormal Psychology	Psychotherapy Research
Journal of Adolescent & Young Adult Oncology	Scandinavian Journal of Psychology
Journal of Affective Disorders	Scientific Reports

**Publons:** <https://www.webofscience.com/wos/author/record/1037607>