**Benjamin J. Mitchell**

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**EDUCATION:**

***Graduate***

Kent State University, Kent, OH August 2020 – present

Clinical Psychology Doctoral Program (APA Accredited)

Doctoral Candidate

Advisor: Karin G. Coifman, Ph.D

*Candidacy Paper*: Overcoming aversion: a meta-analysis comparing the extinction of classically conditioned disgust and fear (Passed, August 2023)

Kent State University Kent, OH August 2022

Master of Arts in Psychology

Advisor: Karin G. Coifman, Ph.D

*Thesis:* Disgusted, but amused: Positive mood induction attenuates self-reported disgust in response to disgusting film clips (Defended, May 2022)

***Undergraduate***

Kent State University, Kent, OH

Bachelor of Arts in Psychology May 2018

Cumulative GPA: 3.70

 Psychology GPA: 4.00

**PUBLICATIONS:**

**Mitchell, B. J.**, Baugher, B., Gawlik, E., Richmond, J., Sidney, P. G., Taber, J. M., Thompson, C. A., & Coifman, K. G. (In press) How are you feeling today? Dynamic and static indices of daily affect predict psychological health one year later in a multi-cohort, longitudinal investigation. *Cognitive Therapy and Research.*

**Mitchell, B. J.,** Al-Shawaf, L., & Coifman, K. G. (In press) In obsessive compulsive disorder, autogenous and reactive obsessions are differentiated by disgust and mating strategies. *Personality and Individual Differences*.

**Mitchell, B. J.,** & Olatunji., B. O. (In press) State of the Science: Disgust and the anxiety disorders. *Behavior Therapy*.

**Mitchell, B. J.,** Coifman, K. G., & Olatunji, B. O. (2024). Is disgust more resistant to extinction than fear? A meta-analytic review of laboratory paradigms. *Behaviour Research and Therapy*, *174*, 104479. Advance online publication. <https://doi.org/10.1016/j.brat.2024.104479>

**Mitchell, B. J.,** Taber, J. M., Thompson, C. A., Sidney, P. G., Consedine, N. S., & Coifman, K. G. (2023). What activates the behavioral immune system during a global pandemic? Testing the disgust calibration hypothesis. *Evolutionary Psychological Science, 9*(3), 356–371. [https://doi.org/10.1007/s40806-023-00368-x](https://psycnet.apa.org/doi/10.1007/s40806-023-00368-x)

**Mitchell, B. J.,** Gawlik, E. A., Baugher, B. J., George, R. L., Muakkassa, F. F., Mallat, A. F., Gunstad, J., Delahanty, D. L., & Coifman, K. G. (2022). Were there losses in social support during the pandemic? Testing the impact of COVID-19 on psychological adjustment to trauma in United States adults. *Frontiers in Psychology*, *13*, 1061621. <https://doi.org/10.3389/fpsyg.2022.1061621>

**Mitchell, B. J.,** Balikos, Y., Seah, T. H. S., Delahanty, D. L., & Coifman, K. G. (2022). Does past military experience impact fear reactivity in active-duty firefighters? Well, it is complicated. *Psychological trauma : theory, research, practice and policy*, 10.1037/tra0001242. Advance online publication. <https://doi.org/10.1037/tra0001242>

**Mitchell, B. J.,** Aurora, P., & Coifman, K. G. (2021). Personality or pathology? Predictors of early substance use in first-year college students. *Journal of American College Health: J of ACH, 71*(5), 1630—1637*.* <https://doi.org/10.1080/07448481.2021.1947297>

Coifman, K. G., Disabato, D. J., Aurora, P., Seah, T., **Mitchell, B**., Simonovic, N., Foust, J. L., Sidney, P. G., Thompson, C. A., & Taber, J. M. (2021). What Drives Preventive Health Behavior During a Global Pandemic? Emotion and Worry. *Annals of Behavioral Medicine : A Publication of the Society of Behavioral Medicine*, *55*(8), 791–804. <https://doi.org/10.1093/abm/kaab048>

**MANUSCRIPTS UNDER REVIEW:**

Baugher, B., **Mitchell, B. J.,** & Coifman, K. G. (Under review) Negative emotions, working memory, and maladaptive behaviors in active-duty firefighters and first-year college students: Testing a two-dimensional model of risk.Under review at *Clinical Psychological Science.*

**Mitchell, B. J.** & Coifman, K. G. (Under review) Disgusted but amused: Positive emotion attenuates self-reported disgust in response to disgusting film clips. Under review at *Behaviour Research and Therapy.*

**MANUSCRIPTS IN PREPARATION:**

**Mitchell, B. J.** & Coifman, K. G. (In prep) *Micro Versus Macro Processes Revisited: Investigating the impact of stress exposure on sleep, affect, maladaptive behaviors, and adjustment during the transition to college.*

**Mitchell, B. J.** & Coifman, K. G. (In prep) *Disgusted, afraid, or sad: Applying a context-sensitivity framework to discrete emotional responses in individuals adjusting to PTSD-qualifying events.*

**Mitchell, B. J.** & Coifman, K. G. (In prep) *PTSD history as a predictor of somatic symptoms in active-duty firefighters: Testing the moderating role of disgust.*

**Mitchell, B. J.** & Coifman, K. G. (In prep) *Does the within-person association of perceived stress and somatic complaints depend on PTSD history and trauma exposure? Testing a developmental framework.*

**Mitchell, B. J.** & Coifman, K. G. (In prep) *Do daily fluctuations in cognitive control interact with momentary negative affect to predict maladaptive behaviors.*

Gawlik, E. A., Baugher, B. J., **Mitchell, B. J.,** Disabato, D. J., Richmond, J., & Coifman, K. G. (In prep) *How big is your smile? Signaling psychological health during adversity.*

**INVITED BOOK CHAPTERS:**

**Mitchell, B. J.** & Coifman, K. G. (Forthcoming, 2024) Acquisition and Maintenance of Disgust. *The Cambridge Handbook of Disgust: Assessment, Clinical Manifestations, and Treatment*.

**ORAL PRESENTATIONS:**

**Mitchell., B. J.,** Coifman, K. G., & Olatunji, B. O. (2024, May) *Is disgust more resistant to extinction than fear? A meta-analytic review or laboratory paradigms.* Flash talk accepted to be presented at the annual meeting of the Association for Psychological Science, San Francisco, CA.

**Mitchell, B. J.** & Coifman, K. G. (2023, April) *Disgusted, afraid, or sad: Do context-sensitive discrete emotional responses following a traumatic injury protect against specific symptom dimensions?* Symposium presented at the 2023 Anxiety and Depression Association of America Annual Conference in Washington, DC.

**Mitchell, B. J.,** Taber, J. M., Thompson, C. A., Sidney, P. G., & Coifman, K. G. (2022, June) *What activates the behavioral immune system during a global pandemic? Perceived, but not objective, risk.* Symposium presented at the 33rd Human Behavior and Evolution Society (Still) Virtually Everywhere 2022 Conference.

**POSTER PRESENTATIONS:**

**Mitchell., B.J.,** Coifman, K.G., & Olatunji, B.O. (2024, May) *Disgust is more resistant to extinction than fear: A meta-analytic review or laboratory paradigms.* Poster accepted to be presented at the annual meeting of the Association for Psychological Science, San Francisco, CA.

Dhaher, S., **Mitchell, B.J.,** & Coifman, K.G. (2024, April) *What predicts loneliness in first-year college students? Investigating personality and social factors.* Poster to be presented at the Midwest Psychological Association, Chicago, IL.

Baugher, B. J.,**Mitchell, B. J.,**& Coifman, K.G. (2023) *Working memory capacity and negative affect as predictors of maladaptive regulatory behavior engagement in active-duty firefighters.* Poster to be presented at International Society for Traumatic Stress Studies Annual Meeting, Los Angeles, CA.

**Mitchell, B.J.,** Gawlik, E., Baugher, B., George, R., Muakkassa, F., Mallat, A.F., Gunstad, J., Delahanty, D.L., & Coifman, K.G. (2023, March) *Were there losses in social support during the pandemic? Testing the impact of COVID-19 on psychological adjustment to trauma in US adults.* Poster presented at the annual meeting of the Association for Psychological Science, Washington, D.C.

**Mitchell, B.J.,** Coifman, K.G., Sidney, P.G., Taber, J.M., & Thompson, C.A. (2022, February) *What activates the behavioral immune system during a global pandemic? Subjective, but not objective, risk.* Poster presented at the Emotion Pre-Conference at the Society for Personality and Social Psychology 2022 Convention, San Franscisco, CA.

**Mitchell, B.J.,** Al-Shawaf, L., & Coifman, K.G. (2021, June) *Disgust, Mating, and Intrusive Thoughts.* Poster presented virtually at the Human Behavior and Evolution Society 32nd Annual Conference.

**Mitchell, B.J.** & Coifman, K.G. (2021, September) *Boosting Positive Emotion Buffers Against Disgust-Reactivity.* Poster presented at the 2021 APS Virtual Convention.

**Mitchell, B.J.,** Balikos, S., Seah, T.H., & Coifman, K.G. (2020, November) *Does past Military experience foster resilience against negative emotional reactivity in active-duty firefighters? A psychophysiological perspective.* Poster presented at the 2020 conference for the International Society for Traumatic Stress Studies, virtually.

**Mitchell, B.J.** & Coifman, K.G. (2020, May) *Positive contexts attenuate disgust responses to video disgust stimuli.* Poster session to be presented at the annual meeting of the Association for Psychological Science, Chicago, IL (Conference canceled).

**Mitchell, B.J.,** Aurora, P., & Coifman, K.G. (2018) *Understanding the BIS/BAS as a predictor of substance use when considering psychopathology in first year college students.* Poster presented at the Kent State University Undergraduate Research Symposium.

**GRANTS AND FELLOWSHIPS:**

**Judie Fall Lasser Graduate Psychology Research Award** (Funded: 2022 – 2023)

Title: *Positive Mood Induction for the Facilitation of Disgust-related Behavioral Approach.*

Amount: $1000

Role: Principal Investigator

**Ruth L. Kirschstein National Research Service Award (NRSA) Individual Predoctoral Fellowship (Parent F31)**

Nation Institute of Mental Health

Title: *Positive Mood Induction in the Facilitation of Disgust-Related Behavioral Approach and Extinction Learning*

Role: Principal Investigator

Submitted 12/08/2021 (Impact Score: 39; Percentile: 41st)

Funds Requested: $115,730.00 (Not funded)

Resubmitted on August 8, 2022 (Impact Score: 26; Percentile: 19th)

Funds Requested: $100,000.00 (Not funded)

**HONORS AND AWARDS:**

2024 – 2025 KSU University Fellowship

Spring 2024 Lillian Friedman Scholarship ($1,000)

Spring 2024 Graduate Student Paper Award ($100)

Spring 2023 KSU GSS Domestic Travel Award ($500)

2023 Graduate Student Paper Award ($100)

Spring 2022 KSU GSS Domestic Travel Award ($500)

2021 Graduate Student Paper Award ($100)

2018 Nominated for the Kent State Psychology Department Outstanding Senior Award

2014 – 2018 KSU Dean’s List (Undergraduate)

**PEER REVIEWER**

**Ad Hoc:**

*American Journal of Drug and Alcohol Abuse*

*Journal of American College Health*

*Scientific Reports*

**Mentored:**

*Clinical Psychological Science*

**RESEARCH EXPERIENCE:**

**Graduate Research Assistant**, August 2020- Present.

**Clinical Affective Science Lab:** Kent State University, Kent OH

**Advisor:** Karin G. Coifman, Ph.D.

**Responsibilities:** Assisted in running and managing a federally funded NIMH R01 research study (#5R01MH113622-02), as well as other projects investigating emotion processes in diverse samples (e.g., individuals with traumatic injuries, individuals with obsessive-compulsive disorder, and college students). Other duties include training and supervising undergraduate/post-baccalaureate research assistants, organizing, formatting, and depositing data for the National Data Archive through NIH, administering clinical diagnostic assessments, collecting and cleaning psychophysiological data using specialized equipment and software, programming laboratory tasks, and cleaning and analyzing data.

**Project Coordinator,** August 2019- August 2020.

**Emotions, Stress, and Relationships Lab:** Kent State University, Kent OH

**Advisor:** Karin G. Coifman, Ph.D.

**Paid hours worked per week:** 40 hours.

**Responsibilities:** Worked full-time as a paid Project Coordinator for a NIMH R01 grant consisting of an 18-month longitudinal study examining resilience and adaptation to physical trauma. Responsibilities included oversight of study organization and management, including participant recruitment, progress, tracking, and follow-up procedures, as well as assisting with data collection. Other duties included supervising and training research assistants.

**Research Assistant,** June 2017- August 2019

**Emotions, Stress, and Relationships Laboratory:** Kent State University, Kent, OH

**Advisor:** Karin G. Coifman, Ph.D.

**Paid hours worked per week:** 8 hours (May, 2019- August, 2019).

**Hours volunteered per week:** 9 hours (June, 2017- August, 2019).

**Responsibilities:** Ran study sessions with both community and student participant populations, including college undergraduates, active-duty firefighters, and community members who experienced a recent PTSD-qualifying event. Other research duties include administering semi-structured interviews, collecting and cleaning physiological data (heart rate, skin conductance, and respiration), developing two threat sensitivity tasks using E-Prime 3.0, and administering, scoring, and cleaning numerous laboratory tasks, including RSPAN, Stroop, Spot the Word, Sternberg, Wisconsin Card Sorting Task, emotion flexibility task, threat sensitivity tasks, and fear conditioning.

**Research Assistant,** May 2018-August 2019

**MMPI Research Group:** Kent State University, Kent, OH

**Advisor:** Yossef Ben-Porath, Ph.D.

**Paid hours worked per week:** 25 hours.

**Responsibilities:** Proctored MMPI-2-RF testing in a community mental health setting and tracked client therapy progress using an electronic health record system called myAvatar. Other duties include coding client admission forms for research via Qualtrics and assisting with data entry.

**Research Assistant**, August 2017- May 2018

**Dunlosky Lab:** Kent State University, Kent, OH

**Advisor**: John Dunlosky, Ph.D.

**Hours volunteered per week:** 9 hours.

**Responsibilities:** Proctored several research studies on memory, meta-cognition, and study techniques for students. Other duties include tracking and recording receipt information from Amazon Mechanical Turk for department reimbursement, assisted with data entry, participating in monthly lab meetings, and attending research skills workshops covering topics including poster presentations and data analysis.

**CLINICAL EXPERIENCE:**

**Individual and Group Psychotherapist,** June 2023 - Present

**Premier Behavioral Health Services**, Mentor OH

**Supervisor:** Farshid Afsarifard, PhD

Provided individual psychotherapy to adult community members from the Northeastern Ohio area. Utilized empirically supported treatments including dialectical-behavior therapy (DBT), cognitive behavioral therapy, and motivational interviewing. Co-led a dual diagnosis intensive outpatient group therapy program three times per week, with an emphasis on DBT skills development. The primary focus of the group included skill-based learning to assist in the reduction of psychological symptoms and abstinence from substances. Conducted biopsychosocial intakes for diagnosis and treatment recommendations. Collaborated with insurance companies to gain authorizations for approval of individual and group therapy. Collaborated with outside agencies (e.g., Child Protective Services) and treatment facilities (e.g., residential treatment facilities) to coordinate care for individual and group therapy clients.

**Diagnostic Interviewer,** June 2021 – Present

**Clinical Affective Science Lab**, Kent State University

**Supervisor:** Karin G. Coifman, PhD

Conducted diagnostic assessments via the Structured Clinical Interview for DSM-V Disorder, SCID-II, and psychosocial interviews with participants from a community population with an ICD trauma code.

**Psychotherapist,** October 2021 – June 2023

**Psychological Clinic**, Kent State University

**Supervisors:** Tyler Kuhn, M.A., Alanna Updegraff, PhD., Josefina Grau, PhD, Joel Hughes, PhD, William Ajayi, PhD

Provided individual psychotherapy to students and community members from the Northeastern Ohio area. Administered integrative assessments using psychosocial interviews, the Structured Clinical Interview for DSM-5 Disorders, Minnesota Multiphasic Personality Inventory-3, the Wechsler Adult Intelligence Scale 4th Edition, and projective tasks.

**Crisis Helpline Specialist,** Volunteer (February 2016- March 2017), Paid staff (April 2017 - August 2020)

**Townhall II:** Kent, Ohio 44240

**Supervisors:** Paul Dages and Andrea Miller

Completed an 80-hour training course covering several topics related to mental health, including depression, suicidal ideation, and addiction. Provided crisis and suicide intervention for clients over the phone and in person. Provided referrals for mental health and other relevant services for clients in Portage County. Supervised helpline volunteers and helped teach relevant helpline skills, policies, and procedures, and facilitated crisis role-plays for trainees. Served as an answering service for several contracting agencies, including the Narcotics Anonymous Hopeline, the Psychiatric Intake Response Center of Akron Children’s Hospital, and several other agencies.

**PROFESSIONAL SERVICE:**

KSU Department of Psychological Sciences Biological Psychology/Human Neuroscience Faculty Search Committee:

* Clinical Student Representative (October 2022 – December 2022)
* Clinical Student Representative (December 2021 – February 2022)

KSU Department of Psychological Sciences Clinical Training Committee:

* Student Representative (Fall 2020 – Spring 2021)

**COMPETENCIES:**

**Computer Programs:** Microsoft Office, Gorilla Experiment Builder, Qualtrics, Expiwell, mEMA, E-Prime, MindWare HRV and EDA, and BioLab

**Statistical Software:** IBM SPSS, R/R Studio, SAS, MPlus

**PROFESSIONAL AFFILIATIONS:**

Anxiety and Depression Association of America (ADAA)

Association for Psychological Science (APS)

Human Behavior and Evolution Society (HBES)

International Society for Traumatic Stress Studies (ISTSS)