

Katya Fernandez
Washington University in St. Louis
Psychology Department
One Brookings Drive, Campus Box 1125
St. Louis, MO 63130
(404) 408-1492
fernandez@wustl.edu
www.anxlab.com

Education	Doctorate of Philosophy (Ph.D.), Clinical Psychology Washington University in St. Louis, St. Louis, MO <ul style="list-style-type: none">• Faculty Advisor: Thomas Rodebaugh, Ph.D.• Area of Specialization: Anxiety disorders	<i>Expected:</i> 5/2014
	Master of Arts (M.A.), Clinical Psychology Washington University in St. Louis, St. Louis, MO <ul style="list-style-type: none">• Thesis: Mating strategies and social anxiety: The role of dominance and warmth.	<i>Received:</i> 12/2010
	Bachelor of Science (B.S.), Psychology (Graduation w/ Distinction) Duke University, Durham, NC <ul style="list-style-type: none">• Major: Psychology (personality/social and cognitive psychology)• Minor: Spanish	<i>Received:</i> 5/2008

Publications	<p>vanDellen, M., Hoy, M., Fernandez, K.C., & Hoyle, R. (2011). Contingencies of self-worth and the social monitoring system. <i>Personality and Individual Differences</i>, 50, 59-63.</p> <p>Fernandez, K.C., & Rodebaugh, T.L. (2011). Social anxiety and discomfort with friendly giving. <i>Journal of Anxiety Disorders</i>, 25, 326-334.</p> <p>Rodebaugh, T.L., Heimberg, R.G., Brown, P.J., Fernandez, K.C., Blanco, C., Schneier, F.R., & Liebowitz, M.R. (2011). More reasons to be straightforward: Findings and norms for two scales relevant to social anxiety. <i>Journal of Anxiety Disorders</i>, 25, 623-630.</p> <p>Rodebaugh, T. L., Fernandez, K.C., Levinson, C. A. (submitted). Testing the effects of Social Anxiety Disorder on friendship across gender and ethnicity.</p> <p>Fernandez, K. C., Levinson, C. A., & Rodebaugh, T. L. (submitted). Profiling: Predicting social anxiety from Facebook profiles.</p> <p>Fernandez, K.C. & Rodebaugh, T.L. (submitted). Mating strategies and social anxiety: The role of dominance and warmth.</p> <p>Fernandez, K. C. (submitted). An integrative review of social anxiety and romantic relationship functioning.</p> <p>Fernandez, K. C., Langer, J. K., Jakatdar, T. A., Rodebaugh, T. L., & Heimberg, R. G. (in preparation). Validation of the Ambivalent and Purposeful Engagement—Trait Measure.</p> <p>Fernandez, K.C. & Rodebaugh, T.L. (in preparation). The complex nature of self-complexity: Prediction of social anxiety and depression.</p>	
---------------------	---	--

Chaired Symposia	<p>Fernandez, K.C. (2010, November). <i>Social anxiety and interpersonal functioning: A closer look at friendships and romantic relationships</i>. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.</p> <p>Fernandez, K. C. & Levinson, C. A. (2011, November). <i>Embracing the digital age: Methodological innovations in the study of social anxiety</i>. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies,</p>	
-------------------------	--	--

Toronto, Ontario, Canada.

**Symposium
Presentations**

- Rodebaugh, T.L. & Fernandez, K.C. (2010, November). *Reactions to favors: What is the source of perceived friendship impairment in generalized social anxiety disorder?* Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- Levinson, C. A., Fernandez, K. C., & Rodebaugh, T. L. (2011, November). *Profiling: Predicting social anxiety using Facebook*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Ontario, Canada.
- Fernandez, K. C., Johnson, M. R., & Rodebaugh, T. L. (2011, November). *Understanding the dynamic nature of social anxiety using a low-cost telephone assessment platform*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Ontario, Canada.
-

**Presentations at
National
Conferences**

- Fox, J. M., Fernandez, K. C., Rodebaugh, T. L., Menatti, A. R., & Weeks, J. W. (2011). Classifying a stereotype of social anxiety. Association for Behavioral and Cognitive Therapies, Toronto, Ontario, Canada.
- Fernandez, K. C., Levinson, C. A., Rodebaugh, T. L., Menatti, A. R., & Weeks, J. W. (2011). Social anxiety, Internet use, and Facebook. Association for Behavioral and Cognitive Therapies, Toronto, Ontario, Canada.
- Levinson, C. A., Fernandez, K. C., & Rodebaugh, T. L. (2011). Social appearance anxiety mediates and moderates the relationship between loneliness and eating disorder dysfunction. International Conference on Eating Disorders. Miami, FL.
- ¹Fernandez, K.C. & Rodebaugh, T.L. (2010). Social anxiety and discomfort with friendly giving. Association for Behavioral and Cognitive Therapies. San Francisco, CA.
- Fernandez, K.C. & Rodebaugh, T.L. (2010). Self-complexity moderates the relationship between fear of negative evaluation and social anxiety. World Congress of Behavioral and Cognitive Therapies. Boston, MA.
- Fernandez, K.C. & Rodebaugh, T.L. (2010). Adult attachment styles in generalized social anxiety disorder. World Congress of Behavioral and Cognitive Therapies. Boston, MA.
- Levinson, C.A., Rodebaugh, T.L., Fernandez, K.C. (November, 2009) Ethnic identity: Protective factor for internalizing disorders. Association for Behavioral and Cognitive Therapies. New York, New York.
- Levinson, C.A., Rodebaugh, T.L., Fernandez, K.C. (November, 2009) Gender differences in the Social Appearance Anxiety Scale. Association for Behavioral and Cognitive Therapies. New York, New York.
- Fernandez, K.C., Rodebaugh, T.L., & Huppert, J.D. (May, 2009). Testing Attentional Control Theory in the context of a modified dot-probe task. Association for Psychological Science. San Francisco, California.
- Fernandez, K.C., Sherrill, M., Hoy, M. & Hoyle, R. (October, 2007). Contingencies of self-worth and the social monitoring system. Society of Southeastern Social Psychologists. Durham, North Carolina.

¹Also presented at the SIG Exposition at ABCT's annual convention

**Professional
Talks**

- Fernandez, K. C. (December 2011). Crohn-ic problems: The intersection of borderline personality disorder and physical health problems. Washington University in St. Louis Clinical Science Seminar. St. Louis, Missouri.
- Fernandez, K.C. (September 2010). Testing costly signaling theory in the context of social anxiety: A closer look at blatant benevolence and costly consumption.

Washington University in St. Louis Clinical Science Seminar. St. Louis, Missouri.

Fernandez, K.C., & Levinson, C.A. (April, 2010). Social Anxiety and Online Social Networking: A Closer Look at Facebook. Washington University in St. Louis Clinical Science Seminar. St. Louis, Missouri.

Professional Memberships

Student Member, Association for Behavioral and Cognitive Therapies
Student Member, Association for Psychological Science
Student Member, American Psychological Association
Student Member, Society for a Science of Clinical Psychology
Graduate Student Member, Psi Chi (National Honor Society in Psychology)

Supervised Clinical Experience

Washington University in Saint Louis Mindfulness Group, St. Louis, MO (Fall 2011)

- Supervisor: Thomas Rodebaugh, Ph.D.
- Co-led 8-week skills-based mindfulness group at the Psychological Service Center in St. Louis

St. John's Mercy Medical Center–Burn Center, St. Louis, MO (2011-2012)

- Supervisor: Lisa Parker Scott, Ph. D.

Behavioral Medicine Institute, St. Louis, MO (2010-2011)

- Supervisors: Alec Pollard, Ph.D. and Heather Chik, Ph.D.

SSM St. Mary's Health Center—Rehabilitation Hospital, St. Louis, MO (Summer 2010)

- Supervisor: Gerard Erker, Ph.D.

Department of Psychology, Washington University in St. Louis (2009-2013)

- Individual therapy at the Psychological Service Center in St. Louis
 - Supervisor: Brian Carpenter, Ph.D. (2009-2010)
 - Supervisor: Thomas Rodebaugh, Ph.D. (2010-2011)
 - Supervisor: Lisa Parker Scott, Ph.D. (2010-2011)
 - Supervisor: Mary Politi, Ph.D. (2011-2012)
-

Professional Activities

Reviewer: APSSC RiSE-UP Research Award (2009-2011)
Reviewer: APSSC Student Research Award (2009-2011)

University Service

Clinical Studies Committee Fourth-Year Representative (2011-2012)
Psychology Graduate Student Association Co-Chair (2010-2011)
YMCA Youth University Summer Program volunteer (Summer 2010)
Psychology Graduate Student Association Social Committee (2009-2010)
Washington University in St. Louis Psychology Outreach Program (2009-2010)
Duke University Admissions Interviewer (2009-2011)

Teaching Experience

Adjunct Professor for Psych354; Abnormal Psychology (Summer 2011)

- Planned and taught an undergraduate-level course that provided an introduction to psychopathology. Evaluated learning based on class participation and exams (multiple choice and short answer questions)

Teaching Assistant for Psych3195; Abnormal Child Psychology (Spring and Fall 2010)

- Taught review sessions on APA style writing, graded exams and assignments, and gave lectures on research and assessment

Teaching Assistant for Psych353; Psychology of Personality (Fall 2009)

- Taught review sessions, constructed exam questions, and gave a lecture on personality disorders

Washington University Practicum in Teaching (Summer 2009)**APL Lab Discussion Leader (2008-2009; 2010-2011; 2011-2012)**

- Co-ran a discussion section for undergraduate research assistants in the Anxiety and Psychotherapy Laboratory

**Research
Experience****Study Coordinator, Focus on Relationships**

Anxiety and Psychotherapy Lab, Washington University in St. Louis (January 2011 – present)

Graduate Research

Anxiety and Psychotherapy Lab, Washington University in St. Louis (August 2008 – present)

- Research focuses on the etiology and treatment of anxiety disorders. Current research interests include:
 - initiation and maintenance of romantic relationships and friendships in socially anxious individuals
 - self-complexity in socially anxious individuals
 - testing blatant benevolence and conspicuous consumption in the context of social anxiety
 - tested attentional control theory (ACT) in the context of a modified dot-probe task (particularly the relationship between effort and social anxiety)
 - ways to measure between-session changes in exposure therapy, particularly through ecological momentary assessment (EMA)
 - positive affect in an exposure intervention
 - examining Facebook and its relation to social anxiety
- Tasks: Performing lab meetings/discussions with research assistants, performing experiments, data analysis, subject recruitment, literature searches

Undergraduate Research

Independent Research with Dr. Rick Hoyle, Duke University (January 2007 - May 2008)

- Researched how socially-excluded individuals shift their attention to domains on which their self-worth is staked, as well as the psychological sources of self-control (this resulted in an honors thesis as a part of the Graduation with Distinction project)
- Tasks: Performing experiments, data entry/coding, recruitment, literature searches

Research Assistant

Cognitive Behavioral Research & Treatment Program, Duke University (September 2006 - January 2007)

- Performed experiments focusing on cognitive-behavioral therapy for depression, anxiety related disorders and PTSD, Dialectical Behavior Therapy (DBT) for personality disorders (e.g., borderline personality disorder), as well as the use of virtual reality to aid in the elimination of cravings associated with various types of addictive behavior
- Tasks: Performing experiments, data entry/coding, subject recruitment, literature searches

Undergraduate Research

Strauman Lab, Duke University (January 2006 - May 2006)

- Performed experiments focusing on rumination as one causal mechanism that perpetuates self-regulatory failure and transforms acute distress into the chronic

distress characteristic of depression and anxiety disorders

- Tasks: Performing experiments, data entry/coding, subject recruitment, literature searches

Research Assistant

Elizabeth Marsh Memory Lab, Duke University (September 2005 - July 2006)

- Research assistance with performing experiments focusing on autobiographical memory, especially the effects of retellings on memory; memory illusions; the characteristics of internally-generated memories; and the acquisition and source of general world knowledge
- Tasks: Performing experiments, data entry/coding, subject recruitment, literature searches

Honors

- Washington University Graduate Fellowship (2008-2009; 2009-2010; 2010-2011)
- Recipient of Undergraduate Research Grant (Spring 2007, Spring 2008)
- Participant in Visible Thinking Undergraduate Research Day (Spring 2007, Spring 2008)
- Dean's List w/ Distinction (Fall 2007, Spring 2008)