

Alexander R. Daros, Ph.D., C.Psych
Curriculum Vitae

Department of Psychology
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ACADEMIC POSITIONS

- 2023 – **Assistant Professor**, Department of Psychology, University of Windsor
Windsor, ON, Canada
- 2019 – 2023 **Postdoctoral Research Fellow**, Centre for Addiction and Mental Health
Toronto, ON, Canada
- 2017 – 2018 **Postdoctoral Research Fellow**, University of Virginia
Charlottesville, VA, USA

EDUCATION

- 2012 – 2017 **Ph.D., Psychology with Clinical Training Extension**, University of Toronto
- 2011 – 2012 **M.A., Psychology**, University of Toronto,
- 2005 – 2009 **Hon. B.Sc., Psychology and Human Biology**, University of Toronto

ACTIVE GRANTS

- 2023 – 2024 **Spring Fever Pitch, Homewood Research Institute**
Project title: *Feasibility, acceptability, and potential efficacy of an adjunct digital health solution to standard dialectical behavior therapy.*
Role: Nominated Principal Applicant. PI: Lena Quilty. Collaborator: Chelsey Wilks
Amount Awarded: \$5,500 CAD
- 2022 – 2023 **CAMH Gifts of Light, Innovation Expo 2022**
Project title: *Wise Minds: A digital repository for DBT skills training co-created with individuals with lived experience.*
Role: Project Lead. Co-leads: Lena Quilty, Matthew Sloan
Amount Awarded: \$50,000 CAD
- 2021 – 2023 **Insight Development Grants, Social Sciences and Humanities Research Council**
Project title: *Reliability and validity of a new measure of facial emotion recognition and intensity perception.*
Role: Collaborator. PI: Anthony Ruocco
Amount Awarded: \$63,750 CAD
- 2021 – 2023 **Early Adopter Health Network, Ontario Bioscience Innovation Organization**
Project title: *Effects of a Mindfulness App for Outpatients Waitlisted for Psychological Services*
Role: Co-PI. Co-PI: Lena Quilty. Co-I: Bechara Saab
Amount Awarded: \$50,000

COMPLETED GRANTS

- 2021 – 2023 **Fellowship Award, Canadian Institutes of Health Research**
 Project title: *The Pocket Skills Project: A digital health solution for adults with concurrent disorders.*
 Role: Nominated Principal Applicant. PI: Lena Quilty. Collaborator: Chelsey Wilks
 Amount Awarded: \$110,000 CAD
- 2020 – 2021 **Talent Development Award, CAMH Discovery Fund**
 Project title: *Using smartphone technology to examine the role of emotion regulation in cognitive behavioural therapy for depression.*
 Role: Nominated Principal Applicant. PIs: Lena Quilty, Jeffrey Wardell.
 Amount Awarded: \$65,000 CAD
- 2020 **Mental Health Priority Area, Wellcome Trust**
 Project title: *Insight analysis into core components underpinning interventions for youth depression or anxiety.*
 Role: PI. Co-PI: Lena Quilty. Collaborator: Sasha Haefner
 Amount Awarded: \$34,006 CAD
- 2013 – 2016 **Joseph Armand Bombardier Graduate Scholarship, Social Sciences & Humanities Research Council**
 Project title: *Emotion perception and the five-factor model: Delineating the effect of personality on emotion recognition.*
 Role: Nominated Principal Applicant. Supervisor: Anthony Ruocco
 Amount Awarded: \$105,000 CAD
- 2011 – 2012 **Ontario Graduate Scholarship, Ministry of Training, Colleges, and Universities**
 Project title: *Emotion perception in borderline personality disorder and their first-degree relatives.*
 Role: Nominated Principal Applicant. Supervisor: Anthony Ruocco.
 Amount Awarded: \$15,000 CAD

PUBLICATIONS

Peer Reviewed, Published Journal Articles

1. **Daros, A.R.**, Guimond, T.H., Yager, C., Palermo, E.H., Wilks, C.R., & Quilty, L.C. (2024). Feasibility, acceptability, and potential efficacy of a self-guided, Internet-delivered dialectical behavior therapy intervention for substance use disorders: A randomized controlled trial. *JMIR Mental Health, 11*, e50399. [DOI](#)
2. Slyepchenko, A., Uher, R., Ho, K., Hassel, S., Matthews, C., Lukus, P.K., **Daros, A.R.**, ... & Frey, B.N. (2023). A standardized workflow for long-term longitudinal actigraphy data processing using one year of continuous actigraphy from the CAN-BIND Wellness Monitoring Study. *Scientific Reports, 13*, 15300. [DOI](#)
3. Beltzer, M.L., Daniel, K.E., **Daros, A.R.**, & Teachman, B.A. (2023). Changes in learning from social feedback after web-based interpretation bias modification: Secondary analysis of a digital mental health intervention among individuals with high social anxiety symptoms *JMIR Formative Research, 7*, e44888. [DOI](#)

4. Patel, A., **Daros A.R.**, Irwin, S.H., Lau, P., Hope, I.M., Perkovic, S., Laposa, J.M., Kloiber, S., & Quilty, L.C. (2023). Changes in rumination during cognitive behavioral therapy for depression: Impact of distress tolerance and service delivery changes during COVID-19. *Journal of Affective Disorders*, 339, 74-81. [DOI](#)
5. **Daros, A.R.**, Wardell, J.D., & Quilty, L.C. (2023). Multilevel associations of emotion regulation strategy use during virtual psychotherapy for depression: A longitudinal study. *Journal of Affective Disorders*, 338, 107-118. [DOI](#)
6. **Daros, A.R.**, Wilks, C.R., & Quilty, L.C. (2023). Lessons learned during an initial feasibility trial of digital dialectical behavior therapy skills training in outpatients with concurrent disorders. *DBT Bulletin*, 7, 17-22. [Link](#) [Invited Paper]
7. Ladis, I., Toner, E.R., **Daros, A.R.**, Daniel, K.E., Boukhechba, M., Chow, P.I., Barnes, L.E., Teachman, B.A., & Ford, B.Q. (2023). Assessing emotion polyregulation in daily life: Who uses it, when is it used, and how effective is it? *Affective Science*, 4, 248–259. [DOI](#) | [Open Materials](#)
8. Beltzer, M.L., Daniel, K.E., **Daros, A.R.**, & Teachman, B.A. (2023). Examining social reinforcement learning in social anxiety. *Journal of Behavior Therapy and Experimental Psychiatry*, 80, 101810. [DOI](#)
9. Ladis, I., **Daros, A.R.**, Boukhechba, M., Daniel, K.E., Chow, P.I., Beltzer, M.L., Barnes, L.E., & Teachman, B.A. (2022). When and where do people regulate their emotions? Patterns of emotion regulation in unselected and socially anxious young adults. *Journal of Social and Clinical Psychology*, 41(4), 326-364. [DOI](#) | [Open Materials](#)
10. **Daros, A.R.**, Pereira, B.J., Khan, D., Ruocco, A.C., Quilty, L.C., & Wardell, J. D. (2022). Daily associations between cannabis use and alcohol use in young adults: The moderating role of self-report and behavioral measures of impulsivity. *Addiction Research and Theory*, 30(2), 79-88. [DOI](#)
11. Beltzer, M.L., Ameko, M.W., Daniel, K.E., **Daros, A.R.**, Boukhechba, M., Barnes, L.E., & Teachman, B.A. (2022). Building an emotion regulation recommender algorithm for socially anxious individuals using contextual bandits. *British Journal of Clinical Psychology*, 61(S1), 51-72. [DOI](#)
12. **Daros, A.R.**, Haefner, S.A., Asadi, S., Kazi, S., Rodak, T., & Quilty, L.C. (2021). A meta-analysis of emotional regulation outcomes in psychological interventions for youth with depression and anxiety. *Nature Human Behaviour*, 5, 1443–1457. [DOI](#) | [Open Materials](#)
13. Robillard, R., **Daros, A.R.**, Phillips, J.L., Pennestri, M-H., Saad, M., Kendzerska, T., Edwards, J.D., Solomonova, E., Porteous, M., Bhatla, R., Godbout, R., Yazji, B., Boaf, A., & Quilty, L. (2021). Impact of COVID-19 on mental health in people with pre-existing mental disorders: A Canadian multi-site case-control study. *The Canadian Journal of Psychiatry*, 66(9), 815-826. [DOI](#)
14. **Daros, A.R.**, & Ruocco, A.C. (2021). Which emotion regulation strategies are most associated with trait emotion dysregulation? A transdiagnostic examination. *Journal of Psychopathology and Behavioral Assessment*, 43(3), 478-490. [DOI](#)
15. Robillard, R., Dion, K., Pennestri, M-H., Solomonova, E., Lee, E., Saad, M., Murkar, A., Godbout, R., Edwards, J.D., Quilty, L., **Daros, A.R.**, Bhatla, R., & Kendzerska, T. (2021). Profiles of sleep changes during the COVID-19 pandemic and their relation to behavioral and psychological factors. *Journal of Sleep Research*, 30(1), e13231. [DOI](#)
16. Robillard, R., Saad, M., Edwards, J., Solomonova, E., Pennestri, M-H., **Daros, A.**, Veissière, S.P.L., Quilty, L., Dion, K., Nixon, A., Phillips, J., Bhatla, R., Spilg, E., Godbout, R., Yazji, B., Rushton, C.H., Gifford, W., Gautam, M., Boaf, A., & Kendzerska, T. (2020). Social, financial, and psychological stress

during an emerging pandemic: Preliminary observations from a population web-based longitudinal survey on COVID-19. *BMJ Open* 10(2), e043805. [DOI](#)

17. Daniel, K.E., Goodman, F.R., Beltzer, M.L., **Daros, A.R.**, Boukhechba, M., Barnes, L.E., & Teachman, B.A. (2020). Emotion malleability beliefs and emotion experience and regulation in the daily lives of people with high trait social anxiety. *Cognitive Therapy and Research*, 44(6), 1186-1198. [DOI](#) | [Open Materials](#)
18. Thiruchselvam, T., Patel, A., **Daros, A.R.**, Jain, E., Asadi, S., Laposo, J., Kloiber, S., & Quilty, L.C. (2020). A multidimensional investigation of anxiety sensitivity and depression outcomes in cognitive-behavioral group therapy. *Psychiatry Research*, 293, 113446. [DOI](#)
19. Daniel, K.E., **Daros, A.R.**, Beltzer, M.L., Boukhechba, M., Barnes, L.E., & Teachman, B.A. (2020). How anxious are you right now? Using ecological momentary assessment to evaluate the effects of cognitive bias modification for social threat interpretations. *Cognitive Therapy and Research*, 44(3), 538-556. [DOI](#) | [Open Materials](#)
20. **Daros, A.R.**, Daniel, K.E., Boukhechba, M., Chow, P.I., Barnes, L.E., & Teachman, B.A. (2020). Relationships between trait emotion dysregulation and emotional experiences in daily life: An experience sampling study. *Cognition and Emotion*, 34(4), 743-755. [DOI](#) | [Open Materials](#)
21. **Daros, A.R.**, Rodrigo, A.H., Norouzian, N., Darboh, B., McRae, K., & Ruocco, A.C. (2020). Cognitive reappraisal to negative images in women with borderline personality disorder: Content analysis, perceived effectiveness, and diagnostic specificity. *Journal of Personality Disorders*, 34(2), 199-215. [DOI](#)
22. Ruocco, A.C., **Daros, A.R.**, Chang, J., Rodrigo, A.H., Lam, J., Ledochowski, J., & McMMain, S.H. (2019). Clinical, personality and neurodevelopmental phenotypes in borderline personality disorder: A family study. *Psychological Medicine*, 49(12), 2069-2080. [DOI](#)
23. **Daros, A.R.**, Daniel, K.E., Meyer, M.J., Chow, P.I., Barnes, L.E., & Teachman, B.A. (2019). Impact of social anxiety and social context on college students' emotion regulation strategy use: An experience sampling study. *Motivation and Emotion*, 43(5), 844-855. [DOI](#) | [Open Materials](#)
24. **Daros, A.R.**, & Williams, G.E. (2019). A meta-analysis and systematic review of emotion regulation strategies in borderline personality disorder. *Harvard Review of Psychiatry*, 27(4), 217-232. [DOI](#)
25. Boukhechba, M., **Daros, A.R.**, Fua, K., Chow, P.I., Teachman, B.A., & Barnes, L.E. (2018). DemonicSalmon: Monitoring the mental health and social interactions of college students using smartphones. *Smart Health*, 9-10, 192-203. [DOI](#) | [Open Materials](#)
26. **Daros, A.R.**, Williams, G.E., Jung, S., Turabi, M., Uliaszek, A.A., & Ruocco, A.C. (2018). More is not always better: Strategies to regulate negative mood induction in women with borderline personality disorder and depressive and/or anxiety disorders. *Personality Disorders: Theory, Research, and Treatment*, 9, 530-542. [DOI](#) | [Open Materials](#)
27. **Daros, A.R.**, Guevara, M., Uliaszek, A.A., McMMain, S.F., & Ruocco, A.C. (2018). Cognitive emotion regulation strategies in borderline personality disorder: Diagnostic comparisons and associations with potentially harmful behaviors. *Psychopathology*, 51, 82-95. [DOI](#)
28. Fredericks, B., Uliaszek, A.A., & **Daros, A.R.** (2017). Goal orientation, emotion regulation strategies, and affective responses. *North American Journal of Psychology*, 19, 21-34.
29. **Daros, A.R.**, Ruocco, A.C., & Rule, N.O. (2016). Identifying mental disorder from the faces of women with borderline personality disorder. *Journal of Nonverbal Behavior*, 40, 255-281. [DOI](#)

30. Williams, G.E., **Daros, A.R.**, Graves, B., McMain, S.F., Links, P.S., & Ruocco, A.C. (2015). Executive functions and social cognition in highly lethal self-injuring patients with borderline personality disorder. *Personality Disorders: Theory, Research, and Treatment*, 6, 107-116. [DOI](#)
31. Ruocco, A.C., Rubin, L.H., Reilly, J.L., **Daros, A.R.**, Gershon, E.S., Tamminga, C.A., Pearlson, G.D., Hill, K.S., Keshavan, M.S., Gur, R.C., & Sweeney, J.A. (2014). Emotion recognition deficits in schizophrenia-spectrum disorders and psychotic bipolar disorder: Findings from the Bipolar-Schizophrenia Network on Intermediate Phenotypes (B-SNIP) Study. *Schizophrenia Research*, 158, 105-112. [DOI](#)
32. **Daros, A.R.**, Ruocco, A.C., Reilly, J.L., Harris, M.S.H., & Sweeney, J.A. (2014). Facial emotion recognition in first-episode of schizophrenia and bipolar disorder with psychosis. *Schizophrenia Research*, 153(1-3), 32-37. [DOI](#)
33. Kessler, Y., Vandermorris, S., Gopie, N., **Daros, A.**, Winocur, G., & Moscovitch, M. (2014). Divided attention improves delayed, but not immediate retrieval of a consolidated memory. *PLoS One*, 9, e91309. [DOI](#)
34. **Daros, A.R.**, Zakzanis, K.K., & Rector, N.A. (2014). A quantitative analysis of facial emotion recognition in obsessive-compulsive disorder. *Psychiatry Research*, 215, 514-521. [DOI](#)
35. **Daros, A.R.**, Uliaszek, A.A., & Ruocco, A.C. (2014). Perceptual biases in emotion recognition in borderline personality disorder. *Personality Disorders: Theory, Research, and Treatment*, 5, 79-87. [DOI](#)
36. **Daros, A.R.**, Zakzanis, K.K., & Ruocco, A.C. (2013). Facial emotion recognition in borderline personality disorder. *Psychological Medicine*, 43, 1953-1964. [DOI](#)
37. Rector, N.A., **Daros, A.R.**, Bradbury, C.L., & Richter, M.A. (2012). Disgust recognition deficit in obsessive-compulsive disorder: Diagnostic comparisons and post-treatment effects. *Canadian Journal of Psychiatry*, 57, 177-183. [DOI](#)
38. Yeomans, J.S., Bosch, D., Alves, N., **Daros, A.**, Ure, R.J., & Schmid, S. (2010). GABA receptors and prepulse inhibition of acoustic startle in mice and rats. *European Journal of Neuroscience*, 31, 2053-2061. [DOI](#)

Peer Reviewed, Published Conference Papers

1. Ameko, M.K., Cai, L., Boukhechba, M., **Daros, A.R.**, Chow, P.I., Teachman, B.A., Gerber, M., Barnes, L.E. (2018, March). Cluster-based approach to improve affect recognition from passively sensed data. IEEE Conference on Biomedical and Health Informatics, Las Vegas, NV. [DOI](#)

Book Chapters

1. Lipsitz, O., **Daros, A.R.**, Taggar, A., & Ruocco, A.C. (2024). Change in emotion appraisal and reappraisal in psychotherapy. In: A. C. Samson, D. Sander, & U. Kramer (Eds.), *Change in Emotion and Mental Health* (pp. xxx-xxx). Elsevier Inc. [Link](#)
2. **Daros, A.R.**, & Rule, N.O. (2021). Nonverbal Communication in a Clinical Context: The Case of Psychotherapy. In: C. J. Liberman & J. Wrench (Eds.), *Casing Nonverbal Communication* (pp. 25-46). Kendall Hunt Publishing Company. [Link](#)

Manuscripts Under Review or in Preparation

1. Beltzer, M.L., Daniel, K.E., **Daros, A.R.**, & Teachman, B.A. (in preparation). Social anxiety and biased social feedback learning.

2. **Daros, A.R.**, Southward, M.S., Carney, A., Wardell, J.D., & Quilty, L.C. (in preparation). Relationships between state contextual features and emotion regulation and depressive symptoms during psychotherapy.
3. Guerriero, G., Liljedahl, S., Muñoz, M.L., **Daros, A.R.**, Ruocco, A.C., & Steingrimsson, S. (under review). Transcutaneous vagus nerve stimulation (tVNS) to acutely reduce emotional vulnerability and improve emotional regulation in borderline personality disorder (tVNS-BPD): Study protocol for a randomized, single-blind, sham-controlled trial. *Trials*.

Other Publications

1. Leon, J., Linova, R., Squires, J., & **Daros, A.** (2014). *Mental Health Report*. Graduate Architecture Landscape and Design Student Union Mental Health Initiative. [Link](#)

CONFERENCE ACTIVITIES

Symposia Presentations and Talks

1. **Daros, A.R.**, Paramasivan, T., & Quilty, L.C. (submitted). Internet-delivered dialectical behavior therapy for individuals with alcohol and substance use disorders: Predictors of engagement, dropout, and symptom change. 12th Annual International Society for Research on Internet Interventions. Limerick, Ireland.
2. **Daros, A.R.**, Guimond, T.H., Yager, C., Wilks, C.R. & Quilty, L.C. (2023, June). Feasibility, acceptability, and potential efficacy of Pocket Skills: A self-guided, web-based dialectical behavior therapy intervention for people with substance use problems. Flash talk at the 2nd Annual Society for Digital Mental Health Conference. [virtual].
3. Patel, A., **Daros, A.R.**, Irwin, S.H., Laposa, J.M., Kloiber, S., & Quilty, L.C. (2023, June). Associations between rumination, depression, and distress tolerance during CBT treatment for depression in a tertiary care setting. Snapshot Talk at the 84th Canadian Psychological Association, Toronto, ON.
4. **Daros, A.R.** (2022, November). Emotion regulation strategies as predictors of depressive symptom improvement during psychotherapy: Evidence from intensive longitudinal assessment. In: **Daros, A.R.** (Chair), Wyatt, K., Kaur, K., Fruhbauerova, M., & Eustis, E.H. Mechanisms of treatment in action: Using innovative methods to examine symptom change across cognitive-behavioral interventions. 56th Association for Behavioral and Cognitive Therapies, New York, NY.
5. **Daros, A.R.**, Wilks, C.R., & Quilty, L.C. (2022, November). Lessons learned from an initial feasibility trial of digital dialectical behavior therapy skills training in outpatients with concurrent disorders. Flash talk at the 27th International Society for the Improvement and Teaching of Dialectical Behavior Therapy, New York, NY.
6. Beltzer, M.L., Daniel, K.E., **Daros, A.R.**, & Teachman, B.A. (2022, September). Social reinforcement learning parameters change with web-based interpretation bias modification. Presented at the 11th meeting of the International Society for Research on Internet Interventions. Pittsburgh, PA.
7. **Daros, A.R.** (2022, September). Emotion regulation as an active ingredient across interventions for depression and anxiety. In: Bennett, M. (Chair), Beames, J., Dunning, D., Knight, R., **Daros, A.R.**, & Ahmed, S. Identifying active ingredients in effective interventions for adolescent mental health: Prevention, intervention, and relapse management. 52nd European Association for Behavioral and Cognitive Therapies, Barcelona, Spain.

8. **Daros, A.R.**, Yager, C., Guimond, T., Wilks, C.R., & Quilty, L.C. (2022, April). The Pocket Skills Project: A digital health solution delivering dialectical behavior therapy to adults with concurrent disorders. CAMH Digital Health Research Symposium, Toronto, ON. [virtual]
9. Ladis, I., **Daros, A.R.**, Boukhechba, M., Daniel, K.E., Chow, P. I., Beltzer, M.L., Barnes, L.E., & Teachman, B.A. (2021, May). When and where do people regulate their emotions? Emotion regulation patterns in unselected and socially anxious young adults. 33rd Association for Psychological Science. [virtual]
10. Robillard, R., Dion, K., Pennestri, M., Solomonova, E., Lee, E., Saad, M., ... **Daros, A.**, Bhatla, R., & Kendzerska, T. (2020, November). How the COVID-19 pandemic changed the way Canadians sleep: Associated changes in symptoms of stress, anxiety, and depression. Department of Psychiatry Research Day, University of Ottawa. [virtual]
11. Robillard, R., **Daros, A.**, Phillips, J., Porteous, M., Saad, M., Pennestri, M.H., ... & Quilty, L. (2020, November). Emerging new psychiatric symptoms and the worsening of pre-existing mental disorders during the COVID-19 pandemic: A Canadian multi-site study. Department of Psychiatry Research Day, University of Ottawa. [virtual]
12. **Daros, A.R.** (2020, March). Beyond borders: Delivering mobile dialectical behavioral therapy to help people build skills to navigate the world. 9th E-Mental Health Conference. Toronto, ON.
13. Beltzer, M.L., Daniel, K.E., **Daros, A.R.**, Barnes, L.E., & Teachman, B.A. (2019, November). Using social feedback to update expectancies of future performance: An investigation in social anxiety. 53rd Association of Behavioral and Cognitive Therapies, Atlanta, GA, November 21-24.
14. **Daros, A.R.** (2018, November). Inefficient selection of emotion regulation strategies in borderline personality disorder following mood induction: Diagnostic comparisons and associations with physiological reactivity. 52nd Association of Behavioral and Cognitive Therapies, Washington, DC.
15. Ameko, M.K., Cai, L., Boukhechba, M., **Daros, A.R.**, Teachman, B.A., Barnes, L.E. (2017, December). Multimodal profiling for affect prediction. Black in AI Workshop. 31st Neural Information Processing Systems Conference, Long Beach, CA.
16. **Daros, A.R.**, & Ruocco, A.C. (2015, June). Familial relationships of emotion regulation strategies in borderline personality disorder. 76th Canadian Psychological Association Meeting, Ottawa, ON.
17. Ruocco, A.C., & **Daros, A.R.** (2013, April). Facial emotion recognition in borderline personality disorder: Findings of a meta-analysis and a study of emotional acuity. North American Society for the Study of Personality Disorders, Chicago, IL.

Conference Posters

1. Pourjafari, P., Paramasivan, T., Sadek, M. & **Daros, A.R.** (submitted) Criterion and construct validity on the Difficulties in Emotion Regulation Scale (DERS): A systematic and meta-analytic review of the evidence. 85th Annual Canadian Psychological Association Conference. Ottawa, Canada.
2. Paramasivan, T., Quilty, L.C., & **Daros, A.R.** (submitted). Predictors of internet-delivered dialectical behavior therapy dropout and engagement in individuals with alcohol and substance use disorders. 85th Annual Canadian Psychological Association Conference. Ottawa, Canada.
3. Patel, A., Calahong, B., Dhawan, M., Leynes, L. P., **Daros, A.R.**, Saab, B.J., & Quilty, L.C. (2023, June). Effects of a mindfulness app for outpatients waitlisted for psychological interventions. 2nd Annual Society

for Digital Mental Health Conference. [virtual].

4. **Daros, A.R.**, Haefner, S.A., Asadi, S., Rodak, T., & Quilty, L.C. (2021, July). Improvements in emotion regulation are associated with effective treatments of anxiety and depression symptoms in youth. 7th Asian Cognitive Behavior Therapy Conference. [virtual].
5. **Daros, A.R.**, Wilks, C.R., & Quilty, L.C. (2021, May). The Pocket Skills Project: Delivering mobile dialectical behavior therapy to outpatients with concurrent disorders [methods poster]. 33rd Association for Psychological Science. [virtual]
6. Thiruchselvam, T., Patel, A., **Daros, A.**, Jain, E., Asadi, S., Laposa, J., & Quilty, L.C. (2021, June). Influence of pretreatment anxiety sensitivity on depression trajectory and outcome for group cognitive behavior therapy. 10th International Congress of Cognitive Psychotherapy. Rome, Italy. [virtual]
7. Daniel, K.E., Mendu, S., Baglione, A., Cai, L., Beltzer, M.L., **Daros, A.R.**, Boukhechba, M., Barnes, L.E., & Teachman, B.A. (2020, November). Evaluating the impact of cognitive bias modification for social threat interpretations in daily life using ecological momentary assessment and passively sensed mobility data. 54th Association of Behavioral and Cognitive Therapies, Philadelphia. PA. [virtual]
8. **Daros, A.R.** (2020, May). Which emotion regulation strategies are most associated with trait emotion dysregulation? A multi-method approach in a community sample of women. 32nd Association for Psychological Science, Chicago, IL. [virtual]
9. Daniel, K.E., **Daros, A.R.**, Beltzer, M.L., Boukhechba, M., Barnes, L.E., & Teachman, B.A. (2019, November). Measuring the effectiveness of a CBM-I online intervention for social anxiety in daily life. 53rd Association of Behavioral and Cognitive Therapies, Atlanta, GA.
10. **Daros, A.R.**, Boukhechba, M., Daniel, K.E., Barnes, L.E., & Teachman, B.A. (2019, March). Relationships between trait emotion dysregulation and emotional experiences in daily life: A smartphone experience sampling study. 6th Society for Affective Science, Boston, MA.
11. Daniel, K.E., Calicho-Mamani, C., **Daros, A.R.**, Teachman, B.A. (2018, September). Impact of social anxiety and social context on college students' emotion regulation strategy use: An experience sampling study. Postdoc Research Symposium, University of Virginia. Charlottesville, VA.
12. **Daros, A.R.** (2018, April). Cognitive reappraisal in response to negative images in depression: The role of tactics, self-efficacy, and fluency. 5th Society for Affective Science, Los Angeles, CA.
13. Gulamani, T., **Daros, A.R.**, Uliaszek, A.A., & Ruocco, A.C. (2018, April). Emotion recognition deficits in borderline personality disorder: A family study. 6th North American Society for the Study of Personality Disorders, New York, NY.
14. **Daros, A.R.**, Guevara, M.A., Jung, S., Norouzzian, N., & Ruocco, A. C. (2017, April). Ineffective spontaneous use of emotion regulation strategies in borderline personality disorder. 5th North American Society for the Study of Personality Disorders, New York, NY.
15. **Daros, A.R.**, Turabi, S.M., & Ruocco, A.C. (2016, March). Spontaneous and self-reported emotion regulation strategies in borderline personality disorder. 3rd Society for Affective Science, Chicago, IL.
16. **Daros, A.R.**, & Ruocco, A.C. (2016, January). Associations between Five-Factor Model personality traits and self-report measures of emotion regulation. 17th Society for Personality and Social Psychology, San Diego, CA.

17. Ruocco, A.C., Williams, G.E., **Daros, A.R.**, Graves, B., McMain, S.F., & Links, P.S. (2015, August). Executive functions and social cognition in highly lethal self-injuring patients with borderline personality disorder. 123rd American Psychological Association, Toronto, ON.
18. **Daros, A.R.**, Rodrigo, A.H., Graves, B., & Ruocco, A.C. (2015, August). Difficulties in emotion regulation and the five-factor model of personality. 123rd American Psychological Association, Toronto, ON.
19. **Daros, A.R.**, Ruocco, A.C., & Rule, N.O. (2015, February). Identifying mental illness from faces of women with borderline personality disorder. 16th Society for Personality and Social Psychology, Long Beach, CA.
20. Graves, B., **Daros, A.R.**, Bogus, K., McMain, S.F., & Ruocco, A.C. (2014, June). Changes in sustained attention after six months of dialectical behaviour therapy for self-harming patients with borderline personality disorder: A pilot study. 75th Canadian Psychological Association, Vancouver: Canada.
21. **Daros, A.R.**, & Ruocco, A.C. (2014, April). The prototypic emotion regulation disorder? Borderline personality disorder and subjectively perceived difficulties in emotion regulation. Society for Affective Science Meeting, Bethesda, MD.
22. Ruocco, A.C., & **Daros, A.R.** (2013, October). Neuropsychological correlates of functional disability in patients with borderline personality disorder. 33rd National Academy of Neuropsychology, Boston, MA.
23. Deineka, S.Y., **Daros, A.R.**, Xu, L.N., & Ruocco, A.C. (2013, June). Neuropsychological problem-solving deficits in patients with borderline personality disorder. 74th Canadian Psychological Association, Quebec City, QC.
24. **Daros, A.R.**, & Ruocco, A.C. (2013, June). Facial emotion recognition in borderline personality disorder. 74th Canadian Psychological Association, Quebec City, QC, June 13-15.

Published Conference Abstracts

1. Ruocco, A.C. & **Daros, A.R.** (2013, September). Neuropsychological correlates of functional disability in patients with borderline personality disorder. *Archives of Clinical Neuropsychology*, 28(6), 564-564.
2. Rodrigo, A.H., **Daros, A.**, Gulrajani, S. & Ruocco, A.C. (2012). A near-infrared spectroscopy study of response control in borderline personality disorder. *Journal of the International Neuropsychological Society*, 18, 107-108.

CAMPUS TALKS

1. Emotion dysregulation: A transdiagnostic risk factor and treatment target across mental disorders. University of Wisconsin, Madison, Department of Psychology, February 27, 2023.
2. Emotion dysregulation: A transdiagnostic risk factor and treatment target across mental disorders. University of Missouri at St. Louis, Department of Psychological Sciences, December 12, 2022.
3. Emotion dysregulation: A transdiagnostic risk factor and treatment target across mental disorders. Syracuse University, Department of Psychology, December 8, 2022.
4. The Pocket Skills Project. Toronto Metropolitan University, Toronto Addictions Psychology Group, October 21, 2022.

5. Emotion dysregulation: A transdiagnostic risk factor and treatment target across mental disorders. Université de Montréal, Department of Psychology, March 21, 2022.
6. Emotion dysregulation: A transdiagnostic risk factor and treatment target across mental disorders. University of Windsor, Department of Psychology, November 17, 2021.
7. Studying emotion regulation in borderline personality disorder: Reflections from research and practice. Clinical Lunch Seminar Series, University of Virginia, Department of Psychology October 20, 2017.
8. Acceptance based strategies to reduce perfectionism in graduate school. Open Minds 2016: Grad Life Hacks, University of Toronto, March 29, 2016.
9. Cues to mental disorder from facial appearance. Social Personality Research Group, University of Toronto, January 20, 2015.
10. Emotion recognition and sensitivity in borderline personality disorder. Graduate Student Seminar Series, University of Toronto Scarborough, December 7, 2012.
11. Emotion perception in borderline personality disorder. Ebbinghaus Empire Meetings, University of Toronto, October 17, 2012.

AWARDS AND HONOURS

2023	Homewood Research Institute, Spring Fever Pitch, Finalist (Runner-Up)
2022	CAMH & The Royal Ottawa Hospital Innovation Expo, Finalist (Top 3)
2021	CAMH Innovation Expo, Finalist (Top 3)
2020	Emerging Researcher in Digital Health, E-Mental Health Conference
2015	Graduate Student Travel Award, University of Toronto Scarborough
2015	Graduate Student Travel Award, Society for Personality and Social Psychology
2014	Faculty of Arts & Science Conference Travel Award, University of Toronto
2014	School of Graduate Studies Conference Travel Award, University of Toronto
2013	Clinical Student Travel Award, Canadian Psychological Association
2013	School of Graduate Studies Conference Travel Award, University of Toronto
2009	Franco Bertagnolli Scholarship, National Association of Alpini

TEACHING AND MENTORING

*Undergraduate Level | **Graduate Level

Instructor

University of Windsor

Fall 2023 Advanced Adult Assessment, PSYC8589**

Winter 2024 Basic Quantitative Methods, SOOSC2500*

University of Toronto

Fall 2019 Introduction to Abnormal Psychology, PSY240*

Winter 2019 Current Topics in Clinical Psychology: Mobile Technology and Mental Health, PSYD33*

Fall 2018 Current Topics in Clinical Psychology: Mobile Technology and Mental Health, PSYD33*

Winter 2016 Introduction to Abnormal Psychology, PSY240*

University of Virginia

Winter 2018 Mobile Technology in Mental Health Research, PSYC4682/SYS4582*

Guest Lecturer

Winter 2021 Personality Disorders, Introduction to Abnormal Psychology, University of Toronto, PSY240*
(also Winter 2020, Summer 2016)

Summer 2016 Appraisal and Emotion, Psychology of Emotion, University of Toronto, PSYC18*

Graduate Student Thesis Committees*Dissertations*

Joseph Hoyda, University of Windsor, 2023 (in progress)

Florencia Cristoffanini, University of Windsor, 2023 (in progress)

Comprehensive Oral Exams

Evan Ripley-McNeil, University of Windsor, 2023 (in progress)

Graduate Student Supervision

<i>Dates</i>	<i>Student, Institution</i>	<i>Supervision Role</i>
2021-2022	Iris Sijercic, Toronto Metropolitan University	Clinical Internship Co-Supervisor
2022-2023	Alison Carney, Toronto Metropolitan University	Clinical Practicum Co-Supervisor
2021-2022	Parky Lau, Toronto Metropolitan University	Clinical Practicum Co-Supervisor
2021-2022	Sandra Osazuwa, Ontario Institute for Studies in Education	Clinical Practicum Co-Supervisor
2016-2017	Veronica Li, Adler School of Professional Psychology	Clinical Practicum Co-Supervisor

Graduate Student Mentorship

2014-2017	Gabriella Baumann, Adler School of Professional Psychology	Research Mentor
2014-2016	Tahira Gulamani, University of Toronto	Research Mentor
2014-2015	Azra Karmali, Adler School of Professional Psychology	Research Mentor

Undergraduate Student Mentorship

2019 – 2023	<i>Center for Addiction and Mental Health</i> Sinan Shariff; Manola Yvonet; Kwan Yu (Vanessa) Yim; Shayan Asadi; Raga Sivathosy, Elizabeth Alex; Louie Paolo-Leynes; Bea Calahong; Mahak Dhawan; Thusheharan Paramasivam; Samantha Lucchetta; Megan Brndjar
2017 – 2018	<i>University of Virginia, Department of Psychology</i> Henry Behan; Kathryn Bernard; Katrina Farris; Claudia Calicho-Mamini; Noah French; Zhen Zhang
2013 – 2017	<i>University of Toronto, Department of Psychology</i> Bri Darboh; Bryanna Graves; Jaeger Lam; Jie Chang; Mylann Guevara; Mustafa Turabi; Nikoo Norouzian; Stefan Jung

CLINICAL EXPERIENCE

Positions and Training

2018 – 2023 Clinical Psychologist, CBT Associates, Toronto, ON

2018 – 2019 Clinical Psychologist, Forest Hill Centre for CBT, Toronto, ON

- 2016 – 2017 Pre-doctoral Internship, Counselling Services, University of British Columbia (CPA Accredited), Vancouver, BC
- 2015 – 2016 Pre-doctoral Practicum, Centre for Student Development and Counselling, Toronto Metropolitan University, Toronto, ON
- 2014 Pre-doctoral Practicum, Bariatric Surgery Program, Toronto Western Hospital, Toronto, ON
- 2009 – 2011 Research Assistant, Sunnybrook Health Sciences Center, Department of Psychiatry, Toronto, ON

Licensure

- 2019 – College of Psychologists of Ontario (CPO), #6611
 Service Areas: Assessment, Intervention, Research, Teaching
 Service Groups: Adults, Adolescents

SERVICE AND OUTREACH

Professional Memberships

- Association for Behavioral and Cognitive Therapies (ABCT)
 Association for Psychological Science (APS)
 Canadian Association of Cognitive Behavioral Therapies (CACBT)
 Canadian Psychological Association (CPA)
 Society for Affective Science (SAS)
 Society for Digital Mental Health (SDMH)

Ad Hoc Reviewer

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| Addiction Research & Theory | Frontiers in Psychology |
| Administration and Policy in Mental Health | Journal of Affective Disorders |
| Alcohol: Clinical and Experimental Research | Journal of American College Health |
| American Journal of Psychology | Journal of Anxiety Disorders |
| Archives of Clinical Neuropsychology | Journal of Behavior Therapy & Experimental Psychiatry |
| Australian Journal of Psychology | Journal of Experimental Psychopathology |
| Australian Psychologist | Journal of Medical Internet Research (JMIR) & Affiliates |
| Behavior Research Methods | Journal of Nonverbal Behavior |
| BMC Psychology | Journal of Personality Disorders |
| Borderline Personality Disorder and Emotion
Dysregulation | Journal of Psychopathology and Behavioral Assessment |
| British Journal of Psychology | Journal of the International Neuropsychological Society |
| Clinical Psychological Science | Medicina |
| Clinical Psychologist | Neuropsychobiology |
| Clinical Psychology & Psychotherapy | Neuropsychology |
| Cognition and Emotion | Revista Brasileira de Psiquiatria |
| Cognitive Behavioral Therapy | Personality and Individual Differences |
| Cognitive Therapy & Research | Personality Disorders: Theory, Research, & Treatment |
| Counselling Psychology Quarterly | PLoS One |
| Current Psychiatry Research and Reviews | Psychiatry Research |
| Emotion | Psychological Medicine |
| Emotion Review | Psychological Reports |
| European Archives of Psychiatry and Clinical
Neuroscience | Scientific Reports |
| | Substance Use and Misuse |

Internal Committees

2023 – Undergraduate Curriculum Committee, University of Windsor

External Committees

2024 – CIHR Doctoral Research Award Reviewer (Fall 2023 Competition)
2023 – ABCT Research Facilitation Committee Member
2023 CIHR Reviewer-in-Training, Project Grant Competition (Fall 2023)
2022 – 2023 ISITDBT Conference Abstract Reviewer, 2022 & 2023
2022 Collaboration of Humanities and Social Sciences in Europe, External Grant Reviewer
2021 Centre for Innovation in Campus Mental Health, Crisis Response Taskforce
2018 – 2020 Society for Affective Science, Regional Representative
2017 – 2018 University of Virginia Postdoc Committee, Executive Member
2017 National Science Center Poland, External Grant Reviewer
2014 – 2017 Grad Minds Mental Health, Executive Committee Member, University of Toronto