

BIOGRAPHICAL SKETCH

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NAME: Courtney Beard (legal last name: Elias)

eRA COMMONS USER NAME (credential, e.g., agency login): CBEARD

POSITION TITLE: Clinical and Research Psychologist, McLean Hospital
Assistant Professor, Harvard Medical School
Adjunct Instructor, Alpert Medical School of Brown University

EDUCATION/TRAINING (*Begin with baccalaureate or other initial professional education, such as nursing, include postdoctoral training and residency training if applicable. Add/delete rows as necessary.*)

INSTITUTION AND LOCATION	DEGREE (if applicable)	Completion Date MM/YYYY	FIELD OF STUDY
University of Georgia, Athens, GA	B.S.	2003	Psychology
University of Georgia, Athens, GA	M.S.	2005	Clinical Psychology
University of Georgia, Athens, GA	Ph.D.	2008	Clinical Psychology
Brown Medical School, Providence, RI	Internship	2006-2007	Clinical Psychology
Brown Medical School, Providence, RI	Post-doc	2008-2010	Clinical Psychology

Personal Statement

I am Director of the Cognition and Affect Research and Education (CARE) lab at McLean Hospital, Associate Professor of Psychology in the Department of Psychiatry at Harvard Medical School, and a licensed clinical psychologist with expertise in cognitive behavioral therapy. Consistent with an experimental therapeutics and psychosocial treatment development approach, my program of research involves three primary aims: (1) delineate cognitive and affective mechanisms underlying psychopathology, such as interpretation bias, (2) translate these findings into treatments, and (3) implement these treatments in real world settings. To date, my work has generated 94 papers in peer-reviewed journals, two book chapters, and continuous NIMH funding since 2008. Specifically, I have been PI on 3 NIMH-funded grants, as well as Co-I/Consultant on 6 others. I have tested Cognitive Bias Modification for Interpretation (CBM-I) treatments for anxiety in lab settings, primary care clinics, and psychiatric hospitals. My current NIMH-funded R34 treatment development project aims to create a personalized, transdiagnostic, CBM-I smartphone app. Through these projects, I have experience with recruitment and retention of patients with severe mood and anxiety disorders. Finally, as Co-Director of research at the Behavioral Health Partial Hospital at McLean, my work has focused on (1) predicting important clinical outcomes in this setting (e.g., treatment response, rehospitalization, and suicidality), (2) identifying the mechanisms and interventions contributing to treatment response (e.g., behavioral activation), and (3) developing and testing innovative augmentations to acute care.

1. **Beard, C., Rifkin, L.S., & Björgvinsson, T. (2017).** Characteristics of interpretation bias and relationship with suicidality in a psychiatric sample. *Journal of Affective Disorders*, 207, 321-326.
2. **Beard C, Rifkin LS, Silverman AL, Björgvinsson T.** Translating CBM-I into real world settings: Augmenting a CBT-based psychiatric hospital program. *Behav Ther.* 2019; 50; 515-530. <https://doi.org/10.1016/j.beth.2018.09.002>
3. **Beard C, Silverman AL, Forgeard M, Wilmer T, Torous J, Björgvinsson T.** Smartphone, Social Media, and Mental Health App Use in an Acute Transdiagnostic Psychiatric Sample *JMIR Mental Health.* 2019; 7; e13364. PMID: 31199338.
4. **Beard C, Sawyer AT, Hofmann SG.** Efficacy of attention bias modification using threat and appetitive stimuli: A meta-analytic review. *Behav Ther.* 2012;43:724-740. PMID: 23046776. doi: 10.1016/j.beth.2012.01.002

B. Positions and Honors

07/11 to 08/12	Assistant Professor	Brown Medical School, Dept of Psychiatry & Human Behavior
09/12 to 11/15	Instructor	Harvard Medical School
09/12 to current	Psychologist	McLean Hospital
12/15 to 10/19	Assistant Professor	Harvard Medical School
11/19 to current	Associate Professor	Harvard Medical School

Academic and Professional Honors

Hope Scholarship (GPA-based funding of undergraduate tuition)	1999-2003
William T. James Outstanding Senior in Psychology Award	2003
University-Wide Graduate Research Fellowship (\$28,000)	2003-2005
Nancy B. Forest & L. Michael Honaker Master's Scholarship for Research in Psychology (\$1,000)	2004
Henry E. Adams Memorial Research Award (\$600)	2005
Graduate School Travel Awards (\$1300 total)	2005, 2006, 2007
Brown Medical School Department of Psychiatry and Human Behavior Research Day, 1 st prize Poster (\$100)	2007
ABCT Neurocognitive Therapies/Translational Research SIG Honorable Mention Research Poster	2007
University-Wide Dissertation Completion Award (\$16,130)	2007-2008
Society for a Science of Clinical Psychology Dissertation grant (\$500)	2007
Judge, Neurocognitive /Translational SIG Student Poster Contest	2009
Chair, Cognitive Bias Modification Expert Meeting, Boston	2010
NIH OBSSR Summer Institute on the Design and Conduct of Randomized Clinical Trials Involving Behavioral Interventions	2010
Anxiety Disorders Association of America Career Development Travel Award	2011
Vision of Excellence Award, McLean Hospital	2017
Partners in Excellence Award "Teamwork", Partners Healthcare	2018
Partners in Excellence Award "Teamwork", Partners Healthcare	2019
Psychiatry Innovator Award, McLean Hospital Institute for Technology	2019

Grant review activities

Medical Research Council (UK) Research Grants	2013
National Health and Medical Research Council (Australia) Research Grants	2013
Canadian Institutes of Health Research	2016
Children with Cancer (UK) Research Grants	2017
PCORI Pipeline to Proposal Reviewer/ Health Resources in Action	2017
Charles A. King Trust Research Fellowship Program	2017

Editorial Board

Journal of Anxiety Disorders

Ad Hoc Reviewer

Alcoholism Clinical and Experimental Research	
Annals of Behavioral Medicine	JAMA Network Open
Applied Cognitive Psychology	Journal of Anxiety Disorders
Archives of General Psychiatry	Journal of Autism and Developmental Disorders
Behavior Therapy	Journal of Behavior Therapy and Experimental Psychiatry
Behaviour Research and Therapy	Journal of Clinical Psychiatry
BMJ Open	Journal of Consulting and Clinical Psychology
Biological Psychiatry	Journal of Experimental Psychopathology
	Journal of Interpersonal Violence

Brain and Cognition
Clinical Psychology Science and Practice
Clinical Psychological Science
Cognition and Emotion
Cognitive Therapy and Research
Consciousness and Cognition
Criminal Justice and Behavior
Depression and Anxiety
Frontiers in Human Neuroscience

Journal of Medical Internet Research Serious Games
Journal of Men's Health
Journal of Women's Health
Journal of Psychiatric Research
Psychiatry Research
Psychological Medicine
The Spanish Journal of Psychology
European Archives of Psychiatry and Clinical Neuroscience

Professional Licenses

2010 Rhode Island Licensed Psychologist 2013 Massachusetts Licensed Psychologist

Professional Organizations

Anxiety Disorders Association of America Association for Behavioral and Cognitive Therapy
Division 12, Society of Clinical Psychology, American Psychological Association

C. Contribution to Science

1. My work delineating cognitive vulnerabilities has primarily focused on the role of interpretation bias in psychopathology. Most notably, I developed a novel computerized cognitive task to assess interpretation of ambiguous situations. Using this word-sentence association paradigm (WSAP), I demonstrated that social anxiety is characterized by both a lack of a benign bias and the presence of a threat bias. In an acute psychiatric sample, performance on the WSAP was a stronger predictor of suicidal ideation than any demographic or clinical variable. The WSAP has been adopted by other researchers in the US and internationally. At least 50 published papers have utilized the paradigm to examine or modify interpretation in social anxiety, depression, alcohol use, anxiety sensitivity, obsessive compulsive disorder, generalized anxiety, height phobia, and body image problems. I was PI or Co-PI on all the studies below.
 - a. Amir, N., **Beard**, C., & Przeworski, A. (2005). Resolving ambiguity: The Effect of Experience on Interpretation of Ambiguous Events in Social Phobia. *Journal of Abnormal Psychology, 114*, 402-408.
 - b. **Beard**, C. & Amir, N. (2009). Interpretation in Social Anxiety: When Meaning Precedes Ambiguity. *Cognitive Therapy and Research, 33*, 406-415. PMID: PMC2792932
 - c. **Beard**, C. & Amir, N. (2010). Negative Interpretation Bias Mediates the Effect of Social Anxiety on State Anxiety. *Cognitive Therapy and Research, 34*, 292-296. NIHMSID: 153532.
 - d. Gonsalves M, Whittles RL, Weisberg RB, **Beard C.** (2019). A systematic review of the word-sentence association paradigm. *Journal of Behavior Therapy and Experimental Psychiatry, 64*, 133-148. doi.org/10.1016/j.jbtep.2019.04.003
2. Translating these findings into an innovative computerized intervention targeting interpretation bias, I conducted the first randomized controlled trials of Cognitive Bias Modification (CBM) treatments. Consistent with an experimental therapeutics approach, my first trial demonstrated that the intervention effectively modified interpretation bias and that changes in interpretation mediated changes in social anxiety compared to a placebo condition. My second trial demonstrated that CBM effectively reduced social anxiety symptoms and improved behavioral outcomes compared to a placebo condition in a clinical sample. This work led two R34 grants funded by NIMH, which are the first to develop a transdiagnostic, personalized, self-administered CBM treatment for primary care and psychiatric hospital settings. Together, these projects have the potential to improve the available treatment options for individuals with anxiety and depression, who are among the highest utilizers of health care. I was PI or Co-PI on all the studies below.
 - a. **Beard**, C. & Amir, N. (2008). A Multi-session Interpretation Modification Program: Change in Interpretation and Social Anxiety. *Behaviour Research and Therapy, 46*, 1135-1141.

- b. **Beard C**, Weisberg RB, Amir N. (2011). Combined cognitive bias modification treatment for social anxiety disorder: A pilot trial. *Depress Anxiety*. 28, 981-988. PMC3215809.
 - c. **Beard C**, Sawyer AT, Hofmann SG. (2012). Efficacy of attention bias modification using threat and appetitive stimuli: A meta-analytic review. *Behav Ther*. 43(4), 724-740. PMC3494088.
 - d. Lichenthal WG, Corner GW, Slivjak ET, Roberts KE, Li Y, Breitbart W, Lacey S, Tuman M, DuHamel KN, Blinder VS, **Beard C**. (2017). A pilot randomized controlled trial of cognitive bias modification to reduce fear of breast cancer recurrence. *Cancer*. 123:1424-1433. PMID: 28055119. doi:10.1002/cncr.30478
3. In my position at the Behavioral Health Partial Hospital at McLean Hospital, I have expanded my research to examine mechanisms underlying psychopathology and predictors of treatment response in a naturalistic, acute psychiatric setting. The partial hospital setting is a crucial node of care, as its role is to either prevent the need for an inpatient hospitalization or to transition recently hospitalized patients back to outpatient care. My work in this area has contributed to the knowledge of risk factors and therapy mechanisms in transdiagnostic, SMI samples. I was PI/Co-I on all these.
- a. **Beard, C.**, Stein, A.T., Hearon, B., Lee, J., Hsu, K., & Björgvinsson, T. (2016). Predictors of treatment response in an Intensive CBT Partial Hospital. *J of Clinical Psychology*. 72(4):297-310. doi: 10.1002/jclp.22269.
 - b. **Beard, C.**, Hearon, B.A., Lee, J., Kopeski, L., Busch, A., & Björgvinsson, T. (2016). When partial hospitalization fails: Risk factors for inpatient hospitalization. *Journal of Nervous and Mental Disease*, 204(6), 431-436. doi:10.1097/NMD.0000000000000515
 - c. Hsu, K., **Beard, C.**, Rifkin, L., Dillon, D.G., Pizzagalli, D.A., & Björgvinsson, T. (2015). Transdiagnostic mechanisms: The association between attentional control, rumination, and clinical symptomatology. *Journal of Affective Disorders*. 188:22-7. doi: 10.1016/j.jad.2015.08.008
 - d. **Beard C**, Kirakosian N, Silverman A, Winer JP, Wadsworth LP, Björgvinsson T. Comparing treatment response between LGBQ+ and heterosexual individuals attending a CBT and DBT-skills based partial hospital. *J Consult Clin Psychol*. 2017;85:1171-1181. PMID: 29189033. doi: 10.1037/ccp0000251
4. I have published several papers examining the naturalistic course and treatment of anxiety disorders in the primary care setting and in minority populations. These data came from longitudinal studies funded by NIMH (Harvard/Brown Anxiety Research Project (HARP)) and industry (Primary Care Anxiety Project). The findings highlighted the debilitating and chronic nature of anxiety disorders, as well as unmet treatment needs. Together, this work underscores the need to improve treatment options. This is especially true for individuals from minority backgrounds, who demonstrated a particularly poor course, with few recoveries. I was a post-doctoral fellow or project director on these studies.
- a. **Beard C**, Weisberg RB, Keller MB. (2010). Health-related quality of life across the anxiety disorders: Findings from a sample of primary care patients. *J Anxiety Disord*. 24, 559-564. PMC2876232.
 - b. **Beard C**, Moitra E, Weisberg RB, Keller MB. (2010). Characteristics and predictors of social phobia course in a longitudinal study of primary-care patients. *Depress Anxiety*. 27, 839-845.
 - c. Sibrava NJ, **Beard C**, Bjornsson AS, Moitra E, Weisberg RB, Keller MB. (2013). Two-year course of generalized anxiety disorder, social anxiety disorder, and panic disorder in a longitudinal sample of African American adults. *J Consult Clin Psychol*. 81(6), 1052-1062. PMC3951438.
 - d. Weisberg RB, **Beard C**, Moitra E, Dyck I, Keller MB. (2014). Adequacy of treatment received by primary care patients with anxiety disorders. *Depress Anxiety*. 31(5), 443-50. PMC4157338.

Complete List of Published Work in MyBibliography:

<https://www.ncbi.nlm.nih.gov/myncbi/courtney.elias.1/bibliography/public/>

D. Research Support

Ongoing Research Support

R34 MH113600 Beard (PI) 5/9/18 – 4/30/21
Augmenting hospitalization for SMI by targeting interpretation bias
Develop and evaluate a smartphone app delivered, transdiagnostic, personalized cognitive bias modification treatment for SMI in a partial hospital setting.
Role: PI

Electronic Media in Clinical Psychiatric Care Across the Lifespan 2018-2021
Once Upon a Time Foundation
Role: Co-Investigator
Develop an electronic media enhanced outpatient therapy protocol and test feasibility, acceptability, and therapy outcomes.

R01MH121617 Germine (PI) 2020-2025
Mobile measures of threat sensitivity for cross-sectional and longitudinal assessment
Role: Co-I
The proposed research aims to (1) address a critical gap in our ability to objectively measure cognitive information processing of threat in field test settings, and (2) provide a novel way of tracking changes in threat sensitivity over time

NIMH/1R01MH120400-01 Rosso (PI) 2019-2024
Multimodal imaging of hippocampal-cortical networks and mechanisms of trauma-related intrusions
Role: Co-I
This study aims to identify brain processes that are associated with distinctive phenomenological characteristics of trauma memories that implicate sensory- perceptual brain networks, and that may be different than canonical brain networks of PTSD.

Completed (in past 3 years)

NIMH/R21 MH113183 Yen (PI) 2017-2019
Suicidal and Nonsuicidal Self-injurious Behavior in Sexual Minority Youth:
Examining Modifiable Mechanisms for Treatment Development
Role: Consultant
Examine the factors that lead LGBT youth to have higher rates of suicidal and non-suicidal self-injury, such as emotion regulation, low self-esteem, interpersonal rejection sensitivity, and stresses and experiences unique to LGBT populations.

R34 MH097820 Beard and Weisberg (MPIs) 1/01/13-12/31/18
Developing a Low-Intensity Primary Care Intervention for Anxiety Disorders
Develop and evaluate a personalized, cognitive bias modification treatment for anxiety linked to primary care that can be delivered in primary care or at home. Develop and pilot primary care implementation methods.
Role: MPI