

CURRICULUM VITAE  
Iwona Chelminski

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**EDUCATION**

Undergraduate                      University of Gdansk, Sopot, Poland  
Master of Economy, Major: Statistics and Econometrics, 1986  
Second Major: Psychology  
University of North Dakota, Grand Forks, North Dakota  
Bachelor of Arts, Psychology, 1992

Advanced Degrees                      University of North Dakota, Grand Forks, North Dakota  
Master of Arts, Clinical Psychology, 1996  
University of North Dakota, Grand Forks, North Dakota  
Ph. D., Clinical Psychology, 1999

**POSTGRADUATE TRAINING**

Clinical Internship                      Greater Hartford Clinical Psychology Internship Consortium  
VA Connecticut Healthcare System, Newington, Connecticut  
Intern, 1998-1999

Postdoctoral Fellowship                      Brown University and Rhode Island Hospital, Providence, Rhode Island  
Fellow, 1999-2001

**POSTGRADUATE HONORS AND AWARDS**

5/08    Brown Medical School Teaching Recognition Award

**PROFESSIONAL LICENSES AND BOARD CERTIFICATION**

11/01    State of Rhode Island Psychologist License: PS00724

**ACADEMIC APPOINTMENTS**

1/02-present                                      Clinical Assistant Professor of Psychiatry and Human Behavior  
Brown University, Division of Biology and Medicine  
Providence, Rhode Island

## **OTHER APPOINTMENTS**

7//06-present	Supervisor for MIDAS Project Research Focused Internship Program Brown University, Providence, Rhode Island
1/03-6/06	Mood Disorders Supervisor, Clinical Psychology Internship Program Brown University, Providence, Rhode Island

## **MEMBERSHIP IN SOCIETIES**

1999-present	Association for Behavioral and Cognitive Therapies (ABCT; formerly known as Association for the Advancement of Behavior Therapy, AABT)
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## **PUBLICATIONS**

1. Ferraro, F. R. and Chelminski, I. (1996). Application of the Geriatric Depression Scale-Short Form (GDS-SF) to young adults. Journal of Clinical Psychology, *52*, 443-447.
2. Ferraro, F. R., Bercier, B., and Chelminski, I. (1997). Geriatric Depression Scale-Short Form (GDS-SF) performance in Native American elderly adults. Clinical Gerontologist, *18*, 52-55
3. Chelminski, I., Ferraro, F. R., Petros, T., and Plaud, J. J. (1997). Horne and Ostberg questionnaire: A score distribution in a large sample of young adults. Personality and Individual Differences, *23*, 647-652.
4. Chelminski, I., Ferraro, F. R., Petros, T., and Plaud, J. J. (1999). An analysis of the "morningness-eveningness" dimension in "depressive" college students. Journal of Affective Disorders, *52*, 19-29.
5. Chelminski, I., Petros, T., Plaud, J. J. and Ferraro, F. R. (2000). Psychometric Soundness/Properties of the Reduced Horne and Ostberg Questionnaire. Personality and Individual Differences, *29*, 469-478.
6. Chelminski, I., Zimmerman, M. and Mattia J. I. (2000). Diagnosing Melancholia [Letter to Editor]. Journal of Clinical Psychiatry, *61*, 874-875.
7. Zimmerman, M., Chelminski, I. and McDermutt, W. (2002). Major Depressive Disorder and Axis I diagnostic comorbidity. Journal of Clinical Psychiatry, *63*, 187-193.
8. Zimmerman, M., Posternak, M. A., and Chelminski, I. (2002). Symptom severity and exclusion from antidepressant efficacy trials. Journal of Clinical Psychopharmacology, *22*, 610-614.
9. Chelminski, I. and Zimmerman, M. (2003). Pathological worry in depressed and anxious patients. . Journal of Anxiety Disorders, *17*, 533-546.
10. McDermutt, W., Zimmerman, M. and Chelminski, I. (2003). The construct validity of depressive personality disorder. Journal of Abnormal Psychology, *112*, 49-60.
11. Zimmerman, M. and Chelminski, I. (2003). Generalized Anxiety Disorder in patients with Major Depression: is DSM-IV's hierarchy correct? American Journal of Psychiatry, *160*, 504-521.
12. Zimmerman, M. and Chelminski, I. (2003). Clinician recognition of anxiety disorders in depressed outpatients. Journal of Psychiatric Research, *37*, 325-333.
13. Zimmerman, M., Chelminski, I. and Posternak, M. A. (2004). An illustration of how a self-report diagnostic screening scale could improve the internal validity of antidepressant efficacy trials. Journal of Affective Disorders, *80*, 79-85.
14. Posternak, M. A., Young, D., Sheeran, T., Chelminski, I., Franklin, C. L., and Zimmerman, M. (2004). Assessing past treatment history: The test-retest reliability of the Treatment Response to Antidepressant Questionnaire. Journal of Nervous and Mental Disease, *192*, 95-102.
15. Zimmerman, M., Chelminski, I. & Posternak, M.A. (2004) A review of studies of the Montgomery-Asberg Depression Rating Scale in controls: Implications for the definition of remission in treatment studies of depression. International Clinical Psychopharmacology, *19*, 1-7.
16. Zimmerman, M., Posternak, M.A., Chelminski, I., & Solomon, D. (2004). Using questionnaires to screen for psychiatric disorders: A comment on a study of screening for bipolar disorder in the community. Journal of Clinical Psychiatry, *65*, 605-611.
17. Zimmerman, M., Posternak, M. A., and Chelminski, I. (2004). Defining remission on the Montgomery-Asberg Depression Rating Scale, Journal of Clinical Psychiatry, *65*, 163-168.

18. Zimmerman, M., Posternak, M.A., and Chelminski, I. (2004). Implications of using different cutoffs on symptom severity scales to define remission from depression. International Clinical Psychopharmacology, *19*, 215-220.
19. Zimmerman, M., Sheeran, T., Chelminski, I., and Young, D. (2004). Screening for psychiatric disorders in outpatients with DSM-IV substance use disorders. Journal of Substance Abuse Treatment, *26*, 181-188.
20. Zimmerman, M, Chelminski, I. and Posternak, M. A. (2004). Exclusion criteria used in antidepressant efficacy trials. Consistency across studies and representativeness of samples included. Journal of Nervous and Mental Disease, *192*, 87-94.
21. Zimmerman, M., Posternak, M.A., & Chelminski, I. (2004). Derivation of a definition of remission on the Montgomery-Asberg Depression Rating Scale corresponding to the definition of remission on the Hamilton Rating Scale for Depression. Journal of Psychiatric Research, *38*, 577-582.
22. Zimmerman, M., Chelminski, I. & Posternak, M.A. (2004). A review of studies of the Hamilton Depression Rating Scale in healthy controls: Implications for the definition of remission in treatment studies of depression. Journal of Nervous and Mental Disease, *192*, 595-601.
23. Zimmerman, M., Sheeran, T., Chelminski, I., & Young, D. (2004). Screening for psychiatric disorders in outpatients with DSM-IV substance use disorders. Journal of Substance Abuse Treatment, *26*, 181-188.
24. Zimmerman, M., Posternak, M.A., & Chelminski, I. (2004). Using a self-report depression scale to identify remission in depressed outpatients. American Journal of Psychiatry, *161*, 1911-1913.
25. Zimmerman, M., Posternak, M.A., & Chelminski, I. (2004). The generalizability of antidepressant efficacy trials. Direction in Psychiatry, *24*, 301-314.
26. Zimmerman, M., Posternak, M.A., & Chelminski, I. (2004). Implications of using different cutoffs on symptom severity scales to define remission from depression. International Clinical Psychopharmacology, *19*, 215-220.
27. Zimmerman, M., Chelminski, I. & Young, D. (2004). On the threshold of disorder: The impact of the DSM-IV clinical significance criterion on diagnosing depressive and anxiety disorders in clinical practice. Journal of Clinical Psychiatry, *65*, 1400-1405.
28. Zimmerman, M., Posternak, M.A., & Chelminski, I. (2005). Is the cutoff to define remission on the Hamilton Rating Scale too high? Journal of Nervous and Mental Disease, *193*, 170-175.
29. Zimmerman, M. & Rothschild, L., Chelminski, I. (2005). The prevalence of DSM-IV personality disorders in psychiatric outpatients. American Journal of Psychiatry, *162*, 1911-1918.
30. Zimmerman, M., Chelminski, I. & Posternak, M.A. (2005). The generalizability of antidepressant efficacy trials: differences between depressed psychiatric outpatients who would and would not qualify for an efficacy trial. American Journal of Psychiatry, *162*, 1370-1372.
31. Zimmerman, M., Posternak, M., & Chelminski, I. (2005). Is it time to replace the Hamilton Depression Rating Scale as the primary outcome measure in treatment studies of depression? Journal of Clinical Psychopharmacology, *25*, 105-110.
32. Zimmerman, M., Posternak, M.A., Attiullah, N., Friedman, M, Boland, R., Baymiller, S., Berlowitz, S., Rahman, S., Uy, K., Singer, S. & Chelminski, I. (2005), Why isn't bupropion the most frequently prescribed antidepressant? Journal of Clinical Psychiatry, *66*, 603-610.
33. Zimmerman, M., Posternak, M. A., Chelminski, I., & Friedman, M. (2005) A Standardized Clinical Outcome Rating Scale for Depression for use in clinical practice. Depression and Anxiety, *22*, 36-40.
34. Zimmerman, M., Chelminski, I. (2006). Screening for anxiety disorders in depressed patients. Journal of Psychiatric Research, *40*, 267-272.
35. Zimmerman, M., Posternak, M.A., Attiullah, N., Friedman, M, Boland, R., Baymiller, S., Berlowitz, S., Rahman, S., Uy, K., Singer, S., Chelminski, I. & Thongy, T. (2005). Weight gain, sexual dysfunctions, and bupropion. Journal of Clinical Psychiatry, *66*, 1336-1339.
36. Zimmerman, M., Chelminski, I. & Young, D. (2006). A psychometric evaluation of the DSM-IV pathological gambling diagnostic criteria. Journal of Gambling Studies, *22*, 329-337.
37. Zimmerman, M., Chelminski, I. & Young, D. (2006). Prevalence and diagnostic correlates of DSM-IV pathological gambling in psychiatric outpatients. Journal of Gambling Studies, *22*, 255-262.

38. Zimmerman, M., McGlinchey, J.B., Young, D., & Chelminski, I. (2006). Diagnosing Major Depressive Disorder: An examination of the DSM-IV diagnostic criteria. Journal of Nervous and Mental Disease, 194, 151-154.
39. Zimmerman, M., McGlinchey, J.B., Young, D., & Chelminski, I. Diagnosing Major Depressive Disorder: I. (2006). A psychometric examination of the DSM-IV symptom criteria. Journal of Nervous and Mental Disease, 194, 158-163.
40. Zimmerman, M., McGlinchey, J.B., Young, D., & Chelminski, I. (2006). Diagnosing Major Depressive Disorder: II. Is there justification for compound symptom criteria? Journal of Nervous and Mental Disease, 194, 235-240.
41. Zimmerman, M., McGlinchey, J.B., Young, D., & Chelminski, I. (2006). Diagnosing Major Depressive Disorder: III. Can some symptoms be eliminated from the diagnostic criteria? Journal of Nervous and Mental Disease, 194, 313-317.
42. Zimmerman, M., McGlinchey, J.B., Young, D., & Chelminski, I. (2006). Diagnosing Major Depressive Disorder: IV. Relationship between number of symptoms and the diagnosis of disorder. Journal of Nervous and Mental Disease, 194, 450-453.
43. Zimmerman, M., McGlinchey, J.B., Young, D., & Chelminski, I. (2006). Diagnosing Major Depressive Disorder: V. Applying the DSM-IV exclusion criteria in clinical practice. Journal of Nervous and Mental Disease, 194, 530-533.
44. Zimmerman, M., McGlinchey, J.B., Young, D., & Chelminski, I. (2006). Diagnosing Major Depressive Disorder: VI. Performance of an objective test as a diagnostic criterion. Journal of Nervous and Mental Disease, 194, 565-569.
45. Zimmerman, M., McGlinchey, J.B., Young, D., & Chelminski, I. (2006). Diagnosing Major Depressive Disorder: VII. Family history as a diagnostic criterion. Journal of Nervous and Mental Disease, 194, 704-707.
46. McGlinchey, J.B., Zimmerman, M., Young, D., & Chelminski, I. (2006). Diagnosing Major Depressive Disorder: VIII. Are some symptoms better than the current diagnostic criteria? Journal of Nervous and Mental Disease, 194, 785-790.
47. Zimmerman, M., McGlinchey, J.B., Young, D., & Chelminski, I. (2006). Diagnosing Major Depressive Disorder: IX. Are patients who deny low mood a distinct subgroup? Journal of Nervous and Mental Disease, 194, 864-869.
48. Zimmerman, M., McGlinchey, J.B., Young, D., & Chelminski, I. (2006). Diagnosing Major Depressive Disorder: X. Can the criteria be improved for use in medical settings? Journal of Nervous and Mental Disease, 194, 893-897.
49. Ruscio, J., Zimmerman, M., McGlinchey, J.B., Young, D., & Chelminski, I. (2007). Diagnosing Major Depressive Disorder: XI. A taxometric investigation of the categorical-dimensional debate on the structure underlying the DSM-IV symptoms. Journal of Nervous and Mental Disease, 195, 10-19.
50. Zimmerman, M., McGlinchey, J.B., Young, D., & Chelminski, I. (2007). Diagnosing Major Depressive Disorder: XII. Can a self-report scale be used to examine questions about the DSM-IV diagnostic criteria? Journal of Nervous and Mental Disease, 195, 158-164.
51. Zimmerman, M. & Chelminski, I. (2006). A scale to screen for axis I disorders in psychiatric outpatients: Performance of the Psychiatric diagnostic Screening Questionnaire. Psychological Medicine, 36, 1601-1611.
52. Zimmerman, M., Ruggero, C., Chelminski, I., Young, D., Posternak, M., Friedman, M., Boerescu, D., & Attiullah, N. (2006). Developing brief measures for use in clinical practice: The reliability and validity of single-item self-report measures of depression symptom severity, psychosocial impairment due to depression, and quality of life. Journal of Clinical Psychiatry, 67, 1536-1541.
53. Gutman, J., McDermutt, W., Miller, I., Chelminski, I., & Zimmerman, M. (2006). Personality pathology and its relation to couple functioning. Journal of Clinical Psychology, 62, 1275-1289.
54. Huprich, S.K., Zimmerman, M., & Chelminski, I. (2006). Should self-defeating personality disorder be revisited in the DSM? Journal of Personality Disorders, 20, 388-400.

55. Huprich, S.K., Zimmerman, M., & Chelminski, I. (2006). Disentangling depressive personality disorder from avoidant, borderline, and obsessive-compulsive personality disorder. Comprehensive Psychiatry, 47, 298-306.
56. Zimmerman, M., Posternak, M.A. & Chelminski, I. (2007). Heterogeneity among depressed outpatients considered to be in remission. Comprehensive Psychiatry, 48, 113-117.
57. Rotenstein, O.H., McDermutt, W., Zimmerman, M., & Chelminski, I. (2007). The validity of DSM-IV Passive-Aggressive (Negativistic) Personality Disorder. Journal of Personality Disorders, 21, 28-41.
58. Gibb, B. E., Chelminski, I., & Zimmerman, M. (2007). Childhood emotional, physical, and sexual abuse and diagnoses of depressive and anxiety disorders in adult psychiatric outpatients. Depression & Anxiety, 24, 256-263.
59. Ruggero, C.J., Chelminski, I., Young, D., & Zimmerman, M. (2007). Psychosocial Impairment Associated With Bipolar II Disorder. Journal of Affective Disorders, 104, 53-60.
60. Asnaani, A., Chelminski, I., Young, D., & Zimmerman, M. (2007). Diagnosing Borderline Personality Disorder: Do the number of criteria met make a difference? Journal of Personality Disorders, 21, 615-625.
61. Zimmerman, M., Francione-Witt, C, Chelminski, I, Young, D, Boerescu, D, Attiullah, N, Pohl, D, Roye, GD, Harrington, D. (2007). Pre-surgical psychiatric evaluations of candidates for bariatric surgery: I. Reasons for and frequency of exclusion Journal of Clinical Psychiatry, 68, 1557-1562.
62. Zimmerman, M., Chelminski, I., McGlinchey, J.B., Posternak, M.A. (2008). A Clinically Useful Depression Outcome Scale. Comprehensive Psychiatry, 49, 131-140.
63. Zimmerman, M., McGlinchey, J.B., Young, D., & Chelminski, I. (2008). Diagnostic comorbidity in 2,300 psychiatric outpatients presenting for treatment evaluated with a semi-structured diagnostic interview. Psychological Medicine, 38, 199-210.
64. Zimmerman, M., Francione-Witt, C., Chelminski, I., Young, D., Tortolani, C. (2008). Problems applying the DSM-IV eating disorders criteria in a general psychiatric outpatient practice. Journal of Clinical Psychiatry, 69, 381-384.
65. Leventhal, A, Kahler, C.W., Ray, L.A. Stone, K, Young, D., Chelminski, I., Zimmerman, M. Anhedonia and amotivation in psychiatric outpatients with fully remitted stimulant use disorder. The American Journal on Addictions (in press).
66. Zimmerman, M., Chelminski, I. & Young, D. The Frequency of Personality Disorders in Psychiatric Patients Psychiatric Clinics of North America (in press).
67. Zimmerman, M., Ruggero, C.J., Chelminski, I., & Young, D. Is bipolar disorder overdiagnosed? Journal of Clinical Psychiatry (in press).
68. Zimmerman, M., McGlinchey, J.B., & Chelminski, I. An Inadequate Community Standard of Care: Lack of Measurement of Outcome When Treating Depression in Clinical Practice. Primary Psychiatry (in press).
69. Gaudiano, B. A., Young, D., Chelminski, I., & Zimmerman, M. Depressive symptom profiles and severity patterns in outpatients with psychotic versus nonpsychotic major depression. Comprehensive Psychiatry (in press).
70. Zimmerman, M., Ruggero, C.J., Chelminski, I., & Young, D. Psychiatric Diagnoses in Patients Previously Overdiagnosed with Bipolar Disorder. Journal of Clinical Psychiatry, (in press).

## **ABSTRACTS**

1. Hougen, R. K., Chelminski, I., & Holm J. E. (1993). Concurrent prediction of adjustment in female undergraduates in response to sexual coercion trauma. Paper presented at the Annual North Dakota Psychological Association Conference, Fargo, ND.
2. Hougen, R. K., Chelminski, I., Dauphinais, J. Knain, J., Hallanger, J., Haugen, C. B. & Holm J. E. (1994). Women's psychological adjustment and coping in response to sexual coercion. Poster presented at the meeting of the AABT, San Diego, CA.

3. Hougen, R. K., Chelminski, I., & Holm J. E. (1994). Sense of coherence and psychological adjustment in victims of sexual coercion. Poster presented at the Sixty-Sixth Annual Meeting of the Midwestern Psychological Association, Chicago, IL.
4. Ferraro, F. R., Chelminski, I. (1994). Application of the Geriatric Depression Scale (GDS) to younger adults. Paper presented at the 5th Biennial Cognitive Aging Conference, Atlanta, GA.
5. Ferraro, F. R. and Chelminski, I. (1996). Application of the Geriatric Depression Scale-Short Form (GDS-SF) to young adults. Proceedings of the Fifth Biennial Cognitive Aging Conference, 5, 33.
6. Chelminski, I. and Zimmerman, M. (2003). Intermittent Explosive Disorder in Psychiatric Outpatients: Prevalence and Psychosocial and Clinical Correlates. Paper presented at the 36<sup>th</sup> Annual Convention of the AABT, Boston, MA.
7. Chen, E. McDermutt, W., Chelminski, I., and Zimmerman, M. (2003). A Comparison of DSM-III-R and DSM-IV diagnostic Criteria for Melancholic Depression. Paper presented at the 36<sup>th</sup> Annual Convention of the AABT, Boston, MA.
8. Chelminski, I. and Zimmerman, M. (2003). Do Nonborderline Patients Also Self-Mutilate? Paper presented at the 36<sup>th</sup> Annual Convention of the AABT, Boston, MA.
9. Kosch, T., McDermutt, W., Chelminski, I., and Zimmerman, M. (2003). The Validity of The Distinction Between Adjustment Disorder With Depressed Mood and Depressive Disorder Not Otherwise Specified. Paper presented at the 36<sup>th</sup> Annual Convention of the AABT, Boston, MA.
10. Chelminski, I. and Zimmerman, M. (2003). Psychotic Subtyping of Depression and Posttraumatic Stress Disorder: A Replication and Extension. Paper presented at the 36<sup>th</sup> Annual Convention of the AABT, Boston, MA.
11. Chelminski, I. and Zimmerman, M. (2004). Specificity of the somatic symptoms of DSM-IV Generalized Anxiety Disorder. Paper presented at the 2004 Annual Meeting of the American Psychiatric Association, New York, NY.
12. Chelminski, I. and Zimmerman, M. (2004). Anxiety hurts too. Paper presented at the 2004 Annual Meeting of the American Psychiatric Association, New York, NY.
13. . Beccue, C., Chelminski, I., & Zimmerman, M. (2004). Impulse-control disorders in psychiatric outpatients: Prevalence and comorbidity. Presented at the 38<sup>th</sup> Annual Association for the AABT, New Orleans, LA.
14. Chelminski, I. & Zimmerman, M. (2005). History of trauma: Is generalized anxiety disorder independent from PTSD? Annual Meeting of the American Psychiatric Association, Atlanta, GA.
15. Chelminski, I. and Zimmerman, M. (2005). Specificity of Different Forms of Childhood Abuse to Generalized Anxiety Disorder. Paper presented at the 39<sup>th</sup> Annual Convention of the AABT, Washington, DC.
16. Chelminski, I. and Zimmerman, M. (2005). Obesity in Psychiatric Outpatients. Paper presented at the 39<sup>th</sup> Annual Convention of the AABT, Washington, DC.
17. Dalrymple, K., Zimmerman, M., Chelminski, I., Young, D. (2006). Differences in Clinical Presentation of Those Wanting Versus Not Wanting Treatment for Social Anxiety Disorder Secondary to Major Depression. Presented at the 40th Annual Convention of the AABT, Chicago, IL.
18. Asnaani, A., Zimmerman, M., Chelminski, I., & Young, D. (2006). Diagnosing Borderline Personality Disorder: Do the number of criteria met make a difference? Symposium presented at the Annual Meeting of the American Psychiatric Association, Toronto, ON.
19. Chelminski, I., Zimmerman, M. (2006). Paranoia in depressed patients with social phobia. Presented at the Annual Meeting of the American Psychiatric Association, Toronto, Ontario, Canada.
20. Asnaani, A., Zimmerman, M., Chelminski, I., Young, D., Ruggero, C. (2006). Clinical Differences Between Patients With and Without a History of Childhood Sexual Abuse. Presented at the 40th Annual Convention of the ABCT, Chicago, IL.
21. Ruggero, C., Zimmerman, M., Chelminski, I., Young, D. (2006). Psychosocial Functioning in Patients With Bipolar I and Bipolar II Depression. Presented at the 40th Annual Convention of the ABCT, Chicago, IL.

22. Dalrymple, K., Zimmerman, M., Young, D., Chelminski, I. (2006). Screening for Social Fears and Social Anxiety Disorder in Psychiatric Outpatients: Does the SCID Screening Question Result in Missed Diagnoses? Presented at the 40th Annual Convention of the ABCT, Chicago, IL.
23. Chelminski, I., Zimmerman, M. (2007). δLarksö and öOwlsö in Psychiatric Patients. Paper presented at the Annual Meeting of the American Psychiatric Association, San Diego, CA.
24. Chelminski, I., Zimmerman, M. (2007). Is the Circadian Phase Delay More Pronounced Among the Depressed Psychiatric Outpatients in the Winter? Paper presented at the 2007 Annual Meeting of the American Psychiatric Association, San Diego, CA.

### **UNIVERSITY TEACHING ROLES**

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|--------------|---|
| 8/94 ö 5/95  | <b>Teaching Assistant</b><br>Department of Psychology, University of North Dakota         |
| 8/95 ö 5/96  | <b>Teaching Assistant</b><br>Department of Psychology, University of North Dakota         |
| 1/02-present | <b>Clinical Assistant Professor</b><br>Division of Biology and Medicine, Brown University |