

T. H. Stanley Seah
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EDUCATION

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|---|----------------|
| Kent State University (KSU)
<i>Doctor of Philosophy, Clinical Psychology</i> (APA-accredited program)
Minor: <i>Quantitative Methods</i> | 2019 – Present |
| Kent State University (KSU)
<i>Master of Arts, Clinical Psychology</i> | 2016 – 2019 |
| National University of Singapore (NUS)
<i>Bachelor of Social Sciences (Honors), Psychology</i> | 2011 – 2015 |

PUBLICATIONS

- Seah, T. H. S.**, Matt, L. M., & Coifman, K. G. (in press). Spontaneous self-distancing mediates the association between working memory capacity and emotion regulation success. *Clinical Psychological Science*.
- Naragon-Gainey, K., McMahon, T. P., Strowger, M., Lackner, R. J., **Seah, T. H. S.**, Moore, M. T., & Fresco, D. M. (2020). A comparison of decentering across demographic groups and meditation experience: support for the measurement invariance of the Experiences Questionnaire. *Psychological Assessment*, 32(2), 197-204.
<https://doi.org/10.1037/pas0000767>
- Seah, T. H. S.**, Aurora, P., & Coifman, K. G. (2020). Emotion differentiation as a protective factor against the behavioral consequences of rumination: a conceptual replication and extension in the context of social anxiety. *Behavior Therapy*, 51(1), 135-148.
<https://doi.org/10.1016/j.beth.2019.05.011>
- Derbyshire, S. W. G., Whalley, M. G., **Seah, S. T. H.**, & Oakley, D. A. (2017). Suggestions to reduce clinical fibromyalgia pain and experimentally induced pain produce parallel effects on perceived pain but divergent functional MRI-based brain activity. *Psychosomatic Medicine*, 79(2), 189-200. <https://doi.org/10.1097/PSY.0000000000000370>
- Keng, S.-L., **Seah, S. T. H.**, Tong, E. M. W., & Smoski, M. (2016). Effects of brief mindful acceptance induction on implicit dysfunctional attitudes and concordance between implicit and explicit dysfunctional attitudes. *Behaviour Research and Therapy*, 83, 1-10.
<https://doi.org/10.1016/j.brat.2016.05.004>

PAPERS UNDER REVIEW

- Thompson, C. A., Taber, J. M., Sidney, P. G., Fitzsimmons, C. J., Mielicki, M. K., ..., **Seah, T. H. S.**, & Coifman, K. G. (2020). *Math matters during a pandemic: A novel, brief educational intervention combats whole number bias to improve health decision-making and predicts COVID-19 risk perceptions and worry across 10 days*. Manuscript under review.
- Coifman, K. G., **Seah, T. H. S.**, Nylocks, K. M., Wise, A. B., Almahmoud, S., ..., & Delahanty, D. L. (2019). *Micro versus Macro Level Processes on the Path to Disease: How Stress Impacts Sleep, Affect, Risk-Related Behavior and Symptom Development in High-Risk Adults*. Manuscript under review.

Seah, T. H. S., & Coifman, K. G. (2019). *Emotion Differentiation and Behavioral Dysregulation in Clinical and Non-Clinical Samples: A Meta-Analysis*. Invited to revise and resubmit manuscript to *Emotion*.

PAPERS IN PREPARATION

Seah, T. H. S., & Coifman, K. G. (2020). *Emotional Self-Efficacy Predicts Lower Negative but Higher Positive Affect in Daily Life across Clinical and Community Samples*. Manuscript in preparation.

Matt, L. M., **Seah, T. H. S., & Coifman, K. G. (2019).** *I Feel Sad, or at Least I Think I Do: The Effects of a Novel Online Word Learning Task on Emotion Differentiation, Emotional Self-Efficacy, and Prospective Distress*. Manuscript in preparation.

Summers, C. B., **Seah, T. H. S., & Coifman, K. G. (2019).** *All or Nothing: Polarized Reporting of Affect is Associated with Sleep Quality*. Manuscript in preparation.

SYMPOSIA

Seah, T. H. S., & Coifman, K. G. (2018, May). The moderating role of emotion differentiation in the relationship between rumination and maladaptive behaviors among individuals with depression and/or social anxiety. In **Seah, T. H. S. (Chair)**, *Emotion Differentiation as a Protective Factor against Negative Self-Referential Processing: Links to Adaptive and Maladaptive Behaviors across Populations and Time Points*. Symposium conducted at the 30th annual convention of the Association for Psychological Science, San Francisco, CA, USA.

Keng, S.-L., **Seah, S. T. H., Smoski, M., & Tong, E. M. W. (2015, November).** Trait mindfulness moderates the effects of brief mindfulness induction on self-evaluative bias. In Keng, S.-L. (Chair), *Is being Mindful Always Helpful? Trait Mindfulness and Related Processes as Moderators of Psychological, Health, and Interpersonal Outcomes*. Symposium conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL, USA.

ORAL PRESENTATIONS

Seah, T. H. S., & Coifman, K. G. (2019, April). *Working memory and emotion regulation: Pronoun use as a mediator*. Talk presented at the 91st Annual Meeting of the Midwestern Psychological Association, Chicago, IL, USA.

Seah, T. H. S., & Coifman, K. G. (2019, February). *Pronoun use mediates the relationship between working memory capacity and emotion regulation*. Talk presented at 8th International Conference on Cognitive and Behavioral Psychology, Singapore.

Seah, T. H. S., & Coifman, K. G. (2017, December). *Emotion differentiation as a protective factor against negative self-referential processing*. Talk presented at the 1st Clinical Psychological Science Graduate Student Symposium, Kent State University, Kent, OH, USA.

POSTER PRESENTATIONS

Seah, T. H. S., & Coifman, K. G. (2020, November). Being a master of my feelings: Emotional self-efficacy predicts lower negative but higher positive affect in daily life across clinical and community samples. Poster to be presented at the 54th annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA, USA.

***Seah, T. H. S.**, & Coifman, K. G. (2020, May). Emotional self-efficacy predicts lower negative but higher positive affect in daily life across clinical and community samples. Poster presented at the 32nd annual convention of the Association for Psychological Science, Chicago, IL, USA. (Conference canceled; Virtual showcase)

**Selected as an Honorable Mention for the Student Research Award.*

Mitchell, B., Balikos, Y., **Seah, T. H. S.**, & Coifman, K. G. (2020, May). Does past military experience foster resilience against negative emotional reactivity in active-duty firefighters? A psychophysiological perspective. Poster accepted for the 32nd annual convention of the Association for Psychological Science, Chicago, IL, USA. (Conference canceled)

Seah, T. H. S., & Coifman, K. G. (2020, April). Being a master of my feelings: Emotional self-efficacy predicts lower negative but higher positive affect in daily life across clinical and community samples. Poster accepted for the 2020 Graduate Research Symposium, Kent State University, Kent, OH, USA. (Conference canceled)

Seah, T. H. S., & Coifman, K. G. (2020, April). Meta-analysis of the association between emotion differentiation and behavioral dysregulation in clinical and non-clinical samples. Poster presented at the 7th annual convention of the Society for Affective Science, San Francisco, CA, USA. (Conference canceled; Virtual showcase)

Seah, T. H. S., & Coifman, K. G. (2018, November). Emotion differentiation as a protective factor against social avoidance: Results from two studies involving clinical and non-clinical samples. Poster presented at 52nd annual convention of the Association for Behavioral and Cognitive Therapies, Washington, DC, USA.

Derbyshire, S. W. G., Whalley, M. G., **Seah, S. T. H.**, & Oakley, D. A. (2016, May) Both hypnotic and non-hypnotic suggestions dramatically alter clinical and experimental pain report. fMRI indicates stronger hypnotic responses and different mechanisms for clinical versus experimental pain. Poster presented at 24th Annual Meeting of the International Society for Magnetic Resonance in Medicine, Singapore.

Keng, S.-L., Phang, C. K., Oei, T. P. S., **Seah, S. T. H.**, & Tan, J. X. (2014, June). Effects of a brief mindfulness-based group cognitive behavior therapy program on psychological distress among medical students: A preliminary study. Poster presented at 8th International Congress of Cognitive Psychotherapy, Hong Kong.

GRANTS

2019 – 2020	Research Award	Amount: \$2000
	Principal Investigator	KSU Graduate Student Senate
	<i>The Effect of Structure in Affect Reporting on Emotion Differentiation, Psychological Symptoms, and Behaviors</i>	(GSS)

Curriculum Vitae

Seah, T.H.S. (Aug '20)

2019 – 2020	Judie Fall Lasser Graduate Psychology Research Award Principal Investigator <i>The Effect of Structure in Affect Reporting on Emotion Differentiation, Psychological Symptoms, and Behaviors</i>	Amount: \$750 KSU Department of Psychological Sciences
2014 – 2015	Undergraduate Thesis Support Fund Principal Investigator <i>Effects of Brief Mindfulness Induction on Implicit Cognition</i>	Amount: SG\$200 NUS Department of Psychology

AWARDS & HONORS

2020 – 2021	KSU University Fellowship	
2020	Association for Psychological Science (APS) Student Research Award: Honorable Mention	
Spring 2020	KSU Applied Psychology Center Graduate Student Paper Award	
Spring 2020	KSU GSS Domestic Travel Award	
Spring 2019	KSU GSS Special Contingency Award (\$1500)	
Spring 2019	KSU GSS Domestic Travel Award	
Summer 2018	KSU GSS Domestic Travel Award	
2018	APS Student Travel Award	
Fall 2018	KSU GSS Domestic Travel Award	
2013	NUS Award for Study Abroad to the University of California, Berkeley	

RESEARCH EXPERIENCE

Emotion, Stress, & Relationships Lab, KSU

Graduate Research Assistant (PI: Dr. Karin G. Coifman) Sep 2017 – Present
Involved in running and managing multiple research projects examining cognitive and affective processing across diverse populations (e.g., college students, firefighters, individuals with psychopathology and traumatic injuries), including a federally funded NIMH R01 research study (#5R01MH113622-02). Other research duties include training and supervising undergraduate research assistants, conducting clinical diagnostic assessments, operating psychophysiology software and equipment, programming experience-sampling data collection, and data cleaning and analyses of statistical and psychophysiological data.

Psychopathology and Emotion Regulation Lab, KSU

Graduate Research Assistant (PI: Dr. David M. Fresco) Aug 2016 – Sep 2017
Involved in running and providing administrative support to a federally funded NHLBI R01 research study (#1R01HL119977-01A1). Duties include monitoring study participation, participant scheduling, phone interviews, and intake assessments. Co-Investigator for a research project that examines the psychometric properties and clinical correlates of the Multidimensional Assessment of Interoceptive Awareness (MAIA).

Department of Psychological Medicine, National University Health System (NUHS)

Research Assistant (PI: Dr. Johnson Fam) Oct 2015 – Jul 2016
Involved in multiple projects examining the efficacy of novel antidepressants and transcranial magnetic stimulation for depressed patients. Conducted clinical interviews, literature reviews, and wrote study protocols and research papers.

Curriculum Vitae

Seah, T.H.S. (Aug '20)

Undergraduate Research Assistantships, NUS

Pain Lab, PI: Dr. Stuart Derbyshire

(May 2014 – Aug 2015)

Mindfulness and Emotion Regulation Lab, PI: Dr. Shian-Ling Keng

(Jan 2014 – Apr 2015)

Community Mental Health Intervention Program, PI: Dr. Gabriel Tan

(Mar 2014 – Jul 2014)

Quantitative Psychology Lab; PI: Dr. Mike Cheung

(May 2013 – Jul 2014)

Centre for Infectious Disease Epidemiology and Research

(May 2013 – Aug 2013)

TEACHING EXPERIENCE

Department of Psychological Sciences, KSU

Instructor

Aug 2018 – Dec 2018

Course: Quantitative Methods in Psychology I (3 credit hours)

Taught 59 undergraduate students foundational statistical concepts used in social science research.

Duties include lecturing twice a week, creating learning and testing materials, grading, and advising students during office hours.

CLINICAL WORK EXPERIENCE

Summa Health – St. Thomas Hospital, Traumatic Stress Center

Clinical Psychology Extern

Jul 2020 – Present

Supervisor: Dr. Erin Aven, Ph.D.

Attended in-person and online web trainings pertaining to PTSD assessment and treatment (e.g., prolonged exposure, cognitive processing therapy). Co-facilitated group therapy with licensed clinical psychologist (e.g., DBT skills training). Trained to conduct intake interviews, provide outpatient psychotherapy, consultation, referrals, and coordination of care.

University Health Services, Psychological Services, KSU

Clinical Psychology Extern

Jul 2019 – Jul 2020

Supervisor: Dr. John Schell, Ph.D.

Provided psychological services (20 hours/week) to an average caseload of 24 patients in an integrated primary care setting alongside medical professionals. Conducted intake assessments, individual and couples therapy, weekly student support group (DBT skills training), and psychological testing for ADHD, learning disabilities, and substance abuse. Also involved in providing consultation, medication referral, and coordination of care. Other ad-hoc duties include attending weekly supervision and staff meetings, conducting peer review case conferences, and outreach programming and workshops for international and LGBTQIA+ students at KSU.

Emotion, Stress, & Relationships Lab, KSU

Clinical Assessor

Jan 2018 – Present

Supervisor: Dr. Karin G. Coifman, Ph.D.

Conducted diagnostic interviews for various research projects involving college and community samples. Assessments include the Structured Clinical Interview for DSM-5 (SCID-5), SCID-II interview, and SCID-II personality questionnaire. Additional duties include conducting risk assessments to evaluate suicidal and homicidal risk as well as being on-call for emergencies.

Psychological Clinic, KSU

Clinical Psychology Trainee

Aug 2017 – Present

Therapy Supervisors: Dr. Alanna Updegraff, Ph.D.; Dr. T. John Akamatsu, Ph.D.

Assessment Supervisor: Dr. Yossef Ben-Porath, Ph.D.

Trained and supervised by licensed clinical psychologists to conduct clinical interviews, psychological assessments (e.g., SCID-5-CV, MMPI-2-RF), suicide risk assessments (e.g., CSSRS), intelligence testing (WAIS-IV), and psychotherapy (e.g., CBT, DBT, ACT) for adult clients. Maintained a weekly caseload of up to 6 clients and completed 10 comprehensive assessment reports during my tenure as a trainee.

PROFESSIONAL AFFILIATIONS

Association for Psychological Science, *Student Member*

Association for Behavioral and Cognitive Therapies, *Student Member*

Midwestern Psychological Association, *Student Member*

Society for Affective Science, *Student Member*

Society for a Science in Clinical Psychology, *Student Member*

Psi Chi, the International Honor Society in Psychology, *Student Member*

PROFESSIONAL SERVICE

Ad-hoc Reviewer

- *Journal of Consulting and Clinical Psychology*
- *Cognition and Emotion*
- *Australian Journal of Psychology*

KSU GSS Awards Reviewing Committee (Fall 2018 – Spring 2019)

KSU Department of Psychological Sciences Clinical Training Committee

- Graduate Student Representative (Fall 2017 – Spring 2018)

Fall 2017 KSU Psi Chi Student Chapter Discussion on Student Research

- Graduate Student Panelist

KSU Department of Psychological Sciences Multicultural and Diversity Committee (MDC)

- Chairperson of MDC (Fall 2020 – Present)
- Vice-Chairperson of Finance (Fall 2018 – Summer 2020)
- Fall 2019 Diversity Week Organizing Committee
- Graduate Student Mentor (Fall 2018 – Present)
 - Mentored three undergraduate students from self-identified underrepresented groups interested in pursuing graduate careers in psychology.

SKILLS & CERTIFICATIONS

Computer Programs: MediaLab and DirectRT, Statistical Parametric Mapping (SPM) 8, fMRIB Software Library (FSL) v5.0, MindWare HRV and EDA, and BioLab

Statistical Software: IBM SPSS, Mplus v7, SAS, and HLM 7.0

Languages: Proficient in English and Mandarin Chinese