**Ardhys De Leon, M.S.**

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**EDUCATION**

**University of Central Florida**, Orlando, FL.

*Doctor of Philosophy* in Clinical Psychology (2021 – Present)

Focus: Sociocultural Factors, Alcohol Use Interventions, Mood, and Protective Behavioral Strategies

*Master of Science* in Clinical Psychology (2019 – 2021)

Thesis title: A Test of Counterfactual Thinking Theory to Change Intentions to Use Protective Behavioral Strategies

**University of South Florida**, Tampa, FL.(2015 – 2018)

*Bachelor of Arts* in Psychology  
Minor: Behavioral Healthcare

*Summa Cum Laude*

**AWARDS AND HONORS**

2022 Graduate Presentation Fellowship Award, University of Central Florida; Orlando, Florida

2021 Research Society on Alcoholism (RSA) Student Merit Award

2020 Graduate Presentation Fellowship Award, University of Central Florida; Orlando, Florida

2019 – Present McKnight Doctoral Fellowship, Florida Education Fund (FEF), Tampa, Florida.

2015—2018 Dean’s List of Scholars, University of South Florida, Tampa, Florida.

2018 The Mom’s Project Scholarship, University of South Florida, Tampa, Florida.

2017 Summer Research Institute Student Scholar, University of South Florida, Tampa, Florida.

**CLINICAL EXPERIENCE**

August 2021 – Graduate Student Clinician

Present *Supervisor: Kimberly Kent, PhD, MSCP*

UCF Psychology Clinical Practicum, University of Central Florida, Orlando, FL

* Treat undergraduate students and community members who come in for treatment of anxiety, depression, and other psychological disorders

August 2021 – Graduate Student Clinician

Present *Supervisor: Amie Newins, PhD, LCP*

UCF RESTORES, University of Central Florida, Orlando,

* Treat service members, firefighters, first responders and civilians who come in for treatment of anxiety, depression, and PTSD

August 2020 – Graduate Student Clinician

August 2021 *Supervisor: Vikki Gaskin-Butler, MDiv, PhD*

UCF Psychology Clinical Practicum, University of Central Florida, Orlando, FL

* Treat undergraduate students and community members who come in for treatment of anxiety, depression, and other psychological disorders

**CURRENT RESEARCH POSITION**

August 2019 – **Graduate Student Research Assistant**, REALE-TIME LAB

Present University of Central Florida, Orlando, FL

Supervisor: Robert Dvorak, PhD

Research Focus: The relationship between protective behavioral strategies, mood, and sociocultural factors in the context of alcohol use.

Website: <http://www.robdvorak.net/>

**PUBLICATIONS**

Moskal, K. R., Dvorak, R. D., Burr, E.K., Helou, G. E., Cora, J. L., **De Leon, A. N.,** & Leary, A.V. *(In press)* Momentary Mood and Alcohol Craving: Differential Effects via Biological Sex and Momentary Shifts in Attention Bias. *Alcoholism: Clinical and Experimental Research.*

Burr, E. K., Dvorak, R. D., Peterson, R., & **De Leon, A. N.** (*in press*) Greater negative affect reduction expectancies moderate the interactive relationship between emotion regulation difficulties and distress tolerance in predicting loss-of-control eating. *British Journal of Health Psychology.*

**De Leon, A. N.,** Peterson, R., Leary, A. N., Burr, E. K., Cora, J. L., & Dvorak, R. D. (*in*press). Protective Behavioral Strategies as a Protective Factor Against Suicidal Ideation Among College Student Drinkers. *Journal of American College Health.*

Leary, A. V., Dvorak, R. D., Troop-Gordon, W., Blanton, H., Peterson, R., Kramer, M. P., **De Leon, A. N.,** & Magri, T. (*in*press). Test of a Deviance Regulation Theory Intervention Among First-Year College Student Drinkers: Differential Effects via Frequency and Quantity Norms. *Psychology of Addictive Behaviors.*

**De Leon, A. N.,** Dvorak, R. D., Smallman, R., Arthur, K., & Piercey, C. (2021*)* Using Counterfactual Thinking Theory Intervention to Change Alcohol Protective Behavioral Strategies Use Intentions. *British Journal of Health Psychology.*

Peterson, R., Kramer, M. P., Pinto, D., **De Leon, A. N.,** Leary, A. V., Marin, A. A., Cora, J. L., & Dvorak, R. D. (2021). A comprehensive review of measures of protective behavioral strategies across various risk factors and associated PBS-related interventions. *Experimental and Clinical Psychopharmacology, 29*(3), 236-250*.*<https://doi.org/10.1037/pha0000498>

Abarno, C., **De Leon, A. N.,** Sharp, A. M., Moore, K., & Boothroyd, R. (2021). Trauma and Substance Use: The Impact on Graduation Among Female Offenders in a Prescription Drug Court Program. *Journal of Traumatic Stress.*

**De Leon, A. N**., Dvorak, R., D., Kramer, M. P., Peterson, R., Pinto, D., Leary, A. V., & Magri, T. (2020)*.* Daily patterns of emotional functioning on drinking and non-drinking days. *Alcoholism: Clinical and Experimental Research.*

Magri, T. D., Leary, A. V., **De Leon, A. N**., Flori, J. N., Crisafulli, M. J., Dunn, M. E., & Dvorak, R. D. (2019). Organization and Activation of Alcohol Expectancies Across Empirically Derived Profiles of College Student Drinkers. *Experimental and Clinical Psychopharmacology.* DOI: [10.1037/pha0000346](https://doi.org/10.1037/pha0000346)

**MANUSCRIPTS UNDER REVIEW**

**De Leon, A. N.,** Peterson, R., Leary, A. V., Kramer, M. P., Burr, E.K., Pinto, D., & Dvorak, R. D. The Health Belief Model in the Context of Alcohol Protective Behavioral Strategies: Implications for Prevention and Intervention. *Manuscript under review.*

Burr, E. K., Dvorak, R. D., **De Leon, A. N.,** Leary, A. V., Peterson, R., Schaefer, L. M., & Wonderlich, S. A. The impact of eating expectancies and eating motives on the trajectory of mood to loss-of-control eating: a daily diary study. *Manuscript under review.*

Burr, E. K., Dvorak, R. D., Lynch, G., Peterson, R., **De Leon, A. N.,** & Leary, A. V. The relationship between daily-level mood and coronavirus disease 2019-specific factors with loss-of-control eating in a ten-day diary study. *Manuscript under review.*

Leary, A.V., Dvorak, R. D., Burr, E. K., Peterson, R. S., **De Leon, A. N**., Maynard, M. H., & Harm Reduction Research Team. Development and Validation of the Personal Assessment of Responsible Drinking Identity (PARDI). *Manuscript under review.*

**MANUSCRIPTS IN PREPRATION:**

Leary, A. V., Dvorak, R.D., **De Leon, A. N**., Peterson, R., Troop-Gordon, W., & Burr, E. K. Social Distancing During the COVID-19 Pandemic: Normative Interventions and Correlates of Social Distancing.

**TEACHING EXPERIENCE**

January 2022 – **Instructor of Record,** Clinical Psychology (CLP 3302)

May 2022 University of Central Florida, Orlando, FL

* Provide students with an inclusive and culturally competent overview of approaches to psychopathology, methods of clinical assessment, and various approaches to individual and group counseling.
* Independently design and instruct 3-credit course for undergraduate students
* Utilize daily active learning activities to improve students’ critical thinking skills and engagement
* Incorporate assignments and grading on Canvas Webcourse platform

September 2021 **Guest Lecture,** Forensic Psychology (CLP 4390)

University of Central Florida, Orlando, FL

* Presented on problem-solving courts in the state of Florida and how they related to psychology.
* Instructor of Record: Angelina Leary, B.S.

**PUBLISHED BOOK CHAPTERS & TECHNICAL REPORTS**

Ringhoff, D., Christy, A., Rhode, S., Bogovic, S., Gerhardt, F., & **De Leon, A. N.** (January 2020). Annual Report for SAMHSA funded Evaluation of Hillsborough County Enhanced Jail Diversion (EJD) Evaluation.

Christy, A., Ringhoff, D., **De Leon, A. N.,** & Rhode, S. (March 2019). Quarterly Report for SAMHSA funded Evaluation of the Hillsborough County Enhanced Jail Diversion (EJD) Evaluation.

Conner, K.O., & **De Leon, A. N.** (2019). Social problems on American Indian reservations. In R. L. Lawson (Ed) Encyclopedia of Race and Ethnicity in America, Greenwood, Santa Barbara, California.

**PUBLISHED PEER-REVIEWED ABSTRACTS**

**De Leon, A. N.,** Dvorak, R. D., Peterson, R., Leary, A. N., & Cora, J. L. Protective Behavioral Strategies as a Protective Factor Against Suicidal Ideation Among College Student Drinkers. (2021). Poster Abstract. *Alcoholism: Clinical and Experimental Research, 45(S1), 80-262.* [*https://doi.org/10.1111/acer.14628*](https://doi.org/10.1111/acer.14628)

**De Leon, A. N.,** Magri, T., Kramer, M. P., Peterson, R., Pinto, D., Leary, A. V., & Dvorak, R., D. Daily patterns of emotional functioning on drinking and non-drinking days. (2020). Poster Abstract. *Alcoholism: Clinical and Experimental Research, 44(S1), 8A-182A.* [*https://doi.org/10.1111/acer.14358*](https://doi.org/10.1111/acer.14358)

**PREVIOUS RESEARCH EXPERIENCE**

2017 – 2019 **Undergraduate Research Assistant**

University of South Florida, Tampa, FL.

Supervisor: Dr. Kathleen Moore

Projects: Marchman Act Court Evaluation; Family Dependency Treatment Court Evaluation

Summer 2017 **Summer Research Institute**

University of South Florida, Tampa FL.

Supervisor: Dr. Kathleen Moore & Dr. Annette Christy

Project: Mixed method evaluation of the relationship between Marchman Act protective custody holds in emerging adults and Baker Act examinations during childhood.

January 2017 – **Writing in Research and Publications**

May 2017 University of South Florida, Tampa, FL.

Project: Comprehensive literature review: Mental Health and Substance Use Outcomes and Treatment Approaches for Emerging Adults Aging Out of Foster Care

2016 – 2017 **Research Assistant – Team Lead** TeamMate Industrial and Organizational Psychology Lab

University of South Florida, Tampa, FL.

Supervisors: Dr. Wendy Bedwell; Dr. Sara Frick

Project: Assisted with development and data collection on the research project titled Leaders on their best behavior: Leader behaviors resulting in effective virtual teams

**REVIEWING EXPERIENCE**

Substance Use and Misuse –*Reviewer* (2021)

Journal of Traumatic stress—*Reviewer* (2022)

**COMMITTEES**

August 2021 – **Graduate Student Wellness Committee,** Student Representative

Present University of Central Florida, Orlando, FL

August 2020 – **Graduate Student Mentorship Program,** Student Mentor

Present University of Central Florida, Orlando, FL

August 2020 – **Student Representatives Committee,** Student Representative

Present University of Central Florida, Orlando, FL

August 2020 – **Diversity and Inclusion Committee,** Student Representative

Present University of Central Florida, Orlando, FL

**MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS**

| 2021—Present  2021—Present  2020—Present  2019 – Present  2019- Present | Association for Contextual Behavioral Science (ACBS)  National Latinx Psychological Association (NLPA)  American Psychological Association (APA)  Research Society on Alcoholism (RSA)  American Psychological Association (APA), Division 50 |
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**PROFESSIONAL DEVELOPMENT, TRAINING, & CERTIFICATION**

January – April 2022 Cognitive Behavioral Therapy Skills Training by Dr. David Rozek

March 2022 Dialectical Behavioral Therapy Level II Training: Presented by Dr. Laura Meyers, Jackie Wright, & Ren Stinson

February 2022 Dialectical Behavioral Therapy Introductory Training: Presented by Dr. Laura Meyers, Jackie Wright, & Ren Stinson

February 2022 Crisis Management Training by Dr. David Rozek

November 2021 37th Annual McKnight Fellow’s Meeting

September 2021 Trauma Management Therapy (TMT) Training: RESTORES

August 2021 Clinician-Administered PTSD Scale for DSM-5 (CAPS-5) Clinician Training: Veterans Health Administration

August 2021 Acceptance and Commitment Therapy (ACT) Training: Presented by Dr. Laura Meyers, Jessica Goodnight, & Ren Stinson

November 2020 HIPAA Certification

February 2020 McKnight Doctoral Mid-Year Research & Writing Conference

October 2019 35th Annual McKnight Doctoral Annual Fellow’s Meeting

January 2019 CITI Human Subjects Protection Training

* Train on the ethics of working with human subject populations

December 2018 Global Appraisal of Individual Needs (GAIN-I) Training and Certification

September 2018 Applied Data Analysis Training

January 2018 Undergraduate Research Certificate

October 2016 Mental Health First Aid Certification

October 2015 Certified Gatekeeper: Suicide Prevention Training

**PRESENTATIONS & POSTERS**

**De Leon, A. N,** Peterson, R., Leary, A. V., Pinto, D., Kramer, M, K., Marin, A. A., and Dvorak, R. D. (April 2022) Perceived Effectiveness of Alcohol Protective Behavioral Strategies. 10th annual meeting of the Collaborative Perspectives on Addiction (CPA); Portland, Oregon.

Burr, E. K., Dvorak, R. D., **De Leon, A. N.,** Leary, A. V., Peterson, R., Schaefer, L. M., & Wonderlich, S. A. (June 2022). *A national ten-day diary study regarding the influence of eating motives and eating expectancies on the relationship between mood and daily loss-of-control eating.*Poster accepted for presentation at the virtual 2022 Annual Convention of International Conference on Eating Disorders (ICED).

Peterson, R.& Dvorak, R. D., Burr, E. K., Leary, A. V., **De Leon, A. N.,** & Pinto, D. (April 2022). Revised alcohol protective behavioral strategies scale sub-types: Direct and indirect PBS. 10th annual meeting of the Collaborative Perspectives on Addiction (CPA); Portland, Oregon.

**De Leon, A. N.,** Dvorak, R. D., Peterson, R., Leary, A. N., & Cora, J. L. (June 2021) Protective Behavioral Strategies as a Protective Factor Against Suicidal Ideation Among College Student Drinkers. Research Society on Alcoholism (RSA). San Antonio, TX; virtual due to COVID-19.

Peterson, R. & Kramer, M. P., **De Leon, A. N.,** Pinto, D., Leary, A. V., Marin, A. A., Cora, J. L., Dvorak, R. D. (June 2021). Protective behavioral strategies (PBS) across various risk factors: A comprehensive review of PBS measurement and associated PBS-related interventions.   
Research Society on Alcoholism (RSA). San Antonio, TX; virtual due to COVID-19.

**De Leon, A. N.,** Magri, T., Kramer, M. P., Peterson, R., Pinto, D., Leary, A. V., & Dvorak, R., D. (June 2020). Daily patterns of emotional functioning on drinking and non-drinking days. Research Society on Alcoholism (RSA). New Orleans, Louisiana. *(Virtual Conference).*

**De Leon, A. N.,** Peterson, R., Piercey, C. J., Leary, A. V., Pinto, D., Kramer, M. P., & Dvorak, R. D. (April 2020). A test of counterfactual thinking theory on intentions to use protective behavioral strategies. Collaborative Perspective on Addiction (CPA). San Diego, CA. *(Virtual Conference).*

Peterson, R., Leary, A. V., **De Leon, A. N.,** Pinto, D., Kramer, M. P., Marin, A. A., Dvorak, R. D. (April 2020). The health belief model in the context of alcohol protective behavioral strategies. Poster to be presented at the Collaborative Perspectives on Addition (CPA) 8th annual conference, San Diego, CA. *(Virtual Conference).*

**De Leon, A. N.,** Moore, K. A., & Christy, A. (2018). The relationship between Marchman Act protective custody holds in emerging adults and Baker Act examinations during childhood. Annual Research and Policy Conference on Children, Adolescent, and Young Adult Behavioral Health. Tampa, FL.

**De Leon, A. N.,** Moore, K. A., & Christy, A. (2018). The qualitative evaluation of the Marchman   
Act process in two Florida counties. University of South Florida: Undergraduate Research Conference. Tampa, FL.

**De Leon, A. N.,** O’Neil, L., Brown, P., & DeMeyer, J. (2017) Factors associated with student’s  
attitudes towards behavioral health. University of South Florida: Undergraduate Research & Arts Colloquium. Tampa, FL.

**INVITED TALKS**

2021 Addiction Science Journal Club. Discussed findings from the paper *Using Counterfactual Thinking Theory Intervention to Change Alcohol Protective Behavioral Strategies Use Intentions.*

**PREVIOUS PROFESSIONAL EXPERIENCES**

2018 –2019 **Drug Court Specialist II**

Hillsborough County Court House, Tampa, FL.

* Provided case management services to clients in veteran treatment court
* Reviewed and document drug screenings
* Prepared the docket for the judge and provide recommendations on client’s progression through treatment
* Administered VET-Q Assessments and GAIN-I assessments for new clients
* Assisted with the enrollment of clients into a SAMHSA grant funded jail diversion program through veteran treatment court

2018 –2019 **Research Assistant**

Baker Act Reporting Center, Tampa, FL.

* Developed a comprehensive knowledge of the Baker Act receiving facilities across Florida
* Developed Baker Act Reporting Center information material to educate the public and stakeholders Assist in the preparation of research protocols for a SAMHSA funded criminal justice
* Assisted in the preparation of research protocols for a SAMHSA funded criminal justice diversion program
* Enrolled clients in the pre-booking jail diversion program and administer assessments at baseline, follow-up, and at the conclusion of the program
* Assisted in the evaluation of the SAMHSA funded jail diversion program
* Assisted supervisors in daily tasks including data entry and data analysis

2018 –2019 **Student Team Co-Manager**

2017-2018 **Assistant Logistic Coordinator**

University of South Florida: Office of Innovative Education, Tampa, FL.

* Project management
* Developed logistical processes for training staff members
* Ran, analyzed and compiled data on incoming students
* Tracked incoming students and assisted in their transition into USF
* Assisted in the organization and coordination of summer programming

2018 **Internship**

Northside Behavioral Health Center: Group Homes

* Observed and engaged with clients to assess their cognitive and social skills
* Developed an assessment and treatment plan for a client
* Coordinated activities to assist clients in meeting their goals
* Assisted clients in job search and resume building through vocational   
  rehabilitation

2018 **Facilitator**

Research & Policy Conference: Child, Adolescent & Young Adult Behavioral Health, Tampa, FL.

* Assisted with hosting and moderation presentation sessions
* Collaborated and network with other professions
* Facilitated discussion regarding new research in the field

2016 –2017 **Lead Mentor**

2016 **Mentor**

University of South Florida: Academic Cultural Enrichment Program, Tampa, FL.

* Assisted with incoming first year international and out-of-state students in their   
  transition to USF
* Coordinated with other mentors and staff members to ensure the safety and   
  success of students
* Organized and coordinate logistical processes in the office
* Assisted with hiring and training mentor staff members