

*Curriculum Vitae*

**Sarah A. Bilsky, Ph.D.**

Department of Psychology  
University of Mississippi  
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Oxford, MS  
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**EDUCATION**

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- 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**

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- 08/2019- present**      **Assistant Professor**  
Department of Psychology  
College of Arts and Sciences, University of Mississippi

## PROFESSIONAL LICENSURE

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2022- present      **Licensed Psychologist**  
Mississippi Psychology Board, #62 1128

## HONORS AND AWARDS

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2022                      Alies Muskin Career Development Leadership Program, Anxiety and  
Depression Association of America  
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

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### 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

### Grants Submitted/Pending Review

2022      Federal Loan Repayment Program, National Institute of Health (NIDA).

- Title: Panic symptoms, Anhedonia, Sleep Duration, and E-Cigarette Use: Evaluation of Associations Using Daily Diary Approaches and Longitudinal Methods  
Role: PI  
Institution: University of Mississippi  
Status: Under Review
- 2022 John and Polly Sparks Early Career Grant for Psychologists Investigating Serious Emotional Disturbance  
Title: *Pilot of a Transdiagnostic Text-Message Based Safety Behavior Fading Intervention*  
Requested Total Costs: \$21,976  
Role: PI  
Institution: University of Mississippi  
Status: Not Funded
- 2021 Society for Clinical Child and Adolescent Psychology Innovation Grant  
Title: *Pilot of a Text-Message Based Appearance Related Safety Behavior Reduction Protocol for Adolescents.*  
Requested Total Costs: \$24,800  
Role: PI  
Institution: University of Mississippi  
Status: Not Funded
- 2021 National Institute on Drug Abuse (B/START R03)  
Title: *Development of Experimental Sleep Restriction Methods to Examine the Impact of Sleep Duration on Adolescent E-Cigarette Use Variables, Panic Symptoms, and Anhedonia*  
Requested Total Costs: \$105,490  
Role: PI  
Institution: University of Mississippi  
Status: 47<sup>th</sup> percentile

## **PUBLICATIONS**

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### **Manuscripts Published in Peer-Reviewed Journals:**

27. **Bilsky, S.**, Blumenthal, H., Ramadan, B., Lewis, S., & Leen-Feldner, E. W. (2022). Pediatric Psychotropic Polypharmacy: An Evaluation of the Correlates and Prevalence Across Assessment Cycles in the National Health and Nutrition Examination Survey. *Journal of Child and Adolescent Psychopharmacology*, 32(8), 416-425.  
<https://doi.org/10.1089/cap.2022.0010>
26. **Bilsky, S. A.**, Lubber, M. J., & Hopper, K. M. (2022). Maternal Parenting Stress, Disengagement Strategies for Managing Parenting Stress, and Hazardous Alcohol Use among Mothers of Adolescents. *Substance Use & Misuse*, 57(10), 1608-1617.  
<https://doi.org/10.1080/10826084.2022.2102190>

25. **Bilsky, S. A.,** Olson, E. K., Luber, M. J., Petell, J. A., & Friedman, H. P. (2022). An initial examination of the associations between appearance-related safety behaviors, socioemotional, and body dysmorphia symptoms during adolescence. *Journal of Adolescence, 94*(7), 939-954. <https://doi.org/10.1002/jad.12074>
24. **Bilsky, S.,** Dickerson, L., Mischel, E., Mahan, R., & Leen-Feldner, E. (2022). A Laboratory-Based Investigation of Links between Maternal Posttraumatic Stress Symptoms and Adolescent Offspring Anxiety. *Parenting, 22*(1), 61-82. <https://doi.org/10.1080/15295192.2021.1968766>
23. **Bilsky, S. A., & Friedman, H. P.** (2022). A preliminary examination of the interaction between maternal generalized anxiety disorder and offspring negative affect in relation to maternal worry about offspring and perceptions of psychological control. *Child Psychiatry and Human Development, 53*(3), 554–568. <https://doi.org/10.1007/s10578-021-01156-z>.
22. **Bilsky, S. A.,** Luber, M. J., Cloutier, R. M., Dietch, J. R., Taylor, D. J., & Friedman, H. P. (2021). Cigarette use, anxiety, and insomnia from adolescence to early adulthood: A longitudinal indirect effects test. *Addictive Behaviors, 120*. <https://doi.org/10.1016/j.addbeh.2021.106981>
21. Cloutier, R. M., **Bilsky, S. A.,** Baxley, C., Anderson, K. G., & Blumenthal, H. (2021). Development of the A-DISS rejection task to demonstrate the unique and overlapping affective features of social anxiety and depression. *Cognitive Therapy and Research, 45*(1), 74–89. <https://doi-org.umiss.idm.oclc.org/10.1007/s10608-020-10152-x>
20. **Bilsky, S. A.,** Friedman, H. P., Karlovich, A., Smith, M., & Leen-Feldner, E. W. (2020). The interaction between sleep disturbances and anxiety sensitivity in relation to adolescent anger responses to parent adolescent conflict. *Journal of Adolescence, 84*, 69–77. <https://doi.org/10.1016/j.adolescence.2020.08.005>.
19. **Bilsky, S. A.,** Cloutier, R. M., Guillot, C. R., Bynion, T. M., & Lewis, S. F. (2019). Relations between parental distress intolerance, adolescent motives for cigarette use, and adolescent cigarette smoking levels. *Substance Use & Misuse, 54*(13), 2207–2217. doi:10.1080/10826084.2019.1638937
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*, 5885-89. 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., Zerkowicz, 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

### **Invited Book Chapters:**

1. **Bilsky, S.A.**, Friedman, H.A. (2020). Substance use disorders in children and adolescents. In G. Asmundson, E.A. Storch (Eds.), *Comprehensive Clinical Psychology, Second Edition*.

### **Manuscripts Under Review in Peer Reviewed Journals**

1. **Bilsky, S.A.**, Feldner, M.T., & Leen-Feldner E.W. (2023). *The Impact of Mother and Adolescent Offspring Distress Reduction Training on Maternal Distress Following Conflict*. Manuscript submitted for publication.
2. Smith, C.V., Fuentes, J.D., **Bilsky, S.A.**, & Hadden, B.W. (2023). *Looking good or being good? Parenting goals predict need satisfaction and need thwarting*. Invited for resubmission.

3. Friedman, H.P., **Bilsky, S.A.**, & Luber, M.J. (2023). *Parent Anxiety, Child Anxiety, Parental Beliefs about Anxiety, and Parenting Behaviors: Examining Direct and Indirect Associations*. Invited for resubmission.
4. Gournay, L. R., Petry, J., **Bilsky, S.**, Hill, M. A., Feldner, M., Peters, E., Bonn-Miller, M., & Leen-Feldner, E. (2023). Cannabidiol reduces nicotine withdrawal severity and state anxiety during an acute e-cigarette abstinence period: An Open-Label Study. Manuscript invited for resubmission.
5. Petell, J.A. & **Bilsky, S.A.** (2022). *A Brief Report on the Association between Emotion Regulation and Emetophobia Symptoms*. Manuscript submitted for publication.
6. Armstrong, G.M., Hopper, K.M., Friedman, H.P., & **Bilsky, S.A.** (2023). *Adolescent Sleep Quality and Alcohol Use: An Initial Examination of the Serial Indirect Effects of Anxiety Symptoms and Coping Motives for Alcohol Use* [Manuscript submitted for publication].
7. Gournay, L. R., Ferretti, M., **Bilsky, S.**, Vance, E., Nguyen, A., Mann, E., Williams, P., & Leen-Feldner, E. W. (2023). *An experimental test of the effects of acute vs repeated cannabidiol administration on worry and anxiety among high trait worriers: a double-blind, randomized placebo controlled trial*. Manuscript submitted for publication.

### **Paper Presentations:**

4. Veilleux, J.C., **Bilsky, S.A.** (November, 2022). *A Postvention Process for Supporting Clinicians Navigating the Death of a Client*. Mini-workshop presented at the 56th annual meeting of Association of Behavioral and Cognitive Therapies, New York, NY.
3. **Bilsky, S.A.**, Friedman, H. A., & Luber, M.J. (November, 2021). A Preliminary Examination of the Interaction between Maternal Generalized Anxiety Disorder and Offspring Negative Affect in Relation to Maladaptive Parenting Behaviors. In S. Francis (chair) and K. Allen (discussant). Parenting Styles and Behaviors as Considered in the Context of Child and Adolescent Internalizing Presentations. Symposium submitted to the 55th annual meeting of the Association of Behavioral and Cognitive Therapies, New Orleans, LA.
2. **Bilsky, S.A.**, Feldner, M.T., Friedman, H., Leen-Feldner, E.W. (2020, March). *An Experimental Test of the Impact of Adolescent Anxiety on Parental Sick Role Reinforcement Behavior*. Paper accepted for presentation at the biannual meeting of the Society for Research on Adolescence, San Diego, CA. (Conference Canceled)
1. 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 presented at the 52nd annual meeting of the Association of Behavioral and Cognitive Therapies, Washington D.C.

**Poster Presentations:**

48. Luber, M.J., Friedman H.P., Hopper, K.M., Sherrod, A., Sachner, L., & **Bilsky, S.A.** (2023, November). *The Indirect Effect of Emotion Regulation on the Association Between Distress Tolerance and Anxiety Symptoms.* Poster session to be presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Seattle, WA.
47. Hopper, K.M., Armstrong, G., Friedman, H.P., Sachner, L., Luber, M.J., & **Bilsky, S.A.** (2023, November). *The Relationship between Sleep Quality, Anxiety, and Alcohol Use among Adolescents.* Poster session to be presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Seattle, WA.
46. Sherrod, A., Sachner, L., Friedman, H., **Bilsky, S.A.** [April, 2023]. *A Preliminary Examination of the Interaction between Maternal Generalized Anxiety Disorder and Offspring Negative Affect in Relation to Maternal Worry about Offspring and Perceptions of Psychological Control.* Poster accepted for presentation at the 2023 Anxiety and Depression Association of America Conference.
45. Armstrong, G.M., Friedman, H.P., Hopper, K.M., & **Bilsky, S.A.** (2023, April). *The Indirect Effects of Anxiety Symptoms and Coping Motives for Alcohol Use on the Association between Sleep Quality and Alcohol Use Problems among Adolescents.* Poster accepted for presentation at the Anxiety and Depression Association of America Annual Conference, Washington, DC.
44. Friedman, H., Sachner, L., Sherrod, A., Luber, M., Hopper, K., **Bilsky, S.A.** [2023]. *The Impact of Maternal Social Anxiety on Maternal Responses to Adolescent Positive Affect.* Poster accepted for presentation at the 2023 Anxiety and Depression Association of America Conference.
43. Sachner, L., Sherrod, A., Friedman, H., **Bilsky, S. A.** [2023]. *The Indirect Effect of Emotion Regulation on the Association Between Sleep Quality and Appearance-Related Safety Behaviors Among Adolescents.* Poster accepted for presentation at the 2023 Anxiety and Depression Association of America Conference.
42. Luber, M.J, Friedman, H.P., K.M. Hopper, & **Bilsky, S.A.** (2022) *The Indirect Effect of Parenting Stress on the Association Between Distress Tolerance and Anxiety/Depressive Symptoms.* Poster presented at the Association for Behavioral and Cognitive Therapies Annual Convention during the Parenting and Families Special Interest Group Exposition, New York, NY.
41. Brown, A.J., Friedman, H.P., **Bilsky, S.A.** (2022). *Assessing the Association Among Alcohol Use, Social Anxiety, and Emotion Regulation in College Students.* Poster presented at the Mississippi Psychological Association Convention, Hattiesburg, MS.

40. Humphrey, C.E., Luber, M.J., & **Bilsky, S.A.** (2022). *The Indirect Effect of Negative Affect Relief on the Association Between Anxiety Sensitivity and Nicotine Dependence*. Poster accepted for presentation at the 73rd annual convention of the Mississippi Psychological Association, Hattiesburg, MS.
39. Hopper, K.M., Armstrong, G., Luber, M.J., & **Bilsky, S.A.** (2022) *The Impact of Dual Use of Cigarettes and Alcohol on Perceived Parental Stress in Mothers*. Poster presented at the Association for Behavioral and Cognitive Therapies Annual Convention, New York, NY.
38. **Bilsky, S.A.**, Olson, E.K. (2022). *An Initial Examination of the Associations between Appearance Related Safety Behaviors, Socio-Emotional, and Body Dysmorphia Symptoms during Adolescence*. Poster presented at the Anxiety and Depression Association of America Conference. **Poster selected for the Alies Muskin Career Development Leadership Program.**
37. Hopper, K.M., Armstrong, G., Bedolla, N., & **Bilsky, S.A.** (2022). *The Indirect Effects of Parenting Stress and Anxiety on the Association between Anxiety Sensitivity and Alcohol Use Among of Mothers of Adolescents*. Poster presented at the Anxiety and Depression Association of America Denver Conference.
36. Gournay, L. R., Petry, J., Mann, E., **Bilsky, S.**, Vance, A., Williams, P., & Leen-Feldner, E. W. (2022). *Innovations in e-cigarette cessation: The impact of acute cannabidiol administration on anxiety and nicotine withdrawal*. Poster presented at the Anxiety and Depression Association of America Conference.
35. Mann, E., Gournay, L. R., **Bilsky, S.**, Blumenthal, H., Ramadan, B., Lewis, S., & Leen-Feldner, E. W. (2022). *Pediatric psychotropic polypharmacy: An evaluation of the correlates and prevalence across assessment cycles in the national health and nutrition examination survey*. Poster presented at the Anxiety and Depression Association of America.
34. Sherrod, A., & **Bilsky, S.A.** (2022) *The indirect effect of safety behavior use on the association between poor sleep and generalized anxiety Symptoms among adolescents*. Poster presented at the Anxiety and Depression Association of America, Denver, CO.
33. Olson, E.K, Luber, M.J, Friedman, H.P., **Bilsky, S.A.** (2021) *The interaction between anxiety sensitivity and sleep disturbances in relation to adolescent symptoms of panic disorder*. Poster presented at the 55<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies Annual Convention, New Orleans, LA.
32. Luber, M.J., Friedman, H.P., & **Bilsky, S.A.** (2021). *Disgust proneness and the encouragement of COVID-19 safety behaviors in a parent sample*. Poster presented at the 55th annual meeting of the Association of Behavioral and Cognitive Therapies, New

Orleans, LA.

31. Friedman, H.P., Luber, M.J., **Bilsky, S.A.** (November, 2021). *Examining the Indirect Effect of Parental Beliefs about Offspring Anxiety in the Association Between Parental Anxiety and Parenting Behaviors*. Poster submitted for presentation at the 55th annual meeting of the Association of Behavioral and Cognitive Therapies, New Orleans, LA.
30. Friedman, H., Luber, M., Olson, E., **Bilsky, S.A.** (2020). *Adolescent sleep difficulties and maternal and adolescent conflict reactivity among families with elevated anxiety*. Poster submitted for presentation at the Society for Research on Child Development Biennial Meeting, Minneapolis, MN.
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 presented 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 presented 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 presented at the 53<sup>rd</sup> annual meeting of the Association of Behavioral and Cognitive Therapies, Atlanta, GA.
26. **Bilsky, S.A.**, Feldner, M.T., Leen-Feldner, E.W. (2019) *The impact of mother cognitive reappraisal training on maternal and adolescent distress following conflict*. Poster presented 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. (2019) *The interaction between emotion regulation strategies and stressful life events in relation to adolescent symptoms of generalized anxiety*. Poster presented at 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 presented at 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 presented at 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 presented at the 52<sup>nd</sup> 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., Weirsmosley, 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 24<sup>th</sup> 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 16<sup>th</sup> 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 49<sup>th</sup> 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 48<sup>th</sup> 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 48<sup>th</sup> 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 30<sup>th</sup> 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 48<sup>th</sup> 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 47<sup>th</sup> 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 47<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies in Nashville, TN.
3. Zerkowitz, 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 47<sup>th</sup> 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**

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### **Editing and Reviewing:**

#### *Ad Hoc reviewer:*

Addictive Behaviors, Behaviour Research and Therapy, Behavior Therapy, Child Psychiatry and Human Development, Cognitive Behavior Therapy, Current Psychology, Experimental and Clinical Psychopharmacology, Journal of Adolescence, Journal of Child and Family Studies, Journal of Clinical Psychology in Medical Settings, Journal of Drug Issues, Journal of Health Psychology, Journal of Psychopathology and Behavioral Assessment, Journal of Social and Personal Relationships, Marriage and Family Review, Positive Psychology, Psychological Reports, Substance Use & Misuse

### **Departmental Service:**

#### **University of Mississippi**

2021- present Faculty Member of the Department of Psychology Diversity Committee

2019- present Faculty Advisor for Psi-Chi Honor's Society at the University of Mississippi

2019-present Committee Member for the UM Conference on Psychological Science

### **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 Liaison, 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**

#### **Graduate Courses Taught:**

Clinical Practicum

Special Topics Seminar: Anxiety, Traumatic Stress, and Related Disorders

#### **Undergraduate Courses Taught:**

Statistics for Behavioral Sciences

Psychopathology in Culture

Abnormal Psychology

### **Dissertations Advised:**

2022- Hannah Friedman, UM Clinical Psychology Program  
*The Impact of Maternal Social Anxiety on Maternal Responses to Adolescent Positive Affect*

2022- Jamie Murtaugh, UM Clinical Psychology Program  
*Temperamental Fear as a Vulnerability Factor for Posttraumatic Stress Symptoms: An Examination of Fight, Flight, Freeze using a Trauma Film Paradigm.*

### **Masters Theses Advised:**

2020 – Hannah Friedman, UM Clinical Psychology Program  
*The Role of Social Anxiety in Prosocial Behavior Following Exclusion*  
Successfully defended in March 2021

2022 – Max Luber, UM Clinical Psychology Program  
*Relations Between Parent Coping and Symptoms of Anxiety and Depression*

2022 – Kayce Hopper, UM Clinical Psychology Program  
*The Interaction between Anxiety Sensitivity and Sleep in Relation to Alcohol Use among College Students*

**Undergraduate Honors Projects Advised:**

2022- Gabrielle Armstrong  
*The Interaction between Anxiety Sensitivity and Sleep Disturbance in Relation to Alcohol Use among Adolescents*  
Successfully defended in April 2022

2021- Emily Olson  
*The Association between Appearance Related Safety Behaviors and Anxiety in Adolescents*  
Successfully defended April 2021

**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**

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**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**

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2013 - Present

Association for Behavioral and Cognitive Therapies

2015 – Present

Society for Research on Child Development

2019- Present

Society for Research on Adolescent Development

2019- Present

American Psychological Association