

Laura E. Knouse, Ph.D.
Professor of Psychology
University of Richmond
Licensed Clinical Psychologist – VA#0810004428

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Primary Appointment

Professor of Psychology	2023 - present
Associate Professor of Psychology	2017 - 2023
Assistant Professor of Psychology	2011 - 2017
Department of Psychology, University of Richmond	

Honorary Positions

Visiting Professor of Psychology	2025 - present
Health Sciences University Hokkaido, Japan	

EDUCATION

Post-Doctoral Fellowship in Clinical 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 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	
Honors: Hayes Graduate Fellowship (2003 – 2004); Greensboro Graduate Fellowship (2002 – 2003)	

Bachelor of Science, with Departmental Honors in Psychology	August 1998 – May 2002
University of Richmond	
Minor: Music	
Honors: Phi Beta Kappa, Summa cum Laude, John Neasmith Dickinson Award in Psychology, Psychology Research Award, Hesch Award in Music, University Scholar	

AWARDS AND FELLOWSHIPS

Outstanding Mentor Award	2025
University of Richmond School of Arts and Sciences	
Association for Behavioral and Cognitive Therapies Featured Lab	2022

University of Richmond Faculty Fellowship Office of the Provost, University of Richmond	2021
Distinguished Educator Award University of Richmond	2020
Omicron Delta Kappa – Faculty Member of the Year University of Richmond	2018
Faculty Summer Research Fellowships University of Richmond	2012 - 2022
Psi Chi Outstanding Faculty Award Department of Psychology, University of Richmond	2014; 2017
Kaplen Fellowship on Depression and Livingston Fellowship Harvard Medical School, Department of Psychiatry	2009
Ruth G. and Joseph D. Matarrazo Research Scholarship American Psychological Foundation (APF), Council of Graduate Departments of Psychology (COGDOP)	2006

EXTERNAL FUNDING

U.S. State Department Fulbright U.S. Scholar Award (Research, 25129-JP, Japan) <i>Beliefs About the Causes of Mental Disorders and Social Stigma: A Cross-Cultural Study</i> Role: Primary Investigator Status: Recommended for funding by U.S. peer review committee but not funded.	2024
Associated Colleges of the South <i>Blended Inclusion: Innovative Pedagogy in Clinical Psychology Research Methods and Statistics for Diverse Students</i> Role: Co-Investigator Status: Funded - \$27,145 total funding	2018
Spencer Foundation – Small Grants Program <i>Does Performance Feedback Promote the Use of Test-Enhanced Learning?</i> Role: PI Status: Not Funded	2017

BOOKS

- Knouse, L.E. & Barkley, R.A.** (2025). *Living well with adult ADHD*. Guilford Press.
https://www.guilford.com/books/Living-Well-with-Adult-ADHD/Knouse-Barkley/9781462555123?srsIid=AfmBOopUEgbsh_UpzyQIU9AExREgF_C_Cpw2Fx7tJhTve_rCP517XJYy
- Knouse, L. E., Canu, W. H., Flory, K. & Hartung, C. M.** (2023). *Thriving in college with ADHD: A Cognitive-behavioral skills workbook for students*. Routledge. <https://doi.org/10.4324/9781003149620>
- Canu, W. H., **Knouse, L. E., Flory, K. & Hartung, C. M.** (2023). *Thriving in college with ADHD: A Cognitive-behavioral skills manual for therapists*. Routledge. <https://doi.org/10.4324/9781003149590>

*Denotes undergraduate student co-author

Hickman, G. R. & **Knouse, L.E.** (2020). *When leaders face personal crisis: The human side of leadership*. Routledge. <https://doi.org/10.4324/9780429326578>

PEER-REVIEWED ARTICLES

Ware, S., *Rajal, K., & **Knouse, L.E.** (2025). SmartADHDMonitor: A Novel approach to automatic ADHD monitoring through smartphone app usage data. *Proceedings of the 2025 IEEE 49th Annual Computers, Software, and Applications Conference (COMPSAC)*.

Knouse, L.E. & Becker, S.P. (2025). Unique associations of ADHD and cognitive disengagement syndrome symptoms with sleep problems and circadian preference in adults. *Sleep Medicine*. <https://doi.org/10.1016/j.sleep.2025.106531>

Ware, S., *Baun, A., *Wang, P., *Kwakye, C., *Dimotsi, S., *Swift, E., *Gvelesiani, N., & **Knouse, L.E.** (2025). ADHDSymTracker: Predicting ADHD symptoms using Apple HealthKit data. *Smart Health*, 36. <https://doi.org/10.1016/j.smhl.2025.100563>

Knouse, L.E., *Fan, Y., *Narayanan, A., & Ellison, W.D. (2025). Avoidant automatic thoughts are associated with task avoidance and inattention in the moment: Replication in a community sample. *Journal of Attention Disorders*, 29(7), 529-540. <https://doi.org/10.1177/10870547251314924>

Abu-Ramadan, T.M., Lefler, E.K., **Knouse, L.E.**, & Hartung, C.M. (2023). Positive illusory bias and self-handicapping in adults with ADHD: A scoping review of the literature and recommendations for research and clinical practice. *Journal of Psychopathology and Behavioral Assessment*, 45, 917–936. <https://doi.org/10.1007/s10862-023-10084-2>

Knouse, L.E., *Ziegler, M., *Lavine, I., *Zhang, J., *Cheng, Y. & *Ul Ain, H. (2023). Avoidant automatic thoughts are associated with task avoidance and inattention in the moment. *Cognitive Therapy and Research*, 48, 866-879. <https://doi.org/10.1007/s10608-023-10410-8>

Ware, S., **Knouse, L. E.**, Draz, I., & Enikeeva, A. (2023). Predicting ADHD symptoms using smartphone sensing data. *Adjunct Proceedings of the 2022 ACM International Joint Conference on Pervasive and Ubiquitous Computing and the 2022 ACM International Symposium on Wearable Computers*, 503–505. <https://doi.org/10.1145/3544793.3563430>

Burnette, J., **Knouse, L.E.**, Billingsley, J., Earl, S., Pollack, J., & Hoyt, C.L. (2022). A systematic review of growth mindset intervention implementation strategies. *Social Psychology Compass*, e12723. <https://doi.org/10.1111/spc3.12723>

Burnette, J., Billingsley, J., Banks, G., **Knouse, L.E.**, Pollack, J., Hoyt, C.L., and Simon, S. (2022). A systematic review and meta-analysis of growth mindset interventions: For whom, how, and why might such interventions work? *Psychological Bulletin*, 149(3-4), 174–205. <https://doi.org/10.1037/bul0000368>

Knouse, L.E., *Hu, X., Sachs, G., & Isaacs, S. (2022). Usability and feasibility of a cognitive-behavioral mobile app for ADHD in adults. *PLOS Digital Health*, 1(8): e0000083. <https://doi.org/10.1371/journal.pdig.0000083>

Sockol, L.E., Ellison, W.D., Stutts, L.A., & **Knouse, L.E.** (2021). Improving quantitative abilities and attitudes in clinical psychology courses: Longitudinal assessment of a blended learning intervention. *Teaching of Psychology*, 48(4), 316-327. <https://doi.org/10.1177/0098628320979894>

*Denotes undergraduate student co-author

- Burnette, J., Babji, A., *Oddo, L., & **Knouse, L.E.** (2020). Self-regulation mindsets: Relationship to coping, executive functioning, and ADHD. *Journal of Social and Clinical Psychology, 39*(2), 101-116. <https://doi.org/10.1521/jscp.2020.39.02.101>
- Knouse, L.E.**, Rawson, K.R., & Dunlosky, J. (2020). How much do college students with ADHD benefit from retrieval practice when learning key term definitions? *Learning and Instruction, 68*, 101330. <https://doi.org/10.1016/j.learninstruc.2020.101330>
- Burnette, J., **Knouse, L.E.**, Vavra, D., O'Boyle, E., & *Brooks, M.A. (2020). Growth mindsets and psychological distress: A meta-analysis. *Clinical Psychology Review, 77*, 101816. <https://doi.org/10.1016/j.cpr.2020.101816>
- Crawford, L. E., **Knouse, L. E.**, Kent, M., Vavra, D., *Harding, O., *LeServe, D., *Fox, N., *Hu, P., *Li, P., *Glory, C., & Lambert, K. G. (2020). Enriched environment exposure accelerates rodent driving skills. *Behavioural Brain Research, 378*, 112309. <https://doi.org/10.1016/j.bbr.2019.112309>
- LaCount, P. A., Hartung, C. M., & Canu, W. H., & **Knouse, L. E.** (2019). Interventions for adolescents with ADHD transitioning to emerging adulthood: Developmental context and empirically-supported treatment principles. *Evidence-Based Practice in Child & Adolescent Mental Health, 4*(2), 170-186. <https://doi.org/10.1080/23794925.2018.1518120>
- *Bodalski, E., **Knouse, L.E.**, & *Kovalev, D. (2019). ADHD, emotion dysregulation, and functional outcomes: Examining the role of emotion regulation strategies. *Journal of Psychopathology and Behavioral Assessment, 41*(1), 81 – 92. <https://doi.org/10.1007/s10862-018-9695-1>
- Knouse, L.E.**, Mitchell, J.T., Kimbrel, N.A., & Anastopoulos, A.D. (2019). Development and evaluation of the ADHD Cognitions Scale for adults. *Journal of Attention Disorders, 23*(10), 1090-1100. <https://doi.org/10.1177/1087054717707580>
- *Oddo, L., **Knouse, L.E.**, Surman, C. & Safren, S. (2018). Investigating resilience to depression in adults with ADHD. *Journal of Attention Disorders, 22*, 491 – 505. <https://doi.org/10.1177/1087054716636937>
- Knouse, L.E.**, *Teller, J., & *Brooks, M. (2017). Meta-analysis of cognitive-behavioral treatments for adult ADHD. *Journal of Consulting and Clinical Psychology, 85*(7), 737-750. <https://doi.org/10.1037/ccp0000216>
- Knouse, L.E.**, & Fleming, A. (2016). Applying cognitive-behavioral therapy for ADHD to emerging adults. *Cognitive and Behavioral Practice, 23*, 300-315. <https://doi.org/10.1016/j.cbpra.2016.03.008>
- Knouse, L.E.**, Rawson, K. A., Vaughn, K. E., & Dunlosky, J. (2016). Does testing improve learning for college students with Attention-Deficit/Hyperactivity Disorder (ADHD)? *Clinical Psychological Science, 4*, 136 – 143. <https://doi.org/10.1177/2167702614565175>
- *Steadman, K. & **Knouse, L.E.** (2016). Is the relationship between ADHD symptoms and binge eating mediated by impulsivity? *Journal of Attention Disorders, 20*, 907-912. <https://doi.org/10.1177/1087054714530779>
- Knouse, L.E.** & Mitchell, J.T. (2015). Incautiously optimistic: Positively-valenced cognitive avoidance in adult ADHD. *Cognitive and Behavioral Practice, 22*, 192–202. <https://doi.org/10.1016/j.cbpra.2014.06.003>

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- Knouse, L.E.,** Feldman, G. & *Blevins, E. (2014). Executive functioning difficulties as predictors of academic performance: Examining the role of grade goals. *Learning and Individual Differences*, 36, 19-26. <https://doi.org/10.1016/j.lindif.2014.07.001>
- Feldman, G., **Knouse, L.E.,** & Robinson, A. (2013). Executive functioning difficulties and depression symptoms: Multidimensional assessment, incremental validity and prospective associations. *Journal of Cognitive and Behavioral Psychotherapies*, 13, 259-274. <https://psycnet.apa.org/record/2013-35419-001>
- 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. <https://doi.org/10.1007/s10608-013-9569-5>
- Mitchell, J., Benson, J.W., **Knouse, L.E.,** Kimbrel, N.A., & Anastopoulos, A.D. (2013). Are negative automatic thoughts associated with ADHD in adulthood? *Cognitive Therapy and Research*, 37, 851-859. <https://doi.org/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. <https://doi.org/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. <https://doi.org/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. <https://doi.org/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. <https://doi.org/10.1037/a0022172>
- 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. <https://doi.org/10.1016/j.psc.2010.04.001>
- 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. <https://doi.org/10.1001/jama.2010.1192>
- 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. <https://doi.org/10.1177/1087054709332460>
- 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. <https://doi.org/10.1016/j.cbpra.2009.09.002>

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- 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. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4607083/>
- 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. <https://doi.org/10.1177/1087054708326266>
- 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. <https://doi.org/10.1586/14737175.8.10.1537>
- 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. <https://doi.org/10.1177/1087054707299411>
- 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. <https://doi.org/10.1177/1087054706288116>
- 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. <https://doi.org/10.1177/1087054705280159>

BOOK CHAPTERS

- Hickman, G.R. & **Knouse, L.E.** (2022). Personal crisis and leadership. In G. Goethals, S. Allison, & G. Sorenson (Eds.), *SAGE encyclopedia of leadership studies*. SAGE Reference.
- Eddy, L., **Knouse, L.E.,** & Safren, S.A. (2022). Adapting cognitive behavioral therapy for anxiety and depression for adults with ADHD. In G. Todd & R. Branch (Eds.), *Evidence-based treatment for anxiety disorders and depression: A Cognitive behavior therapy compendium*. Cambridge University Press.
- Knouse, L.E.** (2015). 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., pp. 757-773). Guilford Press.
- Knouse, L.E.** & Safren, S.A. (2013). CBT for attention-deficit/hyperactivity disorder in adults. In S. Hoffmann (Ed.), *Wiley handbook of cognitive-behavioral therapy* (pp. 751-774). Wiley-Blackwell.
- 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* (pp. 119-136). Humana Press.
- 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* (pp. 12.1-12.17). Civic Research Institute.
- Knouse, L.E.** & Safren, S. (2010). Adult attention-deficit hyperactivity disorder. In M. Blais and L. Baer (Eds.), *Handbook of clinical rating scales and assessment in psychiatry and mental health* (pp. 195-208). Humana Press.

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OTHER PUBLICATIONS AND RESOURCES

- Knouse, L.E.** (2022, May 9). *ADHD in adults is challenging but highly treatable – a clinical psychologist explains*. The Conversation. <https://theconversation.com/adhd-in-adults-is-challenging-but-highly-treatable-a-clinical-psychologist-explains-177039>
- Knouse, L.E.,** Barkley, R.A., Kimbrel, N. (2021). Exploring the impact of *DSM-5* ADHD symptom clarifications on the nature and diagnosis of ADHD in adults. *The ADHD Report*, 29(3), 1-7. <https://doi.org/10.1521/adhd.2021.29.3.1>
- Knouse, L.E.** (2020, March 31). Self-regulation @ home [Video series]. YouTube. <https://youtu.be/bZzi9vsppao>
- Knouse, L.E.,** & Ramsay, J.R. (2018). Managing side effects in CBT for adult ADHD. *The ADHD Report*, 26, 6-10. <https://doi.org/10.1521/adhd.2018.26.2.6>
- *Rodriguez, Y. (2016). *Spanish translation of the Barriers to Access to Care Evaluation (BACE)*. (Unpublished undergraduate thesis). Supervised by **L.E. Knouse**. University of Richmond, Richmond, VA. <https://scholarship.richmond.edu/honors-theses/932/> Scale available at <http://www.indigo-group.org/stigma-scales/bace-barriers-to-accessing-care-evaluation/> after completing the researcher survey here: <https://www.surveymonkey.com/s/stigmascalesregistration>
- Canu, W., **Knouse, L.E.,** Jarrett, M., & Wymbs, B. (2016). Attention-Deficit/Hyperactivity Disorder special interest group: A glimpse at 50. *The Behavior Therapist*, 39(7), 276-278.
- Knouse, L.E.** (2015). Cognitive-behavioral therapy for ADHD in college: Recommendations “hot off the presses”. *The ADHD Report*, 23, 8-15.
- Knouse, L.E.** & Kanazawa, J. (2012). Special support for university students with ADHD and LD in the United States. *Psychology World (Japanese Psychological Association)*.

RESEARCH PRESENTATIONS (NATIONAL AND INTERNATIONAL)

- *Liang, Z., & **Knouse, L.E.** (2025, November). *Avoidant automatic thoughts mediate the relationship between ADHD symptoms and subsequent inattention and task avoidance: Investigating the role of perceived stress*. [Poster presentation]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), New Orleans, LA, United States.
- Knouse, L.E.,** *Liang, Z., & *Phillips, A. (2024, November). *Avoidant automatic thoughts are associated with task avoidance and inattention in daily life: Ecological momentary assessment in college students with and without ADHD*. [Poster presentation]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Philadelphia, PA, United States.
- *Sylvester, G. & **Knouse, L.E.** (2024, November). *The Effect of alcohol use on the relationship between ADHD diagnosis, anxiety, and sleep problems*. [Poster presentation]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Philadelphia, PA, United States.
- *Chanenson, S. & **Knouse, L.E.** (2024, November). *Connecting ADHD and procrastination through avoidant automatic thoughts*. [Poster presentation]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Philadelphia, PA, United States.

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- *Cummins, C. & **Knouse, L.E.** (2024, November). *Hyperfocus mediates the relationship between ADHD diagnosis and procrastination*. [Poster presentation]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Philadelphia, PA, United States.
- Knouse, L.E.** & Becker, S.P. (2023, November). *Unique associations of ADHD and cognitive disengagement syndrome symptoms with sleep problems and circadian preference in a community sample of adults*. [Poster presentation]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Seattle, WA, United States.
- Knouse, L.E.**, Burnette, J.L., Billingsley, J., & Hoyt, C. (2023, November). Cultivating change: Implications of growth mindset research for CBT clinicians. In A. Devendorf & H. Schroder (Chairs), *How should we talk about depression and mental health? Practical advice to improve Cognitive Behavioral Therapy from clinical and social psychology* [Symposium]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Seattle, WA, United States.
- Knouse, L.E.** (2023, November). Avoidant automatic thoughts in the moment are associated with ADHD symptoms and task avoidance: Investigation of a potential intervention target. In T. Kennedy (Chair), *Applying ecological momentary assessment (EMA) & daily diary methods to identify just-in-time intervention targets for adolescents & young adults with ADHD* [Symposium]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Seattle, WA, United States.
- *Ziegler, M., *Lavine, I., *Ul Ain, H., & **Knouse, L.E.** (2022, November). *What does “avoidance mode” feel like? The association between avoidance, awareness, and negative affect in the moment*. [Poster presentation]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), New York, NY.
- Knouse, L.E.**, *Fan, Y., *Narayanan, A., & *Valdez, S. (2022, November). *Psychometrics and validation of a 2-dimensional revision of the ADHD Cognitions Scale (ACS-7) using ecological momentary assessment*. [Poster presentation]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), New York, NY.
- *Fan, Y., Lundberg, K.B., Peifer, J.S., & **Knouse, L.E.** (2022, November). *Emotional awareness and self-compassion predict well-being*. [Poster presentation]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), New York, NY.
- *Marston, A., *Crispin, K., Hoyt, C.L., Burnette, J.L., Babij, A., Billingsley, J., & **Knouse, L.** (2022, February). *Double-edged sword effects for growth mindsets of weight but not for growth mindsets of mental illness*. [Poster presentation]. Annual meeting of the Society for Personality and Social Psychology (SPSP), San Francisco, CA, United States.
- Knouse, L.E.**, Ware, S., & *Ziegler, M. (2021, November). *Studying ADHD using smartphone sensing and ecological momentary assessment*. [Research presentation]. ADHD SIG preconference at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Virtual conference.
- Witherspoon, M., Canu, W.H., Hartung, C.M, **Knouse, L.E.**, Flory, K. (2021, November). *Clinical case series results from an online adaptation of organization, time management, and planning intervention for college students with ADHD*. [Poster presentation]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Virtual conference.
- *Ziegler, M., *Zhang, J., & *Ul Ain, H., & **Knouse, L.E.**, (2021, November). *Personality matters: Neuroticism and conscientiousness are associated with college students’ avoidance in daily life*. [Poster presentation].

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presentation]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Virtual conference.

Knouse, L.E., *Hu, X., Sachs, G., & Isaacs, S. (2021, November). *Usability and feasibility of a cognitive-behavioral mobile app for ADHD in adults* [Poster presentation]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Virtual conference.

*Thompson, M. Lundberg, K., & **Knouse, L.E.** (2020, November). *The mediating role of emotion regulation in the relationship between adverse childhood experiences and depression*. [Poster presentation]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), San Francisco, CA, United States.

*Crispin, K., *Marston, A. Hoyt, C.L., Burnette, J.L., **Knouse, L.E.**, & Billingsley, J. (2021, February). *Mindsets of addiction and stigma toward those with addiction*. [Poster presentation]. Annual meeting of the Society for Personality and Social Psychology (SPSP), Virtual.

Burnette, J.L., Pollack, J.M., **Knouse, L.E.**, & Hoyt, C.L. (2020, March). *Do growth mindset interventions work?* [Paper presentation]. 16th European Spring Conference on Social Psychology, Sils-Maria, Switzerland.

Burnette, J.L., Hoyt, C.L., **Knouse, L.E.**, & Pollack, J.M. (2020, February). *Mindset interventions: A call for improving implementation fidelity*. [Paper presentation]. Annual Meeting of the Society for Personality and Social Psychology, New Orleans, LA, United States.

Knouse, L.E. & Barkley, R.A. (2020, January). *What's in a (symptom example)? Exploring the impact of DSM-5's parenthetical additions on self-reporting of adult ADHD symptoms* [Poster presentation]. Annual meeting of the American Professional Society for ADHD and Related Disorders (APSARD), Washington, DC, United States.

*Abrash, R.W., *Mais, L., *Thompson, M.M., **Knouse, L.E.**, & Barkley, R.A. (2019, November). *ADHD symptoms and impairment across the adult lifespan* [Poster presentation]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Atlanta, GA, United States.

*Patel, V., *Szumel, N., **Knouse, L.E.**, & Burnette, J.L. (2019, November). *ADHD and avoidant coping after failure: The Role of negative emotions and self-regulation mindsets* [Poster presentation]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Atlanta, GA, United States.

Stutts, L.A., Ellison, W.D., **Knouse, L.E.**, Sockol, L.E., & Richard, S. (2019, November). *Integrating blended learning modules to improve undergraduate clinical students' quantitative competence, statistics anxiety, and implicit theories of quantitative skills* [Poster presentation]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Atlanta, GA, United States.

*Harding, O., Hu, X., Li, P., **Knouse, L.E.**, Lambert, K. & Crawford, L.E. (2019, May). *Teaching rats to drive: A novel method for spatial navigation research in rats* [Poster presentation]. Poster presented at the annual meeting of the Association for Psychological Science (APS), Washington, DC, United States.

Knouse, L.E. (2019, January). What works (or doesn't) for whom? Effects and side effects of Cognitive Behavioral Treatment for adults with ADHD and thoughts on research next steps. In R.A. Barkley (Chair), *Benefits and challenges of psychosocial treatments for ADHD* [Symposium]. Annual meeting

*Denotes undergraduate student co-author

of the American Professional Society for ADHD and Related Disorders (APSARD), Washington, DC, United States.

Knouse, L.E., Rawson, K.R., & Dunlosky, J. (2018, November). *Does computer-assisted test practice enhance memory for college students with ADHD?* [Poster presentation]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Washington, DC, United States.

Sockol, L.E., Stutts, L.A., Ellison, W.D., **Knouse, L.E.,** & Richard, S. (2018, November). *High statistics anxiety and low perceived quantitative competence among undergraduates in clinical psychology courses* [Poster presentation]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Washington, DC, United States.

*Aste, M.B. & **Knouse, L.E.** (2018, November). *A self-report measure for self-regulated learning in the undergraduate student population* [Poster presentation]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Washington, DC, United States.

*Fox, N., Crawford, L. E., **Knouse, L.E.,** Vavra, D. T., Kent, M. H., & Lambert, K. (2018, June). *When behavior drives neurobiological explorations: A preliminary investigation of rodent driving responses and accompanying biomarkers of stress adaptation* [Poster presentation]. 27th Annual Meeting of the International Behavioral Neuroscience Society, Boca Raton, FL, United States.

*Bodalski, E., Hoyt, C., **Knouse, L.E.,** & Forsyth, D. (2018, March). *ADHD and the dark side of leadership* [Poster presentation]. Annual meeting of the Society for Personality and Social Psychology (SPSP), Atlanta, GA, United States.

*Teller, J. A., Lohr, J., Pittenger, C., **Knouse, L. E.,** & Adams, T. G. (2017, April). *Obsessive beliefs moderate the relation between obsessive-compulsive and depressive symptoms* [Poster presentation]. Annual meeting of the Anxiety and Depression Association of America, San Francisco, CA.

Auster-Gussman, L, Burnette, J. L, **Knouse, L.E.** (2017, January). *Bouncing back: Independent contributions of implicit theories and narrative themes to response to setbacks* [Poster presentation]. Annual meeting of the Society for Personality and Social Psychology (SPSP), San Antonio, TX, United States.

Hickman, G.R. & **Knouse, L.E.** (2016, November). *Leaders in personal crisis: An exploratory mixed methods study* [Conference session]. Annual meeting of the International Leadership Association, Atlanta, GA, United States.

*Bodalski, E., *Kovalev, D., *Frane, M. & **Knouse, L.E.** (2016, November). *Examining the social consequences of emotion dysregulation in adult ADHD* [Poster presentation]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), New York, NY, United States.

*Thai, R., *Murphy, C.J., *Caruso, C., & **Knouse, L.E.** (2016, January). *The impact of brain-based vs. behavioral explanations of efficacy on the perceived credibility of treatments for depression* [Poster presentation]. Annual meeting of the Society for Personality and Social Psychology (SPSP), San Diego, CA, United States.

Knouse, L.E., Mitchell, J.T., Kimbrel, N.A., & Anastopoulos, A.D. (2015, November). ADHD-related cognitions in adults: Measurement and mediation. In B. Wymbs (Chair), *Moderators and mediators of impairment associated with ADHD in adulthood* [Symposium]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Chicago, IL, United States.

*Denotes undergraduate student co-author

- *Teller, J., *Brooks, M., & **Knouse, L.E.** (2015, November). *Efficacy of non-medication treatments for adult ADHD* [Poster presentation]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Chicago, IL, United States.
- Knouse, L.E.**, Burnette, J., & *Oddo, L. (2015, August). Trait self-regulation mindsets among adults with ADHD. In J. Burnette & **L.E. Knouse** (Chairs), *Growth mindsets and mental health: Applications in clinical psychology* [Symposium]. Annual meeting of the American Psychological Association (APA), Toronto, ON, Canada.
- Barkley, S.R. & **Knouse, L.E.** (2015, May). *The power of closing time: Using library occupancy data to inform operational changes* [Poster presentation]. Annual meeting of the Medical Libraries Association, Austin, TX, United States.
- Knouse, L.E.**, Burnette, J., & *Oddo, L. (2015, February). *Implicit theories of self-regulation in adults with and without ADHD* [Poster presentation]. Annual meeting of the Society for Personality and Social Psychology (SPSP), Long Beach, CA, United States.
- Knouse, L.E.**, Rawson, K., Vaughn, K., & Dunlosky, J. (2014, November). Does the testing effect improve learning for college students with ADHD?: A proof-of-concept study. In **L.E. Knouse** (Chair), *Tailoring assessment and intervention for ADHD in higher education through translational and clinical science* [Symposium]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Philadelphia, PA, United States.
- *Oddo, L., **Knouse, L.E.**, & Safren, S.A. (2014, November). *Generating hypotheses on ADHD-depression comorbidity using qualitative methods* [Poster presentation]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Philadelphia, PA, United States.
- *Yurinich, S. & **Knouse, L.E.** (2014, November). *Differential diagnosis of ADHD and bipolar disorder: An analogue study* [Poster presentation]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Philadelphia, PA.
- *Oddo, L., *Doghramji, L., *Smith, C., & **Knouse, L.E.** (2014, November). *Lessons learned: Recruiting a community-based clinical sample at a liberal arts college* [Poster presentation]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Philadelphia, PA, United States.
- *Oddo, L., *LaBelle, B., & **Knouse, L.E.** (2014, May). *Through the looking glass: Personal accounts of ADHD-depression comorbidity* [Poster presentation]. Annual meeting of the Association for Psychological Science (APS), San Francisco, CA, United States.
- *Oddo, L., **Knouse, L.E.**, & Safren, S.A. (2013, November). *Predicting resilience to depression in adults with ADHD* [Poster presentation]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Nashville, TN, United States.
- 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 presentation]. 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 presentation]. Annual meeting of the Association for Psychological Science (APS), Washington, DC, United States.

*Denotes undergraduate student co-author

- *Hempfling, J., *Harrison, A., & **Knouse, L.E.** (2013, May). *Can deficits in executive functioning predict risky drinking behavior in undergraduate students?* [Poster presentation]. Annual meeting of the Association for Psychological Science (APS), Washington, DC, United States.
- 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 presentation]. Annual meeting of the Association for Psychological Science (APS), Washington, DC, United States.
- 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 presentation]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), National Harbor, MD, United States.
- *Zvorsky, I., **Knouse, L.E.**, & Lindgren, K.P. (2012, November). *A dual process model of hazardous alcohol consumption* [Poster presentation]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), National Harbor, MD, United States.
- 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 presentation]. Annual meeting of the American Psychological Association (APA), Orlando, FL, United States.
- Knouse, L.E.**, Groves, M.E., Safren, S.A. (2011, November). *Identifying treatment-relevant predictors of depression in adults with ADHD* [Poster presentation]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Toronto, ON, Canada.
- Groves, M.E., **Knouse, L.E.**, Sprich, S., & Safren, S.A. (2010, November). *CBT improves executive functioning in adults with ADHD* [Poster presentation]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), San Francisco, CA, United States.
- 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 presentation]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), San Francisco, CA, United States.
- 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]. World Congress of Behavioral and Cognitive Therapies, Boston, MA, United States.
- 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]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Orlando, FL, United States.
- 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]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Orlando, FL, United States.

*Denotes undergraduate student co-author

- 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 presentation]. Annual meeting of the Association for Psychological Science (APS), Chicago, IL, United States.
- 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 presentation]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Chicago, IL, United States.

RESEARCH PRESENTATIONS (REGIONAL AND LOCAL)

- Knouse, L.E.** (2024, September 27). *Points of procrastination revisited: Update on avoidant automatic thoughts in daily life*. [Research talk]. University of Richmond Faculty Research Symposium, Richmond, VA, United States.
- Knouse, L.E.** (2023, September 28). *Points of procrastination: Exploring avoidant automatic thoughts in daily life*. [Research talk]. University of Richmond Faculty Research Symposium, Richmond, VA, United States.
- Barkley, S.R. & **Knouse, L.E.** (2014, October). *Designing library operating hours* [Poster presentation]. Annual meeting of the Mid-Atlantic Chapter of the Medical Library Association (MLA), Alexandria, VA, United States.
- Topor, D., **Knouse, L.E.**, & Anastopoulos, A., (2006, April). *Effects of a behavioral parent training program for children with AD/HD* [Poster presentation]. Annual meeting for the North Carolina Psychological Association (NCPA), Charlotte, NC, United States.

INVITED TALKS, CONFERENCE PANELS, AND WORKSHOPS

- Canu, W.H., **Knouse, L.E.**, Flory, K., and Hartung, C. (2025, November). *Thriving in college with ADHD: A CBT skills approach*. [Workshop]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), New Orleans, LA, United States.
- Knouse, L.E.** (2025, April 3). *Helping students do what works: Promoting implementation of skills using insights from cognitive behavioral therapy for adult ADHD*. [Invited talk]. Boston University Educational Resource Center Symposium, Boston, MA.
- Knouse, L.E.** (2024, December 3). *ADHD in college students: Overview and research-supported tools for thriving*. [Invited talk]. Campus Suicide Prevention Center of Virginia, virtual.
- Knouse, L.E.** (2024, October 1). *CBT for adult ADHD: Skills-based strategies*. [Invited talk]. North Shore/Chicago area CHADD.org Adult ADHD Support Group, virtual.
- Knouse, L.E.** (2024, May 6). *CBT for Adult ADHD: Principles and practice* [Workshop]. Oakville Centre for Cognitive Therapy, virtual.
- Knouse, L.E.**, Canu, W.H., Flory, K. & Hartung, C.M. (2024, April 12). *Thriving in College with ADHD* [Workshop]. University of Wyoming Psychology Center, virtual.

*Denotes undergraduate student co-author

- Knouse, L.E.** (2024, February 9). *Skills-based strategies for clients with ADHD*. [Invited talk]. Virginia Commonwealth University Department of Neuropsychology and Rehabilitation Psychology, virtual presentation.
- Knouse, L.E.** (2023, November 3). *Points of procrastination: Exploring avoidant automatic thoughts in daily life*. [Invited talk]. Faculty Hub, University of Richmond, Richmond, VA, United States.
- Knouse, L.E.** (2023, October 26). *What's the deal with adult ADHD? An overview and research-supported tools for thriving*. [Invited talk]. No Shame on U [Advocacy organization], virtual presentation. <https://youtu.be/D-0lY1suM5U?si=tAd3qq6Bn3thulQv>
- Knouse, L.E.** (2023, October 11). *Applications of CBT for adult ADHD* [Guest lecture]. Hokkaido Health Sciences University, Sapporo, Japan.
- Knouse, L.E.** (2023, October 9). *New directions in CBT for adult ADHD* [Invited research talk]. Annual meeting of the Japanese Association for Behavioral and Cognitive Therapies, Sapporo, Japan.
- Knouse, L.E.** (2022, September 21). *Morning blend: Healthy boundaries with students* [Workshop]. University of Richmond Faculty Hub, Richmond, VA, United States.
- Knouse, L.E.** (2022, April 7). *Morning blend: Promoting executive functioning skills for students (and self)* [Workshop]. University of Richmond Faculty Hub, Richmond, VA, United States.
- Knouse, L.E., & Hickman, G.R.** (2021, November 30). *Leadership during personal crisis: Research and implications for practice* [Invited talk]. University of Richmond Faculty Hub, Richmond, VA, United States.
- Hickman, G.R. & **Knouse, L.E.** (2021, May). *Developing organizations of reciprocal care* [Panel]. International Leadership Association Healthcare Leadership Conference, Online.
- Hickman, G.R., **Knouse, L.E.** Robinson, R., Volkers, J., & Hoyt, C. (2020, November). *When leaders face personal crisis: A research and practice panel discussion* [Panel]. International Leadership Association Conference, Online.
- Knouse, L.E.** (2019, November 4). *Being a person is hard* [Invited talk]. University of Richmond Last Lecture Series, Richmond, VA, United States. <https://youtu.be/OkY59qjjuys>
- Knouse, L.E.** (2018, November). Using blended learning and inclusive pedagogy to teach methods and statistics in clinical psychology. In A. Borders (Chair), *Using technology to improve the training of future and current clinical scientist* [Panel discussion]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Washington, DC, United States.
- Knouse, L.E.** (Chair). (2017, November). *Late onset ADHD: What it is, what it is not, and why it matters* [Symposium]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), San Diego, CA, United States.
- Knouse, L.E.** (2016, November). Transdiagnostic from the start: Recommendations for teaching anxiety disorders in introductory psychology. In C. Lootens (Chair), *Preparing the next generation of scientist-practitioners: Disseminating principles of CBT through undergraduate teaching* [Panel discussion]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), New York, NY, United States.

- Knouse, L.E.** (2015, February). Assessment and treatment of adult ADHD in primary care [Invited talk]. Virginia Commonwealth University Primary Care Psychology Clinic, Richmond, VA, United States.
- Knouse, L.E.** (Discussant). (2013, November). In J. Langberg (Chair), *Patterns and profiles of impairment in college students with ADHD and the development of interventions to address their needs* [Symposium]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Nashville, TN, United States.
- Knouse, L.E.** (2012, September). *Learning to learn: Improving self-guided study in adults with ADHD* [Invited talk]. Wells Collage, Wells, NY, United States.
- Knouse, L.E.** (2012, June). *From “what” to “how”: Introducing students to clinical psychology tools, skills, and values* [Round table discussion]. Eastern Conference for the Teaching of Psychology, Saunton, VA, United States.
- Knouse, L.E.** (2011, March). CBT for adult ADHD [Invited talk]. University of Massachusetts Boston Clinical Psychology Program, Boston, MA, United States.
- Safren, S.A., Sprich, S. & **Knouse, L.E.** (2011, November). Cognitive behavioral therapy for adults with ADHD [Workshop]. Annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Toronto, ON, Canada.
- Knouse, L.E.** (2010, April). ADHD in adults: From description to intervention [Invited talk]. University of Richmond Department of Psychology, Richmond, VA, United States.

OTHER PUBLIC ENGAGEMENT

- Knouse, L.E. & Mitchell, J.T.** (2025). CBT for Adult ADHD. [Audio podcast episode]. *Pocket MD Podcast: Training on ADHD in Children and Adults*.
- Mitchell, J.T. & **Knouse, L.E.** (2024). Mindfulness and ADHD [Audio podcast episode]. *Pocket MD Podcast: Training on ADHD in Children and Adults*. <https://chadd.org/continuing-education/mindfulness-skills-to-help-with-adult-adhd/>
- Taylor & Francis Books. (2023, August 24). *Thriving at university with ADHD* [Video]. YouTube. <https://youtu.be/Psy9wA9bM7c?si=kTzjSa7YUDqfHA57>
- Merino, D. (2022, May 12). Adult ADHD: What it is, how to treat it and why medicine ignored it for so long. [Audio podcast episode]. In *The Conversation Weekly*. <https://theconversation.com/adult-adhd-what-it-is-how-to-treat-it-and-why-medicine-ignored-it-for-so-long-podcast-182534>
- Nicholson, L. (2020, October 21). Dr. Gill Hickman and Dr. Laura Knouse. [Audio podcast episode]. In *ILA Presents: 10 Minutes on Leadership*. International Leadership Association. <https://podcasts.apple.com/ng/podcast/ila-presents-10-minutes-on-leadership-dr-gill-hickman/id1531331873?i=1000495549694>

Carey, B. (2016, February 15). Research hints at promise and difficulty of helping people with A.D.H.D. learn. *The New York Times*. <https://www.nytimes.com/2016/02/16/health/research-hints-at-promise-and-difficulty-of-helping-people-with-adhd-learn.html>

OTHER WORKS

Knouse, L.E., Barkley, S.R., Barkley, P.M., Barkley, R.A., Knouse, F.M., Knouse, W.E. ...et al. (2013, January). *Craig Russell Barkley* [Human]. Virginia Commonwealth University Medical Center, Richmond, VA, United States.

Knouse, L.E., Barkley, S.R., Barkley, P.M., Barkley, R.A., Knouse, F.M., Knouse, W.E. ...et al. (2009, November). *Liam Stephen Barkley* [Human]. Massachusetts General Hospital, Boston, MA, United States.

METHODS AND STATISTICS TRAINING COMPLETED

Stats Camp Foundation Summer Courses

Multilevel Modeling in R	2021
Program Evaluation and Cost-Benefit Analysis	2023

EDITORIAL EXPERIENCE AND REVIEWING ACTIVITIES

Interdisciplinary Journal of Leadership Studies

Co-Editor	2023 - present
Associate Editor	2020 - 2023

Cognitive and Behavioral Practice

A Journal of the Association for Behavioral and Cognitive Therapies	
Editorial Board Member	2020 - present

Journal of Attention Disorders

Official Journal of the American Professional Society of ADHD and Related Disorders	
Editorial Board Member	2019 - present

The ADHD Report newsletter

Advisory Board Member	2002 – 2022
Associate Editor, Research Findings section	2008 – 2013

Ad hoc reviewer for the following journals in the 2024-2025 Academic Year: *Learning and Instruction*, *Psychiatry and Clinical Neurosciences Reports*

Ad hoc reviewer – cumulative list of journals:

Acta Psychiatrica Scandinavica
Assessment
Behavior Research and Therapy
Behavior Therapy
Behavioral Sciences
British Journal of Clinical Psychology

Clinical Case Studies
Cognitive and Behavioral Practice
Emerging Adulthood
Expert Review of Neurotherapeutics
Frontiers in Psychology
Future Neurology
International Journal of Cognitive Therapy
International Journal of Human Computer Interaction
Journal of Abnormal Child Psychology
Journal of the American Psychiatric Nurses Association
Journal of Attention Disorders
Journal of Behavior Therapy and Experimental Psychiatry
Journal of Clinical Psychiatry
Journal of Consulting and Clinical Psychology
Journal of Contextual Behavioral Science
Journal of Nervous and Mental Disease
Journal of Research in Personality
Journal of Traumatic Stress
Journal of Women's Health
Learning and Individual Differences
Learning and Instruction
Neuropsychiatry
New England Journal of Medicine
Pharmacy
PLOS Digital Health
Psychiatry and Clinical Neurosciences Reports
Psychiatry Research
Psychophysiology
Reading and Writing
Self and Identity
Transportation Research: Traffic Psychology and Behaviour

NIMH Scientific Merit Review Panel for RFA-MH-20-100: *Refinement and Testing of Interventions to Sustain ADHD Treatment Effects Across Settings and Developmental Transitions*

July 2019

Israel Science Foundation, ad hoc scientific reviewer

May 2020

UC Irvine Susan Samueli Integrative Health Institute, ad hoc scientific reviewer

March 2022

PROFESSIONAL AFFILIATIONS

- Member, Professional Advisory Board for CHADD (Children and Adults with Attention Deficit Hyperactivity Disorder) and the National Resource Center for ADHD
- Member, Association for Behavioral and Cognitive Therapies (ABCT)
 - Convention Program Committee 2013 - 2015
 - Clinical Psychology at Liberal Arts Colleges Special Interest Group
 - ADHD Special Interest Group; 2012-2013 Chair
- Member, Society for the Teaching of Psychology (STP)

COURSES TAUGHT

University of Richmond:

FYS: First Year Seminar – The Psychology of Drugs

PSYC100: Introduction to Psychological Science with Lab

PSYC100: Introduction to Psychological Science (redesigned)

PSYC300: Methods and Analysis Core Project

PSYC319: Psychopathology with Lab

PSYC321: Principles of Behavior with Lab

PSYC361: Independent Research

PSYC449: Advanced Seminar - Three Waves of Behavior Therapy: From Science to Practice

PSYC449: Advanced Seminar - ADHD in Focus

PSYC461-462: Senior Research in Psychology

PSYC491-492: Senior Honors Research in Psychology

Simmons College, Boston MA:

PSYC244: Drugs and Behavior

PROGRAM DEVELOPMENT

University of Richmond – Health Sciences University Hokkaido Exchange Program
Co-creator

2024-2025

Organized and executed short-term reciprocal exchange program. Traveled with four of my mentees to HSUH in Summer 2024 and then hosted three HSUH undergraduate students on campus in Spring of 2025. Arranged all aspects of travel and designed cross-cultural exchange experiences for students during the visit, including securing funding support. Program profiled at https://urnow.richmond.edu/features/article/-/25919/richmond-psychology-students-engage-in-cross-cultural-lessons.html?utm_source=magazine&utm_medium=referral&utm_campaign=features-story

SERVICE TO CAMPUS AND COMMUNITY

University of Richmond Department of Psychology

Chair, Department of Psychology

May 2024 – June 2025

Chair, PSYC100 Redesign Working Group

Fall 2022 – Spring 2025

Co-Chair and Co-Author, Department of Psychology Self Study (with Karen Kochel)	Fall 2021
Coordinator, PSYC300 <i>Methods and Analysis Core Project</i> Course	Fall 2019 – Fall 2020
Interim Chair, Department of Psychology	Fall 2020
Department of Psychology Faculty Search Committees	2012, 2013, 2014, 2020
Chair	2020
Search Committee Diversity Advocate	2012, 2013, 2015, 2016
Chair, PSYC300: Methods and Analysis Core Project implementation committee	2017-2018
Psi Chi Psychology Honors Society Faculty Advisor	2012-2017
University of Richmond	
Diversity and Search Advocate (DASA), Department of Biology	2023-2024
Member, Cultural Affairs Committee	2022 - 2025
Member, HHMI Incentives and Values Think Tank	2023 - present
Faculty Director, Richmond Scholars Program	2019 - 2025
Faculty Reviewer, Jepson School of Leadership Studies Science Scholars Program	2019 – 2025
Vocalist for Student Ensembles, Department of Music Chamber Ensembles Program	Since 2014
Commencement Name Reader	2022-2025
Mock Fulbright Panelist, Office of Scholars and Fellowships	2020, 2021
President's Inauguration Planning Committee and Faculty Marshal	2022
Integrative Learning and ePortfolio Faculty Learning Community	2022
Commencement Faculty Marshal	2013 - 2021
Outreach Speaker, University of Richmond Events Management Retreat <i>Navigating Crisis, Together</i>	January 7, 2021
Remote Learning Scenario Planning Group: Student Support and Student Preparation	2020-2021
University Health and Well-Being Task Force	2018-2020
Search Committee, Director of Disability Services	Spring 2020
Coordinator, Mentored Scholarship Faculty Learning Community	2017-2018

Arts and Sciences “Concept 30” Planning Committee	2017-2018
Search Committee, Director of Scholars and Fellowships	Spring 2017
Oldham Scholars Selection Committee	2014-2017
Richmond Scholars and Artist Scholars Selection Committees	2018, 2019
Richmond Scholars Steering Committee	2012–2015
Safe Zone Ally	Fall 2011 – conclusion of program

Virginia Commonwealth University

Dissertation Committee Member	2017-2018
Laura Downs Eddy - <i>Does Emotion Regulation Moderate the Association between Impairment and Depression in Adolescents with ADHD?</i>	
Panel Discussion Participant	November 2018
Psychology Department discussion for graduate students and post-doctoral fellows describing academic jobs in different settings and advice for applying. I represented psychology faculty at liberal arts institutions.	

The Ohio State University

Dissertation Committee Member	2020-2022
Christie Thiessen Pickel - <i>Testing the Impact of Situation-Specific Variables on Automatic Thoughts in ADHD</i>	

The Steward School

Richmond, VA

Guest lecturer for Junior research seminar	Fall 2017, Fall 2018
Lecture Title: <i>Psychology is Hard: Challenges in the Scientific Study of Human Behavior</i>	

Faison Center for Autism

Richmond, VA

Research Consultant – provide consultation regarding research design for programs at the school and assist with survey design and data collection for annual Commonwealth Connect community resources fair for families of children with autism.

James River Writers

Richmond, VA

Panelist	January 29, 2020
<i>The Writing Show: Finding the End in 2020</i>	

CLINICAL POSITIONS

University of Richmond Counseling and Psychological Services (CAPS) Clinician – provide individual or group Cognitive Behavioral Therapy, up to 2 hours per week	2011 - present
Massachusetts General Hospital – Behavioral Medicine Service Post-Doctoral Fellow – provided outpatient individual CBT	2008 – 2011
Massachusetts General Hospital – Outpatient Psychiatry Clinic Psychology Intern; CBT Track – provided outpatient individual and group CBT	2007 – 2008
Massachusetts General Hospital – Acute Psychiatry Service Psychology Intern – conducted emergency psychiatric assessments	2008
ADHD Clinic at UNCG Graduate Student Clinician – comprehensive ADHD assessments and group parent training	2004 –2007
Assistant Director – advanced student administrative position	2005 –2006
UNCG Psychology Clinic Graduate Student Clinician – psychoeducational and psychological assessment; outpatient individual and group therapy.	2003 –2005