

ELIZABETH TEPE KNEELAND

(formerly ELIZABETH TEPE)

CONTACT INFORMATION

Address:

Yale Interpersonal Relations Laboratory
Yale University Department of Psychology
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EDUCATION

Yale University, New Haven, CT
Doctoral Student, Clinical Psychology

Aug 2012 - Present

Amherst College, Amherst, MA
Bachelor of Arts
Majors: Psychology, Political Science
Graduated *Cum Laude* with Honors in Psychology

2010

HONORS AND AWARDS

- Psychology Department Honors
- Psychology Department 2010 Haskell R. Copeland Memorial Prize
- 2008 Member of the National Field Hockey Coaches' Association All-Academic Team
- Inducted into Sigma Xi, the National Honorary Scientific Research Society

PUBLICATIONS

Dalrymple, K., Morgan, T.A., Lipschitz, J., Martinez, J., **Tepe, E.**, Zimmerman, M. (2014) An integrated, acceptance-based behavioral approach for depression with social anxiety: preliminary results. *Behavior Modification*, 38(4), 516-548.

Dalrymple, K.L., Martinez, J., **Tepe, E.**, Young, D., Chelminski, I., Morgan, T., Zimmerman, M. (2013) A Clinically Useful Social Anxiety Disorder Outcome Scale. *The Journal of Comprehensive Psychiatry*, 54(7), 758-765.

Tepe, E., Dalrymple, K.L., Zimmerman, M. (2012) The impact of comorbid cannabis use disorders on the clinical presentation of Social Anxiety Disorder. *Journal of Psychiatric Research*, 46(1), 50-56.

MANUSCRIPTS UNDER REVIEW

Kneeland, E.T., Gruber, J., & Nolen-Hoeksema, S. It's all under control: associations between controllability of negative emotions, emotional behavior, and clinical symptoms. (under review at *Journal of Social and Clinical Psychology*).

Kneeland, E.T., Nolen-Hoeksema, S., Dovidio, J.F., & Gruber, J. Emotion malleability beliefs influence the spontaneous regulation of social anxiety. (under review at *Cognition and Emotion*).

Dalrymple, K.L., Martinez, J.H., **Kneeland, E.T.**, Zimmerman, M. Psychiatric disorder-obesity comorbidity and the moderating effect of gender in an outpatient psychiatric sample (under review at *Annals of Clinical Psychiatry*).

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MANUSCRIPTS IN PREPARATION

Kneeland, E.T., Hensen, N., Tamir, M., & Gruber, J. Emotion beliefs, emotion regulation, and clinical severity in depression and bipolar disorder.

Kneeland, E.T., & Gruber, J. Emotion malleability beliefs across emotion valence and emotion regulation.

Kneeland, E.T., Nolen-Hoeksema, S., Dovidio, J.F., & Gruber, J. Emotion malleability beliefs influence spontaneous emotion regulation.

Dalrymple, K.L., Cody, M., Martinez, J., **Kneeland, E.T.,** & Zimmerman, M. (in preparation). The moderating effect of gender on the relationship between obesity and clinical characteristics in outpatients with social anxiety disorder.

PRESENTATIONS

Kneeland, E.T., Nolen-Hoeksema, S., Dovidio, J.F., & Gruber, J. *Believing and regulating: emotion malleability beliefs influence the spontaneous regulation of social anxiety.* Poster accepted at the annual Society for Personality and Social Psychology conference, Long Beach, CA.

Kneeland, E.T., Nolen-Hoeksema, S., Dovidio, J.F., & Gruber, J. *Emotion controllability beliefs influence regulation of social anxiety.* Poster accepted at the 48th Association for Behavioral and Cognitive Therapies (ABCT) Convention, Philadelphia, PA.

Kneeland, E.T., Nolen-Hoeksema, S., Dovidio, J.F. & Gruber, J. *Beliefs about emotion malleability influence emotion regulation.* Poster accepted at the 48th Association for Behavioral and Cognitive Therapies (ABCT) Convention, Philadelphia, PA.

Hansen, N.S., **Tepe, E.,** Tamir, M., Whisman, M., & Gruber, J. *Correlates of perceived emotion malleability in bipolar I disorder and major depressive disorder.* Poster accepted at the 48th Association for Behavioral and Cognitive Therapies (ABCT) Convention, Philadelphia, PA.

Hansen, N.S., **Tepe, E.,** Tamir, M., & Gruber, J. (2014). *Can feelings change? Beliefs about emotion malleability in bipolar I disorder and major depressive disorder.* Poster presented at the 28th Society for Research in Psychopathology (SRP) Convention, Evanston, IL.

Tepe, E., Nolen-Hoeksema, S., Dovidio, J.F., Gruber, J. (February, 2013) *Beliefs about emotion malleability influence emotion regulation.* Poster presented at the annual Society for Personality and Social Psychology conference, Austin, TX.

Tepe, E., Nolen-Hoeksema, S., & Gruber, J. (September, 2013) *It's all under control: perceived controllability of negative emotions influences depression, anxiety, and coping.* Poster presented at annual Society for Research in Psychopathology conference, Oakland, CA.

Fortgang, R., Hultman, C., Lichtenstein, P., **Tepe, E.,** Cannon, T. (January, 2013) *Impulsivity: heritability and relationships of sub-Factors across psychiatric disorders.* Poster presented at Self Regulation pre-conference at the annual Society for Personality and Social Psychology conference, New Orleans, LA.

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Tepe, E., Fortgang, R., & Nolen-Hoeksema, S. (January, 2013) *The relationship between perceived control of negative emotion and coping behavior*. Poster presented at the Emotion pre-conference at the annual Society for Personality and Social Psychology conference, New Orleans, LA.

Dalrymple, K.L., **Tepe, E.,** Martinez, J., Morgan, T., Zimmerman, M. (2012, November) *Treating individuals with comorbid depression and social anxiety with Acceptance-Based Behavioral Therapy: outcomes and processes*. Poster presented at the annual Association for Behavioral and Cognitive Therapies conference, Washington, D.C.

Tepe, E. Dalrymple, K.L., Zimmerman, M. (2011, November). *The impact of comorbid cannabis use disorders on the clinical presentation of Social Anxiety Disorder*. Poster presented at the annual Association for Behavioral and Cognitive Therapies conference, Toronto, Canada.

Dalrymple, K.L., Martinez, J.M., **Tepe, E.,** Zimmerman, M. (2011, November). *Acceptance-based behavior therapy for comorbid depression and social anxiety disorder: preliminary findings*. Poster presented at the annual Association for Behavioral and Cognitive Therapies conference, Toronto,

CURRENT RESEARCH

Primary Graduate Student, Yale Interpersonal Relations Laboratory

January 2013- Present

Mentor: John F. Dovidio, Ph.D.

Emotion Malleability Beliefs and Emotion Regulation Study (EMBERS)

This collaborative study with Dr. Susan Nolen-Hoeksema and Dr. June Gruber examined the impact of experimentally manipulating individuals' emotion malleability beliefs on spontaneous emotion regulation. Individuals underwent an experimental manipulation to induce views that emotion is more malleable or more fixed and then underwent one of two different negative emotion induction after which their spontaneous use of specific emotion regulation strategies were measured. Results showed that emotion malleability beliefs influenced emotion regulatory behavior as well as associations between the use of specific emotion regulation strategies and changes in affect.

Emotion Malleability Intervention Study (EMIS)

This study is examining if promoting a more malleable view of emotion through a brief cognitive intervention will improve first year undergraduate students' social and emotional outcomes as they transition to college.

Emotion Clarify, Implicit Beliefs of Emotion, and Emotion Regulation

This study used an online sample to examine the impact of the interaction between emotional clarity and emotion malleability beliefs on the state use of emotion regulatory behavior. Specifically, individuals underwent an experimental manipulation designed to influence their beliefs that emotion is malleable or fixed and their trait-level emotional clarity was assessed. Outcome measures included state use of specific emotion regulation strategies as well as the perceived degree of effort and success associated with each strategy.

Affiliated Graduate Student, Yale Positive Emotion and Psychopathology Laboratory

Fall 2012-Present

Mentor: June Gruber, Ph.D.

Positive Emotion Malleability and Emotion Regulation (PEMBERS)

This study examines the influence of manipulation beliefs about emotion's malleability on the spontaneous regulation of both positive and negative emotion states. The study also integrates self-report questionnaires with psychophysiological measures of cardiovascular arousal and galvanic skin response.

Emotion Beliefs, Emotion Regulation and Clinical Severity in Depression and Bipolar Disorder

This study examines the associations between beliefs about emotion's malleability, trait emotion regulation, psychosocial functioning, and clinical symptomatology in an archival dataset. The differential effect of beliefs about emotion's malleability was examined within euthymic individuals who had been diagnosed with major depressive disorder (MDD), bipolar disorder (BD) or no disorder (the control group). In addition, trait-level beliefs about

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emotion's malleability were examined with clinical symptoms, clinical severity, and psychosocial functioning at 6-month and 12-month follow-up assessments.

PREVIOUS RESEARCH EXPERIENCE

Primary Graduate Student, Yale Depression and Cognition Laboratory

August 2012- Jan 2013

Mentor: Susan Nolen-Hoeksema, Ph.D.

Emotion Controllability and Coping Behavior, Depression, and Anxiety

This collaborative study with Dr. June Gruber utilized an archival community sample to examine the relationship between individuals' perception that discrete negative emotions (sadness, fear, and anger) are controllable and the use of certain behaviors to cope with emotional upset. Additionally, the study focused on the relationship between controllability over these emotion states and depression and anxiety severity.

Clinical Research Assistant Rhode Island Hospital/Brown University

June 2010-July 2012

Director of Research: Mark Zimmerman, M.D.

Research Coordinator for the following studies:

The Methods to Improve Diagnostic Assessment and Services (MIDAS) Project

Principal Investigator: Mark Zimmerman, M.D.

Remission from Depression Questionnaire (RDQ) Study

Principal Investigator: Mark Zimmerman, M.D.

K-23 Depression and Social Anxiety Treatment (DASAT) Development

Principal Investigator: Kristy Dalrymple, Ph.D.

Research responsibilities:

- Fully trained as a senior diagnostic interviewer in a modified version of the Semi-Structured Interview for DSM-IV-TR (SCID), Schedule for Affective Disorders and Schizophrenia (SADS), Structured Interview for DSM-IV Personality (SID-P), Family History – Research Diagnostic Criteria Interview (FHRDC), Rhode Island Bariatric Screening Index (RIBSI), and psychosocial and occupational functioning assessment measures.
- Conducted approximately 250 comprehensive diagnostic reports. Generated comprehensive diagnostic reports based on the initial diagnostic interview that were incorporated into the general practice of the outpatient psychiatry division at Rhode Island Hospital.
- Administered the Montgomery-Asperg Depression Scale (MADRS) and Hamilton Rating Scale for Depression at various time points longitudinally as part of the Prognostic Validity phase of the RDQ study.
- Administered Quick Inventory for Depressive Symptoms (QIDS), Leibowitz Social Anxiety Scale (LSAS) and modified version of the SCID at assessment time points in the open trial phase of integrated behavior therapy protocol combining efficacious behavioral strategies with mindfulness and acceptance-based techniques.
- Administered three treatment protocols as part of an experimental study in a clinical sample of depressed outpatients to examine short-term efficacy of a cognitive defusion protocol utilized in Acceptance and Commitment Therapy (ACT).

Thesis: Senior Research Project, Amherst College, Psychology Department

June 2009 – June 2010

Mentor: Matthew Schulkind, Ph.D.

- Developed an innovative research paradigm combining previously used paradigms in stereotype threat research and autobiographical memory recall research to activate gender identity in 70 current Amherst College undergraduates.
- Incorporated self-defining memory procedures to measure potential gender identity activation as manifested in the content and structure of autobiographical memory narratives.
- Presented and successfully defended final thesis in front of psychology faculty committee.

Research Assistant, Amherst College, Biology Dept.

Spring 2009

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Mentor: Ethan Clotfelter, Ph.D.

- Conducted research on the effects of phytoestrogen levels in male and female *Betta Spendens* environments.
- Collected data on and examined effect of phytoestrogen level on related reproductive endpoints primarily utilizing enzyme immunoassays, gonado-somatic index (GSI), and Computer Assisted Sperm Analysis (CASA).

TEACHING/MENTORSHIP EXPERIENCE

Graduate Teaching Fellow, Psychology 335: Clinical Psychology in the Community, Yale University Fall 2014

Instructor: Kristi Lockhart, Ph.D.

- Graded weekly journals and response papers, attended class lectures, provided assistance to students on an individual basis outside of classroom hours, and supervised student placements at mental health clinics throughout the New Haven community.

Lecturer at Sprout Teaching Day at Yale University

July 2014

- Designed and taught “Clinical Psychology: Introduction to Mental Illness” course to 11th grade students at Yale University’s Sprout Teaching Day.

Graduate Teaching Fellow, Psychology 110: Introduction to Psychology, Yale University

Spring 2014

Instructor: Paul Bloom, Ph.D.

- Attended class lectures, provided individual assistance to 40 students in section, led review sessions, created and edited exam questions, and graded papers and exams.

Graduate Teaching Fellow, Psychology 235: Research Methods in Psychology, Yale University

Fall 2013

Instructor: Julia Kim-Cohen, Ph.D.

- Attended lectures, provided individual assistance to students outside the classroom, led review sessions, created exam questions, led discussions, and graded papers and exams.

Section Leader, Psychology 235: Research Methods in Psychology, Yale University

Fall 2013

Instructor: Julia Kim-Cohen, Ph.D.

- Led weekly discussions of commonly used methodology for in-person and online studies.
- Worked collaboratively with undergraduates to develop, run, and analyze data from group and individual projects conducted online throughout the semester.

Lecturer at Splash! Teaching Day at Yale University

November 2013 and March 2014

- Designed and taught “Abnormal Psychology: Introduction to Mental Illness” course to 9th-11th grade students at Yale University’s Splash! Teaching Day.

Completion of Yale University’s Teaching and Writing Workshops

November 2013

- Completed six intensive workshops through the Yale Writing Center focused on teaching writing intensive undergraduate courses. The workshop provided instruction on hands-on, practical skills for leading a writing intensive course with a broader theoretical, pedagogical background on writing and on learning.

Undergraduate Senior Thesis Advisor, Positive Emotion & Psychopathology Laboratory Fall 2013-Spring 2014

- Supervised an undergraduate student on the design, data collection, analysis, and writing of senior thesis project on emotion on the interaction of emotion clarity and emotion malleability beliefs on emotion regulation effort and success.

Undergraduate Research Advisor, Yale Depression and Cognition Laboratory

Fall 2012-January 2013

- Supervise two undergraduate students on experimental data collection, participant recruitment, and data management for studies on emotion regulation and emotion beliefs.

Undergraduate Research Advisor, Yale Depression and Cognition Laboratory

Spring 2013

- Supervised two undergraduate research assistants on experimental data collection, participant recruitment, and data management for studies on emotion regulation and emotion beliefs.

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REVIEWING EXPERIENCE

Co-reviewer with Dr. June Gruber for *Assessment* October 2013

Co-reviewer with Dr. Kristy Dalrymple for the *American Journal of Drug and Alcohol Abuse* October 2011

CLINICAL EXPERIENCE

Practicum Student at the Substance Abuse Treatment Unit (SATU) September 2014- Present
Supervisor: Dr. Matthew Steinfeld

Student Clinician, Yale Center for Anxiety and Mood Disorders September 2013 – September 2014

Supervisors: David Klemanski, Psy.D.; Mary O'Brien, Ph.D.

- Cognitive-behavioral therapist treating mood and anxiety disorders
- Administered Family-Focused Treatment (FFT) to an adolescent and family to address

Intake Clinician, Yale Center for Anxiety and Mood Disorders January 2013 – September 2014

Supervisors: David Klemanski, Psy.D., Marney White, Ph.D.

- Administer Structured Clinical Interview for DSM-IV Axis I (SCID-I) and Structured Clinical Interview for DSM-IV Axis II (SCID-II)
- Develop case conceptualizations and create psychological history reports for new clients

Diagnostic Interviewer for the MIDAS Project July 2010-July 2012

Supervisor: Mark Zimmerman, M.D.

- Fully trained as a senior diagnostic interviewer in a modified version of the Semi-Structured Interview for DSM-IV-TR (SCID), Schedule for Affective Disorders and Schizophrenia (SADS), Structured Interview for DSM-IV Personality (SID-P), Family History – Research Diagnostic Criteria Interview (FHRDC), Rhode Island Bariatric Screening Index (RIBSI), and psychosocial and occupational functioning assessment measures.
- Attended and presented cases at the outpatient practice's weekly case conferences.

PROFESSIONAL MEMBERSHIPS

Association for Behavioral and Cognitive Therapies (ABCT) Fall 2011- Present
• Anxiety Disorders Special Interest Group

Society for Personality and Social Psychology (SPSP) Fall 2012-Present

Association for Psychological Science (APS) Fall 2013-Present

TECHNICAL SKILLS

Proficient with SPSS, Microsoft Office Application Suite, Inquisit, Qualtrics, MediaLab, BioLab, and MindWare