

CURRICULUM VITAE

Abigail Szkutak

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 Department of Counseling & Clinical Psychology
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Education

- Doctor of Philosophy **Teachers College, Columbia University, New York, NY**
 2021 - Present Clinical Psychology - APA accredited | GPA: 4.00/4.00
- Bachelor of Arts **College of the Holy Cross, Worcester, MA**
 2015 - 2019 Summa Cum Laude | Major: Psychology | GPA: 3.97/4.00
Honor's Thesis: Does Habituation During Exposure Matter? The Relationship Between Reduction in SUDS During Exposure and Subjective Learning Post-Exposure in Individuals with OCD

Honors & Awards

- 2022 Provost's Grant for Conference Presentation & Professional Development, Teachers College (\$717)
- 2019 6 / 698 Class Ranking, College of the Holy Cross
- 2019 1st in Psychology Majors, College of the Holy Cross
- 2019 Phi Beta Kappa Academic Honor Society, College of the Holy Cross
- 2019 Dr. Marianthi Georgoudi Memorial Award, College of the Holy Cross
- 2017 - 2019 Psi Chi Psychology Honor Society, College of the Holy Cross
- 2017 Weiss Summer Science Research Program, College of the Holy Cross
- 2016 - 2019 College Honors Program, College of the Holy Cross
- 2015 - 2019 Dean's Honor List, College of the Holy Cross

Clinical Experience

- 2021 - 2022 **Dean Hope Center for Educational and Psychological Services, Teachers College, Columbia University, New York, NY**
Practicum Trainee
 Performed psychological assessments and intakes for child and adult clients. Attended weekly supervision meetings.
Supervisors: Hannah Barbash, PsyD, Roland Hart, MA
- 2019 - 2021 **Center for OCD & Related Disorders, Massachusetts General Hospital, Boston, MA**
Clinical Coach
 Provided text and phone call support to participants enrolled in an app-based trial of CBT for BDD (NCT04034693).

Attended weekly supervision meetings.

Supervisors: Sabine Wilhelm, PhD, Ivar Snorrason, PhD, & Hilary Weingarden, PhD

Highlights of Clinical Training

- 2022 **Quick Structured Interview for DSM-5 Disorders (QuickSCID-5)** (2 hours)
Trainer: Michal Clayton, BA, Teachers College, Columbia University, New York, NY
- 2022 **Intake Interview** (1 adult patient)
Trainer: Dinelia Rosa, PhD
- 2021 - 2022 **Psychological Assessment** (1 adult & 1 child patient)
Trainer: Randall Richardson, PhD
- 2021 **Mini-International Neuropsychiatric Interview (MINI)** (15 hours)
Trainer: Michal Clayton, BA, Teachers College, Columbia University, New York, NY
- 2021 **Structured Clinical Interview for DSM-5 Disorders (SCID-5)** (30 hours)
Trainers: Phillip Spaeth, MA & Bryan Cheng, PhD, Teachers College, Columbia University, New York, NY
- 2021 **Suicide Prevention Workshop** (5 hours)
Samaritans
- 2019 - 2021 **App-Intervention Coaching** (20+ individual patients)
Trainers: Sabine Wilhelm, PhD, Ivar Snorrason, PhD, & Hilary Weingarden, PhD
- 2020 **Fundamentals of Cognitive Behavioral Therapy (CBT)** (4-week course)
MGH Psychiatry Academy
- 2020 **CBT for Body Dysmorphic Disorder** (4-week course)
MGH Psychiatry Academy
- 2020 **CBT for Obsessive Compulsive Disorder** (4-week course)
MGH Psychiatry Academy

Publications

- Laky, Z. *, **Szkutak, A. ***, & Fang, A. (2021). Toward a more inclusive neuroscience-informed treatment of OCD: A clinical case example. *The Behavior Therapist*, 44(7), 340-345.
- Berman, N. C., Hayaki, J., & **Szkutak, A.** (2020). Emotion generation and regulation following an intrusion induction: Implications for taboo or autogenous obsessions. *Journal of Behavior Therapy and Experimental Psychiatry*, 69, 1-8. <https://doi.org/10.1016/j.jbtep.2020.101593>
- Bernstein, E., **Szkutak, A.**, Fang, A., Blashill, A. J., Ragan, J., & Greenberg, J. L. (under review). Cognitive Behavioral Treatment for Body Dysmorphic Disorder. In T. J. Petersen, S. E. Sprich, & S. Wilhelm (Eds.), *The Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy* (2nd ed.). Springer.
- Usmani, A., **Szkutak, A.**, & Keuthen, N.J. (under review). Cognitive Behavioral Treatment for Trichotillomania (Hair-Pulling Disorder) and Excoriation (Skin-Picking) Disorder. In T. J. Petersen, S. E. Sprich, & S. Wilhelm (Eds.), *The Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy* (2nd ed.). Springer.
- Jacoby, R. J., **Szkutak, A.**, Shin, J., Lerner, J., & Wilhelm, S. (under review). Feeling uncertain despite all the information: Patients with OCD (but not controls) experience low and high ambiguity decisions as similarly distressing and uncertain. *Journal of Anxiety Disorders*.

Szkutak, A., Renna, M. E., Quintero, J. M., & Mennin, D. S. (in preparation). Heart rate variability, gastric reactivity, and inflammation: Insights on differentiation and concordance during worry and rumination.

Szkutak, A., Quintero, J. M., Renna, M. E., & Mennin, D. S. (in preparation). Psychophysiological indices of trait emotionality and emotion regulation: A concordance study between myoelectric gastric reactivity and heart rate variability.

*Indicates co-first authorship.

Presentations

Conference Symposia

Jacoby, R. J., **Szkutak, A.**, Shin, J., Lerner, J., & Wilhelm, S. (2021, July 8). Feeling uncertain despite all the information: Utilizing the Beads Task to examine risky versus ambiguous decision-making in patients with OCD. Paper to be presented at the 6th Annual International OCD Foundation (IOCDF) Research Symposium.

Jacoby, R. J., Sanchez-Lopez, A., **Szkutak, A.**, Shin, J., & Wilhelm, S. (2021, March 18 - 21). The role of cognitive/attentional control in the transdiagnostic conceptualization of repetitive negative thinking. In R. J. Jacoby (Chair) The problem is I can't stop thinking: Examining the mechanisms and treatment of repetitive negative thinking. Paper presented at the 40th Annual Anxiety and Depression Association of America Convention.

Berman, N. C., Hayaki, J., & **Szkutak, A.** (2020, May 21 - 24). Unique emotional generation and regulation patterns associated with autogenous intrusions. Presentation accepted into the "New Research" Symposium at the 7th European Association for Behavioral and Cognitive Therapies Meeting on Obsessive Compulsive Disorder, Assisi, Italy. *Note: This conference was cancelled due to the coronavirus outbreak.*

Poster Presentations

Szkutak, A., Renna, E. M., Quintero, J. M., & Mennin, D. S. (2022, September 28 - October 2). *Patterns of normogastric activity during inductions of emotionality and repetitive negative thinking*. Poster abstract submitted to the Society for Psychophysiological Research 2022 Conference, Vancouver, BC.

Szkutak, A., Wilhelm, S., & Jacoby, R.J. (2022, March 17 - 20). *Repetitive negative thinking & emotional attention bias: An eye-tracking study*. Poster presented at the Anxiety and Depression Association of America 2022 Conference, Denver, CO.

Szkutak, A., Wilhelm, S., Shin, J., & Jacoby, R.J. (2021, March 18 - 21). *Decision-making under ambiguity: The effect of depressive symptoms on risk-taking propensity in obsessive-compulsive disorder*. Poster presented at the Anxiety and Depression Association of America 2021 Conference, Virtual.

Szkutak, A., Wilhelm, S., Shin, J., & Jacoby, R.J. (2020, November 19 - 22). *I think, therefore...: Communalities and distinctions in appraisals of intrusive thoughts*. Poster presented at the 54th Annual Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.

Szkutak, A., Berman, N.C., & Wilhelm, S. (2019, November 21 - 24). *Harnessing the power of patient expectancies: Examining imaginal exposure performance indices in individuals with OCD*. Poster presented at the 53rd Annual Association for Behavioral and Cognitive Therapies Convention, Atlanta, GA.

Berman, N.C., **Szkutak, A.**, Barsic, R., Shaw, A., Curley, E., & Wilhelm, S. (2018, November 15 - 18). *Emotion regulation and obsessive-compulsive phenomena in youth*. Poster presented at the 52nd Annual Association for Behavioral and Cognitive Therapies Convention, Washington, DC.

Berman, N.C., Ene, T.P., **Szkutak, A.**, Wilver, N. & Wilhelm, S. (2018, November 15 - 18). *My child's thoughts frighten me: How parental interpretation of children's intrusions influences youth's obsessive-compulsive symptomology*. Poster presented at the 52nd Annual Association for Behavioral and Cognitive Therapies Convention, Washington, DC.

Szkutak, A., Orozco, L., Rabinovich, M., & DiGirolamo, G. (2017, August 31). *Impulsivity and cognitive control: Not so fast...sometimes related and sometimes not*. Poster presented at the College of the Holy Cross Undergraduate Research

Symposium, Worcester, MA.

Rabinovich, M., **Szkutak, A.**, Orozco, L., & DiGirolamo, G. (2017, August 31). *Where the b%#k is waldo? You might not know, but your brain does!* Poster presented at the College of the Holy Cross Undergraduate Research Symposium, Worcester, MA.

Fields, S., Ferre, C., O'Besso, K., Garner, C., Theodhoraqi, G., Gurchiek, E., Patnaik, P., Andre, M. A., **Szkutak, A.** ... Daryani, S. (2017, May 15). *Do emerging adults show similar cognitive control deficits to neutral cues as alcohol cues if the neutral cues are highly arousing or highly emotional? A pilot study.* Presented at the 2017 Advanced Psychology Research Colloquium, College of the Holy Cross, Worcester, MA.

Garner, C., O'Besso, K., Theodhoraqi, G., Gurchiek, E., Patnaik, P., Andre, M. A., **Szkutak, A.**, ... Daryani, S. (2017, May 15). *Subthreshold alcohol use symptoms predict cognitive control deficits in emerging adults.* Presented at the 2017 Advanced Psychology Research Colloquium, College of the Holy Cross, Worcester, MA.

Research Experience

- 2021 - Present **Regulation of Emotion in Anxiety & Depression Lab, Teachers College, Columbia University, New York, NY**
PhD Student Researcher
Mentor: Douglas Mennin, PhD
- 2019 - 2021 **Center for OCD & Related Disorders, Massachusetts General Hospital, Boston, MA**
Clinical Research Coordinator
Mentors: Sabine Wilhelm, PhD, Jennifer Greenberg, PsyD, & Ryan Jane Jacoby, PhD
- 2017 - 2019 **OCD Processes & Experimentation Lab, College of the Holy Cross, Worcester, MA**
Research Assistant: 2017-2019 | Lab Manager: 2018-2019
Mentor: Noah C. Berman, Ph.D.
- 2016 - 2019 **Cognitive Neuroscience Lab, College of the Holy Cross, Worcester, MA**
Research Assistant
Mentor: Gregory DiGirolamo, PhD

Mentorship Experience

- 2022 - Present **Her Story Mentorship, New York, NY**
 Mentor 12–16-year-old girls enrolled in NYC public schools in a structured 8-week after school program. Mentorship centered around helping girls discover, define, and develop their own sense of purpose and help them create an intentional digital presence.
- 2021 - Present **Regulation of Emotion in Anxiety & Depression Lab, Teachers College, Columbia University, New York, NY**
 Train, supervise, and mentor masters-level research assistants in psychophysiological assessment procedures (e.g., EEG, GSR, ECG, EGG), administrative skills (e.g., Read Cube), and professional development.
- 2019 - 2021 **Center for OCD & Related Disorders, Massachusetts General Hospital, Boston, MA**
 Trained and supervised undergraduate volunteer research assistants in data collection, entering, and cleaning.

Editorial Services

Journal of Obsessive Compulsive and Related Disorders, *Ad-Hoc Reviewer*

PLOS One, *Ad-Hoc Reviewer*

BMC Psychiatry, *Ad-Hoc Reviewer*

Psychiatry Research: Neuroimaging, *Ad-Hoc Reviewer*

Journal of Consulting and Clinical Psychology, *Ad-Hoc Reviewer*

Professional Memberships

Anxiety and Depression Association of America [OCD SIG, Genetic and Neuroscience SIG]

Association for Behavioral and Cognitive Therapies [Neurocognitive Therapies & Translational Research SIG]

Society for Psychophysiological Research