

SAMANTHA NOELLE HELLBERG

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EDUCATION

- EXP. 2024** **Doctor of Philosophy (PhD) in Clinical Psychology with a Formal Concentration in Quantitative Psychology**
Dissertation: “Optimizing Ambulatory Assessment to Capture Person-Specific Dynamics of Perinatal Distress”
Comprehensive Exam: “Ecological Assessment of Perinatal Mood and Distress: A scoping review and recommendations for future research”
University of North Carolina (UNC) at Chapel Hill
- 2021** **Master of Arts (MA) in Clinical Psychology**
Thesis: “Extending Cognitive Behavioral Theory using Ecological Momentary Assessment: An application to panic disorder”
University of North Carolina (UNC) at Chapel Hill
- 2016** **Bachelor of Arts (BA) in Psychology**
Thesis: “Under the Influence: Effects of Ethanol Exposure and Anxiety on Motivation for Gambling-like Cues”
Wesleyan University, Middletown, CT
Class Rank: 1st out of 701 | [GPA](#): 4.21 | Major GPA: 4.24

HONORS & AWARDS

- 2021 [Thomas A. Wadden Award for Training in Behavioral Medicine and Health Psychology](#), University of North Carolina at Chapel Hill
- 2021 [GPSG Travel Award](#), Graduate and Professional Student Government, University of North Carolina at Chapel Hill
- 2021 Nominee, [University Award for the Advancement of Women](#), Carolina Women’s Center, University of North Carolina at Chapel Hill
- 2019 – 2022 [National Science Foundation Graduate Research Fellowship](#) (Grant #: DGE-1650116)
- 2019 [Dashiell Student Travel Award](#), University of North Carolina at Chapel Hill
- 2018 – 2019 [Galinsky Graduate Student Fellowship](#), University of North Carolina at Chapel Hill
- 2016 [University Honors](#) (sole recipient), Wesleyan University
- 2016 [High Honors in Psychology](#), Wesleyan University
- 2016 [Phi Beta Kappa](#), Wesleyan University
- 2016 [Butterfield Prize](#), Wesleyan University
- 2016 [Holzberg Fellowship](#), Wesleyan University
- 2016 [Psi Chi Regional Research Award](#), Eastern Psychological Association Conference
- 2015 - 2016 [Feldman Family Fund](#) (two awards), Wesleyan University
- 2015 [Psi Chi International Honor Society in Psychology](#), Wesleyan University

2014 – 2016 [Dean's List](#) (awarded all eligible semesters), Wesleyan University

PROFESSIONAL SERVICE

2019 – 2021 **Student Representative**, Board of the Technology & Behavior Change Special Interest Group (SIG), Association for Behavioral and Cognitive Therapies (ABCT)

2019 – 2020 **Student Representative**, Clinical Program, UNC Chapel Hill

2019 – Present **UNC-CH Student Liaison**, Psychological Clinical Science Accreditation System (PCSAS)

DIVERSITY, EQUITY, & INCLUSION

2020 – Present **Accountability & Transparency Committee**, Justice, Equity, Diversity and Inclusion, Department of Psychology & Neuroscience, UNC-CH

2020 – Present **Volunteer/Presenter**, Diversifying Psychology Weekend, Department of Psychology & Neuroscience, UNC-CH

2020 – 2021 **Faculty Recruitment & Retention Committee**, Justice, Equity, and Inclusion, Department of Psychology & Neuroscience, UNC-CH

2018 – Present **Diversity Training Committee**, Clinical Program, UNC-CH

RESEARCH EXPERIENCE

2021 – PRESENT **GATES RESEARCH GROUP, QUANTITATIVE PSYCHOLOGY**
 Guest Member, University of North Carolina at Chapel Hill
Supervisor: Katie Gates, Ph.D.
Responsibilities: Following collaboration with Dr. Gates through my master's project and her graduate course in Individual Analysis (time series), I joined her lab as a guest member. In this role, I have continued to enrich my quantitative training by attending lab meetings, learning about current projects in individual analysis, time series, machine learning, and forecasting, and collaborating with team members under the mentorship of Dr. Gates.

2019 – PRESENT **THE SCHILLER LAB FOR WOMEN'S AFFECTIVE NEUROSCIENCE**
 Guest Member, University of North Carolina at Chapel Hill
Supervisor: Crystal Schiller, Ph.D.
Responsibilities: I have received individual mentorship from Dr. Schiller and participated as an active volunteer in her lab to gain additional experience in perinatal mental health research, as well as exposure to biopsychosocial and neuroscience methods.

- Contribute as a research assistant or study therapist on research projects focused on the phenomenology and treatment of perinatal distress, including:
 - Examining Treatment Needs for Parents during the COVID Pandemic (PI: Schiller)
 - Assessment and Treatment of Perinatal Trauma: Evaluation of Prolonged Exposure (PI: Hopkins)
 - Characterizing the neural substrates of irritability in women: an experimental neuroendocrine model (PI: Schiller)
 - Scaling Up Maternal Mental Health by Increasing Access to Treatment (PI: Meltzer-Brody)
- Participate in weekly research meetings and group supervision for SCID-5-RV
- Integrate evidence-based outcome assessments into perinatal psychiatric care
- Attend didactics and seminars hosted by the Center for Women's Mood Disorders
- Assist with manuscript writing and a systematic review

2018 – PRESENT

UNC ANXIETY AND STRESS LAB

Doctoral Candidate, University of North Carolina at Chapel Hill

Supervisor: Jonathan Abramowitz, Ph.D.

Responsibilities: In my role, I have received individual mentorship from Dr. Abramowitz and served as an investigator, therapist, and independent evaluator on studies examining the mechanisms of anxiety-related disorders and their treatment. I have supervised undergraduate students completing an honors thesis, independent study courses, submissions to regional/national conferences, and research assistantships in the lab.

Research highlights include:

- Understanding individual changes in sleep, cognition, mood, and behavior from pregnancy to postpartum (PI, Sponsor: NSF)
- Predictors and course of postpartum obsessions and compulsions (Independent Evaluator, PIs: Abramowitz/Nestadt, Sponsor: NIMH #R01 MH118249)
- One-session treatment for spider fears (Study Therapist, PI: Buchholz)

2019

SOCIAL NEUROSCIENCE & HEALTH LAB

Project Coordinator, University of North Carolina at Chapel Hill

Supervisor: Keely Muscatell, Ph.D.

Responsibilities: For one summer, I coordinated an experimental, randomized study utilizing a multi-modal approach to examine the effects of vagal nerve stimulation on the relationship between social stress and psychophysiological responding (e.g., heart rate variability, cortisol reactivity) in order to receive expert training in the use of these physiological tools.

2016 – 2018

CENTER FOR ANXIETY & TRAUMATIC STRESS, AND COMPLICATED GRIEF PROGRAM

Program Coordinator, Massachusetts General Hospital (MGH)

Supervisors: Naomi Simon M.D., M.Sc., Meredith Charney, Ph.D., Amanda Baker, Ph.D., Donald J. Robinaugh, Ph.D.

Responsibilities: As Program Coordinator, my time was divided between research and clinical responsibilities as well as unique administrative and grants responsibilities, in close collaboration with program leadership.

Study Coordinator (highlights):

1. Optimizing CBT for Panic Disorder: Examining Mechanisms of Treatment Change Using an Intra-Individual Network of Panic Attacks (PI: Baker, Sponsor: Harvard)
2. Randomized Controlled Trial of Sertraline, Prolonged Exposure Therapy and their Combination in OEF/OIF/OND with PTSD (PI: Simon, Sponsor: Department of Defense #W81XWH-11-1-0073)
3. Augmenting Cognitive Behavioral Therapy for Panic Disorder with Cognitive Bias Modification (PI: Baker, Sponsor: Highland Street Foundation)
4. Examining symptom decoupling and propagating causal influence as intra-individual mechanisms of change in psychotherapy (PI: Robinaugh, Sponsor: Charles A. King Trust Postdoctoral Fellowship)
5. Evidence-based Treatments Training Protocol (PI: ME Charney, Sponsor: N/A)

Highlights:

- Working closely with program leadership to assist in the oversight of a productive research and clinical program within a large academic institution (e.g., managing program funds and grant portfolio, budget tracking/projections, effort reporting, coordinating hiring and training of research assistants, etc.)

- Contributing to the administrative and scientific development of over 15 grants, including applications to NIH R01, R21, and K23, Department of Defense (DOD), American Foundation for Suicide Prevention (AFSP), Military Suicide Research Consortium (MSRC), Patient-Centered Outcomes Research Institute (PCORI), and various other foundations, industry sponsors, and subcontracts
- Grant management, tracking, reporting, and various other relevant responsibilities in collaboration with sponsors and MGH administration
- Coordinating studies in collaboration with the PIs and multi-site study teams
- Administering psychophysiological, clinical, and neurocognitive assessments
- Creating and overseeing a protocol for integrated smartphone-based Ecological Momentary Assessment (EMA) and ambulatory psychophysiological assessment
- Managing, cleaning, and analyzing data with Excel, Access, STATA, and R
- Overseeing responsibilities of peer research coordinators and undergraduate interns
- Conducting brief clinical screening interviews to determine fit for research
- Assisting the Director of Psychotherapy and Training (Meredith Charney, PhD) in the development and implementation of a center-wide training protocol to certify clinical trainees in evidence-based treatments for anxiety, grief, and trauma disorders

2015 – 2016

INDEPENDENT RESEARCH

Research Assistant, Department of Psychology, Wesleyan University

Supervisor: [Caitlin B. Shepherd, Ph.D.](#)Highlights:

- Conceptualized, developed, and conducted an original study, “*Subtypes of Eating Disorders: Examining the Roles of Personality, Comorbid Disorder Symptoms, and Cognitive Control*”, to examine the role of cognitive and personality factors in the co-occurrence of eating, obsessive-compulsive, and substance use disorder symptoms.
- Obtained independent funding to support research
- Managed all aspects of study design, conduct, and data analysis

2015 – 2016

SCHIZOPHRENIA COGNITION LAB

Research Assistant, Department of Psychology, Wesleyan University

Supervisor: Matthew Kurtz, Ph.D.Highlights:

- Assisted on thesis project (PI: Sofia Zaidman), “*Pilot Testing CogSMART: A Novel, Compensatory Program of Cognitive Remediation for Psychosis*”
- Administered a cognitive remediation treatment protocol with fellow students to individuals with psychosis spectrum disorders in a community setting
- Trained to administer and score neuropsychological and clinical assessments with high inter-rater reliability, for patients with schizophrenia and schizoaffective disorders in community and hospital settings.

2014 – 2016

BEHAVIORAL NEUROSCIENCE OF MOTIVATION, REWARD, AND DESIRE

Research Assistant/Honors Thesis Student, Department of Psychology, Wesleyan University

Supervisor: Mike J.F. Robinson, Ph.D.Highlights:

- Conceptualized and conducted a senior honors thesis, “*Under the Influence: Effects of Anxiety and Alcohol Exposure on Motivation for Gambling-Like Cues*” examining the effects of anxiety and alcohol use on motivation for gambling like-cues
- Set up a novel, in-house protocol to perform corticosterone ELISA assays

- Gained proficiency in data management and analysis with Excel, SPSS, and Prism
- Created lab protocols, standard operating procedures, and templates
- Trained new lab members in the use of research equipment and technologies
- Obtained independent funding through to support dissemination efforts

CLINICAL EXPERIENCE

2022 – PRESENT

CLINICAL ASSESSOR- SCHILLER LAB FOR WOMEN'S AFFECTIVE NEUROSCIENCE

Center for Women's Mood Disorders, Department of Psychiatry, UNC Chapel Hill

Supervisor: Crystal Schiller, PhD

Responsibilities: Conduct clinical interviews as part of a NIMH-R01 research investigation on neural and neuroendocrine mechanisms of anhedonia and psychosis during the menopausal transition. Trained, certified, and supervised in the provision of the following measures include: SCID-5-RV, Brief Psychiatric Rating Scale (BPRS), Clinical Global Impressions – Severity Scale (CGI-S).

2021 – PRESENT

PEER CLINICAL SUPERVISOR- ANXIETY AND STRESS DISORDERS CLINIC (ASDC)

Community Clinic, Department of Psychology & Neuroscience, UNC Chapel Hill

Supervisor: Jonathan Abramowitz, PhD

Responsibilities: Provide supervision to advanced clinical doctoral students pursuing training in evidence-based treatments for anxiety, obsessive-compulsive, stress and related disorders.

2021 – PRESENT

STUDENT THERAPIST- PERINATAL PSYCHIATRY INPATIENT UNIT

Center for Women's Mood Disorders, UNC School of Medicine/UNC Hospitals

Supervisors: Paul Geiger, PhD, Crystal Schiller, PhD

Responsibilities:

- Observe, co-facilitate, and provide short-term individual psychotherapy and structured psychodiagnostics assessment (SCID-5-CV) for patients with acute psychiatric distress in an inpatient setting
- Collaborate with an interdisciplinary team in the provision of services
- Complex patient population, with primary concerns involving: depression, suicidality/self-harm, psychosis, mania/bipolar disorder, complex PTSD, obsessive-compulsive disorder, substance abuse/withdrawal
- Modalities used: Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, Dialectical Behavior Therapy

2020 – PRESENT

STUDENT THERAPIST- PERINATAL DBT PROGRAM

Center for Women's Mood Disorders, UNC School of Medicine/UNC Hospitals

Supervisor: Tiffany Hopkins, PhD, Paul Geiger, PhD

Responsibilities:

- Created practicum in collaboration with Dr. Hopkins
- Observe, co-facilitate, and provide outpatient individual/group psychotherapy with pregnant and postpartum individuals
- Primary presenting concerns: emotion dysregulation, borderline personality disorder (BPD), complex trauma/PTSD, treatment-resistant mood and anxiety disorders, sleep disturbance, suicidality and self-injury, interpersonal difficulties
- Received training in risk assessment and safety planning for: suicidality and self-harm, child abuse and neglect, intimate partner violence
- Modalities used: full-model Dialectical Behavior Therapy (DBT; group, individual, phone coaching, team consultation), DBT/PE

- Participate in didactics, supervision, team consultation, and continuing education
- Gained experience providing therapy via telehealth on various platforms (Zoom, EPIC/MyChart, Doximity, WebEx)

2020 – PRESENT

STUDENT THERAPIST- PERINATAL PSYCHOTHERAPY PROGRAM

Center for Women’s Mood Disorders, UNC School of Medicine/UNC Hospitals

Supervisor: Tiffany Hopkins, PhD, Matt Cohen, PhDResponsibilities:

- Provision of outpatient psychotherapy to pregnant and postpartum individuals
- Primary presenting concerns: posttraumatic stress disorder, obsessive-compulsive and anxiety disorders, depression, grief/loss
- Participate in didactics and supervision as well as adjunct clinical trainings, case conferences, and continuing education within the Center for Women’s Mood Disorders and the Department of Psychiatry at UNC
- Training received in: Prolonged Exposure (PE), Acceptance and Commitment Therapy (ACT), Behavioral Activation (BA), Exposure and Response Prevention (ERP), Complicated Grief Therapy (CGT)

2020 – 2021

STUDENT THERAPIST- ANXIETY AND STRESS DISORDERS CLINIC (ASDC)

Department of Psychology Community Clinic, University of North Carolina at Chapel Hill

Supervisor: Jonathan Abramowitz, PhDResponsibilities:

- Conducted comprehensive diagnostic intake assessments to aid in differential diagnosis, case conceptualization, and treatment planning
- Provided individual tailored, cognitive behavior therapy (CBT) and group treatment
- Initiated a transdiagnostic group therapy for anxiety disorders (Unified Protocol)
- Primary presenting concerns: anxiety and obsessive-compulsive spectrum disorders
- Training received in: CBT, Exposure and Response Prevention (ERP) + Acceptance and Commitment Therapy (ACT), Acceptance-Based Behavior Therapy (ABBT), Unified Protocol (UP – group format)
- Attended weekly didactics as well as group and individual supervision
- Gained experience providing therapy in-person and via telehealth (Zoom)

2019 – 2020

STUDENT THERAPIST- ADULT CLINIC (2ND YEAR PRACTICUM)

Department of Psychology Community Clinic, University of North Carolina at Chapel Hill

Supervisor: Erica Wise, Ph.D.Responsibilities:

- Conducted weekly, individual psychotherapy with adults in-person and via telehealth
- Primary presenting concerns: adjustment difficulties, anxiety, depression, interpersonal/relationship difficulties
- Participated in weekly didactics and supervision, including applied skills training, case conceptualization, and case presentations
- Integrated cognitive-behavioral and acceptance-based techniques to implement individualized treatment plans based on: Motivational Interviewing (MI), Acceptance and Commitment Therapy (ACT), Dialectical Behavior Therapy (DBT), Mindfulness-Based Stress Reduction (MBSR), CBT for Perfectionism

2018 – PRESENT

CLINICAL ASSESSOR- UNC ANXIETY & STRESS LAB

Department of Psychology & Neuroscience, UNC Chapel Hill

Supervisor: Jonathan Abramowitz, Ph.D.

Responsibilities: Training and certified in the administration of semi-structured clinical interviews as part of an NIH R01 study investigating the trajectory and predictors of perinatal obsessive-compulsive and depressive symptoms. Measures administered: The Mini International Neuropsychiatric Interview for DSM-5 [MINI], Diagnostic Interview For Anxiety, Mood, and Obsessive-Compulsive And Related Neuropsychiatric Disorders (DIAMOND), Yale-Brown Obsessive-Compulsive Scale [YBOCS], and Postpartum Thoughts and Behaviors Checklist [PTBC].

2018 – 2020

STUDY THERAPIST- [UNC ANXIETY & STRESS LAB](#)

Anxiety & Stress Lab, Department of Psychology & Neuroscience, UNC Chapel Hill
Supervisor: Jonathan Abramowitz, Ph.D., Jennifer Buchholz, M.A.

Responsibilities: Provided individual, single-session CBT for spider phobia and a stress management protocol as part of a research study examining inhibitory learning theory.

CLINICAL TRAININGS & CERTIFICATIONS

2021

Prolonged Grief Disorder Therapy Principles & Procedures (workshop)

M. Katherine Shear, MD & Danielle Glorioso, LCSW, *The Center for Prolonged Grief*

DBT Phone Coaching 101 (seminar)

Kathyn Butts, LCSW, DBT-LBC & Shaelene Kite, LPC, DBT-LBC

Parenting Guidance through the Lens of Dialectical Dilemmas (seminar)

Lyvia Chriki, PsyD, *Evidence-Based Practices of New England, LLC*

PE Web (certification)

Medical University of South Carolina, National Center Victims Research & Treatment Center

Grief, Loss, & Trauma in the Latinx Community (seminar)

Salvador Trevino, PhD, *El Futuro*

2020

Approaching What Matters: Prolonged Exposure Therapy for PTSD (workshop)

Tiffany Hopkins, PhD, *UNC School of Social Work*

1-Day Foundational DBT Training (workshop)

Tiffany Hopkins, PhD, *UNC School of Social Work*

TEACHING EXPERIENCE

2020-2021

PSYC 242 - Introduction to Clinical Psychology (Guest Lecturer)

Department of Psychology & Neuroscience, UNC Chapel Hill

Professor of Record: Maku Orleans-Pobee, M.A.

Lecturers taught: “*Exposure therapy: practice and implementation*”

2019

PSYC 242 - Introduction to Clinical Psychology (Guest Lecturer)

Department of Psychology & Neuroscience, UNC Chapel Hill

Professor of Record: Jonathan Abramowitz, Ph.D.

Lectures taught: “*Research Methods*”, “*Ethics*,” “*Diagnosis and Clinical Interviewing*”

Lecturers Taught for Courses:

- Hellberg, S. N., Rodriguez-Thompson A., Merritt, C. (2021). *Culturally informed assessment and treatment of trauma and stress in the context of systemic oppression*. Multiculturalism.

- Hellberg S. N. (2019). *Inflammation, Immune System, and Inflammatory Markers: A theoretical and practical guide for research*. Social Psychobiology.
- Hellberg S. N. & Walsh E. C. (2019). *Working with Vulnerable Populations to Extend the Research of Clinical Science*. Research Methods.
- Hellberg S. N. (2018). *Fears & Anxiety: Phobias and Panic Disorder*. Adult Psychopathology.

MENTORSHIP EXPERIENCE

- 2019 – 2021 **MENTORSHIP MATCH PROGRAM, ABCT TECHNOLOGY & BEHAVIOR CHANGE SIG**
- Launched and coordinated mentorship match program, under the supervision of Dr. Emily Lattie and Jennifer Dahne, facilitating over 20 mentor-mentee pairs
 - Assembled evidence-based resources to support mentor-mentee effectiveness
 - Provided professional development (e.g., applying to graduate school, funding) mentorship to post-baccalaureate trainees enrolled in the program
- 2019 – PRESENT **UNC ANXIETY & STRESS LAB**
- Honors theses supervised:
 - 2021-2022: Peyton Miyares
 - Independent Research Courses (PSYC395) supervised:
 - Fall 2021: Chandnee Puri, Rishab Agarwal, Mahlon Brady
 - Spring 2021: Dana Nguyen, Peyton Miyares, Chandnee Puri
 - Fall 2020: Peyton Miyares, Dana Nguyen
 - Spring 2020: Megan Butcher
 - First-author poster presentations supervised (see [Poster Presentations](#))
 - Supervision of undergraduate research assistants assisting across lab projects
 - Facilitation of professional development seminars and individual meetings on applying to post-bac research assistantships/graduate school and on crafting a CV.

PEER-REVIEW MANUSCRIPTS

PUBLISHED & IN PRESS

1. **Hellberg, S. N.**, Buchholz, J. L., Ojalehto, H. J., Butcher M. W., Riemann, B. C., & Abramowitz, J. S. (Accepted). Prevalence and correlates of suicidality in obsessive-compulsive disorder. *Journal of Obsessive-Compulsive and Related Disorders*.
2. Buchholz, J. L., Blakey, S. M., **Hellberg, S. N.**, Massing-Schaffer, M., Reuman, L., Ojalehto, H. J., Friedman, J., & Abramowitz, J. S. (in press). Expectancy violation during exposure therapy: A pilot randomized controlled trial. *Journal of Behavioral and Cognitive Therapy*.
3. Buchholz, J. L., Ojalehto, H. J., Maddox, B. B., **Hellberg, S. N.**, Wislocki, K., Abramowitz, J. S., Davidson, C. A., Cattie, J. E., & Becker-Haimes, E. M. (In press). Treatment of co-occurring obsessive-compulsive and psychotic symptoms: A systematic review.
4. Ojalehto, H. J., Abramowitz, J. S., **Hellberg, S. N.**, Butcher, M. W., & Buchholz, J. L. (2021). Predicting COVID-19-Related Anxiety: The Role of Obsessive-Compulsive Symptom Dimensions, Anxiety Sensitivity, and Body Vigilance. *Journal of Anxiety Disorders*.

5. Ojalehto, H. J., **Hellberg, S. N.**, Butcher, M. W., Buchholz, J. L., Timpano, K. R., & Abramowitz, J. S. (2021). The misinterpretation of intrusions and experiential avoidance as prospective predictors of postpartum obsessive-compulsive symptoms in first-time parents. *Journal of Contextual Behavioral Science*.
6. Baker A. W., **Hellberg S. N.**, Jacoby R. J., Losiewicz O. M., Orr S. P., Marques L., Simon N. M. (2020) A Pilot Study of Attention Bias Modification Augmentation of Cognitive Behavioral Therapy for Panic Disorder: Clinical and Psychophysiological Outcomes. *Journal of Behavior Therapy and Experimental Psychiatry*.
7. Ojalehto H. J., Abramowitz J. S., **Hellberg S. N.**, Buchholz, J. B., & Twohig M. P. (2020). Adherence to exposure and response prevention as a predictor of improvement in obsessive-compulsive symptom dimensions and maintenance factors. *Journal of Anxiety Disorders*.
8. Ross R. A., Hoepfner S. S., **Hellberg S. N.**, O'Day E. B., Rosencrans P. L., Ressler K. J., May V., & Simon N. M. (2020). Circulating PACAP peptide and PAC1R genotype as possible transdiagnostic biomarkers for anxiety disorders in women: a preliminary study. *Neuropsychopharmacology*, 1-11.
9. Simon, N.M, Hoepfner, S.S., Lubin R. E., Robinaugh D.J., Malgaroli, M, Norman, S.B., Acierno, R, Goetter, E.M., **Hellberg, S.N.**, Charney, M.E., Bui, E, Baker, A.W., Smith, E, Kim, H.M., Rauch, S.A.M. (2020). Understanding the Impact of Complicated Grief on Combat Related Posttraumatic Stress Disorder, Guilt, Suicide and Functional Impairment in a Clinical Trial of Post-9/11 Service Members and Veterans. *Depression and Anxiety*.
10. **Hellberg, S. N.**, Buchholz, J. L., Twohig, M. P., & Abramowitz, J. S. (2019). Not just thinking but believing: Obsessive beliefs and domains of cognitive fusion in the prediction of OCD symptom dimensions. *Clinical psychology & psychotherapy*. <https://doi.org/10.1002/cpp.2409>
11. **Hellberg, S. N.**, Buchholz, J. L., & Abramowitz, J. S. (2019). Insomnia and obsessive-compulsive symptom dimensions: The mediating role of anxiety and depression. *Journal of Obsessive-Compulsive and Related Disorders*, 23. <https://doi.org/10.1016/j.jocrd.2019.100482>
12. Bui E., **Hellberg S. N.**, Hoepfner S. S., Rosencrans P., Young A., Ross R. A., Hoge E., Simon N. M. (2019). Circulating Levels of Oxytocin May Be Elevated in Complicated Grief: A Pilot Study. *Eur J Psychotraumatol*.
13. **Hellberg S. N.**, Ladis I., & Shepherd, C. B. (2018). Pilot study of a personality-based approach to assessing eating disorder and obsessive-compulsive disorder symptom risk in college men and women. *Journal of American College Health*. doi:10.1080/07448481.2018.1515745
14. **Hellberg, S. N.**, Russell, T. I., & Robinson, M. J. (2018). Cued for risk: Evidence for an incentive sensitization framework to explain the interplay between stress and anxiety, substance abuse, and reward uncertainty in disordered gambling behavior. *Cognitive, Affective, & Behavioral Neuroscience*, 1-22.
15. Charney, M. E., **Hellberg, S. N.**, Bui, E., & Simon, N. M. (2018). Evidenced-based treatment of posttraumatic stress disorder: an updated review of validated psychotherapeutic and pharmacological approaches. *Harvard Review of Psychiatry*, 26(3), 99-115. doi: 10.1097/HRP.0000000000000186
16. Simon N. M., O'Day E. B., **Hellberg S. N.**, Hoepfner S. S., Charney M. E., Robinaugh D. J., Bui T. H., Goetter E. M., Baker A. W., Rogers A. H., Nadal-Vincens M., Venners M., Kim H. M., & Rauch S. A. M. (2018). The loss of a fellow service member: Complicated grief in post-9/11 service members and veterans with combat-related posttraumatic stress disorder [In Focus]. *Journal of Neuroscience Research*, 96(1),5-15. doi: 10.1002/jnr.24094
17. **Hellberg, S. N.**, Levit, J. D., & Robinson, M. J. (2017). Under the influence: Effects of adolescent ethanol exposure and anxiety on motivation for uncertain gambling-like cues in male and female rats. *Behavioural Brain Research*, 337, 17-33. doi: 10.1016/j.bbr.2017.09.036

UNDER REVIEW

18. **Hellberg S. N.** & Abramowitz J. S. (In Preparation). Using ambulatory assessment to capture psychological distress in the perinatal period: A scoping review and recommendations for future studies.
19. **Hellberg S. N.**, Lundegard, L., Hopkins, T. A., Thompson, K., Kang M., Morris T., & Schiller, C. E. (Submitted). Psychological distress and treatment preferences among parents during the COVID-19 pandemic.
20. **Hellberg, S. N.**, Abramowitz, J. S., Butcher, M. W., Schmidt, N. B., & Timpano, K. R. (Submitted). Perinatal Depression and Obsessive-Compulsive Symptoms: Examining Dimensional and Prospective Relationships from Pregnancy to Postpartum.
21. **Hellberg S. N.**, Ojalehto, H. J., Butcher, M. W., Buchholz, J. L., & Abramowitz, J. S. (Submitted). Co-occurring Depression and Obsessive-Compulsive Disorder: A Dimensional Network Approach.
22. Gates, K. M. & **Hellberg, S. N.** (In Preparation). Commentary: Idiographic analysis to support ACBS Task Force recommendations for contextual behavioral science.
23. Hopkins, T. & **Hellberg, S. N.** (Submitted). Assessing and Treating Obstetrical and Newborn-Related Trauma in the Perinatal Period.
24. Buchholz, J. L., Abramowitz, J. S., **Hellberg, S. N.**, Ojalehto, H. J., & Twohig, M. P. (Submitted). Different Processes of Change with Traditional and ACT-Enhanced ERP for OCD.
25. Buchholz, J. L., Abramowitz, J. S., **Hellberg, S. N.**, Ojalehto, H. J., Butcher, M. W., Leonard, R. C., & Riemann, B. C. (Submitted). Accommodation of OCD symptoms across relational contexts: A dimensional perspective.
26. Schiller, C. E., Prim J., Bauer A. E., Lux L., Lundegard L., Kang M., **Hellberg S. N.**, Thompson K., Webber, T., Teklezghi A., Petee, N., Gaffney, K., Hodgins, G., Rahman F., Steinsiek, N., Modi, A., & Gaynes B. The efficacy of virtual care for depressive disorders: A systematic review and meta-analysis.

IN PREPARATION

27. **Hellberg S. N.**, Losiewicz O., Abramowitz J. S., Gates, K. M., & Baker A. W. (In Preparation). Momentary dynamics in panic disorder: Preliminary validation of an ecological momentary assessment survey.
28. **Hellberg S. N.**, Losiewicz O., Abramowitz J. S., Gates, K. M., & Baker A. W. (In Preparation). Extending cognitive-behavioral theory with ecological momentary assessment: An application to panic disorder.
29. **Hellberg S. N.**, Ojalehto, H. J., Butcher, M. W., Pinciotti, C., Van Kirk, N., & Abramowitz, J. S. (In Preparation). Linking PTSD and OCD: Conceptualizing comorbidity with network analysis.
30. **Hellberg S. N.**, DuBois, C., Butcher, M., Myers, N. S., Ojalehto, H. J., Riemann, B. C., & Abramowitz J. S. (In Preparation). Specificity in the prediction of OCD symptom dimensions by anxiety and guilt sensitivity.
31. **Hellberg S. N.**, Hopkins. T. A., Thompson K., & Bruening A. (In Preparation). Dialectical behavior therapy in the perinatal period: A scoping review.
32. Prim J., Wales D., **Hellberg, S. N.**, Thompson, K. T., Lundegard L., & Schiller, C. E. Characterizing the Hormone Sensitive Phenotype of Depression.

CHAPTERS

1. Hopkins T. A. & **Hellberg S. N.** (2021). Trauma and PTSD in the Perinatal Period. In L. Cox, *University of North Carolina Center for Women's Mood Disorders Handbook of Perinatal Psychiatry*.
2. **Hellberg S. N.**, Buchholz J. L., Ojalehto H. J., & Abramowitz J. S. (2021). Inhibitory learning approaches in exposure and response prevention. In E. A. Storch, D. McKay, & J. S. Abramowitz, *Complexities in Obsessive*

Compulsive and Related Disorders: Advances in Conceptualization & Treatment. Oxford, England, UK: Oxford University Press.

3. Buchholz J. L., Abramowitz J. S., **Hellberg S. N.**, & Ojalehto H. J. (2021). Couple-based cognitive behavioral therapy. In E. A. Storch, D. McKay, & J. S. Abramowitz, *Complexities in Obsessive Compulsive and Related Disorders: Advances in Conceptualization & Treatment*. Oxford, England, UK: Oxford University Press.
4. Buchholz, J. L., **Hellberg S. N.**, & Abramowitz, J. S. (2020). Phenomenology of perinatal obsessive-compulsive disorder. In J. Payne & L. Osborne (eds). *Biomarkers of postpartum psychiatric disorders* (pp. 79-93). London: Academic Press/Elsevier.
5. Abramowitz, J. S. & **Hellberg, S. N.** (2020). Scrupulosity. In E. Storch, D. McKay, & J.S. Abramowitz (eds). *Advanced casebook of obsessive-compulsive disorder* (pp. 71-88). London: Elsevier.
6. **Hellberg S. N.**, Jacoby R. J., & Wilhelm S. (2019). From OCD spectrum to anxiety disorders. In E. Bui, A. Baker, & M. Charney, *Clinical handbook for anxiety disorders*. Boston, MA: Springer Nature.

SYMPOSIA, PANELS, AND ROUNDTABLES

1. Cevasco, M., Dean, K., Metzger, I., Orenco-Aguayo, R., & Shipherd, J. C. (2021). In **S. N. Hellberg** & C. D. Calhoun (Moderators), *Moving Towards Culturally Informed and Anti-Oppressive, Trauma-Focused Care*. Roundtable accepted to the Association for Cognitive and Behavioral Therapies 55th Annual Convention, New Orleans, LA.
2. **Hellberg, S. N.**, Ojalehto, H. J., Butcher, M. W., Abramowitz, J. S., & Timpano, K. (2021, November). *Understanding the trajectory of obsessive-compulsive and depressive symptoms from pregnancy to postpartum*. In Steinman S. A. (Chair), *Predicting, Preventing and Addressing Perinatal Mental Health Concerns*. Paper to be presented at the annual meeting of the Association for Cognitive and Behavioral Therapies Convention, New Orleans, LA.
3. **Hellberg, S. N.**, Ojalehto, H. J., Butcher, M. W., Riemann, B. C., Abramowitz, J. S. (2021, November). *Understanding the links between obsessive-compulsive and insomnia symptoms: A network approach*. In Coles M. (Chair), *Advancements in Understanding Disruptions in Sleep and Circadian Rhythms for Individuals with Obsessive Compulsive Disorder*. Paper to be presented at the annual meeting of the Association for Cognitive and Behavioral Therapies Convention, New Orleans, LA.
4. Buchholz, J. L., **Hellberg, S. N.**, Ojalehto, H. J., Abramowitz, J. S., Twohig, M. P. (2021, November). *Integrating ACT with ERP for OCD: The impact on appraisals of intrusive thoughts*. In J. Kuckertz (Chair), *Out of the Laboratory, and Into the Clinic: Measuring and Testing Novel Mechanistic Theories of Exposure*. To be presented at the 55th Annual Convention of the Association for Behavioral and Cognitive Therapies. New Orleans, LA.
5. Buchholz, J. L., Willis, H. A., **Hellberg, S. N.**, Ojalehto, H. J., & Abramowitz, J. S. *Validation of the Dimensional Obsessive-Compulsive Scale in African American young adults* (2021, November) In Willis, H. A. & Buchholz, J. L. (Chairs), *Sociocultural considerations for assessment and treatment of OCD among diverse groups*. To be presented at the 55th Annual Convention of the Association for Behavioral and Cognitive Therapies. New Orleans, LA.
6. Ojalehto, H. J., **Hellberg, S. N.**, Butcher, M. W., Buchholz, J. L., Timpano, K. R., & Abramowitz, J. S. (2021, November). *Prospective predictors of postpartum obsessive-compulsive symptoms in first-time parents*. In S. A. Steinman (Chair), *Predicting, Preventing and Addressing Perinatal Mental Health Concerns*. Paper to be presented at the annual meeting of the Association for Cognitive and Behavioral Therapies Convention, New Orleans, LA.
7. Ojalehto, H. J., Abramowitz, J. S., **Hellberg, S. N.**, Butcher, M. W., & Buchholz, J. L. (2021, November). *Predicting COVID-19-related anxiety: The role of obsessive-compulsive symptom dimensions, anxiety sensitivity, and body vigilance*. In D. McKay (Chair), *Behavioral, Social and Emotional Consequences of COVID-19 Stress*. Paper to be presented at the annual meeting of the Association for Cognitive and Behavioral Therapies Convention, New Orleans, LA.

8. **Hellberg, S. N.**, Lundegard, L., Hopkins, T., & Schiller C. E. (2021, October). *Examining parental mental health, treatment preferences, and barriers to care during the COVID-19 pandemic*. Paper to be presented at the Marcé of North America (MONA) Virtual Conference.
9. Challacombe F., Hopkins T. A., Howard M., & Schiller C. E. (Panelists) (2020, November) in **S. N. Hellberg** (Moderator). *Assessment and treatment of perinatal mental health: Increasing access to evidence-based care for a vulnerable population*. Clinical Roundtable presented virtually at the annual convention of the Association for Cognitive and Behavioral Therapies, Philadelphia, PA.
10. **Hellberg S. N.** & Abramowitz J. S. (Co-Chairs) (2020, November), *Extending our understanding of suicidality and self-harm in obsessive compulsive and anxiety related disorders*. Symposium conducted virtually at the Association for Cognitive and Behavioral Therapies Convention, Philadelphia, PA.
11. **Hellberg S. N.**, Abramowitz J. S., Ojalehto H., Buchholz J. L., & Riemann B. C. (2020, November). *Exploring the prevalence and presentation of suicidal ideation in a large sample of individuals with primary OCD*. In S. N. Hellberg & J. S. Abramowitz (Chairs), *Extending our understanding of suicidality and self-harm in obsessive compulsive and anxiety related disorders*. Paper presented virtually at the Association for Cognitive and Behavioral Therapies Convention, Philadelphia, PA.
12. Buchholz, J. L., **Hellberg, S. N.**, Ojalehto, H. J., Blakey, S. M., & Abramowitz, J. S. (2020, November). In J. L. Buchholz & S. A. Palitz Buinewicz (Chairs), *Understanding the Therapeutic Process of Exposure Therapy to Optimize Treatment*. Paper to be presented at the Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.
13. Ojalehto, H. J., Abramowitz, J. S., **Hellberg, S. N.**, Buchholz, J. L., & Twohig, M. P. (2020, November). *Patient adherence as a predictor of outcome from ERP: Obsessive-compulsive symptom dimensions and maintenance factors*. In J. L. Buchholz & S. A. Palitz Buinewicz (Chairs), *Understanding the Therapeutic Process of Exposure Therapy to Optimize Treatment*. Paper to be presented at the Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.
14. **Hellberg S. N.**, Abramowitz J. S., & Timpano K. (2020, October). *Examining the dimensional and temporal relationships between perinatal obsessive-compulsive and depressive symptoms*. Paper to be presented at the International Marcé Society for Perinatal Mental Health Convention, Iowa City, IA.
15. **Hellberg S. N.** & Abramowitz J. S. (Co-Chairs) (2019, November). *Advances in Perinatal Mental Health: Extending the Reach of Cognitive-Behavioral Science to an Understudied, Vulnerable Population*. Symposium conducted at the Association for Cognitive and Behavioral Therapies Convention, Atlanta, GA.
16. **Hellberg S. N.**, Abramowitz J. S., Buchholz J. L., & Timpano K. R. *Obsessive beliefs as a risk factor and potential target for the prevention of postpartum depression among individuals at high-risk for postpartum obsessive-compulsive symptoms*. (2019, November). In **S.N. Hellberg** & J.S. Abramowitz (Chairs), *Advances in Perinatal Mental Health: Extending the Reach of Cognitive-Behavioral Science to an Understudied, Vulnerable Population*. Paper presented at the Association for Cognitive and Behavioral Therapies Convention, Atlanta, GA.
17. Timpano K. R., Shaw A. M., Doss B., **Hellberg S. N.**, Schmidt, N. B., & Abramowitz J. S. *Untangling the Association between Postpartum Obsessions, Couple Satisfaction, and Perceived Stress*. (2019, November). In **S.N. Hellberg** & J.S. Abramowitz (Chairs), *Advances in Perinatal Mental Health: Extending the Reach of Cognitive-Behavioral Science to an Understudied, Vulnerable Population*. Paper presented at the Association for Cognitive and Behavioral Therapies Convention, Atlanta, GA.
18. Buchholz, J. L., Singh, N., **Hellberg, S. N.**, & Abramowitz, J. S. (2019, November). *Employee assistant programs as a dissemination tool for internet-based cognitive-behavioral interventions*. In J. L. Buchholz (Chair). *Using technology to enhance cognitive-behavioral interventions and reduce barriers to access*. Paper presented at the Association for Behavioral and Cognitive Therapies Convention, Atlanta, GA.

19. Goetter E. M., Hoepfner S. S., **Hellberg S. N.**, Acierno R., Rauch S. A. M., & Simon N. M. *Understanding the Impact of Complicated Grief on Posttraumatic Stress Disorder Outcomes in Post-9/11 Service Members and Veterans.* (2018, November). Paper presented at the International Society for Traumatic Stress Studies Conference, Washington D.C.
20. Baker A. W., **Hellberg S. N.**, Rosencrans P. L., Marques L., Orr S. P., & Simon N. M. (2018, April). *Improved Clinical but not Psychophysiological Outcomes following Cognitive Behavioral Therapy for Panic Disorder Augmented by Attention Bias Modification.* In L.S. Hallion & S.A. Steinman (Chairs), *Cognitive Mechanisms of Anxiety: Recent Developments.* Paper presented at the Anxiety and Depression Association of America Convention, Washington, DC.
21. Baker A. W., **Hellberg S. N.**, Rosencrans P. L., Marques L. & Simon N. M. (2017, November). *Augmenting CBT for Panic Disorder with Attentional Bias Modification Improves Clinical Outcomes.* In A.D Peckham (Chair), *New Frontiers in Cognitive Training and Cognitive Bias Modification.* Paper presented at the Association for Cognitive and Behavioral Therapies Convention, San Diego, CA.
22. Baker A. W., O'Day E. B., **Hellberg S. N.**, Goetter E. M. & Simon N. M. (2017, April). *Effects of resilience on psychosocial treatment outcomes in a transdiagnostic anxiety sample.* In T. Gallagher (Chair), *Resilience and Interpersonal Relationships in PTSD and Anxiety Disorder Treatment.* Paper presented at the Anxiety and Depression Association of America Convention, San Francisco, CA.

INVITED TALKS & OTHER PRESENTATIONS

1. **Hellberg, S. N.** (2020-Present; recurring speaker). *Perinatal Mental Health: A need-to-know guide for Perinatal Yoga Teachers and Wellness Providers.* Invited talk for the Perinatal Yoga Teacher Training by [Whole Mama Yoga](#).
2. Buchholz, J., **Hellberg, S. N.**, Sosoo, E., Kurtz-Costes, B., & Sheridan, M. (2021, January). *Funding in Graduate School.* Panel for the annual UNC Diversifying Psychology Weekend.
3. **Hellberg, S. N.** (2020, November). *An update on the Mentorship Match Program (MMP).* Invited talk presented at the Technology & Behavior SIG Business Meeting for Association of Cognitive and Behavioral Therapies.
4. **Hellberg, S. N.** (2019, November). *Integrating Ecological Momentary Assessment (EMA) into a Graduate Training [and Research] Clinic.* Ignite Presentation at the Technology & Behavior SIG Business Meeting at the Association of Cognitive and Behavioral Therapies, Atlanta, GA.
5. **Hellberg, S. N.** (2019, November). *Launching the Mentorship Match Program (MMP).* Invited talk presented at the Technology & Behavior SIG Business Meeting at Association of Cognitive and Behavioral Therapies convention, Atlanta, GA.
6. **Hellberg, S. N.** (2019, October). *Intro to Ecological Momentary Assessment (EMA).* Presented at the UNC Stress and Anxiety Lab Meeting, Chapel Hill, NC.
7. Bal A., Shahir J., Hobson C., **Hellberg S. N.**, & Grube A. (2019, September). *Writing an Effective NSF Graduate Research Fellowship Proposal (EMA).* Panelist for [workshop](#) hosted by The Graduate School at UNC Chapel Hill, Chapel Hill, NC.

POSTER PRESENTATIONS

*Indicates presentation by undergraduate student mentee.

1. *Butcher, M.W., Ojalehto, H.J., Ataci, S., **Hellberg, S.N.**, DuBois, C., Al-Omari, L., & Abramowitz, J.S. (2021, November). *Individual and psychological predictors of health anxiety in medical students.* Poster to be presented at the annual meeting of the Association of Behavioral and Cognitive Therapies (ABCT), New Orleans, LA.

2. *Butcher, M. W., **Hellberg, S. N.**, Quintana, T. C. R., Colvin, A., Adams, L., Ojalehto, H. J., & Abramowitz, J. S. (2021, November). *Mindfulness as a predictor of health anxiety above and beyond known predictors*. Poster to be presented at the annual meeting of the Association of Behavioral and Cognitive Therapies (ABCT), New Orleans, LA.
3. *Miyares, P., **Hellberg, S. N.**, Puri, C., Nguyen, D., Butcher, M. W., Ojalehto, H. J., & Abramowitz, J. S. (2021, November). *Emotion regulation mediates the relationship between anxiety and specific eating disorder symptom dimensions*. Poster to be presented at the annual meeting of the Association of Behavioral and Cognitive Therapies (ABCT), New Orleans, LA.
4. *Sayers, K., Ojalehto H. J., **Hellberg S. N.**, DeMartino, E., Quintana T. C. R, Tadross, M., Butcher, M. W., & Abramowitz, J. S. (2021, November). *Psychological Predictors of COVID-19 Related Anxiety*. Poster to be presented at the annual meeting of the Association of Behavioral and Cognitive Therapies (ABCT), New Orleans, LA.
5. Ataei, S., Ojalehto, H.J., Hellberg, S.N., Butcher, M.W., & Abramowitz, J.S. (2021, November). *Associations Between Health Anxiety and Posttraumatic Stress Symptoms: The Mediating Role of Anxiety Sensitivity*. Poster to be presented at the annual meeting of the Association of Behavioral and Cognitive Therapies (ABCT), New Orleans, LA.
6. *Nguyen, D. V., **Hellberg, S. N.**, Sayers, K. G., Todross, M. E., Butcher, M. W., Ojalehto, H. J., Abramowitz, J. S. (2021, November). *Predictors of depression and anxiety in incoming medical students*. Poster to be presented at the annual meeting of the Association of Behavioral and Cognitive Therapies (ABCT), New Orleans, LA.
7. DuBois, C.M., Ojalehto, H.J., Adams, L., Colvin, A., Agarwal, R., Butcher, M.W., **Hellberg, S.N.**, & Abramowitz, J.S. (2021, November). *Associations between Trauma Type and Obsessive-Compulsive Symptom Dimensions*. Poster to be presented at the annual meeting of the Association of Behavioral and Cognitive Therapies (ABCT), New Orleans, LA.
8. *Nguyen, D., **Hellberg, S. N.**, Butcher, M. W, Ojalehto, H. J., Buchholz, J. L., Abramowitz, J. S. (2020, November). *Examining the interacting roles of sleep disturbance and distress tolerance in predicting depressive symptoms among individuals with elevated obsessive-compulsive symptoms*. Poster presented at the Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.
9. *Butcher, M., **Hellberg, S. N.**, Carvajal, M., Ojalehto, H. J., Buchholz, J. L., Abramowitz, J. S. (2020, November). *Sensory processing sensitivity in the prediction of obsessive-compulsive symptoms*. Poster presented at the Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.
10. *Friedman, J., **Hellberg, S. N.**, Walsh, E. C., Sayers, K., Miyares, P., Ojalehto, H. J., Buchholz, J. L., & Abramowitz, J. S. (2020, November). *Investigating the relative specificity and strength of associations among emotion regulation difficulties and various mental health symptoms*. Poster presented at the Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.
11. *Friedman, J., **Hellberg, S. N.**, Butcher, M. W., Walsh, E. C., Sayers, K., Miyares, P., Ojalehto, H. J., Buchholz, J. L., Abramowitz, J. S. (2020, November). *Emotion regulation difficulties as a potential mediator linking sleep disturbance to obsessive compulsive symptoms*. Poster presented at the Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.
12. Koppelman, C., Ojalehto, H. J., Miyares, P., DeMartino, E., **Hellberg, S. N.**, Buchholz, J. L., Abramowitz, J. S. (2020, November). *Obsessive beliefs in the prediction of posttraumatic stress symptoms*. Poster presented at the Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.
13. Ojalehto, H. J., Sayers, K., DeMartino, E., Daniely, T., **Hellberg, S. N.**, Buchholz, J. L., Abramowitz, J. S. (2020, November). *OCD symptoms in trauma-exposed individuals with and without probable PTSD*. Poster presented at the Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.

14. Brown, M. L., Losiewicz, O. M., LeBlanc, N. J., Kind, S. L., Robinaugh, D. J., **Hellberg, S. N.**, Simon, N. M., Marques, L. M., & Baker, A. W. (2019, November). *A closer look at the efficacy of cognitive-behavioral therapy for Panic Disorder using ecological momentary assessment and a symptom-level approach*. Poster presented at the Association for Behavioral and Cognitive Therapies Convention, Atlanta, GA.
15. *Patel N., **Hellberg S. N.**, Lanier M., Hucks C., Koppelman C., Lung C., Buchholz J. L., & Abramowitz J. S. (2019, November). *Excessive guilt and guilt sensitivity differentially augment the cognitive-behavioral model of obsessive-compulsive symptoms across symptom dimensions*. Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies (ABCT), Atlanta, GA.
16. *Ehinger S., **Hellberg S. N.**, DeMartino E., Griffith O., Buchholz J. L., & Abramowitz J. S. (2019, November). *Examining the mediating roles of guilt and cognitive fusion in the link between obsessive-compulsive symptom dimensions and depressive symptoms*. Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies (ABCT), Atlanta, GA.
17. *Koppelman C., **Hellberg S. N.**, Silver R., DeMartino E., Buchholz J. L., Stark C., Patel N., & Abramowitz J. S. (2019, November). *Examining potential links in the relationship between sleep disturbance, depression, and anxiety: the roles of cognitive fusion, distress tolerance, and anxiety sensitivity*. Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies (ABCT), Atlanta, GA.
18. *Butcher M., **Hellberg S. N.**, Ojalehto H., Hucks C., Griffith O., Buchholz J. L., & Abramowitz J. S. (2019, November). *Sleep disturbance as a potential link in the coherence of depressive and obsessive-compulsive symptoms*. Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies (ABCT), Atlanta, GA.
19. *Butcher M., **Hellberg S. N.**, Follet L., Ojalehto H., Buchholz J. L., & Abramowitz J. S. (2019, November). *Examining the mediating and moderating roles of distress tolerance in the relationship between anxiety, depression, and cognitive-behavioral coping styles*. Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies (ABCT), Atlanta, GA.
20. Baker, A.W., Brown, M.L., Losiewicz, O.M., LeBlanc, N.J., Kind, S.L., Robinaugh, D.J., **Hellberg, S.N.**, Simon, N.M., & Marques, L. (2019, September). *Using ecological momentary assessment and wearable psychophysiological measurement to examine the efficacy of cognitive behavioral therapy for panic disorder*. Poster presented at the 59th Annual Meeting of the Society for Psychophysiological Research, Washington, DC.
21. Baker, A.W., Brown, M.L., Losiewicz, O.M., LeBlanc, N.J., Kind, S.L., Robinaugh, D.J., **Hellberg, S.N.**, Simon, N.M., & Marques, L. (2019, October). *A closer look at treatment for panic disorder using smartphone-based ecological momentary assessment, wearable psychophysiological measurement and a symptom-level approach*. Poster presented at the APA Technology, Mind and Society conference, Washington, DC.
22. Brown, M.L., Losiewicz, O.M., LeBlanc, N.J., Kind, S.L., Robinaugh, D.J., **Hellberg, S.N.**, Simon, N.M., Marques, L., & Baker, A.W. (2019, October). *Ecological momentary assessment provides insight into individual symptom changes after cognitive-behavioral therapy for panic disorder*. Poster presented at the 17th Annual Clinical Research Day at Massachusetts General Hospital, Boston, MA.
23. **Hellberg, S. N.**, Wieman, S. T., Ehinger, S., DeMartino, E., Griffith, O., Buchholz, J. L., & Abramowitz, J. S. (2019, July). *Guilt and cognitive fusion as potential pathways linking obsessive-compulsive symptoms to depression*. Poster presented at the annual meeting of the International OCD Foundation (IOCDF), Austin, Texas.
24. *Silver, R. A., **Hellberg, S. N.**, Abramowitz, J. S., & Timpano, K. (2019, July). *Investigating the Role of Responsibility Attitudes and Perceived Stress in Obsessive-Compulsive Symptoms in the Perinatal Period*. Poster presented at the annual meeting of the International OCD Foundation (IOCDF), Austin, Texas.

25. **Hellberg, S. N.**, Buchholz, J. L., & Abramowitz, J. S. (2019, July). *Understanding the link between insomnia and obsessive-compulsive symptoms: Cognitive fusion, anxiety sensitivity, and distress tolerance as potential mediators*. Poster presented at the annual meeting of the International OCD Foundation (IOCDF), Austin, Texas.
26. **Hellberg, S. N.**, Losiewicz, O. M., Robinaugh D. J., Simon, N. M., & Baker, A. B. (2018, November). *Elucidating the Temporal Influence of Safety Behaviors on Anxiety with Smartphone-Based Experience Sampling Methods*. Poster presented at the 52nd annual meeting of the Association for Behavioral and Cognitive Therapies, Washington D.C.
27. Spandorfer, J., Szuhany, K., Hoepfner, S., Lubin, R., Young, A., **Hellberg, S.N.**, Wieman, S., Bui, E., Simon, N. (2018, November). *Association Between Family History of Suicide and Anxiety Disorders*. Poster presented at the 52nd annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, D.C.
28. Baker A. W., Losiewicz O. M., **Hellberg S. N.**, & Simon N. M. (2018, October) *Integrating technology into clinical care to improve outcomes in panic disorder: Use of safety behaviors and resulting anxiety as assessed by smartphone-based experience sampling methods*. Poster presented at the 2018 Connected Health Conference, Boston, MA.
29. Baker A. W., **Hellberg S. N.**, & Simon N. M. (2018, October). *Impact of the Use of Safety Behaviors on Anxiety and Psychophysiology as assessed by Smartphone-Based Experience Sampling Methods and Wearable Psychophysiological Measurement*. Poster presented at the annual meeting of the Society for Psychophysiological Research, Quebec City, Quebec.
30. Szuhany K., Li M., Spandorfer J., Lubin R., **Hellberg S. N.**, Hoepfner S. S., & Simon N.M. (2018, April) *Subjective Sleep Disturbances in Complicated Grief and Generalized Anxiety Disorder*. Poster presented at the annual meeting of the Anxiety and Depression Association of America, Washington, D.C.
31. Ross R. A., Hoepfner S. S., O'Day E. B., **Hellberg S. N.**, Rosencrans P. L., Nadal M., Goosens K., Ressler K. J., May V., & Simon N. M. (2017, December; 2018, April, May) *Evidence for Circulating PACAP as a Biomarker for Anxiety Disorders in Women*. Poster presented at the annual meeting of the American College of Neuropsychopharmacology, Palm Springs, CA, the Harvard Medical School Psychiatry Research Day, Boston, MA, and the annual meeting of the Society of Biological Psychiatry, New York, NY.
32. **Hellberg S. N.**, Robinaugh. D. J., Tio, P., Baker A. W., & Simon, N. M. (2017, October, November). *Utilizing a Network Approach to Examine the Structure of the Weighted Mental Disorder Symptom Network and its Relation to Comorbidity*. Poster presented at the 51st annual convention of the Association for Cognitive and Behavioral Therapies, San Diego, CA and the 15th Annual Clinical Research Day at Massachusetts General Hospital, Boston, MA
33. Baker A. W., **Hellberg S. N.**, Rosencrans P. L., Marques L., Orr S. P., & Simon N. M. (2017, October). *Heart Rate Response to Loud Tones as a Biomarker for Panic Disorder: Psychophysiological Reactivity Pre- and Post- Cognitive Behavioral Treatment*. Poster presented at the annual meeting of the Society for Psychophysiological Research, Vienna, Austria.
34. **Hellberg S. N.** & Shepherd, C. B. (2017, August). *Eating disorders and OCD: Examining the role of perfectionism through personality-based subtypes*. Poster presented in the Society of Clinical Psychology poster session at the 125th annual convention of the American Psychological Association, Washington, DC.
35. Baker A. W., **Hellberg S. N.**, Orr S. P., Simon N. M. (2017, May). *Psychophysiological response to loud tones as a biomarker for panic disorder*. Poster presented at the annual meeting of the Association for Psychological Science, Boston, MA.
36. Bui T. H., **Hellberg S. N.**, Rosencrans P. L., Hoepfner S. S., Ross R. A., Hoge E., Simon N. M. (2016, December). *Circulating levels of Oxytocin in Complicated Grief*. Poster presented at the 55th annual meeting of the American College of Neuropsychopharmacology, Hollywood, Florida.

37. O'Day E. O., Baker A. W., Bui E. B., Hoepfner S. S., Frumkin M. R., **Hellberg S. N.**, Rogers A. H., Barrett L. F., Lynn S. K. (2016, October). *Don't Be Too Quick to Judge: A Transdiagnostic Examination of Impulsivity's Relation to Anxiety Symptom Severity*. Poster presented at the 14th Annual Celebration of Clinical Research Day at Massachusetts General Hospital, Boston, MA and at the 50th Annual Convention of the Association for Cognitive and Behavioral Therapies, New York, NY.
38. Simon N. M., Rogers A. H., Kim H. M., Charney M. F., Bui T. H., Goetter E. M., Nadal-Vicens M., Robinaugh D. J., Venners M., Rauch S. A. M., and **the PROGRESS Team**. (2016, August). *Complicated Grief and the Impact of Loss of a Fellow Service Member in Post 9/11 Service Members and Veterans with Combat-Related PTSD*. Poster presented at the annual meeting for the Military Health System Research Symposium, Kissimmee, FL.
39. **Hellberg S. N.** & Shepherd, C. B. (2016, April). *Subtypes of Eating Disorders: Roles of personality, psychiatric comorbidity, and cognitive control*. Poster presented at the Psychology Department Poster Session at Wesleyan University, Middletown, CT.
40. **Hellberg S. N.**, Levit J. D., & Robinson M. J. F. (2016, March). *Under the Influence: Effects of Adolescent Alcohol Exposure and Anxiety on Motivation for Gambling-like Cues*. Poster presented at the annual meeting of the Eastern Psychological Association, New York City, NY, the Psychology Department Poster Session, and the Natural Sciences and Mathematics Poster Session at Wesleyan University, Middletown, CT.
41. **Hellberg S. N.**, Levit J. D. , & Robinson M. J. F. (2015, July). *Pilot study: Effects of Adolescent Alcohol Exposure and Anxiety on Motivation for Gambling-like Cues*. Poster presented at the Summer Research Poster Session at Wesleyan University, Middletown, CT.

SKILLS

Proficiency: R, SPSS, Microsoft Office, Canva

Basic Knowledge: SAS, Mplus

Formal quantitative training in: Regression, Multilevel Modeling, Structural Equation Modeling (SEM), Longitudinal SEM, Time Series/Individual Analysis, Network Analysis

AD HOC REVIEWER

Ad Hoc Reviewer

Behavior Therapy

Psychological Medicine

Journal of Obsessive-Compulsive and Related Disorders

Co-Reviewer

Journal of Cognitive Psychotherapy

Depression and Anxiety

Professional Psychology: Research and Practice

International Journal of Psychiatry in Clinical Practice

Assessment

OTHER RELEVANT EXPERIENCES

- | | |
|-------------|--|
| 2020 – | Program Support Committee
Member, Clinical Program, Department of Psychology & Neuroscience, UNC Chapel Hill |
| 2019 – 2020 | Yoga Teacher and Outreach Coordinator, Yoga for P&N Graduate Students
Department of Psychology & Neuroscience, UNC Chapel Hill |
| 2016 | Coordinator, “Pathways to Healing” Program for Survivors of Sexual Trauma
Wesleyan University, Supervisor: Alysha Warren, L.P.C. |

- 2015 **Peer Alcohol Education Health Coach**
Wesleyan University, Supervisors: Emily Pagano, M.S. & Tanya Purdy M.P.H.
- 2015 – 2016 **Bystander Intervention Intern & Facilitator, WesWell Interns**
WesWell Office of Health Education, Wesleyan University
Supervisors: Tanya Purdy M.P.H. & Alysha Warren, L.P.C.
- 2014 – 2016 **Peer Health Advocate**
WesWell Office of Health Education, Wesleyan University
Supervisors: Tanya Purdy M.P.H.

AFFILIATIONS

- 2020 – Marcé Society of North America, International Marcé Society for Perinatal Mental Health
- 2019 – North Carolina Psychological Association
- 2019 – International OCD Foundation
- 2017 – Association for Behavioral and Cognitive Therapies (ABCT)
 - Technology & Behavior Change SIG
 - The Women's Issues in Behavior Therapy SIG
- 2016 – Phi Beta Kappa
- 2015 – Psi Chi International Honor Society in Psychology
- 2017 – American Psychological Association (Society of Clinical Psychology, APA Division 12)
- 2016 – 2017 Academy for Eating Disorders
- 2015 – 2016 Eastern Psychological Association