**Kayla Scamaldo**

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# **Employment**

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| 2024-Present | **Postdoctoral Research Scientist**  Kent State University, Kent, OH  Department of Psychology  Supervisor: Karin Coifman, Ph.D. |

# **Education**

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| 2023-2024 | **Predoctoral Internship in Clinical Psychology**  Charlie Norwood Veterans Affairs Medical Center  Augusta University/Medical College of Georgia-Charlie Norwood Veterans Affairs Medical Center Consortium (APA-Accredited), Augusta, GA  Supervisors: James R. Monroe, Ph.D. & Katrina Speed, Ph.D. |
| 2019-2024 | **Doctor of Philosophy**  University of Toledo, Toledo, OH  Clinical Psychology (APA-Accredited)  Minor: Quantitative Psychology  Dissertation: *The Role of sleep disturbance in the associations between borderline personality disorder pathology and dysregulated emotions and behaviors.*  Advisor: Jason Rose, Ph.D.  GPA: 4.0 |
| 2017-2019 | **Master of Arts**  Cleveland State University, Cleveland, OH  Clinical Psychology  Master's Thesis: *Do borderline personality disorder features predict emotion regulation use and outcomes in daily life? An ecological momentary assessment study.*  Advisor: Ilya Yaroslavsky, Ph.D.  GPA: 4.0 |
| 2013-2017 | **Bachelor of Arts** Cleveland State University, Cleveland, OH  Major: Psychology  Minor: Sociology  Honor's Thesis: *Antisocial personality disorder symptoms predict deficits in BIS/BAS activation in response to reward and punishment.*  Advisor: Ilya Yaroslavsky, Ph.D.  GPA: 3.84 |

# **Peer Reviewed Publications**

Gratz, K. L., Richmond, J. R., **Scamaldo, K. M.**, Edmonds, K. A., Rose, J. P., & Tull, M. T. (in press). Impact of borderline personality disorder symptoms and social media addiction on COVID-19 coping and health related outcomes. *International Journal of Cognitive Therapy*.

**Scamaldo, K. M.**, Edmonds, K. A., Rose, J. P., Tull, M. T., & Gratz, K. L. (2023). The prospective relations of substance use frequency to social distancing behaviors and intentions during the COVID-19 pandemic: The role of social distancing self-efficacy. *Journal of Behavioral Medicine, 46,* 483-488*.* https://doi.org/10.1007/s10865-022-00355-w

Rose, J. P., Edmonds, K. A., Aspiras, O., Kumar, M., **Scamaldo, K. M**., Richmond, J. R., Tull, M. T., & Gratz, K. L. (2023). The impact of stay-at-home orders on vulnerability assessments and precautionary intentions during a pandemic. *Psychology, Health, & Medicine, 28,* 1368-1379*.*  https://10.1080/13548506.2021.2023750

**Scamaldo, K. M.**, Tull, M. T., & Gratz, K. L. (2022). The role of sleep disturbance in the associations of borderline personality disorder symptom severity to nonsuicidal self-injury and suicide risk among patients with substance use disorders. *Personality and Mental Health, 16*, 59-69. https://doi.org/10.1002/pmh.1526

Gratz, K. L., Richmond, J. R., Woods, S. E., Dixon-Gordon, K. L., **Scamaldo, K. M.**, Rose, J. P., & Tull, M. T. (2021). Adherence to social distancing recommendations throughout the COVID-19 pandemic: The roles of pseudoscientific beliefs, trust, political party affiliation, and risk perceptions. *Annals of Behavioral Medicine, 55,* 399-412*.* https://doi.org/10.1093/abm/kaab024

Gratz, K. L., **Scamaldo, K. M.**, Vidaña, A. G., Richmond, J. R., & Tull, M. T. (2021). Prospective interactive influence of financial strain and emotional nonacceptance on problematic alcohol use during the COVID-19 pandemic. *The American Journal of Drug and Alcohol Abuse, 47,* 107-116*.* https://doi.org/10.1080/00952990.2020.1849248

**Scamaldo, K. M.**, Tull, M. T., & Gratz, K. L. (2021). Motives for opioid use explain the relation between borderline personality disorder pathology and opioid use. *Psychiatry Research, 296,* 113609*.* https://doi.org/10.1016/j.psychres.2020.113609

Gratz, K. L., Tull, M. T., Richmond, J. R., Edmonds, K. A., **Scamaldo, K**. **M.**, & Rose, J. P. (2020). Thwarted belongingness and perceived burdensomeness explain the associations of COVID-19 social and economic consequences to suicide risk. *Suicide and Life-Threatening Behavior, 50,* 1140-1148*.* https://doi.org/10.1111/sltb.12654

Tull, M. T., Barbano, A. C., **Scamaldo, K. M.**, Richmond, J. R., Edmonds, K. A., Rose, J. P., & Gratz, K. L. (2020). The prospective influence of COVID-19 affective risk assessments and intolerance of uncertainty on later dimensions of health anxiety. *Journal of Anxiety Disorders, 75,* 102290*.* https://doi.org/10.1016/j.janxdis.2020.102290

Tull, M. T., Edmonds, K. A., **Scamaldo, K. M.**, Richmond, J. R., Rose, J. P., & Gratz, K. L. (2020). Psychological outcomes associated with stay-at-home orders and the perceived impact of COVID-19 on daily life. *Psychiatry Research, 289,* 113098. https://doi.org/10.1016/j.psychres.2020.113098

# **Oral Paper Presentations**

**Scamaldo, K. M.,** & Yaroslavsky, I. (2021, April). *Do borderline personality disorder features predict emotion regulation use and outcomes in daily life? An ecological momentary assessment study.* Oral paper presentation at the 9th Annual North American Society for the Study of Personality Disorders conference.

Bush, A.,Napolitano, S., **Scamaldo, K.**, Basting, E., Bolla, P. & Yaroslavsky, I. (2019, April). *Parenting practices affective dynamics in parent-child relationships.* Oral paper presentation at the 91st Annual Meeting of the Midwestern Psychological Association, Chicago, IL.

Bush, A., **Scamaldo, K.** & Goncy, L. (2019, April). *Binge-drinking moderates the relationship between dating abuse victimization and perpetration.* Oral paper presentation at the 91st Annual Meeting of the Midwestern Psychological Association, Chicago, IL.

Dunn, C. B., **Scamaldo, K.**, Sisk, S., & Yaroslavsky, I. (2019, April). *Maladaptive and substance use emotion regulation predicting problematic substance use.* Oral paper presentation at the 91st Annual Meeting of the Midwestern Psychological Association, Chicago, IL.

**Scamaldo, K.**, Napolitano, S., Bush, A., & Yaroslavsky, I. (2019, April). *Sexual orientation predicts increased substance use to attenuate distress*. Oral paper presentation at the 91st annual meeting of the Midwestern Psychological Association, Chicago, IL.

Sisk, S., **Scamaldo, K.**, & Yaroslavsky, I. (2019, April). *Depression severity and instructed emotion regulation outcomes in depressed adults.* Oral paper presentation at the 91st Annual Meeting of the Midwestern Psychological Association, Chicago, IL.

Bush, A., **Scamaldo, K.,** & Yaroslavsky, I. (2018, April). *Emotion regulation mediates the effects of abuse on stress-depression dynamics.* Oral paper presentation at the 90th Annual Meeting of the Midwestern Psychological Association, Chicago, IL.

Napolitano, S., **Scamaldo, K.**, & Yaroslavsky, I. (2018, April). *Borderline personality disorder predicts impaired emotion regulation in daily life.* Oral paper presentation at the 90th Annual Meeting of the Midwestern Psychological Association, Chicago, IL.

Napolitano, S., **Scamaldo, K.**, & Yaroslavsky, I. (2018, April). *Impaired attentional processes predict current depressive symptomology*. Oral paper presentation at the 90th annual meeting of the Midwestern Psychological Association, Chicago, IL.

**Scamaldo, K.**, Falck, J., & Yaroslavsky, I. (2018, April). *Sex moderates the relationship between depression and positive affect*. Oral paper presentation at the 90th Annual Meeting of the Midwestern Psychological Association, Chicago, IL.

**Scamaldo, K.,** Napolitano, S., & Yaroslavsky, I. (2018, April). *Borderline personality disorder symptoms uniquely predict substance use in daily life.* Oral paper presentation at the 90th Annual Meeting of the Midwestern Psychological Association, Chicago, IL.

**Scamaldo, K.,** Napolitano, S., & Yaroslavsky, I. (2018, April). *Negative and positive affectivity distinguishes depression from borderline personality disorder*. Oral paper presentation at the 90th Annual Meeting of the Midwestern Psychological Association, Chicago, IL.

**Scamaldo, K.,**Bodenbender, B., Vebares, T., Scott, L., & Yaroslavsky, I. (2017, April). *Personality and physiologic links between BPD and daily substance use.*Oral paper presentation at the 89th Annual Meeting of the Midwestern Psychological Association, Chicago, IL.

# **Poster Presentations**

**Scamaldo, K. M.**, Myntti, W., Rose, J. P., Tull, M. T., & Gratz, K. L. (2022, November). *The moderating role of relationship social comparison in the association between borderline personality pathology and relationship instability*. Poster presented at the 56th Annual Convention of the Association for Behavioral and Cognitive Therapies, New York City, NY.

**Scamaldo, K. M.**, Tull, M. T., & Gratz, K. L. (2021, November). *Factors that contribute to the relationship between borderline personality disorder pathology and reward responsiveness.* Poster presented at the 55th Annual Convention of the Association for Behavioral and Cognitive Therapies, New Orleans, LA**.**

**Scamaldo, K. M.**, Tull, M. T., & Gratz, K. L. (2021, November). *Nonacceptance and avoidance of positive emotions account for the association of borderline personality disorder symptoms to anhedonia.* Poster presented at the 55th Annual Convention of the Association for Behavioral and Cognitive Therapies, New Orleans, LA**.**

Vidana, A. G., Barbano, A. C., **Scamaldo, K. M.**, Tull, M. T., & Gratz, K. L. (2021, November). *Posttraumatic stress disorder symptom severity and substance use risk during romantic conflict: The roles of emotion regulation difficulties and communication.* Poster presented at the 55th Annual Convention of the Association for Behavioral and Cognitive Therapies, New Orleans, LA**.**

**Scamaldo, K. M.**, Tull, M. T., & Gratz, K. L. (2020, November). *Motives for opioid use explain the relation between borderline personality disorder pathology and opioid use problems.*Poster presented at the 54th Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

**Scamaldo, K. M.**, Tull, M. T., & Gratz, K. L. (2020, November). *The role of sleep quality in the relations of borderline personality disorder symptom severity to nonsuicidal self-injury and suicide risk among patients with substance use disorders.*Poster presented at the 54th Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Herman, M., **Scamaldo, K.**, & Goncy, E.(2019, November). *The moderating effect of trait forgiveness on the relationships between dating abuse and attitudes toward violence.* Poster presented at the 53rd Annual Convention of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.

**Scamaldo, K.,** Herman, M., Bush, A., & Goncy, E. (2019, November). *Mediating role of negative affect on the relationship between anxious attachment style and trait forgiveness*. Poster presented at the 53rd Annual Convention of the Association for Behavioral Cognitive Therapies, Atlanta, GA.

**Scamaldo, K.,** Napolitano, S., & Yaroslavsky, I. (2019, November). *The impact of interpersonal context on substance use in daily life for individuals with borderline personality disorder symptoms.* Poster presented at the 53rd Annual Convention of the Association for Behavioral Cognitive Therapies, Atlanta, GA.

**Scamaldo, K.,** & Yaroslavsky, I. (2019, November). *Borderline personality disorder symptoms and emotion regulation flexibility in daily life.* Poster presented at the 53rd Annual Convention of the Association for Behavioral Cognitive Therapies, Atlanta, GA.

Bolla, P., **Scamaldo, K.**, Oravec, K., & Yaroslavsky, I. (2018, November). *Trait rumination and substance use independently predict depressive symptoms*. Poster presented at the 52nd Annual Convention of the Association for Behavioral Cognitive Therapies, Washington, DC.

Bush, A., **Scamaldo, K.**, & Yaroslavsky, I. (2018, November). *From childhood abuse to aggression in adulthood: a mechanistic test of depression and ER failure.* Poster presented at the 52nd annual convention of the Association for Behavioral Cognitive Therapies, Washington, DC.

Jaworski, K., **Scamaldo, K.**, Yaroslavsky, I., (2018, November). *Impact of alcohol use on emotional inertia and depression*. Poster presented at the 52nd annual convention of the Association for Behavioral Cognitive Therapies, Washington, D.C.

Bush, A., **Scamaldo, K.**, Oravec, K., & Yaroslavsky, I. (2018, May). *Maladaptive emotion regulation mediates the relationship between abuse histories and adverse effects of stress on depression symptoms.* Poster presented at the 30th Association for Psychological Science Annual Convention, San Francisco, CA.

Bush, A., **Scamaldo, K.**, & Yaroslavsky, I. (2018, May). *Substance use as a maladaptive coping strategy for individuals who have experienced abuse.* Poster presented at the 30th Association for Psychological Science Annual Convention, San Francisco, CA.

Oravec, K., Bush, A., **Scamaldo, K.**, Tokar, Z., & Yaroslavsky, I. (2018, January). *Sex moderates the relationship between excessive reassurance seeking and depression symptoms.*Poster presented at the 30th Association for Psychological Science Annual Convention, San Francisco, CA.

Napolitano, S., **Scamaldo, K.**, Najjar, K., & Yaroslavsky, I. (2017, November). *Blunted positive affectivity differentiates borderline personality disorder and depression.* Poster presented at the 51st Annual Meeting of the Association of Cognitive and Behavioral Therapies.

Napolitano, S., **Scamaldo, K.**, Najjar, K., & Yaroslavsky, I. (2017, November). *Evaluating the effect of borderline personality disorder symptoms on emotion regulation strategies*. Poster presented at the 51st Annual Meeting of the Association of Cognitive and Behavioral Therapies, San Diego, CA.

**Scamaldo, K.**, Bodenbender, B., Vebares, T., Scott, L., & Yaroslavsky, I. (2017, November). *Parasympathetic nervous system deficits differentiate borderline and antisocial personality disorders*. Poster presented at the 51st annual convention of the Association for Behavioral Cognitive Therapies, San Diego, CA.

**Scamaldo, K.**, Napolitano, S., Bodenbender, B., & Yaroslavsky, I. (2017, November). *Sympathetic nervous system arousal and executive functioning in antisocial personality disorder symptoms.* Poster presented at the 51st annual convention of the Association for Behavioral Cognitive Therapies, San Diego, CA.

Reitman, M., **Scamaldo, K**., Bodenbender, B., & Yaroslavsky, I. (2017, May). *Winning predicts asynchronous change in negative affect and respiratory sinus arrhythmia*. Poster presented at the 29th Annual Convention of the Association of Psychological Science, Boston, MA.

**Scamaldo, K.**, & Yaroslavsky, I. (2017, April). *Differentiating behavioral and autonomic patterns in antisocial and borderline personality disorder*. Poster presented at the Annual Research Day at Cleveland State University, Cleveland, OH.

**Scamaldo, K.,**& Yaroslavsky, I. (2017, April). *An objective look at the relationship between borderline personality disorder symptoms and affect during social interactions in daily life*. Poster presented at the 5th Annual North American Society for the Study of Personality Disorders conference, New York, NY.

Vebares, T., Stepp, S.D., Bodenbender, B., **Scamaldo, K.**, Yaroslavsky, I., & Scott, L.N. (2017, April). *Effects of cardiac autonomic reactivity and borderline personality disorder symptoms on affective experiences in daily life*. Poster presented at the 5th Annual North American Society for the Study of Personality Disorders conference, New York, NY.

**Scamaldo, K.,**Richmond J., & Yaroslavsky, I. (2016, October). *Cyberball and rejection sensitivity in relation to borderline personality disorder*.Poster presented at the 50th annual convention of the Association for Behavioral Cognitive Therapies, New York, NY.

Diamond, C., **Scamaldo, K.**, Strumbel, B., Vebares, T., Bertsch, S., & Yaroslavsky, I. (2016, May). *Impulsivity and gender differences in pleasure gained from interpersonal aggression.*  Poster presented at the 88th annual convention of the Midwestern Psychological Association conference, Chicago, IL.

**Scamaldo, K.**, & Yaroslavsky, I. (2016, April). *Antisocial personality disorder symptoms predict deficits in BIS/BAS activation in response to reward and punishment*. Poster presented at the Annual Research Day at Cleveland State University, Cleveland, OH.

# **Grants**

“Differentiating behavioral and autonomic patterns in antisocial and borderline personality disorders”

**Principal Investigators**: Ilya Yaroslavsky, Ph.D., Kayla M. Scamaldo, M.A.

**Agency**: Cleveland State University

**Type**: Department of Psychology Undergraduate Research Grant

**Period**: 9/1/2016-8/1/2017

**Amount**: $1,000.00

“A Prospective examination of the role of sleep disturbance in dysregulated emotions and behaviors among individuals with borderline personality disorder pathology”

**Principal Investigator**: Kayla M. Scamaldo, M.A.

**Agency**: University of Toledo

**Type**: Department of Psychology Meritorious Research Grant

**Period**: 3/5/2021-12/20/2022

**Total Direct Costs**: $17,000.00

# **Awards**

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| 2014, 2016 | President’s Award |
| 2017 | Psychology Outstanding Senior Award |
| 2019 | Department of Psychology Competitive Travel Award |

# **Teaching Experience**

**Teaching Assistant (Graduate Level)**

Department of Psychology

University of Toledo

Course: Psychology 101

Spring 2023

Instructor of record: Stephen Christman, Ph.D.

**Teaching Assistant (Graduate Level)**

Department of Psychology

University of Toledo

Course: Foundations of Psychotherapy II

Spring 2021

Instructors of record: Matthew T. Tull, Ph.D., Sarah Francis, Ph.D., Wesley Bullock, Ph.D., Joni Mihura, Ph.D.

**Teaching Assistant (Graduate Level)**

Department of Psychology

University of Toledo

Course: Foundations of Psychotherapy I

Fall 2020

Instructors of record: Matthew T. Tull, Ph.D., Sarah Francis, Ph.D., Wesley Bullock, Ph.D., Joni Mihura, Ph.D.

**Teaching Assistant (Undergraduate Level)**

Tutoring, Academic and Success Center

Cleveland State University

Course: First-Year Writing

Summer 2017

Instructor of record: John Brentar, M.A.

Supervisor: Chrissy Knapke, M.A.

**Teaching Assistant (Undergraduate Level)**

Tutoring, Academic and Success Center

Cleveland State University

Course: Developmental Mathematics   
Summer 2017

Instructor of record: Ellen Mulqueeny, Ph.D.

Supervisor: Chrissy Knapke, M.A.

**Teaching Assistant (Undergraduate Level)**

Tutoring, Academic and Success Center

Cleveland State University

Course: Introduction to University Life

Spring and Fall 2017

Instructor of record and supervisor: Claudia Lilie, M.Ed.

# **Invited Workshops and Presentations**

## **Scamaldo, K. M.** (2023, September). *Suicide Awareness and Prevention.* Invited workshop for the Suicide Prevention Program at the Charlie Norwood Veterans Affairs Medical Center, Augusta, GA.

# **Ad Hoc Reviewer**

*Biological Psychology*

*Psychiatry Research*

*Suicide and Life-Threatening Behavior*

# **Professional Memberships**

## Association for Behavioral Cognitive Therapies

Midwestern Psychological Association

North American Society for the Study of Personality Disorders

# **Completed Trainings and Workshops**

Cognitive Processing Therapy

*Charlie Norwood Veterans Affairs Medical Center*

October 23rd and 24th, 2023

Trainers: James R. Monroe, Ph.D., Rachel Levine, Ph.D.

# **Leadership Experience**

**President**

Psi Chi International Honor Society of Psychology

Cleveland State University, Cleveland, OH

Fall 2017-Spring 2018

Advisors*:* Elizabeth Goncy, Ph.D., Brian Woodside, Ph.D.

**Social Chair**

Augusta University/Medical College of Georgia-Charlie Norwood Veterans Affairs Medical Center Consortium, Augusta, GA

July 2023-July 2024

Advisors*:* Katrina Speed, Ph.D., Christopher Drescher, Ph.D.

**Intern Representative to the Psychology Training Committee**

Augusta University/Medical College of Georgia-Charlie Norwood Veterans Affairs Medical Center Consortium, Augusta, GA

July 2023-July 2024

Advisor*:* Katrina Speed, Ph.D.

# **Clinical Experience**

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| 2024 – Present | **Assistant Clinic Director and Postdoctoral Therapist and Group Supervisor**  Kent State University Psychology Clinic, Kent, OH  Supervisor: Alanna Updegraff, Ph.D. |
| 2023 – 2024 | **Predoctoral Intern Volunteer**  University of Augusta Equality Clinic, Augusta, GA  Supervisors: Tracy Casanova, Ph.D., Matthew Kridel, Ph.D., Jessica Britt-Thomas, Ph.D. |
| 2023 – 2024 | **Psychology Intern**  Charlie Norwood Veterans Affairs Medical Center, Augusta, GA  Supervisors: James R. Monroe, Ph.D. & Katrina Speed, Ph.D. |
| 2021 – 2023 | **Psychology Extern**  University of Toledo Psychology Clinic and the University of Toledo Medical Center, Toledo, OH  Supervisors: Matthew T. Tull, Ph.D., Jason Levine, Ph.D., Thomas Fine, LPCC-S, M.A., Mary Haines, Ph.D., Michelle Babcock, Psy.D. |
| 2020 – 2023 | **Student Therapist**  University of Toledo Psychology Clinic, Toledo, OH  Supervisors: Jason Levine, Ph.D., Joni Mihura, Ph.D., Gregory Meyer, Ph.D., Wesley Bullock, Ph.D., Matthew T. Tull, Ph.D. |
| 2019 | **Individual Therapist and Group Leader**  Charak Center for Health and Wellness, Elyria, OH  Supervisor: Ann Marie Yezzi-Shareef, Ph.D. |
| 2018 – 2019 | **Psychology Extern**  Charak Center for Health and Wellness, Elyria, OH  Supervisor: Ann Marie Yezzi-Shareef, Ph.D., Joel Paris, Ph.D. |
| 2017 – 2019 | **Research Clinical Interviewer**  Cleveland State University, Mood and Emotion Regulation Lab, Cleveland, OH  Supervisors: Ilya Yaroslavsky, Ph.D., Christopher France, Ph.D. |