

## BIOGRAPHICAL SKETCH

NAME Meuret, Alicia Esperanza	POSITION TITLE		
eRA COMMONS USER NAME	Associate Professor of Psychology		
EDUCATION/TRAINING <i>(Begin with baccalaureate or other initial professional education, such as nursing, and include postdoctoral training.)</i>			
INSTITUTION AND LOCATION	DEGREE <i>(if applicable)</i>	YEAR(s)	FIELD OF STUDY
University of Dresden (Germany)	MS	1999	Clinical Psychology
Stanford University	Predoctoral Fellowship	1999-2003	Clinical Psychology
University of Hamburg (Germany)	Ph.D.	2003	Clinical Psychology
Boston University	Postdoctoral Fellowship	2003-2005	Clinical Psychology
Harvard University	Postdoctoral Fellowship	2004-2005	Clinical Psychology

### **Positions and Honors**

#### **Positions and Employment**

1999-2003	<i>Predocctoral fellow</i> , Laboratory of Clinical Psychopharmacology and Psychophysiology, Department of Psychiatry and Behavioral at Stanford University
2003	<i>Research Scientist</i> , Department of Clinical Psychology and Psychotherapy, University of Hamburg, Germany.
2003-2005	<i>Postdoctoral Fellow</i> , Center for Anxiety and Related Disorders at Boston University
2004-2005	<i>Postdoctoral Fellow</i> , Affective Neuroscience Laboratory at the Department of Psychology at Harvard University
2005-2011	<i>Assistant Professor of Psychology</i> , Southern Methodist University, Co-Director, Stress, Anxiety, and Chronic Disease Research Program, Southern Methodist University
Aug 2011-	<i>Associate Professor of Psychology</i> , Southern Methodist University

#### **Other Experience and Professional Memberships**

2010	<i>Technical Expert</i> , Member, Comparative Effectiveness of Breathing Exercises and/or Retraining Techniques in the Treatment of Asthma, Agency for Healthcare Research and Quality (AHRQ) Effective Health Care (EHC) Program
2009-2010	<i>Guest Editor</i> , International Journal of Psychophysiology
2008-2009	<i>President</i> , Anxiety Disorders Special Interest Group (ABCT)
2009-	<i>Grant Reviewer</i> , National Institutes of Mental Health & Italian Ministry of Health, Young Investigator Fellowships and Grants, September 2009
2008, 2009-	<i>Grant Reviewer</i> , National Institutes of Mental Health (NIMH), Special Emphasis Panel: Fellowships and Dissertation Grants (12/17/2008; 07/28/2009)
2008	<i>Grant Reviewer</i> , Swiss National Science Foundation (FNSNF-01), January 8, 2008
2008-Date	<i>Editorial Board</i> , Journal of Allergy and Asthma
2009-Date	<i>Associate Editor</i> , Behavior Therapy
1999-Date	<i>Member</i> , American Psychological Association, Anxiety Disorders Association of America, Association for Behavioral and Cognitive Therapies, International Society of the Advancement of Respiratory Psychophysiology

## Honors and Awards

2006	<i>Career Development Travel Award</i> , Anxiety Disorders Association of America
2005	<i>Young Investigator Award</i> , Psychiatric Research Society
2004	<i>Scholar Award</i> , American Psychosomatic Society
2003	<i>Trainee Travel Award</i> , Anxiety Disorders Association of America
2002	<i>Levinson Fellowship</i> , Stanford University School of Medicine
2001	<i>Student Poster Award</i> , Society for Psychophysiological Research
1999	<i>Dissertation Fellowship</i> , German Academic Exchange Service (Stanford University)
1996	<i>Graduate Studies Fellowship</i> , German Academic Exchange Service (University of Texas)

## C. Selected peer-reviewed publications

**Meuret, A.E.**, Rosenfield, D., Wilhelm, F.H., Zhou, E., Conrad, A., Ritz, T., & Roth, W.T. (in press). Do Unexpected Panic Attacks Occur Spontaneously? *Biological Psychiatry*

**Meuret, A.E.**, Hofmann, S.G., & Rosenfield, D. (2010). Catastrophic appraisal and perceived control as moderators of treatment response in panic disorder. *International Journal of Cognitive Therapy*, 3, 262-277.

**Meuret, A.E.** & Ritz, T. (2010). Hyperventilation in panic disorder and asthma: Empirical evidence and clinical strategies. *International Journal of Psychophysiology*, 78, 68-79.

**Meuret, A.E.**, Rosenfield, D., Seidel, A., Bhaskara, L. & Hofmann, S.G. (2010). Respiratory and cognitive mediators of treatment change in panic disorder: Evidence for intervention specificity. *Journal of Consulting and Clinical Psychology*, 78, 691-704.

Ayala, E.S., **Meuret, A.E.**, & Ritz, T. (2010). Confrontation with blood and disgust stimuli precipitates respiratory dysregulation in blood-injection-injury phobia. *Biological Psychology*, 84, 88-97.

**Meuret, A.E.**, Rosenfield, D., Hofmann, S.G., Suvak, M. K., & Roth, W.T. (2009). Changes in respiration mediate changes in fear of bodily sensations in panic disorder. *Journal of Psychiatric Research* 43,634-41.

**Meuret, A.E.**, Wilhelm, F.H., Ritz, T., & Roth, W.T. (2008). Feedback of end-tidal pCO<sub>2</sub> as a therapeutic approach for panic disorder. *Journal of Psychiatric Research*, 42, 560-8.

Hofmann, S.G., **Meuret, A.E.**, Rosenfield, D., Suvak, M.K., Barlow, D.H., Gorman, J.M., Shear, M.K., & Woods, S.W. (2007). Preliminary evidence for cognitive mediation during cognitive behavioral therapy of panic disorder. *Journal of Consulting and Clinical Psychology*, 75, 374-79.

**Meuret, A.E.**, Ritz, T., Wilhelm, F.H., & Roth, W.T. (2007). Targeting pCO<sub>2</sub> in asthma: Pilot evaluation of a capnometry-assisted breathing training. *Applied Psychophysiology and Biofeedback*, 32, 99-109.

Hofmann, S.G., Schultz, S., **Meuret, A.E.**, Moscovich, D., & Suvak, M. (2006). Sudden gains during therapy of social phobia. *Journal of Consulting and Clinical Psychology*, 74, 687-697.

**Meuret, A.E.**, White, K. S., Ritz, T., Roth, W.T., Hofmann, S.G., & Brown, T. (2006). Panic Attack Symptom Dimensions and their relationship to illness characteristics in panic disorder. *Journal of Psychiatric Research*, 40, 520-527.

Hofmann, S.G., **Meuret, A.E.**, Smits, J.A.J., Simon, N.M., Pollack, M.H., Eisenmenger, K., Shiekh, M., & Otto, M.W. (2006). Augmentation of exposure therapy for social anxiety disorder with d-cycloserine. *Archives of General Psychiatry*, 63:298-304.

## Research Support

### Ongoing Research Support

(Total [PI grants only]: \$1,663,430.00)

1 R01 HL089761-01A1 Meuret & Ritz (Co-PIs)  
NIH/NHLBI

07/1/08 – 06/31/2012

Targeting CO2 levels in breathing training for asthma

The goal is to assess the efficacy of capnometry-assisted breathing training as an adjunct treatment for asthma

Role: Co-Principal Investigator

1 R01 MH075889-01A2 Pollack (PI)

09/19/2007 - 7/31/2012

NIH/NIMH

D-Cycloserine Enhancement of Exposure in Social Phobia

The goal is to conduct a multi-site randomized controlled trial of the efficacy of d-cycloserine for enhancing CBT for social phobia

Role: Investigator

SMU G000774 Meuret (PI)

05/15/2009 -

Russell and Beth Siegelman Charitable Fund

Unrestricted grant in support of examining efficacy and mechanisms of biobehavioral therapy approaches for anxiety disorders

Role: Principal Investigator

SMU G000774 Meuret (PI)

04/30/2008 -

Russell and Beth Siegelman Charitable Fund

Unrestricted grant in support of examining efficacy and mechanisms of biobehavioral therapy approaches for anxiety disorders

Role: Principal Investigator

SMU G000774 Meuret (PI)

05/23/2006 -

Russell and Beth Siegelman Charitable Fund

Unrestricted grant in support of examining efficacy and mechanisms of biobehavioral therapy approaches for anxiety disorders

Role: Principal Investigator

### **Submitted**

2R01

NIH/NHLBI

*Brief Treatments for Anxiety in Asthma Patients*

The goal is to assess the efficacy of capnometry-assisted respiratory therapy and cognitive-behavior therapy as an adjunct treatment for asthma with comorbid anxiety

Submission date: Feb 5<sup>th</sup>, 2011

Role: Principal Investigators (Drs. Alicia E. Meuret (contact), Thomas Ritz [SMU], Michelle G. Craske [UCLA]);

Co-Is (Drs. David Rosenfield [SMU], Eric Kleerup [UCLA], Mark Millard [Baylor University], Peter Roy-Byrne [University of Washington]).

3R01

NIH/NIMH

*Early detection and management of nonresponders to CBT for panic disorder*

The goal is to assess a novel sequential reassignment design that tests predictors of non-responding to first-line CBT, and management of non-responding by random reassignment to a second-line intervention (acceptance and commitment therapy).

Submission date: June 5<sup>th</sup>, 2011

Role: Principal Investigators (Drs. Alicia E. Meuret, Michelle G. Craske [UCLA] (contact); Michael Twohig

[USU]; Co-Is (Drs. David Rosenfield [SMU], Steven C. Hayes [UNR]).

1R01

NIH/NHLBI

*Behavioral Strategies to Control Emotion-induced Asthma*

The goal is to examine simple behavioral maneuvers to reduce bronchoconstriction in patients with asthma.

Submission date: May 27<sup>th</sup>, 2011

Role: Investigator

**Active Consultants**

ROT0042848 Roth (PI)

04/01/2009 – 03/31/2012

Veterans Affairs Research Service

*PTSD Hyperarousal Symptoms Treated with Physiological Stress Management*

The goal is to study the efficacy of physiological stress reduction techniques in patients suffering from PTSD hyperarousal symptoms

Institution: Stanford University Medical Center/Palo Alto Veterans Affairs Hospital

Role: Consultant

**Completed Research Support**

Southern Methodist University Meuret (PI)

06/01/2006

University Research Council Faculty Grant

Institution: Southern Methodist University

Role: Principal Investigator

MH066953-01 Roth (PI)

07/01/04 – 06/30/09

NIH/NIMH

*Respiratory Therapeutic Procedures in Panic Disorder*

The goal of this project was to compare the efficacy of two opposite types of respiratory trainings for treating patients with panic disorder.

Institution: Stanford University Medical Center

Role: Consultant

ROT0042825 Roth (PI)

10/01/2004 – 08/30/2008

Veterans Affairs Research Service

*Respiratory Dysregulation and Breathing Training in Anxious Outpatients*

The goal was to study respiratory dysregulation in anxious outpatients

Institution: Stanford University Medical Center/Palo Alto Veterans Affairs Hospital

Role: Consultant

BU0202204095-3 Meuret (PI)

11/01/2003 – 08/15/2005

Russell and Beth Siegelman Charitable Fund

Unrestricted grant in support of examining efficacy and mechanisms of biobehavioral therapy approaches for panic disorder

Institution: Boston University

Role: Principal Investigator

BU0202204095-3 Meuret (PI)

11/01/2003 – 8/15/2005

Behavior Therapy Research Foundation

*Mechanisms of change in cognitive versus biofeedback-assisted therapy in panic-control treatment*

The goal was to evaluate physiological, behavioral, and cognitive changes in panic patients with agoraphobia.

Institution: Boston University

Role: Principal Investigator