

## CURRICULUM VITAE

# Kristy L. Dalrymple

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### **EDUCATION**

Undergraduate Hope College, Holland, MI, 1996-2000. Major: Psychology. Minor: Spanish.  
Bachelor of Arts, 2000  
Honors and Awards: Summa Cum Laude, Phi Beta Kappa (2000), Sigma Xi Research Award (2000), Arthur John Ter Keurst Psychology Scholarship (1999), National Senior Honor Society (1999-2000), Psi Chi (1998-2000), Hope College Pew Society (1998-2000), Hope College Endowed Scholarship (1996-2000), Anna R. Pipp Foundation Scholarship (1996-2000)

Graduate Drexel University (formerly MCP Hahnemann University), Philadelphia, PA, 2000-2002.  
Master of Science in Clinical Psychology, 2002  
Honors in Research Methods and Clinical Applications, 2002  
  
Drexel University, Philadelphia, PA, 2002-2005.  
Ph.D. in Clinical Psychology, 2005

Internship Department of Psychiatry, SUNY Upstate Medical University, Syracuse, NY,  
Clinical Psychology Pre-doctoral Internship, 2004-2005

### **POSTGRADUATE TRAINING**

Postdoctoral Fellowship Brown Medical School and Rhode Island Hospital, Providence, RI,  
Postdoctoral Research Fellowship, 2005-2007

### **POSTGRADUATE HONORS AND AWARDS**

Clinical Research Loan Repayment Program Award, National Institute of Health, 8/2007 - 8/2014

Toy Caldwell-Colbert Excellence in Teaching Award, Alpert Medical School of Brown University,  
Department of Psychiatry and Human Behavior, 2012-2013

### **PROFESSIONAL LICENSES AND BOARD CERTIFICATION**

*Licensed Psychologist*, State of Rhode Island and Providence Plantations #PS01032, August 2007  
to Present

### **ACADEMIC APPOINTMENTS**

*Assistant Professor (Research)*, Department of Psychiatry and Human Behavior, Warren Alpert  
Medical School of Brown University, April 1 2008 – June 30, 2017

*Adjunct Faculty*, Department of Psychology, University of Rhode Island, November 2015

*Assistant Professor, Clinician Educator*, Department of Psychiatry and Human Behavior, Warren Alpert Medical School of Brown University, July 1 2017 – June 30, 2018

*Associate Professor, Clinician Educator*, Department of Psychiatry and Human Behavior, Warren Alpert Medical School of Brown University, July 1 2018 – June 30, 2024

*Professor, Clinician Educator*, Department of Psychiatry and Human Behavior, Warren Alpert Medical School of Brown University, July 1, 2024 – Present

### **HOSPITAL APPOINTMENTS**

*Staff Psychologist*, Lifespan Physicians Group, January 1 2008 – Present

*Director of Adult Psychology*, Rhode Island Hospital and The Miriam Hospital, December 2013-  
January 31 2019

*Associate Director of the Outpatient Psychiatry Practice*, Rhode Island Hospital, December 2013-  
January 31 2019

*Division Director - Director of Adult Psychology for the Adult Psychiatry and Behavioral Health Service Line*, Lifespan Healthcare System, February 1 2019 – September 30, 2023

*Assistant Chief of Psychology for the Adult Psychiatry and Behavioral Health Service Line*, Lifespan Healthcare System, October 1 2023 – Present

### **OTHER APPOINTMENTS**

*Research Associate*, 2000-2002, Social Anxiety Treatment Program, Drexel University,  
Philadelphia, PA

*Program Therapist*, 2000-2004, Anxiety Treatment and Research Program, Drexel University,  
Philadelphia, PA

*Research Assistant and Staff Therapist*, 2001-2002, Center for the Management of  
ADHD/Family School Success Program, Children's Seashore House of the Children's  
Hospital of Philadelphia, Philadelphia, PA

*Data Manager*, 2002-2003, Cognitive Behavioral Therapy for Adolescents with Social Phobia,  
NIH Grant # R01MH052232 (PI: James D. Herbert, Ph.D.), Drexel University,  
Philadelphia, PA

*Research Assistant*, 2002-2004, The Starting Young Program, CAPTA Grant#90CA1697 (PI:  
Judith Silver, Ph.D.), Children's Hospital of Philadelphia, Philadelphia, PA

*Program Coordinator*, 2003-2004, Anxiety Treatment and Research Program, Drexel University,  
Philadelphia, PA

*Associate Editor*, Journal of Contextual Behavioral Science, 2013 – 2020.

*Program Committee Member*, Association for Behavioral and Cognitive Therapies, 2013 – Present.

*LifeChart Superuser*, Lifespan Healthcare System, 2013 – Present.

*Community Advisor*, Brown University Mindfulness Center, 2017 – Present.

*Member*, Grants Committee, Association for Contextual Behavioral Science, 2018 – 2022.

*Member*, Continuing Education Subcommittee, Society of Clinical Psychology (American Psychological Association Division 12), 2020 – Present.

*Editorial Board Member*, Journal of Contextual Behavioral Science, 2020 – Present.

*Co-Chair*, Grants Committee, Association for Contextual Behavioral Science, 2022 – Present.

*Ad hoc Reviewer*

American Journal of Drug and Alcohol Abuse  
Behavior Modification  
Behavior Therapy  
BMC Psychiatry  
British Journal of Psychiatry  
Child Psychiatry and Human Development  
Clinical Psychological Science  
Clinical Psychology and Psychotherapy  
Clinical Psychology Review  
Cognitive Behaviour Therapy  
Depression and Anxiety  
Eating Behaviors  
Eating and Weight Disorders  
European Journal of Integrative Medicine  
European Psychiatry  
JAMA Psychiatry  
Journal of Affective Disorders  
Journal of Behavior Therapy & Experimental Psychiatry  
Journal of Consulting and Clinical Psychology  
Journal of Contemporary Psychotherapy  
Journal of Nervous and Mental Disease  
Journal of Psychiatric Research  
The Lancet  
Mindfulness  
Psychiatry Research  
Psychological Medicine  
Psychology of Consciousness: Theory, Research, and Practice  
Psychotherapy and Psychosomatics  
Social Psychiatry and Psychiatric Epidemiology

## **HOSPITAL COMMITTEES**

*Integrated Behavioral Health Committee*, 2015 – Present, Lifespan Healthcare System.

*Behavioral Health Information Systems Oversight Committee*, 2015 – Present, Lifespan Healthcare System.

*Provider Liaison*, Vizient Ambulatory Access to Care Collaborative Project Committee, Lifespan Healthcare System, 2017 – November 2017.

*Adult Psychiatry Quality Committee*, 2018 – 2021, Department of Psychiatry, Lifespan Healthcare System.

*Complementary and Supportive Therapy Inpatient Committee*, 2018 – 2021, Lifespan Healthcare System.

*Ambulatory Oversight Committee*, 2018 – Present, Lifespan Healthcare System.

*Lifespan Physician Group Academics Committee*, 2019 – Present, Lifespan Physicians Group.

*Bariatric Governance Committee*, 2019 – Present, Lifespan Healthcare System.

*Mental Health Action Team*, 2020 – 2021, Lifespan Healthcare System.

*Wellness and Resiliency Council*, 2021 – Present, Lifespan Healthcare System.

*Co-Chair, Mental Wellbeing Support Workgroup*, 2021 – Present, Lifespan Healthcare System.

## **UNIVERSITY COMMITTEES**

*Admissions Committee*, 2012 – Present, Clinical Psychology Training Consortium, Adult Track Pre-doctoral Residency Training Program, Department of Psychiatry and Human Behavior, Warren Alpert Medical School of Brown University.

## **MEMBERSHIP IN SOCIETIES**

American Psychological Association, 1999 – 2010; 2020 – Present

Association for Behavioral and Cognitive Therapies, 1999 – Present

Society for a Science of Clinical Psychology (APA Div 12, Sect 3), 2001 – Present

Association for Contextual Behavioral Science, 2008 – Present

Association for Psychological Science, 2010 – 2013

Rhode Island Psychological Association, 2014 – Present

Society of Clinical Psychology (APA Division 12), 2020 - Present

## **PUBLICATIONS LIST**

### **ORIGINAL PUBLICATIONS IN PEER-REVIEWED JOURNALS**

1. Herbert, J.D., Crittenden, K.B., & Dalrymple, K.L. (2004). Knowledge of social anxiety disorder relative to attention deficit hyperactivity disorder among educational professionals. *Journal of Clinical Child and Adolescent Psychology*, 33, 366-372.

2. Herbert, J.D., Gaudiano, B.A., Rheingold, A.A., Myers, V.H., **Dalrymple, K.L.**, & Nolan, E.M. (2005). Social skills training augments the effectiveness of cognitive behavioral group therapy for social anxiety disorder. *Behavior Therapy, 36*, 125-138.
3. **Dalrymple, K.L.**, Herbert, J.D., & Gaudiano, B.A. (2007). Onset of illness and developmental factors in social anxiety disorder: Findings from a retrospective interview. *Journal of Psychopathology and Behavioral Assessment, 29*, 101-110.
4. **Dalrymple, K.L.**, & Zimmerman, M. (2007). Does comorbid social anxiety disorder impact the clinical presentation of principal major depressive disorder? *Journal of Affective Disorders, 100*, 241-247.
5. **Dalrymple, K.L.**, & Herbert, J.D. (2007). Acceptance and Commitment Therapy for generalized social anxiety disorder: A pilot study. *Behavior Modification, 31*, 543-568.
6. **Dalrymple, K.L.**, & Zimmerman, M. (2008). Screening for social fears and social anxiety disorder in psychiatric outpatients. *Comprehensive Psychiatry, 49*, 399-406.
7. **Dalrymple, K.L.**, & Zimmerman, M. (2008). Differences in clinical presentation between depressed outpatients wanting versus not wanting treatment for comorbid social anxiety disorder. *Journal of Nervous and Mental Disease, 196*, 639-642.
8. Herbert, J.D., Gaudiano, B.A., Rheingold, A.A., Moitra, E., Myers, V.H., **Dalrymple, K.L.**, & Brandsma, L.L. (2009). Cognitive behavior therapy for generalized social anxiety disorder in adolescents: A randomized controlled trial. *Journal of Anxiety Disorders, 23*, 167-177.
9. Gaudiano, B.A., **Dalrymple, K.L.**, Zimmerman, M. (2009). Prevalence and clinical characteristics of psychotic versus nonpsychotic major depression in a general psychiatric outpatient clinic. *Depression and Anxiety, 26*, 54-64.
10. Zimmerman, M., Galione, J.N., Ruggero, C.J., Chelminski, I., McGlinchey, J.B., **Dalrymple, K.L.**, & Young, D. (2009). Performance of the Mood Disorders Questionnaire in a psychiatric outpatient setting. *Bipolar Disorders, 11*, 759-765.
11. Zimmerman, M., Galione, J.N., Chelminski, I., McGlinchey, J.B., Young, D., **Dalrymple, K.L.**, Ruggero, C.J., & Francione-Witt, C. (2009). A simpler definition of major depressive disorder. *Psychological Medicine, 40*, 451-457.
12. Zimmerman, M., Galione, J.N., Ruggero, C.J., Chelminski, I., McGlinchey, J.B., **Dalrymple, K.**, & Young, D. (2010). Detecting differences in diagnostic assessment of bipolar disorder. *Journal of Nervous and Mental Disease, 198*, 339-342.
13. Zimmerman, M., Chelminski, I., Young, D., & **Dalrymple, K.** (2010). A clinically useful anxiety outcome scale. *Journal of Clinical Psychiatry, 71*, 534-542.

14. Zimmerman, M., Galione, J.N., Ruggero, C.J., Chelminski, I., **Dalrymple, K.**, & Young, D. (2010). Overdiagnosis of bipolar disorder and disability payments. *Journal of Nervous and Mental Disease*, *198*, 452-454.
15. Zimmerman, M., Galione, J.N., Chelminski, I., Young, D., **Dalrymple, K.**, Ruggero, C.J. (2010). Sustained unemployment in psychiatric outpatients with bipolar disorder: Frequency and association with demographic variables and comorbid disorders. *Bipolar Disorders*, *12*, 720-726.
16. Zimmerman, M., Galione, J.N., Ruggero, C.J., Chelminski, I., Young, D., **Dalrymple, K.**, & McGlinchey, J.B. (2010). Screening for bipolar disorder and finding borderline personality disorder. *Journal of Clinical Psychiatry*, *71*, 1212-1217.
17. **Dalrymple, K.L.**, Fiorentino, L., Politi, M., & Posner, D. (2010). Incorporating principles from Acceptance and Commitment Therapy into Cognitive-Behavioral Therapy for insomnia: A case example. *Journal of Contemporary Psychotherapy*, *40*, 209-217.
18. Zimmerman, M., Galione, J.N., Chelminski, I., Young, D., **Dalrymple, K.**, & Francione, C. (2010). Validity of a simpler definition of major depressive disorder. *Depression and Anxiety*, *27*, 977-981.
19. Zimmerman, M., **Dalrymple, K.**, Chelminski, I., Young, D., & Galione, J.N. (2010). Recognition of irrationality of fear and the diagnosis of social anxiety disorder and specific phobia in adults: Implications for criteria revision in DSM-5. *Depression and Anxiety*, *27*, 1044-1049.
20. Zimmerman, M., Young, D., Chelminski, I., & **Dalrymple, K.** (2010). How can you improve quality without measuring outcome? Getting from here to there. *Primary Psychiatry*, *17*, 46-53.
21. Zimmerman, M., Hrabosky, J., Young, D., Chelminski, I., Galione, J.N., Francione, C., & **Dalrymple, K.** (2011). Impact of obesity on the psychometric properties of the DSM-IV criteria for major depressive disorder. *Comprehensive Psychiatry*, *52*, 146-150.
22. **Dalrymple, K.L.**, & Zimmerman, M. (2011). Age of onset of comorbid social anxiety disorder in depressed outpatients. *Journal of Anxiety Disorders*, *25*, 131-137.
23. Zimmerman, M., Galione, J.N., Chelminski, I., Young, D., & **Dalrymple, K.** (2011). Psychiatric diagnoses in patients who screen positive on the Mood Disorder Questionnaire: Implications for using the scale as a case-finding instrument for bipolar disorder. *Psychiatry Research*, *185*, 444-449.
24. **Dalrymple, K.L.**, Galione, J., Hrabosky, J., Chelminski, I., Young, D., O'Brien, E., & Zimmerman, M. (2011). Diagnosing social anxiety disorder in the presence of obesity: Implications for a proposed change in DSM-5. *Depression and Anxiety*, *28*, 377-382.

25. **Dalrymple, K.L.**, & Zimmerman, M. (2011). Treatment-seeking for social anxiety disorder in a general outpatient psychiatry setting. *Psychiatry Research*, *187*, 375-381.
26. O'Brien, E.M., Chelminski, I., Young, D., **Dalrymple, K.**, Hrabosky, J.I., & Zimmerman, M. (2011). Severe insomnia is associated with more severe presentation and greater functional deficits in depression. *Journal of Psychiatric Research*, *45*, 1101-1105.
27. Zimmerman, M., Chelminski, I., Young, D., **Dalrymple, K.**, & Martinez, J. (2011). Does DSM-IV already capture the dimensional nature of personality disorders? *Journal of Clinical Psychiatry*, *72*, 1333-1339.
28. Zimmerman, M., Galione, J.N., Ruggero, C.J., Chelminski, I., **Dalrymple, K.**, & Young, D. (2011). Are screening scales for bipolar disorder good enough to be used in clinical practice? *Comprehensive Psychiatry*, *52*, 600-606.
29. Zimmerman, M., Chelminski, I., Young, D., & **Dalrymple, K.** (2011). Using outcome measures to promote better outcomes. *Clinical Neuropsychiatry: Journal of Treatment Evaluation*, *8*, 28-36.
30. Zimmerman, M., Chelminski, I., Young, D., **Dalrymple, K.**, & Martinez, J. (2012). Does the presence of one feature of borderline personality disorder have clinical significance? Implications for dimensional ratings of personality disorders. *Journal of Clinical Psychiatry*, *73*, 8-12.
31. Zimmerman, M., Chelminski, I., Young, D., **Dalrymple, K.**, Martinez, J. (2012). Impact of deleting 5 DSM-IV personality disorders on prevalence, comorbidity, and the association between personality disorder pathology and psychosocial morbidity. *Journal of Clinical Psychiatry*, *73*, 202-207.
32. Zimmerman, M., Young, D., Chelminski, I., **Dalrymple, K.**, & Galione, J.N. (2012). Overcoming the problem of diagnostic heterogeneity in applying measurement-based care in clinical practice: the concept of psychiatric vital signs. *Comprehensive Psychiatry*, *53*, 117-124.
33. Tepe, E., **Dalrymple, K.**, & Zimmerman, M. (2012). The impact of comorbid cannabis use disorders on the clinical presentation of social anxiety disorder. *Journal of Psychiatric Research*, *46*, 50-56.
34. O'Brien, E.M., **Dalrymple, K.**, Hrabosky, J., Chelminski, I., Young, D., & Zimmerman, M. (2012). Insomnia is associated with impaired quality of life among bariatric surgery candidates. *Obesity Research and Clinical Practice*, *6*, e91-e102.
35. Zimmerman, M., **Dalrymple, K.**, Young, D., Chelminski, I., & Martinez, J. (2012). An empirical examination of Gunderson's proposed revision of the diagnostic algorithm for borderline personality disorder. *Journal of Personality Disorders*, *26*, 880-889.

36. Zimmerman, M., Galione, J.N., Chelminski, I., Young, D., **Dalrymple, K.**, & Morgan, T.A. (2012). Does the diagnosis of multiple Axis II disorders have clinical significance? *Annals of Clinical Psychiatry*, *24*, 195-201.
37. Zimmerman, M., Chelminski, I., Young, D., **Dalrymple, K.**, Martinez, J., & Morgan, T.A. (2012). Which DSM-IV personality disorders are most strongly associated with indices of psychosocial morbidity in psychiatric outpatients? *Comprehensive Psychiatry*, *53*, 940-945.
38. Kelly, M.M., **Dalrymple, K.L.**, Zimmerman, M., & Phillips, K.A. (2013). A comparison study of body dysmorphic disorder versus social phobia. *Psychiatry Research*, *205*, 109-116.
39. Zimmerman, M., Chelminski, I., Young, D., **Dalrymple, K.**, & Martinez, J. (2013). Is dimensional scoring of borderline personality disorder important only for subthreshold levels of severity? *Journal of Personality Disorders*, *27*, 244-251.
40. Zimmerman, M., Martinez, J., **Dalrymple, K.**, Chelminski, I., & Young, D. (2013). "Subthreshold" depression: Is the distinction between depressive disorder not otherwise specified and adjustment disorder valid? *Journal of Clinical Psychiatry*, *74*, 470-476.
41. Morgan, T.A., Chelminski, I., Young, D., **Dalrymple, K.**, & Zimmerman, M. (2013). Differences between older and younger adults with borderline personality disorder on clinical presentation and impairment. *Journal of Psychiatric Research*, *47*, 1507-1513.
42. Zimmerman, M., Martinez, J.H., Young, D., Chelminski, I., & **Dalrymple, K.** (2013). Sustained unemployment in psychiatric outpatients with bipolar depression compared to major depressive disorder with comorbid borderline personality disorder. *Bipolar Disorders*, *14*, 856-862.
43. Zimmerman, M., Martinez, J.H., **Dalrymple, K.**, Chelminski, I., & Young, D. (2013). Should criteria be specified for depressive disorder not otherwise specified? *Journal of Affective Disorders*, *147*, 118-122.
44. **Dalrymple, K.L.**, Martinez, J., Tepe, E., Young, D., Chelminski, I., Morgan, T., & Zimmerman, M. (2013). A clinically useful social anxiety disorder outcome scale. *Comprehensive Psychiatry*, *54*, 758-765.
45. Zimmerman, M., Martinez, J., Young, D., Chelminski, I., & **Dalrymple, K.** (2013). Severity classification on the Hamilton Depression Rating Scale. *Journal of Affective Disorders*, *150*, 384-388.
46. Zimmerman, M., Martinez, J.H., Morgan, T.A., Young, D., Chelminski, I., & **Dalrymple, K.** (2013). Distinguishing bipolar II depression from major depressive



disorder with comorbid borderline personality disorder: Demographic, clinical, and family history differences. *Journal of Clinical Psychiatry*, 74, 880-886.

47. **Dalrymple, K.L.**, & Zimmerman, M. (2013). Social anxiety: When does shyness become a disorder? *Current Psychiatry*, 12, 21-23, 35-38.
48. Zimmerman, M., Martinez, J.H., **Dalrymple, K.**, Chelminski, I., & Young, D. (2013). Is the distinction between adjustment disorder with depressed mood and adjustment disorder with mixed anxious and depressed mood valid? *Annals of Clinical Psychiatry*, 25, 257-265.
49. Morgan, T.A., Chelminski, I., Young, D., **Dalrymple, K.**, & Zimmerman, M. (2013). Is dimensional scoring important only for subthreshold levels of severity in personality disorders other than borderline? *Comprehensive Psychiatry*, 54, 673-679.
50. Zimmerman, M., Martinez, J., Young, D., Chelminski, I., Morgan, T.A., & **Dalrymple, K.** (2014). Comorbid bipolar disorder and borderline personality disorder and history of suicide attempts. *Journal of Personality Disorders*, 28, 358-364.
51. Levin, M.E., **Dalrymple, K.**, & Zimmerman, M. (2014). Which facets of mindfulness predict the presence of substance use disorders in an outpatient psychiatric sample? *Psychology of Addictive Behaviors*, 28, 498-506.
52. **Dalrymple, K.L.**, Morgan, T.A., Lipschitz, J.M., Martinez, J.H., Tepe, E., & Zimmerman, M. (2014). An integrated, acceptance-based behavioral approach for depression with social anxiety: Preliminary results. *Behavior Modification*, 38, 516-548.
53. Levin, M.E., **Dalrymple, K.L.**, Himes, S., & Zimmerman, M. (2014). Which facets of mindfulness are related to problematic eating among patients seeking bariatric surgery? *Eating Behaviors*, 15, 298-305.
54. Zimmerman, M., Chelminski, I., Young, D., **Dalrymple, K.**, Walsh, E., & Rosenstein, L. (2014). A clinically useful self-report measure of the DSM-5 anxious distress specifier for major depressive disorder. *Journal of Clinical Psychiatry*, 75, 601-607.
55. Zimmerman, M., Morgan, T.A., **Dalrymple, K.**, Young, D., & Chelminski, I. (2014). A brief, clinically useful, clinician-rated dimensional rating system for psychiatric diagnoses: Reliability and validity in psychiatric outpatients. *Annals of Clinical Psychiatry*, 26, 261-269.
56. Zimmerman, M., Chelminski, I., Young, D., **Dalrymple, K.**, & Martinez, J.H. (2014). A clinically useful self-report measure of the DSM-5 mixed features specifier of major depressive disorder. *Journal of Affective Disorders*, 168, 357-362.
57. Zimmerman, M., Martinez, J., Young, D., Chelminski, I., & **Dalrymple, K.** (2014). Differences between patients with borderline personality disorder who do and do not have a family history of bipolar disorder. *Comprehensive Psychiatry*, 55, 1491-1497.

58. **Dalrymple, K.L.**, Martinez, J., Rosenstein, L., Kneeland, E.T., & Zimmerman, M. (2015). Psychiatric disorder-weight associations and the moderating effect of sex in an outpatient psychiatric sample. *Annals of Clinical Psychiatry, 27*, 108-117.
59. Zimmerman, M., Morgan, T.A., Young, D., Chelminski, I., **Dalrymple, K.**, Walsh, E. (2015). Does borderline personality disorder manifest itself differently in patients with bipolar disorder and major depressive disorder? *Journal of Personality Disorders, 29*, 847-853.
60. Zimmerman, M., Ellison, W., Young, D., Chelminski, I., & **Dalrymple, K.** (2015). How many different ways do patients meet the diagnostic criteria for major depressive disorder? *Comprehensive Psychiatry, 56*, 29-34.
61. Ellison, W.D., Rosenstein, L., Chelminski, I., **Dalrymple, K.**, & Zimmerman, M. (2016). The clinical significance of single features of borderline personality disorder: anger, affective instability, impulsivity, and chronic emptiness in psychiatric outpatients. *Journal of Personality Disorders, 30*, 261-270.
62. Gazarian, D., Multach, M.D., Ellison, W.D., Chelminski, I., **Dalrymple, K.**, & Zimmerman, M. (2016). Does 'fear of dying' during panic attacks indicate clinical severity? *Journal of Anxiety Disorders, 40*, 52-57.
63. Gorlin, E.I., **Dalrymple, K.**, Chelminski, I., & Zimmerman, M. (2016). Diagnostic profiles of adult psychiatric outpatients with and without attention deficit hyperactivity disorder. *Comprehensive Psychiatry, 70*, 90-97.
64. Gorlin, E.I., **Dalrymple, K.**, Chelminski, I., & Zimmerman, M. (2016). Reliability and validity of a semi-structured DSM-based diagnostic interview module for the assessment of attention deficit hyperactivity disorder in adult psychiatric outpatients. *Psychiatry Research, 242*, 46-53.
65. Morgan, T.A., **Dalrymple, K.**, Multach, M., & Zimmerman, M. (2017). Relations between mindfulness process, psychiatric symptoms, and functioning in psychiatric and pre-bariatric surgery outpatients. *Mindfulness, 8* 417-432.
66. Yusufov, M., **Dalrymple, K.**, Bernstein, M., Walsh, E., Rosenstein, L., Chelminski, I., & Zimmerman, M. (2017). Body mass index, depression, and suicidality: The role of self-esteem in bariatric surgery candidates. *Journal of Affective Disorders, 208*, 238-247.
67. Genovese, T., **Dalrymple, K.**, Chelminski, I., & Zimmerman, M. (2017). Subjective anger and overt aggression in psychiatric outpatients. *Comprehensive Psychiatry, 73*, 23-30.
68. **Dalrymple, K.L.**, Walsh, E., Rosenstein, L., Chelminski, I., & Zimmerman, M. (2017). Modification of the medical exclusion criterion in DSM-5 social anxiety disorder: Comorbid obesity as an example. *Journal of Affective Disorders, 210*, 230-236.

69. Zimmerman, M., Walsh, E., Chelminski, I., & **Dalrymple, K.** (2017). Has the symptom severity inclusion requirement narrowed the definition of major depressive disorder in antidepressant efficacy trials? *Journal of Affective Disorders*, 211, 60-64.
70. Zimmerman, M., Gorlin, E., **Dalrymple, K.**, & Chelminski, I. (2017). A clinically useful screen for attention-deficit/hyperactivity disorder in adult psychiatric outpatients. *Annals of Clinical Psychiatry*, 29, 160-166.
71. Zimmerman, M., Chelminski, I., **Dalrymple, K.**, & Rosenstein, L. (2017). Principal diagnoses in psychiatric outpatients with borderline personality disorder: Implications for screening recommendations. *Annals of Clinical Psychiatry*, 29, 54-60.
72. Zimmerman, M., Multach, M.D., **Dalrymple, K.**, & Chelminski, I. (2017). Clinically useful screen for borderline personality disorder in psychiatric outpatients. *British Journal of Psychiatry*, 210, 165-166.
73. Walsh, E., Rosenstein, L., **Dalrymple, K.**, Chelminski, I., & Zimmerman, M. (2017). The importance of assessing for childhood abuse and lifetime PTSD in bariatric surgery candidates. *Journal of Clinical Psychology in Medical Settings*, 24, 341-354.
74. Harris, L., Chelminski, I., **Dalrymple, K.**, Morgan, T., & Zimmerman, M. (2018). Suicide attempts and emotion regulation in psychiatric outpatients. *Journal of Affective Disorders*, 232, 300-304.
75. Kerr, S., **Dalrymple, K.**, Chelminski, I., & Zimmerman, M. (2018). Depression and substance use disorders in the offspring of depressed parents as a function of the parent's borderline personality disorder symptomatology. *Annals of Clinical Psychiatry*, 30, 207-214.
76. **Dalrymple, K.L.**, Clark, H.L., Chelminski, I., & Zimmerman, M. (2018). The interaction between mindfulness, emotion regulation, and social anxiety and its association with emotional eating in bariatric surgery candidates. *Mindfulness*, 9, 1780-1793.
77. Zimmerman, M., Balling, C., Chelminski, I., & **Dalrymple, K.** (2018). Understanding the severity of depression: Which symptoms of depression are the best indicators of depression severity? *Comprehensive Psychiatry*, 87, 84-88.
78. Levine, A.Z., Al-Jabari, R., **Dalrymple, K.**, & Zimmerman, M. (2018). Nonsuicidal self-injury and suicide: Differences between those with and without borderline personality disorder. *Journal of Personality Disorders*, 4, 1-14.
79. Rosenstein, L.K., Ellison, W.D., Walsh, E., Chelminski, I., **Dalrymple, K.**, & Zimmerman, M. (2018). The role of emotion regulation difficulties in the connection between childhood emotional abuse and borderline personality features. *Personality Disorders*, 9, 590-594.

80. Zimmerman, M., Chelminski, I., **Dalrymple, K.**, & Martin, J. (2018). Screening for bipolar disorder and finding borderline personality disorder: A replication and extension. *Journal of Personality Disorders, 23*, 1-11.
81. Zimmerman, M., Martin, J., McGonigal, P., Harris, L., Kerr, S., Balling, C., Kiefer, R., Stanton, K., & Dalrymple, K. (2019). Validity of the DSM-5 anxious distress specifier for major depressive disorder. *Depression and Anxiety, 36*, 31-38.
82. McGonigal, P., Kerr, S., Morgan, T., **Dalrymple, K.**, Chelminski, I., & Zimmerman, M. (2019). Should childhood conduct disorder be necessary to diagnose antisocial personality disorder in adults? *Annals of Clinical Psychiatry, 31*, 36-44.
83. Zimmerman, M., Balling, C., **Dalrymple, K.**, & Chelminski, I. (2019). Screening for borderline personality disorder in psychiatric outpatients with major depressive disorder and bipolar disorder. *Journal of Clinical Psychiatry, 80*, 18m12257.
84. Zimmerman, M., Kerr, S., Kiefer, R., Balling, C., & **Dalrymple, K.** (2019). What is anxious depression? Overlap and agreement between different definitions. *Journal of Psychiatric Research, 109*, 133-138.
85. Balling, C., Chelminski, I., **Dalrymple, K.**, & Zimmerman, M. (2019). Differentiating borderline personality from bipolar disorder with the Mood Disorder Questionnaire (MDQ): A replication and extension of the International Mood Network (IMN) Nosology Project. *Comprehensive Psychiatry, 88*, 49-51.
86. Zimmerman, M., Balling, C., Chelminski, I., & **Dalrymple, K.** (2019). Symptom presence versus symptom intensity in understanding the severity of depression: Implications for documentation in electronic medical records. *Journal of Affective Disorders, 256*, 344-347.
87. Zimmerman, M., Balling, C., Chelminski, I., & **Dalrymple, K.** (2019). Have treatment studies of depression become even less generalizable? Applying the inclusion and exclusion criteria in placebo-controlled antidepressant efficacy trials published over 20 years to a clinical sample. *Psychotherapy and Psychosomatics, 88*, 165-170.
88. Zimmerman, M., Kerr, S., Balling, C., Kiefer, R., & **Dalrymple, K.** (2020). DSM-5 anxious distress specifier in patients with bipolar depression. *Annals of Clinical Psychiatry, 32*, 157-163.
89. Kiefer, R., Chelminski, I., **Dalrymple, K.**, & Zimmerman, M. (2020). Principal diagnoses in psychiatric outpatients with posttraumatic stress disorder: Implications for screening recommendations. *Journal of Nervous and Mental Disease, 208*, 283-287.
90. Diehl, J.M., McGonigal, P.T., Harris, L.M., Morgan, T.A., **Dalrymple, K.**, Chelminski, I., & Zimmerman, M. (2020). Emotion regulation accounts for associations between mindfulness and depression across and within diagnostic categories. *Annals of Clinical Psychiatry, 32*, 97-106.

91. Zimmerman, M., Balling, C., Chelminski, I., & **Dalrymple, K.** (2020). Applying the inclusion/exclusion criteria in placebo-controlled studies to a clinical sample: A comparison of medications. *Journal of Affective Disorders*, *260*, 483-488.
92. Zimmerman, M., Balling, C., Chelminski, I., & **Dalrymple, K.** (2020). Understanding the severity of depression: do nondepressive symptoms influence global ratings of depression severity? *CNS Spectrum*, *25*, 557-560.
93. Zimmerman, M., Kerr, S., Balling, C., Kiefer, R., & **Dalrymple, K.** (2020). Is the DSM-5 anxious distress specifier sufficient for measuring anxiety in depressed patients? Implications for measurement-based care. *Annals of Clinical Psychiatry*, *32*, 5-11.
94. Zimmerman, M., Balling, C., Chelminski, I., & **Dalrymple, K.** (2021). Patients with borderline personality disorder and bipolar disorder: A descriptive and comparative study. *Psychological Medicine*, *51*, 1479-1490.
95. Morgan, T.A., **Dalrymple, K.**, D'Avanzato, C., Zimage, S., & Zimmerman, M. (2021). Conducting clinical outcomes research in a clinical practice setting: The effectiveness and acceptability of Acceptance and Commitment Therapy (ACT) in a partial hospital program. *Behavior Therapy*, *52*, 272-285.
96. Diehl, J.M., Rodriguez-Seijas, C., Thompson, J.S., **Dalrymple, K.**, Chelminski, I., Zimmerman, M. (2021). Exploring the optimal factor structure of the Five Facet Mindfulness Questionnaire: Associations between mindfulness facets and dimensions of psychopathology. *Journal of Personality Assessment*, *15*, 1-11.
97. Braun, T.D. Unick, J.L., Abrantes, A.M., **Dalrymple, K.**, Conboy, L.A., Schifano, E., Park, C.L., & Lazar, S.W. (2022). Intuitive eating buffers the link between internalized weight stigma and body mass index in stressed adults. *Appetite*, *169*, 105810.
98. **Dalrymple, K.L.**, Maleva, V., Chelminski, I., & Zimmerman, M. (2022). Judgment towards emotions as a mediator of the relationship between emotional eating and depression symptoms in bariatric surgery candidates. *Eating and Weight Disorders*, *27*, 3675-3683.
99. **Dalrymple, K.L.**, Wahrer, K.S., Walsh, E., Rosenstein, L., & Zimmerman, M. (2023). A pilot randomized controlled trial of the feasibility and acceptability of acceptance and commitment therapy for comorbid social anxiety disorder in a routine practice setting. *Journal of Cognitive Psychotherapy*. [https://DOI:10.1891/JCP-2022-0014](https://doi.org/10.1891/JCP-2022-0014).
100. Yusuf, M., McHugh RK, Greer JA, **Dalrymple K**, Sannes T, Braun IB, Tulsy JA, Pirl WF. (2023). An acceptance and commitment therapy-based intervention for

opioid use disorder risk in individuals with cancer: A treatment development study. *Journal of Contextual Behavioral Science*, 28, 226-234.

101. Levin-Aspenson, H.F., Marks, R.M., **Dalrymple, K.**, & Zimmerman, M. (2023). Does the Five-Facet Mindfulness Questionnaire measure the same constructs before and after ACT-based treatment? Examination of the longitudinal measurement invariance of the 24-item FFMQ-SF. *Journal of Contextual Behavioral Science*, 29, 131-139. <https://doi.org/10.1016/j.jcbs.2023.07.001>.
102. Yusufov, M., Pirl, W.F., Greer, J.A., Mazzola, E., **Dalrymple, K.L.**, Tulskey, J.A., Braun, I.M., McHugh, R.K. (in press). Study protocol for a pilot randomized controlled trial of a virtually delivered behavioral intervention (ACTION) for adults with cancer at risk for opioid use disorder. *BMJ Open*.

#### **OTHER PEER-REVIEWED PUBLICATIONS**

1. **Dalrymple, K.L.**, & Zimmerman, M. (2007). Social anxiety disorder and comorbid depression: Challenges in diagnosis and treatment. *Perspectives in Psychiatry: A Clinical Update*, 3, 27-30.
2. **Dalrymple, K.L.** (2012). Issues and controversies surrounding the diagnosis and treatment of social anxiety disorder. *Expert Review of Neurotherapeutics*, 12, 993-1008.
3. **Dalrymple, K.L.**, & D'Avanzato, C. (2013). Differentiating subtypes of social anxiety disorder. *Expert Review of Neurotherapeutics*, 13, 1271-1283.

#### **BOOKS AND BOOK CHAPTERS**

1. Herbert, J.D., & **Dalrymple, K.** (2005). Social anxiety disorder. In A. Freeman, A.M. Nezu, M.A. Reinecke, C.M. Nezu, & S. Felgoise (Eds.), *Encyclopedia of Cognitive Behavior Therapy* (pp. 368-372). Norwell, MA: Springer.
2. **Dalrymple, K.L.** (2011-2019). Social anxiety disorder. In F.F. Ferri (Ed.), *Ferri's Clinical Advisor, 2012-2019 Editions*. Philadelphia, PA: Elsevier.
3. **Dalrymple, K.L.** (2012). Social anxiety disorder comorbid with depression: Current research and future directions for treatment. In A.M. Columbus (Ed.), *Advances in Psychology Research, Volume 89* (pp. 1-28). Hauppauge, NY: Nova Science Publishers, Inc.
4. Gaudiano, B.A., **Dalrymple, K.L.**, Weinstock, L.M., & Lohr, J.M. (2015). The science of psychotherapy: Developing, testing, and promoting evidence-based treatments. In S.O. Lilienfeld, S.J. Lynn, & J.M. Lohr (Eds.), *Science and Pseudoscience in Clinical Psychology, 2<sup>nd</sup> Edition* (pp. 155-190). New York, NY: The Guilford Press.
5. **Dalrymple, K.L.** (2015). Combined treatments (medications plus psychotherapy). In R. Cautin & S.O. Lilienfeld (Eds.), *Encyclopedia of Clinical Psychology*. New York, NY: Wiley-Blackwell.

6. **Dalrymple, K.L.**, Gaudiano, B.A., & Weinstock, L.M. (2015). Efficacy and Effectiveness. In R. Cautin & S.O. Lilienfeld (Eds.), *Encyclopedia of Clinical Psychology*. New York, NY: Wiley-Blackwell.
7. Gaudiano, B.A., **Dalrymple, K.L.**, D'Avanzato, C., & Bunaciu, L. (2016). The need for quality improvement in behavioral health. In W.T. O'Donohue, C. Snipes, & A. Maragakis (Eds.), *Quality Improvement and Behavioral Health* (pp. 33-54). Springer: New York.
8. **Dalrymple, K.L.**, D'Avanzato, C., & Morgan, T. (2020). Implementing ACT in a partial hospital program. In M.E. Levin, M.P. Twohig, & J. Krafft (Eds.), *Innovations in ACT*. New Harbinger, pp. 188-202.

### **OTHER NON-PEER REVIEWED PUBLICATIONS**

1. **Dalrymple, K.**, & Motiff, J.P. (2000). [Review of the book *Understanding Sleep: The Evaluation and Treatment of Sleep Disorders*]. *Cognitive and Behavioral Practice*, 7, 485.
2. Gaudiano, B.A., & **Dalrymple, K.** (2002). Reconsidering prescription privileges for psychologists. *American Psychological Association for Graduate Students Newsletter*, 4(1), 39-40.
3. Cardaciotto, L., Herbert, J.D., Gaudiano, B.A., Nolan, E.M., & **Dalrymple, K.L.** (2003). Treating social anxiety disorder with cognitive behavior therapy in the context of Asperger's Syndrome: A single-subject report. *Autism and Related Developmental Disorders*, 19(1), 1-3.
4. Gaudiano, B.A., & **Dalrymple, K.L.** (2005). EMDR variants, pseudoscience, and the demise of empirically supported treatments. [Review of the book *Psychotherapeutic Interventions for Emotion Regulation: EMDR and Bilateral Stimulation for Affect Management*]. *PsycCRITIQUES --- Contemporary Psychology: APA Review of Books*, 50(8), Article 11.
5. **Dalrymple, K.L.**, & Kelly, M.M. (2007). The postdoctoral search: Tips and advice for the hunt. *The Behavior Therapist*, 29, 211-213.
6. **Dalrymple, K.L.** (2009). Assessing for social fears and social anxiety disorder in psychiatric outpatients. *Directions in Psychiatry*, 29, 27-35.
7. **Dalrymple, K.L.** (2009). Social anxiety disorder: An update and future directions. *Minerva Psichiatrica*, 50, 277-289.
8. **Dalrymple, K.L.** (2014). Longer term outcomes need to be examined for enhancing the treatment of social anxiety disorder after insufficient improvement with sertraline. *Evidence Based Mental Health*, 17, 50-51.

### **PUBLICATIONS SUBMITTED OR IN PREPARATION**

1. **Dalrymple, K.L.**, Levin, M.E., & Gaudiano, B.A. (in preparation). Development of a Brief, Values-Based Online Adjunctive Intervention for Depression and Anxiety: Preliminary Feasibility and Acceptability.
2. Terrill, D.R., Hubert, T., Yun, G., Ingram, E.O., & **Dalrymple, K.** (under review). Predicting Nonresponse in Anxiety and Depression Among Patients Receiving Treatment in a Partial Hospitalization Program.

## **ABSTRACTS/CONFERENCE PRESENTATIONS**

### INTERNATIONAL PRESENTATIONS

1. Ruggero, C.J., **Dalrymple, K.L.**, Zimmerman, M., Chelminski, I., & Young, D. (January 2009). The paradox of social phobia and bipolar disorder: Implications for presentation and treatment. Poster presented at the annual meeting of the European Congress of Psychiatry, Lisbon, Portugal.
2. Gaudiano, B.A., & **Dalrymple, K.L.** (July 2009). Applying ACT to cases of complex depression: New clinical and research perspectives. Workshop presented at the Third World Conference on ACT, RFT, and Contextual Behavioral Science, Enschede, The Netherlands.
3. **Dalrymple, K.L.**, Walsh, E., Rosenstein, L., & Zimmerman, M. (2018). Acceptance and Commitment Therapy for depression with comorbid social anxiety: Results from a pilot randomized trial. In **K. Dalrymple** (Chair): Using ACT in the Treatment of More Complex Forms of Depression: Examples in Three Clinical Settings. Symposium presented at the 16th Association for Contextual Behavioral Science Annual World Conference, Montreal, Canada.

### NATIONAL PRESENTATIONS

1. Maffie, K., Herbert, J.D., Rheingold, A., **Dalrymple, K.**, Goldstein, S., Greenberg, R., Darze, F., Harwell, V., & Sharp, I. (November 1999). Cognition in adult social phobia. Poster presented at the 33<sup>rd</sup> Annual Convention of the Association for the Advancement of Behavior Therapy conference, Toronto, Canada.
2. Herbert, J.D., Goldstein, S., Rheingold, A., Maffie, K., Darze, F., Greenberg, R., Sharp, I., Harwell, V., & **Dalrymple, K.** (1999). Brief treatment for social phobia. Poster presented at the School of Health Professions Conference. Department of Clinical and Health Psychology, MCP Hahnemann University, Philadelphia, PA.
3. **Dalrymple, K.**, Kuo, S., & Jarvis, L.H. (May 2000). Knowledge and attitudes regarding bilingualism and bilingual education: A survey of Hope college students. Poster presented at the Midwestern Psychological Association conference, Chicago, IL.
4. Harwell, V.D., Herbert, J.D., Brandsma, L.L., **Dalrymple, K.**, Cardaciotto, L., & Crittenden, K. (November 2001). Research utilization among mental health professionals. Poster presented at the 35<sup>th</sup> Annual Convention of the Association for the Advancement of Behavior Therapy conference, Philadelphia, PA.
5. Cardaciotto, L., Herbert, J.D., Gaudiano, B.A., Nolan, E.M., **Dalrymple, K.L.** (November 2002). Treating social anxiety disorder with CBT in the context of Asperger's Syndrome: A



- single-subject report. Poster presented at the 36<sup>th</sup> Annual Convention of the Association for the Advancement of Behavior Therapy conference, Reno, NV.
6. **Dalrymple, K.**, Herbert, J.D., Goldstein, S., & Kruer, J. (November 2002). Developmental factors and adolescent-parent concordance in ratings of symptoms of social anxiety disorder. Poster presented at the 36<sup>th</sup> Annual Convention of the Association for the Advancement of Behavior Therapy conference, Reno, NV.
  7. Gaudiano, B.A., **Dalrymple, K.L.**, Herbert, J.D., Connors, C.M. (November 2002). Future directions in cognitive behavior therapy for psychotic disorders: Incorporating acceptance and mindfulness. Poster presented at the 36<sup>th</sup> Annual Convention of the Association for the Advancement of Behavior Therapy conference, Reno, NV.
  8. Herbert, J.D., Gaudiano, B.A., Rheingold, A.A., Harwell, V., **Dalrymple, K.**, Nolan, E.M., Crittenden, K., Cardaciotto, L., Carleton, M., & Murray, H. (November 2003). Social skills training augments the effectiveness of cognitive behavioral therapy for social anxiety disorder. In D.A. Roth (Chair), *CBT for social phobia: Recent findings and future directions*. Symposium presented at the 37<sup>th</sup> Annual Convention of the Association for the Advancement of Behavior Therapy, Boston, MA.
  9. Carleton, M.E., Herbert, J.D., **Dalrymple, K.**, Nolan, E.M., Gaudiano, B.A., Cardaciotto, L., Murray, H., Gorman, A., & Crittenden, K. (November 2003). Psychometric properties of the Teenage Inventory of Social Skills among socially anxious adolescents. Poster presented at the 37<sup>th</sup> Annual Convention of the Association for the Advancement of Behavior Therapy, Boston, MA.
  10. Casten, K.M., Herbert, J.D., Sayers, S.L., & **Dalrymple, K.** (November 2004). Marital functioning and communication in generalized social anxiety disorder. Poster presented at the 38<sup>th</sup> Annual Convention of the Association for the Advancement of Behavior Therapy, New Orleans, LA.
  11. Casten, K.M., Herbert, J.D., Sayers, S.L., & **Dalrymple, K.** (November 2004). The relationship of marital status to social anxiety disorder severity and treatment response. Poster presented at the 38<sup>th</sup> Annual Convention of the Association for the Advancement of Behavior Therapy, New Orleans, LA.
  12. **Dalrymple, K.L.**, & Herbert, J.D. (November 2004). Acceptance and Commitment Therapy for generalized social anxiety disorder: Initial findings from a pilot study. Poster presented at the 38<sup>th</sup> Annual Convention of the Association for the Advancement of Behavior Therapy, New Orleans, LA.
  13. Herbert, J.D., **Dalrymple, K.L.**, Parmley, M., Cardaciotto, L., Gaudiano, B.A., Yeomans, P., Moitra, E., & Bulleit, B. (November 2005). The effects of comorbid depression on the clinical presentation and treatment outcome of generalized social anxiety disorder. Poster presented at the 39<sup>th</sup> Annual Convention of the Association of Behavioral and Cognitive Therapies, Washington D.C.

14. **Dalrymple, K.L.**, Chelminski, I., Young, D., & Zimmerman, M. (May 2006). Differences in clinical presentation of those wanting versus not wanting treatment for social anxiety disorder secondary to major depression. Poster presented at the 119<sup>th</sup> Annual Meeting of the American Psychiatric Association, Toronto, ON.
15. **Dalrymple, K.L.**, Herbert, J.D., & Gaudiano, B.A. (November 2006). Processes related to improvement in Acceptance and Commitment Therapy for social anxiety disorder. In E. Forman (Chair), *Mechanisms of action and comparative effectiveness of Acceptance and Commitment Therapy across five treatment groups*. Symposium presented at the 40<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
16. **Dalrymple, K.L.**, Young, D., Chelminski, I., & Zimmerman, M. (November 2006). Screening for social fears and social anxiety disorder in psychiatric outpatients: Does the SCID screening question result in missed diagnoses? Poster presented at the 40<sup>th</sup> Annual Convention of the Association of Behavioral and Cognitive Therapies, Chicago, IL.
17. **Dalrymple, K.L.**, & Zimmerman, M. (November 2007). Differences in clinical presentation between earlier versus later onset of social anxiety disorder in patients with major depression. Poster presented at the 41<sup>st</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
18. **Dalrymple, K.L.**, & Zimmerman, M. (November 2007). Does comorbid social anxiety disorder impact the clinical presentation of principal major depressive disorder? Poster presented at the 41<sup>st</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
19. **Dalrymple, K.L.**, & Zimmerman, M. (November 2008). Gender differences in patients with social anxiety disorder presenting to a general outpatient psychiatry setting. Poster presented at the 42<sup>nd</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
20. **Dalrymple, K.L.**, & Zimmerman, M. (November 2008). What differentiates patients who seek treatment primarily for social anxiety disorder from those who have it as a comorbid diagnosis? Poster presented at the 42<sup>nd</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
21. Herbert, J.D., Gaudiano, B.A., Rheingold, A.A., Moitra, E., Myers, V.H., **Dalrymple, K.L.**, & Brandsma, L.L. (November 2008). Cognitive behavior therapy for generalized social anxiety disorder in adolescents: A randomized controlled trial. In Y. Bohr (Chair), *Cognitive Behavior Approaches with Children and Youths: From Research Trials to Community Based Adaptations*. Symposium presented at the 42<sup>nd</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
22. **Dalrymple, K.L.**, & Zimmerman, M. (November 2009). The relationship between social anxiety disorder, obsessive-compulsive personality disorder, and experiential avoidance. Poster presented at the 43<sup>rd</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, New York, NY.

23. **Dalrymple, K.L.**, Martinez, J., Tepe, E., & Zimmerman, M. (November 2011). Acceptance-based behavior therapy for comorbid depression and social anxiety disorder: Preliminary findings. Poster presented at the 45<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
24. **Dalrymple, K.L.**, Tepe, E., Martinez, J., Morgan, T., & Zimmerman, M. (November 2012). Treating individuals with comorbid depression and social anxiety with acceptance-based behavioral therapy: outcomes and processes. Poster presented at the 46<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
25. Lipschitz, J., **Dalrymple, K.L.**, & Zimmerman, M. (November 2012). Mindfulness and acceptance among treatment-seeking adults: Connections to functional impairment. Poster presented at the 46<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
26. Morgan, T.A., Chelminski, I., Young, D., **Dalrymple, K.**, & Zimmerman, M. (November 2012). Do older and younger adults with BPD differ in clinical presentation or impairment? Poster presented at the 46<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
27. **Dalrymple, K.** (chair), Zimmerman, M., Miller, I., Heimberg, R.G., & Hollon, S.D. (November 2013). Combined treatment for depression and anxiety: Identifying and addressing challenges to enhance cross-disciplinary collaboration. Panel discussion presented at the 47<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
28. Boullion, G.Q. (chair), Moran, D.J., Plumb Vilardaga, J., **Dalrymple, K.L.**, Flynn, M.K., & Codd, R.T. (June 2014). Anxiety and valuing: Using contextual behavioral science to understand, assess, and increase valued living in individuals with anxiety. Panel discussion presented at the 12<sup>th</sup> World Conference of the Association for Contextual Behavioral Science, Minneapolis, MN.
29. Morgan, T.A., **Dalrymple, K.L.**, D'Avanzato, C., Ellison, W.D., Gale, D., McCutcheon, S., & Zimmerman, M. (June 2014). Development and pilot testing of an acceptance-based partial hospitalization program. In: **K.L. Dalrymple** (chair), *Delivering Acceptance and Commitment Therapy in Community-Based Settings: Potential Applications and Preliminary Findings*. Symposium presented at the 12<sup>th</sup> World Conference of the Association for Contextual Behavioral Science, Minneapolis, MN.
30. **Dalrymple, K.L.**, Gaudiano, B.A., Rosenstein, L., Walsh, E., & Zimmerman, M. (June 2014). Using mobile technology to test the immediate effect of cognitive defusion in a clinical sample. In: J. Pistorello (chair), *ACTing with Technology: Theory and Practice*. Symposium presented at the 12<sup>th</sup> World Conference of the Association for Contextual Behavioral Science, Minneapolis, MN.
31. D'Avanzato, C., Morgan, T.A., **Dalrymple, K.L.**, Ellison, W.D., Gale, D., McCutcheon, S., & Zimmerman, M. (November 2014). Development and pilot-testing of an acceptance-based partial hospitalization program. In: **K.L. Dalrymple** (chair), *Implementing and Testing Evidence-Based Practices in Routine Clinical Settings: Outcomes in Three Partial Hospital Programs*. Symposium

presented at the 48<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

32. Morgan, T. A., **Dalrymple, K.**, D'Avanzato, C., et al. (2014). *Rapid effectiveness of an acceptance and mindfulness-based partial hospital program in depressed patients with borderline personality disorder*. Paper presented at the North American Society for the Study of Personality Disorders, Boston MA.
33. Morgan, T. A., **Dalrymple, K.**, Pilecki, B. et al. (2015). Conceptual framework and design of a daily hexaflex measure: Development and results from a patient sample. In Karekla, M. (discussant) *The Assessment of the Six Core Processes: Development, Optimization, and Validation of New Instruments*. Paper presented at the Association for Contextual Behavioral Science, Berlin, Germany.
34. Lipschitz, J.M., Weisberg, R.B., **Dalrymple, K.L.**, Prochaska, J.O. (November 2015). Validation of a stage of change measure for use in adults with anxiety disorders. Poster presented at the 49<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
35. Yusufov, M., **Dalrymple, K.**, Zimmerman, M., Rosenstein, L., & Walsh, E. (November 2015). Body mass index and suicidal ideation: The role of self-esteem in bariatric surgery candidates. Poster presented at the 49<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
36. Morgan, T. A., Rosenstein, L., D'Avanzato, C., Pilecki, B., Langdon, K., Holowka, D., **Dalrymple, K.**, & Zimmerman, M. (2016). The rapid resolution of anger, depression, anxiety, and impairment in BPD patients treated in an ACT-based intensive partial hospital program. Paper presented at the North American Society for the Study of Personality Disorders, New York City, NY.
37. **Dalrymple, K.L.**, Gaudiano, B.A., Rosenstein, L., & Walsh, E. (June 2016). The immediate effect of cognitive defusion in a clinical sample: Distress, believability, and the role of psychological flexibility. In: Morgan, T.A. (chair), *Defining Defusion: Structure, Intervention, and Effects of Cognitive Defusion in Research and Clinical Practice*. Symposium presented at the 14<sup>th</sup> Association for Contextual Behavioral Science Annual World Conference, Seattle, WA.
38. **Dalrymple, K.L.**, Levin, M., Haeger, J., Walsh, E., Rosenstein, L., & Gaudiano, B.A. (June 2016). Development of a brief, values-based online adjunctive intervention for depression and anxiety. In: **Dalrymple, K.L.** (chair), *Delivering ACT in Technology-Based Formats: Outcomes, Processes, and Provider Attitudes*. Symposium presented at the 14<sup>th</sup> Association for Contextual Behavioral Science Annual World Conference, Seattle, WA.
39. D'Avanzato, C., Langdon, K. J., Holowka, D., Morgan, T. A., Pilecki, B., McCutcheon, S., **Dalrymple, K.**, & Zimmerman, M. (June 2016). Effectiveness of an ACT-based partial hospitalization program for PTSD: Trajectories of change in PTSD symptoms and core ACT processes. In C. D'Avanzato (Chair). *Mindfulness and Acceptance-Based Interventions for PTSD in Acute and Complex Populations: Refining Treatment and Clarifying Mechanisms of Change*. Symposium presented at the 14<sup>th</sup> Association for Contextual Behavioral Science Annual World Conference, Seattle, WA.

40. Langdon, K. J., Holowka, D., D'Avanzato, C., Morgan, T. A., Pilecki, B., McCutcheon, S., **Dalrymple, K.**, & Zimmerman, M. (June 2016). Experiential avoidance and mindfulness: Putative mechanisms underlying symptom change during intensive ACT-based treatment among a trauma-exposed population. In C. D'Avanzato (Chair). *Mindfulness and Acceptance-Based Interventions for PTSD in Acute and Complex Populations: Refining Treatment and Clarifying Mechanisms of Change*. Symposium presented at the 14<sup>th</sup> Association for Contextual and Behavioral Science Annual World Conference, Seattle, WA.
41. Morgan, T.A., **Dalrymple, K.**, Pilecki, B., D'Avanzato, C., Langdon, K., Holowka, D., & Zimmerman, M. (June, 2016). Concurrent relations between mindfulness processes, psychiatric symptoms, and functioning in psychiatric and pre-bariatric surgery outpatients. In B. Pilecki (Chair), *Which Skills for Whom?: Identifying and Applying Mindfulness Skills in Diverse Populations*. Symposium presented at the 14<sup>th</sup> Association for Contextual and Behavioral Science Annual World Conference, Seattle, WA.
42. Pilecki, B., Morgan, T.A., Multach, M., **Dalrymple, K.**, D'Avanzato, C., Holowka, D., Langdon, K., & Zimmerman, M. (June 2016). Initial results of a daily meditation group for patients in an ACT-based intensive partial care program. In B. Pilecki (Chair), *Which Skills for Whom?: Identifying and Applying Mindfulness Skills in Diverse Populations*. Symposium presented at the 14<sup>th</sup> Association for Contextual and Behavioral Science Annual World Conference, Seattle, WA.
43. Pilecki, B., Morgan, T.A., Czech, S., D'Avanzato, C., **Dalrymple, K.**, & Zimmerman, M. (June 2016). Initial results of a specialty young adult track within an ACT-based partial hospitalization program. Individual paper presented at the 14<sup>th</sup> Association for Contextual and Behavioral Science Annual World Conference, Seattle, WA.
44. Morgan, T. A., D'Avanzato, C., **Dalrymple, K.**, & Zimmerman, M. (2016). Adapting acceptance and mindfulness for acute care: Development, adaptation, and treatment outcomes. In A. Stein (Chair). *Adaptation and Dissemination of Evidence-Based Psychotherapies for Use in Acute Psychiatric Care*. Workshop presented at the American Psychiatric Association, Atlanta, GA.
45. Morgan, T. A., D'Avanzato, C., Langdon, K., Holowka, D., **Dalrymple, K.**, Guzman-Holst, C., & Zimmerman, M. (2016). Effectiveness of an ACT-based partial hospital program in the treatment of borderline personality disorder. Poster presented to the 4<sup>th</sup> International Borderline Congress, Vienna, Austria.
46. **Dalrymple, K.L.**, Wahrer, K., Walsh, E., Rosenstein, L., & Zimmerman, M. (2017). Acceptance and Commitment Therapy for comorbid social anxiety and depression versus medication as usual: Results from a pilot randomized trial. In J. Kaye (Chair). *Acceptance-based Treatments in the Context of Established Evidence-Based Interventions*. Symposium presented at the 51<sup>st</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
47. **Dalrymple, K.L.**, Walsh, E., Rosenstein, L., & Zimmerman, M. (2018). Acceptance and Commitment Therapy for depression with comorbid social anxiety: Results from a pilot randomized trial. In **K. Dalrymple** (Chair). *Using ACT in the Treatment of More Complex Forms of Depression: Examples in Three Clinical Settings*. Symposium presented at the 16<sup>th</sup>

Annual World Conference of the Association for Contextual Behavioral Science, Montreal, Canada.

48. **Dalrymple, K.L.**, Maleva, V., Chelminski, I., & Zimmerman, M. (2021). How we feel what we feel: judgment towards emotions as a mediator of the relationship between emotional eating and depression symptoms in bariatric surgery candidates. In **K. Dalrymple** (Chair). Understanding the role of contextual behavioral science-consistent factors in obesity and obesity treatments. Symposium presented at the Annual World Conference of the Association for Contextual Behavioral Science (virtual conference).
49. **Dalrymple, K.L.**, Lee-Baggley, D., Presti, N., Borges, L., Beate, E., & Lemon, J. (2021). Lessons we're learning from COVID-19: How principles of contextual behavioral science can help us continue to support healthcare workers in the aftermath of a global pandemic. Panel Discussion presented at the Annual World Conference of the Association for Contextual Behavioral Science (virtual conference).
50. Fischer, L.E., Sanchious, S., Herc, H., & **Dalrymple, K.** (2023) Exploring Mindfulness vs. Intuitive Eating as Moderators Between Depression and Emotional Eating Among Bariatric Surgery Candidates. Poster presented at the annual meeting of the Association for Contextual Behavioral Science (ACBS), Nicosia, Cyprus.
51. Herc, H., King, B., Fischer, L., Dalrymple, K. (2023) Understanding Mechanisms of Change for Individuals with Emotion Dysregulation Difficulties in an ACT-Based Partial Hospitalization Program. Poster presented at the annual meeting of the Association for Contextual Behavioral Science (ACBS), Nicosia, Cyprus.

### **INVITED PRESENTATIONS**

1. Herbert, J.D., Coppola, S., Harwell, V., **Dalrymple, K.**, & Cardaciotto, L. (2000). Assessment and treatment of adolescent social phobia. School district in-service for teachers, counselors, and administrators in the Haverford School District, Haverford, PA.
2. **Dalrymple, K.**, Gaudiano, B., & Mintzer, E.A. (2001). *Social phobia and its treatment*. Presentation for mental health professionals, Capital Health Systems, Trenton, NJ.
3. **Dalrymple, K.** (September 2002). *The aftermath: Coping one year after 9/11*. Presentation given to students and staff at Drexel University, Center City Hahnemann Campus, Philadelphia, PA.
4. **Dalrymple, K.**, & Kerns, D. (March 2003). *Mental health and medical professionals working together*. Presentation given to students and staff at Drexel University, Center City Hahnemann Campus, Philadelphia, PA.
5. **Dalrymple, K.** (September 2003). *Utilizing simulated role play exposure exercises in treatment sessions*. In-service presented to staff of the Drexel University Student Counseling Center, Center City Hahnemann Campus, Philadelphia, PA.

6. **Dalrymple, K.L.** (August 2008). *How shy is too shy? The diagnosis and treatment of social anxiety disorder*. Presentation to employees of the Lifespan Health Care System, Providence, RI.
7. Gaudiano, B.A., & **Dalrymple, K.L.** (August 2011). *Acceptance and Commitment Therapy for complex depression*. Invited presentation to the New England chapter of the Association for Contextual Behavioral Science, Belmont, MA.
8. **Dalrymple, K.L.** (September 2012). *Acceptance-Based Behavior Therapy for Depression and Social Anxiety*. Invited presentation to the clinical psychology graduate program at Clark University, Worcester, MA.
9. **Dalrymple, K.L.** (February 2014). *Social Anxiety: What Is It and How Do I Cope With It?* Invited presentation to a community social anxiety peer support group, Providence, RI.
10. **Dalrymple, K.L.** (April 2014). *ACT for Depression and Social Anxiety: A Contextual Science Approach to Treatment Development*. Invited presentation to the clinical psychology graduate program at Yale University, New Haven, CT.
11. **Dalrymple, K.L.** (February 2016). *A Contextual Science Approach to Treatment Development in Routine Practice Settings*. Invited presentation to the clinical psychology graduate program at the University of Rhode Island, Kingston, RI.
12. **Dalrymple, K.L.** (January 2017). *Where the Rubber Meets the Road: Translating Research Into Routine Clinical Practice*. Invited presentation to faculty and staff, Department of Psychiatry, The Ohio State University, Columbus, OH.
13. **Dalrymple, K.L.** (September 2017). *The Role of Psychologists in the Pre- and Post-Bariatric Surgery Process*. Invited presentation to the clinical psychology graduate program at Clark University, Worcester, MA.
14. **Dalrymple, K.L.** (April 2019). *An Introduction to Acceptance and Commitment Therapy*. Invited workshop presented to staff, Department of Social Work, Rhode Island Hospital.
15. **Dalrymple, K.L.** (November 2022). *It Takes a Village: Leveraging Stakeholder Experience to Develop a Tailored Mobile Intervention to Reduce Suicide Risk*. Invited presentation to the Lifespan Department of Psychiatry Inaugural Innovations in Clinical Research Grand Rounds.
16. **Dalrymple, K.L.**, Hayes, S.C., Karekla, M., Gloster, A., Drossel, C., Ciarrochi, J. (February 2023). *“Ask the Experts”: A Roundtable Discussion on Process Based Therapy (PBT)*. Invited as moderator for panel discussion as a free CE course from Praxis. <https://www.praxiscet.com/events/process-based-therapy-roundtable-pbt-feb-2023/>.
17. **Dalrymple, K.L.** (May 2023). *The Process Is the Outcome: My Ongoing Journey to Examine Mindfulness and Acceptance-Based Processes Across Multiple Settings*. Invited presentation for the Center for Behavioral and Preventative Medicine Research-Networking Series.







*Co-Faculty*, 2010, Brown University, Providence, RI, “Brown Ethical and Responsible Conduct of Research Education” workshop

*Faculty*, 2012-2014, Department of Continuing Education, Brown University, Providence, RI, Pre-college Summer Studies Program course “Great Experiments in Psychology.”

*Research Mentor*, 2011-Present, Clinical Psychology Training Consortium, Department of Psychiatry and Human Behavior, Warren Alpert Medical School of Brown University.

*Doctoral Dissertation Committee External Member*, 2015, University of Rhode Island

*Instructor*, 2016, Department of Psychiatry and Human Behavior, Warren Alpert Medical School of Brown University, PGY-2 Psychotherapy Module, series on Acceptance and Commitment Therapy.

*Doctoral Dissertation Committee External Member*, 2018, Wilfrid Laurier University, Waterloo, Ontario, Canada

*Diagnostic Assessment Trainer*, 2019 – Present, Department of Psychiatry and Human Behavior, Alpert Medical School of Brown University.

### **HOSPITAL TEACHING ROLES**

*Clinical Supervisor*, 2010-Present, Department of Psychiatry and Human Behavior, Warren Alpert Medical School of Brown University.

*Diagnostic Assessment Trainer and Supervisor*, 2007-Present, Rhode Island Methods to Improve Diagnostic Assessment and Services (MIDAS) Project, Department of Psychiatry, Rhode Island Hospital.

*Peer Consultation Leader in Acceptance and Commitment Therapy*, 2018 – 2020, monthly APA approved CE peer consultation meetings on Acceptance and Commitment Therapy, Department of Psychiatry, Lifespan.

*Peer Consultation Co-Leader in Process Based Therapy*, 2023 – Present, monthly peer consultation meetings on Process Based Therapy, Department of Psychiatry, Lifespan.

### **COMMITMENT TO DIVERSITY, EQUITY, AND INCLUSION**

*Member of Admissions Committee*: Specific focus on recruiting underrepresented trainees and/or trainees whose clinical work or research focuses on diversity, equity, and inclusion.

*Assistant Chief of Psychology role*: Specific focus on recruiting and mentoring underrepresented faculty and/or faculty whose clinical work or research focuses on diversity, equity, and inclusion.

*Postdoctoral Fellow Research supervisor*: Mentorship of underrepresented trainees and/or trainees whose own work focuses on diversity, equity, and inclusion.

-Example project:

- Examining Partial Hospital Outcomes through the Lens of Sexuality and Race:  
research conducted by a postdoctoral fellow supervisee

*Clinical Work:* Majority of clinical work is on conducting pre-surgical evaluations for bariatric surgery candidates, many of whom identify as Hispanic/Latinx and have Spanish as their preferred language. Prior clinical work also has included behavioral health evaluations with gender diverse patients who were initiating treatment at the Lifespan Gender and Sexuality Program.

*Clinical Supervision:* Previously provided clinical supervision to psychology residents and fellows, as well as research assistants, on behavioral health pre-surgical bariatric evaluations with patients identifying as Hispanic/Latinx and Spanish as the preferred language; previously provided supervision to psychology residents and fellows, as well as research assistants, on behavioral health evaluations with gender diverse patients initiating treatment at the Lifespan Gender and Sexuality Program.