

Michael C. Mullarkey

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EDUCATION

- 2014-Present **University of Texas at Austin**
PhD in Clinical Psychology
Dissertation: Taking a symptom-level approach to depression
Chair: Caryn Carlson, PhD
Defended May 2019
- 2008-2013 **American University**
BA/MA in Clinical Psychology

FELLOWSHIPS & AWARDS

- 2019 Ira Iscoe Fellowship - \$500
- 2017 Association for Behavioral and Cognitive Therapy Student Researcher
Award - Mindfulness and Acceptance Special Interest Group
- 2016, 2018 UT-Austin Psychology Research Award - \$7,500
- 2016 Graduate Student Assembly Travel Grant Presentation Award - \$300
- 2015-2016 Helmreich Endowed Presidential Fellowship - \$3,500
- 2015-2016 Grammer Fellowship for Mental Health Research - \$2,500
- 2014-2019 UT-Austin Student Professional Development Award - \$2,500

FUNDED RESEARCH GRANTS

- 2018 **Applying Systematic Distillation to Community Engagement Research**
Role: Principal Investigator
- Funded for \$10,000 by UT-Austin CENTRAL/Bridging Barriers
- 2018-2021 **Optimizing growth mindset interventions for adolescent depression:**
Acceptability and effectiveness of a virtual reality approach
Role: Co-Investigator
Principal Investigator: Jessica Schleider, PhD
- Funded for \$10,000 by Limbix Virtual Reality

RESEARCH GRANTS UNDER REVIEW

2019-2024 **Development of an online, single-session, self-compassion intervention for self-dislike**
Role: Co-Investigator
Principal Investigator: Christopher Beevers, PhD
- Requested \$2,805,815 from NIMH R61/R33 funding mechanism

MANUSCRIPTS

1. **Mullarkey, M. C.**, Stein, A.T., Pearson, R., & Beevers, C. G. (In press). Network analyses reveal which symptoms improve (or not) following an Internet intervention (Deprexis) for depression. *Depression and Anxiety*
[PREPRINT DATA CODE](#)
2. **Mullarkey, M.C.** & Schleider, J.L. (In press). Contributions of fixed mindsets and hopelessness to anxiety and depressive symptoms: A commonality analysis approach *Journal of Affective Disorders*
[PREPRINT DATA CODE](#)
3. Schleider, J.L., Dobias, M.L.*, Sung, J.Y.*, & **Mullarkey, M.C.** (In press). Future Directions in Single-Session Youth Mental Health Interventions *Journal of Clinical Child and Adolescent Psychology*
[PREPRINT MATERIALS](#) * Indicates authors contributed equally
4. Schleider, J.L., **Mullarkey, M.C.**, & Chacko, A. (In press). Harnessing wise interventions to advance the potency and reach of youth mental health services. *Clinical Child and Family Psychology Review*
[PREPRINT](#)
5. Landy, J. F., Jia, M., Ding, I. L., Viganola, D., Tierney, W., ... **Mullarkey, M.C.**, ... Ullman, E.L. (In press). Crowdsourcing hypothesis tests: Making transparent how design choices shape research results. *Psychological Bulletin*
6. Lancaster, C.L., Gros, D.F., **Mullarkey, M.C.**, Badour, C.L., Killeen, T.K., Brady, K.T., & Back, S.E. (In press). Does exposure therapy exacerbate symptoms among patients with comorbid PTSD and substance use disorders? *Behavioral and Cognitive Psychotherapy*
7. **Mullarkey, M.C.**, Marchetti, I., & Beevers, C. G. (2019). Using network analysis to identify central symptoms of adolescent depression. *Journal of Clinical Child & Adolescent Psychology*, 48(4), 656-668.
[PREPRINT](#)

8. Beevers, C.G, **Mullarkey, M.C.**, Danier-Best, J., Stewart, R.A., LaBrada, J., Allen, J.J.B., McGeary, J.E. & Shumake, J.S. (2019). Association between negative cognitive bias and depression: A symptom level approach. *Journal of Abnormal Psychology*, 128(3), 212-227
[PREPRINT CODE](#)
9. Schleider, J.L, **Mullarkey, M.C.**, & Weisz, J.R. (2019). Virtual reality and web-based growth mindset interventions for adolescent depression: Protocol for a three-arm randomized trial. *Journal of Medical Internet Research*, 8(7), e13368.
[PREPRINT](#)
10. Yarnell, L.M, Neff, K.D, Davidson, O.A., & **Mullarkey, M.C.** (2019). Sex differences in self-compassion: Examining the role of gender orientation. *Mindfulness*, 10(6), 1136–1152.
11. Bluth, K., **Mullarkey, M.C.**, & Lathren, C. (2018). Self-compassion: A potential path to adolescent resilience and positive exploration. *Journal of Child and Family Studies*, 27(9), 3037–3047.
12. Bluth, K., Gaylord, S., Campo, R., **Mullarkey, M.C.**, & Hobbs, L. (2016). Making friends with yourself: A mixed methods pilot study of a mindful self-compassion program for adolescents. *Mindfulness*, 7(2), 479-492.
13. Bluth, K., Campo, R. A., Pruteanu-Malinici, S., Reams, A., **Mullarkey, M.**, & Broderick, P. C. (2016). A school-based mindfulness pilot study for ethnically diverse at-risk adolescents. *Mindfulness*, 7(1), 90-104.
14. Yarnell, L.M, Stafford, R.E., Neff, K.N, Reilly, E.D, Knox, M.C., & **Mullarkey, M.** (2015). Meta-analysis of gender differences in self-compassion. *Self and Identity*, 14(5), 499-520.

BOOKS

1. Schleider, J.L., **Mullarkey, M.C.**, & Dobias, M.L. (Under contract). *The Growth Mindset Guide for Teens: Using Brain Science to Boost Behavior Change*. New Harbinger Publications

TREATMENT MANUALS

1. **Mullarkey, M.C.** (2019) *STAT: Short-term Transdiagnostic Anxiety Treatment*
[OPEN ACCESS MANUAL](#)

MANUSCRIPTS UNDER REVIEW AND WORKING PAPERS

1. **Mullarkey, M. C.**, Stewart, R.A., Wells, T.T., & Beevers, C. G. (Under review). Self-dislike and sadness are central symptoms of depression in college students: A network analysis. *Clinical Psychological Science*
[PREPRINT DATA CODE](#)

2. Hsu, K.J.*, **Mullarkey, M.C.***, Dobias, M.L, Beevers, C.G., & Björgvinsson, T. (Under review). Symptom-level network analysis distinguishes the unique associations of repetitive negative thinking and experiential avoidance on depression and anxiety in a transdiagnostic clinical sample. *Clinical Psychological Science*
[PREPRINT PRE-REGISTRATION DATA CODE](#) * Indicates authors contributed equally
3. Dobias, M.L.*, Sugarman, M.B.*, **Mullarkey, M.C.**, & Schleider, J.L. (Under review). Relative importance of individual depressive symptoms, demographic variables, and socioeconomic variables in predicting adolescent mental health treatment access. *Journal of Consulting and Clinical Psychology*
[PREPRINT PRE-REGISTRATION DATA CODE](#) * Indicates authors contributed equally
4. Lee, H., Jamieson, J.P., Reis, H.T., Beevers, C.G., Josephs, R.A., **Mullarkey, M.C.**, O'Brien, J.M, & Yeager, D.S. (Under review). Getting insufficient likes on social media elicits distress associated with depressive symptoms in adolescence. *Child Development*
5. **Mullarkey, M. C.**, Marchetti, I., Bluth, K., Carlson, C.L., Shumake, J. & Beevers, C. G. (Working paper). Symptom centrality, not severity or endorsement rate, identifies adolescent depression symptoms most strongly associated with life satisfaction.
[PREPRINT](#)
6. **Mullarkey, M.C.**, Dobias, M.L, & Bluth, K. (Working paper). Understanding the unique relationships between self-compassion, mindfulness, and individual adolescent depressive symptoms: A network analysis.
[PREPRINT](#)
7. **Mullarkey, M.C.**, Dobias, M.L, Maron, A.M., & Bearman, S.K. (Working paper). A systematic review of randomized trials for engaging vulnerable groups in health research: A distillation approach
[PREPRINT DATA CODE](#)

MANUSCRIPTS IN PREPARATION (SELECTED MANUSCRIPTS)

1. **Mullarkey, M.C.**, Foulser, A.A, Fong, C., Yeager, D.S., & Beevers, C. G. (In preparation). Do longer therapies produce more durable reductions in patient symptoms? A meta-analysis of intervention studies that randomized treatment length

INVITED TALKS & PRESENTATIONS

1. **Mullarkey, M.C.**, Schleider, J.L. (2019, November). Open science practices for clinical researchers: What you need to know and how to get started. Workshop accepted at the 53rd Annual Meeting of The Association for Behavioral and Cognitive Therapies
2. **Mullarkey, M.C.** (2019, November). The whole is not the same as the parts: Taking a symptom level approach to depression. Invited talk at Bard University, Department of Psychology

3. **Mullarkey, M.C.**, Schleider, J.L. (2019, November). Open Clinical Science: A brief how-to. Invited talk at Stony Brook University, Department of Clinical Psychology
4. **Mullarkey, M.C.**, Beevers, C.G. (2019, May). Taking a Symptom-Level Approach to Clinical Science. Chaired Symposium accepted at the 31st Annual Meeting of The Association for Psychological Science
5. **Mullarkey, M.C.** (2019, April). How Open Science Can Make Your Life Easier. Research lecture at the Institute for Mental Health Research Monthly Research Series
[SLIDES](#)
6. **Mullarkey, M.C.**, Bluth, K. (2018, November). Risk, resilience, and treatment response: Statistical and computational advances in understanding mental health. Chaired symposium at the 52nd annual meeting of the Association for Behavioral and Cognitive Therapies
7. Schleider, J.L. & **Mullarkey, M.C.** (2018, November). Contributions of fixed mindsets and hopelessness to anxiety and depressive symptoms: A commonality analysis approach. Symposium presented at the 52nd Annual Meeting of The Association for Behavioral and Cognitive Therapies
8. Dobias, M.L., Schleider, J.L. & **Mullarkey, M.C.** (2018, November). Social variables and their relationship to adolescent depression: Relative importance analyses. Symposium presented at the 52nd Annual Meeting of The Association for Behavioral and Cognitive Therapies
9. **Mullarkey, M.C.**, Shumake, J., & Beevers, C.G. (2018, October). Using network analysis to assess treatment efficacy. Research lecture at the Institute for Mental Health Research Monthly Research Series
10. **Mullarkey, M.C.**, Dobias, M.L, Maron, A.M., & Bearman, S.K. (2018, September). Jingle all the way: How can we better engage vulnerable populations in research? Keynote research lecture at the 29th Annual SAGE Lecture presented by Osher Lifelong Learning Institute
11. **Mullarkey, M. C.**, Foulser, A.A, Fong, C., Yeager, D.S., & Beevers, C. G. (2018, May). More Isn't Always Better: Dosage and Components in Clinical Science. Chaired Symposium presented at the 30th Association for Psychological Science Annual Convention.
12. **Mullarkey, M.C.**, Marchetti, I., & Beevers, C. G. (2018, April). Using network analysis to identify central symptoms of adolescent depression. Symposium presentation presented at the 17th Biennial Meeting of Society for Research on Adolescence.
13. **Mullarkey, M.C.** & Carlson, C.L. (2017, November). Taking a deployment-focused approach to brief interventions for mental health and well-being. Research talk presented for the University of Texas at Austin Counseling and Mental Health Center Peer Educator Program and Staff

14. **Mullarkey, M.C.**, Carlson, C.L., & Telch, M.J. (2017, October). Disentangling the relationship between self-compassion and transdiagnostic risk factors. Paper talk presented at the 51st Annual Meeting of The Association for Behavioral and Cognitive Therapies
15. **Mullarkey, M.C.** & Carlson, C.L. (2017, October). Brief interventions focused on well-being: What does the research say? Research talk presented for the University of Texas at Austin Counseling and Mental Health Center Student Organization and Staff
16. **Mullarkey, M.C.**, Bluth, K., Campo, R.A., Gaylord, S.A. (2016, April). Is making friends with yourself just as good? Self-compassion buffers against the association between low perceived social support and internalizing symptoms. Symposium presentation presented at the 16th Biennial Meeting of Society for Research on Adolescence.
17. Bluth, K., Gaylord, S., Campo, R., **Mullarkey, M.C.** Hobbs, L. (2015, June) Making Friends with Yourself: A Mindful Self-Compassion Program for Teens – A Mixed Methods Pilot Study, Mindfulness and Compassion: Talk presented at The Art and Science of Contemplative Practice
18. Bluth, K., Gaylord, S., Campo, R., **Mullarkey, M.C.**, Hobbs, L. (2015, March) Enhancing Well-being in Adolescents: An Initial Pilot Study of "Making Friends with Yourself: A Mindful Self-Compassion Program for Teens" Talk presented at Bridging the Hearts and Minds of Youth.

SELECTED POSTERS

* Indicates a supervisee

1. **Mullarkey, M.C.**, & Bluth, K. (2018, April). Do Distress Tolerance and Resilience Uniquely Contribute to Adolescent Anxiety Symptoms? Poster presented at the 38th Annual Meeting of Anxiety and Depression Association of America
2. Dobias, M., Lee, H.Y., **Mullarkey, M.C.**, Jamieson, J., Beevers, C.G., Josephs, R., Reis, H., & Yeager, D.S. (2018, April). Changing implicit theories of personality in adolescents: A way to improve teenage responses to stress. Poster presented at the 38th Annual Meeting of Anxiety and Depression Association of America
3. **Mullarkey, M.C.**, & Yeager, D.S. (2017, January). Dosage as a social-psychological predicament: Self-determination variables are associated with motivation for treatment. Poster presented at the 17th Annual Meeting of The Society for Personality and Social Psychology
4. Dobias, M., *Niemi, H., *Roper, A., **Mullarkey, M.C.** & Carlson, C.L. (2016, November). Grateful writing, residual state gratitude, and well-being. Poster presented at the Texas Psychological Association Annual Meeting
5. **Mullarkey, M.C.**, Carlson, C.L., & Telch, M.J. (2016, October). Powering through and bouncing back: The differential associations of distress tolerance and resilience with psychological well-being. Poster presented at the 50th Annual Meeting of The Association for Behavioral and Cognitive Therapies

6. **Mullarkey, M.C.**, *Meyer, S. & Carlson, C.L. (2015, November). Finding the silver lining: Trait resilience mediates the relationship between trait gratitude and depression symptoms. Poster presented at the 49th Annual Meeting of The Association for Behavioral and Cognitive Therapies
7. **Mullarkey, M.C.**, *Shah, S. & Carlson, C.L. (2015, November). Wanting to fly too close to the sun: Trait resilience mediates the relationship between valuation of happiness and depression symptoms. Poster presented at the 49th Annual Meeting of The Association for Behavioral and Cognitive Therapies
8. **Mullarkey, M.C.**, & Bluth, K. (2015, April). Giving yourself a break when life won't: Self-compassion buffers against the effect of stress on depression. Poster presented at 2nd Annual Meeting of The Society for Affective Science
9. *Pantoni, M., Medina, J. L., **Mullarkey, M.**, Hopkins-DeBoer, L. B., & Smits, J. A. J (2015, April). Being Kind to Yourself Under Pressure: Self-compassion is Indirectly Associated With Decreased Anxiety Sensitivity via Distress Tolerance. Poster presented at the 36th Annual Anxiety and Depression Association of America Conference
10. **Mullarkey, M.**, & Ahrens, A.H. (2014, April). Thankful in all circumstances: Trait gratitude predicts less stress during a daily diary via savoring. Poster presented at 1st Annual Meeting of The Society for Affective Science
11. **Mullarkey, M.**, Breetz, A., & Ahrens, A.H. (2013, November). Trait mindfulness predicts a drop in borderline personality disorder symptoms over time. Poster presented at 47th Annual Meeting of The Association for Behavioral and Cognitive Therapies
12. **Mullarkey, M.**, & Ahrens, A.H. (2013, January). Does generalized gratitude prompt the action tendency to celebrate?. Poster presented at the 14th Annual Meeting of The Society for Personality and Social Psychology

RESEARCH EXPERIENCE

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| 2019 - Present | <p>Affiliated Researcher
 Lab for Scalable Mental Health
 Supervisor: Jessica Schleider, PhD</p> <ul style="list-style-type: none"> - Develop, test, and optimize single session interventions for mental health problems in adolescents and emerging adults |
| 2017 - Present | <p>Graduate Research Associate
 Mood Disorders Laboratory
 Supervisor: Christopher Beevers, PhD</p> <ul style="list-style-type: none"> - Bring a symptom-level approach to research projects on risk factors, protective factors, and treatment outcomes |

- 2014 - 2019 **Graduate Research Associate**
 Well-Being in Context Laboratory
 Supervisor: Caryn Carlson, PhD
 - Re-established a research lab by training and overseeing 31 undergraduate and graduate student research assistants
- 2014 - 2018 **Graduate Research Associate**
 Adolescent Development Research Group
 Supervisors: Christopher Beevers, PhD David Yeager, PhD
 - Administered a 45-minute single session intervention to prevent and treat depression symptoms in ~2,200 adolescents in 9 schools over 58 full days while supervising 46 undergraduate research assistants.
- 2014 **Research Associate**
 UNC Program on Mindfulness-Based Stress and Pain Management
 Supervisor: Karen Bluth, PhD
 - Analyzed the efficacy of mindfulness and self-compassion interventions in adolescents.
- 2011 - 2013 **Graduate Research Associate**
 Emotions and Positive Psychology Laboratory
 Supervisor: Anthony Ahrens, PhD
 - Analyzed thesis data and presented an oral defense on fear of positive emotion's impact on creative problem solving while mentoring 4 undergraduate research assistants
- 2010 - 2011 **Research Assistant**
 Emotions and Positive Psychology Laboratory
 Supervisor: Anthony Ahrens, PhD
 - Ran participants through experiments conducted in the lab, evaluated and coded data for theses and dissertations, and presented current research to lab group at bi-weekly meetings

CLINICAL EXPERIENCE

- 2019-Present **Stony Brook University Consortium Internship Program**
 Supervisors: Adam Gonzalez, PhD and Dina Vivian, PhD
 - Provide integrated assessments, CBT/DBT/Solution-focused care in outpatient and psychiatric emergency room settings
- 2018-2019 **Anxiety and Stress Clinic**
 Supervisors: Kean Hsu, PhD and Jasper Smits, PhD
 - Developed, manualized, implemented, and supervised a CBT based, transdiagnostic intensive protocol to increase treatment accessibility and efficiency

- 2017-2018 **Anxiety and Stress Clinic**
 Supervisor: Jasper Smits, PhD
 - Provided integrated CBT to community adults and adolescents presenting with bipolar and related disorders, depressive disorders, anxiety disorders, post-traumatic stress disorder, obsessive-compulsive and related disorders
- 2017-2018 **Telch and Associates Clinic**
 Supervisor: Michael Telch, PhD
 - Provide intensive (~3 hour) sessions for high severity and home-bound cases
- 2016-2017 **Center for Survivors of Torture**
 Supervisor: Russ Adams, PhD
 - Provided modular CBT to refugees and asylum seekers and supervised 3 fellow clinicians at a peer to peer level in providing CBT-based interventions for their patients
- 2015-2016 **Clinical Psychology Training Clinic - University of Texas at Austin**
 Supervisors: Jasper Smits, PhD and Martita Lopez, PhD
 - Conducted a full intake battery including SCID, MMPI-2, & WAIS-IV, and provided manualized CBT treatment for a variety of mental health disorders
- 2012-2013 **Victoria Transcultural Clinical Center**
 Supervisor: Leticia Flores, MA
 - Performed intensive, in-home therapy with court-involved adolescents with mental illness
- 2011-2012 **St. Luke's House**
 Supervisor: Whitney Reigel, MSW
 - Managed a vocational rehab caseload of 12-17 underserved young adults with mental illness

ADDITIONAL CLINICAL TRAINING

- 2018 **Dialectical Behavior Therapy: All Day Workshop**
 Instructor: Penny Kruger, LCSW
- 2015 **Prolonged Exposure (PE) Therapy for Post-Traumatic Stress Disorder: Two-Day Training Seminar**
 Instructor: Mark Powers, PhD

TEACHING EXPERIENCE

- 2014 - Present **Guest Lecturer**
 Courses: Positive Psychology and the Good Life, Social Psychology
 Professors: Caryn Carlson, PhD and Sarah Angulo, PhD
 - Give 21 guest lectures over the course of 9 semesters

- 2014 - 2019 **Teaching Assistant**
 Courses: Positive Psychology and the Good Life, Social Psychology, Emotion
 Professors: Caryn Carlson, PhD, Sarah Angulo, PhD, and Jacqueline Evans, PhD
 - Graded over 300 essay length papers and provided feedback on
 over 130 in-class presentations
- 2012 - 2013 **Tutor**
 American University Academic Support Center
 - Tutored students with varying abilities in psychology and
 statistics

PROFESSIONAL AFFILIATIONS

- 2017 - Present Association for Psychological Science
- 2017 - Present Anxiety and Depression Association of America
- 2015 - Present Society for Research on Adolescents
- 2013 - Present Association for Behavioral and Cognitive Therapies
- 2011 - Present Psi Chi: The International Honor Society in Psychology

SERVICE

- 2014 - Present **Ad Hoc Reviewer**
 - *Journal of Child Psychology and Psychiatry, Campbell Collaboration, Mindfulness, Psychiatry Research, BMJ Open, Social Psychiatry and Psychiatric Epidemiology, Psycho-Oncology*
- 2017 - 2019 **Professional Development Committee - Graduate Student Member**
 - Created a mentorship infrastructure for UT-Austin PhD program alumni and current students, organized and moderated panels on different career possibilities, and assisted in organizing an academic job application workshop
- 2016 - 2019 **Clinical Area Meeting Committee - Graduate Student Member**
 - Plan and schedule research-focused speakers for clinical area meeting
- 2015 - 2017 **Clinical Student Committee - Graduate Student Member**
 - Advocate for inclusion of research and clinically-oriented perspectives

RELEVANT SKILLS

Proficient in using R for data cleaning and analysis

Proficient in collecting and securing data using REDCap, Qualtrics, and Box

Experienced in recruitment, retention, and providing services to underserved communities