

## Curriculum Vitae Alexandra Werntz, PhD

Licensed clinical psychologist, [VA license no. 0810007407](#)

Full: Alexandra Werntz Czywczynski

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Née: Alexandra Jacquelyn Werntz

### Education

PhD in Clinical Psychology	<b>University of Virginia</b> , Charlottesville, Virginia Dissertation: <i>Experimental examination of message framing to increase dissemination of evidence-based treatments</i> <a href="https://doi.org/10.18130/v3-zyqb-jn32">https://doi.org/10.18130/v3-zyqb-jn32</a>	2020
Pre-doctoral Internship	<b>Department of Veterans Affairs Medical Center</b> , Salem, VA Pre-doctoral Psychology Intern, Generalist training	2019-2020
MA in Psychology	<b>University of Virginia</b> Predissertation: <i>Implicit health associations across the adult lifespan</i> <a href="https://doi.org/10.18130/V3-0ETN-GR23">https://doi.org/10.18130/V3-0ETN-GR23</a>	2016
BA in Psychology with Highest Distinction	<b>University of Virginia</b> Minor: African American Studies Honors thesis: <i>Healthy interpretations with healthy aging</i>	2011

### Positions

Associate Director	<b>University of Massachusetts Boston</b> – Center for Evidence Based Mentoring	2022 - present
Consultant	<b>Northeastern University</b> – Student Success Initiative	2021 - present
Consultant	<b>MentorHub</b>	2022 - present
Therapist	<b>Virginia Family Therapy</b> Private practice in Charlottesville, VA	2021 - present
Postdoctoral Research Associate	<b>University of Massachusetts Boston</b> – Center for Evidence Based Mentoring <b>University of Virginia</b> – Program for Anxiety, Cognition and Treatment Lab	2020 –2022
Research Coordinator	<b>MentorHub</b> Digital mental health startup	2020 –2022
Clinical Science Fellow	<b>AIM Youth Mental Health</b>	2021 - 2022
Fellow, Program Speaker	<b>International Max Planck Research School on the Life Course</b>	2016-2018
Student Representative to the Board	<b>Council of University Directors of Clinical Psychology (CUDCP)</b> <b>CUDCP's liaison to American Psychological Association of Graduate Students (APAGS)</b> at the APA Spring Consolidated Meeting	2017-2019 2018

### Honors and Awards

<b>Association for Behavioral and Cognitive Therapy's (ABCT) Virginia A. Roswell Student Dissertation Award, \$1000</b> National-level award for dissertation research	Nov 2020
<b>Society of Clinical Psychology (SCP) and Council of University Directors of Clinical Psychology's (CUDCP) Inaugural Distinguished Student Scientist-Practitioner Award, \$800</b> National-level award for outstanding contributions to both research and practice in clinical psychology	Aug 2019
<b>The Rebecca Boone Memorial Award for Excellence in Teaching, \$750</b> University of Virginia, Department of Psychology – graduate teaching award	Jan 2019

<b>Raven Society Scholarship, \$2000</b> Awarded to distinguished graduate and undergraduate UVA students who have demonstrated excellence in their chosen field of study and commitment to the University community	Mar 2018
<b>Society for a Science of Clinical Psychology (SSCP) Outstanding Student Teacher Award, \$100</b> National-level graduate teaching award	Jan 2018
<b>Raven Society member</b> Inducted to the University of Virginia's highest honors society	Nov 2017
<b>First place at the Huskey Research Exhibition</b> Natural Sciences Division 4 section (poster), University of Virginia	Mar 2017
<b>First place at the Huskey Research Exhibition</b> Mental Health, Development, and Goal Achievement section (talk), University of Virginia	Mar 2016
<b>First runners up (UVA team) at The Lindsay Institute's Caring for the Caregiver Hack, \$1000</b> 24-hour competition to create a digital product to improve the lives of dementia caregivers	Mar 2016
<b>Elizabeth Fries Young Investigator Award</b> Women's Health Research Day, Virginia Commonwealth University, Richmond, VA, awarded to a young investigator whose work demonstrates great promise in advancing women's health research	Apr 2014
<b>Clinical and Translational Research Award</b> Women's Health Research Day, Virginia Commonwealth University, awarded to the best poster in clinical research	Apr 2014

## Funding

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<b>Aim Youth Mental Health Clinical Science Fellow Grant</b> \$50,000 for research on MindTrails and MentorHub	January 2021
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## Publications & Presentations

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\*denotes mentored co-author

### Peer-reviewed journal articles (27)

- Werntz, A.**, Poon, C. Y., & Rhodes, J. E. (accepted). Striking the balance: The relative benefits of goal- and youth-focused approaches to youth mentoring relationships. *Journal of Youth and Adolescence*.
- Werntz, A.**, O'Shea, B., Sjobeck, G., Lindgren, K., Howell, J. L., & Teachman, B. A. (accepted). Implicit COVID-19 Associations and Their Relations to Mental Health: A Large-Scale Examination and Replication. *Anxiety, Stress, and Coping*.
- Werntz, A.**, Amado, S., Jasman\*, M., Ervin, A., Rhodes, J. E. (2023). Providing Human Support for the Use of Digital Mental Health Interventions: A Systematic Meta-Review. *Journal of Medical Internet Research*, 23:e42864. doi:10.2196/42864
- Werntz, A.**, Jasman\*, M., Simeon, K., Gunasekaran, H., Yowell, C., Rhodes, J. E. (2023). Implementation of a Technology-Enhanced Peer Mentor Referral System for First-Year University Students. *Journal of Technology in Behavioral Science*. <https://doi.org/10.1007/s41347-023-00303-8>
- Fua, K., Daniel, K. E., **Werntz, A.**, Doss, B., Lawrence, E., Teachman, B. A. (accepted). Development and Validation of the Aggregated Relational Flexibility Measure. *Contemporary Family Therapy*.
- Seivert, N. P., **Werntz, A.**, Hsueh, L., Sain, K., Washburn, J. J., & Cavell, T. A. (2022). Career-Enhancing Research Competencies: Student Perceptions of Research Training in Clinical Psychology Doctoral Programs. *Training and Education in Professional Psychology*. Advance online publication. <https://dx.doi.org/10.1037/tep0000428>
- Howell, J., Sweeny, K., Hua, J., **Werntz, A.**, Hussain, M., Hinojosa, B., Johnson, A. E., Lindgren, K. P., Meese, W., O'Shea, B. A., & Teachman, B. A. (in press). The Role of Uncertainty, Worry, and Control in Well-being: Evidence from the COVID-19 Outbreak and Pandemic in US and China. *Emotion*. Advance online publication. <https://doi.org/10.1037/emo0001163>
- Werntz, A.**, Silverman, A., Behan, H., Beltzer, M. L., Boukhechba, M., Barnes, L., & Teachman, B. A. (2022). Lessons Learned: Providing Supportive Accountability to Individuals Enrolled in an Online Anxiety Intervention. *Behavior Therapy*, 53(3), 492-507. <https://doi.org/https://doi.org/10.1016/j.beth.2021.12.002>

- Teachman, B. A., Silverman, A. L., & **Werntz, A.** (2022). Digital mental health services: Moving from promise to results. *Cognitive and Behavioral Practice, 29*, 97-104. <https://doi.org/10.1016/j.cbpra.2021.06.014>
- McQuillan, S. D., Hagler, M. A., **Werntz, A.**, & Rhodes, J. E. (2021). Paraprofessional youth mentoring: A framework for integrating youth mentoring with helping institutions and professions. *Journal of American Community Psychology, 51*(1), 125-146. <https://doi.org/10.1002/ajcp.12546>
- Silverman, A., **Werntz, A.**, Ko, T., & Teachman, B. A. (2021). Implicit and explicit beliefs about the effectiveness of psychotherapy vs. medication: A large-scale examination and replication. *Journal of Nervous and Mental Disease, 209*(10), 1000-1008. doi:10.1097/NMD.0000000000001384
- Werntz, A.**, & Holohan, D. R. (2021). Stakeholder concerns with the validation of the Enhanced EPPP (Part 2-Skills). *Training and Education in Professional Psychology, 15*(1), 33-36. <https://doi.org/10.1037/tep0000358>
- Hsueh, L., **Werntz, A.**, Hobaica, S., Owens, S. A., Lumley, M. A., Washburn, J.J. (2021). Clinical psychology PhD students' admission experiences: Implications for recruiting racial/ethnic minority and LGBTQ students. *Journal of Clinical Psychology, 77*, 105-120. <https://doi.org/10.1002/jclp.23074>
- Steinman, S. A., Namaky, N., Toton, S. L., Meissel, E., St. John, A. T., Pham, N.-H., **Werntz, A.**, Valladares, T. L., Gorlin, E. I., Arbus, S., Beltzer, M., Soroka, A., & Teachman, B. A. (2020). Which variations of a brief cognitive bias modification session for interpretations lead to the strongest effects? *Cognitive Therapy and Research, 44*(1), 1-12. <https://doi.org/10.1007/s10608-020-10168-3>
- Werntz, A.**, Bufka, L., Adams, B., & Teachman, B. A. (2020). Improving the reach of clinical practice guidelines: An experimental investigation of headlines on website user engagement. *Clinical Psychological Science, 8*(5), 825-838. <https://doi.org/10.1177/2167702620920722>
- Teachman, B. A., Clerkin, E. M., Cunningham, W., Dreyer-Oren, S., & **Werntz, A.** (2019). Implicit cognition and psychopathology: Looking back and looking forward. *Annual Review of Clinical Psychology, 15*, 111-146. doi:10.1146/annurev-clinpsy-050718-095718.
- Gorlin, E. I., **Werntz, A. J.**, Fua, K. C., Lambert, A. E., Namaky, N., & Teachman, B. A., (2019). Remembering or knowing how we felt: Depression and anxiety symptoms predict retrieval strategy use during emotional self-report. *Emotion, 19*(3), 465-479. doi:10.1037/emo0000436
- Werntz, A. J.**, Green, J. S., & Teachman, B. A. (2017). Implicit health associations across the adult lifespan. *Psychology & Health, 32*(12), 1429-1448. doi:10.1080/08870446.2017.1341514
- Namaky, N., Beltzer, M. L., **Werntz, A. J.**, Lambert, A. E., Isaacowitz, D. M., & Teachman, B. A. (2017). Moderators of age effects on attention bias toward threat and its association with anxiety. *Journal of Affective Disorders, 216*, 46-57. doi:10.1016/j.jad.2016.10.048
- Glenn, J. J., **Werntz, A. J.**, Steinman, S. A., Slama, S. J., Teachman, B. A., & Nock, M. K. (2017). Suicide and self-injury-related implicit cognition: a large-scale examination and replication. *Journal of Abnormal Psychology, 126*(2), 199-211. doi:10.1037/abn0000230
- Kulesza, M., Masuda, M., Ramirez, J. J., **Werntz, A. J.**, Teachman, B. A., & Lindgren, K. P. (2016). Towards greater understanding of addiction stigma: Intersectionality with race/ethnicity and gender. *Drug and Alcohol Dependence, 169*, 85-91. doi:10.1016/j.drugalcdep.2016.10.020
- Lindgren, K. P., Gasser, M. L., **Werntz, A. J.**, Namaky, N., Baldwin, S. A., & Teachman, B. A. (2016). Moderators of implicit and explicit drinking identity in a large US adult sample. *Addictive Behaviors, 60*, 177-183. doi:10.1016/j.addbeh.2016.04.022
- Werntz, A. J.**, Steinman, S. A., Glenn, J., Nock, M., & Teachman, B. A. (2016). Characterizing implicit mental health evaluations across clinical domains. *Journal of Behavior Therapy and Experimental Psychiatry, 52*, 17-28. doi:10.1016/j.jbtep.2016.02.004
- Werntz, A. J.**, Dodson, C. S., Schiller, A. J., Middlebrooks, C. D., & Phipps, E. (2015). Mental health in rural caregivers of persons with dementia. *SAGE Open, 5*(4). doi:10.1177/2158244015621776
- Kulesza, M., Teachman, B. A., **Werntz, A. J.**, Gasser, M. L., & Lindgren, K. P. (2015). Correlates of public support toward federal funding for harm reduction strategies. *Journal of Substance Abuse Treatment, Prevention and Policy, 10*(25). doi:10.1186/s13011-015-0022-5
- Clerkin, E. M., **Werntz, A. J.**, Magee, J. C., Lindgren, K. P., & Teachman, B. A. (2014). Evaluating age differences in coping motives as a mediator of the link between social anxiety symptoms and alcohol problems. *Psychology of Addictive Behaviors, 28*(3), 880-886. doi:10.1037/a0036813
- Lindgren, K. P., Kaysen, D., **Werntz, A. J.**, Gasser, M. L., & Teachman, B.A. (2013). Wounds that can't be seen: Implicit trauma associations predict posttraumatic stress disorder symptoms. *Journal of Behavior Therapy and Experimental Psychiatry, 44*, 368-375. doi:10.1016/j.jbtep.2013.03.003

### **Book sections (1)**

- Teachman, B. A., Beltzer, M., & **Werntz, A. J.** (2019). Panic Disorder and Agoraphobia. In B. Olatunji, (Ed.) *Handbook of anxiety and related disorders part IV: Etiology and phenomenology of specific anxiety disorders*. New York: Cambridge University Press.

### **Publications for a general audience (3)**

- Schmitt, T., **Werntz, A.**, & Teachman, B. A. (2020, October 19). *Choose to think in new ways: Research explores an accessible, online program to reduce anxious thinking*. From *Psychology Today*, <https://www.psychologytoday.com/us/blog/understand-your-thinking/202010/choose-think-in-new-ways>
- Werntz, A.** (2018, November 30). *The front lines of caregiving: The experiences of a young adult*. In *Senior Navigator*, retrieved from: [https://www.dailyprogress.com/specialty\\_publications/page-sn/page\\_a9360481-2e94-5a92-ac79-6602ee910cd5.html](https://www.dailyprogress.com/specialty_publications/page-sn/page_a9360481-2e94-5a92-ac79-6602ee910cd5.html)
- Werntz, A. J.**, Kline, E., & Teachman, B. A. (2016, October 20). *A therapist-free intervention offers promise for reducing feelings of anxiety* [web log post]. Retrieved from: <https://www.anxiety.org/cognitive-bias-modification-internet-based-treatment-for-anxiety-disorders>

### **Symposia and Research Talks (28)**

- Werntz, A.**, & Soni, S.\* (2023, January 25-27). Supporting Mentees with Anxiety: Effective Strategies for Promoting Mental Health. National Mentoring Summit, Washington DC.
- Jasman, M.\*, **Werntz, A.**, & Rhodes, J. E. (2023, January 25-27). Innovative Strategies for Technology-Enhanced Peer Mentoring Programs at the University Level. National Mentoring Summit, Washington DC.
- Poon, C., **Werntz, A.**, Amado, S., Rhodes, J. E. (2022, November 17-20). Racial and ethnic differences in caregivers' attitudes about mental health treatment. In **Werntz, A.** (Chair), *Embedding evidence-based practices into youth's daily lives: From children's books to paraprofessionals*, Association for Behavioral and Cognitive Therapies 56th Annual Convention, New York, NY.
- Werntz, A.**, & Teachman, B. A. (2021, November 18-21). "I know CBT would benefit me, but...": Stakeholder Attitudes on Therapy for Anxiety. In Silverman, A. (Chair), *Public Attitudes, Beliefs and Knowledge about Evidence-based Treatments*. Association for Behavioral and Cognitive Therapies 55th Annual Convention, New Orleans, LA.
- Werntz, A.**, Silverman, A., Behan, H., Beltzer, M., Boukhechba, M., Barnes, L., & Teachman, B. A. (2021, November 18-21). Lessons learned: Providing supportive accountability to individuals enrolled in an online anxiety intervention. In Hareli, M. (Chair), *Leveraging Human Support for the Dissemination of Cognitive-Behavioral Skills Through Technology-Delivered Interventions* [Symposium]. Association for Behavioral and Cognitive Therapies 55th Annual Convention, New Orleans, LA.
- Donofrio, V.\*, Hareli, M.\*, Astesano, J., **Werntz, A.**, Raposa, E. B., Conley, C. S., & Rhodes, J. (2021, November 18-21). Challenges and recommendations from piloting a supportive accountability-based technology-delivered intervention (TDI) for adult mentor-youth mentee dyads. In Hareli, M. (Chair), *Leveraging Human Support for the Dissemination of Cognitive-Behavioral Skills Through Technology-Delivered Interventions* [Symposium]. Association for Behavioral and Cognitive Therapies 55th Annual Convention, New Orleans, LA. \*Co-Presenters.
- Werntz, A.**, Silverman, A., Behan, H., Beltzer, M. L., Boukhechba, M., Barnes, L., & Teachman, B. A. (2021, July). Lessons Learned: Providing Supportive Accountability to Individuals Enrolled in an Online Anxiety Intervention: Speed Talk. Paper presented at the midsummer meeting of the Association for Cognitive Bias Modification (virtual).
- Werntz, A.**, Teachman, B. A. (2020, November). *Increasing the appeal of CBT: Latent Profile Analysis of reactions to different ways of describing CBT*. In **Werntz, A.** & Teachman, B. A. (co-chairs), *Direct-to-Consumer Marketing of Evidence-Based Mental Health Interventions: Innovative Approaches to Increasing the Appeal*. Symposium at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Werntz, A.**, Bufka, L., & Teachman, B. A. (2019, November). *Improving the reach of clinical practice guidelines: An experimental investigation of message framing on user engagement*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
- Werntz, A.**, Bufka, L., Adams, B., & Teachman, B. A. (2019, September). *Do subheadings on the clinical practice guideline webpages affect site user behavior?* Paper presented at the Advisory Steering Committee meeting at the American Psychological Association.
- Shenal, B., & **Werntz, A.** (2019, September). *Whole health and access*. Invited talk at the annual Mental Health Summit at the Salem VAMC, Salem, VA.
- Gorlin, E. I., **Werntz, A.**, Fua, K. C., Lambert, A. E., Namaky, N., & Teachman, B. A. (2019, July). *Remembering or knowing how we felt: Role of depressive symptoms and affective valence*. Paper presented at the annual World Congress of Behavioral and Cognitive Therapies, Berlin, Germany.
- Werntz, A.**, Teachman, B. A., Sbarra, D. A., & Washburn, J. (2019, May). *Enhancing the Clinical Training Toolkit: Training Today for the Psychologists of Tomorrow*. Panel presented at the annual meeting of the Association for Psychological Science, Washington DC.

- Werntz, A.**, Hsueh, L., Hobaica, S., & Owens, S. (2019, January). *CUDCP student representatives' report: Graduate admissions in clinical psychology: The students' perspective*. Talk presented at the CUDCP annual Midwinter Meeting, New Orleans, LA.  
\*Authors contributed equally
- Berglund, A. M., **Werntz, A.**, & Teachman, B. A. (2018, July). *Age Differences in Implicit Associations Toward Mental Health Treatment*. Oral presentation presented at the 25th Annual Leadership Alliance National Symposium, Hartford, CT.
- Berglund, A. M., **Werntz, A.**, & Teachman, B. A. (2018, July). *Age Differences in Implicit Associations Toward Mental Health Treatment*. Oral presentation presented at the University of Virginia's Pizza, Posters and Presentations Symposium, Charlottesville, VA.
- Werntz, A.** (2018, May). *Experimental examination of message framing to increase dissemination of evidence-based anxiety treatments*. Talk presented at the International Max Planck Research School on the Life Course (LIFE) Conference. Berlin, Germany.
- Werntz, A. J.**, & Hsueh, L., Seivert, N. P., & Stevens, K. (2018, January). *CUDCP student representatives' report: Career-enhancing research competencies (CERCs)*. Talk presented at the CUDCP annual Midwinter Meeting, Nashville, TN.  
\*Authors contributed equally
- Steinman, S. A., Namaky, N., Thomas, S., Meissel, E., St. John, A. T., Pham, N., **Werntz, A. J.**, Saunders, T., Gorlin, E. I., Arbus, S., Beltzer, M., Soroka, A. & Teachman, B. A. (2017, November). Maximizing effects for cognitive bias modification for threat interpretations: Testing 15 variants of training. In A. Niles (Chair), *Using computers, Internet, and mobile applications to treat anxiety: A mechanisms approach*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
- Werntz, A. J.**, Ko, T. M., & Teachman, B. A. (2017, May). Attitudes about mental health interventions: Treatment experience relates to implicit and explicit intervention efficacy associations. In **A. J. Werntz** & M. L. Beltzer (Co-Chairs), *Perceptions of mental illness and its treatment: Individual differences, malleability, and national trends*. Symposium presented at the annual meeting of the Association for Psychological Science, Boston, MA.
- Werntz, A. J.**, & Teachman, B. A. (2017, May). Examining implicit and explicit attitudes about mental health treatment across the adult lifespan. Talk presented at the International Max Planck Research School on the Life Course (LIFE) Conference. Ann Arbor, MI.
- Steinman, S. A., Namaky, N., Thomas, S., Meissel, E., St. John, A. T., Pham, N., **Werntz, A. J.**, Saunders, T., Gorlin, E. I., Arbus, S., Beltzer, M., Soroka, A. & Teachman, B. A. (2017, April). Which variations of cognitive bias modification for interpretations lead to the strongest effects? In L. S. Hallion & S. A. Steinman (Co-Chairs), *New Directions in Cognitive Training for Anxiety*. Symposium presented at the annual meeting of the Anxiety and Depression Association of America, San Francisco, CA.
- Werntz, A. J.**, Ko, T., & Teachman, B. A. (2016, March). Implicit and explicit attitudes toward psychotherapy versus medication as predictors of treatment utilization. In Mental Health, Development, and Goal Achievement Oral Session. Paper presented at the annual Huskey Research Exhibition at University of Virginia, Charlottesville, VA.
- Werntz, A. J.**, & Teachman, B. A. (2015, March). Project Implicit Mental Health: Findings from a large-scale demonstration website. In Social and Behavioral Sciences Oral Session. Paper presented at the annual Huskey Research Exhibition at University of Virginia, Charlottesville, VA.
- Clerkin, E. M., **Werntz, A. J.**, Magee, J. C., Lindgren, K. P., & Teachman, B. A. (2014, November). Linking social anxiety and alcohol problems: Evaluating age differences in coping motives as a mediator. In J. Magee, *Novel Mechanisms Linking Anxiety and Substance Use*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Glenn, J. J., Steinman, S. A., **Werntz, A. J.**, Slama, S. J. K., Teachman, B. A., & Nock, M. K. (2014, November). Using implicit cognition tools to assess suicidal and self-injurious behaviors. In **A. J. Werntz** & B. A. Teachman (Co-chairs), *New directions in implicit associations research in psychopathology*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Werntz, A. J.**, Steinman, S. A., Glenn, J. J., Nock, M. K., & Teachman, B. A. (2014, November). Project Implicit Mental Health: Findings from a large-scale demonstration website. In **A. J. Werntz** & B. A. Teachman (Co-chairs), *New Directions in Implicit Associations Research in Psychopathology*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Teachman, B. A., & **Werntz, A. J.** (2014, May). Project Implicit Mental Health: An online platform to discover mental health associations outside conscious control. In J. J. Williams (Chair), *Using the Internet as a Laboratory for Research in the Real World*. Presentation at the annual meeting of the Association for Psychological Science, San Francisco, CA.

## **Posters (30)**

- Seivert, N. P., **Werntz, A.**, Hsueh, L., Sain, K., Washburn, J. J., & Cavell, T. A. (2023, January 13-14). Career-enhancing research competencies: Student perceptions of research training in clinical psychology doctoral programs [Poster presentation]. Council of University Directors of Clinical Psychology Mid-Winter Meeting 2023, San Diego, CA.
- Cherry<sup>\*</sup>, J., Amado, S., Jasman<sup>\*</sup>, M., Aier<sup>\*</sup>, B., **Werntz, A.**, & Rhodes, J. (2022, November 17-20). Caregiver Experiences and the Impacts on Children's Engagement with Mental Health Treatments in a Global Pandemic [Poster presentation]. Association for Behavioral and Cognitive Therapies, New York City, NY.
- Amado, S., Poon, C., Jasman<sup>\*</sup>, M., Cherry<sup>\*</sup>, J., Aier<sup>\*</sup>, B., **Werntz, A.**, Rhodes, J., (2022, November 17-20) Caregivers' Attitudes Towards Youth Digital Mental Health Interventions During the COVID-19 Pandemic [Poster presentation]. 56th Annual Meeting of the Association for Behavioral and Cognitive Therapies, NYC.
- Jasman<sup>\*</sup>, M. Amado, S., Poon, C., Aier<sup>\*</sup>, B., Cherry<sup>\*</sup>, J., **Werntz, A.**, & Rhodes, J. (2022, November 17-20). Caregivers with children in mentoring organizations: Attitudes on mentor involvement in child mental health and digital mental health interventions [Poster presentation]. Association for Behavioral and Cognitive Therapies. <https://www.abct.org/2022-convention/>
- Aier<sup>\*\*</sup>, B., Cherry<sup>\*\*</sup>, J., Jasman<sup>\*\*</sup>, M., Amado, S., Poon, C., **Werntz, A.**, & Rhodes, J. (2022, June 13-14). *Addressing cultural differences for parental concerns of child digital mental health use* [Poster presentation]. Society for Digital Mental Health, virtual. <https://www.societydmh.org/annual-meeting/> \*Authors contributed equally.
- Gopanapalli<sup>\*</sup>, P., Klett<sup>\*</sup>, C., Leventhal<sup>\*</sup>, E., & **Werntz, A.** (2021, October). *MindTrails Big Brothers Big Sisters Mentor Training*. Poster presented at the annual meeting of the PACT Undergraduate Fall Research Symposium, Charlottesville, VA.
- Klett<sup>\*</sup>, C., Schmitt<sup>\*</sup>, T., **Werntz, A.**, & Teachman, B. A. (2021, April). *Adapting an online anxiety intervention for adults for adolescents in mentoring programs*. Poster presented at the annual Undergraduate Research Symposium at the University of Virginia, Charlottesville, VA.
- Werntz, A.**, Bufka, L., Teachman, B. A. (2018, April). *Field experiments to promote engagement on APA's PTSD clinical practice guideline website*. Poster presented at the annual meeting of the Anxiety and Depression Association of America, Washington, DC.
- Werntz, A. J.**, Zhang, D., Geyer, E., & Teachman, B. A. (2017, November). *Am I anxious?: Implicit and explicit self-concepts of anxiety predict symptom acknowledgement*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
- Calicho-Mamani, C. P., Zhang, D., Blaisdell, K. N., Friedmann, C. I., **Werntz, A. J.**, & Teachman, B. A. (2017, November). *Gender and age differences in social media advertising reception: Using Facebook to promote free, web-based interventions*. Poster presented at the Diversifying Scholarship Conference at the University of Virginia, Charlottesville, VA.
- Werntz, A. J.**, & Teachman, B. A. (2017, March). *Am I anxious?: Implicit and explicit self-concepts of anxiety predict symptom acknowledgement*. Poster presented at the annual Huskey Research Exhibition at University of Virginia, Charlottesville, VA.
- Werntz, A. J.**, Green, J. S., & Teachman, B. A. (2016, October). *Implicit health associations across the adult lifespan*. Poster presented at the International Max Planck Research School on the Life Course (LIFE) Conference. Berlin, Germany.
- Namaky, N., **Werntz, A. J.**, Saunders, T. L., Meissel, E. E., Nelms, J. B., & Teachman, B. A. (2015, November). *Age differences in threat bias when attending to social or physical stimuli on a dot-probe task*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Werntz, A. J.**, Pham, N.-H., Brooks, C., & Teachman, B. A. (2015, November). *Implicit mental health associations and the acknowledgement of mental health difficulties*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Fua, K. C., Gorlin, E. I., **Werntz, A. J.**, Lambert, A. E., & Teachman, B. A. (2014, November). *Anxiety and depression symptoms as moderators of emotion recollection strategies*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Werntz, A. J.**, Moore, T., Verno, T., Ondersma, S., Dillon, P., Gentry, T., Walters, V., Hursh, S. R., Roma, P., Rybarczyk, B., Svikis, D. (2014, November). *Sleep quality and alcohol use behaviors in primary care patients: Poorer sleep quality is related to heavy/problem drinking behaviors among women*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Werntz, A. J.**, Simpson, C. C., & Teachman, B. A. (2014, November). *Implicit shame and eating disorder symptoms*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Kulesza, M., Lindgren, K. P., **Werntz, A. J.**, Gasser, M., & Teachman, B. A. (2014, November). *Correlates of public support toward harm reduction strategies for intravenous drug use*. Poster presented at the annual meeting of the Association for Medical Education and Research in Substance Abuse, San Francisco, CA.

- Moore, T., Verno, T., **Werntz, A. J.**, Ondersma, S., Dillon, P., Gentry, T., Walters, V., Hursh, S., Roma, P., Rybarczyk, B., & Svikis, D. (June, 2014) *What dreams may come? Sleep problems and heavy/problem substance use in primary care patients*. Poster presented at The College on Problems of Drug Dependence, San Juan, Puerto Rico.
- Moore, T., Verno, T., **Werntz, A. J.**, Ondersma, S., Dillon, P., Gentry, T., Walters, V., Hursh, S., Roma, P., Rybarczyk, B., & Svikis, D. (2014, April). *The relationship of sleep problems and heavy/problem substance use in primary care patients*. Poster presented at the 17<sup>th</sup> Annual Graduate Research Symposium, Virginia Commonwealth University, Richmond, VA.
- Werntz, A. J.**, Moore, T., Verno, T., Ondersma, S., Dillon, P., Gentry, T., Walters, V., Hursh, S. R., Roma, P., Rybarczyk, B., Svikis, D. (2014, April). *Sleep quality and alcohol use behaviors in primary care patients: Problems with sleep are related to heavy/problem drinking behaviors among women*. Poster presented at the 10<sup>th</sup> Annual Women's Health Research Day, Virginia Commonwealth University, Richmond, VA.
- Glenn, J. J., **Werntz, A. J.**, Steinman, S. A., Nock, M. K., & Teachman, B. A. (2013, November). *Implicit and explicit mental health evaluations: Results from Project Implicit Mental Health, a large-scale web-based study*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
- Werntz, A. J.**, Green, J. S., Simpson, W. B., & Teachman, B. A. (2013, November). *Health anxiety, age and threat interpretation biases*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
- Steinman, S. A., Tsang, Y. T., Rainey, K., **Werntz, A. J.**, & Teachman, B. A. (2013, May). *The magnifying lens of fear: The effects of state and trait fear on perception and memory*. Poster presented at the annual meeting of the Association for Psychological Science, Washington, DC.
- Werntz, A. J.**, Green, J. S., & Teachman, B. A. (2013, May). *Implicit physical health: Validating the health-Implicit Association Test*. Poster presented at the annual meeting of the Association for Psychological Science, Washington, DC.
- Werntz, A. J.**, Green, J. S., Middlebrooks, C. D., & Teachman, B. A. (2012, November). *Visual attention and mood: Where you look depends on how much time you think you have*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
- Werntz, A. J.**, Green, J. S., & Teachman, B. A. (2011, November). *Healthy interpretations with healthy aging*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, ON, Canada.
- Green, J. S., **Werntz, A. J.**, & Teachman, B. A. (2011, September). *Moderators of age differences in threat interpretations across the adult life span*. Poster presented at the Life Conference, Zurich, Switzerland.
- Werntz, A. J.** (2011, April). *Healthy interpretations with healthy aging*. Poster presented at the L. Starling Reid Undergraduate Psychology Conference, Charlottesville, VA.
- Clerkin, E. M., **Werntz, A. J.**, Schmidt, S. M., & Teachman, B. A. (2009, November). *Training interpretation biases among individuals with symptoms of obsessive compulsive disorder*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

### **Department talks (9)**

- Werntz, A.**, & Daniel, K. E. (2021, July). *Transitioning back to "normal:" Understanding our brains as we emerge back into the world*. Presentation to Computer Science Department's Summer Discussion Series at the University of Virginia, Charlottesville, VA. \*Authors contributed equally
- Werntz, A.** (2020, April). *Experimental examination of message framing to increase dissemination of evidence-based treatments*. Presentation to staff psychologists at the Salem VAMC, Salem, VA.
- Werntz, A.**, Amin, S., & Ratnakaran, B. (2019, October). *Bipolar disorders: Treatment considerations for interprofessional teams*. Presentation to Evidence-based Psychotherapies team at the Salem VAMC, Salem, VA. \*Authors contributed equally
- Werntz, A.** (2019, October). *Case presentation: Unified Protocol for transdiagnostic treatment of emotional disorders*. Presentation to staff psychologists at the Salem VAMC, Salem, VA.
- Werntz, A.** (2019, March). *Promoting anxiety treatments that work*. Presentation to the clinical psychology department, University of Virginia. Charlottesville, VA.
- Werntz, A.** (2018, July). *Experimental examination of message framing to increase dissemination of evidence-based anxiety treatments*. Presentation to Professional Development Meeting to visiting undergraduate scholars, University of Virginia. Charlottesville, VA.
- Werntz, A.** (2018, April). *Graduate student wellbeing*. Presentation to the Department of Psychology faculty meeting, University of Virginia. Charlottesville, VA.
- Werntz, A. J.** (2017, September). *Examining attitudes toward anxiety treatment*. Presentation in the Intra-Departmental Symposium, Psychology Department, University of Virginia. Charlottesville, VA.

Werntz, A. J. (2016, September). *Implicit health associations across the adult lifespan*. Presentation to the clinical psychology department, University of Virginia. Charlottesville, VA.

#### **Community and invited talks (4)**

Rhodes, J. E., & Werntz, A. (2021, October). *My Brother's Keeper & UMass Boston Intergenerational Model: Building a vibrant governmental, educational, and nonprofit partnership*. Presentation to October Community of Practice Call for the Obama Foundation.

Werntz, A. (2021, June). *An Introduction to Motivational Interviewing*. Training provided to Florida Check & Connect Annual Mentor Summit: Coaching for Competency.

Werntz, A. J., Tucker, V., Uribe, O., Mendu, S., Cortez, A., & Nguyen, A. (2016, March). Quilted Stories: An app to create a caregiver storytelling community. In The Lindsay Institute (Host), *Caring for the Caregiver Hack*. Smartphone app presented at the second annual Caring for the Caregiver Hack Competition, Richmond, VA. \*Authors contributed equally

Werntz, A. J. & Wittrup, A. R. (2016, February). *Mental health awareness in teens*. Presentation to William Monroe High School students, faculty, and staff. Stanardsville, VA.  
\*Authors contributed equally

#### **Grant-writing**

2020 – AIM Youth Mental Health Clinical Science Fellow Grant. **Funded.**

2020 – American Psychological Foundation's (APF) David H. and Beverly A. Barlow Grant. *Examining the acceptability, feasibility, and usability of an online anxiety intervention for youth participating in a Big Brothers Big Sisters program*. **Unfunded.**

2017 - Ruth L. Kirschstein National Research Service Award (NRSA Program Announcement #PA-16-309). *Increasing the appeal of evidence-based anxiety treatments*. **Unfunded.**

2014 – National Science Foundation Graduate Research Fellowship Program (NSF GRFP). *Threat processing and the predictive validity of implicit associations*. **Unfunded.**

#### **Manuscripts under review and in preparation**

Eberle, J. W.,\* Daniel, K. E.,\* Bae, S., Behan, H. C., Silverman, A. L., Calicho-Mamani, C., Baglione, A. N., Werntz, A., French, N. J., Ji, J. L., Hohensee, N., Tong, X., Boukhechba, M., Funk, D. H., Barnes, L. E., & Teachman, B. A. (In prep). *Web-based interpretation training to reduce anxiety: A sequential multiple-assignment randomized trial*. \*Joint-first authors. Preregistration: <https://osf.io/af4n7>

O'Shea, B., Freichel, R., Teachman, B. A., Werntz, A., Lindgren, K. P., Howell, J., & Nock, M. (In prep). *COVID-19 and its impact on implicit and explicit measures of suicide and self-harm*.

Silverman, A. L., Werntz, A., Schofield, C., Prinstein, M. J., Jensen-Doss, A., McKay, D., & Teachman, B. A. (Under review). *Randomized controlled trial evaluating the effectiveness of a direct-to-consumer marketing video about patients' right to evidence-based mental health care*.

Werntz, A., Poon, C. Y., & Rhodes, J. E. (in prep). *Parents' and Guardians' Attitudes about Youth Receiving Mental Health Support from Therapists and Volunteer Mentors*.

Werntz, A., Preston, J., Amado, S., Stams, G.-J., Assink, M., Ament, E., Rhodes, R. (In prep). *Digital Mental Health Interventions Supporting Youth: Meta-Analysis of Long-Term Effects*.

#### **Clinical Work**

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**Licensed Clinical Psychologist**  
[VA license no. 0810007407](#)

Mar 2021

#### **Virginia Family Therapy (Private Practice), Charlottesville, VA**

Therapist  
Clinical supervisor to Micaela Bates, PsyD for licensure  
Clinical supervisor to Oak Reed, PhD for licensure

2021-present  
2022-present  
2022

#### **Approved Cognitive Processing Therapy provider**

Regional Cognitive Processing Therapy (CPT) for PTSD Training  
Department of Veterans Affairs, Employee Education System  
Two-day training and 6-month consultation by Sarah Voss-Horrell, PhD (Center for Traumatic Stress, Salem VAMC)

June 2020  
Sep 2019



**Major Rotations** (24 hours per week, 4 months each)

Evidence-based Psychotherapy

Treatments provided: Unified Protocol, CBT for anxiety, CBT for depression  
Disorders: Anxiety (with and without comorbid SUD), depression, unspecified  
trauma-related disorder

Geropsychology

Treatments provided: ACT for older adults (group format), bedside consultation  
in Community Living Center (nursing facility), supportive therapy for grief,  
supportive therapy for hospice patients

Behavioral Medicine

Treatments provided via telehealth: CBT for Insomnia, brief therapy through  
Primary Care for depression and anxiety, coping with chronic illness, Whole  
Health group  
Assessments: Transplant evaluations; gender-confirming surgery evaluation;  
insomnia treatment evaluations

**Minor Rotations** (8 hours per week, 4 months each)

Medical Center Administration

Center for Traumatic Stress

Treatment provided: Cognitive Processing Therapy  
Disorder: Posttraumatic Stress Disorder

Substance Abuse Treatment Program

Treatments provided via telehealth: Mood management group, Healthy living  
group, Seeking safety group, Aftercare group, CBT skills group

**Long-term Rotation** (4 hours per week, 12-months)

Center for Interdisciplinary Pain Management

Services provided: Cognitive Behavioral Therapy for Chronic Pain (CBT-CP),  
Biofeedback, interdisciplinary pain history evaluations, chronic pain education  
group

**Clinical practicums**

**Outpatient psychotherapy in the Department of Neurology**

University of Virginia Health System

*Supervisors:* Carol Manning, PhD; Jessica Rhee, PsyD

*Position:* Graduate student therapist

2018-2019

**Outpatient psychotherapy and assessment in the Mary Ainsworth Clinic**

University of Virginia Department of Psychology's Training Clinic

*Supervisors:* Joseph Allen, PhD; Lee Llewellyn, PhD

*Positions:* Graduate student therapist, Therapy Team Member

2015-2019

**Neuropsychological assessment and intervention in the Department of Neurology:  
Memory and Aging Care Clinic**

University of Virginia Health System

*Supervisors:* Carol Manning, PhD; Scott Sperling, PsyD

*Position:* Practicum student in neuropsychological assessments for dementia and related  
disorders

2017-2018

**Assessment and intervention in the Neurosciences & Behavioral Medicine Center**

University of Virginia Health System

*Supervisors:* Jaclyn Shepard, PsyD; Amit Shahane, PhD

*Position:* Practicum student/graduate student therapist

2016-2017

**Additional training**

**Unified Protocol for Children and Adolescents**

8-hour workshop with Jill Ehrenreich-May, PhD (University of Miami)

Mar 2021

**Reach VA Program Coach Certification**

Department of Veterans Affairs

Certified as a program (intervention) coach for caregivers of veterans with dementia

Jan 2020

**Trauma-focused Cognitive Behavioral Therapy (TF-CBT)**

Jun 2018

Completed online training for evidence-based child-trauma-focused CBT  
Course: TF-CBTWeb2.0

**CBT Couples Therapy workshop**

6-hour workshop with Don Baucom, PhD (University of North Carolina Chapel Hill) and  
Melanie Fischer, PhD at the University of Virginia

Apr 2015

**Teaching**

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**Mentoring for Youth Mental Health**

Center for Evidence-Based Mentoring  
*Role:* Course developer, instructor

Spring 2023

**Therapeutic Mentoring**

University of Massachusetts Boston  
*Roles:* Course co-developer, lecturer

*Lecture:* Motivational interviewing, technology-delivered interventions, and supportive  
accountability

Spring 2021

**Designing Your Life (PSYC 1559/BME 1501)**

University of Virginia

*Role:* Co-instructor (and course co-creator) with David Chen, MBA

Fall 2017

**Research Methods and Data Analysis (PSYC 3005)**

University of Virginia

*Professor:* Frederick Smyth, PhD

*Role:* Head Laboratory Teaching Assistant

Fall 2017

**Research Methods and Data Analysis (PSYC 3005)**

University of Virginia

*Professor:* Frederick Smyth, PhD

*Role:* Laboratory Teaching Assistant

Spring 2017

**Personality Psychology (PSYC 2400)**

University of Virginia

*Professor:* J. Nile Wagley, PhD (Fall 2014); Megan Schad, PhD (Spring 2015)

*Role:* Teaching Assistant

*Lectures:* Freud, the unconscious, and measuring the unconscious today (Oct. 2014, Feb. 2015)

Spring 2015  
Fall 2014

**Lifespan Development (PSYC 304)**

Virginia Commonwealth University, Richmond, VA

*Professor:* Geraldine Lotze, PhD

*Role:* Teaching Assistant

*Lectures:* Cognitive aging (Nov. 2013), Adolescent psychosocial development: Mental health  
(Mar. 2014), Adolescent psychosocial development: Suicide and media usage (Mar. 2014)

Spring 2014  
Fall 2013

**Guest Lectures**

*Implicit association bias* for Cognitive Biases in Anxiety and Related Disorders, University of  
Virginia

*Specific phobia: Disorder and treatment* for Abnormal Psychology, Virginia Commonwealth  
University

Apr 2016

Jun 2015

**Mentorship**

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**Research coordinator mentorship**

University of Massachusetts Boston

Mentoring and supervising 3 postbacc research coordinators on grant-funded research  
projects at the Center for Evidence-Based Mentoring

2021-present

**Research mentorship for undergraduate intern**

University of Massachusetts Boston

Mentoring an undergraduate student from Stonehill College on research methods and  
technology-delivered interventions

Spring 2021

**Master's thesis committee member for clinical psychology graduate student**

Selen Amado at the University of Massachusetts Boston

2020-2022

**Research mentorship for undergraduate research assistants**

University of Virginia  
 Leading a team of research assistants to develop intervention materials for a youth version of MindTrails (Teachman's R01-funded web-based intervention for symptoms of anxiety) 2020-present  
 Mentoring 2 research assistants for a large-scale research and education website, ProjectImplicitHealth.com

Lead a team of 4 research assistants to develop, test, and implement a telecoaching protocol for MindTrails (Teachman's R01-funded web-based intervention for symptoms of anxiety) 2017-2019

**The Leadership Alliance's Summer Research – Early Identification Program (SR-EIP)** 2018

University of Virginia  
 Co-advised undergraduate Alysia Berglund from University of Hawaii at Manoa with Bethany A. Teachman, PhD

**University of Virginia's Distinguished Majors Program** 2015-2016

University of Virginia  
 Co-advised undergraduate with Bethany A. Teachman, PhD

**Service****Coalition for the Advancement and Application of Psychological Science (CAAPS)** 2020-2021

Webpage designer: [www.patientbillofrights.org](http://www.patientbillofrights.org)

**Association for Behavioral and Cognitive Therapies (ABCT)** 2016 to 2019

Student Ambassador for the University of Virginia

**Diversifying Psychology Student Visit Day** 2016, 2017, 2018**Graduate Student Well-being Committee, University of Virginia** 2015 to 2019**CUDCP Student Representative Selection Committee** 2018**Diversifying Scholarship Conference, University of Virginia** 2017

Committee member, Publicity

**Clinical Lunch (Brown Bag) Series Co-coordinator** 2016-2017**Graduate Student Social Committee, University of Virginia** 2014-2015**Research****Center for Evidence-based Mentoring (CEBM)** 2020-present

University of Massachusetts Boston, Boston MA

*Advisor:* Jean E. Rhodes, PhD

*Role:* Postdoctoral research associate

**Program for Anxiety, Cognition, and Treatment Laboratory (PACT Lab)** 2008 to 2022

University of Virginia, Charlottesville, VA

*Advisor:* Bethany A. Teachman, PhD

*Roles:* Research assistant, senior honors thesis student, project coordinator, graduate student, postdoctoral research associate

**Dodson Cognition Laboratory** 2009-2013

University of Virginia, Charlottesville, VA

*Advisor:* Chad Dodson, PhD

*Role:* Laboratory coordinator

**Cognitive Aging Laboratory** 2009

University of Virginia, Charlottesville, VA

*Advisor:* Timothy Salthouse, PhD

*Role:* Research assistant

**Additional Experience****Blenheim Vineyards, Charlottesville, VA** 2016 to 2021

Tasting room staff (2016)

Shift lead (2017 to 2021)

**Memberships**

Aging, Cognition, and Emotion (ACE) Group, University of Virginia 2010-2013

American Psychological Association (APA) 2018 to present

American Psychological Association of Graduate Students (APAGS) 2018 to 2019

American Psychological Association (APA) Division 12 Section 10  
Association for Psychological Science (APS)  
Association for the Behavioral and Cognitive Therapies (ABCT)  
Raven Society, University of Virginia  
Society for a Science of Clinical Psychology (SSCP)

2018 to present  
2013 to present  
2011 to present  
2017 to 2019  
2014 to present

**Ad Hoc Reviewer**

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*Health Psychology*  
*Journal of Personality and Social Psychology*  
*Stigma and Health*  
*Family Process*  
*Social and Personality Psychology Compass*  
*Journal of American College Health*