

Curriculum Vitae
Jennifer Nicole Rough

Seattle Psychology, PLLC
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Education

- 2015 – 2016 **Postdoctoral Fellowship, Clinical Psychology** (APA-accredited)
Mental Health Clinic, Veterans Affairs Puget Sound Health Care System, Seattle, WA
Directors of Psychology Fellowship Training: Scott Michael, Ph.D., Stephen McCutcheon, Ph.D.
- 2008 – 2015 **Ph.D., Clinical Psychology** (APA-accredited)
University of Vermont, Burlington, VT
Dissertation: *An integrative chronobiological-cognitive approach to seasonal affective disorder*
Thesis: *The role of perceived control over anxiety on menstrual distress*
Directors of Clinical Training: Kelly Rohan, Ph.D., Rex Forehand, Ph.D.
- 2014 – 2015 **Pre-doctoral Psychology Internship** (APA-accredited)
Veterans Affairs Puget Sound Health Care System
Director of Psychology Internship Training: Stephen McCutcheon, Ph.D.
- 2001 – 2005 **B.A., Psychology / French Studies** (Cum Laude)
University of Portland, Portland, OR
Honor's Thesis Advisor: Andrew Guest, Ph.D.

Licensure

2017 – Present **Licensed Psychologist** PY 60737672 (WA)

Clinical Experience

- 2016 – Present **Private Practice**, Seattle WA
Clinical Associate, Seattle Psychology, PLLC
Evidence-based outpatient psychotherapy for anxiety, depression, trauma, insomnia, and stress
- 2015 – 2016 **Postdoctoral Psychology Fellowship, Mental Health Clinic** (APA-accredited)
VA Puget Sound Health Care System, Seattle, WA
Training Directors: Stephen McCutcheon, Ph.D., Scott Michael, Ph.D.
- 2014 – 2015 **Clinical Psychology Internship** (APA-accredited)
VA Puget Sound Health Care System, Seattle, WA
Training Director: Stephen McCutcheon, Ph.D.
- 2013 – 2014 **Practicum Clinical Training**, Outpatient psychological services for refugees
New England Survivors of Torture and Trauma, Burlington, VT
Training Director: Karen Fondacaro, Ph.D.
- 2009 – 2012 **Practicum Clinical Training**, CBT for Seasonal affective disorder
Department of Psychological Science, University of Vermont, Burlington, VT
Clinical Supervisor: Kelly J. Rohan, Ph.D.
- 2008 – 2014 **Practicum Clinical Training**, Outpatient community mental health
Behavior Therapy and Psychotherapy Center, Burlington, VT
Clinical Director: Karen Fondacaro, Ph.D.

Research Experience

- 2014 – 2016 **Psychology Research Intern, Veterans Affairs Puget Sound Health Care System**
Mental Illness Research, Education and Clinical Center, Seattle, WA
Research Mentor: Kati Pagulayan, Ph.D.
- 2008 – 2014 **Graduate Research Assistant, Mood Disorders and Seasonality Laboratory**
Department of Psychological Science, University of Vermont
Research Mentor: Kelly Rohan, Ph.D.
- 2005 – 2008 **Post-baccalaureate Research Assistant, Sleep and Mood Disorders Laboratory**
Department of Psychiatry, Oregon Health & Science University
Research Mentors: Alfred J. Lewy, M.D., Ph.D., Jonathan S. Emens, M.D.

Grants

- 2011 – 2013 **Ruth L. Kirschstein National Research Service Award – Individual Fellowship**
Principal Investigator
Project #: 1 F31 MH094046
Title: An integrative chronobiological-cognitive approach to seasonal affective disorder
Funding Agency: National Institute of Mental Health
Award: \$71,664
Sponsors: Kelly J. Rohan, Ph.D., Alfred J. Lewy, M.D., Ph.D.

Honors and Awards

- 2014 Ronald Suiter Prize for Graduate Research, University of Vermont
2013 Graduate Research Award, Department of Psychological Science, University of Vermont
2011 Philips Student Award, Society for Light Treatment and Biological Rhythms
2011 Ronald Suiter Prize for Graduate Research, University of Vermont

Publications

*Note: Professional works published 2010-2015 are listed under Jennifer Mahon (married surname)

13. Parent, J., McKee, L. G., **Rough, J. N.**, & Forehand, R. (2016). The association of parent mindfulness with parenting and youth psychopathology across three developmental stages. *Journal of Abnormal Child Psychology*, 44(1), 190-202. doi: 10.1007/s10802-015-9978-x.
12. Rohan, K. J., **Rough, J. N.**, Evans, M., Ho, S., Meyerhoff, J., Roberts, L., & Vacek, P. M. (2016). A protocol for the Hamilton Rating Scale for Depression: Item scoring rules, rater training, and outcome accuracy with data on its application in a clinical trial. *Journal of Affective Disorders*, 200, 111-118. doi: 10.1016/j.jad.2016.01.051.
11. Rohan, K. J., **Mahon, J. N.**, Evans, M. E., Ho, S, Meyerhoff, J., Postoloache, T. T., & Vacek, P. M. (2015). Randomized trial of cognitive-behavioral therapy vs. light therapy for seasonal affective disorder: Acute outcomes. *American Journal of Psychiatry*, 172, 862-869. doi: 10.1176/appi.ajp.2015.14101293
10. **Mahon, J. N.**, Rohan, K. J., Nillni, Y. I., & Zvolensky, M. J. (2014). The role of perceived control over anxiety in prospective symptom reports across the menstrual cycle. *Archives of Women's Mental Health*. doi: 10.1007/s00737-014-0456-1
9. Rosen, L., **Mahon, J. N.**, Murdock, S., & Buckley, K. (2013). Off to the right start: A model for developing collaboration with nurses early in medical school. *Medical Science Educator*, 23, 513-523. doi: 10.1007/BF03341674

8. Sitnikov, L., Rohan, K. J., Nillni, Y. I., **Mahon, J. N.**, & Evans, M. (2013). Cognitive predictors and moderators of winter depression treatment outcomes in cognitive-behavioral therapy vs. light therapy. *Behavior Research and Therapy*, *51*, 872-881. doi: 10.1016/j.brat.2013.09.010
7. Nillni, Y. I., Rohan, K. J., **Mahon, J. N.**, Pineles, S. L., & Zvolensky, M. J. (2013). The role of anxiety sensitivity in the experience of menstrual-related symptoms reported via daily diary. *Psychiatry Research*, *Jul 30*. doi: 10.1016/j.psychres.2013.07.016
6. Evans, M., Rohan, K. J., Sitnikov, L., **Mahon, J. N.**, Nillni, Y. I., Tierney-Lindsey, K., & Vacek, P. M. (2013). Cognitive change across cognitive-behavioral and light therapy treatments for Seasonal affective disorder: What accounts for clinical status the next winter? *Cognitive Therapy and Research*, *37*(6), 1201-1213. doi: 10.1007/s10608-013-9561-0
5. Rohan, K. J., Evans, M., **Mahon, J. N.**, Sitnikov, L., Ho, S., Nillni, Y. I., Postolache, T. T., & Vacek, P. M. (2013). Cognitive-behavioral therapy vs. light therapy for preventing winter depression recurrence: Study protocol for a randomized controlled trial. *TRIALS*, *14*:82. doi:10.1186/1745-6215-14-82
4. Rohan, K. J., Nillni, Y. I., **Mahon, J. N.**, Roecklein, K. A., Sitnikov, L. & Haaga, D. A. F. (2011). Cognitive vulnerability in moderate, mild, and low seasonality, *Journal of Nervous and Mental Disease*, *199*(12), 961-970. doi: 10.1097/NMD.0b013e3182392948
3. Lindsey, K. T., Rohan, K. J., Roecklein, K. A., & **Rough, J. N.** (2011). Surface facial electromyography reactions to light-relevant and season-relevant stimuli in seasonal affective disorder. *Journal of Affective Disorders*, *133*(1-2), 311-319. doi: 10.1016/j.jad.2011.04.016
2. Emens, J. S., Lewy, A. J., Kinzie, J. M, Arntz, D. L. & **Rough, J. N.** (2009). Circadian misalignment in major depressive disorder. *Psychiatry Research*, *168*(3), 259-261. doi: 10.1016/j.psychres.2009.04.009
1. Emens, J. S., Yuhas, K., **Rough, J. N.**, Kochar, N., Peters, D. & Lewy, A. J. (2009). Phase angle of entrainment in morning- and evening- types under naturalistic conditions. *Chronobiology International*, *26*(3), 474-493. doi: 10.1080/07420520902821077

Published Book Chapters

3. Rohan, K. J., & **Rough, J. N.** (2017). Seasonal affective disorder. In: R. J. DeRubeis & D. R. Strunk (Eds), *The Oxford Handbook of Mood Disorders*. New York: Oxford University Press.
2. Lewy, A. J., Emens, J. S., Songer, J. B. & **Rough, J. N.** (2009). The neurohormone melatonin as a marker, medicament and mediator. In D. W. Pfaff, A. P. Arnold, A. M. Etgen, S. E. Fahrbach, and R. T. Rubin (Eds.), *Hormones, Brain and Behavior*, San Diego: Academic Press, 2505-2526.
1. Lewy, A. J., **Rough, J. N.**, Songer, J. B., Mishra, N., Yuhas, K. & Emens, J. S. (2007). The phase shift hypothesis (PSH) for the circadian component of winter depression. *Dialogues in Clinical Neuroscience*, *9*(3); 291-300.

Manuscripts in Preparation

1. **Rough, J. N.**, Rohan, K. J., Roecklein, K. A., & Lewy, A. J. (in preparation). Chronobiological and cognitive vulnerabilities in the recurrence of seasonal affective disorder.

Presentations and Abstracts

19. Parent, J., McKee, L. G., **Rough, J.**, & Forehand, R. (2016, August). The Association of Parental Mindfulness with Parenting Practices and Child Psychopathology: A Prospective Longitudinal Model. Symposium to be presented at the 124th annual convention for the *American Psychological Association (APA)*, Denver, CO.

18. Parent, J., McKee, L. G., **Mahon, J.**, & Forehand, R. (2015, May). The association of parental mindfulness with parenting and child psychosocial well-being across three developmental stages. Paper to be presented at the 28th annual convention for the *Association for Psychological Science (APS)*, New York, NY.
17. Ho, S., Rohan, K. J., **Mahon, J. N.**, Evans, M. E., & Meyerhoff, J. (2014, November). A latent cognitive vulnerability construct predict winter depression severity: dysfunctional attitudes, rumination, and seasonal beliefs. Poster session presented at the annual meeting for the *Association for Behavioral and Cognitive Therapies (ABCT)*, Philadelphia, PA.
16. **Mahon, J. N.**, Rohan, K. J., Roecklein, K.A., Lewy, A. J., & Pastel, C. (2014, November). An integrative chronobiological-cognitive model of seasonal affective disorder. Poster session presented at the annual meeting for the *Association for Behavioral and Cognitive Therapies (ABCT)*, Philadelphia, PA.
15. Rohan, K. J., **Mahon, J. N.**, Evans, M., Ho, S., Sitnikov, L., Roberts, L. M., Postolache, T. T., & Vacek, P. M. (2013, November). Cognitive-behavioral therapy vs. light therapy for winter depression: acute treatment outcomes. Poster session presented at the annual meeting for the *Association for Behavioral and Cognitive Therapies (ABCT)*, Nashville, TN.
14. Evans, M., Rohan, K. J., Sitnikov, L., **Mahon, J. N.**, Ho, S., & Cheney, D. A. (2012, November). Cognitive change across cognitive-behavioral and light therapy treatments for seasonal affective disorder. Poster session presented at the annual meeting for the *Association for Behavioral and Cognitive Therapies (ABCT)*, National Harbor, MD.
13. Sitnikov, L., Evans, M., Rohan, K. J., **Mahon, J. N.**, Ho, S., & Cheney, D. A. (2012, November). Self-referent and light-specific implicit associations in seasonal depression. Poster session presented at the annual meeting for the *Association for Behavioral and Cognitive Therapies (ABCT)*, National Harbor, MD.
12. **Mahon, J. N.**, Rohan, K. J., & Nillni, Y. I. (2011, November). Perceived control to anxiety-related events and menstrual distress. Poster session presented at the annual meeting for the *Association for Behavioral and Cognitive Therapies (ABCT)*, Toronto, Canada.
11. Sitnikov, L., Rohan, K.J., Evans M.C., **Rough, J. N.**, & Nillni, Y. I. (2011, November). Cognitive and behavioral mechanisms of change across treatment modalities for seasonal affective disorder: What accounts for treatment durability? Poster session presented at the annual meeting for the *Association for Behavioral and Cognitive Therapies (ABCT)*, Toronto, Canada.
10. Sitnikov, L., Rohan, K.J., Evans M.C., & Nillni, Y. I. & **Rough, J. N.** (2011, November). Pre- to post-treatment changes in cognitive and behavioral factors across treatment modalities for seasonal affective disorder. Poster session presented at the annual meeting for the *Association for Behavioral and Cognitive Therapies (ABCT)*, Toronto, Canada.
9. **Mahon, J. N.**, Rohan, K. J., Tierney Lindsey, K., & Roecklein, K. A. SAD-specific emotional responses to light and seasonal stimuli: Surface electromyography, skin conductance and mood. (2011, July). Poster session presented at the annual meeting for the *Society for Light Treatment and Biological Rhythms (SLTBR)*, Montreal, Canada.
8. Rohan, K. J., Nillni, Y. I., Sitnikov, L., **Mahon, J. N.**, Evans, M., Postolache, T. T., & Vacek, P. M. (2011, July). The University of Vermont Study of cognitive-behavioral therapy vs. light therapy for preventing SAD recurrence: Design and methods. Paper presented at the annual meeting for the *Society for Light Treatment and Biological Rhythms (SLTBR)*, Montreal, Canada.

7. Rohan, K. J., Vacek, P. M., Nillni, Y. I., Sitnikov, L., **Rough, J. N.**, & Postolache, T. T. (2010, November). Winter depression recurrence 1 and 2 years after cognitive-behavioral therapy vs. light therapy. Poster session presented at the annual meeting for the *Association for Behavioral and Cognitive Therapies (ABCT)*, San Francisco, CA.
6. Rohan, K. J., Nillni, Y. I., Sitnikov, L., **Rough, J. N.**, & Postolache, T. T. (2009, November). Cognitive-behavioral therapy vs. light therapy in treating winter depression. Poster session presented at the annual meeting for the *Association for Behavioral and Cognitive Therapies (ABCT)*, New York, NY.
5. Emens, J. S., Lewy, A. J., **Rough, J. N.**, & Songer, J. B. (2009). Sub-clinical dysphoria correlates with phase-delayed circadian misalignment in healthy subjects. *SLEEP* (abstract), *32*, A355.
4. Emens, J. S., **Rough, J. N.**, Arntz, D. A. & Lewy, A. J. (2008). Circadian misalignment correlates with symptom severity in non-seasonal depression. *SLEEP* (abstract), *31*, A47-A48.
3. Emens, J. S., **Rough, J. N.**, Yuhas, K., Songer, J. B. & Lewy, A. J. (2008). Free-running, but not entrained, blind individuals have the same period under forced-desynchrony as in the field. *SLEEP* (abstract), *31*, A314.
2. Lewy, A. J., Yuhas, K., Emens, J. S., Woods, K. D., Arntz, D. L., Songer, J. B., Johnson, K. P., **Rough, J. N.**, Brick, C. & Bussell, C. A. (2007). Are the circadian rhythms of blind adult males less sensitive to social cues than females? *SLEEP* (abstract), *30*, A63.
1. Lewy, A. J., Arntz, D. L., **Rough, J. N.**, Johnson, K. P., Emens, J. S., Kinzie, M. J., Songer, J. B., Yuhas, K., Brick, C., & Bussell, C. A. (2006). Developmental aspects of entrained vs. free-running circadian rhythms. *Neuropsychopharmacology* (abstract), *31*, S81-S82.

Invited Presentations

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| 2020 | Invited Webinar Lecturer , <i>Seasonal affective disorder and the winter blues</i>
<i>Webinar presented for Wellspring EAP</i> , November 18, 2020 |
| 2020 | Invited Webinar Lecturer , <i>Seasonal affective disorder and the winter blues</i>
<i>Webinar presented at Microsoft</i> , Wellspring EAP, November 4, 2020 |
| 2020 | Invited Lecturer , <i>Seasonal affective disorder and the Winter Blues</i>
<i>Presentation at Big Fish Games, Inc.</i> , sponsored by Wellspring EAP, January 28, 2020 |
| 2019 | Invited Webinar Lecturer , <i>Seasonal affective disorder</i>
<i>Webinar presented at Microsoft</i> , sponsored by Wellspring EAP, November 6, 2019 |
| 2019 | Invited Webinar Lecturer , <i>Seasonal affective disorder</i>
<i>Webinar presented at Microsoft</i> , sponsored by Wellspring EAP, February 13, 2019 |
| 2018 | Invited Webinar Lecturer , <i>Seasonal affective disorder</i>
<i>Webinar presented at Microsoft</i> , sponsored by Wellspring EAP, October 10, 2018 |
| 2013 | Invited Panelist , <i>NIH Graduate Student Funding Opportunities</i>
Vermont Experimental Program to Stimulate Competitive Research |
| 2012 | Invited Panelist , <i>NRSA, Graduate Student Funding Opportunities</i>
Vermont Experimental Program to Stimulate Competitive Research |

Media

- 2019 **Invited Speaker**, *Seasonal affective disorder*
The Record, KUOW, Local NPR broadcast. Seattle, WA. November 18, 2019
- 2013 **Invited Presenter**, *Biology of the Winter Blues*
WCAX Channel 3 Local News, Burlington, VT
- 2012 **Invited Presenter**, *Seasonal affective disorder*
WCAX Channel 3 Local News, Burlington, VT
- 2012 **Voice Contributor and Meditation Script Composer**, *Mindful Health* (mobile application)

Teaching Experience

- 2014 **Guest Lecturer**, *Acceptance and Commitment Therapy*
Clinical Training Program, University of Vermont
- 2012 **Graduate Teaching Assistant**, *Directed Readings in Cognitive Vulnerability to Depression*
Undergraduate Independent Study Course, University of Vermont
Instructor: Kelly J. Rohan, Ph.D.
- 2011 **Guest Lecturer**, *Mood Disorders*
Undergraduate Course: Abnormal Psychology, University of Vermont
Instructors: Teresa Leyro, B.S., Juliana Hogan, B.A.
- 2010 **Guest Lecturer**, *Cognitive Behavioral Therapy*
Undergraduate Course: Abnormal Psychology, University of Vermont
Instructors: William Falls, Ph.D., Kelly J. Rohan, Ph.D.
- 2010 **Guest Lecturer**, *Antidepressant Medications*
Undergraduate Course: Abnormal Psychology, University of Vermont
Instructors: William Falls, Ph.D., Kelly J. Rohan, Ph.D.
- 2008 – 2009 **Graduate Teaching Assistant**, *Psychology Research Methods I and II*
Undergraduate course, University of Vermont
Instructors: Keith B. Burt, Ph.D., Judith Christensen, Ph. D.

Professional Service

- 2016 – 2020 **President**, Washington State Psychological Foundation
Washington State Psychological Association nonprofit 501(c)(3) affiliate
- 2014 – 2015 **Intern Representative**, Psychology Internship Selection Committee
Veterans Affairs Puget Sound Health Care System, Seattle Division
Committee Chair: Stephen McCutcheon, Ph.D.
- 2014 – 2015 **Intern Representative**, Psychology Intern Seminar Committee
Veterans Affairs Puget Sound Health Care System, Seattle Division
Committee Chair: Jan Tackett, Ph.D.
- 2012 – 2013 **Graduate Student Coordinator**, Colloquium Committee
Department of Psychological Science, University of Vermont
Committee Chair: Kelly Rohan, Ph.D.

2011 – 2012 **Graduate Student Clinic Coordinator**, Behavior Therapy & Psychotherapy Center
Department of Psychological Science, University of Vermont
Clinic Director: Karen Fondacaro, Ph.D.

Ad-Hoc Journal Reviews (Mentored) _____

Cognitive Therapy and Research
Journal of Abnormal Psychology
Journal of Consulting and Clinical Psychology
Journal of Sleep Research

Professional Affiliations _____

American Psychological Association
Division 12, Society of Clinical Psychology
Association for Behavioral and Cognitive Therapies
Association for Contextual Behavioral Science
Washington State Psychological Association