

CAROL LEE

Linkedin: [linkedin.com/in/carol-lee-79a393218/](https://www.linkedin.com/in/carol-lee-79a393218/) | Website: carol-s-lee-phd.com

EDUCATION

Doctor of Philosophy , Clinical Psychology, <i>University of Massachusetts Boston</i>	2019
Master of Arts , Clinical Psychology, <i>University of Massachusetts Boston</i>	2015
Bachelor of Arts with Honors, Psychology, <i>University of California, San Diego</i>	2012

SKILLS

- Quantitative, Qualitative, and Mixed Methods Research
- Advanced Descriptive and Inferential Statistics
- Programs: R, SPSS, Excel, Tableau, ATLAS.ti, & SQL
- Clinical, coaching, DEI, statistics, and research consultation
- Cognitive Behavioral Therapies (CBTs)
- Acceptance Based Behavioral Therapies (ABBTs)
- Communicating research and statistics to academic and lay audiences

ROLES

Senior Research Scientist Pluralsight Flow	2022 - Present
Clinical Science Advisor Bravely Mental Health	2022 - Present
Research Affiliate Integrated Behavioral Health Research Institute	2021 – Present
Research Director & Assistant Professor Anxiety Mechanisms and Behaviors Lab Department of Psychology and Counseling, Nevada State College	2019 – 2022
Research Scientist - Consultant	2013 – Present
Research Associate and Therapist VA Pacific Islands Healthcare System, Honolulu, HI	2018 – 2019
Content Creator, Facilitator, Behavioral Coach, and Assessor	2016-2018
Science Writer <i>Anxiety.Org ; Depression.Org</i>	2017
Graduate Researcher Anxiety Mechanisms and Processes Team, University of Massachusetts Boston Massachusetts Mental Health Center/Harvard Medical School DBT Partial Program	2013 – 2019

PUBLICATIONS

Peer-Reviewed Publications

* denotes undergraduate co-author

Lee, C.S. & Dreizin, T. A. (2022). Testing the effect of peerdriven social pressure on leave no trace behaviors in rock climbers. *International Journal of Wilderness*, 28(3).

<https://ijw.org/december-2022-2/>

Lee, C. S., Bowman, M.,* & Wu, J. L. (2022). Preliminary effectiveness of a self-guided, asynchronous online stress and anxiety management workshop. *Trends in Psychiatry and Psychotherapy*.

<http://dx.doi.org/10.47626/2237-6089-2021-0448>

Lee, C. S. & Yeghiazarian, C.* (2020). Personal value, self-efficacy, and social acceptability of a social behavior as correlates of behavioral action in social anxiety. *Trends in Psychiatry and Psychotherapy*.

<http://dx.doi.org/10.47626/2237-6089-2020-0129>

Lee, C. S. & Hayes-Skelton, S. A. (2020). Finding personal meaning as a predictor of behavioral action over and above social anxiety. *Journal of Theoretical Social Psychology*.

<https://doi.org/10.1002/jts5.81>

Hayes-Skelton, S. A. & Lee, C. S. (2019). Decentering in mindfulness and cognitive restructuring: An experimental study of a potential common mechanism. *Behavior Modification*, 44(6), 817-840.

<https://doi.org/10.1177%2F0145445519850744>

Hayes-Skelton, S. A. & Lee, C. S. (2018). Changes in decentering across cognitive behavioral group therapy for social anxiety disorder. *Behavior Therapy*, 49(5), 809-822.

<https://doi.org/10.1016/j.beth.2018.01.005>

Lee, C. S. & Hayes-Skelton, S. A. (2017). Social cost, probability, and self-efficacy as correlates of behavioral action in social anxiety. *Behavior Modification*, 45(2), 175-195.

<https://doi.org/10.1177%2F0145445517720447>

Lee, C. S., Wadsworth, L. P., & Hayes-Skelton, S. A. (2017). Patterns of anxious arousal during a speech task between non-anxious controls and individuals with social anxiety pre- and post-treatment. *Behavior Therapy*, 48(6), 765-777. <https://doi.org/10.1016/j.beth.2017.07.006>

Chiu, Y., Aguilar, M., Lee, C., Rotteveel, M., & Aron, A. (2015). No automatic approach for happy faces: A TMS study of biceps muscles. *Journal of Cognitive Neuroscience*, 24(9), 1908–1918.

Book Chapters

Hayes-Skelton, S. A., Lee, C. S., & Wadsworth, L. P. (2017). Anxiety disorders: Psychological factors. In *The SAGE Encyclopedia of Abnormal and Clinical Psychology*. Thousand Oaks, CA: SAGE Publications.

Consumer Publications

Lee, C. S. (2022). Building long term developer success through positive experiences. *Pluralsight.com*.
<https://www.pluralsight.com/blog/learning-and-development/building-long-term-developer-success?>

Lee, C. S. (2017). Parents who have an emotion-coaching approach can lessen the risk of an anxiety disorder in their children. *Anxiety.org*.
<https://www.anxiety.org/parental-meta-emotion-philosophies-influence-childrens-anxiety-disorders>.

Lee, C. S. (2017). Don't tell your depressed friend to cheer up and be happy. *Depression.org*.
<https://www.depression.org/social-pressure-to-feel-happy-makes-depression-sadness-worse>.

Lee, C. S. (2017). Having to deal with MS can cause anxiety and depression. *Depression.org*.
<https://www.depression.org/depression-and-anxiety-associated-with-multiple-sclerosis-ms>.

Lee, C. S. (2017). A strong connection to your therapist improves the results of your treatment for depression. *Depression.org*.
<https://www.depression.org/feeling-connected-to-your-therapist-can-maximize-benefits-of-therapy-for-depression>.

Lee, C. S. (2017). Indoor rock climbing uses mental skills that may make it an effective treatment for depression. *Depression.org*.
<https://www.depression.org/bouldering-indoor-rock-climbing-as-group-therapy-treatment-for-depression>.

Lee, C. S. (2017). Does using cannabis help manage anxiety? Yes, but... it can also make things worse. *Anxiety.org*.
<https://www.anxiety.org/cannabis-use-disorder-false-safety-behavior-for-anxiety>.

Lee, C. S. (2017). Interpersonal emotion regulation: How others help us reduce anxiety and stress. *Anxiety.org*.
<https://www.anxiety.org/emotional-support-from-others-buffers-the-effects-of-anxiety-and-stress>.

Lee, C. S. (2017). Therapy that targets safety behaviors is effective for anxiety disorders. *Anxiety.org*.
<https://www.anxiety.org/safety-behaviors-reduce-anxiety-short-term-but-increase-it-over-time>.

Lee, C. S. (2017). After losing a loved one, worry may predict your level of depression and anxiety. *Anxiety.org*.
<https://www.anxiety.org/worry-may-predict-anxiety-depression-prolonged-grief>.

Lee, C. S. (2017). Is there a link between social appearance anxiety and binge eating? *Anxiety.org*.
<https://www.anxiety.org/social-appearance-anxiety-predicts-binge-eating-behaviors>.

Lee, C. S. (2017). For students with test or math anxiety, an assessment for learning disabilities may lead to misdiagnosis and ineffective treatment. *Anxiety.org*.
<https://www.anxiety.org/math-test-anxiety-getting-accurate-diagnosis>.

Lee, C. S. (2017). Athletes who use social media during events may experience greater sport anxiety. *Anxiety.org*.
<https://www.anxiety.org/sport-anxiety-and-social-media-use-during-competitions>.

Lee, C. S. (2017). Test anxiety starts much earlier than you think. *Anxiety.org*.
<https://www.anxiety.org/test-anxiety-may-start-earlier-than-you-think>.

Lee, C. S. (2017). Gardening can offer relief from anxiety symptoms. *Anxiety.org*.
<https://www.anxiety.org/gardening-helps-reduce-symptoms-of-anxiety-and-depression>.

Lee, C. S. (2017). After the fact: post-event processing may complicate your social anxiety. *Anxiety.org*.
<https://www.anxiety.org/post-event-processing-and-social-anxiety-disorder-sad>.

Lee, C. S. (2017). Acceptance-based behavior therapy: increase awareness, increase acceptance, and live life. *Anxiety.org*.
<https://www.anxiety.org/what-is-acceptance-based-behavior-therapy-for-anxiety-disorders>.

Lee, C. S. (2017). Compliments may make your social anxiety disorder and depression worse. *Anxiety.org*.
<https://www.anxiety.org/fear-of-positive-evaluation-makes-sad-depression-worse>.

Lee, C. S. (2017). Learning fears from friends. *Anxiety.org*.
<https://www.anxiety.org/children-can-develop-phobias-and-learn-fears-from-friends>.

Lee, C. S. (2017). Managing test anxiety through memories. *Anxiety.org*.
<https://www.anxiety.org/managing-test-anxiety-through-memories-cbt-imagery-rescripting>.

Lee, C. S. (2017). Depression and anxiety: Just a few more things that may get better with age. *Anxiety.org*.
<https://www.anxiety.org/remission-of-anxiety-symptoms-may-occur-as-you-grow-older>.

Lee, C. S. (2014). Adolescents prefer more immediate rewards when in the presence of their peers. *The Chronicle of Evidence-Based Mentoring*.
<https://www.evidencebasedmentoring.org/adolescents-prefer-more-immediate-rewards-when-in-the-presence-of-their-peers/>

Lee, C. S. (2014). The myth of over-scheduling: Engaging in organized after school activities in adolescence leads to positive outcomes in both adolescence and young adulthood. *The Chronicle of Evidence-Based Mentoring*.
<https://www.evidencebasedmentoring.org/the-myth-of-over-scheduling-engaging-in-organized-after-school-activities-in-adolescence-leads-to-positive-outcomes-in-both-adolescence-and-young-adulthood/>

PRESENTATIONS

Paper & Oral Presentations

Lee, C. S. (2023, March). Developer thriving: why developers deserve more than satisfaction. Never Work in Theory, <https://neverworkintheory.org/>

Lee, C. S. (2023, March). How successful hackathons increase belonging, decrease anxiety, & help people imagine new identities in tech. LeadDev, New York, NY.

Lee, C. S. (2022, March). Leave No Trace in Rock Climbers. Environmental Science Colloquium, Las Vegas, NV.

Lee, C. S. & Hayes-Skelton, S. A. (2019, May). Finding personal meaning and self-efficacy and moderators of behavioral action in social anxiety. American Psychological Society, Washington, D.C.

Lee, C. S., Wadsworth, L. P., & Hayes-Skelton, S. A. (2016, August). Patterns of anxious arousal at assessment between non-anxious controls and individuals with social anxiety disorder pre- and post-treatment. American Psychological Association, Denver, CO.

Lee, C. S., & Hayes-Skelton, S. A. (2015, April). Action despite fear or anxiety: Self-efficacy, social cost bias, and probability bias as mechanisms of behavioral action in social anxiety. Association for Behavioral and Cognitive Therapies, Chicago, IL.

Lee, C. S., & Hayes-Skelton, S. A. (2015, April). Probability bias, social cost bias, and self-efficacy as mechanisms of behavioral action. Clinical Psychology Colloquium, Boston, MA.

Poster Presentations

** denotes undergraduate co-author*

Bowman, M.* & **Lee, C. S.** (2022, November). Personal meaning as a predictor of skills practice following a single-session self-guided online anxiety intervention. Association for Behavioral and Cognitive Therapies, New York, NY.

Schultze, K.* & **Lee, C. S.** (2021, November). Decentering as a correlate of behavioral action in social anxiety. Association for Behavioral and Cognitive Therapies, New Orleans, LA.

Bowman, M.* & **Lee, C. S.** (2021, May). A pilot study: Efficacy of a single-session asynchronous stress management workshop in reducing stress and increasing self-efficacy to manage stress. Undergraduate and Creative Works Conference, Henderson, NV.

Sorooshian, A.,* Andres, N.,* & **Lee, C. S.** (2021, May). Hispanic culture identification and language anxiety as correlates of cognitive symptoms of social anxiety among Hispanics. Undergraduate and Creative Works Conference, Henderson, NV.

Andres, N.,* Sorooshian, A.,* & **Lee, C. S.** (2021, April). Hispanic culture identification and language anxiety as correlates of social anxiety among Hispanics. Undergraduate and Creative Works Conference, Henderson, NV.

Bowman, M.,* Ramos, A. M.,* & **Lee, C. S.** (2021, March). Self-efficacy as a predictor of behavioral action in social anxiety. Anxiety and Depression Association of America, virtual conference.

Yeghiazarian, C.,* & **Lee, C.S.** (2020, May). Fear of positive evaluation as a correlate of behavioral action in social anxiety. Undergraduate and Creative Works Conference, Henderson, NV.

Lee, C. S., & Hayes-Skelton, S. A. (2017, November). Decentering, social cost, and self-focused attention as mechanisms of social anxiety disorder in cognitive behavioral group therapy. Association for Behavioral and Cognitive Therapies, San Diego, CA.

Balvaneda, B. B. **Lee, C. S.**, Smith, A.,* & Hayes-Skelton, S. A. (2017, November). Self-compassion and relationship satisfaction among couples. Association for Behavioral and Cognitive Therapies, San Diego, CA.

Lee, C. S., Balvaneda, B. B., & Hayes-Skelton, S. A. (2016, August). Self-compassion as a predictor of patterns of anxious arousal in non-anxious controls and individuals with social anxiety disorder pre- and post- treatment. American Psychological Association, Denver, CO.

Lee, C. S., Wadsworth, L. P., & Hayes-Skelton, S. A. (2015, March). Patterns of anxious arousal during a speech task between non-anxious controls and individuals with social anxiety pre and post treatment. Anxiety and Depression Association of America, Miami, FL.

McCarty, R. K.,* **Lee, C. S.,** Wadsworth, L. P., & Hayes-Skelton, S. A. (2015, March). Changes in anxious arousal during a speech task between non-anxious controls and individuals with social anxiety pre and post treatment. Anxiety and Depression Association of America, Miami, FL.

Calloway, A. L., **Lee, C. S.,** & Hayes-Skelton, S. A. (2014, November). Symptom trajectories and responder status in treatment for social anxiety disorder. Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Lee, C. S., Hayes-Skelton, S. A. (2014, November). Experiential Acceptance and Social Cost as Predictors of Social Avoidance. Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Martinez, J. H., **Lee, C. S.,** Hayes-Skelton, S. A., & Roemer, L. (2014, November). Impact of perceived race on social cost bias within predominantly White social context. Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Lee, C., & Hayes-Skelton, S. A. (March 2014). Social cost bias across cognitive behavioral group therapy for social anxiety disorder. Anxiety and Depression Association of America, Chicago, IL.

Lee, C., Chiu, Y., & Aron, A.R. (June 2012). The effect of anticipatory anxiety on motor inhibition. Honors Psychology Colloquium of the University of California, San Diego, La Jolla, CA.