**Curriculum Vitae**

**Thomas G. Adams Jr., Ph.D.**

Clinical Psychologist

Assistant Professor

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**Contact Information:**

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**Education and Training**

2014 Ph.D. Psychology University of Arkansas Fayetteville, AR

2011 M.A.      Psychology University of Arkansas Fayetteville, AR

2006 B.A. Psychology        University of Wisconsin Milwaukee, WI

Postdoctoral Fellowship

2014-2017 NIMH T32 Fellowship in Functional Disabilities Intervention Research. OCD Research Clinic, Department of Psychiatry, Yale University School of Medicine, New Haven, CT | Clinical Neuroscience Division, VA National Center for PTSD

Pre-Doctoral Internship

2013-14 Traumatic Stress Track, Charleston Consortium, Medical University of South Carolina | Ralph H. Johnson VA Medical Center, Charleston, SC

**License**

State of Connecticut, number 003641

**Positions and Employment**

Research Positions

2018 - *Assistant Professor*, Department of Psychiatry, Yale University School of Medicine

2017- *Research Psychologist* (Without Compensation [WOC])– Clinical Neuroscience Division, VA National Center for PTSD.

2017-2018 *Associate Research Scientist*, Department of Psychiatry, Yale University School of Medicine

2014-2017 *Postdoctoral Fellow,* OCD Research Clinic, Department of Psychiatry, Yale University School of Medicine. Supervised by Christopher Pittenger, M.D., Ph.D.

2015-2017 *Postdoctoral Fellow - WOC*, Clinical Neuroscience Division, VA National Center for PTSD. West Haven, CT VAMC. Supervised by Chadi Abdallah, M.D.

2013-2014 *Research Intern,* Brain Stimulation Lab, Medical University of South Carolina. Supervised by Mark George, M.D. and Ron Acierno, Ph.D.

2013 *Research Assistant,* Cortical Dynamics Laboratory, University of Arkansas. Supervised by Nathan Parks, Ph.D.

2009-2010 *Research Assistant,* Disgust and Anxiety Lab, University of Arkansas. 2011-2012 Supervised by Jeffery M. Lohr, Ph.D.

2009 *Research Assistant,* Interventional Sciences Laboratory. Supervised by Matthew T. Feldner, Ph.D.

2005-2008 *Research Assistant,* OCD Center, Rogers Memorial Hospital. Supervised by Bradley Riemann, Ph.D.

2004-2006 *Research Assistant,* Behavior Therapy and Research Lab, University of Wisconsin-Milwaukee. Supervised by Douglas Woods, Ph.D.

Clinical Positions

2017 - *Clinical Psychology* *Private Practitioner.*

2014-2017 *Clinical Service Provider*. Department of Psychiatry, Yale University School of Medicine.

2013-2014 *Pre-doctoral Clinical Psychology Intern.* Charleston Consortium, Medical University of South Carolina and Ralph H. Johnson VA Medical Center – Traumatic Stress Track: Rotations included: 1) Sleep and Anxiety Treatment and Research Program; 2) CBT for Emotional Disorders Clinic; 3) National Crime Victims Center; 4) PTSD Clinical Team.

2010-2012 *Clinical Psychology Clerk.* Behavior Therapy and Counseling Clinic.

2008-2009 *Clinic Assistant,* Psychological Clinic, Department of Psychological Science, University of Arkansas.

2005-2008 *Behavior Specialist,* OCD Center & Child and Adolescent Center, Rogers Memorial Hospital.

2003-2005 *Line Therapist,* Wisconsin Early Autism Project.

**Professional Memberships and Activities**

2011- International Obsessive-Compulsive Disorder Foundation (IOCDF)

2013- Anxiety and Depression Association for America (ADAA)

2005-2017 Association for the Advancement of Behavioral and Cognitive Therapies (ABCT)

2011-2013 Board of Directors: Community Outreach Coordinator. Northwest Arkansas Obsessive-Compulsive Disorder Foundation (NWA-OCDF)

**Honors and Awards**

2017 American College of Neuropsychopharmacology, Travel Awardee

2016 Anxiety and Depression Association for America, Alies Muskin Career Development Leadership Program, *Basic Neuroscience Track*

2016-2020 National Institute of Health (NIH), Clinical Loan Repayment Award

2010 Lynn Waite Dunlop Memorial Scholarship for Outstanding Record of Graduate Research, University of Arkansas

2006 Cum Laude Bachelor of Arts, University of Wisconsin-Milwaukee

2006 Senior Honors Award, University of Wisconsin-Milwaukee

2004-2005 Dean’s List for Letters and Science, University of Wisconsin-Milwaukee

**Reviewer**

Grant Reviewer

2015 Health & Care Research Wales. 2015

Ad-hoc Conference Reviewer

2016-2017 Anxiety and Depression Association of America

Ad-hoc Journal Reviewer

*Anxiety Stress and Coping, Assessment, Behavior Therapy, Behaviour Research and Therapy, Biological Psychiatry, Clinical Psychology Review, Clinical Psychology: Science and Practice, Cognition and Emotion, Cognitive Therapy and Research, International Journal of Psychiatry in Medicine, Journal of Anxiety Disorders, Journal of Applied Psychology, Journal of Behavior Therapy and Experimental Psychology, Journal of Consulting and Clinical Psychology, Journal of Experimental Psychopathology, Journal of Obsessive-Compulsive and Related Disorders Journal of Psychopathology and Behavioral Assessment, Personality and Individual Differences, Progress in Neuro-Psychopharmacology & Biological Psychiatry, Psychiatry Research, Psychological Assessment, Public Health and Epidemiology, Research in Developmental Disabilities*

**Research Interests**

* Augmentation of cognitive-behavioral treatment processes for disordered anxiety
* Indirect and interactive effects of emotion and cognition on anxious, obsessive-compulsive, and stress-related psychopathology

**Publications** (\*students)

Peer Reviewed

1. Brake, A. C., **Adams, T. G.**, Hood C. O., & Badour, C. L. (2018). Posttraumatic mental contamination and the interpersonal theory of suicide: Effects of DSM-5 PTSD symptom clusters on perceived burdensomeness and thwarted belongingness. *Cognitive Research and Therapy*, doi: 10.1007/s10608-018-9959-9
2. \*George, J., Kelmendi, B., Pittenger, C. Lohr., J. M. & **Adams, T. G.** (2018). Disgust sensitivity mediates the effects of race on contamination fears. *The Journal of Obsessive Compulsive and Related Disorders, 19*, 72-76. doi.org/10.1016/j.jocrd.2018.08.002
3. Brooks, H., Kichuk, S., **Adams, T. G.**, Kelmendi, B. Gruner, P., Monahan, S., Wasylink, S., Pittenger, C., & Hampson, M. (2018). Developing Image Sets for Inducing Obsessive-Compulsive Checking Symptoms. *Psychiatry Research. 265,* 249-255. doi.org/10.1016/j.psychres.2018.04.035
4. **Adams, T. G.**, Kelmendi, B., Brake, A., Gruner, P. A., Badour, C. L., & Pittenger, C. (2018). The role of stress in the pathogenesis and maintenance of obsessive-compulsive disorder (OCD). *Journal of Chronic Stress.* doi: 10.1177/2470547018758043.
5. Stewart, P. A., \*George, J, **Adams, T. G.** (in press). Does predisposition towards disgust affect emotional response to political leaders? Evidence from the 2012 U.S. presidential election. *Social Science Quarterly*.
6. Kelmendi, B., **Adams, T. G.**, Southwick, S., Abdallah, C. G., & Krystal, J. H. (2017). Posttraumatic Stress Disorder: an integrated overview and neurobiological rationale for pharmacology. *Clinical Psychology: Science and Practice, 24,* doi: 10.1111/cpsp.12202
7. **Adams. T. G.**, Bloch, M. & Pittenger, C. (2017). Intranasal Ketamine and Cognitive-Behavioral Therapy for Treatment Refractory Obsessive-Compulsive Disorder. *Journal of Clinical Psychopharmacology, 37*, 269-271. doi: 10.1097/JCP.0000000000000659.
8. Kelmendi, B, **Adams, T. G.,** Yarnell, S., Southwick, S., Abdallah, C. G., Krystal, J. H. (2016). Posttraumatic stress disorder: From neurobiology to pharmacological treatments. *European Journal of Psychotraumatology, 7*, 31858,http://dx.doi.org/10.3402/ejpt.v7.31858
9. Gannon, M. A., Knapp, A. A., **Adams, T. G.**, Long, S. A., & Parks, N. A. (2016). The spatial scaling of attentional enhancement and suppression in the visual field. *PLOS One*, 11, e0162190. doi.org/10.1371/journal.pone.0162190
10. Badran, B. W., Glusman, C. E., Jenkins, S., Galbraith, V. Austelle, C. W., Thomas. T., **Adams, T. G.**, George, M. S., & Revuelta, G. J. (2016). A double-blind, sham-controlled pilot trial of pre-supplementary motor area (pre-SMA) 1Hz rTMS to treat essential tremor. *Brain Stimulation: Basic, Translational, and Clinical Research in Neuromodulation, 9*, 945-947. doi.org/10.1016/j.brs.2016.08.003
11. Kelmendi, B., **Adams, T. G.,** Jakubovski, E., Hawkins, K., Coric, V., & Pittenger, C., (2016). Probing implicit learning in obsessive-compulsive disorder (OCD): Moderating role of medication in the weather prediction task. *Journal of Obsessive-Compulsive and Related Disorders, 9,* 90-95. doi:10.1016/j.jocrd.2016.03.003
12. Abdallah, C. G., **Adams, T. G.,** Kelmendi, B., Esterlis, I., Sanacora, G., & Krystal, J. H. (2016). Ketamine’s mechanisms of action: A path to rapid-acting antidepressants. *Journal of Depression and Anxiety, 33*, 689-697*.* doi: 10.1002/da.22501
13. Pittenger, C., **Adams, T.G.**, Gallezot, J.-D., Crowley, M.J., Nabulsi, N., Ropchan, J., Gao, H., Kichuk, S.A., Rimpson, r., Billingslea, E., Hannestad, J., Bloch, M., Mayes, L., Bhagwagar, Z., and Carson, R.E. (2016).  OCD is associated with an altered association between sensorimotor gating and cortical and subcortical 5-HT1b receptor binding.*Journal of Affective Disorders, 196*, 87-96. doi:10.1016/j.jad.2016.02.021*.*
14. \*Kichuk, S. A., Lebowitz, M. S., & **Adams, T. G.** (2015). Can biomedical models of psychopathology interfere with cognitive-behavioral treatment processes? *The Behavior Therapist, 38*, 181-186. ISSN 0278-8403
15. **Adams, T. G.** (2015). Exposure to Emotionally Arousing, Contamination-Relevant Pictorial Stimuli Interferes with Response Inhibition: Implication for Obsessive-Compulsive Disorder. *Journal of Obsessive-Compulsive and Related Disorders, 6*, 66-71. doi: 10.1016/j.jocrd.2015.05.001
16. Wetterneck, C. T., Siev, J., & **Adams, T. G.**, Slimowicz, J. C., & Smith, A. H. (2015). Assessing sexually intrusive thoughts: Parsing unacceptable thoughts on the dimensional obsessive-compulsive scale. *Behavior Therapy, 46*. doi: 10.1016/j.beth.2015.05.006
17. **Adams, T. G.**, Adams, Z., Mandel, H., Robinson, K., & Wang, Z. (2015). The effects of inattentiveness and hyperactivity on posttraumatic stress symptoms: Does a diagnosis of Posttraumatic Stress Disorder matter? *Journal of Attention Disorders,* 1-9. doi: 10.1177/1087054715580846
18. **Adams, T.G.**, Brady, R. E., Lohr, J. M., & Jacobs, W. J. (2015). A meta-analysis of CBT components for anxiety disorders. *The Behavior Therapist*, *38*, 87-97. ISSN 0278-8403
19. **Adams, T. G.**, Badran, B. W., & George, M. S. (2014). Integration of cortical brain stimulation and exposure and response prevention for obsessive-compulsive disorder (OCD). *Brain Stimulation*, *7*, 764-765. doi: 10.1016/j.brs.2014.06.010
20. **Adams, T. G.**, Stewart, P. A., & Blanchar, J. C. (2014). Disgust and the politics of sex: Exposure to disgusting odorant increases conservative views on sex and decreases support for gay marriage. *PLoS One*, 9, e95572. doi: 10.1371/journal.pone.0095572
21. **Adams, T. G.**, Badour, C. L., Cisler, J. M., & Feldner, M. T. (2014). Contamination aversion and posttraumatic stress symptom severity following sexual trauma. *Cognitive Therapy and Research,* *38*, 449-457. doi: 10.1007/s10608-014-9609-9
22. Dutton, C. E., **Adams, T**., Bujarski, S., Badour, C., & Feldner, M. T. (2014). Posttraumatic stress disorder and alcohol dependence: Individual and combined associations with social network problems. *Journal of Anxiety Disorders*, *28*, 67-74. doi: 10.1016/j.janxdis.2013.11.010
23. **Adams, T. G**., Badour, C. L., Lohr, J. M., & Feldner, M. T. (2013) Treatment of disgust related psychopathology. *Annals of Psychotherapy & Integrative Health, 16*, 26-34.
24. **Adams, T. G.**, Cisler, J. M., Brady, R. E., Olatunji, B. O., & Lohr, J. M. (2013). Preliminary psychometric evidence for distinct affective and cognitive mechanisms mediating contamination fears. *Journal of Psychopathology and Behavioral Assessment. 35*, 375-388. doi: 10.1007/s10862-013-9343-8
25. **Adams, T. G.** (2012). Multiple pathways to and from responsibility cognitions and the etiology of obsessive-compulsive disorder (OCD). *Journal of Experimental Psychopathology, 3*, 807-824. doi: http://dx/doi.org/10.5127/jep.025311
26. **Adams, T. G.** (2012). The unique roles of affect and impulsivity in the prediction of skin picking severity. *Journal of Obsessive-Compulsive and Related Disorders, 1,* 138-143. doi: 10.1016/j.jocrd.2012.03.003
27. **Adams, T. G.**  & Lohr, J. M. (2012). Disgust mediates the relations between attentional shifting and contamination aversion. *Journal of Behavior Therapy and Experimental Psychiatry, 43*, 975-980. doi: 10.1016/j.jbtep.2012.03.002
28. Badour, C. L., Bown, S., **Adams, T. G.**, Bunaciu, L., & Feldner, M. T. (2012). Specificity of fear and disgust experienced during traumatic interpersonal victimization in predicting posttraumatic stress and contamination-based obsessive-compulsive symptoms. *Journal of Anxiety Disorders, 26,*590-598. doi: 10.1016/j.janxdis.2012.03.001
29. **Adams, T. G.,** Cisler, J. M., Brady, R. E. & Lohr, J. M. (2012). The effects of cognitive and affective priming on law of contagion appraisals. *Journal of Experimental Psychopathology, 3,* 470-478. doi: 10.5127/jep.025911*.*
30. Olatunji, B. O., **Adams, T. G.,** Ciesielski, B. G., David, B., Sarawgi, S., & Broman-Fulks, J. J. (2012). The three domains of disgust scale: Factor structure, psychometric properties, and conceptual limitations. *Assessment, 19,* 205-225. doi: 10.1177/1073191111432881
31. **Adams, T. G.,** Riemann, B. C., Wetterneck, C. T., & Cisler, J. M. (2012). Obsessive beliefs predict cognitive-behavior therapy outcomes for obsessive-compulsive disorder. *Cognitive Behaviour Therapy, 41,* 203-211*.* doi: 10.1080/16506073.2011.621969
32. Cisler, J. M., Wolitzky-Taylor, K. B., **Adams, T. G.,** Babson, K. A., Badour, C. L., & Willems, J. L. (2011). The emotional Stroop task and posttraumatic stress disorder: A meta-analysis. *Clinical Psychology Review, 31*, 817-828*.* doi: 10.1016/j.cpr.2011.03.007
33. **Adams, T.G.,** Willems, J. L., & Bridges, A. J. (2011). Contamination aversion and repeated exposure to disgusting stimuli. *Anxiety Stress and Coping*, *24*, 157-165. doi: 10.1080/10615806.2010.506953
34. Cisler, J. M., **Adams, T. G**., Brady, R. E., Bridges, A. J., Lohr, J. M., & Olatunji, B.O. (2010). Unique affective and cognitive processes in contamination appraisals: Implications for contamination fear. *Journal of Anxiety Disorders, 25,* 28-35. doi: 10.1016/j.janxdis.2010.07.002
35. Brady, R. E., **Adams, T. G.**, & Lohr, J. M. (2010). Disgust in contamination-based OCD: A review and model. *Expert Review of Neurotherapeutics, 10*, 1295-1305. doi: 10.1586/ern.10.46
36. Abramowitz, J. S., Deacon, B., Olatunji, B., Wheaton, M. G., Berman, N., Timpano, K., McGrath, P., Riemann, B., **Adams, T**. **G**, Bjorgvinsson, T., Storch, E. A., & Hale, L. (2010). Assessment of obsessive-compulsive symptom dimensions: development and validation of the Dimensional Obsessive-Compulsive Scale*.* *Psychological Assessment, 22,* 180-198. doi: 10.1037/a0018260

Manuscripts Under Peer Review

1. Stewart, P. A., **Adams, T. G.**, Senior, C. (preprinted at PsyArXiv). Godliness is next to cleanliness but sex is sinful: The roles of disgust in religious scrupulosity.
2. **Adams, T. G.**, Wetterneck, C. T., Leonard, R. C., Riemann, B. C., & Franklin, M. E. (invited for resubmission to the *Bulletin of Menninger Clinic*). The effects of depression on the treatment of OCD in a residential sample.

Book Chapters

1. Kelmendi, B., **Adams, T. G.**, Abdallah, C., Harpaz-Rotem, I., Esterlis, I., Southwick, S., & Krystal, J. H., (in press). Investigational agents in the treatment of posttraumatic stress disorder (PTSD). In C. Marmar C., & Nemeroff C. (Eds.) *Posttraumatic Stress Disorder*. Oxford, United Kingdom: Oxford University Press.
2. Pittenger, C., Gruner, P, **Adams, T. G.**, & Kelmendi, B (2017). The dynamics of obsessive-compulsive disorder: A heuristic framework. In C. Pittenger (Ed.). *Obsessive-Compulsive Disorder: Phenomenology, Pathophysiology, and Treatment.* (669-682). New York: Oxford University Press.
3. Badour, C. L. & **Adams, T. G.** (2015). Contaminated by trauma: Understanding links between self-disgust, mental contamination, and PTSD. In P. Powell, P. Overton, & J. Simpson (Eds.). *The Revolting Self: Perspectives on the Psychological and Clinical Implications of Self-Directed Disgust*. (pp. 127-150). London, UK: Karnac Books.
4. **Adams, T. G.,** Sawchuk, C., Cisler, J. C., Lohr, J. M., & Olatunji, B. O. (2014). Specific Phobias. In T. Ehring and P. Emmelkamp (Eds.). *The Wiley Handbook of Anxiety Disorders.* (pp. 295-320). Hoboken, NJ: Wiley-Blackwell.
5. **Adams, T. G.**, Brady, R. E., & Lohr, J. M. (2011). The nature and function of disgust in coping and control. In T. Radek, B. Karel & K. Martin (Eds.), *Re-constructing emotional spaces: From experience to regulation* (1st ed., pp. 63-76). Prague: Prague Psychosocial Press.

Encyclopedia Entries

1. Lohr, J. M. & **Adams, T. G.** (2015). Placebo controls in psychotherapy research. In R. Zinbarg, S. O. Lilienfeld, & R. Cautin (Eds.), *The encyclopedia of clinical psychology.* (pp. 455). Hoboken, NJ: Wiley-Blackwell
2. Lohr, J. M. & **Adams, T. G.** (2015). Catharsis (Abreaction). In R. Zinbarg, S. O. Lilienfeld & R. Cautin (Eds.), *The encyclopedia of clinical psychology.* (pp. 2143). Hoboken, NJ: Wiley-Blackwell
3. Lohr, J. M. & **Adams, T. G.** (2009). Fear. In W. E., Craighead & C. B., Nemeroff, *The concise Corsini encyclopedia of psychology and behavioral science (4th ed.).* (pp. 651-652). Hoboken, NJ: John Wiley & Sons.

Popular Media Publications

1. Lohr, J., M., **Adams, T. G.**, Schwarz, M., & Brady, R. E. (2013). The sense of being stared at: An empirical test. *The Skeptic Magazine, 18*, 51-55.

Manuscripts in Preparation

1. **Adams, T. G.**, Pushkarskaya, H., \*Heckler, A., \*Roth, K., & Pittenger, C. Harm avoidance and quality of life impairments in obsessive-compulsive disorder (OCD).
2. **Adams, T. G.**, Averill, C., Gruner, P., Grazioplene, R., Abdallah, C. G., & Pittenger, C. Abnormalities in amplitude of low frequency fluctuations (ALFF) in patients with obsessive-compulsive disorder (OCD) extend beyond cortico-striato-thalamo-cortical circuitry.
3. **Adams, T. G.**, Kelmendi, B., Kichuk, S., George, J., Averill, C., Abdallah, C, & Pittenger, C. Transcranial direct current stimulation improves within-session therapeutic learning in OCD.
4. **Adams, T. G., \***Forte, J., Southwick, S., & Pietrzak, R. H. Exercise and PTSD symptoms in U.S. Veterans: Evidence for U-shaped associations.

NCBI Bibliography

<https://www.ncbi.nlm.nih.gov/sites/myncbi/thomas.adams.1/bibliography/47772487/public/?sort=date&direction=ascending>

**Professional Presentations** (\*students)

Chaired Symposia

1. **Adams, T. G.** (2018). *Novel Methods for Augmenting Fear Extinction Processes and the Potential to Improve Extinction-Based Treatments.* Symposium presented atthe 39th annual conference of the Anxiety and Depression Association of America, Chicago, IL.
2. **Adams, T. G.** (2017). *Innovative Uses of Transcranial Direct Current Stimulation in the Treatment of Obsessive-Compulsive Disorder*. Symposium presented at the 38th annual conference of the Anxiety and Depression Association of America, Washington D.C.
3. **Adams, T. G**. & Badour, C. L. (2015). *How to conceptualize and treat comorbid PTSD and OCD*. Symposium presented at the 35th annual conference of the Anxiety and Depression Association of America. Miami, FL.

Oral Presentations

1. **Adams, T. G.**, George, J.\*, Abdallah, C., Kelmendi, B., & Pittenger, C.(2018). *Can transcranial direct current stimulation prevent the return of fear following successful fear extinction?* Paper presented at the 39th annual conference of the Anxiety and Depression Association of America, Chicago, IL.
2. **Adams, T. G.**, Kelmendi, B., Kichuk, S., George, J., Averill, C., Abdallah, C, & Pittenger, C. (2018). *Transcranial electrical stimulation improves therapeutic learning in obsessive-compulsive disorder.* Paper presented at the 25th annual conference of the International Obsessive-Compulsive Disorder Foundation, Washington D.C.
3. **Adams, T. G.**, Kelmendi, B., Kichuk, S., George, J., & Pittenger, C. (2018). *Offline transcranial direct current stimulation targeting the medial prefrontal cortex enhances therapeutic learning among patients diagnosed with obsessive-compulsive disorder: A laboratory study*. Paper presented at the 38th annual conference of the Anxiety and Depression Association of America, Washington D.C.
4. **Adams, T. G.** (2018). *Specificity of disgust in the prediction of contamination aversion*. Paper presented at the 38th annual conference of the Anxiety and Depression Association of America, Washington D.C.
5. **Adams, T. G.,** Kelmendi, B., Kichuk, S., \*George, J., Wasylink, S., Billingslea, E., & Pittenger, C., (2017). *Galvanized learning: Augmentation of therapeutic fear extinction with transcranial direct current stimulation (tDCS)*. Paper presented at the 37th annual conference of the Anxiety and Depression Association of America, San Francisco, CA.
6. Badour, C. L., **Adams, T. G**., Baddeley, J., Birks, A., & Center, K. (2015). *Subtypes of Posttraumatic OCD: A case series*. Paper presented at the 35th annual conference of the Anxiety and Depression Association of America. Miami, FL.
7. **Adams, T. G**., Badour, C. L., Baddeley, J., Birks, A., & Center, K. (2015). *Treating comorbid PTSD and OCD: A functional analytic perspective*. Paper presented at the 35th annual conference of the Anxiety and Depression Association of America. Miami, FL.
8. Stewart, P. A., **Adams, T. G**., & Bucy, E. P. (2013). *Does propensity towards disgust affect emotional response to political leaders? Evidence from the 2012 presidential election.* Paper presented at the 4th ISHE Summer Institute in Ann Arbor, MI.
9. **Adams, T. G.,** Stewart, P., & Lohr, J. M. (2011).*Individual differences in state and trait affect predict opinions of Obama: The unique role of pathogen disgust over other affective variables.* Paper presented at the 30th Annual Meeting of the Association for Politics and the Life Sciences, Cincinnati, OH.
10. **Adams, T. G.,** Wetterneck, C. T., & Woods, D. W. (2011). *Is skin picking an anxious or impulsive behavior?* Paper presented at the 119th annual conference of the American Psychological Association, Washington DC.
11. **Adams, T. G.,** Ruggiero, K. J., & Lohr, J. M. (2010). *Efficacy of cognitive and behavioral treatments for PTSD: A review of component controlled treatment outcome research.* Paper presented at the 44th annual conference of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
12. **Adams, T. G.,** Cisler, J. M., & Lohr, J. M. (2010). *Impaired att*entional control in

contamination-based obsessive-compulsive disorder. Paper presented at the 44th annual conference of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

1. Jacobs, J., **Adams, T. G.**, Lohr, J. M., & Brady, R. E. (2010). *A meta-analysis of*

*component-controlled cognitive behavioral treatment for anxiety and mood disorders.* Paper presented at the 44th annual conference of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

1. Cisler, J. M., Lohr, J.M., Willems, J. L., **Adams, T. G.**, & Brady, R. E. (2009). *Cognitive mechanisms underlying contamination appraisals.* Paper presented at the 43rd annual conference of the Association for Behavioral and Cognitive Therapies, New York, NY.

Posters

1. **Adams, T. G.,** Forte, J., Cisler, J. M., Averill, C., & Abdallah, C., *Effects of prefrontal transcranial direct current stimulation (tDCS) on therapeutic learning and memory in posttraumatic stress disorder (PTSD)*. Poster presented at the 39th annual conference of the Anxiety and Depression Association of America. Chicago, IL.
2. \*Forte, J., **Adams, T. G.,** Southwick, S. M., & Pietrzak, R. H. (2018). *U-Shaped Association Between Exercise and PTSD symptoms in U.S. Veterans*. Poster presented at the 52th annual conference of the Association for Behavioral and Cognitive Therapies, Washington D.C.
3. \*George, J. R.,Lohr, J., Pittenger, C., & **Adams, T. G.** (2018). *Disgust Sensitivity and Contamination-Based Obsessive-Compulsive Symptoms Among African Americans*. Poster presented atthe 25thAnnual International OCD Foundation Conference, Washington, DC.
4. **Adams, T. G.,** Kelmendi, B., Kichuk, S., \*George, J., Pittenger, C. (2017). *Offline multifocal transcranial direct current stimulation targeting the medial prefrontal cortex improves exposure-relevant learning among obsessive-compulsive disorder patients*. Poster presented at the 56th annual conference of the American College of Neuropsychopharmacology, Palm Springs, CA.
5. \*George, J. R., Williams, M. T., DeLapp, R., & **Adams, T. G.** (2017). *Discrimination Trauma Indirectly Effects Depression through Everyday Discrimination.* Poster presented at the annual conference of the 51st annual conference of the Association of Behavioral Cognitive Therapy. San Diego, CA.
6. \*Teller, J. A., Lohr, J., Pittenger, C., Knouse, L. E., & **Adams, T. G.** (2017). *Obsessive beliefs moderate the relation between obsessive-compulsive and depressive symptoms*. Poster presented at the 37th annual conference of the Anxiety and Depression Association of America. San Francisco, CA.
7. \*George, J., Lohr, J. M., & **Adams, T. G**. (2016). *Disgust and Contamination Fears Among African Americans.* Poster presented at the 50th annual conference of the Association for Behavioral and Cognitive Therapies, New York, NY.
8. \*George, J., **Adams, T. G.**, & Stewart, P. A. (2016). *Race moderates the effects of scrupulosity on obsessive-compulsive symptoms*. Poster presented at the 36th annual conference of the Anxiety and Depression Association of America. Philadelphia, PA.
9. Perlow, H., Stewart, P. A., Lee, P., & **Adams, T. G.**, (2015). *The influence of odorants on the perceptions of elder abuse.* Poster presented at the 27th annual conference of the Human Behavior and Evolution Society. Columbia, MO.
10. **Adams T. G.** & Lohr, J. M. (2015). *Exposure to emotionally-arousing, contamination-relevant pictorial stimuli interferes with response inhibition: Implications for obsessive-compulsive disorder (OCD)*. Poster presented at the 3rd annual New England OCD Research Symposium. New Haven, CT
11. **Adams, T. G.**, Crowley, m., Gallezot, J., Mayes, L., Nabulsi, N., Gao, H., Carson, R., Bhagwagar, Z, & Pittenger, C. (2015). *5-HT1B receptor availability and pre-pulse inhibition (PPI) in obsessive-compulsive disorder (OCD): A positron emission tomography (PET) study*. Poster presented at the 35th annual conference of the Anxiety and Depression Association of America. Miami, FL.
12. Badour, C. L., **Adams, T. G.**, Coffman, H. & Feldner, M. T. (2014). *Germ aversion, but not perceived susceptibility to disease, mediates the association between disgust sensitivity and contamination concerns.* Poster presented at the 48th annual meeting of the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.
13. **Adams, T. G.**, Badran, B. W., George, M. S., & Acierno, R. (2014). *Integration of*

*low-frequency repetitive transcranial magnetic stimulation to the pre-supplementary motor area and exposure and response prevention for obsessive-compulsive disorder*. Poster presented at the 34th annual conference of the Anxiety and Depression Association of America. Chicago, IL.

1. Woody, R., Dutton, C., Badour, C., **Adams, T.G.**, Bujarski, S., & Feldner, M. (2013). *Perceived social support as a function of PTSD and alcohol dependence.* Poster presented at the annual meeting of the Arkansas Psychological Association, Little Rock, AR.
2. **Adams, T. G.**, \*Fessler, A. R., & \*Golden, C. K. (2013).*Emotional interference of response inhibition in obsessive-compulsive disorder (OCD).*Poster presented at the 47th annual conference of the Association for Behavioral and Cognitive Therapy, Nashville, TN.
3. \*Fessler, A. R., **Adams, T. G**., \*Frazier, J., & Lohr, J. M. (2013).*Affect specific priming and memory processes: The effects of disgust on real and false memories.*Poster presented at the 47th annual conference of the Association for Behavioral and Cognitive Therapy, Nashville, TN.
4. Lohr, J. M., **Adams, T. G.**, Jacobs, W. J., & Brady, R. E. (2013). *The specificity of behavioral and cognitive components in the efficacy of CBT for anxiety and mood disorders: A meta-analysis.* Poster presented at the 47th annual conference of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
5. Brady, R. E., **Adams, T. G**., & Lohr, J. M. (2013). *Disgust and aversion in the prediction of contamination-based obsessive-compulsive symptoms.* Poster presented at the 47th annual conference of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
6. Dutton, C., Badour, C., **Adams, T. G**., Bujarski, S., & Feldner, M. (2013). *Perceived social support as a function of PTSD and alcohol dependence.* Poster presented at the 47th annual conference of the Association for Behavioral and Cognitive Therapy, Nashville, TN.
7. \*Golden, C. K., **Adams, T. G**., Brannan, E., Badour, C. L., & Lohr, J. M. 2013). *Three domains of disgust and aversion to gynecological procedures.*Poster presented at the 47th annual conference of the Association for Behavioral and Cognitive Therapy, Nashville, TN.
8. **Adams, T. G**., \*Golden, C. K., \*Fessler, A. R., & Lohr, J. M., (2012). *Does attentional control influence emotional and behavioral responding to a contamination-relevant behavioral approach task?* Poster presented at the 46th annual conference of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
9. \*Foster, K. N., Lohr, J. M., & **Adams, T. G**.(2012). *The effect of experienced disgust on anger toward homosexuals.*Poster presented at the 46th annual conference of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
10. Brannan, E.L., Badour C.L., Bown, S., **Adams, T.G**., Bunaciu, L., Feldner, M.T. (2012). *Specificity of peritraumatic fear and disgust in predicting posttraumatic stress and contamination-based obsessive-compulsive symptoms.* Poster presented at the 46th annual conference of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
11. Andrews, A. R., Villalobos, B., Bridges, A. J., McGahan, T. C., Anton, C. M., **Adams, T. G.,** & Badour, C. M. (2011). *Disgust, sexual history, and sexually explicit materials.* Poster presented at the 45th annual conference of the Association for Behavioral and Cognitive Therapies, Toronto, ON.
12. Tyle, T. M., Bridges, A. J., Andrews, A. R., Lohr, J. L., **Adams, T. G.**, & Badour, C. L. (2011). *Disgust propensity and sensitivity and their relation to multiple domains of female sexual dysfunction.* Poster presented at the 45th annual conference of the Association for Behavioral and Cognitive Therapies, Toronto, ON.
13. **Adams, T. G.**, Deacon, B. & Lohr, J. M. (2010). *The development and psychometric validation of the Emetophobia Inventory.* Poster presented at the 44th annual conference of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
14. Badour, C. L., **Adams, T. G.**, Cisler, J. M., Lohr, J. M., & Feldner, M. T. (2010). *The*

*moderating role of disgust propensity and sensitivity in the relation between interpersonal violence and obsessive-compulsive symptoms.* Poster presented at the 44th annual conference of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

1. Brady, R. E., **Adams, T. G.**, & Lohr, J. M. (2010) *Childhood health experiences and the development of adult health anxiety.* Poster presented at the 44th annual conference of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
2. Mahaffey, B. L., Abramowitz, J., Deacon, B., Wheaton, M., Berman, N. C., Timpano, K. R., McGrath, P. B., Riemann, B., **Adams, T. G.**, Bjorgvinsson, T., Storch, E., & Hale, L. (2009). *The dimensional obsessive-compulsive scale: Development, factor analysis and reliability.* Poster presentation for the 43rd annual conference of the Association for Behavioral and Cognitive Therapies. New York, NY.
3. Wheaton, M., Berman, N. C., Mahaffey, B. L., Abramowitz, J., Deacon, B., Olatunji, B.O., Timpano, K. R., McGrath, P. B., Riemann, B., **Adams, T. G.**, Bjorgvinsson, T., Storch, E., & Hale, L. (2009). *Reliability and validity of the dimensional obsessive-compulsive scale.* Poster presented at the 43rd annual conference of the Association for Behavioral and Cognitive Therapies. New York, NY.
4. **Adams, T.G.**, Woods, D.W., & Wetterneck, C.T. (2009).*Skin picking in relation to affect and impulsivity.* Poster presented at the 43rd annual conference of the Association for Behavioral and Cognitive Therapies. New York, NY.
5. **Adams, T. G.**, Cisler, J. M, Brady, R. E., Willems, J. L., & Lohr. J. M. (2009). *Do obsessive beliefs predict dimension of obsessions and compulsions?* Poster presented at the 43rd annual Convention of the Association for Behavioral and Cognitive Therapies. New York, NY.
6. Hudson, M. A., Badour, C. L., **Adams, T. G.**, Feldner, M. T., & Lohr, J. M. (2009). *Elevated symptoms of contamination concerns/washing behaviors among victims of interpersonal violence as compared to those exposed to traumatic accidents.* Poster presented at the 2009 fall convention meeting of the Arkansas Psychological Association, Little Rock, AR.
7. **Adams, T. G.**, Riemann, B. C., Wetterneck, C.T., Manos, R.C., & Norberg, M.M. (2008). *Effectiveness of cognitive-behavioral therapy for the treatment of obsessive-compulsive disorder with severe depression: Is there a dosing effect?* Poster presentation for the 42nd annual conference of the Association for Behavioral and Cognitive Therapies. Orlando, FL.
8. **Adams, T. G.**, Riemann, B. C., Wetterneck, C. T., & Wilcox, K. J. (2008). *Can cognitive constructs predict treatment success in obsessive-compulsive disorder?* Poster presented at the 42nd annual conference of the Association for Behavioral and Cognitive Therapies. Orlando, FL.
9. **Adams, T. G.**, Riemann, B. C., McGinty, E., & Weltzin, T. (2007). *Obsessive compulsive disorder with and without a comorbid eating disorder; differences in metacognitons, thought appraisal, and obsessional beliefs.* Poster presented at the 41st annual conference of the Association for Behavioral and Cognitive Therapies. Philadelphia, PA.
10. **Adams, T. G.**, Wetterneck, C. T., & Woods, D. W. (2006). *Analysis of the antecedents and consequences of skin picking in a non-referred sample.* Poster presented at the 27th annual conference for the Anxiety Disorders Association of America. St. Louis, MO.
11. **Adams, T. G.**, Riemann, B. C., Weltzin, T., & McGinty, E. (2006). *Cognitive behavioral therapy for the treatment of patients with obsessive compulsive disorder and a comorbid eating disorder: preliminary results.* Poster presentation for the 27th annual conference for the Anxiety Disorders Association of America. St. Louis, MO.
12. Wetterneck, C. T., Norberg, M. M., **Adams, T. G.**, Wilcox, K., & Riemann, B. C. (2006). *The expanded cognitive self-consciousness scale: reliability and validity in a clinical sample of obsessive compulsive disorder.* Poster presented at the 40th annual conference of the Association for Behavioral and Cognitive Therapies. Chicago, IL.
13. Wetterneck, C. T., Norberg, M. M., **Adams, T. G.**, Wilcox, K., Tiffany, S. M., & Riemann, B. C. (2006). *Do subtypes of obsessive-compulsive disorder differ in the magnitude of obsessional beliefs and appraisal of intrusions? A pilot study.* Poster presented at the 40th annual conference of the Association for Behavioral and Cognitive Therapies. Chicago, IL.
14. Bean, P., Weltzin T., Mammel J., Foro J., **Adams T. G.**, & Weisensel N. (2006). *Improvements in anxiety and depression precede weight gain in inpatients diagnosed with anorexia nervosa.* Poster presented at the 2006 International Conference on Eating Disorders. Barcelona, Spain.
15. Wetterneck, C. T., Flessner, C. A., **Adams, T. G.**, Potkay, J., Cameron, A. E., & Woods, D. W. (2005). *The effects of experiential avoidance on trichotillomania severity.* Poster presented at the 39th annual conference of the Association for Behavioral and Cognitive Therapies. Washington, D.C.
16. Flessner, C. A., Wetterneck, C. T., **Adams, T. G.**, & Woods, D. W. (2005). Assessment of trichotillomania (TTM): *Revisiting the Massachusetts General Hospital-Hairpulling Scale (MGH-HS) and initial development of the Focus of Hairpulling Scale (FHS).* Poster presented at the 39th annual conference of the Association for Behavioral and Cognitive Therapies. Washington, D.C.

**Media Coverage**

Huffington Post: <http://www.huffingtonpost.com/2014/05/20/smelly-environment-gay-marriage_n_5358253.html>

New Republic: <https://newrepublic.com/article/117804/study-disgusting-odors-make-people-less-supportive-gay-marriage>

Inquisitr: <http://www.inquisitr.com/1377718/science-of-disgust-study-shows-people-are-anti-gay-when-placed-in-unsavory-environments/>

Towleroad: <http://www.towleroad.com/2014/05/new-study-finds-disgusting-odors-make-people-less-supportive-of-gay-marriage/>

**Funding**

Current Support

1K23MH111977 (PI: T. Adams) 09/11/17 – 08/31/22

NIMH Mentored Patient Oriented Career Development Award

*Enhancement of extinction learning using transcranial direct current stimulation*.

$940,801 in total funds

**Role:** Principle Investigator

IOCDF (PI: T. Adams) 09/01/17 – 08/30/19

International Obsessive-Compulsive Disorder Foundation Research Grant

*Use of transcranial direct current stimulation to enhance consolidation of therapeutic learning in obsessive-compulsive disorder (OCD)*

$48,646 in total funds

**Role**: Principle Investigator

NC-PTSD (PI: T. Adams) 04/01/18 – 09/30/18

VA National Center for PTSD Supplemental Funds Pilot Award

*Effects of transcranial direct current stimulation on therapeutic learning among trauma exposed individuals*

$45,395 in total funds

**Role**: Principle Investigator

1L30MH111037 (PI: T. Adams) 09/01/16 – 06/30/20

National Institute of Health (NIH) Clinical Loan Repayment Award

*Neuromodulation to enhance exposure-relevant learning*

$48,802 in total funds

**Role:** PI/Awardee

Pending Support

IOCDF (no number) (PI: C. Pittenger) 09/01/19 – 08/30/22

International Obsessive-Compulsive Disorder Foundation Breakthrough Grant *Synergistic Effects of Transcranial Direct Current Stimulation (tDCS) and Exposure and Response Prevention (ERP) on Obsessive-Compulsive Disorder (OCD) Symptomatology and Associated* *Brain Connectivity: A Pilot Controlled Clinical Trial*

$499,798 in total funds requested

**Role**: Co-Investigator

Past Training Support

5 T32 MH062994 13 (PI: M. Bell) 08/26/14 – 08/25/17

*Functional Disability Interventions* *Fellowship*

Ruth L. Kirschstein National Research Service Award [NRSA (T32)]

**Role:** Postdoctoral Fellow

HRSA-GPEP (PI: D. Kilpatrick) 08/01/13 – 07/31/14

U.S. Health Resources and Services Administration (HRSA) Graduate Psychology Education Program – Medical University of South Carolina.

**Role:** Predoctoral Intern

Doctoral Academy Fellowship 08/01/08-07/31/12

Fulbright College of Arts and Sciences, University of Arkansas

**Role:** Graduate Fellow

Past Grant Support

Marie Howell’s Award HB001342 (PI: T. Adams) 09/01/11 – 07/31/12

*Affective interference of action restraint in Obsessive-Compulsive Disorder*

**Role:** Principle Investigator

Marie Howell’s Award HB001060 (PI: T. Adams) 01/01/09 – 08/01/09

*Pathways to and from responsibility attitudes and obsessive-compulsive symptoms* **Role:** Principle Investigator

**Educational Activities**

Instructor of Record

2012 Abnormal Psychology– Department of Psychological Science, University of Arkansas*.*

Lecturer

2012 Laboratory for Graduate Advanced Descriptive Statistics for Psychology– Department of Psychological Science, University of Arkansas

2011 Laboratory for Graduate Inferential Statistics for Psychology– Department of Psychological Science, University of Arkansas

Clinical Supervisor

2014- *Supervisor of Evidence-Based Psychotherapy,* Clinical Neuroscience Research Unit, Department of Psychiatry Residency Program, Yale University School of Medicine.

2012-2013 *Junior Clinical Supervisor,* Psychological Clinic, Department of Psychological Sciences, University of Arkansas.

Mentor

Jennifer Forte, Postgraduate Associate, Yale University School of Medicine. 2018 - current

T.J. Debicella, Research Intern, Quinnipiac University. 2017 - current

Jessica Yeager, High School Student/Intern. Project Title: *Specificity of disgust in the prediction of behavioral and self-reported contamination aversions*. 2017 - current

Jamilah George, Postgraduate Associate, Yale University School of Medicine. 2015-2018

Kieran Roth, High School Student/Intern, Intel International Science and Engineering Fair (Intel ISEF). Project Title: *Core beliefs of obsessive-compulsive disorder and quality of life*. 2016

Jonathon Teller, Summer Undergraduate Research Fellow, University of Richmond. Project Title: *Obsessive beliefs moderate the relation between obsessive-compulsive and depressive symptoms.* 2016

Co-Mentor

Chelsea Golden – Undergraduate Honors Thesis. Project Title: *Three domains of disgust and aversion to gynecological procedures*. 2011-2013

Ashlyn Testut – Undergraduate Honors Thesis. Project Title: *Moderation of attentional control on spider phobia and information processes*. 2011-2013

Alex Fessler – Undergraduate Thesis. Project Title: *Affect specific priming and memory processes: The effects of disgust on real and false memories*. 2011-2012

Kara Foster – Undergraduate Honors Thesis. Project Title: *The causal role of disgust on affective judgment and visual avoidance of homosexual and heterosexual romantic images*. 2011-2012

Invited Workshops

*Exposure and Response Prevention (ERP) for Obsessive-Compulsive Disorder (OCD): Principles to Lasting Change*, University of Kentucky, Department of Psychology, Continuing Education Workshop. April 2014

Invited Talks

*Transcranial Electrical Stimulation of the mPFC and Therapeutic Learning: Implications for the Treatment of Disordered Anxiety*. Yale University School of Medicine, Interdepartmental Neuroscience Program, Biological Sciences Training Program. May 2018

*Transcranial Direct Current Stimulation and Therapeutic Learning in Obsessive-Compulsive Disorder.* Child Study Center, Yale University, January 2018

*Galvanized Learning: Transcranial Direct Current Stimulation to Enhance Extinction Learning in Obsessive-Compulsive Disorder*. University of Kentucky, Department of Psychology, Research Colloquium. April 2016

*Evidence-Based Psychological Treatments for Anxiety and Related Disorders*. National Alliance on Mental Illness (NAMI) Elm City, Annual Meeting. May 2016

*Treatment of Anxiety and Related Disorders.* Quinnipiac University, April 2016

Selected Seminars

*Exercise, Stress, and Neurogenesis.* NCPTSD Seminar. September 2016

*Evidence-Based Psychotherapy and Cognitive-Behavioral Therapy*, CNRU Seminar, August 2016 and August 2017.

*Behavioral Activation for Depression*. CNRU Seminar. July 2016 and August 2017.

*Augmentation of Trauma-Focused Cognitive-Behavioral Therapy with Transcranial Direct Current Stimulation*. NCPTSD seminar. February 2015.

*Relaxation for Disordered Anxiety*. CNRU Seminar. March 2015.

*Exposure and Response Prevention for OCD.* CNRU Seminar. December 2014 and September 2017.

**References**

**Christopher Pittenger, M.D./Ph.D.**

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