

CARA DOCHAT

Curriculum Vitae

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EDUCATION

San Diego State University/University of California San Diego, San Diego, CA
Joint Doctoral Program in Clinical Psychology, Behavioral Medicine track

Degree anticipated June 2023

Faculty Mentor: Niloofar Afari, Ph.D.

GPA: 4.0

Gettysburg College, Gettysburg, PA

Bachelor of Arts, Summa cum Laude, May 2013

Majors: Psychology, Public Policy; Minor: Writing

Public Policy Honors Thesis: Mental health care provisions in the Patient Protection and Affordable Care Act (PPACA) of 2010

GPA: 4.0

Danish Institute for Study Abroad (DIS), Copenhagen, Denmark

Positive Psychology program (Mental Health Policy focus), Fall 2011

RESEARCH EXPERIENCE

Graduate Student Research Assistant

Veterans Medical Research Foundation, VA San Diego Healthcare System (VASDHS)

August 2017 – Present

Afari Lab, PI: Niloofar Afari, Ph.D.

- Manage physical activity/actigraphy data collection for ShipShape Study (An ACT-Enhanced Weight Management Program for Navy Personnel) (Grant R01 DK106415-01A1 funded by NIH)
- Perform statistical analyses and manuscript preparation of data related to weight loss and binge eating in Veterans
- Manage database for Brief ACT for binge eating as an adjunct to the MOVE! program (B-ACT) trial

Research Coordinator

Drexel University, August 2015 – July 2017

Laboratory for Innovations in Health-Related Behavior Change

PIs: Evan Forman, Ph.D., Meghan Butryn, Ph.D., Adrienne Juarascio, Ph.D.

- **Coordinator: Project DASH, R21 funded by the National Cancer Institute**

Premise: Using a validated neurocognitive training paradigm (go-no-go task), Project DASH aims to train inhibitory control around high-sugar foods for participants who are overweight and overconsume sweet foods. Its goal is to reduce intake of high-sugar foods and produce weight loss.

- Coordinated development and implementation of a novel computerized neurocognitive training
- Study-specific tasks include: coordinating technology development with external team, managing server databases, conducting iterative testing phases, managing daily data collection from multiple online sources, data quality assurance

Authored manual and workshop presentation for group-based dietary intervention; co-lead intervention workshops with clinical psychology doctoral students

- Administer assessment batteries which include anthropometric measures, the D-KEFS Color-Word Interference Task (“Stroop test”), Wechsler Test of Adult Reading (WTAR), and computerized Implicit Association Task (IAT) and Stop-Signal Task (SST)
- Coordinate assessments, treatment workshops, and daily computerized training administration for N=180 RCT
- Oversee recruitment strategies including print, social media, and radio advertisements
- Supervise 5 research assistants who perform screening and participant management tasks
- **Group co-leader: Project IMPACT, R01 funded by the National Institute of Diabetes and Digestive and Kidney Diseases**
 Premise: Project IMPACT is an 18-month group-based behavioral weight loss treatment examining the role of physical activity in weight loss maintenance. All participants receive standard behavioral weight loss treatment for 6 months, followed by 12 months of (1) additional behavioral treatment, (2) behavioral treatment with an emphasis on physical activity, or (3) acceptance-based behavioral treatment with a primary emphasis on using these skills to maintain physical activity.
 - Co-led weekly treatment group (n=13) through study Phase I with doctoral-level clinical psychologist; delivered manualized lifestyle modification treatment for weight loss
 - Taught and modeled skills including self-monitoring food intake and physical activity, improving diet quality, establishing physical activity regimens, problem-solving, and stimulus setting
 - Conducted individual treatment sessions with participants when absent from group; delivered entire session and used motivational interviewing techniques to encourage adherence
 - Provided individualized feedback on quality and contents of weekly diet and physical activity self-monitoring, as compared program goals
- **Research Assistant: Emotional Eating Study (A Component Analysis of Strategies to Improve Emotion Regulation), funded internally**
 Premise: The emotional eating study compares the relative efficacy of three emotion regulation training interventions (Emotional Awareness, Distress Tolerance, Down-Regulating Emotions) delivered in a single group-based workshop format, for reducing emotional eating symptoms and related variables in adult participants endorsing high levels of emotional eating.
 - Co-wrote treatment manual for Down-Regulating Emotions workshop (synthesized treatment modalities from ACT and DBT)
 - Co-led six treatment workshops across conditions with clinical psychology doctoral students
 - Administered assessment batteries which included a semi-structured interview for binge eating symptoms, behavioral test taste, and computerized Paced Auditory Serial Addition Test (PASAT)

Research Assistant

University of Arkansas, September 2013 – July 2015

Arkansas Interdisciplinary Sciences Laboratory (ArKIDS), PI: Ellen Leen-Feldner, Ph.D.

Intervention Sciences Laboratory (ISL), PI: Matthew Feldner, Ph.D.

- **Test of an Adolescent Anxiety Sensitivity Amelioration Program for At-Risk Youth, F31 funded by National Institutes of Mental Health (PI: Ashley Knapp, MA)**
 Premise: This study examined the impact of the Adolescent Anxiety Sensitivity Amelioration Program (AASAP), a novel intervention aimed at preventing the onset of clinical psychopathology, on self-reported anxiety sensitivity, panic attack symptoms, and symptoms of generalized anxiety in “at-risk” youth (ages 10-14 years) with high baseline anxiety sensitivity.
 - Administered assessment battery which included a worry induction procedure (WIP), voluntary hyperventilation (VH) task, and self-reported anxiety and panic symptoms
 - Attended weekly individualized didactic training meetings with pre-doctoral NIH fellow (Ashley Knapp) and Dr. Leen-Feldner, which included training in experimental design, study administration and data interpretation; discussion of assigned readings relevant to adolescent psychopathology and parent-child relational theories, and first-author manuscript preparation

- **Youth Vulnerability Study, pilot study funded by the Arkansas Biosciences Institute (ABI)**
Premise: The Youth Vulnerability Study collected data on markers of psychopathology risk in adolescent children (ages 10-17) of smoking and non-smoking parents with and without posttraumatic stress disorder.
 - Administered assessment batteries which included placing and monitoring data collected by facial electrodes and an electrode cap to record electroencephalograms (EEG), electrooculograms (EOG), and electromyograms (EMG), in adolescent participants
 - Developed and oversaw multi-faceted participant recruitment program. Coordinated eight undergraduate research assistants in their recruitment efforts within community-based organizations and agencies serving populations with mental illness and/or of low socioeconomic status

Research Associate

Gettysburg College, August 2013 – August 2016

Kathy Berenson, Ph.D., in collaboration with Geraldine Downey, Ph.D., Columbia University

- **Rejection Sensitivity and Self-Regulation in Personality Disorders, R01 funded by National Institutes of Mental Health**
 - Premise: This study examined the roles of rejection sensitivity and self-regulatory competency in social threat processing and interpersonal events in participants with Borderline Personality Disorder and Avoidant Personality Disorder. Measurement methodology included experimental laboratory paradigms and ecological momentary assessment of mood, impulsive behavior, and interpersonal events. Our team examined a subset of data from this larger project to study whether and how atypical patterns of mental state identification (threat perception in facial expressions, Reading the Mind in the Eyes task) relate to negative interpersonal experiences (data collected via EMA) and emotion regulation.
 - Conducted literature review on the construct of Alexithymia and its relation to trauma history, interpersonal relationships, and emotional intelligence
 - Co-authored manuscript on findings; prepared research presentation for national conference

Undergraduate Research Assistant

Gettysburg College, January 2012 – May 2013

Daniel D. McCall, Ph.D.

- **Pilot studies examining cross-modal associations between taste, smell, color, and shape in young adults and elementary school students, funded internally**
Responsibilities: Managed participant scheduling, prepared study materials, administered participant consent, conducted assessments, and maintained and analyzed data using SPSS, for three studies described below:
 - Examined cross-modal associations between olfactory stimuli (manipulating trigeminal nerve stimulation) and visual stimuli (abstract shapes), accounting for potentially mediating factors including participant-rated intensity, pleasantness, and identification of the odors, in college student sample
 - Examined for cross-modal sensory association between odors (manipulating trigeminal nerve stimulation) and visual stimuli (colors), in samples of college students and elementary school students
 - Examined for taste perception (detection of sour concentrate in sweet-tasting liquid) as a function of manipulated disgust in college student sample

RESEARCH PUBLICATIONS

Herbert, M., Malaktaris, A., **Dochat, C.**, Afari, N., Wetherell, J. (2018). Acceptance and Commitment Therapy for veterans with chronic pain: Does PTSD impact treatment? *Manuscript in preparation.*

Goldstein, S.P. **Dochat, C.**, Schumacher, L.M., Manasse, S.M., Crosby, R., Thomas, J.G., Butryn, M.L., Forman, E.M. (2018). Characterizing and predicting types of dietary lapses at the beginning of behavioral weight loss treatment. *Revise and Resubmit from Appetite*.

Barney, J., Murray, H., Manasse, S., **Dochat, C.**, Juarascio, A. (2018). Mechanisms and moderators in third-wave treatments for binge eating spectrum disorders: A systematic review. *In preparation for re-submission*.

Forman, E.M., Goldstein, S.P., Flack, D., Evans, B.C., Manasse, S.M., **Dochat, C.** (2018). Promising technological innovations in cognitive training to treat eating-related behavior. *Appetite*, 124, 68-77.
<https://doi.org/10.1016/j.appet.2017.04.011>

Manasse, S., Flack, D., **Dochat, C.**, Zhang, F., Butryn, M. L., Forman, E.F. (2017). Not so fast: The impact of impulsivity on weight loss varies by treatment type. *Appetite*, 113, 193-199.
<https://doi.org/10.1016/j.appet.2017.02.042>

Berenson, K.R., **Dochat, C.**, Martin, C.G., Yang, X.Y., Downey, G., & Rafaeli, E. (2016). Identification of mental states and interpersonal functioning in borderline personality disorder. *Personality Disorders: Theory, Research, and Treatment*, 9, 172-181. <http://dx.doi.org/10.1037/per0000228>

RESEARCH PRESENTATIONS

Dochat, C., Cuneo, J.G., Godfrey, K.M., Afari, N. (2018, July) Psychometric Properties of the Acceptance and Action Questionnaire for Weight-Related Difficulties (AAQW) in Overweight and Obese Veterans. Paper to be presented at the Association for Contextual Behavior Science (ACBS) World Conference 16, Montréal, Québec, Canada.

Dochat, C., Godfrey, K.M., Cuneo, J.G., Golshan, S., Afari, N. (2018, April). Dietary restraint and weight loss in relation to disordered eating in obese veterans following a behavioral weight loss intervention. Paper presented at the 13th Annual Lewis L. Judd Young Investigators Symposium, University of California San Diego, San Diego, CA.

Herbert, M., Malaktaris, A., **Dochat, C.**, Afari, N., Wetherell, J. (2018, April). Acceptance and Commitment Therapy for Veterans with Chronic Pain: Does PTSD Impact Treatment? Paper presented at the 13th Annual Lewis L. Judd Young Investigators Symposium, University of California San Diego, San Diego, CA.

Godfrey, K.M., ***Dochat, C.**, Golshan, S., Cuneo, J.G., Afari, N. (2018, April). Behavioral weight loss and binge eating: Support for a stepped care model for Veterans with overweight/obesity who binge eat. Paper presented at the 39th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.
 ***Dochat, C. presenter**

Barney, J.L., Murray, H.B., Manasse, S.M., **Dochat, C.**, Juarascio, A.J. (2017, June). Mechanism and moderator assessment in third-wave treatments for Binge Eating Spectrum Disorders: A systematic review. Poster presented at the International Conference on Eating Disorders, Prague, Czech Republic.

***Dochat, C.**, Goldstein, S.P., Forman, E.M., Butryn, M.L., Manasse, S.M., Crosby, R., Thomas, J.G. (2017, March). Physical, emotional and situational predictors of dietary lapses in weight loss treatment. Paper presented at the 38th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Diego, CA.
 ***Recognized as a Citation Abstract by SBM Program Committee. Received Obesity and Eating Disorder SIG student Abstract Award.**

Dochat, C., Goldstein, S.P., Evans, B., Forman, E.M., Wojtanowski, A., Foster, G. (2017, March). An Examination of Dietary Composition Preceding Lapses from a Weight Control Diet. Poster presented at the 38th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Diego, CA.

Evans, B., Goldstein, S.P., **Dochat, C.,** Forman, E.M, Wojtanowski, A., Foster, G. (2017, March). How do Dietary Lapses Impact Weight Loss? Examination of Lapses and Energy Intake. Poster presented at the 38th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Diego, CA.

Dochat, C., Shumacher, L., Forman, E.M., & Butryn, M. (2016, October). Does Compassion lead to Complacency? Self-Compassion Predicts Less Physical Activity in a Weight-Loss Seeking Sample. Poster presented at the 50th Annual Convention of the Association for Behavioral and Cognitive Therapies, New York, NY.

Goldstein, S.P., Flack, D., Evans, B., **Dochat, C.,** & Forman, E.M. (2016, October). Is Awareness Really Enough? Examination of Awareness and Lapses from a Weight Control Diet. Poster presented at the 50th Annual Convention of the Association for Behavioral and Cognitive Therapies, New York, NY.

Manasse, S.M., Forman, E.M., Zhang, F., Espel, H.M., Juarascio, A.S., Flack, D., **Dochat, C.,** Schumacher, L.M., Kerrigan, S.G., Crosby, R.D. (2016, November). Different facets of impulsivity predict treatment outcome in obesity and binge eating disorder. Paper presented at the Eating Disorders Research Society Conference, New York, NY.

Wyckoff, E., **Dochat, C.,** Manasse, S., Gosset, J., Butryn, M., & Forman, E. (2016, March). Predictors of caloric intake in overweight and obese individuals: sensitivity and acceptance of cravings and inhibitory control. Poster presented at the 37th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington, DC.

Knapp, A., Bilsky, S., Erdly, C., Bolen, A. **Dochat, C.,** & Leen-Feldner, E. (2015, May). Adolescent anxiety sensitivity amelioration program: Effects on anxiety-relevant factors at 1-month follow-up. Poster presented at the 24th Annual Meeting of the Society for Prevention Research, San Francisco, CA.

Berenson, K.R., **Dochat, C.,** Martin, C.G., Yang, X.Y., Downey, G., & Rafaeli, E. (2014, November). Identification of Others' Mental States and Daily Interpersonal Functioning in BPD. Poster presented at the 48th Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

McCall, D. & **Dochat, C.** (2013, May). Trigeminal stimulation and odor intensity mediate olfactory- visual cross-modal correspondences. Poster presented at the 25th Annual Conference of the Association for Psychological Science, Washington, DC.

Dochat, C., Duranko, J., & Egbert, A. (2013, May). An eye for an eye: The mediating effects of revenge motivation and gender on aggressive responses to provocation. Poster presented at Celebration: Colloquium on Undergraduate Research, Creative Activity and Community Engagement, Gettysburg College, Gettysburg, PA.

CLINICAL EXPERIENCE

Study interventionist

- Group intervention co-leader: Project IMPACT, acceptance-enhanced behavioral weight loss and physical activity promotion R01 funded by the National Institute of Diabetes and Digestive and Kidney Diseases. Drexel University, Philadelphia, PA. Supervisor: Meghan L. Butryn, Ph.D.
- Group intervention co-leader: Emotional Eating Study (A Component Analysis of Strategies to Improve Emotion Regulation), funded internally. Drexel University, Philadelphia, PA. Supervisor: Adrienne S. Juarascio, Ph.D.

- Group intervention co-leader: Project DASH, nutrition and dietary intervention workshop R21 funded by the National Cancer Institute. Drexel University, Philadelphia, PA. Supervisor: Evan M. Forman, Ph.D.

Crisis Services Program Manager / 211 State Director

Arkansas Crisis Center (ACC), Springdale, AR, October 2014 – July 2015

- Oversaw daily operation of three helplines, including (1) agency toll-free crisis hotline, (2) National Suicide Prevention Lifeline (NSPL) in Arkansas, and (3) Northwest Arkansas 211 Information & Referral (I&R) line
 - Supervised nine-member crisis team and one full-time I&R Specialist
 - Conducted monthly continuing education trainings on best practices in crisis intervention
 - Acted as 24-hr director-on-call for crisis team members requiring police dispatch, technical assistant, and emotional support
 - Implemented quality assurance programs for all helpline services
 - Developed strategic plans for advancing crisis hotline and 211 services statewide
- Organized federally-funded Victims of Crime Act (VOCA) grant-related training and service activities; wrote successful grant proposal for continued funding in GY2015-2016 (\$81,000 awarded)
- Conducted public outreach and training on suicide prevention and mental health issues for diverse audiences including emergency first-responders, university staff and faculty, suicide loss survivors, undergraduate psychology students
- Co-chaired the Northwest Arkansas Suicide Prevention Coalition comprised of stakeholders in mental health and suicide prevention in four counties; brokered partnerships with public, for-profit, and non-profit agencies to advance awareness and training of suicide prevention and intervention

Crisis Intervention Specialist / Peer Trainer

Arkansas Crisis Center (ACC), Springdale, AR, October 2013 – October 2014

Supervisor: Rachel Hawkins, M.A.

- Delivered crisis intervention services to callers on agency hotline and NSPL; Total calls answered: **1,419**
 - Adhered to best practice guidelines regarding active listening, emotion validation, and crisis intervention as per ACC guidelines and Applied Suicide Intervention Skills Training (ASIST) standards
 - Provided healthcare and basic needs referrals in tristate area
- Trained peer specialists in technical and interpersonal call skills and record keeping
- Moderated NSPL official Facebook page to provide online crisis intervention to page visitors

Psychiatric Intern

Greater Assistance to those in Need (GAIN), Inc., Little Rock, AR, May 2012 – August 2012

Supervisors: Leslie G. Smith, MD, and Mehrnaz Arnall, M.A.

- Completed comprehensive psychiatric internship in day treatment center for patients with serious mental illness (SMI), supervised by psychiatrist, clinical case managers, and clinical nurse practitioners
- Conducted clinical interviews and patient chart reviews; prepared psychosocial evaluations; consulted in treatment planning based on case conceptualization
- Co-led group therapy sessions (sample topics: interpersonal functioning, drug and alcohol avoidance, SMI symptom management, medication management, managing co-occurring physical conditions)
- Maintained records of patient presentation, participation, and progress in group therapy and individual client meetings for federal reporting compliance, Arkansas Act 911 compliance, and billing purposes

Contact Intern

Support and Contact Center (Støtte- og Kontakt Centret), Copenhagen, Denmark

September 2011 – December 2011

- Served as volunteer support staff at comprehensive social services center for adults with SMI. Provided informal social interaction and participated in organized activities such as craft making.

TECHNICAL SKILLS AND RELEVANT TRAINING

- SPSS
- STATA
- Qualtrics
- ASA24 Diet Tracking Software
- Applied Suicide Intervention Skills Training (ASIST)
- BIOPAC equipment for collection of EEG, EMG, and EOG data
- AcqKnowledge software
- Proficient in Microsoft Word, PowerPoint, and Excel

PROFESSIONAL ACTIVITIES

Memberships

- **Society for Behavioral Medicine (SBM)** Student Member
- **Association for Contextual Behavioral Science (ACBS)** Student Member
- **Association for Behavioral and Cognitive Therapies (ABCT)** Post-Baccalaureate Member

HONORS AND AWARDS

Meritorious Citation Abstract Award, Society for Behavioral Medicine Program Committee, 2017

SBM Obesity and Eating Disorder SIG Student Abstract Award, 2017

Phi Beta Kappa, Gettysburg College

Presidential Scholar, Gettysburg College

Public Policy Departmental Honors, Gettysburg College

Public Policy Honors Thesis: Mental health care provisions in the Patient Protection and Affordable Care Act (PPACA) of 2010

Class of 2013 Psychology Department Commencement Representative, awarded to the graduating senior with highest departmental GPA, Gettysburg College, 2013

Psi Chi, Psychology honor society, Gettysburg College

Omicron Delta Kappa, student leadership honor society, Gettysburg College

Sigma Tau Delta member, English honor society, Gettysburg College

Dean's List, Gettysburg College, all semesters