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EDUCATION

- Post-Doctoral Fellowship in Psychology** October 2008 – June 2011
Massachusetts General Hospital and Harvard Medical School
Behavioral Medicine, Department of Psychiatry
- Doctor of Philosophy, Clinical Psychology** January 2005 – December 2008
University of North Carolina at Greensboro
Dissertation: Adult AD/HD, Metamemory, and Self-Regulation in Context
Clinical Internship: Massachusetts General Hospital and Harvard Medical School; CBT Track
- Master of Arts, Clinical Psychology** August 2002 – December 2004
University of North Carolina at Greensboro
Master's Thesis: Metacognition in Adults with AD/HD: Addressing Measurement Issues
Honors: Hayes Graduate Fellowship (2003 – 2004); Summer Research Award (2003)
Greensboro Graduate Fellowship (2002 – 2003)
- Bachelor of Science, Psychology** August 1998 – May 2002
University of Richmond
Minor: Music
Honors: Phi Beta Kappa, Summa cum Laude, Departmental Honors in Psychology, John Neasmith Dickinson Award in Psychology, Outstanding Research Award (Psychology), Hesch Award (Music), University Scholar

AWARDS AND FUNDING

- Faculty Summer Research Fellowship** 2012, 2013, 2014
University of Richmond
- Kaplen Fellowship on Depression and Livingston Fellowship** 2009 - 2010
Harvard Medical School, Department of Psychiatry
- Ruth G. and Joseph D. Matarrazo Research Scholarship** 2006
American Psychological Foundation (APF)
Council of Graduate Departments of Psychology (COGDOP)

PEER-REVIEWED PUBLICATIONS

- Feldman, G., **Knouse, L.E.**, & Robinson, A. (in press). Executive functioning difficulties and depression symptoms: Incremental validity and prospective associations. *Journal of Cognitive and Behavioral Psychotherapies*, 13.
- *Steadman, K. & **Knouse, L.E.** (in press). Is the relationship between ADHD symptoms and binge eating mediated by impulsivity? *Journal of Attention Disorders*.
- Knouse, L.E.**, *Zvorsky, I. & Safren, S. (2013). Depression in adults with Attention-Deficit/Hyperactivity Disorder (ADHD): The mediating role of cognitive-behavioral factors. *Cognitive Therapy and Research*, 37, 1220-1232. doi: 10.1007/s10608-013-9569-5
- Mitchell, J., Benson, J.W., **Knouse, L.E.**, Kimbrel, N.A., & Anastopolous, A.D. (2013). Are negative automatic thoughts associated with ADHD in adulthood? *Cognitive Therapy and Research*, 37, 851-859. doi: 10.1007/s10608-013-9525-4
- Knouse, L.E.**, Traeger, L., O’Cleirigh, C., & Safren, S.A. (2013). Adult ADHD symptoms and five factor model personality traits in a clinical sample: A structural equation modeling approach. *Journal of Nervous and Mental Disease*, 201, 848 – 854. doi:10.1097/NMD.0b013e3182a5bf33
- Knouse, L.E.**, Barkley, R.A., & Murphy, K.R. (2013). Does executive functioning (EF) predict depression in clinic-referred adults?: EF tests vs. rating scales. *Journal of Affective Disorders*, 145, 270-275. doi: 10.1016/j.jad.2012.05.064
- Knouse, L.E.**, Anastopoulos, A.D., & Dunlosky, J. (2012). Isolating metamemory deficits in the self-regulated learning of adults with AD/HD. *Journal of Attention Disorders*, 16, 650 – 660. doi: 10.1177/1087054711417231
- Barkley, R.A., **Knouse, L.E.**, & Murphy, K.R. (2011). Correspondence and disparity in the self and other ratings of current and childhood ADHD symptoms and impairment in adults with ADHD. *Psychological Assessment*, 23, 437 – 446.
- Knouse, L.E.** & Safren, S. (2010). Current status of cognitive behavioral therapy for adult attention-deficit hyperactivity disorder. *Psychiatric Clinics of North America*, 33, 497 – 510.
- Safren, S.A., Sprich, S., Mimiaga, M., Surman, C., **Knouse, L.E.**, Groves, M., & Otto, M.W. (2010). Cognitive behavioral therapy versus relaxation with educational support for medication-treated adults with ADHD and persistent symptoms: A randomized controlled trial. *JAMA: The Journal of the American Medical Association*, 304, 875 – 880.
- Safren, S.A., Sprich, S.E., Cooper-Vince, C., **Knouse, L.E.**, & Lerner, J.A. (2010). Life impairments in adults with medication-treated ADHD. *Journal of Attention Disorders*, 13, 524 – 531.
- Sprich, S., **Knouse, L.E.**, Burbridge, J., & Safren, S.A. (2010). Description and demonstration of CBT for ADHD in adults. *Cognitive and Behavioral Practice*, 17, 9 – 15.
- Knouse, L.E.**, Sprich, S.E., Cooper-Vince, C., & Safren, S.A. (2009). ADHD symptom profiles in medication-treated adults entering a psychosocial treatment program. *Journal of ADHD and Related Disorders*, 1, 34-48.
- *Student co-author.

- Mitchell, J.T., **Knouse, L.E.**, Nelson-Gray, R., & Kwapil, T. (2009). Self-reported ADHD symptoms among college students: Item positioning affects symptom endorsement rates. *Journal of Attention Disorders, 13*, 154-160.
- Knouse, L.E.**, Cooper-Vince, C., Sprich, S., & Safren, S.A. (2008). Recent developments in the psychosocial treatment of adult ADHD. *Expert Review of Neurotherapeutics, 8*, 1537-1548.
- Knouse, L.E.**, Mitchell, J.T., Brown, L.H., Silvia, P.J., Kane, M.J., Myin-Germeys, I., & Kwapil, T.R. (2008). The expression of adult AD/HD symptoms in daily life: An application of experience sampling methodology. *Journal of Attention Disorders, 11*, 652-663.
- Knouse, L.E.**, Paradise, M.J., & Dunlosky, J. (2006). Does ADHD in adults affect the relative accuracy of metamemory judgments? *Journal of Attention Disorders, 10*, 160-170.
- Knouse, L.E.**, Bagwell, C.L., Barkley, R.A., & Murphy, K.R. (2005). Accuracy of self-evaluation in adults with ADHD: Evidence from a driving study. *Journal of Attention Disorders, 8*, 221-234.

MANUSCRIPTS UNDER REVIEW OR IN PREPARATION

- Knouse, L.E.** & Mitchell, J.T. (2013). Incautious optimism: Working with overly positive maladaptive cognitions in adult ADHD. Manuscript under review.
- Knouse, L.E.**, Feldman, G. & *Blevins, E. (2013). Executive functioning difficulties as predictors of academic performance: The mediating role of goal-setting. Manuscript under review.
- Knouse, L.E.**, Sprich, S., O’Cleirigh, C. Margolina, A., & Safren, S. (2013). Reduction in adult ADHD symptoms during psychosocial treatment predicts functional improvement across twelve months. Manuscript in preparation.
- Knouse, L.E.**, Rawson, K., Vaughn, K., & Dunlosky, J. (2013). College students with ADHD benefit from the testing effect. Manuscript in preparation.

*Student co-author.

BOOK CHAPTERS AND OTHER PUBLICATIONS

- Knouse, L.E.** (2014). Treatment of adults with ADHD: Cognitive Behavioral Therapies. In R.A. Barkley (Ed.), *Attention-Deficit/Hyperactivity Disorder: A Handbook for Diagnosis and Treatment*, 4th ed. Guilford Press: New York, N.Y.
- Knouse, L.E.** & Safren, S.A. (2013). CBT for attention-deficit/hyperactivity disorder in adults. In S. Hoffmann (Ed.), *The Wiley Handbook of Cognitive-Behavioral Therapy*. Wiley-Blackwell: New York, NY.
- Knouse, L.E.** & Safren, S.A. (2013). Psychosocial treatment for adult ADHD. In C. Surman (Ed.), *ADHD in Adults: A Practical Guide to Evaluation and Management*. Humana Press: New York, NY.
- Knouse, L.E.** & Kanazawa, J. (2012). Special support for university students with ADHD and LD in the United States. *Psychological World (Japanese Psychological Association)*.
- Knouse, L.E.** & Safren, S.A. (2011). Psychosocial treatment of adults with ADHD. In S. Evans and B. Hoza (Eds.), *Treating Attention Deficit Hyperactivity Disorder: Assessment and Intervention in Developmental Context*. Civic Research Institute: Kingston, NJ.

Knouse, L.E. & Safren, S. (2009). Adult attention-deficit hyperactivity disorder. In M. Blais and L. Baer (Eds.), *Handbook of Clinical Rating Scales and Assessment in Psychiatry and Mental Health*. Humana Press: Totowa, N.J.

RESEARCH PRESENTATIONS (NATIONAL AND INTERNATIONAL)

*Oddo, L., **Knouse, L.E.**, & Safren, S.A. (2013, November). *Predicting resilience to depression in adults with ADHD*. Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Nashville, TN.

Feldman, G., **Knouse, L.**, *Blevins, E., & Robinson, A. (2013, July). *Does executive functioning in daily life predict depression symptoms?: A test of incremental validity*. Poster session presented at the World Congress of Behavioral and Cognitive Therapies (WCBCT), Lima, Peru.

*Blevins, E., *Yurinich, S., *Miller, K., & **Knouse, L.E.** (2013, May). *Talking a "big" game: BDEF-SF as a better predictor of college GPA than conscientiousness*. Poster session presented at the annual meeting of the Association for Psychological Science (APS), Washington, D.C.

*Hempfling, J., *Harrison, A., & **Knouse, L.E.** (2013, May). *Can deficits in executive functioning predict risky drinking behavior in undergraduate students?* Poster session presented at the annual meeting of the Association for Psychological Science (APS), Washington, D.C.

Knouse, L.E., *Hempfling, J., *Miller, K., *Blevins, E., & Feldman, G. (2013, May). *Self-regulation problems in daily life predict depressive symptoms beyond anxiety and personality*. Poster session presented at the annual meeting of the Association for Psychological Science (APS), Washington, D.C.

Knouse, L.E., Sprich, S., O'Cleirigh, C. Margolina, A., & Safren, S. (2012, November). *Reduction in adult ADHD symptoms during psychosocial treatment predicts functional improvement across twelve months*. Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), National Harbor, MD.

*Zvorsky, I., **Knouse, L.E.**, & Lindgren, K.P. (2012, November). *A dual process model of hazardous alcohol consumption*. Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), National Harbor, MD.

Anastopoulos, A.D., Benson, J.W., Mitchell, J.T., **Knouse, L.E.**, Kimbrel, N.A., & Bray, A.C. (2012, August). *Development of a measure for assessing AD/HD-related automatic thoughts*. Poster session presented at the annual meeting of the American Psychological Association (APA), Orlando, FL.

Knouse, L.E., Groves, M.E., Safren, S.A. (2011, November). *Identifying treatment-relevant predictors of depression in adults with ADHD*. Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Toronto, ON.

Groves, M.E., **Knouse, L.E.**, Sprich, S., & Safren, S.A. (2010, November). *CBT improves executive functioning in adults with ADHD*. Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), San Francisco, CA.

*Student co-author.

- Benson, J.W., Mitchell, J.T., **Knouse, L.E.**, Kimbrel, N.W., & Anastopoulos, A.D. (2010, November). *Depressive automatic thoughts as a potential mediating mechanism of AD/HD and depression in adults*. Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), San Francisco, CA.
- Safren, S.A., Sprich, A., **Knouse, L.E.**, Mimiaga, M., Surman, C., Cooper-Vince, C., ... Otto, M. (2010, June). Comparison of CBT to relaxation with educational support for residual ADHD in adults: Initial outcome of a randomized controlled trial. In **L.E. Knouse** (Chair), *Next steps toward empirically supported psychosocial treatments for adult ADHD*. Symposium conducted at the meeting of the World Congress of Behavioral and Cognitive Therapies, Boston, MA.
- Knouse, L.E.** & Anastopoulos, A.D. (2008, November). Self-regulated study in adults with AD/HD: Implications for academic intervention. In R. A. Barkley (Chair), *New directions in adult ADHD research: From cognition to behavior*. Symposium conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Orlando, FL.
- Mitchell, J.T., Anastopoulos, A.D., **Knouse, L.E.**, Kimbrel, N.A., & Benson, J. (2008, November). Evaluating potential mechanisms of change in the treatment of AD/HD in adulthood: An exploratory analysis of maladaptive thoughts. In R. A. Barkley (Chair), *New directions in adult ADHD research: From cognition to behavior*. Symposium conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Orlando, FL.
- McVay, J.L., **Knouse, L.E.**, Brown, L.H., Mitchell, J.T., Kane, M., & Kwapil, T. (2008, May). *Impaired Conductors in the Train of Thought? Mind Wandering in Attention Deficit Hyperactivity Disorder*. Poster session presented at the annual meeting of the Association for Psychological Science (APS), Chicago, IL.
- Mitchell, J.T., **Knouse, L.E.**, Nelson-Gray, R.O., & Anastopoulos, A. (2006, November). *An assessment of the AD/HD symptoms inventory for adults: Factor structure and convergent validity*. Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Chicago, IL.

RESEARCH PRESENTATIONS (REGIONAL AND LOCAL)

- Topor, D., **Knouse, L.E.**, & Anastopoulos, A., (2006, April). *Effects of a behavioral parent training program for children with AD/HD*. Poster session presented at the annual meeting for the North Carolina Psychological Association (NCPA), Charlotte, NC.

INVITED TALKS AND WORKSHOPS

Wells College

Aurora, NY

“Learning to Learn: Improving Self-Guided Study in Adults with ADHD”

September 2012

Invited talk outlining program of basic research and development of academic interventions for ADHD.

Eastern Conference on the Teaching of Psychology

Staunton, VA

“From “What” to “How”: Introducing Students to Clinical Psychology Tools, Skills, and Values” June 2012

Led an hour-long discussion and idea exchange on using in-class activities and assignments to enhance teaching in undergraduate clinically-oriented psychology courses.

The University of Massachusetts (UMASS) Boston

Boston, MA

“CBT for Adult ADHD”

March 2011

Invited presentation for clinical psychology graduate student practice-oriented seminar series including description of techniques and case discussion.

Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT)

San Francisco, CA

“Cognitive-Behavioral Therapy for Adults with ADHD”

November 2010

Co-led training workshop aimed at clinicians treating adults with ADHD.

University of Richmond

Richmond, VA

“ADHD in Adults: From Description to Intervention”

April 2010

Invited talk outlining program of research on adult ADHD.

EDITORIAL EXPERIENCE

The ADHD Report newsletter

Member of Advisory Board

2002 – present

Associate Editor, Research Findings section

2008 – 2013

Ad hoc reviewer 2013-2014: *British Journal of Clinical Psychology*, *Journal of Abnormal Child Psychology*, *Journal of Attention Disorders*, *Journal of Behavior Therapy and Experimental Psychiatry*, *Transportation Research Part F: Traffic Psychology and Behaviour*

Ad hoc reviewer – cumulative list:

Behavior Research and Therapy

British Journal of Clinical Psychology

Cognitive and Behavioral Practice

Expert Review of Neurotherapeutics

Future Neurology

Journal of Abnormal Child Psychology

Journal of the American Psychiatric Nurses Association

Journal of Attention Disorders

Journal of Behavior Therapy and Experimental Psychiatry

Neuropsychiatry

New England Journal of Medicine

Self and Identity

Transportation Research Part F: Traffic Psychology and Behaviour

PROFESSIONAL AFFILIATIONS

- Member, American Psychological Association (APA)
- Member, Society for the Teaching of Psychology (APA Division 2)
- Member, Association for Behavioral and Cognitive Therapies (ABCT)
- 2012-2013 Chair, ADHD Special Interest Group of ABCT

COURSES TAUGHT

University of Richmond:

PSYC319: Psychopathology with Lab Spring 2012; Fall 2012; Spring 2014
 PSYC100: Introduction to Psychological Science Fall 2011; Spring & Fall 2012; Fall 2013; Spring 2014
 PSYC449: Advanced Seminar Fall 2012
 Three Waves of Behavior Therapy: From Science to Practice

Simmons College, Boston MA:

PSYC244: Drugs and Behavior Spring 2011

MENTORING

PSYC361: Independent Research 2011-2012 (5 students)
 2012-2013 (7 students)
 2013-2014 (7 students)

Senior Honors Theses Supervised

Ivori Zvorsky 2011-2012
 Emily Schworer 2012-2013 + CCE Summer Research Fellowship (2012)
 Kathryn Sears 2012-2013
 Kylie Steadman 2012-2013
 Sarah Yurinich 2012-2013

Senior Research Supervised

Kayla Miller 2013-2014

Summer Research Fellows

Lauren Oddo 2013

Psi Chi (Psychology Honors) Faculty Advisor Fall 2012 - present

CLINICAL POSITIONS

University of Richmond Counseling and Psychological Services (CAPS) Fall 2011 - present
 Clinician – provide Cognitive Behavioral Therapy and counseling, 2 client-hours per week

Massachusetts General Hospital – Behavioral Medicine Service Fall 2008 – Spring 2011
 Post-Doctoral Fellow – provided outpatient individual CBT

Massachusetts General Hospital – Outpatient Psychiatry Clinic Fall 2007 – Spring 2008
 Psychology Intern; CBT Track – provided outpatient individual and group CBT

Massachusetts General Hospital – Acute Psychiatry Service

Spring 2008

Psychology Intern – conducted emergency psychiatric assessments

ADHD Clinic at UNCG

Fall 2004 – Spring 2007

Graduate Student Clinician – comprehensive ADHD assessments and group parent training

Assistant Director – advanced student administrative position

Fall 2005 – Spring 2006

UNCG Psychology Clinic

Fall 2003 – Spring 2005

Graduate Student Clinician – psychoeducational and psychological assessment; outpatient individual and group therapy