

CURRICULUM VITAE

LINDSEY B. HOPKINS, PH.D.

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EDUCATION

- 2014 **Doctor of Philosophy, Clinical Psychology**
Southern Methodist University, Dallas, TX
Dissertation: *Hatha Yoga for Cortisol Reactivity to Stress and Stress-Induced Eating*
Pre-doctoral Internship: Health Psychology Track, Rush University Medical Center, Chicago, IL
- 2011 **Master of Arts, Clinical Psychology**
Southern Methodist University, Dallas, TX
Thesis: *Physical Activity Moderates the Association between Anxiety Sensitivity and Binge Eating*
- 2006 **Bachelor of Arts, Psychology / Child Learning and Development** (double major; summa cum laude)
The University of Texas at Dallas, Richardson, TX

EXPERIENCE AND POSITIONS

- 2019 - present **Private Practice, www.lindseyhopkinsphd.com**, San Francisco, CA
Owner / Psychotherapist / Consultant
- ♦ Individual psychotherapy with foci in trauma/PTSD, disordered eating, anxiety disorders, and behavioral health/medicine (e.g., weight loss, smoking cessation, coping with medical diagnoses and chronic illness)
 - ♦ Consultation on research design, quantitative analysis, and professional writing
- 2022 **Clinical Psychology PhD Program, Palo Alto University**, Palo Alto, CA
Adjunct Professor
- ♦ Course taught: Research Methods & Statistics III (multiple regression, longitudinal/panel studies, mixed effects modeling)
- 2019 - 2021 **Department of Psychiatry, University of California**, San Francisco, CA
Research Data Analyst III, Addiction Research Program (10% time)
- ♦ Quantitative data analysis with focus in multilevel modeling, co-author of peer-reviewed research reports, and grant writing
- 2017 - 2019 **Addiction Research Program, San Francisco VA Medical Center**, San Francisco, CA
Research Scholar (Northern California Institute for Research and Education)
- ♦ Led development of smartphone/mobile app for smoking cessation (Stay Quit Coach 2.0) with international software development company (VA Innovators Award)
 - ♦ Co-directed a randomized controlled trial (RCT) of a technology-enhanced smoking cessation intervention for veterans with PTSD (TRDRP STAR Award 500717)
 - ♦ Fidelity coding and longitudinal data analysis (multilevel modeling) of Motivational Interviewing (MI) therapy sessions for patients with substance use disorders
 - ♦ Grant writing for multiple VA/DoD applications focused on mobile/technology applications, substance use interventions, and stress/resilience training

- 2016 - 2017 **National Center for PTSD, VA Palo Alto Health Care System**, Menlo Park, CA
Research Health Science Specialist (Center for Innovation to Implementation)
- ◆ Director of *Validation of the Primary Care PTSD Screen for DSM-5* (VA HSR&D IIR 15-103)
 - ◆ Investigated rates, correlates, and comorbidities of eating pathology in a nationally representative sample of 6,287 female veterans (VA HSR&D SDR12-196)
- 2014 - 2016 **Advanced Fellowship in Women's Health, San Francisco VA Medical Center**, San Francisco, CA
Postdoctoral Research Fellow (25% clinical in the SFVA Women's Clinic)
- RESEARCH:
- ◆ Co-investigator of pilot trial of an 8-week community-based yoga intervention for veterans' emotional and behavioral health
 - ◆ Investigated impact of smoking on fear extinction; secondary analyses of *Effects of Hydrocortisone and D-Cycloserine on Fear Extinction in Veterans with PTSD* (VA ORD H841-31915-01A; NCT00674570)
- CLINICAL:
- ◆ Individual psychotherapy with foci in transgender health and complex trauma
 - ◆ Skills Training in Affect and Interpersonal Regulation (STAIR) group therapy for PTSD
 - ◆ Diagnostic assessment including Clinical Administered PTSD Scale (CAPS-4/5) and Structured Clinical interview for DSM (SCID-4/5)
- 2013 - 2014 **Department of Behavioral Sciences, Rush University Medical Center**, Chicago, IL
Clinical Psychology Resident (predoctoral clinical internship), Health Psychology Track
- ◆ Outpatient Psychotherapy: foci in trauma/PTSD, depression, emotional eating
 - ◆ Outpatient Sleep Clinic: CBT for CPAP adherence and insomnia (CBT-I)
 - ◆ Inpatient Psychosocial Oncology ◆ Inpatient Geriatric/Rehabilitation Psychology
- 2009 - 2014 **Anxiety Research and Treatment Program, Southern Methodist University**, Dallas, TX
Doctoral Student / Research Coordinator
- RESEARCH:
- ◆ Principal Investigator: Randomized controlled trial (RCT) of hatha yoga for stress reactivity and stress-induced eating (NCT01652807)
 - ◆ Project Director: (1) 4-year, multi-site RCT of exercise as an augment to CBT for smoking cessation for patients high in anxiety sensitivity (NCT01065506); (2) RCT of D-Cycloserine for augmenting CBT for acrophobia (NCT01102803)
- CLINICAL:
- ◆ Prolonged exposure therapy (PE) for PTSD (NCT01199107)
 - ◆ Group CBT for social phobia and smoking cessation (NCT00633984)
 - ◆ Exercise and wellness interventions for smoking cessation and anxiety sensitivity
- 2011 - 2013 **Behavioral Health Center, Baylor Regional Medical Center**, Plano, TX
Psychotherapy Trainee (external practicum 2011-2012)
Clinical Coordinator and Psychotherapist (hired for pay 2012-2013)
- ◆ Group Biobehavioral Stress Management & Coping Intervention (C2H) for oncology patients
 - ◆ Bariatric pre-surgical evaluations ◆ CBT for weight loss and binge eating

- 2011 - 2013 **Dallas CBT, PLLC, Dallas, TX**
Psychotherapy Trainee (external practicum)
 ♦ CBT for adolescents with anxiety and mood disorders in a private practice setting
- 2009 - 2011 **Department of Psychology, Southern Methodist University, Dallas, TX**
Internal Practicum Student
 ♦ Psychoeducational and personality assessment for adults and children
 ♦ Structured clinical interviews for patients with bipolar disorder and their partners
- 2008 - 2009 **Weight and Eating Disorders Research Program, Southern Methodist University, Dallas, TX**
RESEARCH: *Doctoral Student / Research Coordinator*
 ♦ Directed an RCT of a cognitive dissonance-based eating disorder (ED) prevention program for college sorority women
 ♦ Co-designed/piloted relapse prevention intervention for parents of adolescents in intensive outpatient ED treatment
CLINICAL: *Group Therapist / Trainer of undergraduate intervention facilitators*
 ♦ The Body Project, a cognitive dissonance-based ED prevention program
- 2007 - 2008 **Eating and Weight Concerns Center, Emory University, Atlanta, GA**
RESEARCH: *Doctoral Student / Graduate Research Assistant*
 ♦ Co-facilitated pilot study of a cognitive dissonance-based ED prevention program for college sorority women
CLINICAL: *Group Therapist / Trainer of undergraduate intervention facilitators*
 ♦ The Body Project, a cognitive dissonance-based ED prevention program
- 2006, 2007, 2008
Wediko Children's Services, Summer Program, Windsor, NH
RESEARCH: *Project Coordinator (summer 2008); Research Assistant (summer 2007)*
 ♦ Coordinated longitudinal study of contextual vs. syndromal approaches to child assessment and their predictions of treatment responses (NIMH R15MH076787)
 ♦ Trained clinicians on observational coding system (ecological momentary assessment)
CLINICAL: *Residential Counselor / Athletics Instructor*
 ♦ Cognitive-behavioral and psychodynamic group and individual interventions
 ♦ Behavioral risk/crisis management ♦ Recreational therapy
- 2006 - 2007 **Psychiatric Inpatient Unit, Children's Medical Center of Dallas, Dallas, TX**
Milieu Therapist
 ♦ CBT and supportive interventions for children and adolescents with eating disorders
- 2004 - 2007 **Peer Relations Lab, The University of Texas at Dallas, Richardson, TX**
Undergraduate Research Assistant
 ♦ Led development of observational coding system for child-parent and child-friend dyadic interactions, trained coders, and led reliability meetings for an NIMH-funded longitudinal study of development of social/relational aggression

ADDITIONAL CLINICAL TRAINING

- Summer 2022 **SeekHealing: Listening Training for Professionals:** Weekend intensive training in addiction treatment, based in the relational model of social health
SeekHealing, Asheville, NC
- ◆ Instructor: Jennifer Nicolaisen (co-founder, executive director), Jennifer Garrett
 - ◆ Modules included: relational self-care and burnout prevention; personal harm reduction; holding space for suicidality; psychedelic integration; ethical use of power; how to talk about drugs; overdose reversal training; reporting and hospitalization; culture of generosity and reciprocity; ethical self-disclosure
- 2017 - 2018 **Motivational Interviewing:** Year-long intensive training and mentorship
San Francisco VA Medical Center, San Francisco, CA
- ◆ Instructors: Brian Borsari, PhD, Jennifer Manuel, PhD
- Winter 2015 **Cognitive Processing Therapy (CPT) for PTSD:** Full-day training with two supervised cases
San Francisco VA Medical Center, San Francisco, CA
- ◆ Instructors: Shira Maguen, PhD, Kris Burkman, PhD
 - ◆ Two training cases supervised by Danielle Roselin, MD (2015-2016)
- Spring 2013 **Interpersonal Psychotherapy (IPT):** Full-day workshop with two supervised cases
33rd annual Anxiety and Depression Association of America Conference, La Jolla, CA
- ◆ Instructors: Lena Verdeli, PhD, Kathleen Clougherty, LCSW
 - ◆ Cases supervised by Danielle Roselin, MD (SFVAMC, 2015-16), Erin Emery, PhD (RUMC, 2014)
- Summer 2012 **FromCancerToHealth (C2H): Biobehavioral Stress Management and Coping:** 3-day training
Ohio State University, Columbus, OH
- ◆ Instructors: Barbara Andersen, PhD, Kristen Carpenter, PhD, Rebecca Shelby, PhD
 - ◆ Led implementation at Baylor Regional Medical Center
- Spring 2010 **Prolonged Exposure (PE) for PTSD:** 5-day training with two supervised cases
Anxiety Research and Treatment Program, Southern Methodist University, Dallas, TX
- ◆ Instructor and Supervisor of two training cases (2011-2013): Mark Powers, PhD

GRANT SUPPORT (as principal investigator)

Grants Awarded:

- 2013 Title: *The effects of Bikram Yoga on cortisol reactivity to stress*
Sponsor: **Pure Action, Inc.** (501c3 nonprofit organization)
Role: Principal Investigator
Objective: An RCT examining the effects of yoga on cortisol reactivity to stress
Total Costs: \$9,000

Grant Applications Submitted:

- 2011, 2012 Title: *Yoga intervention for stress-induced eating* (F31 AT007115-01A1)
Sponsor: **NIH National Center for Complementary and Integrative Health**
Role: Principal Investigator
Impact/Priority Score: 32 (Fellowship applicant: 1; Sponsors/collaborators: 3;

Training plan: 3; Training potential: 1; Institutional environment/commitment: 2)
 Objective: An RCT examining the feasibility, acceptability, and efficacy of a yoga intervention for women high in stress-eating and at risk for obesity-related illnesses

EDITORIAL SERVICE AND REVIEW ACTIVITIES

Editorial Positions:

2014 - present **BMC Psychiatry**, *Associate Editor*

2013 **Cognitive Therapy and Research**, *Guest Editor*
 Special Issue: Anxiety and Disordered Eating

Grant Review:

2010 **Dutch Addiction Programme of the Netherlands, Organisation for Health Research and Development**, *Ad Hoc Grant Reviewer*

Ad Hoc Review:

Appetite, Anxiety Disorders Association of America, Association for Behavioral and Cognitive Therapies, Behavior Research and Therapy, BMC Psychiatry, British Journal of Clinical Psychology, Child Psychiatry and Human Development, Cognitive Therapy and Research, Cognitive Behaviour Therapy, Developmental Psychology, Journal of Affective Disorders, Journal of Behavioral Medicine, Journal of Clinical Psychology, Journal of Consulting and Clinical Psychology, Journal of Obesity, Journal of Physical Activity and Health, Psychiatry Research, Psychoneuroendocrinology

TEACHING AND MENTORING EXPERIENCE

2017 - **Early Career Mentor**
Society of Clinical Psychology (APA Division 12) Mentorship Program
 Student: Samantha Hellberg, B.A., Massachusetts General Hospital

2016 - **External Dissertation Chair**
California School of Professional Psychology at Alliant International University, San Francisco
 Student: Sarah Shallit, MA
 Dissertation title: "Effects of a yoga intervention on depression and anxiety: Evaluating the mediating role of mindfulness and self-compassion"

August 2015 **Guest Workshop Presenter**
The University of Texas at Dallas, School of Behavioral and Brain Sciences
 Presentation title: "Roadmap to Graduate School: Managing the Application Process"

2008 - 2013 **Trainer/direct supervisor for junior graduate students & undergraduate research assistants**
Weight and ED Research Program / Anxiety Research and Treatment Program, Southern Methodist University

- ◆ Clinical research methodology, data management, conference abstract preparation
- ◆ Structured Clinical Interview for DSM-IV Axis I Disorders (SCID-I)
- ◆ CBT, exercise, and wellness interventions for smoking cessation and anxiety sensitivity

Fall 2012 **Course Co-Instructor for Introduction to Clinical Psychology**
Department of Psychology, Southern Methodist University

- Summer 2011 **Guest Lecturer for undergraduate courses**
Department of Psychology, Southern Methodist University
- ◆ Introduction to Clinical Psychology
 - ◆ Research Methods
- 2003 - 2006 **Teaching Assistant**
School of Behavioral and Brain Sciences, The University of Texas at Dallas
- ◆ Adolescent Psychology (2006)
 - ◆ Historical Perspectives on Psychology (2005)
- School of Natural Sciences and Mathematics, The University of Texas at Dallas*
- ◆ Body Systems (2003)
 - ◆ Biological Basis of Health and Disease (2004)

HONORS AND AWARDS

Southern Methodist University

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| Dean's Graduate Student Development Grant (\$400 Research Awards) | 2010, 2011, 2012, 2013 |
| Willis Tate Psychology (\$700 Travel Award), <i>Dedman College</i> | 2011 |
| Graduate Student Research Day Winner (\$200 Award), <i>Dedman College</i> | 2011 |
| Grace & Searcy Kendrick Endowment Fund (\$700 Research Awards), <i>Psych. Dept.</i> | 2008, 2009, 2010 |
| Conference Travel Grant (\$1,020), <i>Student Senate</i> | 2013 |

Anxiety Disorders Association of America

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| Career Development Travel Award (\$760) | 2015 |
| New Research Poster Award Finalist | 2011 |

School of Behavioral and Brain Sciences, The University of Texas at Dallas

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| Buhrmester Rising Star Award: Presented to former undergraduate who has demonstrated outstanding accomplishment in the first 10 years after graduation | 2015 |
| Summa Cum Laude (GPA = 4.00, honors thesis) | 2006 |
| Dean's Award for Highest Academic and Overall Excellence in Major | 2006 |
| School of Behavior and Brain Sciences Honors | 2006 |
| Academic Distinction Scholarship Recipient: Full tuition and housing | 2003 - 2006 |
| Inducted into Golden Key International Society and Psi Chi Psychology National Honor Society | 2003 |

PROFESSIONAL MEMBERSHIPS

- 2019 - **California Psychological Association**
- 2019 - **Northern California Cognitive Behavior Therapy Network**
- 2011 - **Society of Clinical Psychology (SCP; APA Division 12)**
- ◆ Member of SCP Section III: **Society for a Science of Clinical Psychology**
- 2010 - **Anxiety Disorders Association of America**
- ◆ Member of ADAA Early Career Professionals and Students SIG
- 2010 - **Association of Behavioral and Cognitive Therapies**
- 2009 - **American Psychological Association**

SERVICE AND LEADERSHIP

Society of Clinical Psychology (APA Division 12):

- 2018 - 2019 **Membership Committee, Co-Chair**
 2017 - 2018 **Membership Committee, Member**
2016 - 2017 *Program Chair for 125th Annual APA Convention in Washington, D.C.*
 2017 - 2019 **Membership Committee, Member**
 2011 - 2013 **Campus Representative** for the SMU Clinical Psychology Ph.D. Program

Mental Health Service and Psychology Training Programs, SFVA Medical Center:

- 2016 - **Mindfulness Working Group, Member**
 ♦ Leading effort to coordinate clinical outcome measures among the various mindfulness-based clinical programs throughout the SFVA health care system
 2014 - 2016 **Diversity Committee, Member**
 ♦ **Sub-committee Chair:** Diversity Interview for Clinical Internship Applicants (Diversity Curriculum Planning Committee)

Department of Psychology, Southern Methodist University:

- 2009 - 2011 **Elected Student Representative** for the Clinical Psychology PhD Program

PEER-REVIEWED PUBLICATIONS

(*denotes mentee/student author)

1. Nyer MB, **Hopkins LB**, Nagaswami MV, et al. (in press). A randomized controlled trial of community-delivered heated Hatha yoga for moderate-to-severe depression. *Journal of Clinical Psychiatry*.
2. Nyer MB, **Hopkins LB**, Farabaugh A, Nauphal M, Parkin S, McKee MM, Miller KK, Streeter C, Uubelacker LA, Fava M, Alpert JE, & Mischoulon D. (2019). Community-delivered heated hatha yoga as a treatment for depressive symptoms: A pilot study. *Journal of Alternative and Complementary Medicine*, 25(8). doi: [10.1089/acm.2018.0365](https://doi.org/10.1089/acm.2018.0365)
3. Borsari B, **Hopkins LB**, Manuel J, Apodaca TR, Mastroleo NR, Jackson KM, Magill M, Norona J, & Carey KB. (2019). Improvement in therapist skills over sessions in brief motivational interventions predicts client language and alcohol use outcomes. *Psychology of Addictive Behaviors*, 33(5), 484-494. doi: [10.1037/adb0000470](https://doi.org/10.1037/adb0000470)
4. Herbst ED, McCaslin SE, Daryani SH, Laird KT, **Hopkins LB**, Pennington D, & Kuhn E. (2019). A qualitative examination of Stay Quit Coach, a mobile application for veteran smokers with post traumatic stress disorder. *Nicotine & Tobacco Research*, 22(4), 560-569. doi: [10.1093/ntr/ntz037](https://doi.org/10.1093/ntr/ntz037)
5. Nyer MB, O'Hair CM, **Hopkins LB**, Roberg R, Norton R, Streeter C. (2019). Yoga as a treatment for depression: Applications for mental health practitioners. *Psychiatric Annals*, 49(1), 11-15. doi: [10.3928/00485713-20181203-01](https://doi.org/10.3928/00485713-20181203-01)
6. Zvolensky MJ, Rosenfield D, Garey L, Kauffman BY, Langdon KJ, Powers MB, Otto MW, Davis M, Marcus BH, Church TS, Frierson GM, **Hopkins LB**, Paulus DJ, Baird SO, & Smits JAJ. (2018). Does exercise aid smoking cessation through reductions in anxiety sensitivity and dysphoria? *Health Psychology*, 37(7), 647-657. doi: [10.1037/hea0000588](https://doi.org/10.1037/hea0000588)
7. Kilpela LS, Schaumberg K, **Hopkins LB**, & Becker CB. (2017). Mechanisms of action during a dissonance-based intervention through 14-month follow-up: The roles of body shame and body surveillance. *Body Image*, 23, 171-175. doi: [10.1016/j.bodyim.2017.10.003](https://doi.org/10.1016/j.bodyim.2017.10.003)

8. Jacquart J, Papini S, Davis ML, Rosenfield D, Powers MB, Frierson GM, **Hopkins LB**, Baird SO, Marcus BH, Church TS, Otto MW, Zvolensky MJ, & Smits JAJ. (2017). Identifying adherence patterns in a smoking cessation treatment and their relationships with quit success. *Drug and Alcohol Dependence*, 174, 65-69. doi: [10.1016/j.drugalcdep.2017.01.007](https://doi.org/10.1016/j.drugalcdep.2017.01.007)
9. **Hopkins LB**, Medina JM, Baird SO, Rosenfield D, Powers MB, & Smits JAJ. (2016). Heated hatha yoga to target cortisol reactivity to stress and affective eating in women at risk for obesity-related illnesses: A randomized controlled trial. *Journal of Consulting and Clinical Psychology*, 84, 558-564. doi: [10.1037/ccp0000091](https://doi.org/10.1037/ccp0000091)
10. Smits JAJ, Zvolensky MJ, Davis ML, Rosenfield D, Marcus BH, Church TS, Powers MB, Frierson GM, Otto MW, **Hopkins LB**, Brown RA, & Baird SO. (2016). The efficacy of vigorous-intensity exercise as an aid to smoking cessation in adults with high anxiety sensitivity: A randomized controlled trial. *Psychosomatic Medicine*, 78, 354-364. doi: [10.1097/PSY.0000000000000264](https://doi.org/10.1097/PSY.0000000000000264)
11. Baird SO*, **Hopkins LB**, Medina JL, Rosenfield D, Powers MB, & Smits JAJ. (2015). Distress tolerance as a predictor of adherence to a yoga intervention: Moderating roles of BMI and body image. *Behavior Modification*, 40, 199-217. doi: [10.1177/0145445515612401](https://doi.org/10.1177/0145445515612401)
12. Medina JL, **Hopkins LB**, Baird SO, Powers MB, & Smits JAJ. (2015). The effects of a hatha yoga intervention on facets of distress tolerance. *Cognitive Behaviour Therapy*, 44, 288-300. doi: [10.1080/16506073.2015.1028433](https://doi.org/10.1080/16506073.2015.1028433)
13. Menatti AR, **Hopkins LB**, Weeks JW, & Heimberg RG. (2015). Social anxiety and associations with eating psychopathology: Mediating effects of fears of evaluation. *Body Image*, 14, 20-28. doi: [10.1016/j.bodyim.2015.02.003](https://doi.org/10.1016/j.bodyim.2015.02.003)
14. Kilpela LS, **DeBoer (Hopkins) LB**, Alley MC, Presnell KE, McGinley JW, & Becker CB. (2014). Distributed and condensed versions of a cognitive dissonance programme: Comparative effects on eating disorder symptoms and risk factors. *Advances in Eating Disorders: Theory, Research, and Practice*, 3, 34-47. doi: [10.1080/21662630.2014.957338](https://doi.org/10.1080/21662630.2014.957338)
15. Medina JL, **DeBoer (Hopkins) LB**, Davis ML, Rosenfield D, Powers MB, & Smits JAJ. (2014). Gender moderates the effect of exercise on anxiety sensitivity. *Mental Health and Physical Activity*, 7, 147-151. doi: [10.1016/j.mhpa.2014.08.002](https://doi.org/10.1016/j.mhpa.2014.08.002)
16. **DeBoer (Hopkins) LB**, & Smits JAJ. (2013). Anxiety and disordered eating. *Cognitive Therapy and Research*, 37.5, 887-889. doi: [10.1007/s10608-013-9565-9](https://doi.org/10.1007/s10608-013-9565-9)
17. **DeBoer (Hopkins) LB**, Medina JL, Davis ML, Presnell K, Powers MB, & Smits JAJ. (2013). Associations between fear of negative evaluation and eating pathology during intervention and 12-month follow-up. *Cognitive Therapy and Research*, 37.5, 941-952. doi: [10.1007/s10608-013-9547-y](https://doi.org/10.1007/s10608-013-9547-y)
18. Smits JAJ, Hofmann SG, Rosenfield D, **DeBoer (Hopkins) LB**, Costa PT, Simon NM, O'Cleirigh C, Meuret AE, Marques L, Otto MW, & Pollack MH. (2013). D-cycloserine augmentation of cognitive behavioral group therapy of social anxiety disorder: Prognostic and prescriptive variables. *Journal of Consulting and Clinical Psychology*, 81, 1100-1112. doi: [10.1037/a0034120](https://doi.org/10.1037/a0034120)
19. Asmundson GJG, Fetzner MG, **DeBoer (Hopkins) LB**, Powers MB, Otto MW, & Smits JAJ. (2013). Let's get physical: A contemporary review of the anxiolytic effects of exercise for anxiety and its disorders. *Depression and Anxiety*, 30, 362-373. doi: [10.1002/da.22043](https://doi.org/10.1002/da.22043)
20. **DeBoer (Hopkins) LB**, Powers MB, Utschig AC, Otto M, & Smits JAJ. (2012). Exploring exercise as an avenue for the treatment of anxiety disorders. *Expert Review of Neurotherapeutics*, 12, 1011-1022. doi: [10.1586/ern.12.73](https://doi.org/10.1586/ern.12.73)

21. Smits JAJ, Zvolensky MJ, Rosenfield D, Marcus BH, Church T, Frierson G, Powers MB, Otto MW, Davis ML, **DeBoer (Hopkins) LB**, & Briceno NF (2012). The efficacy of vigorous-intensity exercise as an aid to smoking cessation in adults with elevated anxiety sensitivity: Study protocol for a randomized controlled trial. *Trials*, 13, 207-221. doi: [10.1097/PSY.0000000000000264](https://doi.org/10.1097/PSY.0000000000000264)
22. **DeBoer (Hopkins) LB**, Tart CD, Presnell KE, Powers MB, Baldwin A, & Smits JAJ. (2012). Physical activity as a moderator of the association between anxiety sensitivity and binge eating. *Eating Behaviors*, 13, 194-201. doi: [10.1016/j.eatbeh.2012.01.009](https://doi.org/10.1016/j.eatbeh.2012.01.009)
23. Tart CD, Handelsman P, **DeBoer (Hopkins) LB**, Rosenfield D, Pollack MH, Hofmann SG, Powers MB, Otto MW, & Smits JAJ. (2012). Augmentation of exposure therapy with post-session administration of d-cycloserine. *Journal of Psychiatric Research*, 47, 168-174. doi: [10.1016/j.jpsychires.2012.09.024](https://doi.org/10.1016/j.jpsychires.2012.09.024)

MANUSCRIPTS UNDER REVIEW AND IN PREPARATION

1. Nyer MB, Hopkins LB, Nagaswami MV, Tuchman S, Ding GA, Fisher LB, Hopkins LB, Giollabhui NM, Koontz J, Mason AE... Streeter C, Miller KK, Fava M, Uebelacker L, & Mischoulon D. (Under review). Participant experiences from a randomized controlled trial of heated yoga for depression.

BOOK CHAPTERS

1. **DeBoer (Hopkins) LB**, Davis ML, Powers MB, & Smits JAJ. (2012). Dietary supplements. In S. Hofmann (Ed.), *Psychobiological Approaches for Anxiety Disorders: Treatment Combination Strategies*. Hoboken: Wiley-Blackwell. doi: 10.1002/9781119945901.ch9
2. Farris SG, Davis ML, **DeBoer (Hopkins) LB**, Smits JAJ, & Powers MB. (2012). Yohimbine hydrochloride. In S. Hofmann (Ed.), *Psychobiological Approaches for Anxiety Disorders: Treatment Combination Strategies*. Hoboken, NJ: Wiley-Blackwell. doi: 10.1002/9781119945901.ch

SYMPOSIA AND ORAL PRESENTATIONS

(*denotes mentee/student author)

1. **Hopkins, LB**. (2020, March). Participant demographic characteristics and limitations in an RCT of a yoga intervention. In M. Nyer (Chair), *Barriers to Participation in Yoga-Based Therapeutic Interventions*. Symposium accepted to the 40th annual Anxiety and Depression Association of America (ADAA) conference, San Antonio, TX.
2. **Hopkins, LB**. (2020, March). Effects of an 8-week Bikram Yoga intervention on depression, anxiety, and potential transdiagnostic mechanisms of action. In R. Krakauer (Chair), *Sweat the Fret: Exploring Exercise Interventions for Depression and Anxiety-Related Symptoms*. Symposium accepted to the 40th ADAA conference, San Antonio, TX.
3. **Hopkins LB**, Medina JL, Baird SO, & Smits JAJ. (2018, April). Adherence and acceptability of a Bikram Yoga intervention: The roles of stress, distress tolerance, BMI, and body image. In J. Jacquart (Chair), *Exercise for Mental Health: Impact of Exercise Prescription Variables and Adherence on Clinical Outcomes*. Symposium presented at the 38th annual ADAA conference, Washington, DC.
4. Medina JL, Tunnel NC, **Hopkins LB**, & Smits JAJ. (2018, April). Barriers of yoga intervention adherence for anxiety sensitive smokers: Do the very targets of treatment prevent participants from going? In J. Jacquart (Chair), *Exercise for Mental Health: Impact of Exercise Prescription Variables and Adherence on Clinical Outcomes*. Symposium presented at the 38th annual ADAA conference, Washington, DC.

5. **Hopkins LB**, Schaumberg K, Kilpela LS, & Smits JAJ. (2017, November). Emotion regulation mechanisms of a yoga intervention for eating pathology. In M. Sala (Chair), *Exercise in individuals with disordered eating: How and for whom might it be beneficial?* Symposium accepted to the 51st Annual Convention of the Association of Behavioral and Cognitive Therapies (ABCT), San Diego, CA.
6. Garey L, Zvolensky MJ, Rosenfield D, Kauffman BY, Langdon KJ, Powers MB, Otto MW, Davis ML, Marcus BH, Church TS, Frierson GM, **Hopkins LB**, Paulus DJ, Baird SO, & Smits JAJ. (2017, November). Exercise for smoking cessation: Mechanistic role of reductions in anxiety sensitivity and dysphoria. In K. L. Szuhany and M. A. Kredlow (Chairs), *Exercise interventions targeting mood: Models and mechanisms*. Paper presented at the 51st Annual Convention of ABCT, San Diego, CA.
7. Kimerling R, Gaska K, Wong A, **Hopkins LB**, & Harrell S. (2017, September). Profiles of lifetime adversity and risk for current IPV among women in VA primary care. In *Experiences of violence among women veterans: Prevalence, health impact, responses*. Paper presented at National Conference on Health & Domestic Violence, San Francisco, CA.
8. **Hopkins LB**, Lasher B, Rape A, Harris E, & Pennington D. (2017, August). Effects of a hatha yoga intervention on depressive symptoms in male military veterans. In **L. B. Hopkins** (Chair), *Yoga for depression: New research on efficacy, mechanisms, and acceptability*. Symposium conducted at the 125th Annual Convention of the American Psychological Association (APA), Washington, DC.
9. Shallit S*, & **Hopkins LB**. (2017, August). The roles of mindfulness and self-compassion in yoga's effects on depressive symptoms in women. In L. B. Hopkins (Chair), *Yoga for depression: New research on efficacy, mechanisms, and acceptability*. Symposium conducted at the 125th Annual Convention of the APA, Washington, DC.
10. Jacquart J, Papini S, Davis ML, Rosenfield D, Powers MB, Frierson GM, **Hopkins LB**, ... Smits JAJ. (2017, July). An exercise augmented smoking cessation treatment for individuals with high anxiety sensitivity: The relationship between attendance patterns and quit success. In F. Legrand (Chair), *The effects of exercise on anxiety, depression, and associated unhealthy behaviors*. Symposium conducted at the 14th World Congress of International Society for Sport Psychology (ISSP), Sevilla, Spain.
11. **Hopkins LB** (2017, July). Yoga for depression: Two trials examining efficacy, mechanisms, and acceptability. In F. Legrand (Chair), *The effects of exercise on anxiety, depression, and associated unhealthy behaviors*. Symposium accepted to the 14th World Congress of ISSP, Sevilla, Spain.
12. **Hopkins LB**, Herbst E, Baum T, Metzler T, Neylan T, & Inslicht S. (2017, April). Associations among smoking status, posttraumatic stress symptoms, and fear extinction in a trauma-exposed sample. In **L. B. Hopkins** (Chair), *Integrated interventions for comorbid nicotine dependence and posttraumatic stress disorder*. Symposium conducted at the 38th annual ADAA conference, San Francisco, CA.
13. **Hopkins LB**, Metzler T, Neylan T, & Inslicht S. (2016, November). Associations among smoking status, posttraumatic stress symptoms, and extinction retention in a trauma-exposed sample. In **L. B. Hopkins (Chair)**, *Integrated interventions for comorbid nicotine dependence and posttraumatic stress disorder*. Symposium conducted at the 50th Annual Convention of ABCT, New York, NY.
14. **Hopkins LB**, Medina JL, & Smits JAJ. (2015, April). Yoga for cortisol stress reactivity and maladaptive eating behavior. In **L. B. Hopkins** & J. L. Medina (**Co-chairs**), *Yoga for mental health: New research on feasibility, mechanisms, and outcomes*. Symposium conducted at the 35th annual ADAA conference, Miami, FL.
15. Medina JL, **Hopkins LB**, & Smits JAJ. (2015, April). Heated hatha yoga enhances mindfulness among women low in distress tolerance. In **L. B. Hopkins** & J. L. Medina (**Co-chairs**), *Yoga for mental health: New research on feasibility, mechanisms, and outcomes*. Symposium conducted at the 35th annual ADAA conference, Miami, FL.

16. **DeBoer (Hopkins) LB**, Medina JL, Baird SO*, Murcia V*, & Smits JAJ. (2014, March.) Targeting stress reactivity and stress-induced eating with Hatha yoga. In K. Timpano (Chair), *Recent advances in understanding the relationship between stress and affective disorders*. Symposium conducted at the 34th annual ADAA conference, Chicago, IL.
17. Medina JL, **DeBoer (Hopkins) LB**, Baird SO*, & Smits JAJ. (2014, March). Effects of hatha yoga on anxiety symptomology. In M. G. Fetzner (Chair), *Lace up your shoes, hop on your bike, and roll out your mat: Physical exercise as interventions for anxiety, obsessive-compulsive, and trauma-related disorders and associated risk factors*. Symposium conducted at the 34th annual ADAA conference, Chicago, IL.
18. **DeBoer (Hopkins) LB**, Medina JL, Presnell KE, & Smits JAJ. (2013, November). Social anxiety and eating pathology: The predictive roles of physical appearance comparison and fear of negative evaluation in the context of a prevention intervention. In A. R. Menatti & **L. B. DeBoer (Hopkins) (Co-chairs)**, *Sociocultural influences of eating pathology: The roles of anxiety and social-evaluative concerns*. Symposium conducted at the 47th Annual Convention of ABCT, Nashville, TN.
19. Menatti AR, **DeBoer (Hopkins) LB**, Weeks JW, & Heimberg RG. (2013, November). Social anxiety and associations with eating psychopathology: Mediating effects of fears of evaluation. In A. R. Menatti & **L. B. DeBoer (Hopkins) (Co-chairs)**, *Sociocultural influences of eating pathology: The roles of anxiety and social-evaluative concerns*. Symposium conducted at the 47th Annual Convention of ABCT, Nashville, TN.
20. Tart CD, Handelsman P, **DeBoer (Hopkins) LB**, Rosenfield D, Pollack MH, Hofmann SG, Powers MB, Otto MW, & Smits JAJ. (2012, November). *Evaluation of the efficacy of post-session administration of d-cyloserine for augmenting exposure therapy*. Symposium conducted at the 46th Annual Convention of ABCT, National Harbor, MD.
21. DeBoer (Hopkins) LB, Tart CD, Powers MB, & Smits JAJ. (2011, November). The roles of anxiety sensitivity, coping motives, and physical activity in binge eating. Symposium conducted at the 45th Annual Convention of ABCT, Toronto.

INDIVIDUAL ORAL PRESENTATIONS

22. Wong A, Harrell SB, **Hopkins LB**, & Kimerling R. (2017, September). *Intimate partner violence and chronic pain among women veterans*. Oral presentation at the National Conference on Health and Domestic Violence, San Francisco, CA.
23. **Hopkins LB**. (2016, November). *Yoga and mental health*. Oral presentation given to clinical staff, trainees, and patients as part of a series hosted by the SFVAMC Mindfulness Working Group, San Francisco VA Medical Center, CA.
24. **Hopkins LB**, Medina JL, & Smits JAJ. (2016, July). *Bikram yoga for stress reactivity and emotional eating*. Oral presentation at the 1st annual Pure Action Yoga Research Conference, Austin, TX.

PANEL DISCUSSIONS AND WORKSHOPS

25. **Hopkins LB**, Vander Wal J, Hood MM, Wilson RE, Essayli JH, & Kelly M. (2015, November). Panelists in K. M. Vitousek (Chair). *Integrating innovative cognitive-behavioral and mindfulness techniques in treatment for disordered eating*. Panel Discussion at the 49th Annual Convention of the Association of Behavioral and Cognitive Therapies (ABCT), Chicago, IL.
26. Cvengros JA, & **DeBoer (Hopkins) LB**. (2013, November). Improving CPAP adherence as part of the multi-disciplinary team. In J. Ong & M. Crawford (Co-chairs). *Establishing multidisciplinary links between physicians and behavior specialists in mental health and well-being: A focus on sleep medicine*. Panel Discussion at the 47th Annual Convention of ABCT, Nashville, TN.
27. Otto MW, Smits JAJ, & **DeBoer (Hopkins) LB**. (2013, November). *Running into well-being: Exercise for mood and anxiety disorders*. Clinical Workshop at the 47th Annual Convention of ABCT, Nashville, TN.

POSTER PRESENTATIONS

 (*denotes mentee/student author)

1. Tunnell NC, Medina JL, Agrawal A, Kwon DS, **Hopkins LB**, & Smits JAJ. (2020, April). *Examining the bidirectionality of transdiagnostic targets, distress intolerance, and mindfulness*. Poster submitted for presentation at the 40th annual Anxiety and Depression Association of America (ADAA) conference, San Antonio, TX.
2. Kausen A*, Daryani SH*, Rossi N*, **Hopkins LB**, Manuel J, Wheeler T, Cano M, Carroll C, Zhou H, Kuhn E, McCaslin S, Tsoh J, & Herbst E. (2020, April). *Technology and telephone-based smoking cessation treatment for veterans with posttraumatic stress disorder*. Poster accepted to the 40st Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine (SBM), Philadelphia, PA.
3. **Hopkins LB**, Borsari B, Ladd BO, Norona J, Soltis KS, & Carey KB. (2019, April). *Self-regulation and in-session change language: A surprising suppressor effect for binge drinking outcomes*. Poster presented at the California Psychological Association (CPA) Annual Convention, Long Beach, CA.
4. Rossi N*, **Hopkins LB**, Daryani SH*, Dixit D, McCaslin SE, Manuel J, & Herbst E. (2019, February). *A qualitative examination of a telephone and technology-facilitated treatment for young adult veterans with posttraumatic stress disorder*. Poster presented at the 25th Annual Meeting of the Society for Research on Nicotine and Tobacco (SRNT), San Francisco, CA.
5. Daryani SH*, Herbst E, **Hopkins LB**, McCaslin SE, Laird KT, Pennington D, & Kuhn E. (2018, November). *A qualitative examination of a mobile application for veteran smokers with posttraumatic stress disorder*. Poster presented at the 42nd Annual Association for Medical Education and Research in Substance Abuse (AMERSA) Conference, San Francisco, CA.
6. Borsari B, **Hopkins LB**, Ladd BO, & Carey KB. (2018, June). *Self-regulation as a predictor of in-session client change language in brief Motivational Interviewing with mandated college students*. Poster presented at the 41st Annual Research Society on Alcoholism (RSA) Meeting, San Diego, CA.
7. **Hopkins LB**, Wong A, & Kimerling R. (2017, November). *Eating pathology and associated mental health comorbidities in a nationally representative sample of woman veterans*. Poster presented at the 51st Annual Convention of the Association for Cognitive and Behavioral Therapies (ABCT), San Diego, CA.
8. Medina JL, **Hopkins LB**, Pantoni M, Tunnell N, & Smits JAJ. (2017, November). *Effects of an 8-week hatha vinyasa yoga intervention on anxiety sensitivity and smoking abstinence*. Poster accepted to the 51st Annual Convention of ABCT, San Diego, CA.
9. Shallit S*, Medina JM, Smits JAJ, & **Hopkins LB**. (2017, April). *Effects of a hatha yoga intervention on anxiety and depressive symptoms: Mediating roles of mindfulness and self-compassion*. Poster presented at the 37th annual ADAA conference, San Francisco, CA.
10. Medina JL, Tunnel NC, **Hopkins LB**, & Smits JAJ. (2017, April). *Yoga as a complementary treatment to target core processes of tobacco relapse in anxiety sensitive smokers: Rationale, study design and participant characteristics of a randomized pilot trial*. Poster presented at the 37th annual ADAA conference, San Francisco, CA.
11. Medina JL, Ahmed S, **Hopkins LB**, & Smits JAJ. (2017, April). *Correlates and consequences of negative abstinence expectancies for anxiety sensitive smokers*. Poster presented at the 37th annual ADAA conference, San Francisco, CA.
12. **Hopkins LB**, Kilpela LS, Schaumberg K, & Becker CB. (2016, November). *Cross-sectional and longitudinal examination of the role of body shame in objectification theory*. Poster presented at the 22nd Annual Meeting of the Eating Disorders Research Society (EDRS), New York, NY.

13. Medina JL, Tunnell N, **Hopkins LB**, & Smits JAJ. (2016, April). *Preliminary evidence of yoga's ability to target anxiety-related factors contributing to smoking maintenance and relapse*. Poster presented at the 36th annual ADAA conference, Philadelphia, PA.
14. Lee-Furman E, **Hopkins LB**, Tunnell NC, Smits JAJ, & Medina JL. (2016, April). *Role of smoking abstinence expectancies in yoga's effects on depressed mood*. Poster presented at the 36th annual ADAA conference, Philadelphia, PA.
15. **Hopkins LB**, Medina JL, Baird SO*, & Smits JAJ. (2015, April). *Effects of a hatha yoga intervention on anxiety and depressive symptoms in women*. Poster presented at the 35th annual ADAA conference, Miami, FL.
16. Baird SO*, Medina JL, **Hopkins LB**, & Smits JAJ. (2015, April). *Distress tolerance predicts adherence to a yoga intervention*. Poster presented at the 35th annual ADAA conference, Miami, FL.
17. Pantoni M, Mullarky M, Medina JL, **Hopkins LB**, & Smits JAJ. (2015, April). *Being kind to yourself under pressure: Self-compassion is indirectly associated with decreased anxiety sensitivity via distress tolerance*. Poster presented at 35th annual ADAA conference, Miami, FL.
18. Hoover V, Corsica J, Hood M, Nackers L, Katterman S, **DeBoer (Hopkins) LB**, & Kuss B. (2014, April). *Relation of stress-eating and perceived control over life stressors among a population of stress-eaters presenting for treatment*. Poster presented at the 35th Annual Meeting and Scientific Sessions of SBM, Philadelphia, PA.
19. Katterman S, Hood M, Nackers L, Hoover V, **DeBoer (Hopkins) LB**, & Corsica J. (2014, April). *Dietary intake, eating behavior, and sleep in individuals presenting to treatment for stress-related eating*. Poster presented at the 35th Annual Meeting and Scientific Sessions of SBM, Philadelphia, PA.
20. Hood M, **DeBoer (Hopkins) LB**, Katterman S, & Corsica J. (2014, March). *Impact of intervention on physical activity varies based on baseline anxiety*. Poster presented at the 34th annual ADAA conference, Chicago, IL.
21. Medina JL, **DeBoer (Hopkins) LB**, & Smits JAJ. (2014, March). *Evaluating a hatha yoga intervention for distress tolerance*. Poster presented at the 34th annual ADAA conference, Chicago, IL.
22. **DeBoer (Hopkins) LB**, Toussaint JR*, Chapman K*, Baird SO*, & Smits JAJ. (2013, April). *Effects of acute exercise and anxiety sensitivity on the urge to eat following CO2 challenge*. Poster presented at the 33rd annual ADAA conference, La Jolla, CA.
23. Medina JL, Davis ML, **DeBoer (Hopkins) LB**, Briceno NF, Otto MW, Powers MB, & Smits JAJ (2013, April). *Gender moderates the effect of exercise on anxiety sensitivity*. Poster presented at the 33rd annual ADAA conference, La Jolla, CA.
24. **DeBoer (Hopkins) LB**, Medina J, Presnell KE, & Smits JAJ. (2012, November). *Longitudinal relations between fear of negative evaluation and eating disorder symptoms in the context of an eating disorder prevention program*. Poster presented at the 46th Annual Convention of ABCT, National Harbor, MD.
25. Medina JL, Davis M, **DeBoer (Hopkins) LB**, Briceno N, Otto MW, Powers MB, & Smits JAJ. (2012, November). *Gender moderates the effect of exercise on anxiety sensitivity*. Poster presented at the 46th Annual Convention of ABCT, National Harbor, MD.
26. **DeBoer (Hopkins) LB**, Kilpela LS, West J, Alley MC, Presnell KE, & Becker CB. (2012, May). *Distributed and condensed versions of an eating disorder prevention program: Effects on eating disorder risk factors and symptoms through 12-month follow-up*. Poster presented at the annual International Conference on Eating Disorders (ICED), Austin, TX.

27. **DeBoer (Hopkins) LB**, Davis ML, Powers MB, Smits JAJ. (2012, April). *Dietary supplements for anxiety disorders: A systematic review*. Poster presented at 32nd annual ADAA conference, Arlington, VA.
28. **DeBoer (Hopkins) LB**, Tart CD, Powers MB, & Smits JAJ. (2011, November). *An examination of the roles of anxiety sensitivity, physical activity, and coping motives in binge eating*. Poster presented at the 45th Annual Convention of ABCT, Toronto, Canada.
29. **DeBoer (Hopkins) LB**, Tart CD, & Smits JAJ. (2011, March). *Physical activity moderates the association between anxiety sensitivity and binge eating*. Poster presented at the 31st annual ADAA conference, New Orleans, LA.
30. **DeBoer (Hopkins) LB**, Tart CD, Presnell KE, & Smits JAJ. (2010, November). *Exercise moderates the association between affect intolerance and dysregulated eating*. Poster presented at the 44th Annual Convention of ABCT, San Francisco, CA.
31. **DeBoer (Hopkins) LB**, Tart CD, Handelsman P, Humphreys M, Julian K, Presnell KE, & Smits JAJ. (2010, June). *A test of a hierarchical model of affect sensitivity and tolerance: Replication and extension*. Poster presented at 6th World Congress of Behavioral and Cognitive Therapies, Boston, MA.
32. **DeBoer (Hopkins) LB**, Presnell KE, & Madeley MC. (2009, November). *Distributed and condensed versions of an eating disorder prevention program: Effects on eating disorder risk factors and symptoms in a pilot study*. Poster presented at the 43rd Annual Convention of ABCT, New York, NY.
33. Presnell KE, Alley (Madeley) MC, & **DeBoer (Hopkins) LB**. (2009, April). *Predictors and moderators of eating disorder prevention interventions*. Poster presented at the 43rd Annual Convention of ABCT, New York, NY.
34. **DeBoer (Hopkins) LB**, Zakriski A, Wright J, & Cardoos S. (2009, April). *Social aggression among clinically aggressive youth: Gender differences in social experiences and treatment impact*. Poster presented at the biennial meeting of Society for Research in Child Development (SRCD), Denver, CO.

RESEARCH FEATURED IN POPULAR MEDIA AND PUBLIC EDUCATION FORUMS

1. Henderson, J. (Interviewer), & Hopkins, L. B. (Interviewee). (recorded December 11, 2017). [Multi-episode piece on Bikram Yoga]. *ESPN 30 for 30 Podcasts*. Broadcast scheduled for April 2018.
2. Silwa, J. (2017, August 3). Yoga Effective at Reducing Symptoms of Depression. *American Psychological Association* (press release). Available from: <http://www.apa.org/news/press/releases/2017/08/yoga-depression.aspx>
3. Lowry, F. (2015, April 13). Hot yoga cools anxiety, relieves depression. *Medscape Medical News*. Available from <http://www.medscape.com/viewarticle/843017>
4. Morris, L. B. (2013, February). Anxious eaters. *Allure: The Beauty Expert*, pp. 132. Also available from <http://www.allure.com/beauty-trends/health/2013/anxious-eaters>