

Melissa L. Gasser

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Education:

University of Washington (UW), Seattle, WA September 2015 - present
Ph.D. in Clinical Psychology, Advisor: William George, Ph.D., Co-Advisor: Mary Larimer, Ph.D.

University of Virginia (UVa), Charlottesville, VA May 2012
B.A. in Psychology and Cognitive Science

Peer-Reviewed Publications:

- Henderson, C.E. Najjar, L.Z., Young, C.M., Leasure, J.L., Neighbors, C., **Gasser, M.L.**, & Lindgren, K.P. (under review, 2020). Longitudinal Relations Between Physical Activity and Alcohol Consumption Among Young Adults. Under Review at *ACER*.
- Howell, J.L., **Gasser, M.L.**, Kaysen, D., Greenwald, A.G., & Lindgren, K.P. (under review, 2020). Implicit and Explicit Vaccination Associations Relate Directly to Parents' Vaccine Beliefs and Trust in Authority Recommendations and Indirectly to Parents' Vaccine Refusal. Under review at *Health Psychology*.
- Heffner, J. L., Watson, N. L., Serfozo, E., Mull, K. E., MacPherson, L., **Gasser, M.**, & Bricker, J. B. (2019). Development and Pilot Evaluation of an mHealth Smoking Cessation App for Smokers with Depression. *JMIR Formative Research*.
- Coyle, T. N., Brill, C. D., Aunon, F. M., Peterson, A. P., **Gasser, M. L.**, Kuehn, K. S., & Harned, M. S. (2019). Beginning to envision a life worth living: An introduction to pretreatment sessions in dialectical behavior therapy. *Psychotherapy, 56*(1), 21-27.
- Kiciman, E., Counts, S., & **Gasser, M.** (2018). Using Longitudinal Social Media Analysis to Understand the Effects of Early College Alcohol Use. Paper presented at the International AAAI Conference on Web and Social Media (ICWSM 2018), Palo Alto, CA.
- Lindgren, K. P., Ramirez, J. J., Wiers, R. W., Teachman, B. A., Norris, J., Olin, C. C., **Gasser, M. L.**, Kaysen, D., & Neighbors, C. (2018). Mood selectively moderates the implicit alcohol association – drinking relation in college student heavy episodic drinkers. *Psychology of Addictive Behaviors, 32*(3), 338-349.
- Lindgren, K.P., Neighbors, C., **Gasser, M.L.**, Ramirez, J.J., & Cvencek, D. (2017). A review of implicit and explicit substance self-concept as a predictor of alcohol and tobacco use and misuse. *The American Journal of Drug and Alcohol Abuse, 1*-10.
- Lindgren, K. P., Neighbors, C., Teachman, B. A., Baldwin, S. A., Kaysen, D., Norris, J., **Gasser, M. L.**, & Wiers, R. W. (2016). Implicit Alcohol Associations, Especially Drinking Identity, Predict Drinking Over Time. *Health Psychology, 35*(8), 908.
- Lindgren, K. P., **Gasser, M. L.**, Werntz, A. J., Namaky, N., & Teachman, B. A. (2016). Moderators of Implicit and Explicit Drinking Identity in a Large US Adult Sample. *Addictive Behaviors, 60*, 177-183.
- Lindgren, K. P., Wiers, R. W., Teachman, B. A., **Gasser, M. L.**, Westgate, E. C., Cousijn, J., Enkema, M. & Neighbors, C. (2015). Attempted Training of Alcohol Approach and Drinking Identity Associations in US Undergraduate Drinkers: Null Results from Two Studies. *PLoS ONE, 10*(8): e0134642.
- 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. *Substance Abuse Treatment, Prevention, and Policy, 10*(1), 25.
- Lindgren, K.P., Neighbors, C., Teachman, B.A. , **Gasser, M.L.**, Kaysen, D., Norris, J., & Wiers, R.W. (2015). Habit Doesn't Make the Predictions Stronger: Implicit Alcohol Associations and Habitualness Predict Drinking Uniquely. *Addictive Behaviors, 45*, 139-145.
- Lindgren, K.P., Neighbors, C., Wiers, R.W., **Gasser, M.L.**, & Teachman, B.A. (2015). Evaluating Implicit Drinking Identity as a Mediator of Drinking Motives and Drinking Outcomes. *Addictive Behaviors, 43*, 33-38.

Kilmer, J., Markman Geisner, I., **Gasser, M. L.**, & Lindgren, K.P. (2015). Normative Perceptions of Non-medical Stimulant Use: Associations with Actual Use and Hazardous Drinking. *Addictive Behaviors, 42*, 51-56.

Cody, M. W., Clerkin, E. M., Stevens, E. S., **Gasser, M. L.**, Pasciuti, M. L., & Teachman, B. A. (2014). Social anxiety disorder and global/local performance on a visuospatial processing task. *Journal of Experimental Psychopathology, 5*, 83-96.

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*(4), 368-375.

Professional Presentations:

Gasser, M.L. & Fagan, C. (submitted, 2020). Development of a Measurement-Based Care Database at a University Training Clinic. Abstract submitted for the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Gasser, M.L., Bricker, J. B., Watson, N. L., Serfozo, E., Mull, K. E., MacPherson, L., & Heffner, J. L. (2019). Concurrent Shifts in Alcohol Use, Smoking, and Depression: An mHealth Behavioral Activation and Smoking Cessation App Pilot. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.

Yu, C., **Gasser, M.L.**, & Fagan, C. (2019). Premature Termination in a University-based Psychology Training Clinic and the Impact of Measurement-based Care. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.

Heffner, J.L., Watson, N.L., Serfozo, E., Mull, K.E., MacPherson, L., **Gasser, M.**, & Bricker, J.B. (2018). Development And Pilot Evaluation Of An Mhealth App For Smokers With Depression. Poster presented at the annual meeting of the Society for Research on Nicotine and Tobacco, San Francisco, CA.

Gasser, M.L., George, W. H., Davis, K. C., & Stappenbeck, C. A. (2018). Alcohol Intoxication, Sexual Refusal Assertiveness, and Risky Sexual Behavior. Poster presented at the annual meeting of Collaborative Perspectives on Addiction, Tampa, FL.

Neilson, E. C., Brill, C. D., **Gasser, M. L.**, George, W. H., & Davis, K. C. (2017). The role of ethnic identity as a moderator in the relationship between childhood maltreatment and adult mental health outcomes in a sample of moderate to heavy drinking men. Poster presented at the Association for Behavioral and Cognitive Therapies, San Diego, CA.

Brill, C. D., Granato, H. F., George, W. H., & **Gasser, M. L.** (2017). Characterizing sexual assault disclosure among racial and ethnic minority women. Poster presented at the Association for Behavioral and Cognitive Therapies, San Diego, CA.

Neilson, E.C., Wegner, R., **Gasser, M.L.**, & Davis, K. C. (2017). The roles of alcohol, positive affect, and perception of consent cues on men's self-reported sexual aggression intentions. Poster presented at the Research Society on Alcoholism, Denver, CO.

Lindgren, K. P., Wiers, R. W., Teachman, B.A., **Gasser, M. L.**, Westgate, E. C., Enkema, M., & Neighbors, C. (2015). Training implicit alcohol associations: Null results from two sets of studies. Poster presented at the 2015 Annual Meeting of the Research Society on Alcoholism, San Antonio, Texas.

Lindgren, K. P., Neighbors, C., Ramirez, J., **Gasser, M.L.**, Norris, J., Kaysen, D., Teachman, B., & Wiers, R.W. (2015). Implicit and explicit alcohol cognitions predict alcohol outcomes prospectively. In M. Keough & R. M. O'Connor (Co-chairs), Dual Process Models of Hazardous Drinking. Symposium conducted at the 2015 Annual Meeting of the Research Society on Alcoholism, San Antonio, Texas.

Kulesza, M., Lindgren, K.P., Werntz, A.J., **Gasser, M.**, & Teachman, B.A. (2014). 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.

- Lindgren, K.P., **Gasser, M.**, & Neighbors, C. (2014). *There is an "I" in Addiction: The Importance of Considering Implicit Drinking Identity in Drinking Behaviors*. In Werntz, A. J., and Teachman, B.A. (Chairs) *New Directions in Implicit Associations Research in Psychopathology*. Symposium conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- DiBello, A.M., Lindgren, K.P., **Gasser, M.**, & Neighbors, C. (2014). *E-Cigarettes: An Investigation of Undergraduates Prevalence of and Motives for Use*. Poster presented at the Annual Meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Gasser, M.L.**, & Lindgren, K.P. (2014). *Running towards alcohol: Physical activity and drinking behaviors*. Poster presented at the Annual Meeting of the Research Society on Alcoholism, Bellevue, WA.
- Lindgren, K.P., **Gasser, M.L.**, Kaysen, D., Neighbors, C., Norris, J., Teachman, B.A., & Wiers, R.W. (2014). *Habit strength moderates the relation between implicit drinking identity and drinking behaviors, drinking problems, and other drug use*. Poster presented at the Annual Meeting of the Research Society on Alcoholism, Bellevue, WA.
- Gasser, M.L.**, & Lindgren, K.P. (2013). *An Investigation of Moral Decision-making and Conformity as Unique Predictors of Drinking*. Poster presented at the 2013 annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
- Lindgren, K. P., **Gasser, M. L.**, & Neighbors, C. (2013). *Implicit Drinking Identity Mediates the Relation Between Positive Affect Drinking Motives and Alcohol Consumption*. Poster presented at the 2013 Annual Meeting of the Research Society on Alcoholism, Orlando, FL.
- Lindgren, K.P., Westgate, E. C., **Gasser, M.**, Teachman, B., & Neighbors, C. (2013). *Drinker + Me: Implicit Drinking Identity as a Predictor of Drinking Outcomes and Intervention Target*. In Rosenzweig, E. and Ferguson, M. (Chairs) *Emerging Evidence for Implicit Identity: Predictors, Moderators, and Consequences*. Symposium conducted at the annual meeting of the Society for Personality and Social Psychology, New Orleans, LA.
- Cody, M. W., Pasciuti, M. L., **Gasser, M. L.**, Stevens, E. S., & Teachman, B. A. (2011, November). *Moderators of true and false memories using the DRM paradigm in social phobia*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.

Research Experience:

University of Washington School of Medicine

June 2012 – September 2015

Research Study Coordinator (Center for the Study of Health & Risk Behaviors)

- Manage and direct clinical and social psychology research for Professor Kristen Lindgren on the cognitive assessment and retraining of unconscious associations about alcohol for two NIH-funded grants:
 - Retraining Automatic Biases Related to Problem Drinking in College Students, National Institute on Alcohol Abuse and Alcoholism, ROAA017669 (Total direct costs: \$604,197, 9/30/10 to 8/31/14) and
 - Using Implicit Measures to Improve Prediction of Harming Drinking, National Institute on Alcohol Abuse and Alcoholism, RO1AA021763 (Total direct costs: \$1,331,241, 12/15/12 to 11/30/17)
- Create study materials and protocols and clean, analyze and otherwise manage data
- Direct recruitment, screening, scheduling, running, and tracking of participant sessions, and identify and conduct related clinical referrals for longitudinal and in-person studies, some of which include alcohol administration
- Compose IRB applications and modifications and Certificate of Confidentiality applications
- Assisted with preparation of NIH RO1 grant submissions
- Direct and conduct programming of study measures in JavaScript and HTML and in Inquisit, ePrime, MediaLab and Qualtrics
- Set up, maintain, and manage project's revolving fund account, issuing and tracking participant payment checks in Quicken, conducting reconciliations and reimbursement requests for revolving account funds, and placing purchase orders
- Assist with the development, programming and beta testing of collaborative studies with researchers at other institutions
- Perform literature searches and contribute to manuscript preparation
- Supervise, train, and direct undergraduate research assistants

- Implement and conduct a weekly lab meeting on a variety of topics which includes professional development activities (e.g., resume creation, peer editing) and journal article discussions
- Mentor undergraduate research assistants in identifying a project topic and hypotheses, conducting data analyses, writing abstracts, and creating a poster to present at the Undergraduate Research Symposium
- Compose and assist with letters of recommendation for undergraduate research assistants

UVa Department of Psychology Program for Anxiety, Cognition and Treatment (PACT) September 2010 – May 2012
Research Assistant, Technology Support

- Administered experimental tasks (including a biological challenge and computer tasks such as the Implicit Association Test (IAT) and Lexical Decision Task (LDT)) as part of studies on social phobia and psychophysiological responses associated with carbon dioxide inhalation and anxiety
- Screened, scored and scheduled participants using a partial structured clinical interview (SCID) for social phobia
- Assisted with the development and editing of the IRB protocol and experimental script for a new study
- Edited computer tasks in Inquisit and E-Prime and created new computer tasks in MediaLab
- Conducted literature searches
- Performed data scoring, entry and analysis using SPSS
- Installed SPSS and other software packages on lab computers

National Institute on Drug Abuse (NIDA) Summer Research
UCSF – San Francisco General Hospital

May – August 2011

Research Intern

- Analyzed data from a larger study on smoking cessation in women living with HIV
- Created and presented an abstract, poster and presentation about the smoking cessation study data
- Entered and cleaned SPSS data for baseline and follow-up measures and provided instruction to another research assistant in proper data entry
- Conducted literature searches related to HIV, smoking, and motivational interviewing scoring systems
- Observed participant follow-up interviews and seminars on substance abuse- and psychiatry-related issues including consent, case studies, and opioid dependence
- Trained in coding motivational interviewing sessions

Editorial Consultation:

Co-reviewer for the following journals:

- *Addictive Behaviors*
- *Basic and Applied Social Psychology*
- *Journal of Behavior Therapy and Experimental Psychiatry*
- *Journal of Psychopharmacology*

Clinical Work:

King County Sexual Assault Resource Center Practicum

September 2019 – Present

Graduate Student Therapist

Supervisors: Christopher Johnson, MSW, Lorraine Lynch, LICSW

- Provides prolonged exposure (PE) therapy for clients struggling with symptoms related to traumatic experiences
- Conducts assessments of post-traumatic stress disorder and implications for social and academic/occupational functioning
- Attends weekly supervision meetings to promote adherence to treatment principles, and receive consultation on client-related difficulties

Behavioral Research and Therapy Clinics (BRTC) Practicum

June 2017 – December 2018

Graduate Student Therapist

Supervisors: Emily Cooney, Ph.D., Sara Schmidt, Ph.D., Michelle Diskin, Ph.D.

- Provided dialectical behavior therapy (DBT), including individual therapy and phone coaching, for clients struggling with suicide behaviors, non-suicidal self-injury, emotion dysregulation, experiential avoidance, and substance use
- Conducted diagnostic assessments of borderline personality disorder and implications for social and occupational functioning
- Attended weekly consultation team meetings to promote adherence to treatment principles, provide and receive consultation on client-related difficulties, and provide support to peers

University of Washington Psychological Services and Training Center

December 2016 - Present

Graduate Student Therapist

Supervisors: Jane Simoni, Ph.D., Jason Kilmer, Ph.D., Beverly Norfleet, Ph.D., Shannon Hackett, Ph.D.

- Provides evidence-based therapy to clients including cognitive behavioral therapy (CBT) and Relapse Prevention (RP)
- Conducts client assessments, including MMPI and e-Mini
- Integrates routine outcomes monitoring on a weekly basis into treatment
- Attends supervision with doctoral level community and university-based supervisors on an hour for hour weekly basis
- Participated in weekly, in-house group supervision with the other trainees, senior students, and the clinic director

Alcohol and Drug Education Coordinator

September 2015 – June 2017

Individual and group therapist

Supervisors: Jason Kilmer, Ph.D.

- Applied Motivational Interviewing techniques, in conjunction with the harm-reduction-focused Brief Alcohol Screening and Intervention for College Students (BASICS) program for undergraduate students required to complete either a group or an individual series due to conduct code violations
- Facilitated two-part weekly group sessions (Alcohol Skills Training Workshops)
- Conducted two-part weekly individual sessions for students identified as at being at higher risk of alcohol- or other substance-related problems

Trainings

- TF-CBT Web 2.0: A course for Trauma-Focused Cognitive Behavioral Therapy (Daniel W. Smith, Ph.D.; TF-CBTWeb2.0)
- Intensive Training in the DBT-PE Protocol for PTSD (Melanie Harned, Ph.D., Sara Schmidt, Ph.D.; University of Washington)
- Introduction to Prolonged Exposure for Chronic PTSD Twelve-Hour Training (Lori Zoellner, Ph.D.; Michele Bedard-Gilligan, Ph.D.; Libby Marks, M.S.; University of Washington)
- Dialectical Behavior Therapy Intensive Five-Day Training (Anthony P. DuBose, Psy.D.; Randy Wolbert, LMSW; The Linehan Institute: Behavioral Tech & the Camden Center, Santa Monica, CA)
- HIPAA Training (University of Washington & University of Virginia)
- CITI Training Social and Behavioral Responsible Conduct of Research (University of Washington & University of Virginia)

Invited Lectures:

Invited lecturer, Introduction to Psychology

Department of Psychology, University of Washington

Winter 2018

- Lecture title: Tweeting, Tequila, and the “Typical”: Alcohol and Social Psychology
- Provided a lecture on research on alcohol and social media related to descriptive and injunctive norms, typical drinking in college student populations, and alcohol marketing

Professor: Dr. Jacqueline Spector

Professional Service:

Graduate Psychology Action Committee

May 2018 - Present

Co-chair, member

- Serves as the co-chair and adult clinical representative to the departmental graduate student committee that addresses and advocates for the needs of graduate students to the faculty and administration

Skills:

Computer: SPSS, MediaLab, Inquisit, ePrime, programming (Java, some experience with HTML, JavaScript), Qualtrics (survey website), SuperSaas (scheduling website), MS Access

Physiological data collection: EEG, galvanic skin response (GSR), heart rate

Affiliations:

American Psychological Association, Division 50
 Research Society on Alcoholism
 Association for Behavioral and Cognitive Therapies

Courses completed:

- Proseminar in Psychology (Autumn 2015, Winter 2016, Spring 2016)
- Current Issues in Clinical Psychology (Autumn 2015, Winter 2016)
- Seminar in Psychology (Autumn 2015, Winter 2016, Spring 2016)
- Core Concepts of Systems of Psychotherapy (Autumn 2015)
- Introduction to Statistics and Data Analysis and Statistics Computation Lab (Autumn 2015)
- Research methods in Clinical Psychology (Autumn 2015)
- Core Concepts of Behavior Disorders (Winter 2016)
- Linear Models and Statistics Computation Lab (Winter 2016)
- Research Strategies (Winter 2016)
- Core Concepts of Behavioral Neuroscience (Spring 2016)
- Core Concepts of Personality (Spring 2016)
- Core Concepts of Behavior Change (Spring 2016)
- Clinical Personality Assessment (Summer 2016)
- Clinical Methods: Interviewing (Autumn 2016)
- Clinical Supervision (Autumn 2016, Winter 2017, Spring 2017, Summer 2017, Fall 2017, Winter 2018, Spring 2018)
- Clinical Practicum/Colloquium (Autumn 2016, Winter 2017, Spring 2017, Summer 2017, Fall 2017, Winter 2018, Spring 2018)
- Clinical Methods: Ethics (Spring 2017)
- Seminar: Quantitative Psychology (Winter 2016, Spring 2016, Autumn 2016, Winter 2017, Spring 2017)
- Biomedical Health Informatics Research Colloquium (Spring 2016)
- Computer programming I (Summer 2016)
- Master's Thesis (Autumn 2016, Winter 2017, Spring 2017)
- Advances in Quantitative Psychology (Winter 2017)
- Research Strategies (Winter 2017)
- Psychological Assessment (Winter 2017)
- Anxiety Disorders (Spring 2017)
- Advanced Clinical Practicum (Fall 2017, Winter 2018, Spring 2018)
- Addiction Research (Fall 2017)
- Psychology of Gender (Fall 2017)
- Introduction to Dialectical Behavior Therapy (DBT) (Fall 2017)
- Advances in Developmental Psychology (Fall 2017)
- Developmental Psychopathology (Winter 2018)
- Behavioral Methods: Clinical Interviewing (Winter 2018)
- Advances in Behavioral Neuroscience (Spring 2018)
- Weekly Seminar in Behavioral Neuroscience: Grant writing (Spring 2018)
- Research Strategies: Affective Science (Spring 2018)
- Research Strategies: Suicide Prevention Workshop (Spring 2018)
- Minority Mental Health (Spring 2018)
- Research Strategies: Affective Science (Spring 2018)
- Research Strategies: Suicide Prevention Workshop (Spring 2018)
- Independent Study in Affective Science (Autumn 2018)
- Cultural Psychology (Advances in Social Psychology) (Winter 2019)

- Data Analysis and Presentation (Spring 2019)
- Child Treatment (Spring 2019)
- Visualizing Data (Winter 2020)