

AMY MEZULIS

Curriculum Vitae

CONTACT INFORMATION

Address: Seattle Pacific University
Department of Clinical Psychology
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PROFESSIONAL POSITIONS, EDUCATION, AND TRAINING

2009-present Licensed Clinical Psychologist
Washington State

2006-present Assistant Professor
Department of Clinical Psychology
Seattle Pacific University
Courses taught:
- Adolescent Development
- Clinical Foundations
- Psychological Interventions: Cognitive and Behavioral Therapy
- Psychopathology
- Cognition and Learning
- Advanced Adolescent Psychopathology & Intervention

2005-2010 Senior Research Fellow
Psychiatry and Behavioral Sciences
University of Washington

2005 Ph.D. in Clinical Psychology
University of Wisconsin – Madison
Advisors: Lyn Y. Abramson, Ph.D. & Janet S. Hyde, Ph.D.

2004-2005 Predoctoral Intern
VA Puget Sound Seattle Division

2002 M.S. in Clinical Psychology
University of Wisconsin – Madison

1996 M.A. in Political Science
University of California – Berkeley

1994 B.A. in Government
Harvard University

GRANTS AND AWARDS

- 2011-2012 Faculty Research Grant (\$2300) by Seattle Pacific University to support SNAP-4-Kids, a study examining affective, physiological, and cognitive responses to stress and their associations with depressive symptoms among middle school youth.
- 2010-2011 Faculty Research Grant (\$3500) by SPU School of Psychology, Family, and Community to support Women ROCK, a pilot study examining the efficacy of a preventive intervention to prevent depressive symptoms among high-vulnerability women in the transition to college.
- 2009-2010 Faculty Research Grant (\$3500) by Seattle Pacific University to support Women ROCK, a pilot study examining the efficacy of a preventive intervention to prevent depressive symptoms among high-vulnerability women in the transition to college.
- 2008-2010 Faculty Research Grant (\$4000) by SPU School of Psychology, Family, and Community to support the Stress and Coping Study, a prospective weekly diary study of stress, emotionality, cognition, and mood among 9th-12th graders.
- 2007-2010 National Association for Research in Schizophrenia and Depression Young Investigator Award (\$60,000), to (1) support secondary analyses of the University of Washington Developmental Pathways Project examining pathways to depression among 6th-9th graders and (2) fund a pilot study examining physiological correlates of negative emotionality and cognitive vulnerability to depression.
- 2004 American Psychological Association Science Directorate Dissertation Award

PEER-REVIEWED PUBLICATIONS (*Clinical Psychology graduate student author)

- Simonson, J.*, Sanchez, O.*, Arger, C.*, & Mezulis, A. (in press). Integrating affective and cognitive vulnerabilities to depression: Examining individual differences in cognitive responses to induced stress. *Cognitive Therapy and Research*.
- Simonson, J.*, Davis, K.*, & **Mezulis, A.** (in press). Socialized to ruminate? Gender role mediates the sex difference in interpersonal rumination. *Journal of Social and Clinical Psychology* (accepted May 25, 2011).
- Cox, S.*, Funasaki, K.*, Smith, L.*, & **Mezulis, A.** (in press). A prospective study of brooding and reflection as moderators of the relationship between stress and depressive symptoms in adolescence. *Cognitive Therapy and Research* (accepted May 11, 2011).
- Mezulis, A.**, Simonson, J.*, McCauley, E., & Vander Stoep, A. (in press). Associations between temperament and depression in adolescence: Brooding and reflection as potential mediators. *Cognition and Emotion* (accepted November 11, 2010).
- Mezulis, A.**, Vander Stoep, A., Stone, A.L., & McCauley, E. (in press). A latent class analysis of depressive and externalizing symptoms in non-referred adolescents. *Journal of Emotional and Behavioral Disorders* (accepted June 4, 2010).

- Carpenter, T., Laney, T.*, & **Mezulis, A.** (2011). Religious coping, stress, and depressive symptoms among adolescents: A prospective study. *Psychology of Religion and Spirituality*. Advance Online Publication (May 16, 2011): doi: 10.1037/a0023155.
- Mezulis, A.**, Funasaki, K.*, & Hyde, J.S. (2011). Negative cognitive style trajectories in the transition to adolescence: Prediction from temperament, parenting, stress, and gender. *Journal of Clinical Child and Adolescent Psychology*, 40, 318-331.
- Mezulis, A.**, Hyde, J.S., Simonson, J.*, & Charbonneau, A.* (2011). Integrating affective, biological, and cognitive vulnerability models to explain the gender difference in depression: The ABC model and its implications for intervention. In T. Strauman, P. Costanzo, & J. Garber (editors), *Depression in Adolescent Girls: Science & Prevention (The Duke Series in Child Development and Public Policy)*. Charlotte, NC: Duke University Press.
- Mezulis, A.**, Priess, H., & Hyde, J.S. (2011). Rumination mediates the relationship between infant temperament and adolescent depressive symptoms. *Depression Research and Treatment*, 2011, doi: 10.1155/2011/487873.
- Mezulis, A.**, Funasaki, K.*, Charbonneau, A.*, & Hyde, J.S. (2010). Gender differences in the cognitive vulnerability-stress model of depression in the transition to adolescence. *Cognitive Therapy and Research*, 34, 501-513. DOI 10.1007/s10608-009-9281-7
- Cox, S.*, **Mezulis, A.**, & Hyde, J. (2010). The influence of child gender role and maternal feedback to child stress on the emergence of the gender difference in rumination in adolescence. *Developmental Psychology*, 46, 842-852.
- Mezulis, A.**, & Funasaki, K.* (2009). Modeling the gender difference in depression: A commentary on Cambron, Acitelli, and Pettit. *Sex Roles*, 61, 762-768. DOI 10.1007/s11199-009-9663-z
- Charbonneau, A.*, **Mezulis, A.**, & Hyde, J.S. (2009). Stress and emotional reactivity as explanations for gender differences in adolescents' depressive symptoms. *Journal of Youth and Adolescence*, 38, 1050-1058. DOI 10.1007/s10964-009-9398-8
- Hyde, J.S., **Mezulis, A.**, & Abramson, L.Y. (2008). The ABCs of depression: Integrating affective, biological, and cognitive models to explain the emergence of the gender difference in depression. *Psychological Review*, 115, 291-313. DOI: 10.1037/0033-295X.115.2.291
- Mezulis, A.**, Hyde, J.S., & Abramson, L.Y. (2006). The developmental origins of cognitive vulnerability to depression: Temperament, parenting, and negative life events in childhood as contributors to negative cognitive style. *Developmental Psychology*, 42, 1012-1025. DOI: 10.1037/0012-1649.42.6.1012
- Mezulis, A.**, Abramson, L., Hyde, J.S., & Hankin, B.L. (2004). Is there a universal positivity bias in attributions? A meta-analytic review of individual, developmental, and cultural differences in the self-serving attributional bias. *Psychological Bulletin*, 130, 711-746. DOI: 10.1037/0033-2909.130.5.711
- Mezulis, A.**, Hyde, J.S., and Clark, R. (2004). Father involvement moderates the effect of maternal depression in infancy on child behavior problems. *Journal of Family Psychology*, 18, 575-588.
- Mezulis, A.**, Abramson, L., and Hyde, J.S. (2002). Domain specificity of gender differences in rumination. *Journal of Cognitive Psychotherapy: An International Quarterly*, 16, 421-434.

Hyde, J.S., & **Mezulis, A.** (2001). Gender difference research: Issues and critique. In J. Worrell (Ed.), *Encyclopedia of Gender*. New York: Academic Press.

CONFERENCE PRESENTATIONS (*student author)

- Mezulis, A.**, Hyde, J.S., & Abramson, L.Y. (June 2011). *Depression trajectories in adolescence: Prediction from temperament, puberty, sex, and cognitive vulnerability*. Invited paper, International Society for Research on Child and Adolescent Psychopathology, Chicago, IL.
- Mezulis, A.**, & Rudolph, M. (April 2011). *Negative emotionality predicts event-specific cognitive responses to stress*. Paper presented at the biennial meeting of the Society for Research in Child Development, Toronto, Canada.
- Mezulis, A.** (December, 2010). *Individual differences in affective, physiological, and cognitive responses to stress*. Invited paper, Expert Meeting on Temperament and Cognitive Vulnerability to Depression in Children and Adolescents, University of Leuven, Leuven, Belgium.
- Mezulis, A.** & Charbonneau, A.* (November 2010). *A randomized trial of a brief preventive intervention to reduce emotional reactivity to stress and depressive symptoms in the transition to college*. Poster presented at the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- Rudolph, M.E.* & **Mezulis, A.** (August 2010). *The predictive relationship between trait negative emotionality and cognitive vulnerabilities to depression: A prospective analysis among adolescents*. Poster presented at the Annual Convention of the American Psychological Association, San Diego, CA.
- Cox, S., Funasaki, K., Smith, L., & Mezulis, A. (2010, August). *A prospective study of rumination as a moderator of the relationship between domain specific stressors and depressive symptoms among adolescents*. Poster presented at the Annual Convention of the American Psychological Association, San Diego, CA.
- Herges, A.*, Smith, L.*, & Mezulis, A. (2010, August). *Moderation of stressors and depression in disabled college students*. Poster presented at the Annual Convention of the American Psychological Association, San Diego, CA.
- Mezulis, A., Simonson, J.*, McCauley, E., & Vander Stoep, A. (August, 2010). *Brooding mediates the relationship between temperament and depression in adolescence*. Poster presented at the Annual Convention of the American Psychological Association, San Diego, CA.
- Charbonneau, A.* & **Mezulis, A.** (April 2010). *A randomized trial of a brief preventive intervention to reduce emotional reactivity to stress and depressive symptoms in the transition to college*. Poster presented at the Society of Behavioral Medicine, 31st Annual Conference, Seattle, WA.
- Funasaki, K.* & **Mezulis, A.** (March 2010). *Examining the positive and negative outcomes of co-rumination: Mood, social support, problem-solving, and rumination*. Paper presented at the Society for Research in Adolescence Convention, Philadelphia, PA.
- Mezulis, A.**, & Simonson, J.* (March, 2010). *Biological sex, gender role, and rumination: Investigating relationships by domain*. Paper presented at the Biennial Convention of the Society for Research on Adolescence, Philadelphia, PA.

- Funasaki, K.*, **Mezulis, A.**, & Hyde, J.S. (June, 2009). *Negative cognitive style trajectories in the transition to adolescence: Prediction from temperament, parenting, stress, and gender*. Poster presented at the International Society for Research in Child and Adolescent Psychopathology Conference, Seattle, WA.
- Simonson, J.*, **Mezulis, A.**, McCauley, E., & Vander Stoep, A. (June, 2009). *Temperament, stress, and gender in the prediction of depression trajectories in the transition to adolescence*. Poster presented at the International Society for Research in Child and Adolescent Psychopathology Conference, Seattle, WA.
- Mezulis, A.**, McCauley, E., Vander Stoep, A., McCarty, C.M., & Smith, L.* (April, 2009). *Do cognitive diatheses mediate or moderate the relationship between stress and depression in early adolescence?* Paper presented at the Society for Research in Child Development Convention, Denver, CO.
- Mezulis, A.**, Funasaki, K.*, King, D.*, Charbonneau, A.*, & Hyde, J.S. (April, 2009). *Predicting depression in the transition to adolescence: Gender differences in the cognitive vulnerability-stress model*. Paper presented at the Society for Research in Child Development Convention, Denver, CO.
- Hyde, J.S., **Mezulis, A.**, & Abramson, L.Y. (April, 2009). *The ABCs of depression: Integrating affective, biological, and cognitive models to explain the emergence of the gender difference in depression*. Paper presented at the Society for Research in Child Development Convention, Denver, CO.
- Cox, S.*, **Mezulis, A.**, & Hyde, J.S. (April, 2009). *Testing a socialization model of rumination: Maternal feedback and gender role identity as predictors of the gender difference in rumination in adolescence*. Paper presented at the Society for Research in Child Development Convention, Denver, CO.
- Charbonneau, A.*, **Mezulis, A.**, & Hyde, J.S. (August, 2008). *Gender differences in depression: The mediating effects of stress and the moderating effects of distress to negative life events*. Poster presented at the American Psychological Association Convention, Boston, MA.
- Hyde, J.S. & **Mezulis, A.** (2008, March). *The ABCs of depression: Integrating affective, biological, and cognitive models of depression to explain the emergence of the gender difference in depression*. Paper presented at the Society for Research in Adolescence Conference. Chicago, IL.
- Mezulis, A.**, Hyde, J.S., & Charbonneau, A.* (2007, August). *Predicting depressive symptoms in young adolescents: Gender differences in the cognitive vulnerability-stress model*. Poster presented at the American Psychological Association Convention. San Francisco, CA.
- Mezulis, A.**, Stone, A.L., Vander Stoep, A., & McCauley, E. (2006, October). *Understanding comorbidity: Variations in symptom profiles among young adolescents with depressive, conduct and comorbid problems*. Poster presented at the American Academy of Child and Adolescent Psychiatry Annual Meeting. San Diego, CA.
- Mezulis, A.**, Hyde, J.S., & Abramson, L.Y. (2005, August). *The developmental origins of cognitive vulnerability to depression*. Symposium paper presented at American Psychological Association Convention, Washington, DC.
- Mezulis, A.**, Abramson, L., and Hyde, J.S. (2003, April). *Domain specificity of gender differences in rumination*. Invited talk, Association of Women in Psychology Convention. Jersey City, NJ.

Mezulis, A., Hyde, J.S., & Abramson, L.Y. (2003, April). *Can temperament provide protection against risk for depression? Relationships between temperament and cognitive style in middle childhood.* Poster presented at MacArthur Conference on Successful Pathways Through Middle Childhood. Washington, D.C.

Hyde, J.S., Mezulis, A., & Else-Quest, N. (2003). *Mother-child interactions during mathematics homework: Pathways to mathematics competence.* Poster presented at MacArthur Conference on Successful Pathways Through Middle Childhood. Washington, D.C.

Abramson, L.Y., Hankin, B., **Mezulis, A.,** and Hyde, J.S. (2002). *Domains of cognitive vulnerability: Implications for the comorbidity of depression and bulimia.* Poster presented at Association for Advancement of Behavior Therapy. Reno, NV.

Mezulis, A., Hyde, J.S., and Clark, R. (2001, April). *Father involvement and maternal depression in infancy: Impact on children's behavior problems in kindergarten.* Poster presented at Society for Research in Child Development Biennial Conference. Minneapolis, MN.

Mezulis, A., Hyde, J.S., and Abramson, L. (2001, August). *Gender differences in cognitive style in children.* Poster presented at the American Psychological Association Annual Convention. San Francisco, CA.

COMMUNITY ENGAGEMENT

- *Invited speaker:* Parent Education Series at Forest Ridge High School, Bellevue, WA, May 2011. Topic: Mental health in the transition to adolescence.
- *Invited speaker:* Cleveland High School Science Café, Seattle, WA, April, 2011. Topic: Depression in adolescence.
- *Invited speaker:* Annual Expanding Your Horizons Conference for Middle School Girls, Bellevue, WA, March 2011. Topic: Girls in the STEM fields.
- *Invited speaker:* First Presbyterian Church of Bellevue Depression Support Group, Bellevue, WA, December 2010. Topic: Depression – causes and consequences.
- *Invited speaker:* University of Washington Robinson Center for Young Scholars Summer Program, Seattle, WA, June 2008. Topic: Giftedness, gender, and math.
- *Invited speaker:* Parent Education Series at Open Window School, Bellevue, WA, May, 2008. Topic: Giftedness, gender, and math.

MEMBERSHIPS AND AFFILIATIONS

Member:

- American Psychological Association (Divisions 7, 35, and 53)
- Society for Research in Child Development
- Society for Research in Adolescence
- International Society for Research in Child and Adolescent Psychopathology
- Association for Behavioral and Cognitive Therapies

Reviewer:

- Developmental Psychology
- Journal of Abnormal Child Psychology
- Journal of the American Academy for Child and Adolescent Psychiatry
- Cognitive Therapy and Research

- Journal of Social and Clinical Psychology
- Cognition and Emotion

- Emotion
- Journal of Family Psychology