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# Claire Houtsma

[claire.houtsma@usm.edu](mailto:claire.houtsma@usm.edu)

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## **EDUCATION**

- 2014-Present      **University of Southern Mississippi (USM)**  
*Ph.D. in Clinical Psychology*  
Dissertation: The Role of Masculinity in the Development of Capability for Suicide  
Major Professor: Michael D. Anestis, Ph.D  
Expected Graduation Date: Summer 2020
- 2014-2017      **University of Southern Mississippi (USM)**  
*M.A. in Psychology*  
Master's Thesis: The Longitudinal Effect of Violent Video Game Play on Capability for Suicide  
Major Professor: Michael D. Anestis, Ph.D
- 2009-2013      **University of Illinois, Urbana-Champaign (U of I)**  
*B.S. in Psychology, summa cum laude, distinction in psychology*  
Bachelor's Thesis: Suicidality, Control, and Coping  
Supervisor: Michael Kral, Ph.D
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## **PUBLICATIONS (ACCEPTED/IN-PRESS)**

- Houtsma, C.** & Anestis, M. D. (2017). Practical capability: The impact of handgun ownership among suicide attempt survivors. *Psychiatry Research*.
- Houtsma, C.**, Butterworth, S. E., & Anestis, M. D. (2017). Firearm suicide: Pathways to risk and methods of prevention. *Current Opinion in Psychology*.
- Houtsma, C.**, Khazem, L. R., Green, B. A., & Anestis, M. D. (2016). Isolating effects of moral injury and low post-deployment support within the U.S. military. *Psychiatry Research*.
- Anestis, M. D., Butterworth, S. E., **Houtsma, C.** (2018). Perceptions of firearms and suicide: The role of misinformation in storage practices and openness to means safety measures. *Journal of Affective Disorders*.
- Anestis, M. D. & **Houtsma, C.** (2017). The association between gun ownership and statewide overall suicide rates. *Suicide and Life-Threatening Behavior*.
- Butterworth, S. E., **Houtsma, C.**, Anestis, J. C., & Anestis, M. D. (2017) Investigating the relationship between social and economic policy views, firearm ownership, and death by firearm in a sample of suicide decedents. *Archives of Suicide Research*.

- Khazem, L. R., **Houtsma, C.**, Gratz, K. L., Tull, M. T., Green, B. A., & Anestis, M. D. (2016) Firearms matter: The moderating role of firearm storage in the association between current suicidal ideation and imminent suicide risk amongst United States military personnel. *Military Psychology*.
- Podlogar, M., **Houtsma, C.**, Khazem, L. R., Moberg, F., Mofield, T., Green, B. A., Anestis, M. D., & Joiner, T. (2017) The associations between Army National Guard vs. active duty soldier status and perceived burdensomeness, thwarted belongingness, and acquired capability. *Journal of Clinical Psychology*.
- Martin, R. L., **Houtsma, C.**, Green, B. A., & Anestis, M. D. (2016) Support systems: How post-deployment support impacts suicide risk factors in United States military personnel. *Cognitive Therapy and Research*.
- Martin, R. L., **Houtsma, C.**, Green, B. A., Anestis, M. D. (2017). The impact of aggression on the relationship between betrayal and belongingness amongst U.S. military personnel. *Military Psychology*.
- Fisher, K., **Houtsma, C.**, Assavedo, B. L., Green, B. A., & Anestis, M. D. (2016) Agitation as a moderator of the relationship between insomnia and suicidal plans and preparations in the military. *Archives of Suicide Research*.
- Pennings, S. M., Finn, J., **Houtsma, C.**, Green, B. A., Anestis, M. D. (2016). Posttraumatic stress disorder symptom clusters and the interpersonal theory of suicide in a large military sample. *Suicide and Life-Threatening Behavior*.
- Anestis, M. D., Law, K. C., Jin, H., **Houtsma, C.**, Khazem, L. R., & Assavedo, B. L. (2016). Treating the capability for suicide: A vital and understudied frontier in suicide prevention. *Suicide and Life-Threatening Behavior*.
- Anestis, M. D., Khazem, L. R., Law, K. C. (Hons.), **Houtsma, C.**, LeTard, R., Moberg, F., & Martin, R. (2015). The association between state laws regulating handgun ownership and statewide suicide rates. *American Journal of Public Health*.
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## **PUBLICATIONS (UNDER REVIEW)**

- Rogers, M. L., Law, K. C., **Houtsma, C.**, Tucker, R. P., Anestis, M. D., & Joiner, T. E. (under review). Development and initial validation of a scale assessing suicide-specific rumination: The suicide rumination scale.
- Preston, O. C., Butterworth, S. E., Khazem, L. R., **Houtsma, C.**, Anestis, M. D., Green, B. A., & Anestis, J. C. (under review). Exploring the relations of psychopathic and narcissistic personality traits to military experiences.
- Anestis, M. D., Gratz, K. L., Tull, M., Butterworth, S. E., Richmond, J., **Houtsma, C.**, Forbes, C. (under review). The role of opioid use in distinguishing between suicidal ideation and attempts.

Waitz-Kudla, S. N., Daruwala, S. E., **Houtsma, C.**, & Anestis, M. D. (under review). Help-seeking behavior in socially conservative and Christian suicide decedents.

Anestis, M. D., **Houtsma, C.**, Daruwala, S. E., & Butterworth, S. E. (under review). Firearm legislation and statewide suicide rates: The moderating role of household firearm ownership levels.

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## **PRESENTATIONS**

**Houtsma, C.**, Daruwala, S. E., & Anestis, M. D. (2018, November). *Conformity to masculine norms and acquired capability for suicide among Service Members*. Poster submitted to the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT) Suicide and Self-Injury Special Interest Group, Washington, D. C.

Anestis, M. D., **Houtsma, C.**, Butterworth, S. E., & Daruwala, S. (2018, November). *State firearm legislation and suicide rates: Evidence for means safety*. Symposium accepted to the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Washington, D. C.

Bauer, B.W., Daruwala, S., Butterworth, S., **Houtsma, C.**, Khazem, L., Law, K., Martin., R.L., Anestis, M., May, A., Klonsky, E., & Capron, D.W. (2018, November). *Initial findings for a comprehensive measurement of suicidal capability: The suicide capacity scale-3-expanded*. Poster accepted to the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Washington, D.C.

**Houtsma, C.** & Anestis, M. D. (2018, April). *A Longitudinal Investigation of the Effect of Violent Video Game Play on Capability for Suicide*. Paper presented at the annual meeting of the American Association of Suicidology (AAS), Washington, D. C.

**Houtsma, C.** & Anestis, M. D. (2018, April). *Safety first: The impact of children on firearm storage practices and openness to changing storage practices*. Poster presented at the annual meeting of the American Association of Suicidology (AAS), Washington, D. C.

Anestis, M. D., Butterworth, S. E., **Houtsma, C.** (2017, November). *Perceptions of Firearms and suicide: The role of misinformation in storage practices and openness to means safety measures*. Paper presented at IASR/AFSP International Summit on Suicide Research, Henderson, Nevada.

**Houtsma, C.** & Anestis, M. D. (2017, April). *Practical capability: The impact of handgun ownership among previous suicide attempters*. Paper presented at the annual meeting of the American Association of Suicidology (AAS), Phoenix, Arizona.

Anestis, M. D. & **Houtsma, C.** (2017, April). *The association between gun ownership and statewide overall suicide rates*. Paper presented at the annual meeting of the American Association of Suicidology (AAS), Phoenix, Arizona.

Butterworth, S. E., **Houtsma, C.**, Anestis, J. C., & Anestis, M. D. (2017, April). *Investigating the relationship between social and economic policy views, firearm ownership, and death by firearm in a sample of suicide decedents*. Poster presented at the annual meeting of the American Association of Suicidology (AAS), Phoenix, Arizona.

- Houtsma, C.** & Anestis, M. D. (2016, October). *The mediating role of internal locus of control in the relationship between grit and the components of the interpersonal-psychological theory of suicide*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), New York City, New York.
- Houtsma, C.** & Anestis, M. D. (2016, March). *Who is in control? An examination of the relationship between locus of control, emotion dysregulation, and suicidal desire*. Poster presented at the annual meeting of the American Association of Suicidology (AAS), Chicago, Illinois.
- Khazem, L. R., **Houtsma, C.**, Gratz, K. L., Tull, M. T., Green, B. A., & Anestis, M. D. (2016, March). *Firearms matter: The moderating role of firearm storage on the association between current suicidal ideation and imminent suicide risk amongst United States military personnel*. Paper presented at the annual meeting of the American Association of Suicidology (AAS), Chicago, Illinois.
- Houtsma, C.**, Green, B. A., Anestis, M. D. (2015, November). *The influence of suicidal desire, distress tolerance, and access to firearms in the salience of suicide within the U.S. military*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Chicago, Illinois and presented at the University of Southern Mississippi's Susan A. Siltanen Graduate Student Research Symposium, Hattiesburg, Mississippi.
- Pennings, S. M., Finn, J. R., **Houtsma, C.**, & Anestis, M. D. (2015, November). *Clarifying the association between the posttraumatic stress disorder numbing symptom cluster and the desire for death in a military sample*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Chicago, Illinois.
- Houtsma, C.** (2015, November). *The longitudinal effect of violent video game play on the acquired capability for suicide*. Presentation at the 2<sup>nd</sup> Annual 3-Minute Thesis Competition (3MT), University of Southern Mississippi.
- Houtsma, C.**, Khazem, L. R., Green, B. A., Anestis, M. D. (2015, April). *Moral injury and thwarted belongingness: The potential importance of post-deployment support for U.S. troops*. Poster presented at the annual meeting of the American Association of Suicidology (AAS), Atlanta, Georgia.
- Martin, R. L., Khazem, L. R., **Houtsma, C.**, Green, B. A., Anestis, M. D. (2015, April). *Betrayal and belongingness: Examining moral injury and the interpersonal-psychological theory of suicide*. Poster presented at the annual meeting of the American Association of Suicidology (AAS), Atlanta, Georgia.
- Anestis, M. D., Khazem, L. R., Law, K. C. (Hons.), **Houtsma, C.**, LeTard, R., Moberg, F., & Martin, R. (2015, April). *The association between state laws regulating handgun ownership and statewide suicide rates*. Paper presented at the annual meeting of the American Association of Suicidology (AAS), Atlanta, Georgia.

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## **FUNDED GRANTS, AWARDS, AND HONORS**

Fall 2017	<b>USM Clinical Psychology Research Excellence Award</b> Amount: \$200
Fall 2017	<b>USM Graduate Competitive Travel Award</b> Amount: \$900
Fall 2017	<b>USM Clinical Psychology Case Conference Award</b> Amount: \$200
Spring 2017	<b>American Association of Suicidology (AAS) Morton M. Silverman Student Award</b> Amount: \$250, 2017 AAS conference registration, airfare to the 2017 AAS conference, 2-night hotel stay at the 2017 AAS conference
Spring 2017	<b>USM Graduate Student Hall of Fame</b> Honor granted by the Dean of the Graduate School
Spring 2016	<b>Military Suicide Research Consortium (MSRC) Conference Training Day Travel Grant</b> Total Amount: \$1,000
Spring 2016	<b>2<sup>nd</sup> Place Poster Presentation Award at USM's Susan A. Siltanen Graduate Student Research Symposium</b> Amount: \$350
Spring 2016	<b>USM Professionals in Preparation Travel Grant Award</b> Amount: \$500
Spring & Fall 2016	<b>USM Clinical Psychology Graduate Student Organization (CPGSO) Travel Grants</b> Total Amount: \$370
Spring 2015	<b>Military Suicide Research Consortium (MSRC) Conference Training Day Travel Grant</b> Total Amount: \$1,000
Fall 2015	<b>USM Clinical Psychology Research Excellence Award</b> Amount: \$200
Fall 2015	<b>American Psychological Association Graduate Student/Psi Chi Junior Scientist Fellowship</b> Amount: \$1,000
Spring & Fall 2015, Fall 2016, Spring 2018	<b>USM Travel Grants</b> Total Amount: \$600
Spring 2013	<b>Bronze Tablet University Honor – U of I</b> Graduated in the top 3% of the College of Liberal Arts and Sciences

Fall 2009 – Spring 2013

**Dean's List – U of I**  
College of Liberal Arts and Sciences

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## **GRANT AND AWARD APPLICATIONS (unfunded)**

Summer 2016

**Beck Institute Graduate Student CBT Workshop Scholarship Competition**

Amount: \$450; offered partial-funding for \$100

Spring 2015 & 2016

**National Science Foundation Graduate Research Fellowship Program**

Amount: \$34,000 stipend/year and \$12,000 cost-of-education/year for 3 years

Summer 2015

**American Psychological Association Early Graduate Student Researcher award**

Amount: \$1,000

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## **REVIEWER EXPERIENCE**

*Drug and Alcohol Dependence*, ad hoc reviewer

*Psychiatry Research*, ad hoc reviewer

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## **GRANT FUNDED RESEARCH INVOLVEMENT**

August 2017 – Present

**Military Suicide Research Consortium - Project Safe Guard**

*Graduate Research Assistant*

Principal Investigator: Michael D. Anestis, Ph.D

Grant #: W81XWH-16-2-0003

Amount Awarded: \$1,987,214

Responsibilities: Manage participant recruitment and retention; assist in the refinement of clinical trial protocols; conduct structured interviews and suicide risk assessments; engage in means safety counseling with US National Guard personnel

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## **RESEARCH EXPERIENCE**

- August 2014 – Current      **Suicide and Emotion Dysregulation Lab (SEDL) – USM**  
*Graduate Student Researcher*  
Lab Director: Michael D. Anestis, Ph.D
- June 2011 – May 2013      **Psychology of Religion, Agency, and Morality Lab (PRAM) – U of I**  
*Undergraduate Research Assistant*  
Lab Director: Jesse Preston, Ph.D
- June 2011 – May 2013      **Infant Cognition Lab (ICL) – U of I**  
*Undergraduate Research Assistant*  
Lab Director: Renee Baillargeon, Ph.D
- January – May 2010      **Industrial-Organizational Psychology Lab – U of I**  
*Undergraduate Research Assistant*  
Lab Director: Fritz Drasgow, Ph.D
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## **TEACHING EXPERIENCE**

- May – August 2015      **Instructor for Abnormal Psychology (PSY 436) – USM**  
Responsibilities: prepared lectures, created and proctored exams, taught lectures in-person and via live video-feed to a satellite campus, graded in-class quizzes and exams, and organized the course through Blackboard.
- January 2017      **Guest Lecturer for Introduction to Statistics for Behavioral Sciences (PSY 360) – USM**  
Instructor: Lauren Khazem, M.A.  
Responsibilities: lectured on data structures, research methods, variables, measurement approaches, and statistical notation.
- August 2014 – May 2015      **Graduate Teaching Assistant – USM**  
Abnormal Psychology (PSY 436) – Instructor: Brad Green, Ph.D  
Abnormal Psychology (PSY 436) – Instructor: Joye Anestis, Ph.D
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## **CLINICAL EXPERIENCE**

- October 2017      **Managing Aggressive Behavior Training Workshop**  
Trainer: Charlie Rogers, B.A.
- September 2017 & July 2018      **Means Safety Counseling within a Motivational Interviewing Framework 2-Day Training Workshop**  
Trainers: Craig Bryan, Psy.D and AnnaBelle Bryan, M.S.

- August 2015 – Present      **USM Psychology Clinic – Hattiesburg, MS**  
*Clinician*  
Responsibilities: conduct intake, diagnostic, and cognitive assessments; provide evidence-based individual therapy services for outpatient clients; provide peer supervision on assessment and therapy cases
- August 2015 – August 2017      **Forrest County District Attorney’s Office – Hattiesburg, MS**  
*Psychology Extern*  
Responsibilities: provide group therapy services, including drug education/relapse prevention, stress management, and anger management; conduct psychological assessments and intake evaluations; provide individual evidence-based therapy services; communicate with officers of the court regarding consultation, referrals, and program development
- December 2016      **Dialectical Behavior Therapy 2-Day Training Workshop**  
Trainers: Laura Meyers, Ph.D and Jackie Holland, LCSW
- May 2015 – May 2016      **USM Psychology Clinic – Hattiesburg, MS**  
*On-Duty Clinician*  
Responsibilities: screened clinic phone calls for potential clients
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## **PROFESSIONAL EXPERIENCE**

- July 2013 – August 2014      **Clinical Services in Psychopharmacology (CSP) – University of Illinois, Chicago – Department of Psychiatry**  
*Clinical Research Coordinator*  
Program Director: Michael Naylor, M.D.
- Responsibilities: assisted in compiling and entering data on the utilization of psychotropic medications for children in substitute care through collaboration with the Department of Children and Family Services, Office of the Guardian
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## **PROFESSIONAL DEVELOPMENT**

- August 2015 – May 2018      **Clinical Training Committee (CTC) – USM**  
*Graduate Student Representative*  
Responsibilities: attend weekly CTC meetings, present student concerns and questions to faculty members, and communicate important program-related information to clinical psychology doctoral students.
- August 2015 – May 2016      **Professionals in Preparation Program – USM**



*Member*

Responsibilities: attended workshops to develop skills in areas such as publishing, effective presentation of research, and methods of mentorship; participated in USM's annual Three Minute Thesis Competition in Fall 2015 and presented a poster at USM's Graduate Research Symposium in Spring 2016.

August 2015 – May 2016

**Clinical Psychology Graduate Student Organization (CPGSO) – USM**

*Executive Board Member*

Responsibilities: planned, organized, and executed fundraising events. Funds raised from these events were used to subsidize the cost of mental health services for economically disadvantaged clients at the USM Psychology Clinic.

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## **PROFESSIONAL AFFILIATIONS**

American Association of Suicidology (AAS)

- *Member, Committee for the Development of a Policy Statement on Firearms and Suicide*

Association for Behavioral and Cognitive Therapies (ABCT)

Association for Psychological Science (APS)

Society for a Science of Clinical Psychology (SSCP)

Psi Chi Honor Psychology Fraternity

Phi Beta Kappa Honor Society