

Anxiety Disorders: A Tri-Annual Report

A Publication of the Anxiety Disorders SIG of the Association for Behavioral & Cognitive Therapies

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A NOTE FROM THE EDITOR



Its convention time again!

Our ABCT convention is fast approaching and so we dedicate this issue to present convention related information.

Our annual **Anxiety Disorders SIG meeting** will take place on **Friday** from 11am-12pm in Room 4D, 4th floor of the Hilton Chicago. Both members and non-members are welcome to attend, so please encourage any of your colleagues to join in!

Our distinguished speaker this year will be immediate past ABCT President **Dean McKay**. Additionally, we will hear from this years' Early Career Award Winner, **Amelia Aldao**.

Further, we would like to congratulate all Anxiety Disorders SIG members whose posters have been accepted for presentation at this year's ABCT SIG Exposition. This Exposition will be held on **Friday evening from 6:30 to 8:30 in the 2nd floor Ballroom** of the Hilton. In this issue find the titles and authors of the papers to be presented. I am sure you will do our SIG proud!

Finally, our SIG now has a facebook page, so please join us, <https://www.facebook.com/ABCTAnxietySIG>. We look forward to seeing you all in Chicago!

Maria Karekla & the newsletter team

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INVITED PRESENTATION AT THE ANNUAL ANXIETY SIG MEETING

Friday, Nov. 13, 11:00-12:00pm

Invited Speaker



Dean McKay, Ph.D.
Fordham University

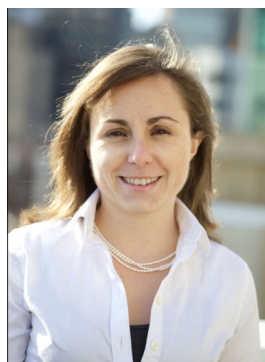
Misophonia: Early findings on psychopathology and treatment

Misophonia, a problem marked by extreme aversive response to specific sounds, has recently received attention from researchers as a condition that leads to significant disability. There have also been several case series examinations of the condition, with results suggesting exposure may be effective as a means for alleviating symptoms. This address will review the nascent research on this problem, and outline possible ancillary psychopathology. This presentation will conclude with a discussion of potential future research directions in evaluation of misophonia, with specific reference to treatment development.

EARLY CAREER AWARD WINNER PRESENTATION AT THE ANNUAL MEETING

Friday, Nov. 13, 11:00-12:00pm

Award winner



Amelia Aldao, Ph.D.,
The Ohio State University,
Associate Editor, Journal of Psychopathology & Behavioral Assessment

New directions in the study of anxiety regulation: Contextual factors and motivated behaviors

Amelia Aldao, Ph.D., is an Assistant Professor and Director of the Psychopathology and Affective Sciences Lab at The Ohio State University. Her research focuses on the role of emotion regulation in anxiety and mood disorders, with a particular emphasis on identifying contextual influences on the adaptiveness (and maladaptiveness) of regulation processes. Dr. Aldao utilizes an experimental psychopathology approach to identify mechanisms underlying the selection, implementation, and consequences of emotion regulation processes across contexts in healthy, anxious, and depressed populations. She is licenced in Ohio and New York.

ANXIETY DISORDERS SIG POSTER EXPO
Friday, Nov. 13 at 6:30pm in the 2nd Floor Ballroom

- 1. Diminished Empathy in Social Anxiety Disorder and Major Depression: Implications for Positive Social and Emotional Functioning**
S.E. Knapp & C.T. Taylor, University of California, San Diego
- 2. A 20-second Pre-treatment Reminder Trial Boosts the Speed of Fear Extinction**
C.L. Lancaster & M.J. Telch, University of Texas at Austin
- 3. The Mediating Role of Emotion Regulation in the Relationship Between Social Anxiety and Memory Bias**
L.D. Sarfan, M.W. Cody, & E.M. Clerkin, Miami University
- 4. Social Anxiety and Impairment in Intimate Relationships: Identifying the Role of Specific Couples Problems**
A. Scharff¹, E. Gordon^{1,2} & R. Heimberg²;
¹Haverford College, ²Temple University
- 5. Improving Quality of Life in Patients with OCD: Concurrent Changes of OCD Symptoms and Quality of Life Measures**
S. Hossein, A. Asnaani¹, A. Kaczkurkin¹, H. B. Simpson², & E.B. Foa¹; ¹University of Pennsylvania, ²Columbia University
- 6. Social Anxiety and Suicide: Tests of the Utility of the Interpersonal-Psychological Theory of Suicide**
S.M. Shah & J.D. Buckner, Louisiana State
- 7. The Relation between Social Anxiety and Prosocial Behaviors**
Jessica S. James & Randolph C. Arnau, University of Southern Mississippi
- 8. Mechanisms of Change in OCD: Examining the Role of Externalizing Blame and Stages of Change in a Longitudinal Sample**
Caitlin A. Chiupka,¹ Jesse M. Crosby,² Michael K. Suvak,¹ Jason W. Kropfingier², Brittany M. Mathes², Leslie L. Shapiro², & Jason A. Elias²,
¹Suffolk University, ²McLean Hospital, Harvard Medical School
- 9. The Relationship between Perfectionism and Psychopathologies: The Mediating role of Coping**
K.C. Coley, S. Abayasekara, H. Saltzman, M. Davis, R.O. Frost, & A.M. Burgess, Smith College
- 10. Mind over mood: Using mindfulness to diminish perseverative negative thinking in depression and anxiety**
A.P. Lenton-Brym, K. Hsu, M. Forgeard, C. Beard, C.M. Joyce, N. Udupa, J.C. Chung, T. Björgvinsson, McLean Hospital/Harvard Medical School
- 11. Differential Effects of Anxiety, Worry, and Emotional Regulation to a Speech Stressor**
D.E. Wilkinson, K.A. Wiggs, K.T. Stevens, & S.J. Kertz, Southern Illinois University Carbondale.
- 12. Unique and Interactive Effects of Anxiety Sensitivity and Distress Tolerance on Anxiety and Depression**
L.A. Andrews¹, J. K. Carpenter¹, J. E. Curtiss¹, S. Nakajima², Y. Oe³, I. Masaya³, & S.G. Hofmann¹; ¹Boston University, ²Tokyo Medical University, ³National Center of Neurology & Psychiatry, Japan

UPCOMING EVENTS

- Nov 5-7** International Society for Traumatic Stress Studies (ISTSS) annual meeting; New Orleans, Louisiana
- Nov 12-15** Annual convention of the Association for Behavioral & Cognitive Therapies (ABCT); Chicago, Illinois
- Mar 31-Apr 3** Annual convention of the Anxiety & Depression Association of America (ADAA); Philadelphia, PA
- Mar 30-Apr 2** Annual meeting of the Society of behavioral Medicine; Washington DC
- May 26-29** Annual convention of the Association for Psychological Science (APS); Chicago IL
- May 27-31** Annual convention of the Association for Behavioral Analysis International (ABAI); Chicago, IL
- June 14-19** Association for Contextual Behavioral Science (ACBS) World Congress; Seattle, WA
- June 22-25** World Congress of Behavioral & Cognitive Therapies (WCBCT) convention; Melbourne, Australia

MISSION STATEMENT

ANXSIG

The Anxiety Disorders Special Interest Group (ANXSIG) is an organization of clinicians, researchers, educators, students, and laypersons. The purpose of the ANXSIG is to provide a professional forum for the exchange of information and ideas on the conceptualization, assessment, and treatment of anxiety and anxiety-related disorders. Members of the ANXSIG share a common interest in behavioral and cognitive behavioral therapies and in the study of variables and processes that contribute to the etiology, maintenance, and modification of anxiety. Members also share an interest in promoting and disseminating state-of-the-art, basic and applied knowledge about anxiety disorders to other scientists, practitioners, and the general public.

See you in Chicago!