

# Curriculum Vitae

**Date Prepared:** July 24, 2020

**Name:** Ryan Jane Jacoby, Ph.D.

**Office Address:** Richard B. Simches Research Building  
Massachusetts General Hospital  
185 Cambridge Street, Suite 2000  
Boston, MA 02114

**Home Address:** 34 Eaton St  
Winchester, MA 01890

**Work Phone:** 617-724-4167

**Work Email:** rjjacoby@mgh.harvard.edu

**Place of Birth:** Edina, Minnesota

## Education:

06/2009	B.A. (Cum Laude)	Psychology	Williams College
12/2013	M.A.	Clinical Psychology (Advisor: Jonathan Abramowitz, Ph.D.)	University of North Carolina at Chapel Hill
08/2017	Ph.D.	Clinical Psychology (Advisor: Jonathan Abramowitz, Ph.D.)	University of North Carolina at Chapel Hill

## Postdoctoral Training:

07/2016 – 06/2017	Pre-doctoral Intern / Clinical Fellow in Psychology	Department of Psychiatry (PIs: Sabine Wilhelm, Ph.D.; Naomi Simon, M.D., M.Sc.)	Massachusetts General Hospital / Harvard Medical School
07/2017 – 04/2019	Post-doctoral Clinical and Research Fellow in Psychology	Department of Psychiatry (PIs: Sabine Wilhelm, Ph.D.; Naomi Simon, M.D., M.Sc.)	Massachusetts General Hospital / Harvard Medical School

## Faculty Academic Appointments:

04/2019 –	Instructor in Psychology	Psychiatry	Harvard Medical School
-----------	--------------------------	------------	------------------------

## Appointments at Hospitals/Affiliated Institutions:

04/2019 –	Staff Psychologist	Psychiatry	Massachusetts General Hospital
-----------	--------------------	------------	-----------------------------------

**Other Professional Positions:**

06/2009 – 06/2011	Clinical Research Coordinator, Center for Anxiety and Traumatic Stress Disorders (CATSD), Department of Psychiatry (PIs: Mark Pollack, M.D., Naomi Simon, M.D., M.Sc.)	Massachusetts General Hospital
----------------------	--	--------------------------------

**Committee Service:****Local**

2012-2013	Clinical Psychology Program Departmental Committee	University of North Carolina at Chapel Hill, Department of Psychology and Neuroscience Student Representative
2013, 2016	Undergraduate Honors Thesis Committee	University of North Carolina at Chapel Hill, Department of Psychology and Neuroscience Committee Member
2016-2018	Mind Brain Behavior (MMB) Special Interest Group: Emotions, Decision-making, and Health	Harvard University Junior Member

**Professional Societies:**

2008-	American Psychological Association (APA), Division 12	
2010-2015	Association for Psychological Science (APS)	
2010-	Association for Behavioral and Cognitive Therapies (ABCT)	
	2016-	Neurocognitive Therapies and Translational Research SIG
	2019-	Representative-at-Large
	2018-	Research Facilitation Committee
	2018-	Program Committee
	2019-	Awards Committee
2011-	Society for a Science of Clinical Psychology (SSCP)	
	2014-2015	Campus Representative
2011-	Anxiety and Depression Association of America (ADAA)	
	2016-	OCD and Related Disorders SIG
	2016-	Early Career Professionals and Students SIG
	2019-	Program Committee

2013- International Obsessive Compulsive Disorder  
Foundation (IOCDF)

### Grant Review Activities

2018-	Research Facilitation Committee, Association for Behavioral and Cognitive Therapies (ABCT)	Graduate Student Research Grant Reviewer Permanent Member
-------	---	---

### Editorial Activities:

#### **Ad hoc Reviewer**

*Journal of Abnormal Psychology*  
*JAMA Psychiatry*  
*Clinical Psychology Review*  
*American Journal of Psychiatry*  
*Depression and Anxiety*  
*Behavior Therapy*  
*Behaviour Research and Therapy*  
*Journal of Anxiety Disorders*  
*Journal of Behavior Therapy and Experimental Psychiatry*  
*Cognitive Therapy and Research*  
*Personality Disorders: Theory, Research, and Treatment*  
*Journal of Obsessive-Compulsive and Related Disorders*  
*Journal of Affective Disorders*  
*Clinical Psychological Science*  
*Journal of Contextual Behavioral Science*  
*Cognitive Behaviour Therapy*  
*Journal of Mental Health*  
*Journal of Psychiatric Research*  
*General Hospital Psychiatry*

### Other Editorial Roles

2017-2018	Special Issue Managing Guest Editor	<i>Journal of Obsessive-Compulsive and Related Disorders</i> . "The Polluted Mind: Understanding Mental Contamination as a Transdiagnostic Phenomenon"
2019-	Editorial board member	<i>Journal of Obsessive-Compulsive and Related Disorders</i>

### Honors and Prizes:

2005-2009	Dean's List	Williams College	A distinction for students attaining a semester average of 3.50 or higher.
-----------	-------------	------------------	---

2008	All-Academic Honors	New England Small College Athletic Conference (NESCAC)	Scholar-athlete award.
2008	Summer Science Research Fellowship	Williams College	Stipend awarded for 10 weeks of summer research (\$3,800).
2009	Sigma Xi Scientific Research Honor Society	Williams College	Awarded to students who completed extensive research for a senior thesis in science, math, or psychology.
2009	Honors in Psychology	Williams College	Awarded to senior psychology majors who completed a year-long honors thesis based on original empirical work.
2011	David and Maeda Galinsky Fellowship	Department of Psychology and Neuroscience, University of North Carolina at Chapel Hill	9-month stipend awarded to a highly qualified incoming first-year student of the Clinical Psychology graduate program (including tuition and health insurance; \$38,504).
2011	Knowles-Dashiell Award	Department of Psychology and Neuroscience, University of North Carolina at Chapel Hill	Awarded to first year graduate students to fund a research project (\$500).
2013	Conference Travel Award	Graduate and Professional Student Federation, University of North Carolina at Chapel Hill	Awarded to graduate student presenters to reimburse domestic conference travel (\$250).
2014, 2015	Dashiell Research Travel Award	Department of Psychology and Neuroscience, University of North Carolina at Chapel Hill	Awarded to graduate student presenters to reimburse conference travel (\$400).
2014, 2015	Letter of Commendation for Excellence in Teaching	Department of Psychology and Neuroscience, University of North Carolina at Chapel Hill	Awarded to instructors receiving student course evaluations in the top 10% for the Department of Psychology. Recognized <u>twice</u> for independently taught Abnormal Psychology

courses in Fall 2013 and Spring 2015.

2015	Outstanding Student Clinician Award	Society for a Science of Clinical Psychology (SSCP)	Recognizes outstanding graduate students who are providing exceptional contributions to the field of psychology through their clinical work.
2015	Earl and Barbara Baughman Dissertation Research Award	Department of Psychology and Neuroscience, University of North Carolina at Chapel Hill	Supports innovative dissertation research in the Psychology Department (\$6,000).
2015	Diller-Gilligan Summer Research Fellowship	University of North Carolina at Chapel Hill	Provides summer support to doctoral students based on a research proposal to focus exclusively on their dissertation research (\$4,000).
2016	Martin S. Wallach Award	Department of Psychology and Neuroscience, University of North Carolina at Chapel Hill	Awarded annually to an outstanding doctoral candidate in Clinical Psychology for the demonstration of excellence in research, clinical practice, teaching, and service endeavors (\$300).
2017	Alies Muskin Career Development Leadership Program Award	Anxiety and Depression Association of America (ADAA)	An intensive mentoring and professional development fellowship for outstanding early career clinical researchers.
2018	Conquering the K: Applying for an NIH Career Development Award	Massachusetts General Hospital Research Institute	Comprehensive, interactive multi-session course, focused on the preparation of a NIH career development proposal. Acceptance was based on draft of specific aims.

## **Report of Funded and Unfunded Projects**

### **Past**

- 2015-2016      A Translational Study of the Mechanisms of Exposure Therapy for Obsessions: Gradual vs. Variable Exposure Intensity  
Association for Behavioral and Cognitive Therapies (ABCT) Graduate Student Research Grant  
Principal Investigator (Mentor: Jonathan Abramowitz, Ph.D.) (\$1,000)  
Compare the process and outcomes (self-report, interview, and psychophysiological) of two exposure-based interventions for obsessions: the conventional gradual (hierarchy-driven) approach versus a novel exposure approach emphasizing variability of exposure intensity and psychophysiological arousal to facilitate inhibitory learning.
- 2015-2016      A Translational Study of the Mechanisms of Exposure Therapy for Obsessions: Gradual vs. Variable Exposure Intensity  
American Psychological Association (APA) Dissertation Research Award  
Principal Investigator (Mentor: Jonathan Abramowitz, Ph.D.) (\$1,000)  
Provided additional funds for the aforementioned study for psychophysiological equipment and supplies (for the Biopac MP150) in order to examine study hypotheses regarding variability of physiology-based fear responding as well as for participant payment.
- 2017-2019      The Role of Cognitive Control in the Transdiagnostic Conceptualization of “Intrusive Thoughts”  
The Medical Foundation at Health Resources in Action (HRiA) Charles A. King Trust Fellowship Award  
Principal Investigator (Mentor: Sabine Wilhelm, Ph.D.) (\$95,350)  
Examine whether cognitive control (i.e., inhibition, flexibility, and attention) is a transdiagnostic neurocognitive factor across intrusive thoughts (i.e., obsessions, worries, and depressive ruminations). Examine potential functional differences among intrusive thoughts using psychophysiological and self-report data during script-driven imagery procedures.
- 2018-2020      Perseverative Thinking: Examining Deficits of Cognitive and Attentional Control Across Psychological Disorders  
Harvard University Pershing Square Fund for Research on the Foundations of Human Behavior  
Principal Investigator (Mentor: Sabine Wilhelm, Ph.D.) (\$4,507)  
Provided additional funds for the aforementioned study on cognitive control in order to fund a research assistant.

### **Current**

- 2017-2018      Decision-Making Impairments in OCD: An Integrated Behavioral Economics Model  
NCE  
2018-2020      International Obsessive Compulsive Disorder Foundation (IOCDF) Young Investigator Research Grant  
Principal Investigator (Mentor: Sabine Wilhelm, Ph.D.) (\$35,039)  
Examine the extent to which individuals with OCD devalue decisional options that involve ambiguity (relative to risky but unambiguous options) and associations with self-reported intolerance of uncertainty.
- 2018-2019      Cognitive Control as a Transdiagnostic Neurocognitive Process in Repetitive  
NCE      Negative Thinking

2019-2020	<p>Harvard Medical School Department of Psychiatry Livingston Fellowship Award Principal Investigator (Mentor: Sabine Wilhelm, Ph.D.) (\$7,685) Provides additional funds for the aforementioned study on cognitive control in order to obtain formalized training in biometric research (via the iMotions Academy Certification Course), purchase electrocardiogram (ECG) equipment for the purposes of collecting and analyzing heart-rate variability (HRV) data, and participant payment.</p>
2018-2019 NCE 2019-2020	<p>Economic Decision-making Impairments in OCD: Elucidating Psychosocial Moderators, Underlying Mechanisms, and Implications for the Treatment of Mental Illness Harvard University Mind Brain Behavior Post-Doctoral Fellow Award Principal Investigator (Mentors: Sabine Wilhelm, Ph.D., Jennifer Lerner, Ph.D.) (\$4,500) Provides additional supplies funds for the aforementioned study on decision making in OCD in order to provide participants with meaningful financial incentives for effective performance on the economic decision-making task. This is in line with our aim to quantify the burden of this psychiatric condition and assess the degree to which OCD leads to actual financial loss.</p>
2020-2025	<p>Targeting Attentional and Cognitive Control to Enhance the Transdiagnostic Treatment of Repetitive Negative Thinking NIMH / K23MH120351-01A1 Principal Investigator (\$856,078) Primary Mentor: Sabine Wilhelm; Co-Mentors: Diego Pizzagalli, Douglas Mennin; Advisors: Daniel Dillon, Rudi De Raedt, David Schoenfeld Assess the role of attentional/cognitive control as a target mechanism in a transdiagnostic treatment of adults with repetitive negative thinking – mental rituals as seen in obsessive compulsive disorder (OCD), worries as seen in generalized anxiety disorder (GAD), and ruminations as seen in major depressive disorder (MDD).</p>

### **Unfunded Current Projects**

2017-	<p>Behavior Therapy Training Institute (BTTI) and Psychiatry Academy: A Study of Dissemination, Implementation and Effectiveness Project Director (PI: Sabine Wilhelm, Ph.D.) Assess the degree to which clinicians who have completed the BTTI and Psychiatry Academy trainings for OCD implement the therapeutic skills in their practice and compare the effectiveness of the online versus in person training formats. Identify individual and institutional factors that predict implementation, as well as self-reported barriers to implementation.</p>
-------	--

### **Report of Local Teaching and Training**

#### **Formal Teaching of Residents, Clinical Fellows and Research Fellows (post-docs):**

2016	<p>Scientific Writing: How to Write a Manuscript in Psychology Clinical Research Coordinators</p>	<p>OCD and Related Disorders Program, MGH 1-hour lecture</p>
2016-2019	<p>Graduate School and Career Development Workshop</p>	<p>OCD and Related Disorders Program, Center for Anxiety and Traumatic Stress Disorders, MGH</p>

	Clinical Research Coordinators	1-hour lecture/year
2017	Introduction to Cognitive Behavior Therapy	Center for Anxiety and Traumatic Stress Disorders, MGH
2017-2019	Clinical Research Coordinators How to Format your Curriculum Vitae	1-hour lecture OCD and Related Disorders Program, MGH
	Clinical Research Coordinators	1-hour lecture/year
2017-2019	Citations in Scientific Writing: Using Endnote	OCD and Related Disorders Program, MGH
	Clinical Research Coordinators	1-hour lecture/year
2018-2020	Obsessive Compulsive and Related Disorders: Overview of Diagnosis and Assessment	OCD and Related Disorders Program, MGH
	Clinical Research Coordinators	1-hour lecture/year
2018	Statistics and Data Analysis: Using SPSS	OCD and Related Disorders Program, MGH
	Clinical Research Coordinators	1-hour lecture
2020	Obsessive Compulsive Disorder: Difficulties with Decision-Making and Managing Intrusive Thoughts	Depression Clinical Research Program, MGH
	Clinical Research Coordinators	1-hour lecture
<b>Clinical Supervisory and Training Responsibilities:</b>		
2014-2015	Anxiety and Stress Disorders Practicum	University of North Carolina at Chapel Hill
	Clinical Psychology Graduate Students	3 hours/week for academic year
2015-2016	Advanced Adult Therapy Practicum	University of North Carolina at Chapel Hill
	Clinical Psychology Graduate Students	1 hour/week for academic year
2020-	Clinical Supervisor	OCD and Related Disorders Program, MGH
	Psychology Interns and Post-docs	1 hour/week
<b>Research Supervisory and Training Responsibilities:</b>		
2012-2013, 2015-2016	Independent Studies Supervisor Undergraduate Students	University of North Carolina at Chapel Hill, Department of Psychology and Neuroscience 10 hours/semester 1:1 supervision
2015-2016	Honors Thesis Mentor Undergraduate Students	University of North Carolina at Chapel Hill Department of Psychology and Neuroscience 1 hour/week 1:1 supervision



2017-	Clinical Research Supervisor Clinical Research Coordinators (1 coordinator per year)	Massachusetts General Hospital Department of Psychiatry 1:1 supervision, 1 hour/week per coordinator
-------	--	---

**Mentored Trainees and Faculty:**

2015-2016	Siobhan Hsu, B.A. / Senior Project Assistant, Pharmaceutical Product Development Career Stage: Undergraduate Honors Thesis Student. Mentoring Role: Research advisor for yearlong honors thesis study; provided career development mentorship for obtaining post-baccalaureate clinical research coordinator position. Accomplishments: presented senior honors thesis entitled "Understanding Mental Contamination: Relationships with Scrupulosity, Thought Action Fusion, and Perfectionism" to thesis committee and as a local poster presentation. Graduated with honors. Obtained and completed clinical research coordinator position at the Center for ADHD, Cincinnati Children's Hospital.
2017-2019	Jin Shin, B.A. / Graduate student, Washington University in St. Louis Career Stage: Post-baccalaureate Clinical Research Coordinator. Mentoring Role: Research advisor, provided career development mentorship for applying to graduate school. Accomplishments: co-authored multiple manuscripts and presented poster entitled "You want me to have my patient do what?!: Examining therapists' changing views on exposure therapy following the Behavior Therapy Training Institute (BTI)" presented at the Association for Behavioral and Cognitive Therapies conference.
2019-	Abigail Szkutak / Clinical Research Coordinator, OCD and Related Disorders Program Career Stage: Post-baccalaureate Clinical Research Coordinator. Mentoring Role: Research advisor, provide career development mentorship for applying to graduate school. Accomplishments: currently preparing poster presentations for the International OCD Foundation and Association for Behavioral and Cognitive Therapies conferences.
2020-	Joshua Curtiss / Post-doctoral Clinical and Research Fellow, OCD and Related Disorders Program Career Stage: Supervisor for clinical practice and research during post-doctoral fellowship at MGH. Accomplishments: Carrying caseload of up to 4 patients with OCD and related disorders in the outpatient Department of Psychiatry

**Local Invited Presentations:**

☒ *No presentations below were sponsored by 3<sup>rd</sup> parties/outside entities*

2014	ACT and Exposure: A Combined Approach to Enhance Treatment Engagement / Invited Workshop Presenter University of North Carolina School of Social Work, Chapel Hill, NC
2018	Anxiety, Uncertainty, and Decision Making: Translating Behavioral Economics Paradigms to the Study of OCD / Invited Speaker Harvard University Mind Brain Behavior Interfaculty Initiative, Young Investigator Series: Clinical Psychology, Boston, MA
2019	Anxiety, Uncertainty, and Decision Making: Leveraging Behavioral Economics Paradigms in the Study of OCD / Invited Speaker

Harvard University Society for Mind Brain and Behavior, Cambridge, MA.

2020 Addressing Intolerance of Uncertainty in OCD  
McLean OCD Institute, Belmont, MA

### **Report of Regional, National and International Invited Teaching and Presentations**

☒ *No presentations below were sponsored by 3<sup>rd</sup> parties/outside entities*

#### **Regional**

2015 Exposure Treatment of Anxiety: State of the Art / Invited Workshop Presenter  
Appalachian State University, Boone, NC

2016 Infusing ACT into Exposure Treatment for Anxiety / Invited Grand Rounds Speaker  
Central Regional Hospital Department of Psychology, Butner, NC

#### **National**

2013 Optimizing Long-term Outcomes for OCD using an Inhibitory Learning Approach /  
Invited Master Clinician Workshop Presenter (Selected Oral Abstract)  
47<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies,  
Nashville, TN

2014 Examining Attentional Bias in Scrupulosity: Null Findings from the Dot Probe  
Paradigm / Invited Speaker and Chair (Selected Oral Abstract)  
48<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies.  
Philadelphia, PA

2015 Enhancing the Beads Task as a Behavioral Measure of Intolerance of Uncertainty /  
Invited Speaker and Chair (Selected Oral Abstract)  
49<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies.  
Chicago, IL

2015 Thought Control Strategies as Mechanisms of Symptom Improvement Following  
Intensive ERP: An Examination Across the OC Symptom Dimensions / Invited  
Speaker (Selected Oral Abstract)  
49<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies.  
Chicago, IL

2016 Staying Relevant in the "Brain Age": How to Incorporate Biological Measures and  
Mechanisms to Fund your Psychosocial Research / Invited Panel Moderator  
(Selected Oral Abstract)  
50<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies,  
New York, NY

2016 Examining Attentional Bias in Health Anxiety: Null Findings from the Dot Probe  
Paradigm / Invited Speaker (Selected Oral Abstract)  
50<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies.  
New York, NY

2017 The Effects of Responsibility on Uncertainty-related Distress: An in vivo  
Experimental Study / Invited Speaker (Selected Oral Abstract)

37<sup>th</sup> Annual Convention of the Anxiety and Depression Association of America. San Francisco, CA

- 2017      Translational Study of the Mechanisms of Exposure Therapy for Obsessions: Gradual vs. Variable Exposure Intensity / Invited Speaker (Selected Oral Abstract)  
51<sup>st</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies. San Diego, CA
- 2018      Questioning the Fear Hierarchy: Inducing Variability of Exposure Intensity for Obsessional Fears / Invited Speaker (Selected Oral Abstract)  
38<sup>th</sup> Annual Convention of the Anxiety and Depression Association of America. Washington, DC
- 2018      Desirable Difficulties: Optimizing Exposure Therapy for Anxiety Through Inhibitory Learning / Invited Half-Day Pre-conference Institute Speaker (Selected Oral Abstract)  
52<sup>nd</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies. Washington, DC
- 2018      Psychological Flexibility in the Context of Obsessions: Development and Validation of the Acceptance and Action Questionnaire for OCD / Invited Speaker and Chair (Selected Oral Abstract)  
52<sup>nd</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies. Washington, DC
- 2018      Training the Next Generation of Exposure Therapists: Comparing Training Modalities of Disseminating CBT for OCD / Invited Speaker (Selected Oral Abstract)  
52<sup>nd</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies. Washington, DC
- 2018      Examining Intolerance of Uncertainty and Mental Rituals as Predictors of Exposure Outcomes for Obsessional Fears / Invited Speaker (Selected Oral Abstract)  
52<sup>nd</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies. Washington, DC
- 2019      Predictors of Changes in Family Accommodation During Exposure Therapy for Pediatric OCD / Invited Speaker and Chair (Selected Oral Abstract)  
53<sup>rd</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies. Atlanta, GA
- 2019      Desirable Difficulties: Optimizing Exposure Therapy for Anxiety through Inhibitory Learning / Invited Full-Day Pre-conference Institute Speaker (Selected Oral Abstract)  
53<sup>rd</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies. Atlanta, GA

#### **International**

- 2013      Addressing Relapse in CBT for OCD: Optimizing Long-term Treatment Outcomes / Invited Workshop Presenter (Selected Oral Abstract)  
20<sup>th</sup> Annual Convention of the International Obsessive-Compulsive Disorder Foundation, Atlanta, GA

- 2013 Partner Accommodation of OCD Symptoms: Why it's a Problem and What You Can Do About It / Invited Workshop Presenter (Selected Oral Abstract)  
20<sup>th</sup> Annual Convention of the International Obsessive-Compulsive Disorder Foundation, Atlanta, GA
- 2014 ACT and Exposure: Finding Common Ground and Getting the Best of Both Worlds / Invited Workshop Presenter (Selected Oral Abstract)  
21<sup>st</sup> Annual Convention of the International Obsessive-Compulsive Disorder Foundation, Los Angeles, CA
- 2014 New Directions in Implementing Exposure and Response Prevention: An Inhibitory Learning Perspective / Invited Workshop Presenter (Selected Oral Abstract)  
21<sup>st</sup> Annual Convention of the International Obsessive-Compulsive Disorder Foundation, Los Angeles, CA
- 2016 New Developments in Exposure Therapy for OCD: Using the Inhibitory Learning Approach / Invited Workshop Presenter (Selected Oral Abstract)  
23<sup>rd</sup> Annual Convention of the International Obsessive-Compulsive Disorder Foundation, Chicago, IL
- 2018 The Behavior Therapy Training Institute for OCD: Predictors of Skills Acquisition / Invited Speaker and Chair (Selected Oral Abstract)  
25<sup>th</sup> Annual Convention of the International Obsessive Compulsive Disorder Foundation. Washington, DC
- 2019 Disseminating Cognitive-Behavioral Therapy for OCD: Comparing in Person vs. Online Training Modalities / Invited Speaker (Selected Oral Abstract)  
9<sup>th</sup> World Congress of Behavioral and Cognitive Therapies. Berlin, Germany.

## **Report of Clinical Activities and Innovations**

### **Current Licensure and Certification:**

2019- Massachusetts Psychologist, Health Service Provider

### **Practice Activities:**

2016-	Ambulatory Care	OCD and Related Disorders Program, Adult Psychiatry Services Department of Psychiatry, Massachusetts General Hospital, Wang 8	4-5 hrs/week
-------	-----------------	--	--------------

## **Report of Education of Patients and Service to the Community**

☒ *No presentations below were sponsored by 3<sup>rd</sup> parties/outside entities*

### **Educational Material for Patients and the Lay Community:**

#### ***Books, monographs, articles and presentations in other media***

2019	"Seeking Control: How to Recognize and Treat	Interviewee	Article in <i>Mind Mood &amp; Memory</i> magazine
------	--	-------------	---

## **Report of Scholarship**

ORCID: 0000-0001-9154-5580

## **Peer-Reviewed Scholarship in print or other media**

### ***Research Investigations***

1. Zannarini MC, **Jacoby RJ**, Frankenburg FR, Reich B, Fitzmaurice G. The 10-year course of social security disability income reported by patients with borderline personality disorder and Axis II comparison subjects. *J Pers Disord.* 2009 Aug;23(4):346-356. doi:10.1521/pedi.2009.23.4.346. PubMed PMID: 19663655.
2. Hoge EA, Marques L, Wechsler RS, Lasky AK, Delong HR, **Jacoby RJ**, Worthington JJ, Pollack MH, Simon, NM. The role of anxiety sensitivity in sleep disturbance in panic disorder. *J Anxiety Disord.* 2011 May;25(4):536-538. doi:10.1016/j.janxdis.2010.12.008. PubMed PMID: 21277737.
3. **Jacoby RJ**, Fabricant LE, Leonard RC, Riemann BC, Abramowitz JS. Just to be certain: Confirming the factor structure of the Intolerance of Uncertainty Scale in patients with obsessive-compulsive disorder. *J Anxiety Disord.* 2013 Jun;27(5):535-542. doi:10.1016/j.janxdis.2013.07.008. PubMed PMID: 23973743.
4. Bui E, Orr SP, **Jacoby RJ**, Keshaviah A, LeBlanc NJ, Milad MR, Pollack MH, Simon NM. Two weeks of pretreatment with escitalopram facilitates extinction learning in healthy individuals. *Hum Psychopharmacol.* 2013 Jun;28(5):447-456. doi:10.1002/hup.2330. PubMed PMID: 23776033.
5. Nota JA, Blakey SM, George-Denn, DA, **Jacoby RJ**, Schubert JR, Abramowitz JS, Coles ME. The experience of OCD-related intrusive thoughts in African and European Americans: Testing the generalizability of cognitive models of obsessive-compulsive disorder. *J Obsessive Compuls Relat Disord.* 2014 Apr;3(2):115-123. doi:10.1016/j.jocrd.2014.03.003.
6. **Jacoby RJ**, Leonard RC, Riemann BC, Abramowitz JS. Predictors of quality of life and functional impairment in obsessive-compulsive disorder. *Compr Psychiatry.* 2014 Jul;55(5):1195-1202. doi:10.1016/j.comppsy.2014.03.011. PubMed PMID: 24746527.
7. **Jacoby RJ**, Abramowitz JS, Buck BE, Fabricant LE. How is the Beads Task related to intolerance of uncertainty in anxiety disorders?. *J Anxiety Disord.* 2014 Aug;28(6):495-503. doi:10.1016/j.janxdis.2014.05.005. PubMed PMID: 24930046.
8. Blakey SM., Reuman L, **Jacoby RJ**, Abramowitz JS. Tracing “Fearbola”: Psychological predictors of anxious responding to the threat of Ebola. *Cognit Ther Res.* 2015 Dec;39(6):816-825. doi: 10.1007/s10608-015-9701-9.
9. Reuman L, **Jacoby RJ**, Fabricant LE, Herring B, Abramowitz, JS. Uncertainty as an anxiety cue at high and low levels of threat. *J Behav Ther Exp Psychiatry.* 2015 Jun;47:111-119. doi:10.1016/j.jbtep.2014.12.002. PubMed PMID: 25562749.
10. **Jacoby RJ**, Berman N, Graziano, R, Abramowitz JS. Examining attentional bias in scrupulosity: Null findings from the dot probe paradigm. *J Cogn Psychother.* 2015 Nov;29(4):302-314. doi:10.1891/0889-8391.29.4.302.
11. **Jacoby RJ**, Leonard RC, Riemann BC, Abramowitz JS. Self-punishment as a maladaptive thought control strategy mediates the relationship between beliefs about thoughts and repugnant obsessions. *Cognit Ther Res.* 2015 Dec;40(2):179-187. doi: 10.1007/s10608-015-9741-1.

12. **Jacoby RJ**, Heatherington L. Growing up with an anxious sibling: Psychosocial correlates and predictors of sibling relationship quality. *Curr Psychol*. 2016 Mar;35(1):57-68. doi: 10.1007/s12144-015-9360-8.
13. Wheaton MG, Abramowitz JS, **Jacoby RJ**, Zwerling J, Rodriguez CI. An investigation of the role of intolerance of uncertainty in hoarding symptoms. *J Affect Disord*. 2016 Mar;193:208-214. doi: 10.1016/j.jad.2015.12.047. PubMed PMID: 26773912.
14. **Jacoby RJ**, Abramowitz JS, Reuman L, Blakey SM. Enhancing the ecological validity of the Beads Task as a behavioral measure of intolerance of uncertainty. *J Anxiety Disord*. 2016 Jun;41:43-49. doi: 10.1016/j.janxdis.2016.02.003. PubMed PMID: 26896872.
15. Blakey SM, **Jacoby RJ**, Reuman L, Abramowitz JS. The relative contributions of experiential avoidance and distress tolerance to OC symptoms. *Behav Cogn Psychother*. 2016 Jul;44:460-471. doi:10.1017/S1352465815000703. PubMed PMID: 26639901.
16. **Jacoby RJ**, Wheaton MG, Abramowitz JS. Attentional biases in illness anxiety: Null findings from the dot probe paradigm. *J Obsessive Compuls Relat Disord*. 2016 Jul;10:19-25. doi:10.1016/j.jocrd.2016.04.007.
17. Reuman L, **Jacoby RJ**, Abramowitz JS. Cognitive fusion, experiential avoidance, and obsessive beliefs as predictors of obsessive-compulsive symptom dimensions. *Int J Cogn Ther*. 2016 Dec;9(4):313-326. doi: 10.1521/ijct\_2016\_09\_13.
18. Reuman L, **Jacoby RJ**, Abramowitz JS, Blakey SM, Leonard RC, Riemann BC. Predictors of illness anxiety symptoms in patients with obsessive compulsive disorder. *Psychiatry Res*. 2017 Oct;256:417-422. doi: 10.1016/j.psychres.2017.07.012. PubMed PMID: 28697487.
19. **Jacoby RJ**, Blakey SM, Reuman L, Abramowitz JS. Mental contamination obsessions: An examination across the obsessive-compulsive symptom dimensions. *J Obsessive Compuls Relat Disord*. 2018 Apr;17:9-15. doi: 10.1016/j.jocrd.2017.08.005.
20. **Jacoby RJ**, Abramowitz JA, Buchholz JL, Reuman L, Blakey SM. Experiential avoidance in the context of obsessions: Development and validation of the Acceptance and Action Questionnaire for Obsessions and Compulsions. *J Obsessive Compuls Relat Disord*. 2018 Oct;19:34-43. doi: 10.1016/j.jocrd.2018.07.003.
21. Berman, NC, **Jacoby RJ**, Sullivan A, Hoepfner S, Micco, J, Wilhelm, S. Parent-level risk factors for children's obsessive beliefs, interpretation biases, and obsessive-compulsive symptoms: A cross-sectional examination. *J Obsessive Compuls Relat Disord*. 2018 Jul;18:8-17. doi: 10.1016/j.jocrd.2018.04.002.
22. Twohig MP, Abramowitz JS, Smith BM, Fabricant LE, **Jacoby RJ**, Morrison KL, Bluett EJ, Reuman L, Blakey SM, Lederman T. Adding acceptance and commitment therapy to exposure and response prevention for obsessive-compulsive disorder: A randomized controlled trial. *Behav Res Ther*. 2018 Sep;108:1-9. doi: 10.1016/j.brat.2018.06.005. PubMed PMID: 29966992.
23. Blakey SM, Abramowitz JS, Buchholz JL, Jessup SC, **Jacoby RJ**, Reuman L, Pentel KZ. A randomized controlled trial of the judicious use of safety behaviors during exposure therapy. *Behav Res Ther*. 2019 Jan;112:28-35. doi:10.1016/j.brat.2018.11.010. PubMed PMID: 30481681.
24. **Jacoby RJ**, Reuman L, Blakey SM, Hartsock J, Abramowitz JA. "What if I make a mistake?": Examining uncertainty-related distress when decisions may harm oneself vs. others. *J Obsessive Compuls Relat Disord*. 2019 Feb;20:50-58. doi: 10.1016/j.jocrd.2017.11.003.
25. **Jacoby RJ**, Abramowitz JA, Blakey SM, Reuman L. Is the hierarchy necessary? Gradual versus variable exposure intensity in the treatment of unacceptable obsessional thoughts. *J Behav Ther Exp Psychiatry*. 2019 Sep;64:54-63. doi: 10.1016/j.jbtep.2019.02.008. Pubmed PMID: 30851653.
26. Gillan CM, Kalanthroff E, Evans M, Weingarden HM, **Jacoby RJ**, Gershkovich M, Snorrason I, Campeas R, Cervoni C, Crimarco N, Sokol Y, Garnaat SL, McLaughlin N, Phelps EA, Pinto A,

Boisseau CL, Wilhelm S, Daw ND, Simpson HB. A multi-site internet study of goal-directed planning in OCD and GAD provides evidence for dimensions over disorders. *JAMA Psychiatry*. 2020 Jan;7: 77-85. doi: 10.1001/jamapsychiatry.2019.2998. Pubmed PMID: 31596434.

27. **Jacoby RJ**, Berman NC, Reese HE, Shin J, Sprich S, Szymanski J, Pollard CA, Wilhelm S. Disseminating cognitive-behavioral therapy for obsessive compulsive disorder: Comparing in person vs. online training modalities. *J Obsessive Compuls Relat Disord*. In press. doi: 10.1016/j.jocrd.2019.100485.
28. Fang A, **Jacoby RJ**, Beatty, CC, Germine L, Wilhelm S, Lawson EA. Serum oxytocin levels are elevated in body dysmorphic disorder and related to severity of psychopathology. *Psychoneuroendocrinology*. In press. doi:10.1016/j.psyneuen.2019.104541
29. Baker AW, Hellberg SN, **Jacoby RJ**, Losiewicz OM, Orr SP, Marques L, Simon NM. A pilot study of attention bias modification augmentation of cognitive behavioral therapy for panic disorder: Clinical and psychophysiological Outcomes. *Journal of Behavior Therapy and Experimental Psychiatry*. In press.

### **Other peer-reviewed scholarship**

1. Abramowitz JS, **Jacoby RJ**. Scrupulosity: A cognitive-behavioral analysis and implications for treatment. *J Obsessive Compuls Relat Disord*. 2014 Apr;3(2):140-149. doi:10.1016/j.jocrd.2013.12.007.
2. Abramowitz JS, **Jacoby RJ**. Obsessive-compulsive disorder in the DSM-5. *Clin Psychol*. 2014 Sept;21(3):221-235. doi:10.1111/cpsp.12076.
3. Abramowitz JS, **Jacoby RJ**. The use and misuse of exposure therapy for obsessive-compulsive and related disorders. *Curr Psychiatry Rev*. 2014 Nov;10(4): 277-283. doi: 10.2174/1573400510666140714171934.
4. Abramowitz JS, **Jacoby RJ**. Obsessive-compulsive and related disorders: A critical review of the new diagnostic class. *Annu Rev Clin Psychol*. 2015;11:165-186. doi:10.1146/annurev-clinpsy-032813-153713. PubMed PMID: 27521505.
5. Twohig MP, Abramowitz JS, Bluett EJ, Fabricant LE, **Jacoby RJ**, Morrison KL, Reuman L. Smith, B. Exposure therapy for OCD from an acceptance and commitment therapy framework. *J Obsessive Compuls Relat Disord*. 2015 Jul;6:167-173. doi: 10.1016/j.jocrd.2014.12.007.
6. **Jacoby RJ**, Abramowitz JS. Inhibitory learning approaches to exposure therapy: A critical review and translation to obsessive-compulsive disorder. *Clin Psychol Rev*. 2016 Nov;49:28-40. doi: 10.1016/j.cpr.2016.07.001. PubMed PMID: 27521505.
7. Blakey SM, **Jacoby RJ**. The polluted mind: Understanding mental contamination as a transdiagnostic phenomenon. *J Obsessive Compuls Relat Disord*. 2018 Apr;17:1-2. doi: 10.1016/j.jocrd.2017.08.008.
8. Brennan BP, **Jacoby RJ**, Widge AK. A case of severe intractable contamination-based obsessive-compulsive disorder. *JAMA Psychiatry*. 2018 Oct;75(10):1088-1089. doi: 10.1001/jamapsychiatry.2018.0927. PubMed PMID: 30128485.

### **Non-peer reviewed scholarship in print or other media:**

#### **Reviews, chapters, monographs and editorials**

1. Abramowitz JS, **Jacoby RJ**. Obsessive-compulsive disorder. In: Stahl SM, Moore B, editors. *Anxiety disorders: A guide for integrating psychopharmacology and psychotherapy*. New York: Routledge;2013. p. 133-154.

2. Abramowitz JS, Fabricant LE, **Jacoby RJ**. Obsessive-compulsive disorder. In: Craighead WE, Miklowitz DJ, Craighead LW, editors. *Psychopathology: History, diagnosis, and empirical foundations*. 2nd ed. New York: Wiley;2013. p. 80-107.
3. Abramowitz JS, **Jacoby RJ**. Obsessive-compulsive and related disorders. In: Barlow DH, editor, *The Oxford handbook of clinical psychology*. 2nd ed. New York: Oxford University Press;2014. p. 313-338. doi: 10.1093/oxfordhb/9780199328710.013.025.
4. Abramowitz JS, **Jacoby RJ**. Pickers, pokers, and pullers: Obsessive-compulsive and related disorders in dermatology. In: Brewley A, Taylor RE, Reichenberg JS, Magid M, editors. *Practical psychodermatology*. New York: Wiley;2014. p. 134-141.
5. Abramowitz JS, Fabricant LE, **Jacoby RJ**. Exposure-based therapies. In: Cautin R, Lillienfeld, S, editors. *Encyclopedia of clinical psychology*. New York: Wiley-Blackwell;2015. p. 1183-1189.
6. **Jacoby RJ**, Abramowitz JS. Treatment of comorbid depression and OCD. In: Storch EA, Lewin AB, editors. *Clinical handbook of obsessive-compulsive and related disorders: A case-based approach to treating pediatric and adult populations*. New York: Springer;2016. p. 371-383. doi:10.1007/978-3-319-17139-5\_25.
7. Blakey SM, Reuman L, **Jacoby RJ**, Abramowitz JS. Exposure therapy. In: Abramowitz JS, McKay D, Storch EA, editors. *The Wiley handbook of obsessive-compulsive disorders*. Vol. 1. Hoboken: Wiley;2017. p. 565-580.
8. Reuman L, Blakey SM, **Jacoby RJ**, Abramowitz JS. Functional assessment. In: Abramowitz JS, McKay D, Storch EA, editors. *The Wiley handbook of obsessive-compulsive disorders*. Vol. 1. Hoboken: Wiley;2017. p. 124-137.
9. **Jacoby RJ**, Abramowitz JS. Intolerance of uncertainty. In: Pittenger C, editor. *Obsessive-compulsive disorder: Phenomenology, pathophysiology, and treatment*. New York: Oxford University Press;2017. p. 171-178.
10. **Jacoby RJ**. Intolerance of uncertainty. In: Abramowitz JS, Blakey SM, editors. *Clinical handbook of fear and anxiety: Psychological processes and treatment mechanisms*. Washington DC: American Psychological Association Press;2020. p. 45-63.
11. Hellberg SN, **Jacoby RJ**, & Wilhelm S. From OC Spectrum to anxiety disorders. In: Bui E, Charney, ME, Baker, AW, editors. *Clinical handbook of anxiety disorders: From theory to practice*. Switzerland: Springer;2020. p. 105-140. doi: 10.1007/978-3-030-30687-8.

### ***Books/textbooks for the medical or scientific community***

1. Abramowitz JS, **Jacoby RJ**. Obsessive-compulsive disorder in adults: Advances in psychotherapy – Evidence based practice. 2<sup>nd</sup> ed. Cambridge, MA: Hogrefe & Huber;2015.

### **Thesis:**

**Jacoby RJ**. A translational study of the mechanisms of exposure therapy for obsessions: Gradual vs. variable exposure intensity [dissertation]. Chapel Hill (NC): University of North Carolina at Chapel Hill; 2016.

### **Abstracts, Poster Presentations and Exhibits Presented at Professional Meetings:**

1. Reuman L, Blakey SM, **Jacoby RJ**, Riemann B, Abramowitz JS. Intolerance of uncertainty and other cognitive constructs as predictors of OCD symptom change. In: Oglesby M (Chair). *Transdiagnostic risk factors for anxiety: A translational perspective through novel behavioral indicators and treatment paradigms*. Paper presented at the 37<sup>th</sup> Anxiety and Depression Association of America Convention. 2017, Apr 6-9. San Francisco, CA.



2. Fang A, Davidson EJ, **Jacoby RJ**, Germaine LT, Lawson EA, Wilhelm S. Biases in social cognition in body dysmorphic disorder. In: Weingarden H (Chair). Am I at risk? Factors predicting the development and maintenance of obsessive compulsive related disorders. Paper presented at the 51<sup>st</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies. 2017, Nov 16-19. San Diego, CA.
3. **Jacoby RJ**, Fabricant, L, Blakey, SM, Reuman L, Abramowitz JS. Tolerating uncertainty about obsessional thoughts: Associations with mental rituals in a behavioral approach task. Poster presented at the 38<sup>th</sup> Annual Convention of the Anxiety and Depression Association of America. 2018, Apr 5-8. Washington, DC.
4. Shin J\*\*, **Jacoby RJ**, Berman NC, Reese HE, Pollard CA, Szymanski J, Wilhelm, S. You want me to have my patient do what?!: Examining therapists' changing views on exposure therapy following the Behavior Therapy Training Institute (BTIT). Poster presented at the 52<sup>nd</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies. 2018, Nov 15-18. Washington, DC.
5. **Jacoby RJ**. Economic decision-making impairments in OCD: Background and methods for an interdisciplinary pilot study. Poster presented at the Mind Brain Behavior Poster Showcase. 2019, April 25. Cambridge, MA.

\*\*Denotes trainee for whom I served as primary mentor

## **Narrative Report**

**Introduction.** I am a Staff Psychologist in the OCD and Related Disorders Program within the Department of Psychiatry at Massachusetts General Hospital and an Instructor of Psychiatry at Harvard Medical School since April 2019. I conduct clinical research on the nature and treatment of OCD and related disorders and provide clinical care to patients with these conditions. I spend most of my time in research activities, and also mentor clinical research coordinators and provide clinical services.

**Area of Excellence: Investigation.** My research aims are to: (a) improve the behavioral and psychophysiological measurement of transdiagnostic mechanisms underlying the development and effective treatment of OCD and related conditions, and (b) effectively target these mechanisms to augment treatment response (first author publications: 14; h-index: 18). In graduate school at the University of North Carolina at Chapel Hill (UNC), I initiated a line of research examining a probabilistic decision-making task (the Beads Task) as an *in vivo* behavioral measure of intolerance of uncertainty (IU). I found that self-report trait IU is associated with (a) the quantity of information participants requested before feeling “certain” on this task and (b) distress during the decision-making process. Building upon this expertise, I received post-doctoral funding from the International OCD Foundation and Harvard University Mind Brain Behavior Initiative to examine the extent to which individuals with OCD devalue decisional ambiguous options (relative to risky but unambiguous ones) and understand the role that IU plays in this relationship. A second area of focus has been on attentional/cognitive control in the context of unwanted intrusive thoughts. I conducted two studies to quantify attentional biases using the dot probe paradigm among individuals with elevated health anxiety and scrupulosity (i.e., religious obsessions). These studies informed a post-doctoral project funded by the Charles King Postdoctoral Fellowship, Harvard Livingston Fellowship Award, and Harvard Foundations of Human Behavior Initiative. This study examined: (a) whether attentional/cognitive control (i.e., response inhibition, set shifting, attentional disengagement) is a transdiagnostic mechanism underlying repetitive negative thinking (obsessions, worries, and ruminations), and (b) the extent to which such impairments are associated with *in vivo* repetitive thinking using novel technologies (the iMotions biometric platform). My ultimate goal is to better understand transdiagnostic constructs like IU and cognitive control in order to better quantify mechanisms of action during exposure therapy. My recently awarded NIMH K23 Career Development Award application (Impact Score: 19) proposes to leverage the findings from my work as pilot data to examine target engagement of attentional/cognitive control in a transdiagnostic treatment for repetitive negative thinking. I remain strongly committed to continuing to develop my clinical research career at MGH and becoming a fully funded, independent research scientist.

**Teaching and Education.** At UNC, I taught two semesters of Abnormal Psychology as a teaching fellow and received letters of commendation for excellence in teaching for both courses. I also taught several semesters of a lab section of Research Methods and supervised numerous undergraduates, including one honors thesis student. In the MGH OCD Program, I am the primary supervisor for a clinical research coordinator annually who I mentor in scientific writing, dissemination of research results via papers and posters, and applications to graduate school. Through formal seminars, I teach our research coordinators about OCD and related conditions, scientific writing, and statistical analysis.

**Supporting Activity: Clinical Expertise.** At MGH, I provide cognitive behavioral therapy (CBT) to outpatients with OCD and related disorders and co-occurring problems including PTSD, panic disorder, and depression. I also serve as a clinical supervisor in the OCD program for psychology interns and post-docs. I have co-authored a book on exposure for OCD and regularly provide workshops to disseminate empirically supported exposure techniques to advanced-level therapists. Finally, at MGH I contribute to the content development of an innovative, smartphone-based CBT treatment for OCD that aims to improve access to care. I also integrate digital approaches into my own clinical work.

**Summary.** Since joining MGH/HMS as a Clinical Fellow in 2016, I have sought to conduct innovative clinical research on OCD and related disorders, deliver excellent clinical care, and provide influential teaching and mentorship to trainees. Through my scientific presentations (at the local, regional, national, and international level), peer-reviewed research, successful grant funding, and involvement with professional societies, I aim to better understand the development, maintenance, and treatment of OCD and related conditions and to ultimately improve clinical care for afflicted patients.