*Curriculum Vitae*

Sarah A. Bilsky, Ph.D.

Department of Psychology

University of Mississippi

302D Peabody Hall

Oxford, MS

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**EDUCATION**

05/2016-08/2019 Doctor of Philosophy, Clinical Psychology

University of Arkansas, Fayetteville, AR (APA-Accredited) Dissertation: *The Impact of Mother and Adolescent Offspring Distress Reduction Training on Maternal Anxiety and Alcohol Related Behaviors Following Conflict*

Chair: Ellen W. Leen-Feldner, Ph.D.

**07/2018-07/2019** Predoctoral Internship, Clinical Psychology

The University of Oklahoma Health Sciences Center/OKC VA Consortium (APA-Accredited); Oklahoma City, OK

**08/2013-05/2016** Master of Arts, Clinical Psychology

University of Arkansas, Fayetteville, AR

Thesis: *The Role of Child Anxiety in Parent Sick Role*

*Reinforcement*

Chair: Ellen W. Leen-Feldner

**05/2011** Bachelor of Arts, Psychology (with Research Concentration)

*Cum Laude*

Vanderbilt University, Nashville, TN

**PROFESSIONAL POSITIONS**

**08/2019- Assistant Professor**

Department of Psychology

College of Arts and Sciences, University of Mississippi

**HONORS AND AWARDS**

2017 Student Travel Award, Society for Research on Child Development

2016 The Kimball Award for Excellence in Undergraduate Mentorship,

Arkansas Interdisciplinary Sciences Laboratory, University of Arkansas

2013-2017 **University of Arkansas Distinguished Doctoral Fellowship**

2009 **Ada Bell Stapleton/Blanche Henry Weaver Scholarship, Vanderbilt**

**University**

**2009** Global Summer Fellows Award, Vanderbilt University

2007-2011 Vanderbilt University Dean’s List

**GRANT ACTIVITY**

**Awarded Research Grants**

3. Principal Investigator [**Bilsky, S.A.** (P.I.), Leen-Feldner, E.W.(Sponsor)]. (2015; Three-year

National Science Foundation Graduate Research Fellowship).  *Health Care Over-Utilization: The Role of Child-Driven Anxiety.* $138,000.

2. Sponsor [**Bilsky, S.A**. (P.I.), Feldner, M. T. (Sponsor), Leen-Feldner, E.W. (Co-Sponsor), Ham, L. S. (Co-Sponsor), De Los Reyes, A. (Off-Site Mentor), & Stanger, C. (Off-Site Mentor)]. *The Impact of Mother and Adolescent Offspring Arousal Reduction Training on Maternal Anxiety and Alcohol Related Behaviors Following Conflict*(2016; Two-year NIH Ruth L. Kirschstein National Research Service Award training fellowship; Tracking # GRANT11874698; $67,618). Recommended for funding; application withdrawn because grant could not be held concurrently with NSF Training Fellowship.

1. Principal Investigator [**Bilsky, S.A. (PI),** Leen-Feldner, E.W. (Sponsor)]; (2013; One-year

Marie Wilson Howell’s Foundation Research Grant), *The Role of Child Anxiety in Parent Sick Role Reinforcement.* $770.00

**PUBLICATIONS**

Manuscripts Published in Peer-Reviewed Journals:

19. **Bilsky, S.A.,** Cloutier, R.M., Guillot, C.R., Bynion, T.M., Lewis, S.F. (in press). Relations

between parental distress intolerance, adolescent motives for cigarette use, and

adolescent cigarette smoking levels.Manuscript submitted for publication

(Substance Use & Misuse).

18. **Bilsky, S.A**., Cloutier, R.M., Bynion, T., Feldner, M.T., & Leen-Feldner, E.W. (2018). An experimental test of the impact of adolescent anxiety on parental sick role reinforcement behavior. *Behavior Research and Therapy, 109*, 37-48. doi: 10.1016/j.brat.2018.07.009

17. **Bilsky, S.A.,** Feldner, M.T., Bynion, T., Rojas, S.R., & Leen-Feldner, E.W. (2018). Child anxiety and parental anxiety sensitivity are related to parent sick role reinforcement. *Parenting*, *18*(2), 110-125. doi: 10.1080/15295192.2018.1444132

16. **Bilsky, S.A.,** Dueweke, A.R., & Bridges, A.J. (2017). Health care utilization among

Hispanic and non-Hispanic anxious youth. *Journal of Health Psychology*. doi: 10.1177/1359105317740738

15. Bynion, T., Blumenthal, H., **Bilsky, S.A.,** Cloutier, R.M., Leen-Feldner, E.W. (2017) Dimensions of parenting among mothers and fathers in relation to social anxiety among female adolescent offspring. *Journal of Adolescence, 60,* 11-15*.* doi: 10.1016/j.adolescence.2017.07.004

14. Rojas, S.M., **Bilsky, S.A.,** Dutton, C., Badour, C.L., Feldner, M.T., & Leen-Feldner, E.W. (2017). Lifetime histories of PTSD, suicidal ideation, and suicide attempts in a nationally representative sample of adolescents: Examining indirect effects via the roles of family and peer social support. *Journal of Anxiety Disorders*, *49,* 95-103. doi:10.1016/j.janxdis.2017.04.006*.*

13. Veilleux, J.C., & Bilsky, S.A. (2016). After a client death: Suicide postvention recommendations for training programs and clinics. *Training and Education in Professional Psychology*, *10*(4), 214-222. doi:10.1037/tep0000127

12. Bilsky, S.A., Feldner, M.T., Knapp, A.A., Babson, K.A., & Leen-Feldner, E.W. (2016). The interaction between anxiety sensitivity and cigarette smoking level in relation to sleep onset latency among adolescent cigarette smokers. *Journal of Adolescence*, *51,* 123-132. doi:10.1016/j.adolescence.2016.06.006

11. Bilsky, S.A., Feldner, M.T., Knapp, A.A., Rojas, S.M., & Leen-Feldner, E.W. (2016). The roles of sex, anxious reactivity to bodily arousal, and anxiety sensitivity in coping motives for cigarette smoking among adolescents. *Experimental And Clinical Psychopharmacology*, *24*(3), 147-155. doi:10.1037/pha0000071

10. Semcho, S., **Bilsky, S.A.,** Lewis, S.F., & Leen-Feldner, E.W. (2016). Distress tolerance predicts coping motives for marijuana use among treatment seeking young adults. *Addictive Behaviors*, *58*85-89. doi:10.1016/j.addbeh.2016.02.016

9. **Bilsky, S.A.,** Knapp, A.A., Bunaciu, L., Feldner, M.T., & Leen-Feldner, E.W. (2016). Parental psychological control and adolescent panic symptom frequency. *International Journal Of Cognitive Therapy*, *9*(3), 229-244. doi:10.1521/ijct\_2016\_09\_08

8**.** Olatunji, B. O., Armstrong, T., **Bilsky, S. A**., & Zhao, M. (2015). Threat modulation of visual search efficiency in PTSD: A comparison of distinct stimulus categories. *Psychiatry Research*, *229*(3), 975-982. doi:10.1016/j.psychres.2015.05.090

7. Cole, D. A., Sinclair-McBride, K. R., Zelkowitz, R., Bilsky, S. A., Roeder, K., & Spinelli, T. (2015). Peer Victimization and Harsh Parenting Predict Cognitive Diatheses for Depression in Children and Adolescents. *Journal of Clinical Child & Adolescent Psychology*, (ahead-of-print), 1-13*.* doi:10.1080/15374416.2015.1004679

6. Mischel, E. R., Leen-Feldner, E. W., Knapp, A. A., **Bilsky, S. A**., Ham, S., & Lewis, S.

(2014). Indirect effects of smoking motives on adolescent anger dysregulation and smoking.  *Addictive Behaviors, 39,*1831-1838. doi:  10.1016/j.addbeh.2014.07.029

5. Cole, D. A., Martin, N. C., Sterba, S. K., Sinclair-McBride, K., Roeder, K. M., Zelkowitz, R.,

& Bilsky, S. A. (2014). Peer victimization (and harsh parenting) as developmental correlates of cognitive reactivity, a diathesis for depression. *Journal Of Abnormal Psychology, 123*(2), 336-349. doi:10.1037/a0036489

4. Cole, D. A., Dukewich, T. L., Roeder, K., Sinclair, K. R., McMillan, J., Will, E., Bilsky, S.A.,

Martin, N.C. Felton, J. W. (2014). Linking peer victimization to the development of depressive self-schemas in children and adolescents. *Journal Of Abnormal Child Psychology, 42*(1), 149-160. doi:10.1007/s10802-013-9769-1

3. Bilsky, S. A., Cole, D. A., Dukewich, T. L., Martin, N. C., Sinclair, K. R., Tran, C. V., & ...

Maxwell, M. A. (2013). Does supportive parenting mitigate the longitudinal effects of peer victimization on depressive thoughts and symptoms in children?. *Journal Of Abnormal Psychology, 122*(2), 406-419. doi:10.1037/a0032501

2.Armstrong, T., **Bilsky, S. A**., Zhao, M., & Olatunji, B. O. (2013). Dwelling on potential threat

cues: An eye movement marker for combat-related PTSD. *Depression And Anxiety, 30*(5), 497-502. doi:10.1002/da.22115

1. Viar, M. A., **Bilsky, S. A**., Armstrong, T., & Olatunji, B. O. (2011). Obsessive beliefs

and dimensions of obsessive-compulsive disorder: An examination of specific associations, *Cognitive Therapy and Research, 35*, 108-117. doi:10.1007/s10608-011-9360-4

**Manuscripts Under Review in Peer Reviewed Journals**

1. **Bilsky, S.A.,** Feldner, M.T., & Leen-Feldner, E.W. (2018). A review of the impact of

adolescent offspring internalizing symptoms on parenting style, behavior, and dyadic qualities.Manuscript submitted for publication(Journal of Abnormal Child Psychology).

2**. Bilsky, S.A.,** Dickerson, L., Mischel E.R., Mahan, R.M., & Leen-Feldner, E.W. (2017).

A laboratory-based investigation of the link between maternal posttraumatic stress symptoms and adolescent offspring anxiety. Manuscript submitted for publication(Journal of Psychopathology and Behavioral Assessment).

**Manuscripts in Prep**

1. Bilsky, S.A., Feldner, M.T., & Leen-Feldner E.W. (2019). *The Impact of Mother and Adolescent Offspring Distress Reduction Training on Maternal Distress Following Conflict.* Manuscript in preparation.
2. Bilsky, S.A., Friedman, H., Karlovich, A., Smith, M. (2019). *Adolescent Sleep Quality is Related to Maternal and Adolescent Affective Responding during Conflict.* Manuscript in preparation.

**Poster Presentations:**

29. Karlovich, A. R., **Bilsky, S.,** Nguyen, A., Dickerson, L., Smith, M. S., & Leen-Feldner, E. W. (2019). *Maternal posttraumatic stress symptoms and adolescent offspring anxiety: A laboratory-based evaluation.*Poster accepted for presentation at the Association for Behavioral and Cognitive Therapies 53rd annual convention, Atlanta, GA.

28. Smith, M. S., **Bilsky, S. A.,** Karlovich, A. R., Gournay, R., Feldner, M. T., Leen-Feldner, E. W. (2019). *Emotion Regulation of Children with Mothers of Anxiety or Traumatic Disorders vs. Children with Mothers Without Anxiety or Traumatic Disorders.* Poster accepted for presentation at the Association for Behavioral and Cognitive Therapies 53rd annual convention, Atlanta, GA.

27. **Bilsky, S.A**., Karlovich, A. & Smith, M. (2019) *Relations between parental distress intolerance, adolescent motives for cigarette use, and adolescent cigarette smoking levels*. Poster accepted for presentation at the 53nd annual meeting of the Association of Behavioral and Cognitive Therapies, Atlanta, GA.

26. **Bilsky, S.A**., Feldner, M.T., Leen-Feldner, E.W. (2018) *The impact of mother cognitive*

*reappraisal training on maternal and adolescent distress following conflict*. Poster submitted for presentation the Society for Research on Child Development Biannual Meeting, Baltimore, MD.

25. Karlovich, A., Smith, M., **Bilsky, S.A**., Feldner, M.T., Leen-Feldner, E.W. (2018) *The*

*interaction between emotion regulation strategies and stressful life events in relation*

*to adolescent symptoms of generalized anxiety*. Poster accepted for presentation the

Society for Research on Child Development Biannual Meeting, Baltimore, MD.

24. Karlovich, A., Smith, M., **Bilsky, S.A**., Feldner, M.T., Leen-Feldner, E.W. (2018) *The*

*interaction between emotion regulation strategies and stressful life events in relation*

*to adolescent symptoms of generalized anxiety*. Poster accepted for presentation the

Arkansas Psychology Association Annual Meeting, Little Rock, AR.

23. Smith, M., **Bilsky, S.A**., Karlovich, A., Feldner, M.T., Leen-Feldner, E.W. (2018) *Relations between parental distress intolerance, adolescent motives for cigarette use, and adolescent cigarette smoking levels*. Poster accepted for presentation the Arkansas Psychology Association Annual Meeting, Little Rock, AR.

22. Campbell, R.L**., Bilsky, S.A.,** Feldner, M.T., & Leen-Feldner, E.W. (2018, November). *The interaction between anxiety sensitivity and cigarette smoking level in relation to sleep onset latency among adolescent cigarette smokers.* Paper accepted for presentation at the 52nd annual meeting of the Association of Behavioral and Cognitive Therapies, Washington D.C.

21. **Bilsky, S.A.,** Feldner, M.T., Branson, K., & Leen-Feldner, E.W. (2017)*. Child anxiety and parental anxiety sensitivity are related to parent sick role reinforcement.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

20. **Bilsky, S.A.,** Feldner, M.T., & Leen-Feldner, E.W. (2017)*. Health care overutilization: The role of child driven anxiety.* Poster presented at the biennial meeting of the Society for Research on Child Development (SRCD) in Austin, TX.

19. **Bilsky, S.A.,** Feldner, M.T., & Leen-Feldner, E.W. (2017)*. The roles of sex, anxious reactivity to bodily arousal, and anxiety sensitivity in coping motives for cigarette smoking among adolescents.* Poster presented at the biennial meeting of the Society for Research on Child Development (SRCD) in Austin, TX.

18. Branson, K., **Bilsky, S.A.,** Feldner, M.T., Leen-Feldner, E.W. (2016) *The interaction*

*between anxiety sensitivity and cigarette smoking level in relation to sleep onset latency*

*among adolescent cigarette smokers* . Poster submitted for presentation at the Anxiety

and Depression Association of America Annual Meeting, Washington, D.C.

17. Webers, S., **Bilsky, S.A.,** Feldner, M.T., Leen-Feldner, E.W. (2016) *The interaction between*

*anxiety sensitivity and cigarette smoking level in relation to sleep onset latency among adolescent cigarette smokers* . Poster presented at the Arkansas Psychology Association Annual Meeting, Little Rock, AR.

16. Bridges, A. J., Melkonian, A., Smith, B., Jackson, K., Morrison, C. W., Hurd, L. E., Martinez, T., Canan, S., **Bilsky, S.,** Hunt, M., Gomez, D., Rhoads, K., Mee, M., Jozkowski, K., Weirsma-Mosley, J. D., & Ham, L. S. (2016, October). *Alcohol's impact on sexual assault bystanders: Preliminary data from a NIH Study.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

15. **Bilsky, S.A.,** Feldner, M.T., Knapp, A.A., Rojas, S.M., Leen-Feldner, E.W. (2016)*. The roles of sex, anxious reactivity to bodily arousal, and anxiety sensitivity in coping motives for cigarette smoking among adolescents.* Poster presented at the 50th annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT) in New York, NY.

14. Bridges, A., Dueweke, A**., Bilsky, S.A**. (2016). *Specificity of the PHQ-2 as a screener for*

*depression in Latino/a primary care patients.* Poster presented at the biennial National Latina/o Psychological Conference, Orlando, FL.

13.Lenogue, S., Rojas, S. M., **Bilsky, S. A.,** Leen-Feldner, E. W., Lewis, S., & Feldner,

M.T. (December, 2015). *The association between sleep difficulties and risk for suicide among treatment-seeking adolescents: The role of negative affect intensity*. Poster presented at the annual ADAA Anxiety and Depression Conference. Philadelphia, Pennsylvania.

12. Knapp, A., Bilsky, S., Erdly, C., Bolen, A. Dochat, C., & Leen-Feldner, E. (2015). *Adolescent anxiety sensitivity amelioration program: Effects on anxiety-relevant factors at 1-month follow-up.* Poster submitted for presentation at the 24th annual meeting of the Society for Prevention Research, San Francisco, CA.

11. Knapp, A., Leen-Feldner, E., Bilsky, S.A., Bunaciu, L., Bolen, A., & Feldner, M. (2015). *A multi-informant study: The effects of parental posttraumatic stress disorder on internalizing symptoms of adolescent offspring.* Poster presented at the 16th biennial meeting of the Society for Research on Adolescence, Baltimore, MD.

10. **Bilsky, S.A.**, Knapp, A.A., Bunaciu, L., Mischel, E.R., Feldner, M.T., Leen-Feldner, E.W.

(2015).*Parental psychological control and adolescent panic symptom frequency.* Poster presented at the 49th annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT) in Chicago, IL.

9. **Bilsky, S.A.**, Leen-Feldner, E.W., Bunaciu, L., Woody, R. , & Feldner, M.T.(2014).*The*

*Effects of parental posttraumatic stress disorder on adolescent offspring anxious and depressed symptomatology: A multi-informant study.*Poster presented at the 48th annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT) in Philadelphia, PA.

8. Knapp, A. A., Mischel, E., Blumenthal, H., Mahan, R., **Bilsky, S. A**., & Leen-Feldner, E.W.

(2014). *An evaluation of anxiety sensitivity global and factor scores in relation to worry and generalized anxiety among adolescents*. Poster presented at the 48th annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

7. Mischel, E. R., Leen-Feldner, E. W., **Bilsky, S. A**., Knapp, A. A., & Pawlewicz, S.

(2014). *Parental posttraumatic stress disorder and offspring clinical symptomatology: An examination of parental symptoms clusters and adolescent internalizing*. Poster presented at the 30th annual meeting of the International Society for Traumatic Stress Studies (ISTSS) in Miami, FL.

6. Mischel, E. R., Knapp, A. A., **Bilsky, S. A**., Blumenthal, H., Leen-Feldner, E. W.

(2014). *Indirect effects of smoking motives on adolescent anger dysregulation and smoking.* Poster presented at the 48th annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT) in Philadelphia, PA.

5. Bilsky, S.A., Viar-Paxton, M.A., Reimann, B., Olatunji, B.O. (2013). *Disgust sensitivity and*

*OCD symptom severity in a clinical youth sample*. Poster presented at the 47th annual convention of the Association for Behavioral and Cognitive Therapies in Nashville, TN.

4. Viar-Paxton, M.A., Bilsky, S.A., Reimann, B., Olatunji, B.O. (2013). *Effects of exposure-*

*based treatment on disgust sensitivity among youth with OCD.* Poster presented at the 47th annual convention of the Association for Behavioral and Cognitive Therapies in Nashville, TN.

3. Zelkowitz, R.L., Martin, N.C., Dukewich, T., Bilsky, S.A., Cole, D.A. (2013). *Past peer*

*victimization may potentiate links between cognitive reactivity and depressive symptoms.* Poster presented at the 47th annual convention of the Association for Behavioral and Cognitive Therapies in Nashville, TN.

2. Knapp, A. A., Blumenthal, H., Mischel, E., **Bilsky, S**., & Leen-Feldner, E. (2013). *A multi-*

*informant, laboratory assessment: Maternal anxiety sensitivity & daughters' response to*

*a voluntary hyperventilation task.* presented at the 15th biennial meeting of the Society for Research on Adolescence, Austin, TX.

1. Viar, M. A., **Bilsky, S. A**., Armstrong, T., & Olatunji, B. O. (2011, March). *An*

*examination of specific associations between obsessive beliefs and dimensions of obsessive-compulsive disorder*. Poster presented at the annual meeting of the Anxiety Disorders Association of America, New Orleans, LA.

**PROFESSIONAL ACTIVITIES**

**Editing and Reviewing:**

*Ad Hoc reviewer:*

Addictive Behaviors, Behavior Therapy, Experimental and Clinical Psychopharmacology, Journal of Adolescence, Psychological Reports, Journal of Clinical Psychology in Medical Settings, Journal of Child and Family Studies

**Departmental Service:**

**University of Oklahoma Health Sciences Center**

2018-2019 Intern Representative on the Intern Grievance Committee, Oklahoma Health

Sciences Center/OKC VA Training Consortium

**University of Arkansas**

2013-2014 Infrastructure Development Coordinator, Arkansas Interdisciplinary Sciences Laboratory, Department of Psychological Science, University of Arkansas

2013-2015 Recruitment Liason, Clinical Training Program, Department of Psychological Sciences, University of Arkansas

2015-2017 Diversity Committee Member Department of Psychological Science, University of Arkansas

2016-2017 Student Representative for the Clinical Training Committee Department of Psychological Science, University of Arkansas

**Teaching Experience**

2019 Statistics for Behavioral Sciences

Department of Psychology, University of Mississippi

Average Effectiveness Rating: TBD

2017 Abnormal Psychology

Department of Psychological Science, University of Arkansas

Average Effectiveness Rating: 4.4

**Invited Addresses:**

Leen-Feldner, E. W., & **Bilsky, S.A.** (2019, September). *“Butterflies or Impending Doom?”  
Using experimental psychopathology approaches to interrogate the role of offspring-driven effects in the etiology of anxiety problems.*Invited research colloquium, Department of Psychology, University of North Texas, Denton, TX.

**CLINICAL EXPERIENCES**

2018-2019 University of Oklahoma Health Sciences Center/ OKC VA Consortium

*Predoctoral Intern*

Trauma Deployment and Recovery Services

Substance Treatment and Recovery Team

Health Psychology Service

Dialectical Behavior Therapy Service

Child Trauma Services

Adolescent Problematic Sexual Behavior Group

Child and Adolescent Assessment Clinic

2013- 2017 University of Arkansas Psychological Clinic, Fayetteville, AR

*Student Clinician*

*Peer Supervisor*

2016-2017 Posttraumatic Stress Disorder Clinic Veterans Health Care

System of the Ozarks , Fayetteville, AR

*Advanced Practicum Student*

Supervisor: Dr. Hilary G. Casner

2015- 2016 Community Clinic

*Behavioral Health Intern*

*Supervisor: Dr. Ana Bridges*

2015 – 2017 Northwest Arkansas Community Correction Center

*Understanding and Healing from Sexual Violence Therapy Group Leader*

*Supervisor: Dr. Ana Bridges*

2014-2015 Substance Use Program Graduate Clinician

*Assessment of Alcohol and Drug Use*

*Group Leader*

*Supervisor: Dr. Lindsay Ham*

**PROFESSIONAL MEMBERSHIPS**

2013 - Present Association for Behavioral and Cognitive Therapies

2015 – Present Society for Research on Child Development