

CURRICULUM VITAE
NICHOLAS JOSEPH SIBRAVA, PH.D.

CONTACT INFORMATION

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EDUCATION

Undergraduate The Ohio State University, Psychology and Criminology
Bachelor of Arts, Summa Cum Laude, With Honors in the
Liberal Arts, With Distinction in Psychology, June 2001

Graduate The Pennsylvania State University, Clinical Psychology
Master of Science, August 2005

 The Pennsylvania State University, Clinical Psychology
Doctor of Philosophy, August 2009

POSTGRADUATE TRAINING

Fellowship Warren Alpert Medical School of Brown University
Department of Psychiatry and Human Behavior
Clinical Psychology Training Consortium
Postdoctoral Fellow, Clinical Psychology
September 2009 – August 2011

ACADEMIC APPOINTMENTS

Instructor (Research)
Department of Psychiatry and Human Behavior
Warren Alpert Medical School of Brown University
Butler Hospital, Providence, RI
September 2011 – Present

Instructor
Department of Psychology
The Pennsylvania State University, University Park, PA
June 2006 – August 2008

PROFESSIONAL LICENSES

State of Rhode Island
Licensed Clinical Psychologist
License # PS01367
April 2013 – Present

HOSPITAL APPOINTMENTS

Research Psychologist
Butler Hospital, Providence, RI
September 2011 – Present

Project Director, Longitudinal OCD Research
Butler Hospital, Providence, RI
September 2009 – Present

Clinical Psychology Intern
University Hospital, SUNY Upstate Medical University
Syracuse, NY, September 2008 – August 2009

OTHER APPOINTMENTS

Research Coordinator/Clinic Coordinator
Anxiety and Stress Disorders Clinic,
The Ohio State University, Columbus, OH.
Clinic Directors/Supervisors: N. Brad Schmidt, Ph.D. &
Michael W. Vasey, Ph.D. December 1999 – June 2002

Advanced Research Assistant
OSU Stress and Health Study,
The Ohio State University Medical Center, Columbus, OH.
Principal Investigators/Directors: Janice Kiecolt-Glaser, Ph.D.
& Ronald Glaser, Ph.D.
January 2000 – June 2001

Laboratory Coordinator
Stress and Anxiety Disorders Institute,
The Pennsylvania State University, University Park, PA
Director: Thomas D. Borkovec, Ph.D.
August 2004 – August 2008

Clinical Research Interviewer
Fast Track Project
The Pennsylvania State University, University Park, PA.
Principal Investigator: Karen L. Bierman, Ph.D.
May 2004 – October 2004

MEMBERSHIP IN SOCIETIES

Member, American Psychological Association
Member, Anxiety Disorders Association of America
Member, Association for Behavioral and Cognitive Therapies

ORIGINAL PUBLICATIONS IN PEER-REVIEWED JOURNALS

1. Borkovec, T.D., & Sibrava, N.J. (2005). Problems with the use of placebo conditions in psychotherapy research, suggested alternatives, and some strategies for the pursuit of the placebo phenomenon. Journal of Clinical Psychology, 61, 805-818. PMID: 15827991
2. McLaughlin, K.A., Borkovec, T.D., & Sibrava, N.J. (2007). The effects of worry and rumination on affect states and cognitive activity. Behavior Therapy, 38, 23-38. PMID: 17292692
3. Cassidy, J., Lichtenstein-Phelps, J., Sibrava, N.J., Thomas, C.L., Borkovec, T.D. (2009). Generalized anxiety disorder: Connections with self-reported childhood attachment. Behavior Therapy, 40, 23-38. PMID: 19187814
4. Beard, C., Rodriguez, B.F., Moitra, E., Sibrava, N.J., Bjornsson, A., Weisberg, R. B., & Keller, M.B. (2011). Psychometric properties of the Liebowitz Social Anxiety Scale (LSAS) in a longitudinal study of African Americans with anxiety disorders. Journal of Anxiety Disorders, 25, 722-726. PMID: 21501944
5. Mancebo, M.C., Eisen, J.L., Sibrava, N.J., Dyck, I.R., & Rasmussen, S.A. (2011). Patient utilization of cognitive-behavioral therapy for obsessive compulsive disorder, Behavior Therapy, 42, 399-412. PMID: 21658523
6. Moitra, E., Dyck, I., Beard, C., Bjornsson, A. S., Sibrava, N. J., Weisberg, R. B., & Keller, M. B. (2011). Impact of stressful life events on the course of panic disorder in adults. Journal of Affective Disorders, 134, 373-376. PMID: 21658775
7. Sibrava, N. J., Boisseau, C. L., Mancebo, M. C., Eisen, J. L., & Rasmussen, S. A. (2011). Prevalence and clinical characteristics of mental rituals in a longitudinal clinical sample of obsessive compulsive disorder. Depression and Anxiety, 28, 892-898. PMID: 21818825
8. Eisen, J.L., Sibrava, N.J., Boisseau, C.L., Mancebo, M.C., Stout, R.L., Pinto, A., & Rasmussen, S.A. (2013). Five-year course of obsessive-compulsive disorder: Predictors of remission and relapse. Journal of Clinical Psychiatry, 74(3), 233-239. PMID: 23561228
9. Goldwin, M.A., Behar E., & Sibrava, N.J. (in press). Concreteness of depressive rumination and trauma recall in individuals with elevated trait rumination and/or posttraumatic stress symptoms. Cognitive Therapy and Research.
10. Garnaat, S.L., Greenberg, B.D., Sibrava, N., Goodman, W., Mancebo, M., Eisen, J., & Rasmussen, S. (in press). Who qualifies for Deep Brain Stimulation for OCD? Data from a naturalistic clinical sample. Journal of Neuropsychiatry and Clinical Neurosciences.

BOOKS AND BOOK CHAPTERS

1. McLaughlin, K.A., Sibrava, N.J., Behar, E., & Borkovec, T.D. (2006). Recurrent negative thinking in emotional disorders: Worry, trauma recall, and rumination. In S. Sassaroli & G. Ruggiero (Eds.), *Worry, need of control, and other core cognitive constructs in anxiety and eating disorders*. Milan: Raphael Cortina Publisher. pp. 37-67.
2. Sibrava, N.J., & Borkovec, T.D. (2006). The cognitive avoidance theory of worry. In G. C. L. Davey & A. Wells (Eds.), *Worry and its psychological disorders: Theory, assessment, and treatment*. West Sussex, UK: John Wiley & Sons. pp. 239-256.

OTHER NON-PEER REVIEWED PUBLICATIONS

1. Sibrava, N.J. (2010). Book Review: *Imagery and the threatened self: Perspectives on mental imagery and the self in cognitive therapy*. Cognitive Behaviour Therapy, 39, 159.

UNIVERSITY TEACHING ROLES

Instructor – The Pennsylvania State University

Abnormal Psychology

Spring 2006, Summer 2006, Fall 2006, Spring 2007, Fall 2007, Spring 2008

Dialogues on Race – The Pennsylvania State University

Spring 2005

Teaching Assistant – The Pennsylvania State University

Advanced Research Methods in Clinical Psychology, Developmental Psychology, Honors

Research Methods, Abnormal Psychology, Personality Psychology, Cognitive Development,

Introduction to Psychology, August 2002 – December 2005

Seminar Leader – Brown University Medical School

Psychology Resident Seminar on Psychotherapy for Obsessive-Compulsive Disorder

August 2011, 2012

INVITED PRESENTATIONS

1. Palmer, C., Thornton, L., Wheeler, S.C., Sibrava, N.J., & Hodgson, E. (2001, May). The importance of the undergraduate research experience. Invited panelist, The Ohio State University Department of Psychology 4th Annual Undergraduate Research Colloquium. Columbus, OH.
2. Sibrava, N.J., & Schmidt, N.B. (2001, May). A primary prevention program for college binge drinking. Paper presented at The Ohio State University Student Wellness Center Alcohol and Other Drug Prevention Program Faculty/Student Luncheon. Columbus, OH.
3. Sibrava, N.J. (2004, December). The future of medication in the treatment of bipolar disorder and schizophrenia. Presented at the National Alliance on Mental Illness. State College, PA.

PRESENTATIONS AT PROFESSIONAL CONFERENCES

1. Woolaway-Bickel, K., Sibrava, N.J., Elder, L., Kendren, J.M., & Schmidt, N.B. (2001, November). The reduction of social anxiety in the primary prevention of college binge drinking. Paper presented at the 35th Annual Meeting of the Association for Advancement of Behavior Therapy. Philadelphia, PA.
2. Sibrava, N.J., Behar, E., & McLaughlin K.A. (2003, November). Cognitive and emotional experiences during trauma recall and depressive rumination. Paper presented at the 37th annual meeting of the Association for the Advancement of Behavior Therapy. Boston, MA.
3. Borkovec, T.D., Behar, E., McLaughlin, K.A., & Sibrava, N. (2004, June). Cognitive and affective effects of worry, trauma recall, and depressive rumination. Paper presented at the 35th Annual Meeting of the Society for Psychotherapy Research. Rome, Italy.
4. Sibrava, N.J., Borkovec, T.D., Newman, M.G., Castonguay, L.G. (2005, November). Change in specific patterns of worry content in the treatment of GAD. Paper presented at the 39th Annual Meeting of the Association for Behavioral and Cognitive Therapies (formerly AABT). Washington, DC.

5. Sibrava, N.J. & Levy, K.N. (2007, November). Attachment and generalized anxiety disorder. Paper presented at the 41st Annual Meeting of the Association for Behavioral and Cognitive Therapies. Philadelphia, PA.
6. Sibrava, N.J., Pincus, A.L., Przeworski, A., Yamasaki, A.S., Newman, M.G., & Borkovec, T.D. (2007, November). Heterogeneity in the presentation of GAD. Paper presented at the 41st Annual Meeting of the Association for Behavioral and Cognitive Therapies. Philadelphia, PA.
7. Sibrava, N.J. (2008, August). Tribute to Tom Borkovec's contribution to the advancement of training and the empirically based practice of psychotherapy. Panel presented at the 116th Annual Convention of the American Psychological Association. Boston, MA.
8. Goldwin, M.A., McGowan, S.K., Sibrava, N., Behar, E., & Borkovec, T.D. (2009, November). Emotional experiences during recall of negative events. Paper presented at the 43rd Annual Meeting of the Association for Behavioral and Cognitive Therapies. New York, NY.
9. Sibrava, N.J., Eisen, J.L., Mancebo, M.C., & Rasmussen, S.A. (2010, May). Harm avoidance and incompleteness in a clinical sample of OCD. Paper presented at the 163rd Annual Meeting of the American Psychiatric Association. New Orleans, LA.
10. Mancebo, M.C., Eisen, J.L., Sibrava, N.J., & Rasmussen, S.A. (2010, June). Patient utilization of cognitive-behavioral therapy for obsessive compulsive disorder. In P. Emmelkamp, (Chair), Are you being served? Dissemination of CBT, treatment adherence, and optimizing treatment effect in OCD patients. Symposium presented at the 6th World Congress of Behavioral and Cognitive Therapies. Boston, MA.
11. Sibrava, N.J., Cassidy, J. & Borkovec, T.D. (2010, June). Therapist and client attachment and the working alliance in a CBT trial for generalized anxiety disorder. Paper presented at the 6th World Congress of Behavioral and Cognitive Therapies. Boston, MA.
12. Woodhouse, S.S., Sibrava, N.J., Wix, R., Cassidy, J., & Borkovec, T.D. (2010, August). An attachment perspective on generalized anxiety disorder and psychotherapy outcome. Paper presented at the 118th Annual Meeting of the American Psychological Association. San Diego, CA.
13. Mancebo, M.C., Eisen, J.L., Sibrava, N.J., & Rasmussen, S.A. (2010, November). Long-term course of OCD in children and adolescents. Paper presented at the 44th Annual Meeting of the Association for Behavioral and Cognitive Therapies. San Francisco, CA.
14. Yip, A.G., Mancebo, M., Sibrava, N., McLaughlin, N., Eisen, J., Greenberg, B. & Rasmussen, S. (2011, May). Course of illness among potential functional neurosurgical candidates in the Brown Longitudinal Obsessive Compulsive Study (BLOCS). Poster Presented at the 66th Annual Meeting of the Society of Biological Psychiatry. San Francisco, CA.
15. Sibrava, N.J., Mancebo, M.C., Eisen, J.L., & Rasmussen, S.A. (2010, November). Clinical characteristics of mental rituals in OCD. Paper presented at the 44th Annual Meeting of the Association for Behavioral and Cognitive Therapies. San Francisco, CA.
16. Goldwin, M. A., Conybeare, D., Olsen, E. K., Jorgensen, I., Sibrava, N. J., & Behar, E. S. (2011, November). Concreteness of idiographic periods of trauma-recall and depressive rumination. Paper presented at the 45th Annual Convention of the Association for Behavioral and Cognitive Therapies. Toronto, ON.
17. Senter, M. S., Amoroso, A., Pardue, C. M., Mancebo, M. C., Sibrava, N. J., Boisseau, C. L., Eisen, J. L., & Rasmussen, S. A. (2011, November). Clinical characteristics of OCD in children and adolescents with OCD with and without a history of tics. Paper presented at the 45th Annual Convention of the Association for Behavioral and Cognitive Therapies. Toronto, ON.

18. Pardue, C. M., Senter, M. S., Amoroso, A., Sibrava, N. J., Boisseau, C. L., Mancebo, M. C., Eisen, J. L., & Rasmussen, S. A. (2011, November). The familial component in obsessive-compulsive disorder. Paper presented at the 45th Annual Convention of the Association for Behavioral and Cognitive Therapies. Toronto, ON.
19. Sibrava, N. J., Bjornsson, A., Beard, C., Moitra, E., Weisberg, R. B., & Keller, M.B. (2011, November). Clinical characteristics and one-year course of generalized anxiety disorder in a longitudinal sample of African-American and Latino adults. Symposium presented at the 45th Annual Convention of the Association for Behavioral and Cognitive Therapies. Toronto, ON.
20. Boisseau, C. L., Sibrava, N. J., Mancebo, M. C., Eisen, J., & Rasmussen, S. (2011, November). The Five Factor Model in a longitudinal study of OCD: Relationship to symptom subtypes and clinical course. Poster presented at the 45th Annual Convention of the Association for Behavioral and Cognitive Therapies, Toronto, ON.
21. Van Dyke, B. P., Beard, C., Rodriguez, B. F., Moitra, E., Sibrava, N. J., Bjornsson, A., Weisberg, R. B., Keller, M. B. (2011, November). Psychometric properties of the Liebowitz Social Anxiety Scale in African Americans. Poster presented at the 45th Annual Convention of the Association for Behavioral and Cognitive Therapies. Toronto, ON.
22. Bjornsson, A. S., Sibrava, N. J., Beard, C., Moitra, E., Weisberg, R. B., & Keller, M.B. (2012, April). Two-Year Course of Generalized Anxiety Disorder, Social Anxiety Disorder and Panic Disorder in a Longitudinal Sample of Latino Adults. Symposium presented at the 32nd Annual Conference of the Anxiety Disorders Association of America. Arlington, VA.
23. Sibrava, N. J., Beard, C., Bjornsson, A. S., Moitra, E., Weisberg, R. B., & Keller, M.B. (2012, April). Two-Year Course of Generalized Anxiety Disorder, Social Anxiety Disorder and Panic Disorder in a Longitudinal Sample of African-American Adults. Symposium presented at the 32nd Annual Conference of the Anxiety Disorders Association of America. Arlington, VA.
24. Boisseau, C.L., Eisen, J.L., Sibrava, N.J., Mancebo, M.C., & Rasmussen, S.A. (2012, May). Patterns of remission and relapse in the 5-year course of OCD. J.L. Eisen (Chair), *Long term treatment and outcome of Obsessive-Compulsive Disorder*. Symposium presented at the 165th Annual Meeting of the American Psychiatric Association. Philadelphia, PA.
25. Sibrava, N.J., Boisseau, C.L., Garnaat, S.L., Eisen, J.L, and Rasmussen, S.A. (2012, November). Predictors of social adjustment in obsessive-compulsive disorder. Poster presented at the 46th annual meeting of the Association for Behavioral and Cognitive Therapies. National Harbor, MD.
26. Boisseau, C.L., Sibrava, N.J., Garnaat, S.L., Mancebo, M.C., Eisen, J.L, and Rasmussen, S.A. (2012, November). Obsessive-compulsive disorder and major depressive disorder: Comorbidity, clinical course, and order of onset. Poster presented at the 46th annual meeting of the Association for Behavioral and Cognitive Therapies. National Harbor, MD.
27. Garnaat, S.L., Boisseau, C.L., Sibrava, N.J., Eisen, J.L, and Rasmussen, S.A. (2012, November). Obsessive Beliefs, Symptom Severity, and Insight in OCD. Poster presented at the 46th annual meeting of the Association for Behavioral and Cognitive Therapies. National Harbor, MD.
28. Pardue, C.M., Senter, M.S., Sibrava, N.J., Boisseau, C.L., Mancebo, M.C., Eisen, J.L., & Rasmussen, S.A. (2012, November). Symptom constellation of obsessive-compulsive disorder with co-morbid anxiety disorders. Poster presented at the 46th annual meeting of the Association for Behavioral and Cognitive Therapies. National Harbor, MD.

29. Phillips, K.A., Hart, A.S., Eisen, J.L., Menard, W.E., Sibrava, N.J., & Rasmussen, S.A. (2012, December). Psychometric evaluation of the Brown Assessment of Beliefs Scale in body dysmorphic disorder and obsessive-compulsive disorder. Poster presented at the 51st meeting of the American College of Neuropsychopharmacology. Hollywood, FL.
30. Sibrava, N.J. (2013, May). The importance of understanding and assessing core underlying features of OCD: The influence of incompleteness and harm avoidance on treatment. J.L. Eisen & N.J. Sibrava (Co-Chairs), *Clinical case discussion of a core feature model of OCD: New perspectives on treatment resistance*. Clinical case conference conducted at the 166th annual meeting of the American Psychiatric Association. San Francisco, CA.

GRANTS

1. Title: Primary Prevention Program For College Binge Drinking
 Role in Project: Principal Investigator
 Type of Grant: OSU Student Wellness Center Undergraduate Research Fellowship
 Funding Source: The Ohio State University Student Wellness Center
 Years Funded: 2000-2001
 Total Award: \$1,500
2. Title: Reduction Of Social Anxiety In The Primary Prevention Of College Binge Drinking
 Role in Project: Principal Investigator
 Type of Grant: Pressey Honors Endowment Student Research Grant
 Funding Source: The Ohio State University Honors College
 Years Funded: 2000-2001
 Total Award: \$500
3. Title: Follow-up Study of Obsessive Compulsive Disorder
 Role in Project: Co-Investigator/Project Director (Steven Rasmussen, PI)
 Type of Grant/Number: R01 MH060218
 Funding Agency: National Institute of Mental Health
 Years Funded: 2001 – 2016
 Total Direct Costs: \$6,276,965 (Awarded To-Date: \$5,243,488)
4. Title: Exploring the Neurobiological Basis of Active Avoidance in OCD
Grant Pending Resubmission
 Role in Project: Principal Investigator
 Type of Grant/Number: K23 MH099335-01
 Funding Agency: National Institute of Mental Health
 Years Proposed: 2012 – 2017
 Total Funds Requested: \$922,092
5. Title: Neurobiological Mechanisms of Active Avoidance in OCD
Grant Under Review
 Role in Project: Principal Investigator
 Type of Grant: NARSAD Young Investigator Award
 Funding Agency: Brain and Behavior Research Foundation
 Years Proposed: 2014 – 2016
 Total Funds Requested: \$60,000