

# Curriculum Vitae

## Noreen L. Watson, Ph.D.

E-mail: [nlwatson@fredhutch.org](mailto:nlwatson@fredhutch.org)

---

### EDUCATION & TRAINING

- July 2015-  
July 2019**      **Postdoctoral Research Fellow**  
Tobacco & Health Behavior Science Research Group  
Fred Hutchinson Cancer Research Center  
Seattle, WA
- July 2014-  
June 2015**      **Pre-Doctoral Internship, Behavioral Medicine/Neuropsychology Track**  
University of Washington School of Medicine  
Seattle, Washington
- August 2015**      **Doctor of Philosophy in Clinical Psychology**  
Texas Tech University  
Lubbock, Texas
- August 2011**      **Master of Arts in Psychology**  
Texas Tech University  
Lubbock, Texas
- May 2008**      **Bachelor of Science, Psychology**  
College of Charleston  
Charleston, South Carolina

### ACADEMIC APPOINTMENTS

- August 2019-  
Present**      **Staff Scientist**  
Fred Hutchinson Cancer Research Center  
Seattle, WA

### HONORS & AWARDS

- NIH Loan Repayment Program: Clinical Research (Renewal) 2019-2020
- Chen Hu Endowment Public Health Sciences Trainee Travel Award, Fred Hutch 2018
- NIH Loan Repayment Program: Clinical Research 2017-2019
- Scholar, NIH OBSSR 2017 mHealth Training Institute, UCLA, Los Angeles, CA 2017
- Ruth L. Kirschstein National Service Award, NRSA (1F32DA041100-01A1) 2016-2019
- American Psychological Foundation's Underleider/Zimbardo Travel Scholarship 2013
- TTU Clinical Psychology Graduate Student Research Award 2013
- Helen DeVitt Jones Graduate Fellowship, Texas Tech University 2012-2015
- Texas Tech University Health and Social Services Fellowship 2010, 2011, 2013
- Texas Tech University Graduate Research Scholarship 2010
- Texas Tech University 2009 Doctoral Fellowship Initiative 2009-2013
- Cum Laude, College of Charleston 2008
- Lettie Pate Whitehead Foundation Scholarship 2004-2008

### FUNDING HISTORY

#### **Mentored Patient-Oriented Career Development Award (K23)—K23 DA048181-01A1**

Funding Source: National Institute on Drug Abuse (NIDA)

Role: Principal Investigator

Project Period: 07/01/2020 – 06/30/2025

Title: A SMART Pilot of Adaptive Treatment Strategies to Improve Engagement with a Web-based Smoking Intervention for Socially Anxious Smokers

**Individual National Research Service Award (NRSA F32) — F32DA041100-01A1**

Funding Source: National Institute on Drug Abuse (NIDA)

Role: Principal Investigator

Duration of Funding: August 2016 – July 2019

Title: *Development of a Targeted, Web-Based Intervention for Smokers with Social Anxiety Disorder Using Acceptance and Commitment Therapy*

**APA Dissertation Research Award**

Funding Source: American Psychological Association Science Directorate

Role: Principal Investigator

Duration of Funding: 2013-2014

Title: *State and Trait Symptoms of Social Anxiety: Risk Factors for the Maintenance and Relapse of Smoking Behaviors*

**APAGS Basic Psychological Science Research Grant**

Funding Source: American Psychological Association of Graduate Students

Role: Principal Investigator

Duration of Funding: 2012-2013

**PEER-REVIEWED PUBLICATIONS**

1. **Watson, N.L.**, Heffner, J.L., Mull, K.E., McClure, J.B., & Bricker, J.B. (2020). Which method of assessing depression and anxiety best predicts smoking cessation: Screening instruments or self-reported conditions? *Nicotine and Tobacco Research*. [e-pub ahead of print]. doi: <https://doi.org/10.1093/ntr/ntaa099>
2. Bricker, J.B., **Watson, N.L.**, Heffner, J.L., Sullivan, B., Mull, K.E., Kwon, D., & Ostroff, J.S. (2020). A smartphone app designed to help cancer patients stop smoking: Results from a pilot randomized trial on feasibility, acceptability, and effectiveness. *JMIR Formative Research*, *4*(1), e16652. doi: 10.2196/16652
3. Heffner, J.L., Kelly, M.M., Waxmonsky, J., Mattocks, K., Serfozo, E., Bricker, J.B., Mull, K.E., **Watson, N.L.**, & Ostacher, M. (2019). Pilot randomized controlled trial of web-delivered acceptance and commitment therapy versus smokefree.gov for smokers with bipolar disorder. *Nicotine and Tobacco Research*. [e-pub ahead of print]. doi: 10.1093/ntr/ntz242
4. Heffner, J.L., **Watson, N.L.**, Serfozo, E., Mull K.E., MacPherson, L., Gasser, M., Bricker, J.B. (2019). A behavioral activation mobile health app for smokers with depression: Development and pilot evaluation in a single-arm trial. *JMIR Formative Research*, *3*(4), e13728. doi: 10.2196/13728
5. Heffner, J.L., Mull, K.E., **Watson, N.L.**, McClure, J.B., & Bricker, J.B. (2019). Long-term smoking cessation outcomes for sexual minority vs. non-minority smokers in a randomized, controlled trial of two web-based interventions. *Nicotine and Tobacco Research*. [e-pub ahead of print]. doi: 10.1093/ntr/ntz112
6. **Watson, N.L.**, Heffner, J.L., Mull, K.E., McClure, J.B., & Bricker, J.B. (2019). Comparing treatment acceptability and 12-month cessation rates in response to web-based smoking interventions among smokers who do and do not screen positive for affective disorders: Secondary analysis. *Journal of Medical Internet Research*, *21*(6), e13500. doi: 10.2196/13500
7. **Watson, N.L.**, Mull, K.E., Heffner, J.L., McClure, J.B., & Bricker, J.B. (2018). Participant recruitment and retention in remote eHealth intervention trials: methods and lessons learned from a large RCT of two web-based smoking interventions. *Journal of Medical Internet Research*, *20*(8), e10351. doi:10.2196/10351
8. Heffner, J.L., Mull, K.E., **Watson, N.L.**, McClure, J.B., Sridharan, V., & Bricker, J.B. (2018). Smokers with bipolar disorder, other affective disorders, and no psychiatric disorders: Comparison of baseline characteristics and success at quitting in a large 12-month behavioral intervention randomized trial. *Drug and Alcohol Dependence*, *193*, 35-41. doi: 10.1016/i.drugalcedp.2018.08.034

9. Bricker, J.B., Sridharan, V., Zhu, Y., Mull, K.M., Heffner, J.L., **Watson, N.L.**, McClure, J.B., & Di, C. (2018). Trajectories of 12-month usage patterns for two smoking cessation websites: Exploring how users engage over time. *Journal of Medical Internet Research*, 20(4), e10143. doi: 10.2196/10143
10. **Watson, N.L.**, DeMarree, K.G., & Cohen, L.M. (2018). Cigarette craving and stressful social interactions: The roles of state and trait social anxiety and smoking to cope. *Drug and Alcohol Dependence*, 185, 75-81. doi: 10.1016/j.drugalcdep.2017.11.037
11. Bricker, J., McClure, J., Mull, K., **Watson, N.**, & Heffner, J. (2018). Improving quit rates of web-delivered interventions for smoking cessation: Full scale randomized trial of WebQuit.org versus Smokefree.gov. *Addiction*, 113(5), 914-923. doi: 10.1111/add.14127
12. Heffner, J.L., **Watson, N.L.**, McClure, J.B., Anthenelli, R.M., Hohl, S., & Bricker, J.B. (2018). "I Smoke Like This to Suppress These Issues that Are Flaws of My Character": Challenges and Facilitators of Cessation Among Smokers with Bipolar Disorder. *Journal of Dual Diagnosis*, 149(1), 32-39. doi: 10.1080/15504263.2017.1390278
13. **Watson, N.L.**, Heffner, J.L., McClure, J.B., Mull, K.E., & Bricker, J.B. (2017). Differential prevalence of established risk factors for poor cessation outcomes among socially anxious smokers. *American Journal on Addictions*, 26(2), 176-182. doi: 10.1111/ajad.12509
14. Bricker, J.B., Copeland, W., Mull, K.E., Zeng, E.Y., **Watson, N.L.**, Akioka, K.J., & Heffner, J.L. (2017). Single-arm trial of the second version of an Acceptance & Commitment Therapy Smartphone application for smoking cessation. *Drug and Alcohol Dependence*, 170, 37-42. doi: 10.1016/j.drugalcdep.2016.10.029
15. **Watson, N.L.**, Heffner, J.L., McClure, J.B., & Bricker, J.B. (2016). Relationships between social anxiety and smoking-specific experiential avoidance. *Journal of Dual Diagnosis*, 13(1), 1-5. doi: 10.1080/15504263.2016.1248310
16. Richards, C. S., Cohen, L. M., Morrell, H. E. R., **Watson, N. L.**, & Low, B. E. (2013). Treating depressed and anxious smokers in smoking cessation programs. *Journal of Consulting and Clinical Psychology*, 81(2), 263-273. doi: 10.1037/a0027793
17. VanderVeen, J. W., Cohen, L. M., & **Watson, N. L.** (2013). Utilizing a multimodal assessment strategy to examine impulsivity among young adults engaged in co-occurring smoking and binge drinking behaviors. *Drug and Alcohol Dependence*, 127, 150-155.
18. **Watson, N. L.**, Cohen, L. M., DeMarree, K. G., & VanderVeen, J. W. (2012). Examining the interrelationships between social anxiety symptoms, smoking to cope, and cigarette craving. *Addictive Behaviors*, 37, 986-989. doi: 10.1016/j.addbeh.2012.03.025
19. Dempsey, J. P., Cohen, L. M., **Watson, N. L.**, Lechner, W. V., Hobson, V. L., & Smith, K. (2011). Blood pressure associated with the risk of alcohol use disorder among smokers: Implications for treatment and screening. *Alcoholism Treatment Quarterly*, 9(2), 123-131.
20. Gray, K. M., LaRowe, S. D., **Watson, N. L.**, & Carpenter, M. J. (2011). Reactivity to *in vivo* marijuana cues among cannabis dependent adolescents. *Addictive Behaviors*, 36, 140-143. doi:10.1016/j.addbeh.2010.08.021.
21. **Watson, N. L.**, Carpenter, M. J., Saladin, M. E., Gray, K. M., & Upadhyaya, H. P. (2010). Evidence for greater cue reactivity among low dependent vs. high dependent smokers. *Addictive Behaviors*, 35, 673-677. doi:10.1016/j.addbeh.2010.02.010
22. Gray K. M., **Watson N. L.**, Carpenter M. J., LaRowe S. D. (2010). N-Acetylcysteine in young marijuana users: An open-label pilot study. *American Journal on Addictions*, 19(2), 187-189. doi: 10.1111/j.1521-0391.2009.00027.x
23. Avala. J. E.. Chen. Y.. Banko. J. L.. Xiang. Z.. Sheffler. D. J.. Williams. R.. Zhang. Y.. Jones. P. J.. **Watson. N. L.**

Telk, A. N., Olive, M. F., & Conn, P. J. (2009). mGluR5 positive allosteric modulators facilitate both hippocampal LTP and LTD and enhance spatial learning. *Neuropsychopharmacology*, *34*(9), 2057-2071. doi: 10.1038/npp.2009.30

24. Gray, K. M., **Watson, N. L.**, & Christie, D. K. (2009). Challenges in quantifying marijuana use. *American Journal on Addictions*, *18*(2), 178-179. doi: 10.1080/10550490902772579
25. Gass, J. T., Osborne, M. P. H., **Watson, N. L.**, Brown, J. L., & Olive, M. F. (2008). mGluR5 antagonism attenuates methamphetamine reinforcement and prevents reinstatement of methamphetamine-seeking behavior in rats. *Neuropsychopharmacology*, *34*(4), 820-833. doi:10.1038/npp.2008.140.

#### **MANUSCRIPTS UNDER REVIEW**

1. Bricker, J.B., **Watson, N.L.**, Mull, K.E., Sullivan, B.M., & Heffner, J.L. (under review). Efficacy of smartphone applications for smoking cessation: A full scale randomized controlled trial.
2. **Watson, N.L.**, Mull, K.M., & Bricker, J.B. (under review). The association between frequency of e-cigarette use and long-term smoking cessation outcomes among treatment-seeking smokers receiving a behavioral intervention.

#### **MANUSCRIPTS IN PREPARATION**

1. Perski, O., **Watson, N.L.**, Mull, K.E., & Bricker, J.B. (in preparation). Engagement trajectories in a web-based smoking cessation intervention and associations with user characteristics and outcomes.
2. **Watson, N.L.**, Heffner, J.L., Mull, K.E., & Bricker, J.B. (in preparation) The importance of interference beliefs: Why do smokers who believe their anxiety and depression will interfere with their ability to quit have poor cessation outcomes?

#### **OTHER PUBLICATIONS**

1. **Watson, N.** (2014). You agreed to review a manuscript. Now what? *Psychological Science Agenda*, *28*(10).
2. **Watson, N.** (2014). Public speaking and graduate school: How to cope with and master your anxiety. *Psychological Science Agenda*, *28*(3).
3. **Watson, N.** (2013). Tips for the broke graduate student: Make the most of a meager budget. *Psychological Science Agenda*, *27*(6).
4. **Watson, N.** (2013). Navigating uncomfortable conversations: Considerations for dealing with professional disagreements. *Psychological Science Agenda*, *27*(2).
5. Amstadter, A. B., Dempsey, J. P., **Watson, N. L.**, & Hubel, G. S. (2008). Co-occurring anxiety disorders and substance use disorders. In G. L. Fisher & N. A. Roget (Eds.), *Encyclopedia of Substance Abuse Prevention, Treatment, and Recovery*. Thousand Oaks, CA: Sage Publications.
6. Dempsey, J. P., Amstadter, A. B., Hubel, G. S., & **Watson, N. L.** (2008). Cognitive behavioral therapy in substance use disorders. In G. L. Fisher & N. A. Roget (Eds.), *Encyclopedia of Substance Abuse Prevention, Treatment, and Recovery*. Thousand Oaks, CA: Sage Publications.

#### **CONFERENCE POSTERS AND PRESENTATIONS**

1. **Watson, N.L.**, Heffner, J.L., Mull, K.E., McClure, J.B., & Bricker, J.B. (2020, April). Which method of assessing depression and anxiety best predicts cessation: Screening instruments or self-reported conditions? Paper selected for presentation at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA. (conference cancelled due to COVID-19)
2. **Watson, N.L.**, Heffner, J.L., Mull, K.E., McClure, J.B., & Bricker, J.B. (2020, March). The importance of interference beliefs: Why do smokers who believe their anxiety and depression will interfere with their ability to quit have poor cessation outcomes? Poster presented at the annual meeting of the Society for Research on Nicotine and Tobacco. New Orleans. LA.

3. Gasser, M.L., Bricker, J.B., **Watson, N.L.**, Serfozo, E., Mull, K.E., MacPherson, L., & Heffner, J.L. (2019, November). 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.
4. **Watson N.L.**, Karekla, M., Kelly, M., Gasser, M., Serfozo, E., & Heffner, J.L. (2019, June). Why unicorns don't make good therapists: Design of an avatar-led, ACT-based digital smoking cessation intervention targeted for sexual and gender minority young adults. In Bricker JB (chair) *From human to robot therapists: How the functions of 'therapists' have evolved in the context of ACT for cigarette smoking cessation*. Symposium presented at the annual meeting of the Association of Contextual Behavioral Sciences, Dublin.
5. **Watson, N.L.**, Heffner, J.L., Catz, S.L., & McClure, J.B. (2019, February). mHealth cessation apps: Comparing preferences of depressed and non-depressed smokers contemplating quitting. Poster presented at the annual meeting of the Society for Research on Nicotine and Tobacco, San Francisco, CA.
6. **Watson, N.L.**, Heffner, J.L., McClure, J.B., & Bricker, J.B. (2019, February). "You can escape the crowd by going to have a cigarette": A qualitative exploration of smoking to cope with social anxiety. Poster presented at the annual meeting of the Society for Research on Nicotine and Tobacco, San Francisco, CA.
7. Bricker, J.B., **Watson, N.L.**, Mull, K.E., & Heffner, J.L. (2019, February). Design of the iCanQUit app for smoking cessation and update on its evaluation in a large US randomized controlled trial. In Bricker, JB (chair), *Advances in smartphone and smartwatch applications for cessation*. Symposium presented at the annual meeting of the Society for Research on Nicotine and Tobacco, San Francisco, CA.
8. Heffner, J.L., Mull, K.E., **Watson, N.L.**, McClure, J.B., & Bricker, J.B. (2019, February). Comparison of baseline characteristics and long-term cessation outcomes for sexual minority versus non-minority smokers in a RCT of two web-based interventions. Poster presented at the annual meeting of the Society for Research on Nicotine and Tobacco, San Francisco, CA.
9. Heffner, J.L., **Watson, N.L.**, Serfozo, E, Mull, K.E., MacPherson, L, Gasser M.L., & Bricker, J.B. (2019, February). 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.
10. **Watson, N.L.**, Heffner, J.L., Mull, K.E., McClure, J.B., & Bricker, J.B. (2018, April). 12 month smoking cessation outcomes for smokers with mental health symptoms: Results from a large web-based randomized trial. Poster presented at the annual meeting of the Society of Behavioral Medicine, New Orleans, LA.
11. **Watson, N.L.**, Mull, K.E., Heffner, J.L., McClure, J.B., & Bricker, J.B. (2018, February). Recruitment and data retention methods from a randomized trial for web-based smoking cessation interventions: outcomes and implications. Poster presented at the annual meeting of the Society for Research on Nicotine and Tobacco, Baltimore, MD.
12. **Watson, N.L.**, Heffner, J.L., Mull, K.E., McClure, J.B., & Bricker, J.B. (2018, February). Expectations of depression and anxiety interfering with smoking cessation: impact on 12-month outcomes in a web-based trial. Poster presented at the annual meeting of the Society for Research on Nicotine and Tobacco, Baltimore, MD.
13. Heffner, J.L., Mull, K.E., **Watson, N.L.**, McClure, J.B., Sridharan, V., & Bricker, J.B. (2018, February). Treatment-seeking smokers with bipolar disorder versus no mental health condition: comparison of baseline characteristics and 12-month outcomes for a web-based intervention. Poster presented at the annual meeting of the Society for Research on Nicotine and Tobacco, Baltimore, MD.
14. Bricker, J.B., Mull, K.E., McClure, J.B., **Watson, N.L.**, & Heffner, J.L. (2018, February). Improving the quit rates of web-delivered interventions for smoking cessation: Long term results from a full scale randomized trial. Paper presented at the annual meeting of the Society for Research on Nicotine and Tobacco, Baltimore, MD.

15. **Watson, N.L.**, Heffner, J.L., Mull, K.E., & Bricker, J.B. (2017, March). Do mental health symptoms predict outcomes in web-based smoking interventions?: A prospective analysis. Poster presented at the annual meeting of the Society for Research on Nicotine and Tobacco, Florence, Italy.
16. **Watson, N.L.**, Heffner, J.L., Mull, K.E., & Bricker, J.B. (2016, June). Smokers with social anxiety: Comparing receptivity to web-delivered ACT vs CBT in the large WebQuit randomized trial. In Heffner, J.L (chair), *Receptivity to ACT as a Smoking Cessation Intervention for People with Mental Health Conditions*. Symposium presented at the annual meeting of the Association of Contextual Behavioral Sciences, Seattle, WA.
17. Heffner, J.L., **Watson, N.L.**, McClure, J.B., Anthenelli, R.M., Hohl, S., & Bricker, J.B. (2016, June). “It’s not as much willpower as it is embracing it and letting it go”: Qualitative analysis of response to an ACT intervention for smokers with bipolar disorder. In Heffner, J.L (chair), *Receptivity to ACT as a Smoking Cessation Intervention for People with Mental Health Conditions*. Symposium presented at the annual meeting of the Association of Contextual Behavioral Sciences, Seattle, WA.
18. **Watson, N.L.**, Mull, K.E., Heffner, J.L., Sridharan, V., Zeng, E.Y., & Bricker, J.B. (2016, April). Depression and social anxiety as predictors of adherence and social engagement with a web-based smoking intervention. In **Watson, N.L.** (Chair), *Mental Health Disorders and Engagement with eHealth Interventions for Smoking Cessation: Informing the Development of Tailored Interventions*. Symposium presented at the annual meeting of the International Society for Research on Internet Interventions, Seattle, WA.
19. Zeng, E.Y., Heffner, J.L., Mull, K.E., Sridharan, V., **Watson, N.L.**, Bricker, J.B. (2016, April). How does a user’s baseline commitment affect their engagement to active components of a smoking cessation app? Poster presented at the 8th Scientific Meeting of the International Society for Research on Internet Interventions, Seattle, WA.
20. **Watson, N.L.**, Heffner, J.L., McClure, J., & Bricker, J.B. (2016, March). The role of social anxiety in the acceptance of internal smoking cues. Poster presented at the annual meeting of the Society for Research on Nicotine and Tobacco, Chicago, IL.
21. **Watson, N.L.**, DeMarree, K.G., King, H.C., Wagner, A.N., & Cohen, L.M. (2016, March). Social anxiety and smoking-to-cope as risk factors for smoking maintenance and relapse: The role of craving. In **Watson, N.L.** (Chair), *Anxiety and Smoking: Emerging Data on Mechanistic Factors and Treatment Implications*. Symposium presented at the annual meeting of the Society for Research on Nicotine and Tobacco, Chicago, IL.
22. King, H.C., Gabriella, G., Haslam, A.K., **Watson, N.L.**, & Cohen, L.M. (2015, April). Effects of impulsivity on distress levels after 24h of smoking abstinence. Poster presented at the annual meeting of the Society for Behavioral Medicine, San Antonio, TX.
23. Haslam, A.K., King, H.C., Gottlieb, J.C., Sustaita, M., **Watson, N.**, Gabriella, G., Sarwar, M., Key, C.M., & Cohen, L.M. (2015, April). The effects of physical activity on depression during a smoking cessation intervention. Poster presented at the annual meeting of the Society for Behavioral Medicine, San Antonio, TX.
24. Haslam, A.K., Gottlieb, J.C., Sustaita, M., **Watson, N.**, Gabriella, G., Sarwar, M., King, H.C., Key, C.M., & Cohen, L.M. (2015, April). Does encouraging exercise improve exercise rates during a quit attempt: Using a Bayesian analysis. Poster presented at the annual meeting of the Society for Behavioral Medicine, San Antonio, TX.
25. **Watson, N. L.** & Fuchs, J. (Chairs) (2014, August). Finding Success Outside of Academia—What’s Out There and How You Qualify. Symposium presented at the annual meeting of the American Psychological Association, Washington, D.C.
26. Gottlieb, J. C., **Watson, N. L.**, Haslam, A. K., Harris, N. L., Sustaita, M. A., & Cohen, L. M. (2014, February). Smokeless tobacco, cigarette, and narcotic pain medication expectancies among non-using college students. Poster presented at the annual meeting of the Society for Research on Nicotine and Tobacco, Seattle, WA.
27. Gottlieb, J. C., Haslam, A. K., **Watson, N. L.**, Sustaita, M. A., Harris, N. L., & Cohen, L. M. (2014, February).

- Sociosexuality among male smokeless tobacco users and non-users in their first year of college. Poster presented at the annual meeting of the Society for Research on Nicotine and Tobacco, Seattle, WA.
28. Haslam, A. K., Gottlieb, J. C., Sustaíta, M., Key, C. M., Harris, N., **Watson, N. L.**, Grimaldo, G., & Cohen, L. M. (2014, February). Use of Mediational Models in predicting smoking cessation treatment attendance. Poster presented at the annual meeting of the Society for Research on Nicotine and Tobacco, Seattle, WA.
  29. **Watson, N. L.**, VanderVeen, J. M., Gottlieb, J. C., & Cohen, L. M. (2013, November). An Examination of Smoking Outcome Expectancies among College Students with Varying Levels of Social Anxiety. Poster to be presented at the annual meeting of Association for Behavioral and Cognitive Therapies, Nashville, TN.
  30. **Watson, N. L.**, Harris, N., Sustaíta, M., Gottlieb, J. C., Haslam, A. K., Fang, J., Knott, M.,... & Cohen, L. M. (2013, August). Examining the impact of state and trait social anxiety on cigarette craving during deprivation: Preliminary Findings. Poster presented at the annual meeting of the American Psychological Association, Honolulu, HI.
  31. Vanderveen, J. W., **Watson, N. L.**, Morrell, H. E. R., & Cohen, L. M. (2013, March). The influence of binge drinking status on changes in appetitive, affective, and reinforcement expectancies in a nicotine-dependent college-aged sample. Poster presented at the annual meeting for Society for Research on Nicotine and Tobacco, Boston, MA.
  32. Gottlieb, J. C., Morrell, H. E. R., **Watson, N. L.**, Sustaíta, M. A., Haslam, A. K., & Cohen, L. M. (2013, March). Differences between smokers and dual users on expectancies for cigarette smoking outcomes. Poster presented at the 19<sup>th</sup> Meeting of the Society for Research on Nicotine & Tobacco, Boston, MA.
  33. **Watson, N. L.**, VanderVeen, J. M., Gottlieb, J. C., Haslam, A. K., & Cohen, L. M. (2012, November). Coping with social anxiety in a nicotine dependent college sample: Is there a preference for drinking or smoking? Poster presented at the annual meeting of Association for Behavioral and Cognitive Therapies, National Harbor, MD.
  34. Gottlieb, J. C., **Watson, N. L.**, Haslam, A. K., Cohen, L. M., DeMarree, K. G., & Trotter, D. R. M. (2012, November). Examining differences between the endorsement of health consequences and positive reinforcement between cigarettes and smokeless tobacco in a sample of dual tobacco users. Poster presented at the annual meeting of Association for Behavioral and Cognitive Therapies, National Harbor, MD.
  35. Gottlieb, J. C., Cohen, L. M., DeMarree, K. G., **Watson, N. L.**, & McCarthy, D.M. (2012, March). The development of the smokeless tobacco expectancies questionnaire (STEQ). Poster presented at the annual meeting for Society for Research on Nicotine and Tobacco, Houston, TX.
  36. **Watson, N. L.**, Dempsey, J. P., VanderVeen, J. W., Gottlieb, J. C., & Cohen, L. M. (2011, November). Examining the relationship between social anxiety and cigarette smoking: Smoking to cope. Poster presented at the meeting Association for Behavioral and Cognitive Therapies, Toronto.
  37. VanderVeen, J. W., Cohen, L. M., & **Watson, N. L.** (2011, November). Changes in impulsivity among heavy drinking cigarette smokers after 24-hours of smoking abstinence. Poster presented at the meeting Association for Behavioral and Cognitive Therapies, Toronto.
  38. Filtz, K. R., Trotter, R. M., **Watson, N. L.**, Gottlieb, J. C., Evans, L., & Cohen, L. M. (2011, November). The effect of opioids on nicotine craving in chronic pain patients: A preliminary study. Poster presented at the meeting Association for Behavioral and Cognitive Therapies, Toronto.
  39. Trotter, D. R. M., Filtz, K., Gottlieb, J. C., **Watson, N.**, Evans, L., & Cohen, L. M. (2011, November). Nicotine analgesia in individuals with chronic pain. Poster presented at the meeting Association for Behavioral and Cognitive Therapies, Toronto.
  40. VanderVeen, J. W., **Watson, N. L.**, & Cohen, L. M. (February, 2011). Changes in cue response among nicotine dependent college students who report frequent binge drinking. Poster presented at the annual meeting for the Society for Research on Nicotine and Tobacco. Toronto.

41. **Watson, N. L.**, VanderVeen, J. W., Filtz, K. R., Sawyer, H., Hanft, A., & Cohen, L. M. (2010, November). Examining the relationship between level of social anxiety and nicotine craving: a pilot study. Poster presented at the meeting Association for Behavioral and Cognitive Therapies, San Francisco, CA.
42. VanderVeen, J. W., **Watson, N. L.**, Sawyer, H., Hanft, A., Dempsey, J. P., & Cohen, L. M. (2010, November). The influence of binge drinking and impulsivity on cue response among nicotine dependent college students. Poster presented at the meeting Association for Behavioral and Cognitive Therapies, San Francisco, CA.
43. Gray, K. M., LaRowe, S. D., **Watson, N. L.**, Carpenter, M. J. (2010, July). Reactivity to in vivo marijuana cues among cannabis dependent adolescents. Poster presented at the International Cannabinoid Research Society Annual Meeting, Lund, Sweden.
44. **Watson, N. L.**, Carpenter, M. J., Saladin, M. E., Gray, K. M., McCullough, S. A., Klintworth, E. M., Horne, C. E., Upadhyaya, H. P. (2009, June). Could low dependent smokers be more cue reactive than high dependent smokers? Poster presented at The College on Problems of Drug Dependence, Reno/Sparks, Nevada.
45. Hobson, V. L., **Watson, N. L.**, Cohen, L. M., Born, C., Fried, J. B., & Phillips, S. E. (2008, June). Risk of alcohol use disorder in young adults is associated with hypertension among smokers but not non-smokers. Poster presented at Research Society on Alcoholism, Washington, D.C.
46. Hobson, V. L., Dempsey, J. P., Cohen, L. M., & **Watson, N. L.** (2008, October). Examination of the relationship of smoking status and risk of an alcohol use disorder. Poster presented at Society for Psychophysiological Research, Austin, Texas.
47. **Watson, N. L.**, & Olive, M. F. (2008, November). Positive allosteric modulation of mGluR5 receptors improves performance in the Morris water maze. Poster presented at Society for Neuroscience, Washington, D.C.

#### **INVITED TALKS & PRESENTATIONS**

1. **Watson, N.L.** (2018, April). Cigarette Smoking & Smoking Cessation among Individuals with Mental Health Conditions. Lecture presented to the Co-Occurring Substance Use & Mental Health course at the University of Washington School of Social Work, Seattle, WA.
2. **Watson, N.L.** (2017, May). Smoking Cessation & Mental Health Populations. Lecture presented to the Co-Occurring Substance Use & Mental Health course at the University of Washington School of Social Work, Seattle, WA.
3. **Watson, N.L.** (2016, December). Smoking and technology interventions: What we've learned and where we're going. Lecture presented to the University of Washington Department of Oral Health Sciences, Seattle, WA.
4. **Watson, N.L.** (2016, June). SmartQuit: Our journey in developing an app to help people quit smoking. In McCarty, C. (moderator): *Apps in Healthcare: Panel of Experts*. Presented at the 2016 Social Media & Adolescent Research Team (SMAHRT) Conference, Seattle, WA.
5. **Watson, N.L.** & Longhurst, M. (2014, May). Caregiving, stressors, and multicultural competence in medical settings. Presentation for the Texas Tech University Health Sciences Center Palliative Care Fellows.
6. **Watson, N. L.** (2013, October). Social anxiety: A risk factor for risky health behaviors? Lecture presented as part of the Texas Tech University Clinical Psychology Professional Development Series, Lubbock, TX.

#### **TEACHING EXPERIENCE**

- Aug 2011- Instructor of Record**  
**May 2012** Psychology 4332: Health Psychology, Texas Tech University (TTU)
- Aug 2009 – Teaching Assistant**



**Dec 2009** Psychology 4334: Intro to Counseling & Psychotherapy, TTU  
Guest lectured, graded papers, and proctored tests for Stephen Richards, Ph.D.

**Jan 2008 –  
May 2008** **Teaching Assistant**  
Psychology 344: Psychology of Substance Abuse, College of Charleston  
Guest lectured, assisted in test construction, and graded tests and essays for Jared Dempsey, Ph.D.

### RELEVANT WORK EXPERIENCE

**July 2008-  
July 2009** **Study Coordinator**  
**Institute of Psychiatry, Medical University of South Carolina**  
Duties: Implementation and management of study protocol, data entry, and analysis. Physiological assessments (HR, GSR) of cue reactivity to “in vivo” marijuana and neutral cues in marijuana dependent adolescents. Assistance in preparation of journal articles and grant proposals. Obtained IRB approval.  
Supervisor: Kevin M. Gray, M.D.

**Mar 2008 –  
July 2008** **Research Specialist I**  
**Center for Drug and Alcohol Programs, Medical University of South Carolina**  
Duties: Assisted with clinical studies focused on mGluR5 positive allosteric modulator facilitation of extinction learning in addiction (mouse and rat models). Conducted Morris Water Maze Paradigm; provided intraperitoneal and subcutaneous injections in mice and rats; brain sectioning/histology; surgical implantation and maintenance of indwelling jugular vein catheters in rats; operant training in rats for learning, self-administration of methamphetamine and cocaine, and extinction behaviors.  
Supervisor: M. Foster Olive, Ph.D.

**Jan 2008 –  
Aug 2008** **Lab Manager**  
**Center for Drug and Alcohol Programs, Medical University of South Carolina**  
Duties: Physiological assessment of affective reaction to drug cues. Investigated ability to assess motivational states through physiological paradigms (e.g., startle response). Data analysis.  
Supervisor: Jared P. Dempsey, Ph.D.

**May 2007 –  
Dec 2007** **Research Assistant**  
**Center for Drug and Alcohol Programs, Medical University of South Carolina**  
Duties: Literature reviews; assistance with grant writing & formatting; editing manuscripts; created database of community resources; data analyses; processed IRB applications.  
Supervisors: Ananda B. Amstadter, Ph.D. & Sarah W. Book, M.D.

**Feb 2007 –  
Mar 2008** **Administrative Assistant**  
**Center for Drug and Alcohol Programs, Medical University of South Carolina**  
Duties: Assisted in grant preparation for faculty; participant recruitment; assisted in implementing program for elementary/middle schools involving drug education; physiological data collection.  
Supervisor: Robert H. Peiffer, M.A.

### CLINICAL EXPERIENCE

**July 2014-  
June 2015** **University of Washington School of Medicine, Department of Rehabilitation, Seattle, WA**  
Position: Clinical Psychology Resident, Behavioral Medicine/Neuropsychology Track  
Training: Training in outpatient, inpatient, consultation/liaison (C/L), and neuropsychology services at Harborview Medical Center (HMC) and University of Washington Medical Center (UWMC).

**Aug 2013-  
May 2014** **University Medical Center Palliative Care Multidisciplinary Treatment Team, Lubbock, TX**  
Position: Practicum Student

**July 2013-  
Dec 2013** **US Department of Veterans Affairs, Home Based Primary Care, Lubbock, TX**  
Position: Practicum Student/Home Based Primary Care

**Jan 2012-** **Southwest Cancer Center. University Medical Center. Lubbock. TX**

- May 2014**     Position: Practicum Therapist; Lead Therapist (August 2013-May 2014)
- Sept 2011-  
May 2014**     **Multidisciplinary Integrated Smoking Treatment (M.I.S.T.), Lubbock, TX**  
Position: Smoking Cessation Group Leader & Co-Leader
- Aug 2010-  
Aug 2013**     **Psychology Clinic, Texas Tech University, Lubbock, TX**  
Position: Graduate Student Therapist

#### **ADDITIONAL/SPECIALIZED TRAINING**

- 2018** Novel Experimental Approaches to Designing Effective Multi-Component Interventions (8-hour workshop)  
Presented by: Inbal Nahum-Shani, Ph.D., Daniel Amirall, PhD., Linda Collins, Ph.D. & Susan Murphy, PhD
- 2017** Acceptance and Commitment Therapy for Depression & Anxiety Disorders (6 week online course)  
Presented by: Dr. Russ Harris
- 2015** Focused Acceptance and Commitment Therapy (8 hour workshop)  
Presented by: Kirk Strosahl, Ph.D. & Patricia Robinson, Ph.D.
- 2015** Functional Analytic Psychotherapy (8 hour workshop)  
Presented by: Mavis Tsasi, Ph.D. & Robert Kohlenberg, Ph.D.
- 2014** Cognitive Processing Therapy for PTSD (14 hour workshop)  
Presented by: Debra Kaysen, Ph.D. & Michele Bedard-Gillian, Ph.D.
- 2013** APA Workshop: Application of Multilevel Modeling (5 hour workshop)  
Presented by: Shevaun D. Neupert, Ph.D.
- 2012** Comprehensive Behavioral Intervention for Tics (6 hour Workshop)  
Presented by: Michael Himle, Ph.D.

#### **CURRENT ORGANIZATION MEMBERSHIPS**

- Society for Nicotine and Tobacco Research (SRNT)
- Society for Behavioral Medicine (SBM)

#### **PROFESSIONAL SERVICE**

##### Activities

- |   |           |
|---|-----------|
| • Reviewer, Society for Research on Nicotine & Tobacco Health Disparities Travel Scholarship    | 2019      |
| • Abstract Reviewer, Meeting of Society for Research on Nicotine & Tobacco                      | 2019      |
| • Abstract Reviewer, Meeting of Society for Research on Nicotine & Tobacco                      | 2018      |
| • Reviewer, 2017 American Psychological Association Dissertation Research Awards                | 2017      |
| • Health Psychology Representative, American Psychological Association, Science Student Council | 2012-2014 |
| • Clinical Psychology Representative, Student Organization Representative Council, TTU          | 2009-2010 |
| • President, Psi Chi, College of Charleston Chapter   | 2007      |

##### Mentorship

- |  |              |
|--|--------------|
| • Mentor, Hutch United Mentoring Network   | 2020-Present |
| • Scientific Mentor, U54 Community Small Grants Program, Fred Hutch                                | 2019-Present |
| • Diana Kwon, BS; Doctoral Candidate, University of Washington (Clinical Psychology)               | 2019-Present |
| • Claudia Rice, FHCRC Summer Undergraduate Research Program Intern                                 | Summer 2019  |
| • Vasundhara Sridharan, PhD; as a graduate student at University of Washington (Social Psychology) | 2015-2018    |

##### Guest/Ad Hoc Reviewer for the following journals:

*Addiction*

*Journal of Contextual Behavioral Science*

*Addictive Behaviors*

*Journal of Medical Internet Research*

*BMC Medical Informatics and Decision Making*  
*Cancer Epidemiology, Biomarkers & Prevention*  
*Drug and Alcohol Dependence*  
*Drugs: Education, Prevention & Policy*  
*Experimental and Clinical Psychopharmacology*

*Journal of Psychopathology and Behavioral Assessment*  
*Psychology of Addictive Behaviors*  
*Nicotine and Tobacco Research*  
*Training and Education in Professional Psychology*