

## Curriculum Vita

Michael E. Addis, Ph.D.

Professor  
Department of Psychology  
Clark University

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### **Education**

<u>Years</u>	<u>University attended</u>	<u>Degree</u>	<u>Major</u>
1983-1985	University of California, Los Angeles		Psychology
1985-1987	University of California, Berkeley	B.A.	Psychology
1988-1995 Psychology	University of Washington	Ph.D.	Clinical

### **Positions**

5/07 – Professor, Department of Psychology, Clark University

9/05 –9/08 Chair, Department of Psychology, Clark University

4/01 – 5/07 Associate Professor, Department of Psychology, Clark University

8/95 – 4/01 Assistant Professor, Department of Psychology, Clark University

6/94 – 6/95 Psychology Intern, Department of Psychiatry and Behavioral Sciences,  
University of Washington

9/92 – 6/95 Project Coordinator on NIMH funded study: “Component Analysis of  
Cognitive-Behavioral Treatment for Depression” MH44603-06 at the  
University of Washington

6/89 – 8/92 Research Assistant, Center for Clinical Research, University of Washington

## Teaching Awards

Hodgkins Junior Faculty Award (2000). Clark University. Cross-disciplinary award recognizing excellence in both teaching and research.

Oliver and Dorothy Hayden Junior Faculty Fellow (1998). Clark University. Cross-disciplinary award presented to one assistant professor for excellence in teaching and research.

## Research Awards

David Shakow Early Career Award (2003). Society of Clinical Psychology, American Psychological Association (APA, Division 12). Awarded for early career contributions to the science and practice of clinical psychology.

Researcher of the Year Award (2003). Society for the Psychological Study of Men and Masculinity, American Psychological Association (APA Division 51).

President's New Researcher Award (1998). Awarded by the Association for the Advancement of Behavior Therapy.

## Other Awards and Honors

Fellow, Divisions 12, 51, American Psychological Association

Past President (2009) Division 51, American Psychological Association

Exceptional Merit: (1997, 1999, 2001, 2003, 2005, 2007). Clark University

Graduated with Honors (1987). University of California, Berkeley

Ned Wagner Memorial Travel Award (1989, 1990). Awarded by the Psychology Department, University of Washington.

## Research Grants

Co-Investigator: National Institute of Mental Health Exploratory/Developmental Grant R34: Latino Men and Depression: An Exploratory Study of Help-Seeking Behavior. 06/01/09 to 05/31/11. \$450,000.

Principal Investigator: National Institute of Mental Health Exploratory/Developmental Grant #R34 MH073073. Men's Service Use for Depression and Anxiety Disorders

1/1/05 – 12/31/08: \$435,000

Principal Investigator: National Institute of Mental Health FIRST Award # R29 MH 59778-01.

Effectiveness of Panic Control Therapy in a Managed Care Setting  
12/97 – 11/02: \$350,000.

Principal Investigator: Clark University Faculty Development Award  
Individual Differences in Reaction to Insight versus Activation Oriented Treatments  
11/95 – 11/96: \$1,775.00

Principal Investigator: Clark University Faculty Development Award  
A Survey of Practitioners' Attitudes Towards Manual-Based Psychotherapies  
5/97 – 5/98: \$1,500.00

Principal Investigator: Clark University: Frances Hiatt Award  
Effectiveness of Panic Control Therapy in a Managed Care Setting  
6/97 – 9/97: \$2,000.00

Principal Investigator: NIMH Predoctoral Research Fellowship #MH10697-01  
Reasons for Depression and Response to Cognitive Therapy  
\$11,800.00 (Awarded 1994, declined to accept funding due to time delays at NIMH)

## Published Articles

Gazarian, D., Addis, M.E., Jampel, J.D., Hoffman, E. (under review). Measuring distress-concealment in context: Development and testing of the Reasons for Concealment Scale (RCS).

Hoffman, E., & Addis, M.E. (under review). Dilemmas of agency and blame in men's talk about depression. *Social Science & Medicine*.

Jampel, J.D. & Addis, M.E. (under review). The impact of performance-based scripts on men's sexual communication to peers. Manuscript under review at *Archives of Sexual Behavior*.

Jampel, J.D., Gazarian, D., Addis, M.E., & Hoffman, E. (2020). Traditional masculinity ideology and diagnostic aversion predict symptom expression in a community sample of distressed men. *Sex Roles*, 82, 704-715.

Addis, M. E., & Kironde, E. (2020). Book Review: Is masculinity toxic? A primer for the 21st century. *Psychology of Women Quarterly*. <https://doi.org/10.1177/0361684320926684>

Green, J.D., Kearns, J.C., Ledoux, A.M., Addis, M.E., & Marx, B.P. (2018). The association between masculinity and nonsuicidal self-injury. *American Journal of Men's Health, 12*, 30-40.

Reigeluth, C. S., & Addis, M. E. (2016). *Adolescent boys' experiences with policing of masculinity: Forms, functions, and consequences. Psychology of Men & Masculinity, 74-83.*

Pollastri, A.R., Rafferty-Helmer, J., Cardemil, E.V., & Addis, M.E. (2016). Social context, emotional expressivity, and social adjustment in adolescent males. *Psychology of Men and Masculinity.*

Reigeluth, C. S., Pollastri, A., Cardemil, E. V., & Addis, M. E. (in press). "Mad scared": *Emotional expression and response in urban adolescent males. Journal of Adolescent Research*

Schwab, J.R., Addis, M.E., Reigeluth, C.S., & Berger, J.L. (2015). Silence and (In)visibility in men's accounts of coping with stressful life events. *Gender & Society, 30*, 289-311.

Syzdek, M.R., Green, J.D., Liindgren, B.R., & Addis, M.E. (2016). Pilot trial of gender-based motivational interviewing for increasing mental health service use in college men. *Psychotherapy, 53*, 124-129.

Berger, J.L., Addis, M.E., Reilly, E.D., Syzdek, M.R., & Green, J.D. (2012). Effects of gender, diagnostic labels, and causal theories on willingness to report symptoms of depression. *Journal of Social and Clinical Psychology, 31(5)*, 439-457.

Addis, M. E., & Reigeluth, C. S. (2011). *Men's Mental Health in Massachusetts: Stigma, Substance Abuse, Suicide and Unemployment.* Report written for the 2011 Massachusetts Family Impact Seminar (Men at Risk: the Physical, Mental and Social Health of Men in Massachusetts), Boston, MA.

Reigeluth, C.S. & Addis, M.E. (2010). Pragmatic clinical research to inform the field of men's mental health: A commentary on and extension of papers by David Edwards and Tracy Eells. *Pragmatic Case Studies in Psychotherapy, 6*, 307-314.

Addis, M.E., Mansfield, A.K., & Syzdek, M.R. (2010). Is "masculinity" a problem?: Framing the effects of gendered social learning in men. *Psychology of Men & Masculinity, 11*, 77-90.

Addis, M.E. (2010). Response to commentaries on the problem of masculinity. *Psychology of Men & Masculinity, 11*, 109-112.

- Primack, J.M., Addis, M.E., Syzdek, M.R., & Miller, I.W. (2010). The men's stress workshop: A gender-sensitive treatment for depressed men. *Cognitive and Behavioral Practice, 17*, 77-87.
- Syzdek, M.R. & Addis, M.E. (2010). Adherence to masculine norms and attributional processes predict depressive symptoms in recently unemployed men. *Cognitive Therapy and Research, 34*, 533-543.
- Mansfield, A.M., Addis, M.E., Cordova, J.C., Dowd, L. (2009). Emotional skillfulness as a key mediator of aggression. *Journal of Aggression Maltreatment and Trauma, 18*, 221-247.
- Magovcevic, M.M. & Addis, M.E. (2008). The Masculine Depression Scale: Development and Psychometric Evaluation. *Psychology of Men and Masculinity, 9*, 117-132.
- Moore, T.M., Stuart, G.L., McNulty, J.K., Addis, M.E., & Cordova J.V (2008). Domains of Masculine Gender Role Stress and Intimate Partner Violence. *Psychology of Men and Masculinity, 9*, 82-89.
- Addis, M.E. (2008). Gender and Depression in Men. *Clinical Psychology: Science and Practice, 15*, 153-168.
- Whorley, M., & Addis, M.E. (2007). Influence of Scholarly Productivity Expectations on Graduate Training in Clinical Psychology. *Clinical Psychology: Science and Practice, 14*, 172-174.
- Addis, M. E., Cardemil, E., Cordova, J. V., Dowd, L. S., Hildebrandt, T., Jakupcak, M. et al. (2007). Men's mental and physical health: New directions in ABCT. *The Behavior Therapist, 30*, 36-44.
- Whorley, M., & Addis, M. E. (2006). Ten years of research on the psychology of men and masculinity in the United States: Methodological trends and critique. *Sex Roles, 55*, 649-658.
- Dimidjian, S., Hollon, S. D., Dobson, K. S., Schmaling, K. B., Kohlenberg, R. J., Addis, M. E., et al. (2006). Randomized trial of behavioral activation, cognitive therapy, and antidepressant medication in the acute treatment of adults with major depression. *Journal of Consulting and Clinical Psychology, 74*, 658-670.
- Addis, M. E., Hatgis, C., Cardemil, E., Jacob, K., Krasnow, A. D., & Mansfield, A. (2006). Effectiveness of cognitive behavioral treatment for panic disorder versus treatment as usual in a managed care setting: Two year follow-up. *Journal of Consulting and Clinical Psychology, 74*(2), 377-385.

- Lane, J. M., & Addis, M. E. (2005). Male gender role conflict and patterns of help seeking in Costa Rica and the United States. *Psychology of Men and Masculinity*, 6, 155-168.
- Addis, M. E., & Cohane, G. H. (2005). Social scientific paradigms of masculinity and their implications for research and practice in men's mental health. *Journal of Clinical Psychology*, 61, 1-15.
- Mansfield, A. K., Addis, M. E., & Courtenay, W. (2005). Measurement of men's help seeking: Development and evaluation of the barriers to help seeking scale. *Psychology of Men and Masculinity*, 6, 95-108.
- Magovcevic, M., & Addis, M. E. (2005). Linking gender role conflict to non-normative and self-stigmatizing perceptions of alcohol abuse and depression. *Psychology of Men and Masculinity*, 6, 127-136.
- Lane, J., & Addis, M. E. (2004). Pros and cons of educational technologies as methods for disseminating evidence-based treatments. *Clinical Psychology: Science and Practice*, 11, 336-338.
- Thwaites, R., Dagnan, D., Huey, D., & Addis, M. E. (2004). The Reasons For Depression Questionnaire (RFD): UK standardization for clinical and non-clinical populations. *Psychology and Psychotherapy: Theory Research and Practice*, 77, 363-374.
- Addis, M. E., Hatgis, C., Krasnow, A. D., Jacob, K., Bourne, L., & Mansfield, A. (2004). Effectiveness of cognitive-behavioral treatment for panic disorder versus treatment as usual in a managed care setting. *Journal of Consulting and Clinical Psychology*, 72, 625-635.
- Mansfield, A. K., Addis, M. E., Laffel, L. M. B., & Anderson, B. J. (2004). Gender differences in reports of self-reliance in responsibility sharing for diabetes tasks. *International Journal of Men's Health*, 3, 61-66.
- Addis, M. E. (2004). Teaching an advanced undergraduate and graduate level seminar in the psychology of men and masculinity, *Society for the Psychological Study of Men and Masculinity Bulletin*, 10, 1.
- Magovcevic, M., & Addis, M. E. (2003). Review of Albert Ellis' "New directions for Rational Emotive Behavior Therapy: Overcoming destructive beliefs, feelings, and behaviors." *The Behavior Therapist*, 26, 412-413.
- Mansfield, A. K., & Addis, M. E. (2003). Why won't he go to the doctor?: The psychology of men's help-seeking. *International Journal of Men's Health*, 2, 93-109.
- Addis, M. E., & Mahalik, J. R. (2003). Gli uomini, la mascolinita' e I contesti della richiesta d' aiuto. *Bollettino Di Psicologia Applicata*, 241, 3-15.

- Addis, M. E., & Mahalik, J. R. (2003). Men, masculinity, and the contexts of help-seeking. *American Psychologist, 58*, 5-14.
- Iselin, M. G., & Addis, M. E. (2003). Effects of etiology on perceived helpfulness of treatments for depression. *Cognitive Therapy and Research, 27*, 205-222.
- Addis, M. E. (2002). Methods for disseminating research products and increasing evidence based practice: Promises, obstacles, and future directions. *Clinical Psychology: Science and Practice, 9*, 381-392.
- Addis, M. E., & Waltz, J. (2002). Implicit and untested assumptions about the role of psychotherapy treatment manuals in evidence based mental health practice. *Clinical Psychology: Science and Practice, 9*, 435-438.
- Davis, M. J., & Addis, M. E. (2002). Treatment expectations, experiences, and mental health functioning predict attrition status in behavioural medicine groups. *Irish Journal of Psychology, 23*, 37-51.
- Doerfler, L. A., Addis, M. E., & Moran, P. W. (2002). Evaluating mental health outcomes in an inpatient setting: Convergent validity of the oq-45 and basis-32. *Journal of Behavioral Health Services & Research, 29*, 394-403.
- Addis, M. E., & Zamudio, T. (2001). Systemic and clinical considerations in psychosocial treatment dissemination: An example of empirically supported treatment for a gay couple. *The Behavior Therapist, 24*, 151-154.
- Mansfield, A. K., & Addis, M. E. (2001). Manual-based psychotherapies in clinical practice Part 1: Assets, liabilities, and obstacles to dissemination. *Evidence Based Mental Health, 4*, 68-69.
- Mansfield, A. K., & Addis, M. E. (2001). Manual-based treatment Part 2: The advantages of manual-based practice in psychotherapy. *Evidence Based Mental Health, 4*, 100-101.
- Hatgis, C., Addis, M. E., Zaslavsky, I., Jacob, K., Krasnow, A. D., DuBois, D. et al. (2001). Cross-fertilization vs. transmission: Recommendations for developing a bi-directional approach to psychotherapy dissemination research. *Applied and Preventive Psychology: Current Scientific Perspectives, 10*, 37-49.
- Carpenter, K. M., & Addis, M. E. (2001). Alexithymia and patterns of help-seeking for depression. *Sex Roles, 43*, 363-378.
- Addis, M. E., & Carpenter, K. M. (2000). The treatment rationale in cognitive-behavioral therapy: Psychological mechanisms and clinical guidelines. *Cognitive and Behavioral Practice, 7*, 147-156.
- Addis, M. E., & Hatgis, C. (2000). Values, practices, and the utilization of empirical critiques in the clinical triad. *Clinical Psychology: Science and Practice, 7*, 120-124.

- Addis, M. E., & Jacob, K. (2000). On the process and outcome of graduate training in clinical psychology: Where do we want to go, how will we get there, and who will join us? *Clinical Psychology: Science and Practice*, 7, 364-367.
- Addis, M. E., & Jacobson, N. S. (2000). A closer look at the treatment rationale and homework compliance in cognitive therapy for depression. *Cognitive Therapy and Research*, 24, 313-326.
- Addis, M. E., & Krasnow, A. D. (2000). A national survey of practicing psychologists' attitudes towards psychotherapy treatment manuals. *Journal of Consulting and Clinical Psychology*, 68, 331-339.
- Addis, M. E., & Carpenter, K. M (1999). Why, why, why?: Reason-giving and rumination as predictors of response to activation and insight oriented treatment rationales. *Journal of Clinical Psychology*, 55, 881-894.
- Addis, M. E., Hatgis, C., Soysa, C., Zaslavsky, I., & Bourne, L. S. (1999) The dialectics of manual-based psychotherapy. *The Behavior Therapist*, 22, 130-132.
- Addis, M. E., Wade, W., & Hatgis, C. (1999). Barriers to evidence based practice: Addressing practitioners' concerns about manual based psychotherapies. *Clinical Psychology Science and Practice*, 6, 430-441.
- Davis, M. J., & Addis, M. E. (1999) Predictors of attrition from behavioral medicine treatments. *Annals of Behavioral Medicine*, 21, 1-12.
- Fulton, S. K., & Addis, M. E. (1998). The importance of assessing patients' theories about depression. *Understanding Stress Anxiety and Depression*, 2, 29-32.
- Addis, M. E. (1997). Evaluating the treatment manual as a means of disseminating empirically validated psychotherapies. *Clinical Psychology: Science and Practice*, 4, 1-11.
- Addis, M. E., & Carpenter, K. M. (1997). Treatment manuals and the future of behavior therapy. *The Behavior Therapist*, 20, 53-55.
- Addis, M. E., & Jacobson, N. S. (1996). Reason-giving and the process and outcome of cognitive-behavioral psychotherapies. *Journal of Consulting and Clinical Psychology*, 64, 1417-1424.
- Jacobson, N. S., Dobson, K. S., Truax, P. A., Addis, M. E., Koerner, K., Gollan, J. K. et al. (1996). A component analysis of cognitive behavioral treatment for depression. *Journal of Consulting and Clinical Psychology*, 64, 295-304.
- Addis, M. E., Truax, P., & Jacobson, N. S. (1995). Why do people think they are depressed?: The reasons for depression questionnaire. *Psychotherapy*, 32, 476-483.
- Cordova, J. V., & Addis, M. E. (1995). Adopting and defending an explanatory system: How and by what criteria? *The Behavior Therapist*, 18, 38-39.



- Addis, M. E. (1993). Learning in the trenches: A student's perspective on the radical vs. cognitive debate. *The Behavior Therapist*, 16, 55-56.
- Jacobson, N. S., & Addis, M. E. (1993). Couples therapy: What do we know and where are we going?. *Journal of Consulting and Clinical Psychology*, 61, 85-93.
- Waltz, J., Addis, M., Koerner, K., & Jacobson, N. S. (1993). Testing the integrity of a psychotherapy protocol: Assessing therapist adherence and competence. *Journal of Consulting and Clinical Psychology*, 61, 620-630.
- Addis, M. E., & Jacobson, N. S. (1991). Integration of cognitive therapy and behavioral marital therapy for depression. *Journal of Psychotherapy Integration*, 4, 249-264.

### Published Books

- Addis, M. E. & Hoffman, E. (2019). *The psychology of men in context*. New York, NY: Routledge.
- Addis, M.E. (2011). *Invisible Men*. New York: Times Books. (Also published in Korean, German, and Italian).
- Addis, M. E., & Martell, C. R. (2004). *Ending depression one step at a time: The new behavioral activation approach to getting your life back*. Oakland: New Harbinger (also published in Swedish and Danish).
- Martell, C. R., Addis, M. E., & Jacobson, N. S. (2001). *Depression in context: Strategies for guided action*. New York: Norton.

### Published Book Chapters

- Addis, M.E. & Hoffman, E. (2017). Men's depression and help-seeking through the lenses of gender. In Levant, R.F. & Wong, Y.J. (Eds.). *The Psychology of Men and Masculinities*. Pp. 171-196. American Psychological Association. Washington, D.C.
- Addis, M. E., Reigeluth, C. S., & Schwab, J. R. (2015). Social norms, social construction, and the psychology of men and masculinity. In S. R. Wester & J. Y. Wong (Eds.), *APA handbook of the psychology of men and masculinities*. Washington, DC: American Psychological Association.
- Addis, M.E. (2012). The status of men's mental health: Conceptual and empirical obstacles and opportunities. In Tremblay, G. & Bernard, F.O. (eds.). *Future Perspectives for Intervention, Policy, and Research on Men and Masculinities: An International Forum*. Tennessee: Men's Studies Press.
- Syzdek, M.R. & Addis, M.E. (2010). Working with emotion and emotion regulation in behavioral activation treatment for depressed mood. In: *Emotion Regulation and Psychopathology: A Transdiagnostic approach to Etiology and Treatment*. Kring, A.M. & Sloan, D.M. (Eds.). New York: Guilford Press. pp. 405-426.

- Dimidjian, S., Martell, C.R., Addis, M.E., & Herman-Dunn, R. (2008). Behavioral activation in the treatment of major depressive disorder. In D. H. Barlow (Ed.). *Clinical Handbook of Psychological Disorders*, 4th Edition. (pp. 328-364). NY: Guilford Press.
- Weisz, J. R., & Addis, M. E. (2006). The research-practice tango and other choreographic challenges: Using and testing empirically-supported psychotherapies in clinical care settings. In C. D. Goodheart, A. E. Kazdin, & R. J. Sternberg (Eds.), *The evidence for psychotherapy* (pp. 179-206). Washington, DC: American Psychological Association.
- Addis, M. E., & Cardemil, E. (2005). Psychotherapy manuals can improve outcomes. In J. Norcross, L. E. Beutler, & R. Levant (Eds.), *Evidence-Based practices in mental health: Debate and dialogue on the fundamental questions* (pp. 131-139). Washington, D.C.: American Psychological Association
- Martell, C. R., Addis, M. E., & Dimidjian, S. (2004). Finding the action in behavioral activation: The search for empirically-supported interventions and mechanisms of change. In S. C. Hayes, V. M. Follette, & M. M. Linehan (Eds.), *Mindfulness and acceptance: Expanding the cognitive-behavioral tradition* (pp. 152-166). New York: Guilford.
- Addis, M. E. (2000). Graduate training in Boulder model clinical psychology programs: The evolving tension between science and practice. In S. Soldz & L. M. Vaillant (Eds.), *Reconciling empirical knowledge and clinical experience: The art and science of psychotherapy* (pp. 51-66). New York: APA Press.
- Addis, M. E. (1997). Brief psychotherapies. In D. L. Dunner (Ed.), *Current psychiatric therapy II* (pp. 570-575). Philadelphia, PA: W.B. Saunders.
- Carr, J., & Addis, M. E. (1997). Specific and social phobia. In D. L. Dunner (Ed.), *Current psychiatric therapy II* (pp. 316-321). Philadelphia, PA: W.B. Saunders
- Addis, M. E., & Koerner, K. (1993). Brief psychotherapies. In D. L. Dunner (Ed.), *Current psychiatric therapy* (pp. 499-504). Philadelphia, PA: W.B. Saunders.
- Linehan, M. M., Miller, M., & Addis, M. E. (1989). Dialectical behavior therapy for borderline personality disorder: Practical guidelines. *Innovations in Clinical Practice: A Sourcebook*.

## Papers Presented

- Addis, M.E. & Stewart, A.L. (August 2019). Change in traditional masculinity ideology: Evaluation of the Critical Awareness of Masculinity Scale (CAMS). \*Presented by Douglas Gazarian on behalf of first author at the annual convention of the American Psychological Association (APA), Chicago, IL, USA.

Reigeluth, C. S., & Addis, M. E. (August, 2019). The Policing of Masculinity Scale: A nuanced and layered perspective on boys and well-being. In R. Barrie (Chair), *There's more to it than that: A developmental perspective on gender role expression in youth*. Paper presented at the American Psychological Association Annual Convention, Chicago, IL.

Gazarian, D. & Addis, M.E. (July 2018). Masculine self-concept rigidity and psychological distress: Stability over time and implications for the conceptualized self. In M.B. Benz (Chair), *The impact of identity on thriving: Examining self-as-content in multiple contexts*. Symposium presented at the 16<sup>th</sup> World Conference of the Association for Contextual Behavioral Science, Montréal, Québec, Canada.

Gazarian, D. & Addis, M.E. (November 2018). Construct and criterion validity testing of the silence and invisibility scale: A measure of distress-concealment in context. Poster presented at the 52<sup>nd</sup> annual convention of the Association for Behavioral and Cognitive Therapies, Washington, DC.

Hoffman, E., & Addis, M. E. (August, 2018). Dilemmatic experiences of neurobiology among men newly diagnosed with depression. Poster presented at the Annual Convention of the American Psychological Association, San Francisco, CA.

Jampel, J.D. & Addis, M.E. (August, 2018). *Performance-Based Sexual Scripts: Construction and Dissemination Among Men*. Poster presented at the Annual Convention for the American Psychological Association, San Francisco, C.A.

Gazarian, D. & Addis, M.E. (2017, November). *The silence and invisibility scale: Measuring distress-concealment in men*. Poster presented at the annual convention for the Association for Behavioral and Cognitive Therapies, San Diego, CA.

Jampel, J.D., Gazarian, D., Addis, M.E., & Hoffman, E. (November, 2017). *Diagnostic Stigma Moderates the Relationship Between Masculinity and Externalizing Symptoms*. Poster presented at the Annual Convention for the Association of Behavioral and Cognitive Therapies, San Diego, C.A.

Reigeluth, C. S., & Addis, M. E. (October, 2014). *Development of and initial psychometrics on the Policing of Masculinity Scale (POMS)*. Poster presented at the biennial meeting of the Gender Development Research Conference, San Francisco, CA.

**Reigeluth, C. S., & Addis, M. E. (March, 2014). *Has manhood changed? Adolescent boys' reflections on masculinities and gendered social learning*. Poster presented at the biennial meeting of the Society for Research on Adolescence, Austin, TX.**

**Reigeluth, C. S., & Addis, M. E.** (April, 2013). *Policing of masculinity and its pervasive influence on adolescent boys: Forms, functions, and consequences*. Poster presented at the biennial meeting of the Society for Research in Child Development, Seattle, WA.

**Reigeluth, C. S., Berger, J. L., & Addis, M. E.** (September, 2012). *Silence and invisibility in men's behavioral health: Causes, consequences, and treatment implications*. Talk given at the Emerging Issues in Men's Behavioral Health Treatment Conference for Spectrum Health Systems, Westborough, MA.

Reigeluth, C. S., Pollastri, A., Cardemil, E. V., & Addis, M. E. (2012). *Emotional Expressivity in Urban Adolescent Boys: Impacts of Policing of Masculinity and Other Interpersonal Events on Disclosure*. Poster presented at the biennial meeting of the Society for Research on Adolescence, Vancouver.

Reigeluth, C. S., Pollastri, A., Cardemil, E. V., & Addis, M. E. (2011). *Emotional Expressivity and Conformity to Masculine Norms in Urban Adolescent Boys*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto.

Berger, J.L., Green, J.D., Addis, M.E., Mackowiak, C. (2010, Nov.). Men's willingness to seek help depends on the source of advice. Poster presented at the Association for Behavioral and Cognitive Therapies (ABCT) Conference, San Francisco, CA.

Addis, M.E. (2009, January). The application of social learning paradigms to men's mental health: Depression and help-seeking. Paper presented at the National Multi-Cultural Summit, New Orleans, L.A.

Green, J. Syzdek, M., Berger, J.L., & Addis, M. (2009 Nov.) *Men Get Depressed About Being Depressed*. Poster presented at the Association for Behavioral and Cognitive Therapies (ABCT) Conference, New York, NY.

Whorley, M.R. & Addis, M.E. (2008, August). Increasing self-disclosure of distress in recently unemployed men: A written intervention. Paper presented at the annual meeting of the American Psychological Association, Boston, MA.

Magovcevic, M. & Addis, M.E. (2008, August). The Masculine Depression Scale. Paper presented at the annual meeting of the American Psychological Association, Boston, MA.

Mansfield, A.K. & Addis, M.E. (2008, August). Emotion skills matter: Predictors of Aggression in men and implications for treatment. Paper presented at the annual meeting of the American Psychological Association, Boston, MA.

- Lane, J.M. & Addis, M.E. (2008, August). The men's depression workshop: Treatment development and feasibility. Paper presented at the annual meeting of the American Psychological Association, Boston, MA.
- Syzdek, M. & Addis, M./E. (2008, August). Gender and cognitive diatheses to depression in unemployed men. Paper presented at the annual meeting of the American Psychological Association, Boston, MA.
- Moore, T.M., Stuart, G.L., McNulty, J.K., Addis, M.E., & Cordova J.V. (2007, November). *Intimate partner violence and masculinity: Validation of the masculine gender role stress scale in a sample of men mandated to violence intervention programs*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, P.A.
- Syzdek, M.R., Green, J.O. & Addis, M.E. (2007, August). *Integrating Basic Psychopathology Models and Methods into the Study of Depression in Men*. Paper presented at the annual meeting of the American Psychological Association, San Francisco, CA.
- Addis, M. E., Whorley, M., & Cohane, G. (2006, August). *Dissolving uniformity myths about depression in men*. Paper presented at the annual meeting of the American Psychological Association, New Orleans, LA.
- Hatgis, C., & Addis, M. E. (2006, August). *Therapists' ideas and feelings about therapy: The model of treatment questionnaire*. Poster presented at the annual meeting of the American Psychological Association, New Orleans, LA.
- Whorley, M. R., & Addis, M. E. (2006, August). *Adherence to masculinity norms and self-disclosure of emotional distress in men*. Poster presented at the annual meeting of the American Psychological Association, New Orleans, LA.
- Addis, M. E. (2005, November). *Applying empirically supported treatments to complex cases: Clinical, ethical, and empirical considerations*. Panel discussion presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.
- Addis, M. E. (2005, August). *Research on men and depression: Where are we and where should we be going?* Paper presented at the annual meeting of the American Psychological Association, Washington, DC.
- Addis, M. E. (2005, August). *Men and depression: New findings, new questions*. Discussant on Symposium conducted at the annual meeting of the American Psychological Association, Washington, DC.
- Cohane, G. H., & Addis, M. E. (2005, August). *Male role norms, avoidant coping and externalizing problems in boys*. Poster presented at the annual meeting of the American Psychological Association, Washington, DC.

- Whorley, M. R., Alapatt, N., & Addis, M. E. (2005, August). *Methodological trends in masculinity research: A 10-Year retrospective*. Poster presented at the annual meeting of the American Psychological Association, Washington, DC.
- Addis, M. E. (2004, August). *Masculinity as context and consequences*. Panel discussion presented at the annual meeting of the American Psychological Association. Honolulu, HI.
- Addis, M. E., & Lane, J. (2004, August). *Men and mental health services: New directions in marketing and treatment*. Symposium presented at the annual meeting of the American Psychological Association, Honolulu, HI.
- Magovcevic, M., & Addis, M. E. (2004, August). *Gender role conflict, self-stigma, non-normativeness, and perception of health problems*. Paper presented at the annual meeting of the American Psychological Association, Honolulu, HI.
- Addis, M. E. (2003, November). Discussant on symposium: *Assessment and treatment of posttraumatic stress disorder in the New York City Community Following 9/11: The interplay of science and practice*. (J.T. Levitt, & E.J. Brown, Chairs). Presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Boston, MA.
- Jacob, K. L., & Addis, M. E. (2003, November). *Toward understanding the process of change in psychotherapy: A closer look at the relationship between client-therapist congruence and treatment outcome*. Presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Boston, MA.
- Dimidjian, S., Hollon, S., Dobson, K., Schmaling, K., Kohlenberg, B., McGlinchey, J., Markley, D., Atkins, D., Addis, M. E., & Dunner, D. (2003, November). *Behavioral activation, cognitive therapy, and antidepressant medication in the treatment of major depression: Design and acute phase outcomes*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Boston, MA.
- Addis, M. E. (2003, August). Discussant on symposium: *Gender role conflict research...Innovative uses, applications and directions* (A. Rochlen, Chair). Presented at the annual meeting of the American Psychological Association, Toronto, Canada
- Lane, J. M., & Addis, M. E. (2003, August). *Gender role conflict and men's self-disclosure about substance abuse and depression*. Presented at the annual meeting of the American Psychological Association, Toronto, Canada
- Mansfield, A. K., Addis, M. E., & Courtenay, W. (2003, August). *Men's barriers to seeking help for a physical problem*. Presented at the annual meeting of the American Psychological Association, Toronto, Canada.

- Magovcevic, M., & Addis, M. E. (2003, August). *Men, gender role conflict, and perceptions of problems in living*. Presented at the annual meeting of the American Psychological Association, Toronto, Canada.
- Magovcevic, M., & Addis, M. E. (2002, November). *Sex differences in therapist goal orientation in treatment of patients with panic disorder*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Reno, NV.
- Addis, M. E. (2002, November). *Treatment rationales, treatment preferences and the context of problem construction in cognitive behavioral psychotherapies*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Reno, NV.
- Jacob, K., Mansfield, A., Mullin, B., Robertson, L., & Addis, M. E. (2002, November). *Therapist adherence to an EST for panic disorder in a managed care setting*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Reno, NV.
- Dobson, K. S., Coffman, S. J., Martel, C. R., Hollon, S. D., & Addis, M. E. (2002, November). *Behavior activation and CBT in action: Clinical and conceptual similarities and differences in depressed responders and nonresponders to treatment*. Panel discussion presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Reno, NV.
- Mullin, B., & Addis, M. E. (2002, November). *The effects of goal setting and client expectations on attrition*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Reno, NV.
- Addis, M. E. (2001, November). *Debunking the art of psychotherapy*. Panel presentation at the annual meeting of the Association for the Advancement of Behavior Therapy, Philadelphia, PA.
- Addis, M. E. (2001, November). *Training master's level clinicians in cognitive behavioral interventions*. Panel presentation at the annual meeting of the Association for the Advancement of Behavior Therapy, Philadelphia, PA.
- Addis, M. E. (2001, November). *Approaches to defining and measuring "Treatment as Usual."* Panel presentation at the annual meeting of the Association for the Advancement of Behavior Therapy, Philadelphia, PA.
- Addis, M. E. (2001, November). *Fish out of water: Behavior therapy and research in nonbehavioral settings*. Panel presentation at the annual meeting of the Association for the Advancement of Behavior Therapy, Philadelphia, PA.

- Addis, M. E. (2001, July). *Behavioral activation treatment for depression*. Paper presented at the World Congress of Behavioral and Cognitive Therapies, Vancouver, B.C.
- Addis, M. E. (2000, November). *Methods for disseminating research products and increasing evidence based practice: Promises, obstacles, and future directions*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.
- Addis, M. E. (2000, August). *Sharpening the focus on science-practice relationships in graduate training*. Paper presented at the annual meeting of the American Psychological Association, Washington, DC.
- Carpenter, K. M., Addis, M. E., Bourne, L. S., & Fearing, M. (2000, November). *Treatment effectiveness and acceptability of written self-disclosure in a behavioral medicine population*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.
- Iselin, M. G., & Addis, M. E. (2000, August). *Undergraduates' and clients' depression treatment helpfulness assessments*. Poster presented at the annual meeting of the American Psychological Association, Washington, DC.
- Addis, M. E. (1999, November). *Behavioral activation: A functional analytic contextual treatment for depression*. Clinical roundtable presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Toronto, Ontario.
- Addis, M. E., & Hatgis, C. (1999, November). *Effectiveness of panic control therapy: Training master's level social workers in a managed care setting*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Toronto, Ontario.
- Addis, M. E. (1999, November). *Applied issues in teaching and learning manualized empirically supported treatments*. Panel discussion presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Toronto, Ontario.
- Addis, M. E. (1999, August). *Current and future challenges for psychotherapy researchers*. Paper presented at the annual meeting of the American Psychological Association, Boston, MA.
- Iselin, M. G., & Addis, M. E. (1999, November). *Patients' assessments of depression treatment helpfulness as a function of etiological congruence*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Toronto, Ontario.



- Addis, M. E. (1998, November). *Issues in transporting an empirically supported psychotherapy to clinical practice: An example of panic control therapy in a managed care setting*. Paper Presented at the Annual Conference of the Aaron T. Beck Institute for Cognitive Studies at Assumption College, Worcester, MA.
- Addis, M. E. (1998, November). *Clinical significance of what and to whom: Current and future challenges for psychotherapy researchers*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Washington, DC.
- Addis M. E. (1998, November). *Supervision in clinical training and outcome settings*. Panel discussion at the annual meeting of the Association for the Advancement of Behavior Therapy, Washington, DC.
- Addis, M. E., & Krasnow, A. D. (1998, November). *A national survey of practitioners' attitudes towards psychotherapy treatment manuals*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Washington, DC.
- Carpenter, K. M., Addis, M. E., Cammarrata, R., Land, M., & Jacobson, N. S. (1998, November). *What happens when clients and therapists discuss the treatment rationale?: An example from BA therapy for depression*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Washington, DC.
- Carpenter, K. M., Addis, M. E., & Hatgis, C. (1998, August). *Alexithymia as a mediator between perceived parental rejection and current relationships*. Poster presented at the American Psychological Association's annual convention, San Francisco, CA.
- Addis, M. E., & Carpenter, K. M. (1998, April). *Reason-giving and rumination predict response to activation and insight oriented treatment rationales*. Poster presented at the annual meeting of the Eastern Psychological Association, Boston, MA.
- Carpenter, K. M., & Addis, M. E. (1998, April). *Remembering Mom: The role of expressing emotion in the relationship between childhood and adult attachment styles*. Presented at the annual meeting of the Eastern Psychological Association, Boston, MA.
- Fulton, S. K., Laird, J. L., & Addis, M. E. (1998, April). *World hypotheses and reasons for depression*. Poster presented at the annual meeting of the Eastern Psychological Association, Boston, MA.
- Fulton, S. K., & Addis, M. E. (1998, August). *A functional contextualist perspective on morally evaluative talk about depression*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Washington, DC.

- Addis, M. E., & Jacobson, N. S. (1997, November). *A closer look at the treatment rationale and homework compliance in cognitive-behavioral therapy for depression*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Miami, FL.
- Addis, M. E. (1996, November). *Empirically validated manual-based treatments in clinical practice: Questions, answers, and more questions*. Chaired Symposium at the annual meeting of the Association for the Advancement of Behavior Therapy, New York, NY.
- Addis, M. E. (1996, November). *Psychotherapy 2000: What will be the impact of managed care on patients and therapists?* Plenary paper presented at the Kurt Almer Research Symposium, Albany, New York.
- Addis, M. E. (1996, November). *Stranger in a strange land: Helping treatment manuals make the transition from research to practice*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, New York, NY.
- Carpenter, K. M., & Addis, M. E. (1996, November). *When depressed people don't seek therapy: Alexithymia and help-seeking behavior*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, New York, NY.
- Addis, M. E. (1994, November). *Why am I depressed? Reasons for depression and differential response to treatment*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, San Diego, CA.
- Addis, M. E., Truax, P., & Jacobson, N. S. (1991, November). *Reasons for depression and response to cognitive therapy*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, New York, NY.
- Addis, M. E., Truax, P., Waltz, J., & Jacobson, N. S. (1990, November). *The reasons for depression questionnaire: Psychometric properties*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, San Francisco, CA.
- Addis, M. E., & Linehan, M. (1989, November). *Psychometric properties of the suicidal behaviors questionnaire*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Washington, DC.

### **Workshops and Colloquia**

- Addis, M.E. (2015, April). *Masculinities and Mental Health: Upstream Considerations for the Prevention of Suicide in Men*. Paper Presented at the Suicide Prevention Research Center Regional Conference. Waltham, M.A.
- Addis, M.E. (2014, November) *Men's Mental Health: A Call to Action*. Keynote Address at the Brigham Young University Annual Social Work Conference. Provo, Utah.

- Addis, M.E. (2014, March). Middle Aged Men and Suicide: How Cultures of Masculinity Place Men at Risk and What We Can Do About It. Workshop presented to the Massachusetts Coalition for Suicide Prevention. Framingham, MA.
- Addis, M.E. (2013, May). Men, Masculinity, and Motivation. Workshop presented to The Bridge Training Institute. Framingham, MA.
- Addis, M.E. (2013, November). Invisible Men: The Consequences of Silence. Keynote Address given to the student body at Boston College. Newton, MA.
- Addis, M.E. (2012, May). Evidence-Based Psychotherapy for Anxiety Disorders: Clinical Case Consultation. Presented at the University of Galway, Ireland.
- Addis, M.E. (2012, May). Silence, Invisibility, and the Challenge of Men's Mental Health. Invited lecture at the University of Galway, Ireland.
- Addis, M.E. (2011, October). Mental Health and The College Undergraduate Male. Keynote at the University of Richmond Conference on the College Male. Richmond, VA.
- Addis, M.E. (2009, March). *The science (or lack thereof) behind men's mental health.* Keynote presentation to the Men's Mental Health Conference. Reading, England.
- Addis, M.E. (2009, March). *Practicing what we preach: Evidence-based treatment of panic disorder in the "real world."* Workshop presented at the University of Reading. Reading, England.
- Addis, M.E. (2009, February). *Science and silence: The challenge of men's well-being in the new millennium.* Paper presented at the Hope for Depression Research Foundation. Palm Beach, F.L.
- Addis, M.E. (2009, October). The question of men's mental health. Colloquium presented in the Women's and Gender Studies department at the University of Texas, Austin, TX.
- Addis, M.E. (2008, April). *Science and silence: The challenge of men's well-being in the new millennium.* Keynote address to the Graduate Student Conference at Clark University. Worcester, MA.
- Integrating Mental Health into Stewardship (2007, March). Workshop presented to the annual meeting of the Rural Letter Carrier's Association

- O'Neil, J., Kilmartin, C., Addis, M. E., & Mahalik, J. R. (2006, August). *Teaching the psychology of men*. Presented at the annual meeting of the American Psychological Association, Washington, DC.
- Addis, M. E. (2006, February). *From evidence-based practice to men's mental health and back: A research journey*. Invited colloquium presented at the Department of Psychology, Harvard University.
- O'Neil, J., Kilmartin, C., Addis, M. E., Mahalik, J. R., & Rabinowitz, F. (2005, August). *Teaching the psychology of men*. Presented at the annual meeting of the American Psychological Association, Washington, DC.
- Addis, M. E. (2005). *Gender and men's mental health*. Invited colloquium at Massachusetts General Hospital, Harvard Medical School, Charlestown.
- O'Neil, J., Kilmartin, C., & Addis, M. E. (2004). *Teaching the psychology of men*. Presented at the annual meeting of the American Psychological Association, Honolulu, HI.
- Martell, C. R., Addis, M. E., & Dimidjian, S. (2004). *Behavioral activation treatment for depression*. Clinical workshop presented at the annual meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.
- Martell, C. R., & Addis, M. E. (2002). *Behavioral activation as a contextual treatment for depression*. Clinical workshop presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Reno, NV.
- Martell, C. R., & Addis, M. E. (2001). *Behavioral activation as a contextual treatment for depression*. Clinical workshop presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Philadelphia, PA.
- Addis, M. E. (2000). *Disseminating research to clinical practice: Empirically supported treatment for panic disorder in a managed care setting*. Grand Rounds Presentation to the University of Massachusetts Medical School, Worcester, MA.
- Addis, M. E. (1999). *The relevance of treatment outcome research to clinical practice*. Guest lecture presented in the Department of Counseling Psychology, Boston College.
- Addis, M. E. (1998). *Cognitive-Behavioral treatment of depression*. Guest Lecture at the Department of Psychiatry, University of Massachusetts Medical School, Worcester, MA.
- Addis, M. E. (1997). *Multiple voices, multiple explanations: The role of explanatory repertoires in the brief psychotherapy for depression*. Colloquium presented in the Department of Psychology, University of North Dakota, Fargo.

- Addis, M. E. (1994). *Integration of interpersonal and behavioral treatment for dysthymia: A case presentation*. Colloquium presented at the Psychological Services and Training Center, University of Washington, Seattle, WA.
- Addis, M. E. (1995, March). *Conceptualizing the process of change in short-term psychotherapy with psychiatric inpatients*. Colloquium presented in the Department of Psychology, Clark University, Worcester, MA.
- Addis, M. E. (1995, March). *Reasons for depression and the process and outcome of cognitive and behavioral treatments*. Colloquium presented in the Department of Psychology, Clark University, Worcester, MA
- Addis, M. E. (1991, November). *Matching clients to treatments: Clinical and research issues*. Organized and chaired symposium at the annual meeting of the Association for the Advancement of Behavior Therapy, New York, NY.
- Addis, M. E. (1989). *Behavioral treatment of panic disorder and generalized anxiety: A case presentation*. Colloquium presented at the Psychological Services and Training Center, University of Washington, Seattle, WA.
- Waltz, J. & Addis, M. E. (1991). *Dialectical behavior therapy for borderline personality disorder*. Workshop presented at Columbia River Mental Health Center, Vancouver, WA.

## Editorial Experience

Editorial Board:

*Clinical Psychology: Science and Practice* (10/99 – present)  
*Psychology of Men and Masculinity* (3/02 - present)

Invited reviewer for the following journals:

*Behavior Therapy*  
*Cognitive Therapy and Research*  
*The Clinical Psychologist*  
*Clinical Psychology: Science & Practice*  
*Journal of Abnormal Psychology*  
*Journal of Consulting and Clinical Psychology*  
*Suicide and Life Threatening Behavior*  
*Behavior Research and Therapy*  
*Journal of Clinical Psychology*  
*Journal of Behavior Therapy and Experimental Psychiatry*  
*Applied and Preventive Psychology*  
*The Behavior Therapist*  
*Psychological Assessment*  
*Psychology of Men and Masculinity*

## Courses Taught

### Undergraduate

Introduction to Clinical Psychology  
 Psychology of Learning  
 Research in Psychotherapy  
 Psychology of Men and Masculinity  
 Introduction to Psychology  
 Men and Emotion

### Graduate

Problem, Theory and Method  
 Graduate Assessment and Measurement  
 2nd year Psychotherapy Practicum  
 1st year Interviewing Practicum  
 Psychotherapies  
 Ethics

## **Clinical Positions**

*Clinical Supervisor* - Department of Psychology, Clark University (1995-present).  
 Individual and group supervision of clinical psychology graduate students.

*Psychology Intern* - University of Washington Department of Psychiatry, University Hospital, & Department of Rehabilitation Medicine (1994 - 1995). Conducted individual cognitive behavioral, group, and couples therapy for anxiety, mood, substance abuse, and a variety of other disorders. Also worked in consultation with physicians to provide psychological treatment for patients recovering from spinal cord injuries and multiple sclerosis.

*Staff Therapist* - Psychological Services and Training Center (1988 - 1994). Conducted individual and couples outpatient psychotherapy with a variety of clients. Received hour for hour supervision in cognitive, behavioral, psychodynamic, and interpersonal therapy for mood, anxiety, and a range of personality disorders.

*Staff Therapist* - Suicidal Behaviors and Research Clinic (1989 - 1991). Trained in and conducted individual Dialectical Behavior Therapy with chronically parasuicidal patients meeting criteria for Borderline Personality Disorder, under the supervision of Marsha Linehan, Ph.D.

*Marital Therapy Practicum Member* (1991-1993). Trained in and conducted behavioral marital therapy under the supervision of Neil Jacobson, Ph.D.

## **University and Departmental Service**

### University:

Department Chair

Faculty Compensation Committee  
Environmental Committee  
Human Subjects Committee  
Drug and Alcohol Task Force  
Speaker at Open Houses and Trustee's Meetings  
Speaker to admitted presidential scholars  
Committee on Personnel  
Speaker at Alumni events  
Research Board  
Undergraduate Academic Board

Departmental:

Clinical Training Committee  
Associate Chair of Graduate Studies  
Graduate Curriculum Committee  
Director of Clinical Training