

# Ashley R. Karlovich

## *Curriculum Vitae*

### PERSONAL INFORMATION

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**Office Address**                      **University of Miami**  
Department of Psychology  
5665 Ponce De Leon Boulevard  
Coral Gables, FL 33145  
akarlovich@miami.edu  
(305) 284-1742

### HIGHER EDUCATION

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**Master of Science**                      **University of Miami**, Coral Gables, FL  
Expected Spring 2023                      APA-Accredited Ph.D. Program: Clinical Psychology  
Specialization in Children and Families  
Primary Research Mentor: Spencer C. Evans, Ph.D.

**Bachelor of Arts**                      **University of Arkansas**, Fayetteville, AR  
May 2019                                      College of Arts and Sciences  
Majors: Psychology, Spanish  
GPA: 3.73

January 2018 to May 2018                      **Universidad de Alicante**, Alicante, Spain  
Study abroad experience  
Area of Study: Spanish language, culture, history

### ACADEMIC AWARDS AND ACTIVITIES

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2022-2023                      **Psychology Graduate Student Organization Board**, *Child Track Representative, Department of Psychology, University of Miami*

2021-2022                      **Commendation for Excellence in Academic and Research Activities**, *Department of Psychology, University of Miami*

2019                                      **E.D. and Peggy Yancey Scholarship**, given to outstanding psychology graduate and undergraduate students, *Department of Psychology, University of Arkansas*

2015-2019                      **Arkansas Alumni Board of Directors Scholar**, *University of Arkansas*

### PUBLICATIONS (n=12)

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Evans, S.C., **Karlovich, A.R.**, Khurana, S., Edelman, A., Buza, B., Riddle, W., & Lopez-Sosa, D. (in preparation). *Evidence base update on the assessment of irritability, anger, and aggression in youth*. Invited systematic review manuscript in preparation for the Journal of Clinical Child and Adolescent Psychology. [PROSPERO ID: CRD42021283556]

Evans<sup>^</sup>, S.C., Hamilton<sup>^</sup>, J.L., Boyd, S., **Karlovich, A.R.**, Ladouceur, C.D., Silk, J.S., & Blysmá, L.M. (under review). Daily associations between sleep and affect in youth at risk for psychopathology: The moderating role of externalizing symptoms. Manuscript invited for submission to *Research on Child and Adolescent Psychopathology* in consideration for forthcoming special issue.  
<sup>^</sup>Equal contributions.

**Karlovich, A.R.**, Fite, P.J., & Evans, S.C. (under review). Longitudinal associations between peer victimization and emotional symptoms in schoolchildren: The role of sleep quality.

- Khurana, S., Wei, M., **Karlovich, A.R.**, & Evans, S.C. (under review). Irritability and suicidality in clinically referred youth: Clarifying the link and examining the roles of age and hope.
- Grassie, H.L., Comer, J.S., Evans, A., Peris, T., Pincus, D., Malloy, L., **Karlovich, A.R.**, Salem, H., & Ehrenreich-May, J. (under review). Hybrid education associated with worse psychological outcomes during the COVID-19 pandemic.
- Saez-Clarke, E., Comer, J.S., Evans, A., **Karlovich, A.R.**, Malloy, L., Peris, T., Pincus, D., Salem, H., & Ehrenreich-May, J. (in press). Development and validation of the Fear of Illness and Virus Evaluation (FIVE) COVID-19 scales for children – Caregiver-report. *Journal of Anxiety Disorders*.
- Karlovich, A.R.**, Halliday, E.R., & Ehrenreich-May, J. (in press). Transdiagnostic models of child and adolescent anxiety disorders. In D. McKay & E. Storch (Eds.), *Handbook of Child & Adolescent Anxiety Disorders. section I (foundations of child & adolescent anxiety disorders)*. Springer.
- Tonarely, N.A., Phillips, D., Sáez-Clarke, E., **Karlovich, A.R.**, Kudryk, K., Lewin, A., & Ehrenreich-May, J. (2022). Applying the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders in Children and Adolescents to Misophonia: A case example. *Evidence-Based Practice in Child & Adolescent Mental Health*. <https://doi.org/10.1080/23794925.2022.2025631>
- Ehrenreich-May, J., Halliday, E.R., **Karlovich, A.R.**, Gruen, R.L., Pino, A.C., & Tonarely, N.A. (2021). Brief transdiagnostic intervention for parents with emotional disorder symptoms during the COVID-19 pandemic: A case example. *Cognitive and Behavioral Practice, 28*(4), 690-700. <https://doi.org/10.1016/j.cbpra.2021.01.002>
- Lewin, A.B., Dickinson, S., Kudryk, K., **Karlovich, A.R.**, Harmon, S.L., Phillips, D.A., Tonarely, N.A., Gruen, R.L., Ehrenreich-May, J., & Small, B. (2021). Pilot trial of transdiagnostic cognitive behavioral therapy for misophonia in youth: Methods and preliminary cases. *Journal of Affective Disorders 291*, 400-408. <https://doi.org/10.1016/j.jad.2021.04.027>
- Bilsky, S.A., Friedman, H.P., **Karlovich, A. R.**, Smith, M., Leen-Feldner, E.W. (2020). The interaction between sleep disturbances and anxiety sensitivity in relation to adolescent anger responses to parent adolescent conflict. *Journal of Adolescence 84*, 69-77. <https://doi.org/10.1016/j.adolescence.2020.08.005>
- Ehrenreich-May, J., Gruen R. L., Sáez-Clarke, E., & **Karlovich, A. R** (2020, July). Tracking and Treating Youth and Caregiver Mental Health Difficulties in the Age of COVID-19. *InBalance, 36*(2), 4-5. <https://sccap53.org/publications/inbalance-newsletter/>

## PRESENTATIONS (n=12)

- Karlovich, A.R.**, Grassie, H., Comer, J., Ehrenreich-May, J., Evans, A., Malloy, L., Peris, T., Pincus, D., & Evans, S.C. (2022, November 17-20). Examining caregiver and child intolerance of uncertainty as predictors of child mental health trajectories during the COVID-19 pandemic. In O. Derella (Chair), *Pouring from an empty cup: Cognitive-emotional processes impacting caregiver and child adjustment during the COVID-19 pandemic*. [Symposium]. Accepted for presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), New York, NY.
- Karlovich, A.R.**, Fite, P.J., & Evans, S.C. (2022). *Bidirectional pathways between peer victimization and emotional symptoms in youth: The moderating role of sleep quality*. Poster accepted for presentation at the 2022 American Psychological Association Convention, Minneapolis, MN.

- DeFalco, A., **Karlovich, A.R.**, Pino, A., & Ehrenreich-May, J. (2021). *The Impact of Parental Beliefs about Anxiety on Youth Avoidance*. Poster presented at the Undergraduate Research, Creativity, and Innovation Forum (RCIF), University of Miami, Coral Gables, FL.
- Karlovich, A.R.**, Halliday, E.R., Grassie, H., & Ehrenreich-May, J. (2021). *Preliminary findings for the feasibility of the telehealth delivery of the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders in Children and Adolescents* [Virtual]. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT).
- Grassie, H., Comer, J., Evans, A., Peris, T., Pincus, D., **Karlovich, A.R.**, Salem, H., Saez-Clarke, E., & Ehrenreich-May, J. (2021). *Using network analysis to examine the interrelation of COVID-19 concerns and mental health symptoms in parents and children*. Poster accepted for presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT).
- DeFalco, A., **Karlovich, A.R.**, Ehrenreich-May, J., & Tonarely, N.A. (2020). *Assessing the role of mindfulness in protecting against maladaptive COVID-19 fears and behaviors*. Poster presented at the meeting of the Anxiety and Depression Association of America (ADAA), virtual.
- Karlovich, A. R.**, Halliday, E.R., Tonarely, N.A., & Ehrenreich-May, J. (2020). *Exploring the feasibility of the unified protocol for transdiagnostic treatment of emotional disorders in children and adolescents with autism spectrum disorder symptoms*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), virtual.
- Karlovich, A. R.**, Bilsky, S., Nguyen, A., Dickerson, L., Smith, M. S., & Leen-Feldner, E. W. (2019). *Maternal posttraumatic stress symptoms and adolescent offspring anxiety: A laboratory-based evaluation*. Poster presented at the Association for Behavioral and Cognitive Therapies Convention, Child and Adolescent Anxiety Special Interest Group, Atlanta, GA.
- Gournay, R., Bynion, T., Smith, M. S., **Karlovich, A. R.**, Feldner, M. T., Leen-Feldner, E. W. (2019). *"I hate myself:" Self-disgust is associated with self-reported symptoms of posttraumatic stress among trauma-exposed women as well as anxious arousal following standardized trauma cue presentation*. Poster presented at the Association for Behavioral and Cognitive Therapies Convention, Atlanta, GA.
- Smith, M. S., Bilsky, S., **Karlovich, A. R.**, Gournay, R., Feldner, M. T., Leen-Feldner, E. W. (2019). *Emotion regulation of children with mothers of anxiety or traumatic disorders vs. children with mothers without anxiety or traumatic disorders*. Poster presented at the Association for Behavioral and Cognitive Therapies Convention, Atlanta, GA.
- Karlovich, A. R.**, Smith, M. S., Bilsky, S., Feldner, M. T., & Leen-Feldner, E. W. (2018). *The interaction between emotion regulation and life stressors in relation to generalized anxiety disorder in adolescence*. Poster presented at the Biennial Meeting of the Society for Research in Child Development, Baltimore, MD.
- Smith, M. S., **Karlovich, A. R.**, Bilsky, S., Feldner, M. T., & Leen-Feldner, E. W. (2018). *Relations among parental distress intolerance, adolescent motives for cigarette use, and adolescent cigarette smoking levels*. Poster presented at the Arkansas Psychological Association Annual Convention, Little Rock, AR.

## RELEVANT CLINICAL EXPERIENCES

### POST-BACCALAUREATE RESEARCH ASSOCIATE

**Child and Adolescent Mood and Anxiety Treatment Program**  
**Department of Psychology, University of Miami**

Coral Gables, FL

August 2019 to August 2021

Supervisor: Jill Ehrenreich-May, Ph.D.

- Conducted phone screens in English and Spanish and supervised undergraduate phone screeners

- Reliably administered semi-structured clinical intake interviews using the Anxiety Disorders Interview Schedule for the DSM-5, Child and Parent Versions (ADIS-5-C/P)
- Provided diagnostic feedback and treatment recommendations to families
- Actively participated in weekly case conceptualization meetings with all lab members
- Coordinated contact with families, graduate student clinicians, and clinical supervisors
- Managed clinic waitlist and case assignments to new clinicians
- Organized supervision groups and lab meetings
- Developed and maintained procedures for telehealth delivery of assessment and therapy services

## **COUNSELOR IN TRAINING – BACHELOR’S LEVEL**

### **Northwest Arkansas Psychological Group**

*Fayetteville, Arkansas*

*May 2019 to August 2019*

*Supervisors: Richard Back, Ph.D. & Brenda Baker, LCSW, LADAC*

- Hand scored and interpreted neuropsychological testing batteries
- Independently administered the Wechsler Adult Intelligence Scale-IV (WAIS-IV) to adults with Attention-Deficit Hyperactivity Disorder, traumatic brain injuries, stroke, or other neurological difficulties
- Participated in case formulation, treatment planning, and development through open discussion with Dr. Back
- Conducted intake assessments on admissions to the substance use treatment program
- Provided individual counseling to admitted patients to the substance abuse treatment program
- Ensured program compliance with federal and state guidelines governing drug and alcohol treatment programs
- Provided psychoeducation concerning aspects of drug and alcohol abuse to clients
- Participated in weekly supervision and consultation with Dr. Back and Ms. Baker

## **RESEARCH EXPERIENCE: DEPARTMENT OF PSYCHOLOGY**

### **THE CHILD AFFECT AND BEHAVIOR LAB**

August 2021 to Present

Principal Investigator: Spencer C. Evans, Ph.D.

The Child Affect and Behavior Lab is a research program that focuses primarily on irritability and aggressive behavior in children and adolescents, including interests in developmental processes, assessment, and intervention. Responsibilities include:

- Conceptualizing and discussing research questions and ideas
- Executing and implementing research projects targeted for youth and families
- Manuscript and presentation preparation
- Develop and manage questionnaire-based surveys in Qualtrics
- Oversight and task delegation to lab manager and undergraduate research assistants
- Compilation of free, evidence-based resources for families in Miami-Dade County to support healthy child development
- Forwards and back-translation of surveys and participant recruitment materials from English and Spanish
- IRB and regulatory management

### **THE CHILD AND ADOLESCENT MOOD AND ANXIETY TREATMENT PROGRAM**

August 2019 to August 2021

Principal Investigator: Jill Ehrenreich-May, Ph.D.

The Child and Adolescent Mood and Anxiety Treatment (CAMAT) program is a clinical research program dedicated to developing and testing state-of-the-art psychotherapy approaches for anxiety and depression in children and adolescents. Responsibilities included:

- Track participants at all stages through the research program
- Audit participant charts to ensure proper recordkeeping and maintain regulatory standards

- Facilitate data collection by contacting families, directing undergraduates, and collaborating with clinicians
- Develop and manage surveys in Qualtrics and REDCap
- Conduct analyses for department and university presentations, conferences, and to inform research progress
- Manage database development and data entry
- Prepare and maintain IRB documents
- Assist in manuscript and presentation preparation
- Manage participant payments and petty cash reimbursements
- Directly supervise and mentor undergraduate research assistants
- Conduct trainings on regulatory procedures with all new staff

### **CO-PARENT: COVID-19 – PARENT ACTION IN RESPONSE TO EMOTIONS AND NEEDS FOR TREATMENT**

April 2020 to December 2020

Principal Investigators: Jill Ehrenreich-May, Ph.D. & Amanda Jensen-Doss, Ph.D.

Co-PARENT is a randomized-controlled trial designed to examine the efficacy of brief, parent-directed CBT to mitigate risk for parents exhibiting mental health concerns during the COVID-19 pandemic. Responsibilities include:

- REDCap survey development
- Telephone screen in English in Spanish to assess participant eligibility
- Facilitate scheduling and other logistical aspects of the intervention
- Assist with data entry and management
- Manage petty cash and participant compensations

### **U-HEAR: UNIFIED PROTOCOL TO HELP EMOTIONS AND PROMOTE AUDITORY RELIEF**

October 2019 to August 2021

Principal Investigators: Jill Ehrenreich-May, Ph.D. & Adam Lewin, Ph.D.

In collaboration with the University of South Florida (USF), U-HEAR is a randomized controlled trial designed to examine the effectiveness of two different types of psychotherapy for youth with misophonia. Responsibilities included:

- Preparation and maintenance of IRB documents
- Coordination of and participation in cross-site meetings with personnel at UM and USF
- Qualtrics survey development
- Construction of a shared database
- Telephone screening participants to assess potential eligibility
- Collaborate with local audiologists and other providers across the state of Florida for subject recruitment
- Manage undergraduate research assistants
- Track participants at all stages through the project
- Facilitate data collection
- Administrative tasks such as clinical chart management and assessment scheduling

### **EMOTIONS STUDY: A COMPARISON OF ONE SESSION OF AWARENESS TO ONE SESSION OF PSYCHOEDUCATION IN TARGETING DISTRESS TOLERANCE: A RANDOMIZED-CONTROLLED TRIAL**

August 2019 to May 2021

Principal Investigator: Niza A. Tonarely-Busto, Ph.D.

Assisted in coordinating a dissertation investigating the efficacy of two core modules of the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders in targeting distress tolerance in a sample of approximately 180 young adults, ages 18-21 years. Responsibilities included:

- Participant recruitment
- Data and survey management
- Manage and train undergraduate research assistants

- Ecological momentary assessment set-up using FileMaker Pro
- Administrative recordkeeping, scheduling, and participant tracking

## **ARKANSAS INTERDISCIPLINARY SCIENCES LABORATORY**

Department of Psychology, University of Arkansas

June 2017 to May 2019

Principal Investigators: Matthew Feldner, Ph.D. & Ellen Leen-Feldner, Ph.D.

Assisted in studies examining conflict resolution strategies between mothers and their adolescent children, and another examining the role of sleep deprivation on approach/avoidance behaviors among a sample of undergraduate students.

Responsibilities included:

- Physiological and EEG data acquisition and analysis
- Independently administered structured clinical interviews (e.g., MINI and MINI-Kid) to adults and children
- Recruited samples of mother-adolescent dyads
- Phone screened for participant recruitment to determine eligibility
- Coded behavioral data during mother and adolescent conflict task
- Administered a Behavioral Approach/Avoidance Task to undergraduate study participants

## **PROFESSIONAL AFFILIATIONS**

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2022-Present	American Psychological Association, Student Member
2021-Present	Association for Behavioral and Cognitive Therapies, Student Member
2021-Present	American Psychological Association, Division 53 (Society of Child Clinical and Adolescent Psychology)
2019-2021	Association for Behavioral and Cognitive Therapies, Post-baccalaureate Member
2017-2019	Society for Research in Child Development, Student Affiliate

## **REFERENCES**

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Spencer Evans, Ph.D. Assistant Professor Department of Psychology University of Miami sevans@miami.edu	Jill Ehrenreich-May, Ph.D. Professor and Associate Chair for Graduate Studies Department of Psychology University of Miami j.ehrenreich@miami.edu
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