

Chelsea Boccagno, PhD

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 Department of Psychiatry, Massachusetts General Hospital
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Education

- 2023 – 2025 **CAUSALab, Harvard T.H. Chan School of Public Health**, Boston, MA
Nock Lab, Harvard University, Cambridge, MA
Dauten Family Center for Bipolar Treatment Innovation, Massachusetts General Hospital, Boston, MA
T32 Post-Doctoral Research and Clinical Fellow.
Primary Advisors: Miguel Hernán, MD, DrPH; Matthew Nock, PhD
Secondary Advisors: Louisa Sylvia, PhD; Andrew Nierenberg, MD; Christina Temes, PhD
- 2022 – 2023 **Massachusetts General Hospital, Harvard Medical School**, Boston, MA
 Clinical Psychology Predoctoral Internship (APA accredited)
Clinical Intern.
Track: Cognitive Behavioral Therapy
Primary Lab: Dauten Family Center for Bipolar Treatment Innovation
Research Advisor: Louisa Sylvia, PhD; **Clinical Advisors:** Anne Chosak, PhD; Christina Temes, PhD
- 2018 – 2023 **Harvard University, Department of Psychology**, Cambridge, MA
 PhD, Clinical Science (APA and PCSAS accredited)
Dissertation: The self, emotions, and self-injury: Links between self-oriented cognition and emotion processes in nonsuicidal self-injury
Dissertation Committee: Jill M. Hooley, DPhil, Matthew K. Nock, PhD, Leah H. Somerville, PhD, Gal Sheppes, PhD
- 2016 – 2018 **Harvard University, Department of Psychology**, Cambridge, MA
 A.M., Clinical Science (APA and PCSAS accredited)
Master's Thesis: Emotion regulation strategy selection in direct and indirect self-injury
Advisor: Jill M. Hooley, DPhil; **Secondary Reader:** Matthew Nock, PhD
- 2010 – 2014 **Vassar College**, Poughkeepsie, NY
 B.A., Psychology, correlate sequence in English Literature (creative writing focus)
Honors Thesis: Escaping, knowing, transcending, or transforming the self?: A transdisciplinary examination of self-concept and its role in mindfulness
Advisor: Michele M. Tugade, PhD and Randolph Cornelius, PhD

Honors & Awards

- 2022 *Bok Award for Excellence in Graduate Student Teaching of Undergraduates*, Harvard University (5 graduate students selected across departments; awarded \$1,000)
- 2019 – 2021 *George W. Goethals Award for Teaching Excellence*, Harvard University (4x)
- 2019 – 2021 *Bok Center Certificate of Distinction & Excellence in Teaching*, Harvard University (5x)
- 2020 *Star Family Prize for Excellence in Advising Nominee*, Harvard University

2019	<i>Graduate Student Poster Award, Association for Behavioral and Cognitive Therapies Suicide and Self-Injury Special Interest Group (awarded \$100)</i>
2014	<i>Phi Beta Kappa, Vassar College</i>
2014	<i>Psychology Departmental Honors, Vassar College</i>
2014	<i>General Honors, Vassar College</i>
2014	<i>Distinction: Independent Thesis, Vassar College</i>
2014	<i>Psi Chi International Honors Society in Psychology, Vassar College</i>

Grants & Fellowships

2021 – 2022	<i>Dissertation Completion Fellowship (\$34,212), Harvard University</i>
2021	<i>Graduate School of Arts and Sciences Support Initiative (\$3,500), Harvard University</i>
2020	<i>Summer Research Grant (\$746), Harvard University</i>
2018, 2019	<i>Restricted Funds Travel Grant (\$500) (5x), Harvard University</i>
2019	<i>Professional Development Fund (\$1,111), Harvard University</i>
2019	<i>Restricted Funds Large Grant (\$3,500), Harvard University</i>
2018	<i>Sackler Fellowship in Psychobiology (\$20,303), Harvard University</i>
2018	<i>Restricted Funds Large Grant (\$3,000), Harvard University</i>
2018	<i>Stimson Fund (\$1,000), Harvard University</i>
2014	<i>Academic Enrichment Fund (\$500), Vassar College</i>
2014	<i>Asprey Center Research Enhancement Award (\$750), Vassar College</i>

Peer-Reviewed Manuscripts

- Temes, C., **Boccagno, C.**, Gold, A.K., Kobaissi, H., Hsu, I., Montinola, S., Sylvia, L.G. (2024). Comorbidity of bipolar disorder and borderline personality disorder: Phenomenology, course, and treatment considerations. *Bipolar Disorders*.
- Gold, A.K., Rabideau, D.J., Nolte, D., Faria, C.M., Deng, S., George, N., **Boccagno, C.**, Temes, C.M., Nierenberg, A.A., & Sylvia, L.G. (2024). Does baseline psychiatric symptom severity predict well-being improvement in low-intensity mindfulness interventions? *Psychiatry Research Communications*.
- Boccagno, C.**, Gold, A.K., Alvarez-Hernandez, A., Sylvia, L.G (2023). Leveraging contemporary digital technologies to monitor and treat sleep difficulties in bipolar disorder: A review. *Psychiatric Annals*.
- Finch, E.F., **Boccagno, C.**, Hooley, J.M. (2023). Hurting the grandiose self: Understanding the presence, frequency, and functions of non-suicidal self-injury in pathological narcissism. *Journal of Personality Disorders*.
- Sylvia, L.G., Tovey, R., Katz, D., **Boccagno, C.**, Stromberg, A., Temis, C., Puvanich, N., Arbury, E., Stephan, N., Nierenberg, A.A, Kamali, M. (2023). A new treatment program: Focused Integrated Treatment Program for Bipolar Disorder (FITT-BD). *Journal of Psychiatric Practice*.
- Boccagno, C.**, Hooley J.M. (2023). Emotion regulation strategy choices following aversive self-awareness in people who engage in non-suicidal self-injury or indirect self-injury. *Journal of Emotion and Psychopathology*.

- Wang, S.B., Fox K., **Boccagno, C.**, Hooley J.M., Mair P., Nock, M.K., Haynos, A.F. (2021). Functional assessment of restrictive eating: A three-study clinically heterogeneous and transdiagnostic investigation. *Journal of Abnormal Psychology*.
- Pulopulos, M.M., **Boccagno, C.**, De Raedt, R., Hooley, J.M. (2021). Attenuated beta-adrenergic response to stress and increased anticipation and perception of social threat in women high on perceived criticism. *Psychoneuroendocrinology*.
- Hooley, J.M., Fox, K.R., **Boccagno, C.** (2020). Nonsuicidal self-injury: Diagnostic challenges and current perspectives. *Neuropsychiatric Disease and Treatment*.
- Fox, K.R., Wang, S.B., **Boccagno, C.**, Haynos, A.F., Kleiman, E.M., Hooley, J.M. (2019). Comparing self-harming intentions underlying eating disordered behaviors and NSSI: Evidence that distinctions are less clear than assumed. *International Journal of Eating Disorders*.
- Doré, B., Rodrik, O., **Boccagno, C.**, Hubbard, A., Weber, J., Oquendo, M., Ochsner, K.N. (2018). Negative autobiographical memory in major depression reflects elevated amygdala-hippocampal reactivity and hippocampally-associated emotion regulation. *Biological Psychiatry: Cognitive Neuroscience and Neuroimaging*.
- Doré, B., **Boccagno, C.**, Burr, D., Hubbard, A., Weber, J., Stern, Y., Ochsner, K.N. (2016). Finding positive meaning in negative experiences engages ventral striatal and ventromedial prefrontal reward regions. *Journal of Cognitive Neuroscience*.
- Gilead, M., **Boccagno, C.**, Silverman, M., Hassin, R., Weber, J., Ochsner, K.N. (2016). Self-regulation via neural simulation. *Proceedings of The National Academy of Sciences*.

Invited Chapters

- Temes, C.M., Gold, A.G., Kamali, M., Tovey, R., **Boccagno, C.**, Peters, A, Faria, C., Chitale, S., Alvarez-Hernandez, A., Kobaissi, H., Akpolat, N., Hsu, I., Montinola, S., O’Hearn, B., Sylvia, L.G. (in press). An innovative, stepped-care approach to treating bipolar disorder: Focused Integrated Team-based Treatment for Bipolar Disorder (FITT-BD). *Handbook on Psychological Therapies for Bipolar Disorder*.
- Ramirez, F., Kleiman, E.K., **Boccagno, C.**, Nizzi, M., Nock, M.K. (in press). Suicide in PTSD. In G. H. Wynn & Benedek, D.M. (Eds.), *Posttraumatic Stress Disorder*, Second Edition. Arlington, VA: American Psychiatric Association.
- Katz, D., Gold, A., **Boccagno, C.**, Deckersbach, T., Eisner, L. Sylvia, L.G. (2023). Cognitive behavioral-based treatments for bipolar disorder. In *The Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy, Second Edition*. Boston, Massachusetts.
- Nock, M.K., **Boccagno, C.E.**, Kleiman, E.K., Ramirez, F., Wang, S.B. (2019). Suicidal and nonsuicidal self-injury. In M. J. Prinstein, E. A. Youngstrom, E. J. Mash, & R. A. Barkley (Eds.), *Treatment of Disorders in Childhood and Adolescence*, Fourth Edition. New York, NY: Guilford Publications.
- Mitamura, C., Leu, J., Campos, B., **Boccagno, C.**, Tugade, M. M. (2014). Traversing affective boundaries: Examining cultural norms for positive emotions. In M. M. Tugade, M. N. Shiota, & L. D. Kirby (Eds.), *Handbook of Positive Emotions*. New York, NY: Guilford Publications.

Manuscripts Under Review

Conwell, C., Graham, D.J., **Boccagno, C.**, Vessel, E. (under review). The perceptual primacy of feeling: Affectless visual machines explain a majority of variance in human visually-evoked affect.

PsyArXiv Manuscripts

Boccagno, C., Hooley J.M. (2020). Understanding the “self” in non-suicidal self-injury: A conceptual review and framework for future research. Link to manuscript: <https://psyarxiv.com/cnsj6>

Manuscripts In Preparation

Boccagno, C., Rabideau, D.J., Soetan, Z., Gold, A.K., Kobaissi, H.R., Nierenberg, A.A., Sylvia, L. (in prep). Effects of two digital psychosocial interventions for physical activity on mental and physical health in sedentary adults: A secondary analysis of a comparative effectiveness trial.

Boccagno, C., Conwell, C., Hooley, J.M. (in prep). A multimodal deep transfer learning approach for automated assessment of self-injurious thoughts and behaviors using social media data.

Boccagno, C., Rabideau, D.J., Soetan, Z., Gold, A.K., Hernandez, A.A., Kobaissi, H.R., Chitale, S., Stancroff, N., Nierenberg, A.A., Sylvia, L. (in prep). Adults with heightened baseline suicide risk experience reduced treatment benefits from digital mindfulness-based interventions.

Boccagno, C., Hooley, J.M. (in prep). Cognitive emotion regulation strategy choices across positive and negative stimuli in direct and indirect self-injury.

Hooley, J.H., **Boccagno, C.**, Finch, E.F. (in prep). Non-suicidal self-injury, suicidality, and aggression towards others.

Kamali, M., **Boccagno, C.**, Deng, Y., French, N.J., Lunn, M.R., Obedin-Maliver, J., Pitch, L., Rabideau, D.J., Nolte, D., Sylvia, L.G., Nierenberg, A.A. (in prep). Demographic and clinical characteristics of participant dropout in an online randomized trial of mindfulness-based interventions for well-being.

Choi-Kain, L. W., **Boccagno, C.**, Ren, B. (in prep). Attachment, computerized reflective functioning, and borderline personality disorder: Evaluating the role of social cognitive and neuropsychological features.

Nock, M.K., **Boccagno, C.**, Deliberto, T.L., Dour, H.J., Slama, K., Mendes W.B. (in prep). Self-harm as self-help.

Edenbaum, E.R., Goldstein, O.C., Grace, A., **Boccagno, C.**, & Allen, K.J.D. (in prep). Specificity of affective control deficits in people with nonsuicidal self-injury and comorbid suicidal ideation.

Raio, C., **Boccagno, C.**, Rodrik, O., Ochsner, K.N. (in prep). Effects of acute physiological stress on emotion regulation choice.

Professional Talks

Advisees are underlined.

- Tovey, R., Gold, A.G., Temes, C.M., **Boccagno, C.**, & Sylvia, L.G. (2024, April). *Focused Integrative Team-Based Treatment: A novel paradigm for short-term, goal-oriented, collaborative clinical care*. Clinical roundtable to be presented at the Anxiety & Depression Association of America (ADAA), Boston, MA.
- Boccagno, C.** (2024, January). *Revisiting the effects of lithium discontinuation on suicidal thoughts and behaviors: A target trial emulation*. Flash talk presented at the inaugural Harvard-Massachusetts General Brigham Suicide Research Colloquium Series, Boston, MA.
- Boccagno, C.** (2023, November). *Understanding relationships between self and emotion in psychopathology: Insights into self-injurious thoughts and behaviors and mood disorders*. Talk presented at McLean Imaging Center Hospital/Center for Depression, Anxiety, and Stress Research (MIC/CDASR) Speaker Series, Belmont, MA.
- Jackson, H., **Boccagno, C.**, Noll, N., & Nock, M.K. (2022, April). *Similar but separate worlds: Understanding how bisexual women experience non-suicidal self-injury relative to lesbian women*. Research blitz presented at Harvard's Psychology Senior Thesis Showcase, Cambridge, MA.
- Boccagno, C.**, & Hooley, J.M. (2021, June). *Concurrent and prospective links between self-concept and emotion in non-suicidal self-injury*. Talk presented at the annual conference of the International Society for the Study of Self-Injury (ISSS), virtual due to COVID-19.
- Boccagno, C.**, Conwell, C., & Hooley, J.M. (2020, November). *Using social media content to examine temporal relationships between self-concept and nonsuicidal self-injury*. Research blitz presented at the Suicide and Self-Injury Special Interest Group at the annual conference of the Association for Behavioral and Cognitive Therapies (ABCT), virtual due to COVID-19.
- Boccagno, C.**, & Hooley, J.M. (2020, June). *Cognitive emotion regulation strategies across affective contexts in direct and indirect self-injury*. Talk presented at the annual conference of the International Society for the Study of Self-Injury (ISSS), virtual due to COVID-19.
- Boccagno, C.** *Diversity in clinical work: Identities and case conceptualization*. (2020, April). Talk presented to "Harvard Psych 2430: Cultural and Individual Diversity" (graduate student course), Cambridge, MA.
- Choi-Kain, L., Abramson, D., **Boccagno, C.**, Finch, E.E., Nook, E., & Yogman, M. (2020, February). *Perspectives from the Ground Level: Residential Life, Teaching Fellows, and Primary Care*. Panel presented at the College Mental Health and Borderline Personality Disorder Conference, McLean Hospital, Belmont, MA.
- Boccagno, C.** & Hooley, J.M. (2019, November). *Behavioral or cognitive?: Emotion regulation choices in individuals with direct and indirect self-injury*. Talk presented at the Suicide and Self-Injury Special Interest Group at the annual conference of the Association for Behavioral and Cognitive Therapies (ABCT), Atlanta, GA.

- Boccagno, C.**, Fox, K.R., Wang, S.B., & Hooley, J.M. (2019, June). *Linguistic mechanisms underlying the efficacy of daily diary interventions for non-suicidal self-injury: The nuanced roles of psychological distancing and positive and negative emotion*. Talk presented at the annual conference of the International Society for the Study of Self-Injury (ISSS), Orlando, FL.
- Carpenter, R.W., Allen, K.J.D., **Boccagno, C.**, Emery, N.N., & Armev, M. (2018, November). *Emotion regulation strategy selection and efficacy in self-injury: Moving beyond instruction-based laboratory tasks*. In Allen, K.J.D. (chair), Novel research approaches to self-destructive behaviors and associated psychopathology. Symposium talk presented at the annual conference of the Association for Behavioral and Cognitive Therapies (ABCT), Washington, DC.
- Boccagno, C.** & Hooley, J.M. (2018, May). *Unpacking the roles of emotion dysregulation and maladaptive self-processing in self-injurious behaviors*. Harvard-MIT Data Blitz, Women in Psychology, Harvard University, Boston, MA.
- Boccagno, C.** & Hooley, J.M. (2018, April). *Emotion regulation choices across affective contexts in self-injurious populations*. Second-Year Talk, Harvard University, Boston, MA.
- Gilead, M., Silverman, M., **Boccagno, C.**, Hassin, R., Weber, J., & Ochsner, K.N. (2017, July). *Neural mechanisms of “walking in someone else’s shoes” in order to predict their emotions*. Symposium talk presented at the general meeting of the European Association of Social Psychology. Granada, Spain.
- Gilead, M., **Boccagno, C.**, Silverman, M., Hassin, R., Weber, J., & Ochsner, K.N. (2016, February). *Self-regulation via neural simulation*. Data-blitz presented at the Emotion Preconference at 17th annual meeting of the Society for Personality and Social Psychology. San Diego, CA.
- Boccagno, C.** (2014, April). *Escaping, knowing, transcending, or transforming self?: Self-concept and its role in mindfulness*. Vassar College Psychology Research Conference. Poughkeepsie, NY.

Poster Presentations

Advisees are underlined.

- Graham, D.J., Conwell, C., **Boccagno, C.**, & Vessel, E. (2024, August). *Affectless visual machines explain a majority of variance in human visual affect and aesthetics for natural images*. Poster to be presented at the annual conference of the Cognitive Computational Neuroscience (CCN), Boston, MA.
- Boccagno, C.**, Rabideau, D., Soetan, Z., Gold, A., Hernandez, A.A., Kobaissi, H.R., Chitale, S., Stancroff, N., Nierenberg, A.A., & Sylvia, L. (2023, November). *Online mindfulness-based interventions show distinct effects on well-being for adults with and without heightened baseline suicide risk*. Poster presented at the annual conference of the Association for Behavioral and Cognitive Therapies (ABCT), Seattle, WA.
- Bist, J., Faria, C.M., Kobaissi, H., Chitale, S., Hernandez, A.A., Deng, Y., Stancroff, N., Gold, A., Tovey R.E., Katz, D., **Boccagno, C.**, Peters, A.T., Puvanich, N., Nierenberg, A.A., Kamali, M.P., Sylvia, L.G., & Temes, C. *Program for bipolar disorder (FITT-BD): Psychosocial intervention utilization*. (2023, November). Poster to be presented at the annual conference of the Association for Behavioral and Cognitive Therapies (ABCT), Seattle, WA.

- Boccagno, C., Finch, E.F., & Hooley, J.M.** (2023, March). *The tendency to feel wronged by others is associated with transdiagnostic risk factors for psychopathology*. Poster presented at the annual conference of the International Convention of Psychological Science (ICPS), Brussels, Belgium.
- Hooley, J.M., **Boccagno, C., & Finch, E.F.** (2023, March). *Self-harm and aggression toward others*. Poster presented at the annual conference of the International Convention of Psychological Science (ICPS), Brussels, Belgium.
- Zimmerman, J., **Boccagno, C., Finch, E.F., & Hooley, J.M.** (2023, March). *The differential roles of perceived criticism and self-criticism in the functions of non-suicidal self-injury*. Poster presented at the annual conference of the International Convention of Psychological Science (ICPS), Brussels, Belgium.
- Boccagno, C. & Hooley, J.M.** (2022, November). *Multimodal deep transfer learning approaches predict non-suicidal self-injury from Instagram posts*. Poster presented at the annual conference of the Association for Behavioral and Cognitive Therapies (ABCT), New York, NY.
- Finch, E.F., **Boccagno, C., Luo, J., & Hooley, J.M.** (2022, September). *Narcissistic grandiosity, but not vulnerability or fluctuation, is associated with presence and functions of non-suicidal self-injury*. Poster presented at the annual conference of the Society for Research in Psychopathology (SRP), Philadelphia, PA.
- Boccagno, C., Finch, E.F., Luo, J., & Hooley, J.M.** (2022, September). *Strengthening and contextualizing our understanding of perceived interpersonal grievances*. Poster presented at the annual conference of the Society for Research in Psychopathology (SRP), Philadelphia, PA.
- Boccagno, C. & Hooley, J.M.** (2021, November). *Recalling positive aspects of the self reduces negative affect stemming from negative autobiographical memory recall*. Poster presented at the annual conference of the Association for Behavioral and Cognitive Therapies (ABCT), virtual due to COVID-19.
- Boccagno, C. & Hooley, J.M.** (2021, September). *Same self or alternative self?: Recalling pride-oriented autobiographical memories reduces negative affect and enhances positive affect following negative autobiographical recall*. Poster presented at the annual conference of the Society of Research in Psychopathology (SRP), virtual due to COVID-19.
- Barr, M., Boccagno, C., Hooley, J.M., Eddie, D. (2020, April). *Investigating the role of affect and craving in relapse for individuals with alcohol use disorder: An experience-sampling study*. Psychology Undergraduate Thesis Poster Session, Cambridge, MA.
- Boccagno, C., Hooley, J.M.** (2019, November). *Cognitive or behavioral regulation?: Emotion regulation choices in direct and indirect self-injury*. Poster presented at the annual conference of the Association for Behavioral and Cognitive Therapies (ABCT), Atlanta, GA.
- Boccagno, C., Hooley, J.M.** (2019, September). *No reappraisal, please: Emotion regulation strategy selection in people with self-injury*. Poster presented at the annual conference of the Society of Research in Psychopathology, Buffalo, NY.
- Nielsen, S., Boccagno, C., Hooley, J.M. (2019, September). *The role of accommodative processing in the link between life challenges and authenticity*. Poster presented at the annual conference of the Society of Research in Psychopathology, Buffalo, NY.

- Nielsen, S., **Boccagno, C.**, Hooley, J.M. (2019, April). *The story of adversity and the self: The relation between life challenges and authenticity*. Mind Brain Behavior Poster Showcase, Cambridge, MA.
- Nielsen, S., **Boccagno, C.**, Hooley, J.M. (2019, April). *Adversity and the self: The relation between life challenges and authenticity*. Psychology Undergraduate Thesis Poster Session, Cambridge, MA.
- Wang, S.B., Fox, K.R., **Boccagno, C.**, Hooley, J.M., Haynos, A.F. (2019, March). *Why do people restrict their eating? A functional assessment approach*. Paper presented at the International Conference on Eating Disorders, New York, NY.
- Boccagno, C.**, Fox, K.R., Wang, S.B., & Hooley, J.M. (2018, September). *Beliefs that negative emotions are unacceptable dampen the benefits of psychological distancing: Evidence from an emotional challenge study in direct and indirect self-injury*. Poster presented at the annual conference of the Society for Research in Psychopathology (SRP), Indianapolis, IN.
- Miller, J.M., Doré, B., Zanderigo, F., Stanley, B., Rubin-Falcone, H., Schenck, N., Sublette, E., **Boccagno, C.**, Rodrik, O., Oquendo, M.A., Mann, J.J., Ochsner, K. (2018, July). *Serotonin 1A autoreceptor binding modulates neural responses to emotion reactivity and regulation*. Poster presented at the annual NeuroReceptor Mapping (NRM) conference, London, England.
- Boccagno, C.**, Rodrik, O., Doré, B., Fuster, D., Singh, T., Weber, J., Stanley, B., Miller, J., Mann, J., Ochsner, K. (2017, April). *Enhancing positive affect in positive contexts recruits differential brain regions for healthy individuals and patients with major depressive disorder*. Poster presented at the annual conference of the Society for Affective Science (SAS), Boston, MA.
- Rodrik, O., **Boccagno, C.**, Doré, B., Fuster, D., Singh, T., Weber, J., Stanley, B., Miller, J., Mann, J., Ochsner, K. (2017, March). *Enhancing positive affect in negative contexts engages distinct brain regions in healthy individuals and those with major depressive disorder*. Poster presented at the annual conference of the Social and Affective Neuroscience Society (SANS), Los Angeles, CA.
- Doré, B., **Boccagno, C.**, Hubbard, A., Burr, D., Long, K., Weber, J., Stern, Y. (2016, April). *Finding positive meaning in negative experiences engages ventral striatal and ventromedial reward regions*. Poster presented at the annual conference of the Social and Affective Neuroscience Society (SANS), New York, NY.
- Boccagno, C.**, Doré, B., Fuster, D., Singh, T., Weber, J., Stanley, B., Miller, J., Mann, J., Ochsner, K. (2016, April). *Hippocampal and prefrontal functional connectivity during memory retrieval correlates with self-distancing reappraisal success in patients with major depressive disorder*. Poster presented at the annual conference of the Social and Affective Neuroscience Society (SANS), New York, NY.
- Boccagno, C.**, Doré, B., Fuster, D., Singh, T., Weber, J., Kotecha, R., Chaudhury, S., Miller, J., Mann, J., Stanley, B., Ochsner, K. (2016, April). *The influence of affective context on brain and behavioral responses to neutral stimuli*. Poster presented at the annual conference of the Cognitive Neuroscience Society (CNS), New York, NY.
- Boccagno, C.**, Gilead, M., Silverman, M., Hassin, R., Weber, J., Ochsner, K. (2016, March). *The neural underpinnings of emotional perspective taking*. Poster presented at the annual conference of the Society for Affective Science (SAS), Chicago, IL.

- Boccagno, C., Doré, B., Burr, D., Weber, J., Hubbard, A., Stern, Y., Ochsner, K.** (2015, April). *Ability versus motivation in aging: Cognitive and motivational influences on down-regulation of negative affect*. Poster presented at the annual conference of the Social and Affective Neuroscience Society (SANS), Boston, MA.
- Burr, D., Doré, B., **Boccagno, C.**, Weber, J., Hubbard, A., Stern, Y., Ochsner, K. (2015, April). *Addressing the emotion paradox: Older adults show impaired regulation but enhanced bottom-up positive response to negative stimuli*. Poster presented at the annual conference of the Social and Affective Neuroscience Society (SANS), Boston, MA.
- Boccagno, C., du Pont, A., Tugade, M. M.** (2015, February). *How willing are you to self-disclose?: The roles of mindfulness and positive affect in emotional vulnerability*. Poster presented at the annual conference of the Society for Personality and Social Psychology (SPSP), Long Beach, CA.
- Boccagno, C., Rivlin, M., Culligan, C., & Tugade, M.M.** (2014, April). *Mindfulness and mind-wandering: The effects of attention and awareness on coping and resiliency*. Poster presented at the annual conference of the Society for Affective Science (SAS), Bethesda, MD.
- Boccagno, C.** (2014, March). *Is it my profile, or yours?: The distinct effects of Facebook features on loneliness perception*. Poster presented at the annual Hunter College Psychology Convention, New York, NY.
- Tugade, M. M., du Pont, A., **Boccagno, C.** (2014, February). *The effects of positive emotion differentiation on coping and problem-solving*. Poster presented at the Emotion Pre-Conference of the Society for Personality and Social Psychology (SPSP), Austin, TX.

Editorial Experience

Editorial Fellow (2024-2025), *Clinical Psychological Science*

- Act as associate editor for 4 manuscripts
- Attend monthly team meetings with editorial boards across *Clinical Psychological Science*, *Psychological Science*, and *Advances in Methods and Practices in Psychological Science*

Ad Hoc Reviewer:

BMC Psychiatry

Clinical Psychology & Psychotherapy

Emotion

General Hospital Psychiatry

Journal of Emotion and Psychopathology (2x)

Journal of Mental Health (2x)

Journal of Personality Disorders

Journal of Psychopathology and Behavioral Assessment (6x)

Personality Disorders: Theory, Research, and Treatment

Personality and Mental Health

Professional Psychology: Research and Practice

Psychological Reports

Research Experience

- 2023 – Present **CAUSALab, Harvard T.H. Chan School of Public Health**
 (PI: Miguel Hernán, MD, DrPH)
Nock Lab, Harvard University
 (PI: Matthew Nock, PhD)
T32 Post-Doctoral Research Fellow. Using causal inference methods to estimate the comparative effectiveness of suicide treatments for populations with serious mental illness
Datasets: Observational, randomized clinical trials, and ecological momentary assessment
- 2016 – 2023 **Clinical Research Laboratory, Harvard University**
 (PI: Jill M. Hooley, DPhil)
Doctoral Candidate. Examined relationships between self-oriented cognition (e.g., self-focused attention, self-criticism) and emotion processes (e.g., emotion reactivity, emotion regulation) to identify how self-concept and emotion interact within individuals who engage in self-injurious thoughts and behaviors across 5 independently led research projects. *Participants:* Adults ages 18+ who engage in direct or indirect self-injury (e.g., non-suicidal self-injury [NSSI] and disordered eating, respectively), have suicidal thoughts and behaviors, and meet diagnostic criteria for a range of serious mental illnesses (e.g., major depressive disorder, borderline personality disorder)
- 2014 – 2016 **Social, Cognitive, and Affective Neuroscience Laboratory, Columbia University**
 (PI: Kevin Ochsner, PhD; Collaborators: Molecular Imaging and Neuropathology Division [MIND] Clinic at New York State Psychiatric Institute [NYSPI])
Lab Manager and Research Assistant. Examined the neural and psychophysiological correlates of perspective taking, self-referential processing, stress reactivity, and positive and negative cognitive reappraisal across 4 fMRI and psychophysiology projects.
Participants: Younger and older healthy adults; adults diagnosed with major depressive disorder who do or do not have a history of suicide attempts
- 2013 – 2014 **Emotions and Psychophysiology Laboratory, Vassar College**
 (PI: Michele Tugade, PhD)
Research Assistant. Examined the dynamics of emotion regulation, resilience, and mindfulness techniques across 3 laboratory-based and online research projects.
Independent Study: The effect of mindfulness on willingness to self-disclose.
Participants: Vassar undergraduate students
- 2013 – 2014 **Independent Senior Thesis, Vassar College**
 (Advisors: Michele Tugade, PhD and Randolph Cornelius, PhD)
Thesis: Escaping, knowing, transcending, or transforming the self?: A transdisciplinary examination of self-concept and its role in mindfulness.
- 2013 – 2014 **Independent Research, Vassar College**
 (Advisor: Randolph Cornelius, PhD)
Project Title: The effects of distinct Facebook features and use on loneliness perception.
Participants: Vassar undergraduate students

- 2011 – 2014 **English and Urban Studies Department, Vassar College**
(Professor: Tyrone Simpson, II, PhD)
Research Assistant. Assisted in the literature analysis of American nationalism patterns, ghettoization effects, critical race theory, and the politics of confessional storytelling as Dr. Simpson’s sole research assistant.
- Summer 2013 **Cognitive Neurophysiology Laboratory, Albert Einstein College of Medicine**
(PI: John Foxe, PhD; **Primary Mentor:** Pierfilippo De Sanctis, PhD)
Intern/Research Assistant. Investigated brainwave entrainment in inhibitory-control audiovisual task performance in healthy young adults, as well as the effect of attentional control on Go/NoGo response-inhibition performance during walking in elderly individuals.
Participants: Adults ages 18+ across the greater New York City community

Teaching Experience

- 2019 – 2021 **Sophomore Tutorial in Psychology & Neuroscience, Harvard University (4 semesters)**
(Supervisor: Katherine Powers, PhD)
Instructor. Independently created and led a process-based science course to teach newly declared psychology undergraduate students how to think, read, and write like psychological scientists. (6-8 undergraduate students per semester)
 Created syllabus centered on three themes: (1) “*Ephemeral Emotions*”: *Experiencing and Changing Feelings*; (2) “*Slippery Selves*”: *Identity Development and Change*”; (3) “*You and Me: Thinking about Others*”
Overall Student Rating (Spring 2021; Neuroscience): 5.0/5.0
Overall Student Rating (Fall 2020; General Psychology): 5.0/5.0
Overall Student Rating (Spring 2020; Neuroscience): 5.0/5.0
Overall Student Rating (Fall 2019; General Psychology): 5.0/5.0
- Spring 2019 **Introduction to Abnormal Psychology, Harvard University**
(Lecturer: Joshua W. Buckholtz, PhD)
Teaching Fellow. Led three discussion sections and edited/graded tests and term papers (55 undergraduate students).
Overall Student Rating: 4.6/5.0
- Fall 2018 **Psychopharmacology, Harvard University**
(Lecturer: Scott Lukas, PhD)
Teaching Fellow. Led three discussion sections and edited/graded tests and term papers (35 undergraduate students).
Overall Student Rating: 4.0/5.0

Mentorship Experience

Research Mentor, Massachusetts General Hospital (Boston, MA)

2023 – 2024

- Supervise 6 Clinical Research Coordinators (CRCs) in the Dauten Family Center for Bipolar Treatment Innovation (DCBI) on research design and execution.
- Meet with students bi-weekly to assist with: research project design, data analysis, and publication

Undergraduate Psychology Honors Thesis Advisor, Harvard University (Cambridge, MA)
2018 – 2023

- Supervised four undergraduate students pursuing an Honors Thesis in Psychology; facilitated design and execution of four empirical studies
- Met with students weekly to assist with: thesis proposal, IRB submission, data collection, data management, data analysis, final report, and oral presentation and defense

Undergraduate Senior Thesis Students Supervised

*Received competitive research grant from Harvard College Research Program

~Awarded Harvard College Psychology Faculty Prize

- Caroline Cooper (Harvard University; Thesis Title: *How individuals with heightened perfectionism experience and cope with specific negative emotions*) – (project completed; primary Fall 2022-Spring 2023; primary [student] advisor); awarded Magna Cum Laude Plus*
 - **Current Position:** *Faculty Member*, Boston Ballet Company
- Hannah Jackson (Harvard University; Thesis Title: *Similar but different worlds: Understanding how bisexual women experience non-suicidal self-injury relative to lesbian women*) – (project completed Fall 2021-Spring 2022; primary [student] advisor); awarded Magna Cum Laude Plus*
 - **Current Position:** *Research Coordinator*, Johns Hopkins
- Maya Barr (Harvard University; Thesis Title: *Investigating the role of affect and craving in relapse for individuals with alcohol use disorder: An experience-sampling study*) – (project completed Fall 2019-Spring 2020; primary [student] advisor); awarded Magna Cum Laude Plus*
 - **Current Position:** *Psy.D. student*, Stanford University PsyD Consortium
- Sienna Nielsen (Harvard University; Thesis Title: *The story of the true self: Unpacking the relationship between challenges and authenticity*) – (project completed Fall 2018-Spring 2019; primary [student] advisor); awarded Summa Cum Laude*~
 - **Current Position:** *PhD student*, University of Pittsburgh (PI: Aidan C. Wright, PhD)

Independent Research Students Supervised

- Pedro Garcia (Harvard University; Research Project Title: *Effects of social comparison on social media use and mental health: Differences among sexual orientations and marital status – an exploratory study*) – Project completed January - May 2020

Research Assistants Supervised

- Emma Edenbaum (Oberlin College B.A. graduate) – Summer 2020 – present
- Alexander Winters (Case Western University B.A. student) – Summer 2020 – present
- Clair Fu (Harvard College A.B. student) – Summer 2018 – Present
- Nour Afandi (University of Toronto B.A. graduate) – Fall 2019 – Summer 2021
- Julia London (Harvard College A.B. student) – Fall 2019 – Spring 2020
- Ally Beard (Harvard College A.B. student) – Fall 2019 – Spring 2020
- Alexandria Onuoha (Bates College B.A. student) – Summer 2019
- Ariel He (Mount Holyoke College B.A. student) – Summer 2019
- Margaret Canady (Harvard College A.B. student) – Spring 2019 – Spring 2020
- Hannah Babcock (Harvard College A.B. student) – Spring 2019
- Maya Barr (Harvard College A.B. student) – Fall 2018 – Present
- Zelal Kilic (Harvard College A.B. student) – Fall 2018 – Fall 2019
- Calais Galbraith (Harvard College A.B. student) – Spring 2018 – Spring 2019
- Sabrina Wu (Harvard College A.B. student) – Fall 2018
- Ragini Jha (Boston College M.A. student) – Summer 2018 - Fall 2018
- Elyse Yarmosky (Licensed social worker) – Spring 2018 - Fall 2018

- Emma Potvin (Harvard College A.B. student) – Summer 2018
- Joseph Kremer (Boston College B.A. student) – Summer 2018
- Nikki Daurio (Harvard College A.B. student) – Spring 2018
- Julia Friend (Harvard College A.B. student) – Fall 2017
- Ariel Kachuro (Columbia University research assistant) – Summer 2015
- Rhea Kotecha (Columbia University research assistant) – Summer 2015 - Fall 2015

Mind, Brain, Behavior Grad-Undergrad Mentorship Program (Mentor)

- Jesse Barrera (Harvard College A.B. student) – Spring 2019
- Sheila De La Cruz (Harvard College A.B. student) – Spring 2019

Crimson’s PhD Consulting Program (Mentor)

- Ragini Jha (M.A. application consultant student) – Fall 2017 - Spring 2018

Harvard Summer Honors Undergraduate Research Program for Underserved Students (Mentor)

- Alan Gutierrez (Harvard Medical School summer research mentee) – Summer 2017
- Leslie Charles (Harvard Medical School summer research mentee) – Summer 2018

Harvard College Undergraduate Research Association Mentorship Program (Mentor)

- Harvard College undergraduates (various students attending sessions) – Fall 2017 – 2018

Clinical Experience

2020 – 2021 **Dauten Family Center for Bipolar Treatment Innovation, Massachusetts General Hospital** (Boston, MA)

(Supervisor: Douglas Katz, PhD)

Clinical Practicum Fellow.

- Provided weekly individual teletherapy to clients diagnosed with severe bipolar disorder, integrating approaches from cognitive behavioral therapy (CBT), third-wave CBT (dialectical behavioral therapy [DBT], acceptance and commitment therapy [ACT], mindfulness-based cognitive therapy [MBCT]), motivational interviewing (MI), and exposure and response prevention (ERP)
- Developed manual for weekly psychoeducation group therapy, adapted from Dr. David Miklowitz’s “*The Bipolar Disorder Survival Guide*” 2019 workbook
- Contributed to development of the “FITT-BD” research treatment center (“Focused, Integrative, Team-Based Treatment for Bipolar Disorder”): A stepped-care, collaborative, learning healthcare model (e.g., edited client handbook, co-created client “treatment target” worksheets, assisted in website development)
- Co-created bipolar disorder informational online course for Massachusetts General Hospital’s “*Psychiatry Academy*” Program
- Participated in weekly staff meetings and received weekly individual supervision

2019 – 2020 **Gunderson Residence, McLean Hospital** (Belmont, MA)
(Supervisors: Lois Choi-Kain, MD, MEd; Karen Jacobs, PhD; Brandon Unruh, MD)

Group Leader, Skills Coach, and Adjunct Therapist.

- Provided weekly individual therapy to female clients diagnosed with borderline personality disorder (BPD) and narcissistic personality disorder (NPD) in a residential setting, integrating approaches from cognitive behavioral therapy (CBT), third-wave CBT (dialectical behavioral therapy [DBT], acceptance and commitment therapy [ACT]), mentalization-based treatment (MBT), general psychiatric management (GPM), and exposure and response prevention (ERP)

- Led weekly psychoeducation group (~5-8 clients per session) and created educational modules (e.g., principles of exposure therapy, self-injurious behaviors, identity and emotion regulation, BPD and NPD symptoms and treatment mechanisms)
- Co-led 4 therapy groups: Interpersonal effectiveness (~5-8 clients per session), family treatment planning (~5-8 clients per session), BPD DSM-5 symptoms (~5-8 clients per session), and treatment tribunal (1 client per session)
- Participated in weekly case conceptualization meetings, and received weekly individual supervision

2018 – 2019 **Depression Clinical and Research Program, Massachusetts General Hospital**
(Boston, MA)

(Supervisors: Lauren Fisher, PhD and Paola Pedrelli, PhD)

Clinical Practicum Fellow.

- Provided weekly manualized cognitive behavioral therapy (CBT) to outpatient clients diagnosed with major depressive disorder (MDD), as well as manualized adapted CBT to individuals with comorbid MDD and moderate-to-severe traumatic brain injury
- Administered and composed diagnostic assessment interviews using the Mini International Psychiatric Interview (MINI), Quick Inventory of Depressive Symptomatology (QIDS), Patient-Reported Outcomes Measurement Information System (PROMIS), Massachusetts General Hospital Antidepressant Treatment Response Questionnaire (MGH ATRQ), and Hamilton Depression Rating Scale (HAM-D)
- Participated in weekly staff meetings and received weekly individual supervision

2017 – 2018 **Obsessive Compulsive Disorder Institute, McLean Hospital** (Belmont, MA)

(Supervisor: Jason Kropf, PhD)

Practicum Student & Behavioral Coach.

- Delivered exposure and response prevention (ERP) to clients with severe obsessive-compulsive and related disorders (obsessive-compulsive disorder, trichotillomania, hoarding disorder, excoriation disorder) in a residential setting
- Administered diagnostic assessment interviews assessing treatment history and using the Montreal Cognitive Assessment (MOCA), Structured Clinical Interview for DSM-5 (SCID-5), PTSD Checklist for DSM-5 (PCL-5), and Personality Inventory for DSM-5 (PID-5). Composed formal integrated reports
- Led weekly emotion regulation group therapy (~8-25 clients per session)
- Contributed to clinic's emotion regulation group therapy handbook via 4 additional evidence-based modules (topics: strengthening self-concept, increasing self-compassion, learning mindfulness-based tools, and decreasing rumination)
- Proposed and added Cultural Formulation Interview (CFI) to intake assessment battery in efforts to conduct person-centered cultural assessments
- Participated in weekly assessment, group therapy, and individual therapy supervision

Spring 2017 **Department of Psychiatry, Cambridge Health Alliance** (Cambridge, MA)

(Supervisors: Adam Conklin, PhD and Chris Pagano, PhD)

Observational Practicum Student.

- Observed clinical intake interviews and psychoanalytic therapy sessions for clients diagnosed with a range of conditions (e.g., schizophrenia, post-traumatic stress disorder, major depressive disorder) across the developmental lifespan
- Participated in weekly discussions about psychodynamic theory and approach

Service, Outreach, & Leadership Experience

2020 – Present	<i>Strategic Planning Committee Member</i> , International Society for the Study of Self-Injury
2023	<i>Panelist</i> , “Applying to Graduate School”, Massachusetts General Hospital Research Assistant Seminar
2022	<i>Invited Guest</i> , Harvard Board of Overseers Bi-Annual Dinner
2022	<i>Panelist</i> , “Preparing for Clinical Psychology PhD Applications”, The Massachusetts-General Brigham Post-Baccalaureate Association
2020, 2021	<i>Prospective PhD and RA Event in Psychology (PPREP) Mentor</i> , Harvard University
2020	<i>Presenter</i> , “Millie’s Guide to Psychology”, Millie International Group
2019, 2020	<i>Panelist</i> , Harvard Clinical Psychology PhD Student Orientation
2019 – 2021	<i>Psychology Departmental Representative</i> , Harvard Graduate Student Council
2019 – 2020	<i>President</i> , Harvard Clinical Student Group
2019	<i>Member</i> , Harvard Crimson EMS Mental Health Task Force
2019	<i>Training Leader</i> , “Suicidal Ideation: Detection, Support, and Liaisons to Treatment”, Harvard University’s CrimsonEMS
2018	<i>Training Leader</i> , “The Overlap of Physical and Psychological Pain in Self-Injury”, Harvard University’s CrimsonEMS
2019	<i>Panelist</i> , Vassar Transitions Senior Summit for Underrepresented Students
2019	<i>Publication Committee Contributor</i> , Society for Research in Psychopathology
2019	<i>Psychology Student Rep.</i> , Harvard University Graduate School Fair
2019	<i>Psychology Student Rep.</i> , Departmental Visiting Committee Meeting, Harvard University
2019, 2020	<i>Judge</i> , “China Thinks Big” Research Competition, Harvard College Association for U.S. - China Relations
2017, 2018	<i>Poster Session Judge</i> , National Collegiate Research Conference(s), Harvard University
2017	<i>Psychology Department PhD Orientation Organizer</i> , Harvard University
2013 – 2014	<i>Secretary</i> , Vassar College Psi Chi Chapter
2012 – 2014	<i>Faculty-Student Liaison (2012–2013)</i> , <i>Chair (2013–2014)</i> , Vassar College Psychology Majors’ Committee

Professional Memberships

2019 – Present	<i>Member</i> , International Society for the Study of Self-Injury
2018 – Present	<i>Associate Member</i> , Society for Research in Psychopathology
2016 – Present	<i>Member</i> , Association for Behavioral and Cognitive Therapies
2015 – 2019	<i>Member</i> , Association for Psychological Science
2015 – 2017	<i>Member</i> , International Society for Self and Identity
2015 – 2017	<i>Member</i> , Social and Affective Neuroscience Society
2014 – 2017	<i>Member</i> , Society for Personality and Social Psychology
2014 – 2017	<i>Member</i> , Society for Affective Science
2012 – 2013	<i>Student Affiliate</i> , APAGS, American Psychological Association

Selected Skills

Research Methods

- Online: collection and analysis of behavioral studies, self-report surveys, and social media posts
- Behavioral: collection and analysis of E-Prime and JavaScript data

- fMRI: collection, processing, and analysis of functional magnetic resonance imaging data
- EEG: collection of electroencephalogram and event-related potential recordings
- Psychophysiology: collection and analysis of skin conductance and salivary cortisol data

Software

- R
- SAS (working proficiency)
- JavaScript (working proficiency)
- SPSS
- E-Prime
- REDCap
- EPIC Electronic Health Records
- AcqKnowledge
- Amazon's Mechanical Turk
- Prolific
- Qualtrics
- Inquisit
- Microsoft Office (Excel, PowerPoint, Word)