

MATTHEW C. ARIAS

Curriculum Vitae

West Virginia University
Department of Psychology
Life Sciences Building,
53 Campus Drive, P.O. Box 6040
Morgantown, WV 26505

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EDUCATION

Doctor of Philosophy

Expected December 2021

West Virginia University, Morgantown

Clinical Psychology Doctoral Training Program (APA-Accredited)

Dissertation Title: *Exposure Therapy: Stimulus Intensity as a Factor in Treatment Preference*

Mentor: Daniel McNeil, Ph.D.

- Qualifying Exams Passed: March 2017
- Doctoral Dissertation Proposal: December 2017
- Dissertation Defense: October 2019

Master of Science

May 2017

West Virginia University, Morgantown

Clinical Psychology Program (APA-Accredited)

Thesis Title: *Efficacy of Self-Directed Exposure Using Smart Phone Technology: First Versus Third Person Perspective*

Mentor: Daniel McNeil, Ph.D.

- Master's Thesis Proposal: May 2015
- Master's Thesis Defense: December 2016

Bachelor of Arts

June 2013

California State University, San Bernardino

Psychology

Magna Cum Laude

Departmental Honors in Psychology

Honors Thesis Title: *Relationship between Dysfunctional Parenting and Anxiety: A Comparison of Cognitive Vulnerability Models*

Mentor: Michael R. Lewin, Ph.D.

Associate of Arts

June 2010

Chaffey College, Rancho Cucamonga

Associates in Arts

Honors

CLINICAL EXPERIENCE

- July 2017-October 2019 **Supervised Psychologist**
Neuropsychology Group of West Virginia – Morgantown, WV
 Supervisors: **Martin L. Boone, Ph.D; Marissa E. Carey, PhD; & Jason A. Chong, PsyD.**
 Administered, scored, and interpreted a variety of neuropsychological assessments (e.g., WISC-V, WIAT-III, WAIS-IV) to be included in formal evaluations of functioning (e.g., achievement, IQ, cognitive) for children and adults spanning the ages of 4 to 98.
- July 2016-June 2017 **Supervised Psychologist**
Hopemont Hospital – Terra Alta, WV
 Supervisor: **Barry Edelstein, Ph.D.**
 Provided psychological services to older adults in a long-term facility. Administered, scored, and interpreted a variety of cognitive assessments (e.g., Trails A & B, EXIT, HVLt-R, Digit Span, Boston Naming) to be included in cognitive functioning evaluations annually among residents with series and persistent mental illness, and intake evaluations of new residents. Created and modified behavioral management plans, and participated in weekly multidisciplinary meetings. Provided evidence-based psychotherapy to the residents, and assessed decision making in residents with cognitive impairment.
- August 2015-July 2016 **Graduate Student Therapist:**
Sundale Nursing Home - Morgantown, WV
 Supervisor: **Amy Fiske, Ph.D.**
Department of Psychology, West Virginia University
 Provided psychological services to older adults in a nursing home facility. Treatment's include, but not limited to, behavior plan management, acceptance and commitment therapy, cognitive-behavioral treatment, cognitive testing, and other evidence-based treatments.
- August 2015-July 2016 **Graduate Student Therapist:**
Insomnia Clinic - West Virginia University Medical Center
 Supervisor: **Amy Fiske, Ph.D.**
Department of Psychology, West Virginia University
 Provided cognitive-behavioral therapy for insomnia to patients at a medical center. Utilized behavioral management strategies to treat insomnia. Coordinated with other medical professionals. Participated in weekly group and individual supervision with a licensed Psychologist (Amy Fiske, Ph.D).

August 2014-July 2015 **Graduate Student Therapist:**
Quinn Curtis Center for Psychological Services, Training, and Research
 Supervisor: **Daniel McNeil, Ph.D.**
Department of Psychology, West Virginia University
 Conducted psychological assessment, intake evaluation, and treatment plan of clients. Performed individual outpatient therapy including, but not limited to, anger management, exposure therapy, support therapy, and cognitive restructuring. Participated in weekly group and individual supervision with a licensed Psychologist.

SPECIALIZED CLINICAL TRAINING

May 2020 **Suicidal Risk and Telepsychology: From Supportive Resources to Clinical Treatment**
The National Register of Health Service Psychologists
 1 Hour Talk
 • David A. Jobes, PhD, ABPP

March 2020 **Telepsychology Best Practices 101 - Clinical Evaluation and Care: Cultural Competencies; Documentation**
Telebehavioral Health Institute
 2 Hour Talk
 • Marlene M. Maheu, PhD

November 2014 **Motivational Interviewing: Skill Building and Updates**
Association for Behavioral and Cognitive Therapies Conference
 10 Hour Workshop
 • Daniel W. McNeil, Ph.D.
 • Trevor A. Hart, Ph.D.
 • Emily Selby-Nelson, Psy.D.

CLINICAL SUPERVISION EXPERIENCE

July 2018-May 2019 **Mid-Level Supervisor**
Quinn Curtis Center for Psychological Services, Training, and Research
 Supervisor: **Daniel McNeil, Ph.D.**
 Supervise three first- and second-year graduate students in their clinical work. Conduct individual meetings with novice graduate student therapists weekly to provide feedback and training to improve clinical work. Assist in co-therapy with novice therapists. Attend weekly individual supervision meetings with a licensed clinical psychologist.

RESEARCH EXPERIENCE

August 2014-Present **Graduate Research Assistant:**
The Anxiety, Psychophysiology, & Pain Research Laboratory

Supervisor: **Daniel W. McNeil, Ph.D.**

Department of Psychology, West Virginia University

Participated in group led experiments examining the relationships between pain, fear, and anxiety. Duties include, but are not limited to, data collection, data entry, statistical analyses, managing/leading lab meetings, working with undergraduate honor students, coauthoring research presentations, and manuscript preparation.

April 2012–July 2014

Undergraduate Research Assistant:

Cognitive Vulnerability Lab

Supervisor: **Michael R. Lewin, Ph.D.**

California State University, San Bernardino

Participated in group led experiments examining the relationships between cognitive vulnerability models, diathesis-stress models, and anxiety; the mediating role of cognitive vulnerability models in the relationship between parenting and depression/anxiety; the relationship between EMS, AS, LCS, FNE and Psychopathology; and the relationship between cognitive vulnerability models and mood. Conducted data collection, data entry, statistical analyses, and coauthored research presentations.

June 2012–August 2014

Undergraduate Research Assistant:

Community And Relationship Enhancement Lab

Supervisor: **David Chavez, Ph.D.**

California State University, San Bernardino

Participated in the development and implementation of Community-Based Participatory Research project with Boys and Girls Club in San Bernardino. Addressed local health and education issues in the community. Facilitated weekly focus group sessions with at-risk youth based on research-supported protocol.

Assisted in the design, training, and obtaining of materials for a Boys and Girls Club Photovoice project at Waterman Gardens, San Bernardino.

Research tasks include completion of IRB and other relevant documents needed for study implementation, data collection, qualitative and quantitative statistical analyses, and coauthored research posters.

June 2012–August 2014

Principle Investigator: *Honors in Psychology*

Advisors: **Michael R. Lewin, Ph.D. & Charles Hoffman, Ph. D.**

California State University, San Bernardino

Year-long independent project and paper under the guidance of Honor mentors. Designed and conducted original research with measures of psychological distress. Study examined the mediating and moderating role of competing cognitive vulnerability models between the relationship of dysfunctional parenting and anxiety.

Honors Thesis – The relationship between dysfunctional parenting and anxiety: A comparison of cognitive vulnerability models.

June 2012–August 2014

Co-principle Investigator: *Dysfunctional parenting and abusive inter-partner violence: The mediating role of schemas*

Supervisor: **Michael R. Lewin, Ph.D.**

California State University, San Bernardino

Study examined the mediating role of Early Maladaptive Schemas cognitive vulnerability model between the relationship of dysfunctional parenting and inter-partner violence.

PUBLICATIONS

Arias, M. C., & McNeil, D. W. (2020). Smartphone-based exposure treatment for dental phobia: A pilot randomized control trial. *Journal of Public Health Dentistry*, 80, 23–30.
<https://doi.org/10.1111/jphd.12340>

McNeil, D. W., **Arias, M. C.**, Randall, C. L. (2017). Anxiety versus fear. In A. E. Wenzel, D. Frideman-Wheeler, & E. Flannery-Schroeder (Eds.), *Encyclopedia of abnormal and clinical psychology* (pp. 279-280). Thousand Oaks, CA: Sage.
<http://dx.doi.org/10.4135/9781483365817.n106>

MANUSCRIPTS IN PREPARATION

Arias, M. C., & McNeil, D. W. Presence Experienced in Smartphone-Based Exposure: First and Third Person Perspectives. (*Under Review*).

Quentin, L. L., Wright, C. D., Nelson, C. I., **Arias M. C.**, Mittinty, M. M., & McNeil, D. W. Development and validation of the Brief Assessment of Distress about Pain (BADP). (*Revise/Resubmit*)

Wright, C. D., **Arias, M. C.**, McNeil, D. W., Neiswanger, K., Crout, R. J., Weyant, R. J., Foxman, B., & Marazita, M. L. Gingival inflammation and health trajectory classes of perinatal women differ on levels of perceived stress and pain-related fear. (*Manuscript Preparation*)

CONFERENCE PRESENTATIONS

ORAL PRESENTATIONS

Alexander, L., McNeil, D. W., **Arias, M. C.**, Wright, C. D., Kao, E., Neiswanger, K., Weyant, R. J., Foxman, B., Crout, R. J., Marazita, M. L. (June, 2019). *Implications of perinatal smoking trajectories in Appalachia in the USA*. International Association for Dental Research, Vancouver, Canada.

Arias, M. C. & McNeil, D. W. (November, 2018). *Using Tablets to Deliver Exposure Stimuli in In Vivo Settings*. **Symposium** “Evidence-Based Treatment: The Role of Technology to Improve Therapy.” 52nd annual Association for Behavioral and Cognitive Therapies Conference, Washington, DC.

Arias, M. C., Wright, C. D., McNeil, D. W., Kao, E., Alexander, L., Neiswanger, K., Weyent, R. J., Foxman, B., Crout, R. J., & Marazita, M. L. (March, 2018). *Smoking Trajectories during Pregnancy and Postpartum in North Central Appalachia*. American Association for Dental Research, Fort Lauderdale, Fl. (Note. Selected as oral session chair: “Oral Health, Treatment and Stress in Rural and Immigrant Populations”).

Wright, C. D., **Arias, M. C.,** McNeil, D. W., Neiswanger, K., Crout, R. J., Weyent, R. J., Foxman, B., & Marazita, M. L. (March, 2018). *Gingival health trajectories and perceived stress during the perinatal period*. Oral presentation: American Association for Dental Research, Fort Lauderdale, Fl.

Arias, M. C., Wright, C. D., Flatley, M., Manegold, E. M., Kao, E., Neiswanger, K., Weyant, R. J., Foxman, B., Crout, R. J., Marazita, M. L., McNeil, D. W. (October, 2017). *Smoking During and After Pregnancy in West Virginia: Targeting Time Points for Intervention*. Oral presentation: West Virginia State Rural Health Conference, Davis, WV.

POSTER PRESENTATIONS

Nelson, C. I., Mittinty, M. M., Wright, C. D., **Arias, M. C.,** Kao, E., Neiswanger, K., Weyent, R. J., Foxman, B., Crout, R. J., & Marazita, M. L., & McNeil, D. W. (April, 2019). *Fear of pain during pregnancy*. Poster Presentation: American Pain Society, Milwaukee, WI.

Nelson, C. I., Wright, C. D., **Arias, M. C.,** & McNeil, D. W. (November, 2018). *The Effects of Maternal Depression and Oral Health on Child Oral Health*. SIG Poster Presentation: 52nd annual Association for Behavioral and Cognitive Therapies Conference, Washington, DC.

Kao, E., **Arias, M. C.,** McNeil, D. W., Alexander, L., Neiswanger, K., Weyent, R. J., Foxman, B., Crout, R. J., & Marazita, M. L. (March, 2018). *Relationship of Postpartum Smoking and Depression, Stress, and Dental Health*. Poster Presentation: American Association for Dental Research, Fort Lauderdale, Fl

Arias, M. C., & McNeil, D. W. (November, 2017). *Treatment of Specific Dental Phobia: Exposure Stimuli Delivered via Smartphones*. Poster Presentation: 51st annual Association for Behavioral and Cognitive Therapies Conference, San Diego, CA.

Arias, M. C. & McNeil, D. W. (November, 2017). *Agreement among Dental Anxiety/Fear Measures with Emerging Adults*. Poster Presentation: The Society for the Study of Emerging Adulthood Conference, Washington, DC.

Arias, M. C., McNeil, D. W., Wright, C. D., Gallegos, J., Stephenson, D., Clement, D., Ward, D. M., Stuchell, R., & Edwards, C. B. (March, 2017). *Novel Treatment for Dental Phobia Utilizing Smart Phone Technology*. Poster presentation: The International Association for Dental Research Conference, San Francisco, CA

- Edwards, C. B., Randall, C. L., Addicks, S. H., **Arias, M. C.**, Ward, D. M., Wright, C. D., Stuchell, R., & McNeill D. W. (March, 2017). *Initial Development of An Oral Health Values Scale*. Poster presentation: The International Association for Dental Research Conference, San Francisco, CA
- Arias, M. C.**, McNeil, D. W., Petrie, R., Wright, C. D., Gallegos, J., & Stephenson, D. (October, 2016). *Utilizing smart phones to deliver exposure stimuli in the treatment of specific dental phobia*. Poster Presentation: West Virginia Psychological Association Conference, Roanoke, WV. (**Note. Submission was awarded the 1st place poster award**).
- Arias, M. C.**, Schade, M., Hayes, S., McNeil, D. W., Crout, R. J., Foxman, B., Marazita, M. L., Maurer, J. L., Neiswanger, K., & Weyant, R. J. (November, 2015). *Maternal Depression is Associated with Infant Sleep Awakenings Among Women In Appalachia*. Poster Presentation: 49th annual Association for Behavioral and Cognitive Therapies Conference, Chicago, IL.
- Arias, M. C.**, & McNeil, D. W. (November, 2014). *Training Health Profession Students in Behavioral Sciences: Evidence Basis for Knowledge Acquisition*. SIG Poster Presentation: 48th annual Association for Behavioral and Cognitive Therapies Conference, Philadelphia, PA.
- Silva, Y., **Arias, M. C.**, & Lewin, M. R. (November, 2013). *The role of cognitive schemas and dysfunctional parenting on abusive intimate partner violence*. Poster Presentation: 47th annual Association for Behavioral and Cognitive Therapies Conference, Nashville, TN.
- Arias, M. C.**, Silva, Y., & Lewin, M. R. (November, 2013). *A comparison of cognitive diatheses for anxiety: The moderating role of stress*. Poster Presentation: 47th annual Association for Behavioral and Cognitive Therapies Conference, Nashville, TN.
- Arias, M. C.**, Silva, Y., & Lewin, M. R. (November, 2013). *A comparison of four anxiety models as mediators of the relationship between recollections of dysfunctional parenting and current anxiety*. Poster Presentation: 47th annual Association for Behavioral and Cognitive Therapies Conference, Nashville, TN.
- Nelson, C., Chavez, D. V., Moore, K., **Arias, M. C.**, Garcia, L. M., Nora, A., & Topete, A. (August, 2013). *Community Responses to Teen Photovoice Photographs and Narratives: Challenges Encountered*. Poster Presentation: Annual American Psychological Association Conference, Honolulu, HI.
- Chavez, D. V., **Arias, M. C.**, Garcia, L. M., Rayyan, T., & Moore, K. (August, 2013). *Listening to Multiple Voices: Lessons Learned From Conducting Photovoice*. Poster Presentation: Annual American Psychological Association Conference, Honolulu, HI.
- Arias, M. C.**, Silva, Y., & Lewin, M. R. (April, 2013). *Cognitive diatheses for anxiety: The moderating role of stress*. Poster Presentation: 93rd annual Western Psychological Association Conference, Reno, NV.

- Arias, M. C.,** Silva, Y., & Lewin, M. R. (April, 2013). *Cognitive vulnerability for anxiety: A comparison of competing models*. Poster Presentation: 93rd annual Western Psychological Association Conference, Reno, NV.
- Arias, M. C.,** Chavez, D., Garcia, L., Rayyan, T., & Moore, K. (April, 2013). *Photovoice: Lessons learned from examining implementation process*. Poster Presentation: 93rd annual Western Psychological Association Conference, Reno, NV.
- Silva, Y., **Arias, M. C.,** & Lewin, M. R. (April, 2013). *Dysfunctional parenting and abusive inter-partner violence: The mediating role of schemas*. Poster Presentation: 93rd annual Western Psychological Association Conference, Reno, NV.
- Moore, K., **Arias, M. C.,** Garcia, L., Nora, A., & Nelson, C. (April, 2013). *Challenges implementing photovoice as a CBPR research methodology among teens*. Poster Presentation: 93rd annual Western Psychological Association Conference, Reno, NV.
- Ojeda, A., Limon, A., Garcia, L., Holderness, N., Lewin, M., & **Arias, M.** (April, 2013). *Early maladaptive schemas in college alcohol use: Alcohol expectancies*. Poster Presentation: 93rd annual Western Psychological Association Conference, Reno, NV.
- Arias, M. C.,** Silva, Y., & Lewin, M. R. (February, 2013). *The relationship between dysfunctional parenting and anxiety: A comparison of cognitive vulnerability models*. Poster Presentation: 2nd annual Meeting of the Minds Research Symposium, San Bernardino, CA.
- Silva, Y., **Arias, M. C.,** & Lewin, M. R. (February, 2013). *The mediating role of schemas in the relationship of dysfunctional parenting and abusive inter-partner violence*. Poster Presentation: 2nd annual Meeting of the Minds Research Symposium, San Bernardino, CA.

TEACHING EXPERIENCE

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| Fall 2018 | <p>Lecturer: <i>Leadership and Human Relations</i> Department of Psychology, West Virginia University Class Size: 35 Students Developed an elective course that covers principles of human behavior, motivation, group dynamics, personality, and leadership. Created exam content, in class assignments, and out of class writing activities.</p> |
| Summer 2016 | <p>Graduate Teaching Assistant: <i>Introduction to Psychology</i> Supervisor: Constance Toffle, Ph.D. Class Size: 23 Students Department of Psychology, West Virginia University Responsible for disseminating knowledge to students, completing revisions to course content, and implementation of exams weekly.</p> |
| May 2015-May 2016 | <p>Lead Graduate Teaching Assistant: <i>Undergraduate Teaching Practicum</i></p> |

Supervisor: **Constance Toffle, Ph.D.**

Class Size: **14 students in both Fall and Spring semesters**

Department of Psychology, West Virginia University

Developed novel lecture material and teaching aids for increased participation. Directed instructors with little to no teaching experience.

Worked with undergraduate students with unique research questions.

Provided direct feedback to the students in all stages of their projects: development, collection, interpretation, and dissemination.

August 2014-May 2015

Graduate Teaching Assistant: *Introduction to Psychology*

Supervisor: **Constance Toffle, Ph.D.**

Class Size: **120 students in both Fall and Spring semesters**

Department of Psychology, West Virginia University

Responsible for disseminating knowledge to students, completing revisions to course content, and implementation of exams biweekly.

Provided individual mentorship with student teaching assistants with development, execution, and writing of a research project.

June 2013-July 2014

Undergraduate Teaching Assistant:

Experimental Psychology—Clinical,

Supervisor: **Michael R. Lewin, Ph.D.**

Department of Psychology, California State University, San Bernardino

Responsibilities include assisting students with writing research papers, developing methods, and provided tutoring with statistics and SPSS.

SCHOLARSHIPS AND GRANTS

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| Spring 2019 | Eberly College of Art and Sciences Dissertation Funding West Virginia University | \$2,300 |
| Spring 2019 | West Virginia University Foundation Distinguished Doctoral Scholarship | \$5,000 |
| Fall 2018 | Eberly College of Arts and Sciences Student Travel Award West Virginia University | \$1,200 |
| Fall 2017 | Eberly College of Arts and Sciences Student Travel Award West Virginia University | \$1,200 |
| Spring 2016 | Eberly College of Arts and Sciences Student Travel Award West Virginia University | \$1,200 |
| Spring 2016 | Eberly College of Art and Sciences Thesis Funding West Virginia University | \$1,500 |
| Fall 2015 | Eberly College of Arts and Sciences Student Travel Award | \$900 |

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| Fall 2014 | West Virginia University Eberly College of Arts and Sciences Student Travel Award West Virginia University | \$620 |
| Spring 2013 | Associate Student, Inc. Student Travel Award California State University, San Bernardino | \$540 |
| Fall 2014 | Associate Student, Inc. Student Travel Award California State University, San Bernardino | \$620 |

HONORS AND AWARDS

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| November 2016 | 1st place poster award – WVPA conference |
| June 2013 | California State University, San Bernardino, Honors in Psychology |
| June 2012 | Phi Kappa Phi Honor Society |
| December 2012 | Psi Chi National Honor Society |
| Spring 2011-Spring 2012 | Dean's Honors List. California State University, San Bernardino |
| Fall 2011 & Spring 2012 | Dean's Honors Letter. California State University, San Bernardino |
| Spring 2010 | Dean's Honors List. Chaffey College, Rancho Cucamonga |
| Fall 2008 | Dean's Honors List. Chaffey College, Rancho Cucamonga |

SERVICE

PROFESSIONAL SERVICE

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| February 2018 | Merit Badge University – MBU@WVU |
| September 2017 | Analyze This Dinner, West Virginia University Psychology Club |
| December 2016 | Undergraduate Capstone Poster Session Reviewer WVU Department of Psychology |
| July 2015-August 2016 | Clinical Training Committee Graduate Student Representative |
| Spring 2015-Fall 2015 | Committee Member on Undergraduate Senior Honors Thesis |

AD HOC REVIEWS

Journal of Anxiety Disorder
Behaviour Research and Therapy

Journal of Consulting and Clinical Psychology
European Journal of Pain
Journal of Dental Research
Journal of Dental Research – Clinical & Translational Research

PROFESSIONAL AFFILIATIONS

Association Behavioral and Cognitive Therapies
American Psychological Association
Association for Psychological Science
Association for Women in Science
Psi Chi

RELEVANT SKILLS

Proficient in SPSS, AMOS, E-prime, Interaction, ATLAS.ti, HTML, CSS, Microsoft Word, PowerPoint, and Excel. Advanced general and applied knowledge of statistical methods.

REFERENCES

Available upon request