

# Michael D. Anestis, Ph.D.

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## Employment

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**University of Southern Mississippi** (2014-present). Nina Bell Suggs Professor of Psychology, Department of Psychology. Director of Suicide and Emotion Dysregulation laboratory.

**University of Southern Mississippi.** (2012-present). Assistant Professor, Department of Psychology. Director of Suicide and Emotion Dysregulation laboratory.

**Military Suicide Research Consortium.** (2011-2012). Post-doctoral fellow.

## Education

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**Clinical Psychology Residency Training Consortium,** Jackson, MS. (2010-2011). University of Mississippi Medical Center/Veterans Affairs Medical Center. Psychology Resident.  
Research Preceptor: Matthew T. Tull, Ph.D.

**Florida State University,** Tallahassee, FL. (2007-2011). Doctor of Philosophy degree in clinical psychology awarded 8/11.  
Dissertation title: *Affective and behavioral dysregulation: An examination of individual difference variables in the acquired capability for suicide.*  
Major Professor: Thomas E. Joiner, Ph.D.

**Florida State University,** Tallahassee, FL. (2005-2007). Master of Science degree in clinical psychology awarded 4/07.  
Master's thesis title: *The role of urgency in maladaptive coping behaviors.*  
Major Professor: Thomas E. Joiner, Ph.D.

**Yale University,** New Haven, CT. (1998-2002). Bachelor of Arts degree in American studies.

## Research Grants Funded

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### **Military Suicide Research Consortium**

Identifying factors associated with future suicidal self-directed violence within a sample of Mississippi National Guard Personnel

Role: Principal Investigator

Grant #: W81XWH-10-2-0181

Amount awarded: \$704,715

9/21/2013-9/20/2016

**Defense Suicide Prevention Office**Gun lock policies and the military culture of gun use

Role: Consultant (PI:CNA Corporation)

DCD-2016-U-013474-Final

Project Number 0006.4752.B830.00.

Amount Awarded: \$575,000

6/2016-11/2017

**Peer-Reviewed Journal Articles** (mentored graduate and undergraduate students in italics)

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h-index = 25; g-index = 46

- <sup>88</sup> **Anestis, M.D., Law, K.C., Jin, H., Houtsma, C., Khazem, L.R., & Assavedo, B.L.** (in press). Treating the capability for suicide: A vital and understudied frontier in suicide prevention. *Suicide and Life-Threatening Behavior*.
- <sup>87</sup> *Khazem, L.R., & Anestis, M.D.* (in press). Thinking or doing? An examination of well-established suicide risk factors within the ideation-to-action framework. *Psychiatry Research*.
- <sup>86</sup> Davidson, C.L., **Anestis, M.D.**, & Gutierrez, P.M. (in press). Ecological momentary assessment is a neglected methodology in suicidology. *Archives of Suicide Research*.
- <sup>85</sup> *Jin, H.J., Khazem, L.R., & Anestis, M.D.* (in press). Recent advances in means safety as a suicide prevention strategy. *Current Psychiatry Reports*.
- <sup>84</sup> Bryan, C.J., Bryan, A.O., **Anestis, M.D.**, Anestis, J.C., Green, B.A., Etienne, N., Morrow, C.E., & Ray-Sannerud, B. (in press). Measuring moral injury: Psychometric properties of the Moral Injury Events Scale in two military samples. *Assessment*.
- <sup>83</sup> *Knorr, A.C., Tull, M.T., Anestis, M.D., Dixon-Gordon, K., Bennett, M., & Gratz, K.L.* (in press). The interactive effect of major depression and nonsuicidal self-injury on current suicide risk and lifetime suicide attempts. *Archives of Suicide Research*.
- <sup>82</sup> *Stanley, I.H., Hom, M.A., Rogers, M.L., Anestis, M.D., & Joiner, T.E.* (in press). Discussing firearm ownership and access as part of suicide risk assessment and prevention: "Means safety" versus "means restriction." *Archives of Suicide Research*.
- <sup>81</sup> *Pennings, S.M., Finn, J., Houtsma, C., Green, B.A., & Anestis, M.D.* (in press). Post-traumatic stress disorder symptom clusters and the interpersonal theory of suicide in a large military sample. *Suicide and Life-Threatening Behavior*.
- <sup>80</sup> *Fisher, K., Houtsma, C., Assavedo, B.L., Green, B.A., & Anestis, M.D.* (in press). Agitation as a moderator of the relationship between insomnia and current suicidal ideation in the military. *Archives of Suicide Research*.
- <sup>79</sup> Anestis, J.C., Finn, J.A., Gottfried, E.L., Hames, J., Bodell, L., Hagan, C., Arnau, R., **Anestis, M.D.**, Arbisi, P.A., & Joiner, T.E. (in press). Burdensomeness, belongingness, and acquired capability: Assessing the interpersonal-psychological theory of suicide with MMPI-2-RF scales. *Assessment*.

- <sup>78</sup> **Anestis, M.D.**, & Capron, D.W. (2016). An investigation of persistence through pain and distress as an amplifier of the relationship between suicidal ideation and suicidal behavior. *Journal of Affective Disorders*, *196*, 78-82.
- <sup>77</sup> **Anestis, M.D.**, & Capron, D.W. (2016). The associations between state veteran population rates, handgun legislation, and statewide suicide rates. *Journal of Psychiatric Research*, *74*, 30-34.
- <sup>76</sup> **Anestis, M.D.** (2016). Prior suicide attempts are less common in suicide decedents who died by firearms relative to those who died by other means. *Journal of Affective Disorders*, *189*, 106-109.
- <sup>75</sup> Anestis, J.C., **Anestis, M.D.**, Rufino, K.A., Cramer, R.J., Miller, H., *Khazem, L.R.*, & Joiner, T.E. (2016). Understanding the relationship between suicidality and psychopathy: An examination of the interpersonal-psychological theory of suicidal behavior. *Archives of Suicide Research*, *20*, 349-368.
- <sup>74</sup> *Assavedo, B.L.*, & **Anestis, M.D.** (2016). The relationship between nonsuicidal self-injury and both perceived burdensomeness and thwarted belongingness. *Journal of Psychopathology and Behavioral Assessment*, *38*, 251-257.
- <sup>73</sup> Kranzer, A., Fehling, K.B., **Anestis, M.D.**, & Selby, E.A. (2016). Emotion dysregulation, internalizing symptoms, and self-injurious and suicidal behavior: Structural equation analysis. *Death Studies*, *40*, 358-366.
- <sup>72</sup> *Martin, R.L.*, *Houtsma, C.*, Green, B.A., & **Anestis, M.D.** (2016). Support systems: How post-deployment support impacts suicide risk factors in the United States Army National Guard. *Cognitive Therapy and Research*, *40*, 14-21.
- <sup>71</sup> Capron, D.W., Bujarski, S.J., Gratz, K.L., **Anestis, M.D.**, Fairholme, C.P., & Tull, M.T. (2016). Suicide risk among male substance users in residential treatment: Evaluation of the depression-distress amplification model. *Psychiatry Research*, *237*, 22-26.
- <sup>70</sup> Rogers, M.L., Tucker, R.P., *Law, K.C.*, Michaels, M.S., **Anestis, M.D.**, & Joiner, T.E. (2016). Manifestations of overarousal account for the associations between cognitive anxiety sensitivity and suicidal ideation. *Journal of Affective Disorders*, *192*, 116-124.
- <sup>69</sup> *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 likelihood of future suicide attempts among United States military personnel. *Military Psychology*, *28*, 25-33.
- <sup>68</sup> **Anestis, M.D.**, Bryan, C.J., May, A.M., *Law, K.C.*, Hagan, C.R., Bryan, A.O., Chu, C., Michaels, M.S., Selby, E.A., Klonsky, E.D., & Joiner, T.E. (2015). Dangerous words? An experimental investigation of the impact of detailed reporting about suicide on subsequent risk. *Journal of Clinical Psychology*, *71*, 1031-1041.
- <sup>67</sup> **Anestis, M.D.**, & Anestis, J.C. (2015). Suicide rates and statewide laws regulating access and exposure to handguns. *American Journal of Public Health*, *105*, 2049-2058.

- <sup>66</sup> **Anestis, M.D.**, & Green, B.A. (2015). The effect of varying levels of confidentiality on disclosure of suicidal thoughts in a sample of United States National Guard personnel. *Journal of Clinical Psychology, 71*, 1023-1030.
- <sup>65</sup> **Anestis, M.D.**, Khazem, L.R., Mohn, R.S., & Green, B.A. (2015). Testing the main hypotheses of the interpersonal-psychological theory of suicidal behavior in a large diverse sample of United States military personnel. *Comprehensive Psychiatry, 60*, 78-85.
- <sup>64</sup> **Anestis, M.D.**, Khazem, L.R., Law, K.C., Houtsma, C., LeTard, R., Moberg, F., & Martin, R. (2015). The association between state laws regulating handgun ownership and suicide rates. *American Journal of Public Health, 105*, 2059-2067.
- <sup>63</sup> **Anestis, M.D.**, Joiner, T.E., Hanson, J.E., & Gutierrez, P.M. (2015). Response to commentary on the modal suicide decedent did not consume alcohol just prior to the time of death: An analysis with implications for understanding suicidal behavior. *Journal of Abnormal Psychology, 124*, 460-461.
- <sup>62</sup> **Anestis, M.D.**, & Selby, E.A. (2015). Grit and perseverance in suicidal behavior and non-suicidal self-injury. *Death Studies, 39*, 211-218.
- <sup>61</sup> **Anestis, M.D.**, Khazem, L.R., & Law, K.C. (2015). How many times and how many ways: The impact of number of non-suicidal self-injury methods on the relationship between non-suicidal self-injury frequency and suicidal behavior. *Suicide and Life-Threatening Behavior, 45*, 164-177.
- <sup>60</sup> Kleiman, E.M., & **Anestis, M.D.** (2015). Introduction to the special issue: Recent advances in suicide research: Mediators and moderators of risk and resilience. *International Journal of Cognitive Therapy, 8*, 95-98.
- <sup>59</sup> Moberg, F.B., & **Anestis, M.D.** (2015). A preliminary examination of the relationship between social networking interactions, internet use, and thwarted belongingness. *Crisis: The Journal of Crisis Intervention and Suicide Prevention, 36*, 187-193.
- <sup>58</sup> Law, K.C., Khazem, L.R., & **Anestis, M.D.** (2015). The role of emotion dysregulation in suicide as considered through the ideation to action framework. *Current Opinion in Psychology, 3*, 30-35.
- <sup>57</sup> Lavender, J.M., Green, D., **Anestis, M.D.**, Tull, M.T., & Gratz, K.L. (2015). Negative affect, negative urgency, thought suppression, and bulimic symptoms: A moderated mediation model. *European Eating Disorders Review, 23*, 246-250.
- <sup>56</sup> Lavender, J.M., Happel, K., **Anestis, M.D.**, Gratz, K.L., & Tull, M.T. (2015). The interactive role of distress tolerance and eating expectancies in relation to bulimic symptoms. *Eating Behaviors, 16*, 88-91.
- <sup>55</sup> Buckholdt, K.E., Parra, G.R., **Anestis, M.D.**, Lavender, J.M., Jobe-Shields, L.E., Tull, M.T., & Gratz, K.L. (2015). Emotion regulation difficulties and maladaptive behaviors: Examination of deliberate self-harm, disordered eating, and substance misuse in two samples. *Cognitive Therapy and Research, 39*, 140-152.

- <sup>54</sup> *Khazem, L.R., Jahn, D.R., Cukrowicz, K.C., & Anestis, M.D.* (2015). Physical disability and suicide risk: An examination of the interpersonal-psychological theory of suicide. *Death Studies, 39*, 641-646.
- <sup>53</sup> *Khazem, L.R., Law, K.C., Green, B.A., & Anestis, M.D.* (2015). Examining the relationship between coping strategies and suicidal desire in a sample of United States military personnel. *Comprehensive Psychiatry, 57*, 2-9.
- <sup>52</sup> *Pennings, S.M., Law, K.C., Green, B.A., & Anestis, M.D.* (2015). The impact of grit on the relationship between hopelessness and suicidality. *International Journal of Cognitive Therapy, 8*, 130-142.
- <sup>51</sup> *Hames, J., Chiurliza, B., Podlogar, M.C., Smith, A.R., Selby, E.A., Anestis, M.D., & Joiner, T.E.* (2015). Perceived burdensomeness and thwarted belongingness predict excessive reassurance seeking among clinical outpatients. *Journal of Clinical Psychology, 71*, 597-605.
- <sup>50</sup> *Anestis, M.D., Joiner, T.E., Hanson, J.E., & Gutierrez, P.M.* (2014). The modal suicide decedent did not consume alcohol just prior to the time of death: An analysis with implications for understanding suicidal behavior. *Journal of Abnormal Psychology, 123*, 835-840.
- <sup>49</sup> *Anestis, M.D., Soberay, K.A., Gutierrez, P.M., Hernandez, T.D., & Joiner, T.E.* (2014). Reconsidering the link between impulsivity and suicidal behavior. *Personality and Social Psychology Review, 18*, 366-386.
- <sup>48</sup> *Anestis, M.D., Kleiman, E.M., Lavender, J.M., Tull, M.T., & Gratz, K.L.* (2014). The pursuit of death versus escape from negative affect: An examination of the nature of the relationship between emotion dysregulation and both suicidal behavior and non-suicidal self-injury. *Comprehensive Psychiatry, 55*, 1820-1830.
- <sup>47</sup> *Anestis, M.D., Anestis, J.C., Zawilinski, L.L., Hopkins, T.A., & Lilienfeld, S.O.* (2014). Equine-related treatments for mental illness lack empirical support: A systematic review of empirical investigations. *Journal of Clinical Psychology, 70*, 1115-1132.
- <sup>46</sup> *Anestis, M.D., Tull, M.T., Lavender, J.M., & Gratz, K.L.* (2014). The mediating role of non-suicidal self-injury in the relationship between impulsivity and suicidal behavior among inpatients receiving treatment for substance use disorders. *Psychiatry Research, 218*, 166-173.
- <sup>45</sup> *Anestis, M.D., Pennings, S.M., & Williams, T.J.* (2014). Preliminary results from an examination of episodic planning in suicidal behavior. *Crisis: The Journal of Crisis Intervention and Suicide Prevention, 35*, 186-192.
- <sup>44</sup> *Anestis, M.D., Moberg, F.B., & Arnau, R.C.* (2014). Hope and the interpersonal-psychological theory of suicidal behavior: Replication and extension of prior findings. *Suicide and Life-Threatening Behavior, 44*, 175-187.
- <sup>43</sup> *Nadorff, M.R., Anestis, M.D., Nazem, S., Harris, H.C., & Winer, E.S.* (2014). Sleep disorders and the Interpersonal-Psychological Theory of Suicide: Independent pathways to suicidality? *Journal of Affective Disorders, 152-154*, 505-512.

- <sup>42</sup> Kleiman, E.M., Law, K.C., & **Anestis, M.D.** (2014). Do theories of suicide play well together? Integrating the hopelessness and interpersonal psychological theories of suicide. *Comprehensive Psychiatry*, *55*, 431-438.
- <sup>41</sup> Gauthier, J.M., Zuromski, K.L., Gitter, S.A., Witte, T.K., Cero, I.J., Gordon, K.H., Ribeiro, J.D., **Anestis, M.D.**, & Joiner, T.E., Jr. (2014). The interpersonal-psychological theory of suicide and exposure to video game violence. *Journal of Social and Clinical Psychology*, *33*, 512-535.
- <sup>40</sup> **Anestis, M.D.**, Pennings, S.M., Lavender, J.M., Tull, M.T., & Gratz, K.L. (2013). Low distress tolerance as an indirect risk factor for suicidal behavior: Considering the explanatory role of non-suicidal self-injury. *Comprehensive Psychiatry*, *54*, 996-1002.
- <sup>39</sup> **Anestis, M.D.**, Knorr, A.N., Tull, M.T., Lavender, J.M., & Gratz, K.L. (2013). The importance of high distress tolerance in the relationship between non-suicidal self-injury and suicide potential. *Suicide and Life-Threatening Behavior*, *43*, 663-675.
- <sup>38</sup> **Anestis, M.D.**, & Bryan, C.J. (2013). Means and capacity for suicidal behavior: A comparison of the ratio of suicide attempts and deaths by suicide in the US military and general population. *Journal of Affective Disorders*, *148*, 42-47.
- <sup>37</sup> Pennings, S.M., & **Anestis, M.D.** (2013). Discomfort intolerance and the acquired capability for suicide. *Cognitive Therapy and Research*, *37*, 1269-1275.
- <sup>36</sup> Lavender, J.M., De Young, K.P., **Anestis, M.D.**, Wonderlich, S.A., Crosby, R.D., Engel, S.G., Mitchell, J.E., Crow, S., Peterson, C.B., & le Grange, D. (2013). Associations between retrospective versus ecological momentary assessment measures of emotion and eating disorder symptoms in anorexia nervosa. *Journal of Psychiatric Research*, *47*, 1514-1520.
- <sup>35</sup> Smith, A.R., Fink, E.L., **Anestis, M.D.**, Riberio, J.D., Gordon, K.H., Davis, H., Keel, P.K., Bardone-Cone, A.M., Peterson, C.B., Klein, M.H., Crow, S., Mitchell, J.E., Crosby, R.D., Wonderlich, S.A., le Grant, D., & Joiner, T.E. (2013). Exercise Caution: Over-exercise is associated with suicidality among individuals with disordered eating. *Psychiatry Research*, *206*, 246-255.
- <sup>34</sup> Weiss, N.H., Tull, M.T., **Anestis, M.D.**, & Gratz, K.L. (2013). The relative and unique contributions of emotion dysregulation and impulsivity to posttraumatic stress disorder among substance dependent inpatients. *Drug and Alcohol Dependence*, *128*, 45-51.
- <sup>33</sup> **Anestis, M.D.**, Gratz, K.L., Bagge, C.L., & Tull, M.T. (2012). The interactive role of distress tolerance and borderline personality disorder in suicide attempts among substance users in residential treatment. *Comprehensive Psychiatry*, *53*, 1208-1216.
- <sup>32</sup> **Anestis, M.D.**, Silva, C., Lavender, J.A., Crosby, R.D., Wonderlich, S.A., Engel, S.G., & Joiner, T.E. (2012). Predicting non-suicidal self-injury episodes over a discrete period of time in a sample of women diagnosed with bulimia nervosa: An analysis of affective lability and previous suicide attempts. *International Journal of Eating Disorders*, *45*, 808-811.

- <sup>31</sup> **Anestis, M.D.**, Lavender, J.A., Marshall-Berenz, E.C., Gratz, K.L., Tull, M.T., & Joiner, T.E. (2012). Evaluating distress tolerance measures: Interrelations and associations with impulsive behaviors. *Cognitive Therapy and Research*, *36*, 593-602.
- <sup>30</sup> **Anestis, M.D.**, Fink, E.L., Bender, T.W., Selby, E.A., Smith, A.R., Witte, T.K., & Joiner, T.E. (2012). Re-considering the association between negative urgency and suicidality. *Personality and Mental Health*, *6*, 138-146.
- <sup>29</sup> **Anestis, M.D.**, Tull, M.T., Bagge, C.L., & Gratz, K.L. (2012). The moderating role of distress tolerance in the relationship between posttraumatic stress disorder symptom clusters and suicidal behavior among trauma-exposed substance users in residential treatment. *Archives of Suicide Research*, *16*, 198-211.
- <sup>28</sup> **Anestis, M.D.**, & Joiner, T.E. (2012). Behaviorally-indexed distress tolerance and suicidality. *Journal of Psychiatric Research*, *46*, 703-707.
- <sup>27</sup> Bender, T.W., **Anestis, M.D.**, Anestis, J.C., Gordon, K.H., & Joiner, T.E. (2012). Affective and behavioral paths towards the acquired capability for suicide. *Journal of Social and Clinical Psychology*, *31*, 81-100.
- <sup>26</sup> Van Orden, K.A., Braithwaite, S.R., **Anestis, M.D.**, Timmons, K.A., Fincham, F.D., Joiner, T.E., & Lewinsohn, P.M. (2012). An exploratory investigation of marital functioning and order of spousal onset in couples concordant for psychopathology. *Journal of Marital and Family Therapy*, *38* S1, 308-319.
- <sup>25</sup> Weiss, N.H., Tull, M.T., Viana, A.G., **Anestis, M.D.**, & Gratz, K.L. (2012). Impulsive behaviors as an emotion regulation strategy: Examining associations between PTSD, emotion dysregulation, and impulsive behaviors among substance dependent inpatients. *Journal of Anxiety Disorders*, *26*, 453-458.
- <sup>24</sup> **Anestis, M.D.**, Coffey, S.F., Schumacher, J.A., & Tull, M.T. (2011). Affective vulnerabilities and self-injury in suicide. *Archives of Suicide Research*, *15*, 291-303.
- <sup>23</sup> **Anestis, M.D.**, Bender, T.W., Selby, E.A., Ribeiro, J.D., & Joiner, T.E. (2011). Sex and emotion in the acquired capability for suicide. *Archives of Suicide Research*, *15*, 172-182.
- <sup>22</sup> **Anestis, M.D.**, Bagge, C.L., Tull, M.T., & Joiner, T.E. (2011). Clarifying the role of emotion dysregulation in the interpersonal-psychological theory of suicidal behavior in an undergraduate sample. *Journal of Psychiatric Research*, *45*, 603-611.
- <sup>21</sup> **Anestis, M.D.**, & Joiner, T.E. (2011). Examining the role of emotion in suicidality: Negative urgency as an amplifier of the relationship between components of the interpersonal-psychological theory of suicidal behavior and lifetime number of suicide attempts. *Journal of Affective Disorders*, *129*, 261-269.
- <sup>20</sup> **Anestis, M.D.**, Anestis, J.C., & Lilienfeld, S.O. (2011). When it comes to evaluating psychodynamic therapy, the devil is in the details. *American Psychologist*, *66*, 149-151.
- <sup>19</sup> Bryan, C.J., & **Anestis, M.D.** (2011). Re-experiencing symptoms and the interpersonal-psychological theory of suicidal behavior among deployed service members evaluated for traumatic brain injury. *Journal of Clinical Psychology*, *67*, 856-864.

- <sup>18</sup> **Anestis, M.D.**, Selby, E.A., Crosby, R.D., Wonderlich, S.A., Engel, S. G., & Joiner, T.E. (2010). A comparison of self-report versus ecological momentary assessment measures of affective lability in an examination of its relationship with bulimic symptomatology. *Behaviour Research and Therapy*, *48*, 607-613.
- <sup>17</sup> Selby, E.A., **Anestis, M.D.**, Bender, T.W., Ribeiro, J.D., Nock, M.K., Rudd, M.D., Bryan, C.J., Lim, I.C., Baker, M.T., Gutierrez, P.M., & Joiner, T.E. (2010). Overcoming the fear of lethal self-injury: Evaluating suicide in the military through the lens of the interpersonal-psychological theory of suicide. *Clinical Psychology Review*, *30*, 298-307.
- <sup>16</sup> Fink, E.L., **Anestis, M.D.**, Selby, E.A., & Joiner, T.E. (2010). Negative urgency fully mediates the relationship between alexithymia and dysregulated behaviors. *Personality and Mental Health*, *4*, 284-293.
- <sup>15</sup> Bryan, C.J., Morrow, C.E., **Anestis, M.D.**, & Joiner, T.E. (2010). A preliminary test of the interpersonal-psychological theory of suicidal behavior in a military sample. *Personality and Individual Differences*, *48*, 47-50. \*Cited over 100 times\*
- <sup>14</sup> Gordon, K.H., Selby, E.A., **Anestis, M.D.**, Bender, T., Witte, T.K., Braithwaite, S., Van Orden, K.A., Bresin, K., & Joiner T.E. (2010). The reinforcing properties of repeated deliberate self-harm in adults. *Archives of Suicide Research*, *14*, 329-341.
- <sup>13</sup> **Anestis, M.D.**, Fink, E.L., Smith, A., & Joiner, T.E. (2009). Dysregulated eating and distress: Examining the specific role of negative urgency in a clinical population. *Cognitive Therapy and Research*, *33*, 390-397.
- <sup>12</sup> **Anestis, M.D.**, Anestis, J.C., & Joiner, T.E. (2009). Affective considerations in antisocial behavior: An examination of negative urgency in primary and secondary psychopathy. *Personality and Individual Differences*, *47*, 668-670.
- <sup>11</sup> **Anestis, M.D.**, Pederson, C.B., Bardone-Cone, A.M., Klein, M., Mitchell, J.E., Crosby, R.D., Wonderlich, S.A., Crow, S.J., le Grange, D., & Joiner, T.E. (2009). Affective lability and impulsivity in a clinical sample of women with bulimia nervosa: The role of affect in severely dysregulated behavior. *International Journal of Eating Disorders*, *42*, 259-266.
- <sup>10</sup> **Anestis, M.D.**, Bryan, C.J., Cornette, M.M. & Joiner, T.E. (2009). Understanding suicidal behavior in the military: An evaluation of Joiner's interpersonal-psychological theory of suicidal behavior in two case studies of post-deployers. *Journal of Mental Health Counseling*, *31*, 60-75.
- <sup>9</sup> **Anestis, M.D.**, Anestis, J.C., Selby, E.A., & Joiner, T.E. (2009). Anger rumination across forms of aggression. *Personality and Individual Differences*, *46*, 192-196.
- <sup>8</sup> **Anestis, M.D.**, & Anestis, J.C. (2009). Using social media tools in clinical psychology: The experience of Psychotherapy Brown Bag. *The Behavior Therapist*, *32*, 140-144.
- <sup>7</sup> Selby, E.A., **Anestis, M.D.**, Bender, T.W., & Joiner, T.E. (2009). An exploration of the emotional cascade model in borderline personality disorder. *Journal of Abnormal Psychology*, *118*, 375-387. \*Cited over 100 times\*



- <sup>6</sup> **Anestis, M.D.**, Holm-Denoma, J.M., Gordon, K.H., Schmidt, N.B., & Joiner, T.E. (2008). The role of anxiety sensitivity in eating pathology. *Cognitive Therapy and Research*, *32*, 370-385.
- <sup>5</sup> Selby, E.A., **Anestis, M.D.**, & Joiner, T.E.. (2008). Understanding the relationship between emotional and behavioral dysregulation: Emotional cascades. *Behaviour Research and Therapy*, *46*, 593-611. \*Cited over 100 times\*
- <sup>4</sup> **Anestis, M.D.**, Selby, E.A., & Joiner, T.E. (2007). The role of urgency in maladaptive behaviors. *Behaviour Research and Therapy*, *45*, 3018-3029. \*Cited over 100 times\*
- <sup>3</sup> **Anestis, M.D.**, Selby, E.A., Fink, E., & Joiner, T.E. (2007). The multifaceted role of distress tolerance in dysregulated eating behaviors. *International Journal of Eating Disorders*, *40*, 718-726. \*Cited over 100 times\*
- <sup>2</sup> Selby, E.A., **Anestis, M.D.**, & Joiner, T.E. (2007). Daydreaming about death: Violent daydreaming as a form of emotion dysregulation in suicidality. *Behavior Modification*, *31*, 867-879.
- <sup>1</sup> Joiner, T.E., Sachs-Ericsson, N.J., Wingate, L.R., Brown, J.S., **Anestis, M.D.**, & Selby, E.A. (2007). Childhood physical and sexual abuse and lifetime number of suicide attempts: A persistent and theoretically important relationship. *Behaviour Research and Therapy*, *45*, 539-547. \*Cited over 200 times\*

**Journal Articles Under Review** (Mentored graduate and undergraduate students in italics)

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**Anestis, M.D.**, & *Houtsma, C.* (article submitted). The association between gun ownership and statewide overall suicide rates.

**Anestis, M.D.**, & Selby, E.A. (article submitted). Rising longitudinal trajectories in state level suicide rates: The role of firearm suicide rates and firearm legislation.

**Anestis, M.D.**, Mohn, R.S., Dorminey, J.W., & Green, B.A. (article submitted). Detecting the underreporting of suicidal ideation among United States military personnel.

**Anestis, M.D.**, *Khazem, L.R.*, & Anestis, J.C. (article submitted). Differentiating suicide decedents who died using firearms from those who died using other methods.

*Moberg, F.B.*, & **Anestis, M.D.** (article submitted). Thwarted belongingness in relation to face-to-face and online interactions.

*Rogers, M.L.*, **Anestis, M.D.**, & Joiner, T.E. (article submitted). Agitation and suicide attempts: The moderating role of negative urgency.

*Assavedo, B.L.*, Green, B.A., & **Anestis, M.D.** (article submitted). Comparing suicide risk among military personnel and civilians with multiple suicide attempts.

*Khazem, L.R.*, Jahn, D.R., Cukrowicz, K.C., & **Anestis, M.D.** (article submitted). How perceived burdensomeness and depressive symptoms influence suicidal ideation in individuals with physical disabilities.

Anestis, J.C., Harrop, T.M., Green, B.A., & **Anestis, M.D.** (article submitted). Psychopathic personality traits as a protective factor against the development of post-traumatic stress disorder in a sample of National Guard combat veterans.

Anestis, J.C., Green, B.A., Arnau, R., & **Anestis, M.D.** (article submitted). Confirmatory factor analysis, taxometric analysis, and latent profile analysis of the Levenson Psychopathy Scales in a military sample.

Law, K.C., Khazem, L.R., Jin, H.M., & **Anestis, M.D.** (article submitted). Non-suicidal self-injury and frequency of suicide attempts: The role of pain persistence.

Vujanovic, A.A., Bakhshaie, J., Martin, C., Reddy, M.K., & **Anestis, M.D.** (article submitted). Posttraumatic stress and distress tolerance: Associations with suicidality in acute-care psychiatric inpatients.

Martin, R.L., Houtsma, C., Bryan, A.O., Bryan, C.J., Green, B.A., & **Anestis, M.D.** (article submitted). The impact of aggression on the relationship between betrayal and belongingness amongst US military personnel.

Podlogar, M.C., Houtsma, C., Khazem, L.R., Moberg, F., Mofield, T., Green, B.A., **Anestis, M.D.**, & Joiner, T.E. (article submitted). Interpersonal theory of suicide differences between Army Active Duty and National Guard samples.

### **Published Book Chapters**

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**Anestis, M.D.**, Dixon-Gordon, K.L., & Gratz, K.L. (2015). Suicidal behavior and personality disorders. In D.A. Lamis & N.J. Kaslow (Eds.), *Advancing the science of suicidal behavior: Understanding and intervention*. Hauppauge, NY: Nova Science Publishers.

**Anestis, M.D.**, & Khazem, L.R. (2015). The problem of suicide. In C.Bryan (Ed.), *Cognitive Behavioural Therapy for Preventing Suicide Attempts*. New York, NY: Taylor & Francis Publishing.

**Anestis, M.D.** (2015). Emotion dysregulation and suicidality. In U. Kumar (Ed.), *Suicidal Behavior: Underlying Dynamics*. New York, NY: Routledge.

**Anestis, M.D.**, Fink, E.L., Smith, A.R., Selby, E.A., & Joiner, T.E. (2011). Distress tolerance in eating disorders. In M.J. Zvolensky, A. Bernstein, & A.A. Vujanovic (Eds.). *Distress Tolerance*. New York: Guilford Press.

Hollar, D.L., Buckner, J.D., Holm-Denoma, J.M., Waesche, M.C., Wingate, L.R., & **Anestis, M.D.** (2007) The assessment, diagnosis, and treatment of African American clients. In J.D. Buckner, Y.Castro, J.M. Holm-Denoma, & T.E. Joiner (Eds.). *Mental Health Care for People of Diverse Backgrounds within an Empirically Informed Framework*. Oxford: Radcliffe Publishing.

### **Posters/Presentations for Professional Conferences** (Mentored students in italics)

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- Anestis, M.D., & Capron, D.W.** (2016). The associations between state veteran population rates, handgun legislation, and statewide suicide rates. Paper to be presented at the 49<sup>th</sup> annual conference of the American Association of Suicidology. Chicago, IL.
- Anestis, M.D., & Capron, D.W.** (2016). The Suicide Proxy Task: An investigation of persistence through pain and distress and an amplifier of the relationship between suicidal ideation and suicidal behavior. Paper to be presented at the 49<sup>th</sup> annual conference of the American Association of Suicidology. Chicago, IL.
- Assavedo, B.L., Khazem, L.R., & Anestis, M.D.* (2016). The mediating role of negative beliefs about the future and depressive symptoms in suicidal ideation among individuals with health conditions. Poster to be presented at the 49<sup>th</sup> annual conference of the American Association of Suicidology. Chicago, IL.
- Assavedo, B.L., Tull, M.T., Gratz, K.L., & Anestis, M.D.* (2016). Examining the association between psychotropic medication usage and suicidal desire and risk. Poster to be presented at the 49<sup>th</sup> annual conference of the American Association of Suicidology. Chicago, IL.
- Houtsma, C., & Anestis, M.D.* (2016). Who is in control? An examination of the relationship between locus of control, emotion dysregulation, and suicidal desire. Poster to be presented at the 49<sup>th</sup> annual conference of the American Association of Suicidology. Chicago, IL.
- Jacobs, C.M., Woodmansee, A.K., Law, K.C., & Anestis, M.D.* (2016). The effect of alcohol use and impulsivity on emotion dysregulation. Poster to be presented at the 49<sup>th</sup> annual conference of the American Association of Suicidology. Chicago, IL.
- Jin, H.M., & Anestis, M.D.* (2016). Pain persistence in individuals with lifetime NSSI and suicidal behavior. Poster to be presented at the 49<sup>th</sup> annual conference of the American Association of Suicidology. Chicago, IL.
- Khazem, L.R., & Anestis, M.D.* (2016). The measurement of cognitive biases toward perceived burdensomeness and thwarted belongingness through the use of a modified Stroop task. Paper to be presented at the 49<sup>th</sup> annual conference of the American Association of Suicidology. Chicago, IL.
- 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 on the association between current suicidal ideation and imminent suicide risk amongst United States military personnel. Paper to be presented at the 49<sup>th</sup> annual conference of the American Association of Suicidology. Chicago, IL.
- Law, K.C., & Anestis, M.D.* (2016). Transitions from suicidal ideation to action: The influence of changes in agitation following rumination on different emotions. Paper to be presented at the 49<sup>th</sup> annual conference of the American Association of Suicidology. Chicago, IL.
- Law, K.C., Khazem, L.R., & Anestis, M.D.* (2016). Emotion dysregulation in the transition from suicidal ideation to action. Paper to be presented at the 49<sup>th</sup> annual conference of the American Association of Suicidology. Chicago, IL.

*Woodmansee, A.K., Jacobs, C.M., Law, K.C., & Anestis, M.D.* (2016). The relationship between rumination induced shame and suicidal ideation. Poster to be presented at the 49<sup>th</sup> annual conference of the American Association of Suicidology. Chicago, IL.

*Woodmansee, A.K., Jacobs, C.M., Law, K.C., & Anestis, M.D.* (2016). Predicting perceived burdensomeness and thwarted belongingness using subscales of the borderline symptom list. Poster to be presented at the 49<sup>th</sup> annual conference of the American Association of Suicidology. Chicago, IL.

**Anestis, M.D.,** & Anestis, J.C. (2015). Suicide rates and state laws regulating access and exposure to handguns. Paper presented at the bi-annual conference of the International Association for Suicide Research. New York, New York.

**Anestis, M.D.,** & Green, B.A. (2015). Thwarted belongingness and future suicidal ideation amongst US military personnel. In M. Anestis & A. Chapman (Co-Chairs), Novel methods in the prediction of suicidal and non-suicidal self-directed violence. Symposium presented at the 49<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies. Chicago, Illinois.

*Martin, R.L., Green, B.A., & Anestis, M.D.* (2015). How post-battle experiences relate to the interpersonal-psychological theory of suicide in a US Army National Guard personnel. Paper presented at the bi-annual conference of the International Association for Suicide Research. New York, New York.

*Houtsma, C., Green, B.A., & Anestis, M.D.* (2015). The influence of suicidal desire, distress tolerance, and access to firearms in the salience of suicide within the US Military. Poster presented at the 49<sup>th</sup> annual conference of the American Association of Suicidology. Chicago, Illinois.

*Khazem, L.R., Jahn, D., Cukrowicz, K.C., & Anestis, M.D.* (2015). The roles of perceived burdensomeness and depression in the development of suicidal ideation in individuals with physical disabilities. Paper presented at the bi-annual conference of the International Association for Suicide Research. New York, New York.

*Pennings, S.M., Finn, J.R., Houtsma, C., & Anestis, M.D.* (2015). Clarifying the association between the posttraumatic stress disorder numbing symptom cluster and the desire for death in a military sample. Paper presented at the bi-annual conference of the International Association for Suicide Research. New York, New York.

**Anestis, M.D.** (2015). Suicide in the US Military: Findings from an ongoing longitudinal study. Invited paper presented at the 48<sup>th</sup> annual conference of the American Association of Suicidology. Atlanta, Georgia.

**Anestis, M.D.,** *Khazem, L.R., Law, K.C., Houtsma, C., LeTard, R., Moberg, F., & Martin, R.* (2015). The association between state laws regulating handgun ownership and statewide suicide rates. Paper presented at the 48<sup>th</sup> annual conference of the American Association of Suicidology. Atlanta, Georgia.

Kleiman, E.M., **Anestis, M.D.,** Green, B.A., Blalock, D., & Young, K.C. (2015). Too much of a good thing? Grit's non-linear relationship with suicidal ideation. In D. Disabato and K.A. Mitchell (co-chairs) *Personality strengths in context: When to use them and when to*

- lose them*. Symposium presented at the 27<sup>th</sup> annual convention of the Association for Psychological Science. New York, New York.
- Pennings, S.M., & Anestis, M.D.* (2015). The impact of grit on the relationship between hopelessness and suicidality. Paper presented at the 48<sup>th</sup> annual conference of the American Association of Suicidology. Atlanta, Georgia.
- Law, K.C., & Anestis, M.D.* (2015). Rumination on sadness vs. anger and its contribution to suicide risk. Paper presented at the 48<sup>th</sup> annual conference of the American Association of Suicidology. Atlanta, Georgia.
- Khazem, L.R., Law, K.C., Green, B.A., & Anestis, M.D.* (2015). The relationship between coping strategies and suicidal desire: An examination in US military personnel. Paper presented at the 48<sup>th</sup> annual conference of the American Association of Suicidology. Atlanta, Georgia.
- Martin, R.L., & Anestis, M.D.* (2015). Support systems: How post-deployment support impacts hopelessness. Poster presented at the 48<sup>th</sup> annual conference of the American Association of Suicidology. Atlanta, Georgia.
- Moberg, F.B., & Anestis, M.D.* (2015). Thwarted belongingness in relation to face-to-face and online interactions. Poster presented at the 48<sup>th</sup> annual conference of the American Association of Suicidology. Atlanta, Georgia.
- Pennings, S.M., & Anestis, M.D.* (2015). The differential relationships between the subtypes of narcissism and the subcomponents of the interpersonal psychological theory of suicidal behavior. Poster presented at the 48<sup>th</sup> annual conference of the American Association of Suicidology. Atlanta, Georgia.
- Adah, J.E., Law, K.C., & Anestis, M.D.* (2015). The relationship between rumination and suicidal desire moderated by reassurance seeking. Poster presented at the 48<sup>th</sup> annual conference of the American Association of Suicidology. Atlanta, Georgia.
- Adams, E., Law, K.C., & Anestis, M.D.* (2015). Moderating effects of excessive reassurance seeking on emotion dysregulation, thwarted belongingness, and perceived burdensomeness. Poster presented at the 48<sup>th</sup> annual conference of the American Association of Suicidology. Atlanta, Georgia.
- Moberg, F.B., Law, K.C., & Anestis, M.D.* (2015). The impact of internet use on the relationship between rumination and suicidal desire. Poster presented at the 48<sup>th</sup> annual conference of the American Association of Suicidology. Atlanta, Georgia.
- Houtsma, C., Khazem, L.R., Green, B.A., & Anestis, M.D.* (2015). Moral injury and thwarted belongingness: The potential importance of post-deployment support for US troops. Poster presented at the 48<sup>th</sup> annual conference of the American Association of Suicidology. Atlanta, Georgia.
- Khazem, L.R., Jahn, D., Cukrowicz, K.C., & Anestis, M.D.* (2015). Physical disability and suicide risk: An examination of constructs of the interpersonal-psychological theory of suicide. Poster presented at the 48<sup>th</sup> annual conference of the American Association of Suicidology. Atlanta, Georgia.

- Martin, R.L., Khazem, L.R., Houtsma, C., & Anestis, M.D.* (2015). Betrayal and belongingness: Examining moral injury and the interpersonal-psychological theory of suicide. Poster presented at the 48<sup>th</sup> annual conference of the American Association of Suicidology. Atlanta, Georgia.
- Bryan, A.O., Bryan, C.J., Morrow, C.E., Etienne, N., Ray-Sannerud, B.N., **Anestis, M.D.**, & Green, B.A. (2014). Moral injury, suicidal thoughts, and suicide attempts in a military clinical sample. In C.J. Bryan (Chair), *Suicidal belief system among military personnel and veterans*. Paper presented at the 48<sup>th</sup> annual conference of the Association for Behavioral and Cognitive Therapies. Philadelphia, Pennsylvania.
- Pennings, S.M., Green, B.A., & Anestis, M.D.* (2014). Mediating role of emotion dysregulation in the relationship between vulnerable narcissism and the desire for death. Poster presented at the 48<sup>th</sup> annual conference of the Association for Behavioral and Cognitive Therapies. Philadelphia, Pennsylvania.
- Pennings, S.M., Green, B.A., & Anestis, M.D.* (2014). Clarifying the relationship between grit and the components of suicide risk. Poster presented at the 48<sup>th</sup> annual conference of the Association for Behavioral and Cognitive Therapies. Philadelphia, Pennsylvania.
- Law, K.C., Khazem, L.R., & Anestis, M.D.* (2014). The effect of coping styles on blame attribution and negative affect. Poster presented at the 48<sup>th</sup> annual conference of the Association for Behavioral and Cognitive Therapies. Philadelphia, Pennsylvania.
- Law, K.C., Khazem, L.R., & Anestis, M.D.* (2014). The effect of type of rumination on blame attribution and depression. Poster presented at the 48<sup>th</sup> annual conference of the Association for Behavioral and Cognitive Therapies. Philadelphia, Pennsylvania.
- Assavedo, B.L., Law, K.C., & Anestis, M.D.* (2014). Examining the relationship between nonsuicidal self-injury and suicidal desire: Frequency versus number of methods utilized. Poster presented at the 48<sup>th</sup> annual conference of the Association for Behavioral and Cognitive Therapies. Philadelphia, Pennsylvania.
- Moberg, F.B., Law, K.C., Green, B., & Anestis, M.D.* (2014). Facets of impulsivity and their relationship to nonsuicidal self-injury frequency and number of methods. Poster presented at the 48<sup>th</sup> annual conference of the Association for Behavioral and Cognitive Therapies. Philadelphia, Pennsylvania.
- Khazem, L.R., Law, K.C., Green, B.A., & Anestis, M.D.* (2014). Coping strategies and suicidal desire in a military sample. Poster presented at the 48<sup>th</sup> annual conference of the Association for Behavioral and Cognitive Therapies. Philadelphia, Pennsylvania.
- Khazem, L.R., Law, K.C., Green, B.A., & Anestis, M.D.* (2014). PTSD, Combat, and Impulsivity: Predictors of alcohol use in a military sample. Poster presented at the 48<sup>th</sup> annual conference of the Association for Behavioral and Cognitive Therapies. Philadelphia, Pennsylvania.
- Khazem, L.R., Law, K.C., Green, B.A., & Anestis, M.D.* (2014). The number of NSSI methods as a predictor of PTSD: Differences between student and military samples. Poster

- presented at the 48<sup>th</sup> annual conference of the Association for Behavioral and Cognitive Therapies. Philadelphia, Pennsylvania.
- Jacobs, C., Law, K.C., Yiu, A., Turner, B.J., & Anestis, M.D.* (2014). The effect of eating disorder type and impulsivity on distress tolerance and emotion dysregulation. Poster presented at the 48<sup>th</sup> annual conference of the Association for Behavioral and Cognitive Therapies. Philadelphia, Pennsylvania.
- Zawilinski, L.L., Brawner, C.T., Hopkins, T.A., Green, B.A., & Anestis, M.D.* (2014). An investigation of expressed emotion, thwarted belongingness, and inward anger expression in a sample of collateral informants. Poster presented at the 48<sup>th</sup> annual conference of the Association for Behavioral and Cognitive Therapies. Philadelphia, Pennsylvania.
- James, J.S., May, A.M., Arnau, R.C., Selby, E.A., Bryan, C.J., Joiner, T.E., Klonsky, E.D., & Anestis, M.D.* (2014). Suicidal plans and preparations predict attitudes toward suicide. Poster presented at the 48<sup>th</sup> annual conference of the Association for Behavioral and Cognitive Therapies. Philadelphia, Pennsylvania.
- Zawilinski, L.L., Hopkins, T.A., Brawner, C.T., Green, B.A., & Anestis, M.D.* (2014). Expressed emotion, relationship satisfaction, and coping in collateral informants: A preliminary report. Poster presented at the 26<sup>th</sup> annual conference of the Association for Psychological Science. San Francisco, CA.
- Anestis, M.D., Bryan, C.J., May, A.M., Law, K.C., Hagan, C.R., Khazem, L.R., Magbuhat, A.D., Chu, C., Bryan, A.O., Williams, J., Lotze, N., Smith, H.A., Klonsky, E.D., Selby, E.A., & Joiner, T.E.* (2014). Dangerous words? Examining the impact of detailed reporting about suicide. Paper presented at the 47<sup>th</sup> annual conference of the American Association for Suicidology. Los Angeles, California.
- Anestis, M.D., & Selby, E.A.* (2014). Lethal pursuit: The importance of persistence in suicidal behavior. Paper presented at the 47<sup>th</sup> annual conference of the American Association for Suicidology. Los Angeles, California.
- Assavedo, B.L., & Anestis, M.D.* (2014). Examining the relationship between non-suicidal self-injury and suicidal desire: NSSI frequency and thwarted belongingness. Poster presented at the 47<sup>th</sup> annual conference of the American Association for Suicidology. Los Angeles, California.
- Moberg, F.B., & Anestis, M.D.* (2014). The relationship between social networking, internet use, and suicidal desire. Poster presented at the 47<sup>th</sup> annual conference of the American Association for Suicidology. Los Angeles, California.
- Pennings, S.M., & Anestis, M.D.* (2014). Examining the impact of vulnerable narcissism on suicidal desire. Poster presented at the 47<sup>th</sup> annual conference of the American Association for Suicidology. Los Angeles, California.
- Khazem, L.R., Law, K.C., & Anestis, M.D.* (2014). The effects of perseverance and distress tolerance on suicidal desire. Poster presented at the 47<sup>th</sup> annual conference of the American Association for Suicidology. Los Angeles, California.

- Law, K.C., Khazem, L.R., & Anestis, M.D.* (2014). An examination of the moderating effect of emotion dysregulation on the relationship between distress tolerance and suicidal desire. Poster presented at the 47<sup>th</sup> annual conference of the American Association for Suicidology. Los Angeles, California.
- Pennings, S.M., Anestis, M.D., & Williams, T.* (2014). Preliminary results from an examination of episodic planning in suicidal behavior. Poster presented at the 47<sup>th</sup> annual conference of the American Association for Suicidology. Los Angeles, California.
- Anestis, M.D.* (2013). Lethal self-harm does not occur on a whim. In M. Anestis & A. Dombrovski (Co-Presenters), Re-defining impulsivity in suicidal behavior: Insights from psychological, behavioral, and brain imaging studies. Plenary talk presented at the 46<sup>th</sup> annual conference of the American Association for Suicidology. Austin, Texas.
- Anestis, M.D., Tull, M.T., Lavender, J.M., & Gratz, K.L.* (2013). The explanatory role of non-suicidal self-injury in the relationship between impulsivity and suicidal behavior amongst inpatients receiving treatment for substance use disorders. In E. Kleiman (Chair), Current status and new directions in suicide research: The interpersonal-psychological theory of suicide and beyond. Seminar discussion and presentation to be made at the 47<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies. Nashville, Tennessee.
- Anestis, M.D., Wonderlich, S.A., Crosby, R.D., & Engel, S.G.* (2013). The mediating role of non-suicidal self-injury in the relationship between affective lability and suicidal behavior amongst women diagnosed with bulimia nervosa. In B. Turner (Chair), Pathways in co-occurring NSSI, disordered eating, and suicide: Emerging research. Seminar discussion and presentation made at the 8<sup>th</sup> annual convention of the International Society for the Study of Self-Injury. Vancouver, British Columbia.
- Assavedo, B.L., & Anestis, M.D.* (2013). Examining the role of EDI-Bulimia within the interpersonal-psychological theory of suicidal behavior in both an undergraduate and clinical sample. Poster to be presented at the 47<sup>th</sup> annual conference of the Association for Behavioral and Cognitive Therapies. Nashville, Tennessee.
- Pennings, S.M., & Anestis, M.D.* (2013). Discomfort intolerance and the acquired capability for suicide. Poster to be presented at the 47<sup>th</sup> annual conference of the Association for Behavioral and Cognitive Therapies. Nashville, Tennessee.
- Pennings, S.M., Williams, T.J., Arnau, R.C., & Anestis, M.D.* (2013). The effect of stoicism on thwarted belongingness. Poster to be presented at the 47<sup>th</sup> annual conference of the Association for Behavioral and Cognitive Therapies. Nashville, Tennessee.
- Knorr, A.C., Bennett, M., Tull, M.T., Dixon-Gordon, K.L., Anestis, M.D., & Gratz, K.L.* (2013). Examining the interactive effect of major depression and deliberate self-harm on current suicide risk. Poster to be presented at the 47<sup>th</sup> annual conference of the Association for Behavioral and Cognitive Therapies. Nashville, Tennessee.
- Hopkins, T.A., Zawlinski, L.Z., Wonderlich, S.A., Crosby, R.D., Engel, S.G., Anestis, M.D., & Green, B.A.* (2013). Non-suicidal self-injury in bulimia nervosa: Examining BMI and specific eating disordered behaviors in the context of personality and psychopathology.



- Poster to be presented at the 47<sup>th</sup> annual conference of the Association for Behavioral and Cognitive Therapies. Nashville, Tennessee.
- Assavedo, B.L., Tull, M.T., Gratz, K.L., & Anestis, M.D.* (2013). Examining the relationship between drug class and NSSI: Depressant usage and NSSI frequency. Poster presented at the 8<sup>th</sup> annual conference of the International Society for the Study of Self-Injury. Vancouver, British Columbia.
- Pennings, S., Anestis, M.D., Gratz, K.L., Lavender, J.M., & Tull, M.T.* (2013). Examining the relationship between posttraumatic stress disorder numbing symptoms and thwarted belongingness. Poster presented at the 46<sup>th</sup> annual conference of the American Association for Suicidology. Austin, Texas.
- Pennings, S., Anestis, M.D., Tull, M.T., Lavender, J.M., & Gratz, K.L.* (2013). The effect of NSSI on the relationship between emotion dysregulation and suicidal behavior. Poster presented at the 46<sup>th</sup> annual conference of the American Association for Suicidology. Austin, Texas.
- Knorr, A., Anestis, M.D., Tull, M.T., & Gratz, K.L.* (2013). The role of emotion dysregulation in deliberate self-harm and suicide. Poster presented at the 46<sup>th</sup> annual conference of the American Association for Suicidology. Austin, Texas.
- Lavender, J.M., De Young, K.P., Anestis, M.D., Wonderlich, S.A., Crosby, R.D., Engel, S.G., Mitchell, J.E., Crow, S., Peterson, C.B., & le Grange, D.* (2013). Examining Associations between Retrospective versus Ecological Momentary Assessment Measures of Affect and Eating Disorder Symptoms in Anorexia Nervosa, Poster presented at the annual International Conference on Eating Disorders. Montreal, Quebec, Canada.
- Pennings, S., Gratz, K.L., Tull, M.T., Lavender, J.M., & Anestis, M.D.* (2013). The role of NSSI in the relationship between distress tolerance and suicidal behavior in a clinical sample. Poster presented at the 46<sup>th</sup> annual conference of the American Association for Suicidology. Austin, Texas.
- Anestis, M.D.** (2012). Reaching out through cyberspace: The use of blogs as a dissemination tool for evidence-based mental health care. In A. Macari (Chair), Spreading the message: Using media to promote principles of behavior change. Panel discussion held at the 46<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies. National Harbor, Maryland.
- Gauthier, J.M., Zuromski, K.L., Witte, T.K., Gitter, S., Gordon, K.H., Ribeiro, J., Anestis, M.D., & Joiner, T.E.* (2012). Interpersonal theory of suicide and violent video games: The effect of exposure to virtual violence. Poster presented at the 46<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies. National Harbor, Maryland.
- Anestis, M.D.,** Gratz, K.L., Bagge, C.L., & Tull, M.T. (2011). *The interplay of distress tolerance and borderline personality disorder in suicide attempts among substance users in residential treatment.* In **M.D. Anestis (chair)**, Emotion dysregulation and suicide: Evidence of a robust and paradoxical relationship. Seminar discussion and presentation made at the 45<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies. Toronto, Ontario.

- Anestis, M.D.,** Tull, M.T., Gratz, K.L., & Bagge, C.L. (2011). The moderating role of distress tolerance in the relationship between posttraumatic stress disorder symptom clusters and suicidal behavior in a sample of substance users in residential treatment. In A.C. McLeish (Chair), *Distress tolerance and substance use: Recent findings and treatment implications*. Seminar discussion and presentation made at the 45<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies. Toronto, Ontario.
- Anestis, M.D.,** Coffey, S.F., Schumacher, J.A., & Tull, M.T. (2011). *Low affective lability and affective intensity strengthen the relationship between non-suicidal self-injury and suicidal behavior*. Poster presented at the 45<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies. Toronto, Ontario.
- Anestis, M.D.,** Lavender, J.M., Marshall-Berenz, E.C., Gratz, K.L., Tull, M.T., & Joiner, T.E. (2011). *Evaluating distress tolerance measures: Interrelations and associations with impulsive behaviors*. Poster presented at the 45<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies. Toronto, Ontario.
- Anestis, M.D.,** Bagge, C.L., Tull, M.T., & Joiner, T.E. (2011). *Clarifying the role of emotion dysregulation in the interpersonal-psychological theory of suicidal behavior in an undergraduate sample*. Poster presented at the 45<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies. Toronto, Ontario.
- Anestis, M.D.,** Tull, M.T., & Gratz, K.L. (2011). *The moderating role of distress tolerance in the relationship between posttraumatic stress disorder and suicidal behavior*. Poster presented at the 31<sup>st</sup> annual convention of the Anxiety Disorder Association of America, New Orleans, LA.
- Anestis, J.C., **Anestis, M.D.,** & Joiner, T.E. (2011). *Understanding the relationship between suicidality and psychopathy: An examination of Joiner's interpersonal-psychological theory of suicide*. Poster presented at the 45<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies. Toronto, Ontario.
- Anestis, M.D.,** & Joiner, T.E. (2010). *Examining the role of emotion in suicidality: Negative urgency as an amplifier of the relationship between components of the interpersonal-psychological theory of suicidal behavior and lifetime number of suicide attempts*. Seminar discussion and presentation at the 44<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- Selby, E.A., **Anestis, M. D.,** Bender, T. W., & Joiner, T.E. (2008). *Emotional cascades and borderline personality disorder*. Poster presented at the 42<sup>nd</sup> Annual Association for Behavioral and Cognitive Therapies, Orlando, FL.
- Selby, E.A., **Anestis, M.D.,** Bender, T.W., & Joiner, T.E. (2007). *Daydreaming about death: Violent daydreaming as a form of emotion dysregulation in suicidality*. Poster presented at the 41<sup>st</sup> Annual Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Gordon, K.H., Selby, E.A., Bender, T.W., **Anestis, M.D.,** Braithwaite, S.R., Witte, T.K. & Joiner, T.E. (2007). *The reinforcing properties of non-suicidal self-injurious behavior*. Seminar presentation and discussion at the 41<sup>st</sup> annual Convention for the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

**Anestis, M.D.,** Selby, E.A., & Joiner, T.E. (2006). *Urgency and mood lability as risk factors for bulimia nervosa in individuals who utilize generally adaptive cognitive emotion regulation strategies*. Poster presented at the 40<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

**Anestis, M.D.,** Selby, E.A., & Joiner, T.E. (2006). *Interoceptive awareness, urgency, and mood lability as risk factors for perceived helplessness and cognitive inflexibility*. Poster presented at the 40<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Selby, E.A., **Anestis, M.D.,** Bender, T.W. & Joiner, T.E. (2006). *Burdensomeness and belongingness mediate the relationship between depression and hopelessness*. Poster presented at the 40<sup>th</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Selby, E.A., **Anestis, M.D.,** & Joiner, T.E. (2006). *An emotion dysregulation model of bulimia nervosa*. Poster presented at the 40<sup>th</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, Chicago, IL.

## **Honors**

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**Association for Psychological Science Rising Star** (2015). Award given to early career professors whose research accomplishments speak to a likelihood of major career contributions to the field.

**Association for Behavioral and Cognitive Therapies President's New Researcher Award** (2014). Award given to recognize research accomplishments by an individual who received his or her Ph.D. within the previous five years.

**Nina Bell Suggs Endowed Professorship** (2014). Endowed professorship awarded to the junior faculty member at the University of Southern Mississippi determined to have the greatest potential to make a substantial contribution to his or her field of expertise.

**University of Southern Mississippi College of Education and Psychology Junior Faculty Award** (2014). College level award given to the tenure track faculty member at the rank of assistant professor with the strongest record of accomplishments across the domains of research, teaching, and service.

**University of Southern Mississippi Junior Faculty Research Award** (2014). University level award given to tenure track faculty member at rank of assistant professor with the strongest record of research accomplishments.

**Resident Outstanding Contribution to the Consortium Award** (2011). Award given for greatest overall contribution to the pre-doctoral internship program at the Clinical Psychology Residency Training Program in Jackson, MS.

**Leonard Krasner Student Dissertation Award** (2009). \$1,000 award given by the Association for Cognitive and Behavioral Therapies to one student for a dissertation project relevant to behavior therapy.

**Florida State University Teaching Fellowship:** Award included \$6,400 paid over the course of 2005-2006 academic year.

### **Teaching Experience**

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**University of Southern Mississippi** (2013-present). Adult Psychopathology.

**University of Southern Mississippi** (2013-present). Clinical Psychology Practicum.

**University of Southern Mississippi** (2013-present). Empirically Supported Treatments for Adults.

**University of Southern Mississippi** (2012-present). Abnormal Psychology.

**Florida State University** (2007-2010). Abnormal Psychology.

**Florida State University** (2006-2007). Research Methods in Psychology Laboratory.

### **Editor & Reviewer Experience**

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Associate Editor, *The Behavior Therapist*

Editorial Board, *Cognitive Therapy and Research*

Co-Editor, *International Journal of Cognitive Therapy*. Special issue: "Recent Advances in Suicide Research: Mediators and Moderators of Risk and Resilience." 2015.

Ad Hoc Reviewer:

*Appetite*

*Archives of Suicide Research*

*Assessment*

*Behaviour Research and Therapy*

*Behavior Therapy*

*BMC Psychiatry*

*BMC Public Health*

*British Journal of Psychiatry*

*Child Abuse & Neglect*

*Cognitive Therapy and Research*

*Criminal Justice and Behavior*

*Crisis: The Journal of Crisis Intervention and Suicide Prevention*

*Death Studies*

*Depression & Anxiety*

*Journal of Abnormal Psychology*

*Journal of Clinical Psychology*

*Journal of Consciousness: Theory, Research, and Practice*

*Journal of Consulting and Clinical Psychology*

*Journal of Nervous and Mental Disease*

*Journal of Personality*

*Journal of Personality Disorders*

*Journal of Psychiatric Research*

*Journal of Psychopathology and Behavioral Assessment*  
*Lancet Psychiatry*  
*Personality and Individual Differences*  
*Personality Disorders: Theory, Research, and Treatment*  
*PLoS One*  
*Psychiatry Research*  
*Psychology and Psychotherapy: Theory, Research, and Practice*  
*Psychology of Addictive Behaviors*  
*Scandinavian Journal of Psychology*  
*Social Psychological and Personality Science*  
*Suicide and Life Threatening Behavior*  
*Suicidology Online*  
*Women and Health*

### **Professional Affiliations**

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Association for Behavioral and Cognitive Therapies (ABCT)

- *Program Committee (2012-present)*

American Association of Suicidology (AAS)

- *Program Committee (2014)*
- *Conference Chair (2015)*
- *Listserv moderator (2015-present)*

Military Suicide Research Consortium (MSRC)

- *Faculty Member, MSRC Pre-Conference Training Day (2014, 2015, 2016)*

Society for a Science of Clinical Psychology (SSCP)

- *Co-Chair, Clinical Science Education, Resources, and Advocacy Committee*
- *Member, SSCP Student Outstanding Researcher Review Committee*
- *Member, Public Education and Media Committee*
- *Member, Varda Shoham Clinical Scientist Training Initiative Committee*