

*CURRICULUM VITAE*

*MEGAN HUGHES, PHD*

**A. GENERAL INFORMATION**

Name:	Megan Hughes, PhD (Professional Name)
Office address:	200 W 57 <sup>th</sup> Street, Suite 507, New York NY 10019
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**B. EDUCATIONAL BACKGROUND**

1. Academic Degree(s):

Degree (abbreviation)	Institution Name and Location	Dates attended	Year Awarded
Ph.D.	Temple University Philadelphia, PA	2006-2009	2009
M.A.	Temple University Philadelphia, PA	2003-2006	2006
B.A.	Princeton University Princeton, NJ	1997-2001	2001

2. Post-doctoral training:

Title	Institution name and location	Dates held
Postdoctoral Fellow	New York Presbyterian Hospital White Plains, NY	08/2009 to 08/2011

**C. LICENSURE**

a. State	Number	Date of issue	Date of last registration
New York	018659	07/01/2010	02/28/2022

**D. PROFESSIONAL POSITIONS AND EMPLOYMENT**1. Academic positions

Title	Institution name and location	Dates held
Clinical Assistant Professor of Psychology in Psychiatry	Weill Cornell Medicine White Plains, NY	6/28/19 to present
Assistant Director of Education for Psychology	Weill Cornell Medicine White Plains, NY	07/2015 to 6/27/19
Assistant Professor of Clinical Psychology	Weill Cornell Medicine White Plains, NY	07/2015 to 6/27/19
Assistant Professor of Psychology	Weill Cornell Medical College White Plains, NY	09/2011 to 06/2015
Visiting Lecturer	Princeton University Princeton, NJ	09/2011 to 01/2012
Adjunct Instructor	Temple University Philadelphia, PA	06/2006 to 05/2007

2. Hospital positions

Title	Institution name and location	Dates held
Assistant Attending Psychologist	New York Presbyterian Hospital White Plains, NY	09/2011 to present
Predoctoral Intern	Long Island Jewish Hospital Department of Psychiatry Glen Oaks, NY	07/2008 to 06/2009

3. Other Employment

Title	Institution name and location	Dates held
Research Coordinator	Depression Clinical and Research Program Harvard Medical School/ Massachusetts General Hospital Boston, MA	06/2001 to 07/2003

**E. RESEARCH SUPPORT**

1. Temple University Dissertation Completion Grant, 2007, \$8,000 Principal Investigator
2. Department of Psychiatry and Clinical Scholar Research Fund, 2013, \$5,000 Principal Investigator

**F. EXTRAMURAL PROFESSIONAL RESPONSIBILITIES**

Activity / Responsibility	Dates
Member of the Program Committee for the Association for Behavioral and Cognitive Therapies	2016 to present
Member of the Program Committee for the Anxiety and Depression Association of America Convention	2016 to present
Member, Data Safety Monitoring Board, Adapting Dialectical Behavior Therapy for children with Disruptive Mood Dysregulation Disorder: Pilot Randomized Clinical Trial, NCT01862549, PI: Francheska Perepletchikova	2013 to 2019
Ad Hoc Journal Reviewer for Cognitive Therapy and Research, Comprehensive Psychiatry, European Psychiatry, International Journal of Cognitive Therapy	2008 to present
<b>Hughes-Feltenberger, M. &amp; Myers, J.</b> (2015, November). <i>Reducing anxiety in youth: Strategies for parents and families</i> . North Salem Central School, North Salem, NY.	11/2015
<b>Hughes-Feltenberger, M.</b> (2014, January). <i>Flexible implementation of evidence-based practice with youth</i> . Invited commentary to Child and Adolescent Psychiatry Grand Rounds. Columbia University, New York, NY.	1/2014
<b>Hughes, M.E.</b> (2013, May) <i>Optimizing outcomes in pediatric anxiety disorders</i> . Invited address to Psychology Grand Rounds. New York Presbyterian Hospital, White Plains, NY.	5/2013
<b>Hughes, M.E.</b> (2013, February) <i>Learned Helplessness</i> . Invited address to Psychosocial Rehabilitation Department. New York Presbyterian Hospital, White Plains, NY.	2/2013
<b>Hughes, M.E.</b> (2012, December). <i>CBT for OCD: An introduction to exposure and response prevention</i> . Invited clinical workshop at CBT/DBT Associates, New York, NY.	12/2012
<b>Hughes, M.E.</b> (2012, April). <i>Evidence-based behavioral-practice for anxiety disorders in children</i> . Invited commentary to Psychiatry Grand Rounds. New York Presbyterian Hospital, White Plains, NY.	4/2012
<b>Hughes, M.E.</b> (2010, June). <i>Responses to positive affect: An examination of positive rumination and dampening</i> . Invited address to Psychiatry Grand Rounds. New York Presbyterian Hospital, White Plains, NY.	6/2010
<b>Hughes, M.E.</b> (2010, March). <i>Cognitive behavioral therapy with Latino patients</i> . Invited seminar at New York Presbyterian Hospital, White Plains, NY.	3/2010
Postgraduate Clinician in Latino Mental Health Ecuadorian Professional Preparation Program Quito, Ecuador	6/2009 to 7/2009
Graduate Student Society Advisory Board Member Temple University School of Liberal Arts	2005 to 2006
Graduate Student Representative Temple University Department of Psychology	2003 to 2004

**G. PROFESSIONAL MEMBERSHIPS**

Member/Officer/Fellow/Role	Organization	Dates
Founding Member	Clinical Child and Paediatric Psychology Training Council	1/2018 to 5/2019
Chair	Obsessive Compulsive Disorder Special Interest Group at the Anxiety and Depression Association of America	4/2017 to 4/2018
Vice-Chair	Obsessive Compulsive Disorder Special Interest Group at the Anxiety and Depression Association of America	4/2016 to 4/2017
Member	Anxiety and Depression Association of America	2012 to present
Member	NYC-CBT	2010 to present
Member	Association for Contextual and Behavioral Science	2008 to present
Member	Association for Behavioral and Cognitive Therapies	2003 to present
Member	American Psychological Association	2004 to 2011

**H. HONORS AND AWARDS**

Name of award	Date awarded
Psychology Alumni Award Weill Cornell Medicine Department of Psychology	July 2019
Teacher of the Year New York Presbyterian Hospital—Westchester Division Clinical Psychology Postdoctoral Fellowship	July 2019
Teacher of the Year New York Presbyterian Hospital—Westchester Division Clinical Psychology Postdoctoral Fellowship	July 2018
Outstanding Service Award New York Presbyterian Hospital—Westchester Division Ambulatory Services	November 2017
Teacher of the Year New York Presbyterian Hospital—Westchester Division Clinical Psychology Postdoctoral Fellowship	June 2016
Teacher of the Year New York Presbyterian Hospital—Westchester Division Clinical Psychology Postdoctoral Fellowship	June 2015
Teacher of the Year New York Presbyterian Hospital—Westchester Division Clinical Psychology Postdoctoral Fellowship	June 2014
Teacher of the Year New York Presbyterian Hospital—Westchester Division Clinical Psychology Postdoctoral Fellowship	June 2013

Clinical Scholar Weill Cornell Medical College	2013
Department of Psychology Bolton Award Temple University	2007
College of Liberal Arts Graduate Fund for Excellence Temple University	2007
Faculty Commendation for Excellence Temple University	2007
Certificate of Merit in Teaching Temple University	2007
Faculty Commendation for Excellence Temple University	2005
Faculty Commendation for Excellence Temple University	2004
Presidential Fellowship Temple University	2003 to 2007
High Honors in Psychology Princeton University	2001
Sigma Xi Book Award for Senior Thesis Research Princeton University	2001
Phi Beta Kappa Princeton University	2001
Horton Elmer Fund Award Princeton University	2000
Round Table Fund Award Princeton University	2000

## I. BIBLIOGRAPHY

### 1. Articles in professional peer-reviewed journals

1. Alloy, L. B., Abramson, L. Y., Walshaw, P. D., Cogswell, A., Grandin, L. D., **Hughes, M. E.**, et al. (2008). Behavioral approach system (BAS) and behavioral inhibition system (BIS) and bipolar spectrum disorders: Prospective prediction of bipolar mood episodes. *Bipolar Disorders*, *10*, 310-322.
2. **Hughes, M. E.**, Alloy, L. B., & Cogswell, A. (2008). Repetitive thought in psychopathology: The relation of rumination and worry to mood and anxiety symptoms. *Journal of Cognitive Psychotherapy: An International Quarterly*, *22*, 271-288.
3. Alloy, L. B., Abramson, L. Y., Walshaw, P. D., Cogswell, A., Smith, J. M., Neeren, A. M., **Hughes, M. E.**, et al. (2006). Behavioral approach system (BAS) sensitivity and bipolar spectrum disorders: A retrospective and concurrent behavioral high-risk design. *Motivation and Emotion*, *30*, 143-155.

4. Papakostas, G., Petersen, T., **Hughes, M. E.**, Nierenberg, A. A., Alpert, J. E., & Fava, M. (2004). Anxiety and somatic symptoms as predictors of treatment-related adverse events in major depressive disorder. *Psychiatry Research*, *126*, 287-290.
5. Papakostas, G., Petersen, T. J., Mischoulon, D., **Hughes, M. E.**, Alpert, J. E., Fava, M., et al. (2003). Functioning and interpersonal relationships as predictors of response in treatment-resistant depression. *Comprehensive Psychiatry*, *44*, 44-50.
6. Papakostas, G. I., Petersen, T., Mischoulon, D., **Hughes, M. E.**, Alpert, J. E., Nierenberg, A. A., et al. (2003). Serum cholesterol and serotonergic function in major depressive disorder. *Psychiatry Research*, *118*, 137-145.
7. Petersen, T., Papakostas, G. I., **Hughes, M.**, Kant, A., Fava, M., Rosenbaum, J. F., et al. (2002). Treatment resistant depression and Axis II comorbidity. *Psychotherapy and Psychosomatics*, *71*, 269-274.

## 2. Reviews

1. Seibell, P. J., Pallanti, S., Bernardi, S., **Hughes, M.E.**, & Hollander, E. (2019, 2018, 2017, 2016, 2015, 2014, 2013, 2012, 2011, 2010). Obsessive-compulsive disorder. *BMJ Point of Care*. <https://online.epocrates.com/u/2911362/Obsessive-Compulsive+disorder>.

## 3. Chapters

1. **Hughes, M.E.**, Mohatt, J., Bennett, S.M., & Walkup, J.T. (in press). Anxiety disorders in youth: Separation anxiety, social anxiety, and generalized anxiety disorder. In Tasman, A. (Ed.), *Psychiatry, 4<sup>th</sup> Edition*. Hoboken, NJ: Wiley.
2. Alloy, L. B., Abramson, L. Y., Cogswell, A., **Hughes, M. E.**, & Iacoviello, B. (2007). Cognitive vulnerability to depression: Implications for prevention. In M. T. Tsuang, W. S. Stone, & M. J. Lyons (Eds.), *Recognition and prevention of major mental and substance use disorders* (pp. 97-113). New York: American Psychiatric Publishing, Inc.
3. **Hughes, M. E.**, Panzarella, C., Alloy, L. B., & Abramson, L. Y. (2007). Mental illness and mental health. In F.T. Durso (Ed.), *Handbook of applied cognition, 2<sup>nd</sup> Edition* (pp. 629-658). New York, NY: Wiley.

## 4. Presentations:

1. **Hughes-Feltenberger, M.**, (Co-Chair), Marks, M. R., Feltenberger, D. H., Lerner, M., Yusuf, M., Wang, S. B., Cohen, Z. D., & Juarascio, A. S. (2018, April). *Hello world:*

*Applying machine learning data analytic approaches to clinical psychology research.* Symposia conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.

2. Pelcovitz, M., Chiu, A., **Hughes-Feltenberger, M.**, Erban, R., Filton, B., & Tyson, C. (2018, April). *Cross-disciplinary training in CBT: Using behavioral strategies and technology to enhance psychotherapy training in academic medical centers.* Panel discussion conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.
3. **Hughes-Feltenberger, M.**, (Chair), Chiu, A., Erban, R., Filton, B., & Pelcovitz, M. (2017, April). *Cross-disciplinary training in CBT for anxiety and related disorders: Using behavioral strategies to improve psychotherapy training in academic medical centers.* Round table conducted at the annual meeting of the Anxiety and Depression Association of America, San Francisco, CA.
4. Seibell, P. & **Hughes-Feltenberger, M.** (2016, May). *Effective management of reassurance seeking behavior in OCD. Strategies for clinicians and family members.* Workshop conducted at the annual meeting of the American Psychiatric Association, Atlanta GA.
5. Seibell, P., Bennett, S., & **Hughes-Feltenberger, M.** (2014, July). *Are you sure everything's going to be OK? Managing reassurance-seeking in the family environment.* Workshop conducted at the annual meeting of the International OCD Foundation, Los Angeles, CA.
6. Seibell, P., & **Hughes-Feltenberger, M.** (2014, May). *Effective management of reassurance-seeking behavior in OCD: Strategies for clinicians and family members.* Workshop conducted at the annual meeting of the American Psychiatric Association, New York, New York.
7. **Hughes-Feltenberger, M.** (2014, April, **Chair**). *Enhancing interventions for anxious youth: Parenting behaviors as mediators of treatment response.* Symposium conducted at the annual meeting of the Anxiety and Depression Association of America, Chicago, IL.
8. Seibell, P., & **Hughes-Feltenberger, M.** (2014, April). *Integrating exposure and response prevention and medication management: Strategies for the prescribing clinician.* Workshop conducted at the annual meeting of the Anxiety and Depression Association of America, Chicago, IL.
9. **Hughes, M.E.** (2013, April). *OCD and sexual functioning: assessment, treatment, and challenges.* Paper presented at the annual meeting of the Anxiety and Depression Association of America, La Jolla, California.
10. **Hughes, M.E.**, Lynch, K., Gosh, S., & Berry, C. (2011, November). *Optimizing treatment outcomes: CBT on a women's inpatient unit.* In **M.E. Hughes (Chair)**, *Is CBT*

really just for outpatients? Examining treatment outcomes in acute psychiatric settings. Symposium conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.

11. Lynch, K., Berry, C., **Hughes, M.**, Ghosh, S. (2011, May). *CBT for depressed inpatients: The relationship between treatment alliance and group participation*. Paper presented at the annual meeting of the American Psychiatric Association, Honolulu, HI.
12. Seibell, P. S., **Hughes, M.E.**, & Doronn, S. (2010, July). *Relationships, intimacy, and OCD*. Paper presented at the annual meeting of the International OCD Foundation, Arlington, VA.
13. **Hughes, M.E.** & Alloy, L. B. (2009, November). *Responses to positive affect: An examination of positive rumination and dampening*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
14. Alloy, L. B., Abramson, L. Y., Walshaw, P. D., Cogswell, A., Sylvia, L. G., **Hughes, M. E.**, & Iacoviello, B. M. *Prospective prediction of bipolar mood episodes by behavioral approach system (BAS) and behavioral inhibition systems (BIS) sensitivities*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, November, 2008, Orlando, FL.
15. Alloy, L. B., Abramson, L. Y., Walshaw, P. D., Cogswell, A., Grandin, L. D., **Hughes, M. E.**, Iacoviello, B. M., Whitehouse, W. G., Keyser, J. D., Urosevic, S., Nusslock, R., & Hogan, M. E. (2007, March). *Behavioral approach system (BAS) and behavioral inhibition system (BIS) sensitivities predict onset of bipolar mood disorders*. Poster presented at the annual meeting of the American Psychopathological Association, New York, NY.
16. Alloy, L. B., Abramson, L. Y., Walshaw, P. D., Cogswell, A., Grandin, L. D., **Hughes, M. E.**, Iacoviello, B. M., Whitehouse, W. G., Keyser, J. D., Urosevic, S., Nusslock, R., & Hogan, M. E. *Behavioral approach system (BAS) and behavioral inhibition system (BIS) sensitivities and bipolar spectrum disorders: Prospective prediction of bipolar mood episodes*. Paper presented at the International Conference on Bipolar Disorder, June, 2007, Pittsburgh, PA.
17. **Hughes, M. E.**, & Alloy, L. B. (2007, November). *The Euphoric Rumination Questionnaire in a bipolar spectrum sample*. Poster presented at the annual at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
18. Wagner, C. A., Bender, R. E., Smith, J., **Hughes, M.**, Sanfilippo, J., Liu, R., et al. (2007, November). *Emotional expressiveness as a predictor of affective response to a negative and positive mood induction*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

19. **Hughes, M. E.**, Smith, J. S., & Alloy, L. B. (2006, November). *The Euphoric Rumination Questionnaire: A measure of repetitive thinking in positive mood*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
20. Cogswell, A., **Hughes, M. E.**, & Alloy, L. B. (2005, November). *The Approach-Withdrawal Expectancy Scale: A cognitive assessment of behavioral inhibition and approach*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.
21. **Hughes, M. E.**, Alloy, L. B., Cogswell, A., & Smith, J. (2005, March). *Repetitive thought in psychopathology: How rumination and worry relate to mood and anxiety symptoms*. Poster presented at the annual meeting of the American Psychopathological Association, New York, NY.
22. **Hughes, M. E.**, Alloy, L. B., Cogswell, A., & Smith, J. (2005, May). *Repetitive thought in psychopathology: Overlap between rumination and worry*. Poster presented at the annual meeting of the American Psychological Society, Los Angeles, CA.
23. **Hughes, M. E.**, Alloy, L. B., Cogswell, A., & Smith, J. (2005, November). *Repetitive thought in psychopathology: The relationship between rumination and worry*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.
24. King, R. S., **Hughes, M. E.**, Iacoviello, B., Keyser, J., & Alloy, L. B. (2005, November). *Behavioral Activation System (BAS) sensitivity and past history of bipolar spectrum disorders: A Behavioral high-risk design*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.
25. Smith, J. M., **Hughes, M.**, & Alloy, L. B. (2005, May). *Rumination increases risk of depression through experiential avoidance*. Poster presented at the annual meeting of the American Psychological Society, Los Angeles, CA.
26. Smith, J. M., **Hughes, M. E.**, & Alloy, L. B. (2005, November). *Rumination as experiential avoidance?* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.
27. Smith, J. M., Keyser, J., Floyd, T., **Hughes, M. E.**, Neeren, A., & Alloy, L. B. (2005, November). *Psychometric reliability and validity of the body dissatisfaction scale in African American girls*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.
28. Smith, J., Floyd, T., Neeren, A., **Hughes, M.**, & Alloy, L. (2004, May). *Response style is pruned with age*. Poster presented at the annual meeting of the American Psychological Society, Chicago, IL.

29. Smith, J., Floyd, T., Neeren, A., **Hughes, M.**, & Alloy, L. (2004, November). *Rumination and body dissatisfaction in postpubertal girls: A double whammy*. Poster presented at the annual meeting of the Association for Advancement of Behavior Therapy, New Orleans, LA.
30. Floyd, T., Smith, J., Neeren, A., **Hughes, M.**, & Alloy, L. (2003, November). *Puberty, depression, and the thin female ideal*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Boston, MA.
31. Smith, J., Floyd, T., Neeren, A., **Hughes, M.**, & Alloy, L. (2003, November). *Relationship between rumination in response to pubertal changes and depressive symptoms in children and adolescents*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Boston, MA.
32. Smith, J., Floyd, T., Neeren, A., **Hughes, M.**, & Alloy, L. (2003, November). *Rumination as a mediator of body dissatisfaction and depressive symptoms in female children and adolescents*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Boston, MA.
33. Alpert, J. E., **Hughes, M. E.**, Pava, J. A., Neault, N. B., Petersen, T. J., Nierenberg, A. A., et al. (2002, May). *Implications of comorbid social phobia for major depressive subtypes and course*. Poster presented at the annual meeting of the American Psychiatric Association, Philadelphia, PA.
34. Papakostas, G. I., Petersen, T., **Hughes, M.**, & Fava, M. (2002, December). *Serum cholesterol and serotonergic-receptor sensitivity in major depressive disorder*. Poster presented at the annual meeting of the American College of Neuropsychopharmacology, San Juan, PR.
35. Sonawalla, S. B., Neault, N. B., Dording, C. M., **Hughes, M. E.**, Yeung, A., Petersen, T. J., et al. (2002, May). *Prevalence and symptom patterns of depression among college students*. Poster presented at the annual meeting of the American Psychiatric Association, Philadelphia, PA.