

CURRICULUM VITAE

Erin S. Sheets

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PROFESSIONAL EXPERIENCE

- 2017 – present Associate Professor of Psychology
Colby College, Waterville, Maine
- 2010 – 2017 Assistant Professor of Psychology
Colby College, Waterville, Maine
- 2017 – 2021 Licensed Psychologist
Psychology Specialists of Maine, Brunswick, Maine
- 2014 Visiting Scholar
Department of Psychology, University of California, Los Angeles
- Fellowship Brown University and Butler Hospital, Providence, Rhode Island,
Postdoctoral Fellowship in Mood Disorders and Perinatal Mental Health,
2008 – 2010

EDUCATION

- Ph.D. University of Colorado at Boulder, Boulder, Colorado, 2008
Major Area: Clinical Psychology
- Internship Brown University Clinical Psychology Training Consortium, Providence,
Rhode Island, 2007 – 2008
- M.A. University of Colorado at Boulder, Boulder, Colorado, 2004
Major Area: Clinical Psychology
- A.B.
magna cum laude Duke University, Durham, North Carolina, 2001
Majors: Psychology and Spanish

PROFESSIONAL LICENSE

2011 – present Psychologist, Maine License #PS1306

EXTERNAL FUNDING

2017 – 2021 Spencer Foundation Small Research Grant, \$49,893
Role: Principal Investigator
“Evaluating a Brief Group Intervention to Improve Social Belonging, Mental Health, and Academic Performance in Disadvantaged College Students”

INTERNAL FUNDING

2020 – 2021 Social Science Divisional Research Grant, Colby College, \$3000
(unspent due to COVID-19 pandemic)
Role: Principal Investigator
“Emotion Dynamics and Stress Reactivity as Predictors of Mental Health in Emerging Adults”

2018 – 2019 Social Science Divisional Research Grant, Colby College, \$3000
Role: Principal Investigator
“Longitudinal Outcomes of a Brief Group Intervention to Improve Social Belonging”

2015 – 2016 Social Science Divisional Research Grant, Colby College, \$3000
Role: Principal Investigator
“Social Belonging and Its Association with Campus Climate, Alcohol Use, and Stress at a Liberal Arts College”

2013 – 2014 Social Science Divisional Research Grant and Supplemental Grant, Colby College, \$5000
Role: Principal Investigator
“Stress Generation in Currently and Previously Depressed Emerging Adults”

PEER-REVIEWED PUBLICATIONS

(* denotes Colby College student/alumnus author)

Asnes, S.*, & **Sheets, E. S.** (2025). Social media content about anxiety, theories of anxiety, and coping strategies in college students. *Journal of American College Health*. Advance online publication. <https://doi.org/10.1080/07448481.2025.2492168>

Sheets, E. S., & Young, D. (2024). A brief, group social belonging intervention to improve mental health and academic outcomes in BIPOC and first-generation to college students. *Clinical Psychological Science, 12*(6), 1179-1194. <https://doi.org/10.1177/21677026231220060>

- Huebschmann, N. A.*, & **Sheets, E. S.** (2021). Don't fear conflict: Relationship stress beliefs in friend, familial, and romantic relationships. *Psi Chi Journal of Psychological Research*, 26(2), 252-261. <https://doi.org/10.24839/2325-7342.JN26.2.252>
- Sheets, E. S.**, & Arney, M. F. (2020). Daily interpersonal and noninterpersonal stress reactivity in current and remitted depression. *Cognitive Therapy and Research*, 44(4), 774-787. <https://doi.org/10.1007/s10608-020-10096-2>
- Huebschmann, N. A.*, & **Sheets, E. S.** (2020). The right mindset: Stress mindset moderates the association between perceived stress and depressive symptoms. *Anxiety, Stress, & Coping*, 33(3), 248-255. <https://doi.org/10.1080/10615806.2020.1736900>
- Wenze, S. J., Gaugler, T. L., **Sheets, E. S.**, & DeCicco, J. M. (2018). Momentary experiential avoidance: Within-person correlates, antecedents, and consequences and between-person moderators. *Behaviour Research and Therapy*, 107, 42-52. <https://doi.org/10.1016/j.brat.2018.05.011>
- Rabasco, A. N.*, & **Sheets, E. S.** (2016). The effects of face-to-face and online social stress on emotion identification. *Modern Psychological Studies*, 22(1), 53-63.
- Sheets, E. S.**, Bujarski, S., Leventhal, A. M., & Ray, L. A. (2015). Emotion differentiation and intensity during acute tobacco abstinence: A comparison of heavy and light smokers. *Addictive Behaviors*, 47, 70-73. <https://doi.org/10.1016/j.addbeh.2015.03.024>
- Bujarski, S., Roche, D. J. O., **Sheets, E. S.**, Krull, J. L., Guzman, I., & Ray, L. A. (2015). Modeling naturalistic craving, withdrawal, and affect during early nicotine abstinence: A pilot ecological momentary assessment study. *Experimental and Clinical Psychopharmacology*, 23(2), 81-89. <https://doi.org/10.1037/a0038861>
- Sheets, E. S.**, & Craighead, W. E. (2014). Comparing chronic interpersonal and noninterpersonal stress domains as predictors of depression recurrence in emerging adults. *Behaviour Research and Therapy*, 63, 36-42. <https://doi.org/10.1016/j.brat.2014.09.001>
- Sheets, E. S.**, & Kraines, M.* (2014). Personality disorder traits as a moderator of poor social problem-solving skills and depressive symptoms. *Journal of Individual Differences*, 35(2), 103-110. <https://doi.org/10.1027/1614-0001/a000132>
- Sheets, E. S.**, Duncan, L. E., Bjornsson, A. S., Craighead, L. W., & Craighead, W. E. (2014). Personality pathology factors predict recurrent major depressive disorder in emerging adults. *Journal of Clinical Psychology*, 70(6), 536-545. <https://doi.org/10.1002/jclp.22028>

- Sheets, E. S.**, Craighead, L. W., Brosse, A. L., Hauser, M., Madsen, J. W., & Craighead, W. E. (2013). Prevention of recurrence of major depression among emerging adults by a group cognitive-behavioral/interpersonal intervention. *Journal of Affective Disorders, 147*, 425-430. <https://doi.org/10.1016/j.jad.2012.08.036>
- Yen, S., Weinstock, L., Andover, P., **Sheets, E. S.**, Selby, E. A., & Spirito, A. (2013). Prospective predictors of adolescent suicidality: Six month post hospitalization follow-up. *Psychological Medicine, 43*(5), 983-993. <https://doi.org/10.1017/S0033291712001912>
- Wells, T. T., Schofield, C. A., Clerkin, E. M., & **Sheets, E. S.** (2013). The academic job market: Advice from the front lines. *The Behavior Therapist, 36*(2), 39-45.
- Craighead, W. E., **Sheets, E. S.**, Craighead, L. W., & Madsen, J. W. (2011). Recurrence of MDD among previously depressed young adults: A prospective study of personality pathology and cognitive distortions. *Personality Disorders: Theory, Research, and Treatment, 2*(2), 83-97. <https://doi.org/10.1037/a0020456>
- Muralidharan, A., **Sheets, E. S.**, Madsen, J., Craighead, L. W., & Craighead, W. E. (2011). Interpersonal competence across domains: Relevance to personality pathology. *Journal of Personality Disorders, 25*(1), 16-27. <https://doi.org/10.1521/pedi.2011.25.1.16>
- Bjornsson, A., Carey, G., Hauser, M., Karris, A., Kaufmann, V., **Sheets, E.**, & Craighead, W.E. (2010). The effects of experiential avoidance and rumination on depression among college students. *International Journal of Cognitive Therapy, 3*(4), 389-401. <https://doi.org/10.1521/ijct.2010.3.4.389>
- Sheets, E. S.**, & Miller, I. W. (2010). Predictors of relationship functioning for patients with bipolar disorder and their partners. *Journal of Family Psychology, 24*, 371-379. <https://doi.org/10.1037/a0020352>
- Ray, L. A., Capone, C., **Sheets, E.**, Young, D., Chelminski, I., & Zimmerman, M. (2009). Posttraumatic stress disorder with and without alcohol use disorders: Diagnostic and clinical correlates in a psychiatric sample. *Psychiatry Research, 170*, 278-281. <https://doi.org/10.1016/j.psychres.2008.10.015>
- Sheets, E. S.**, & Craighead, W. E. (2007). Toward an empirically based classification of personality pathology. *Clinical Psychology: Science and Practice, 14*, 77-93. <https://doi.org/10.1111/j.1468-2850.2007.00065.x>
- Brosse, A. L., **Sheets, E. S.**, Lett, H. S., & Blumenthal, J. A. (2002). Exercise and the treatment of clinical depression in adults: Recent findings and future directions. *Sports Medicine, 32*(12), 741-760. <https://doi.org/10.2165/00007256-200232120-00001>

MANUSCRIPTS UNDER REVIEW

(* denotes Colby College student/alumnus author)

Hurley, K.*, & **Sheets, E. S.** (2025). *Mental health in emerging adulthood: The moderating role of intolerance of uncertainty, stress mindset, and perfectionism*. [Manuscript submitted for publication]. Department of Psychology, Colby College.

BOOK CHAPTERS, COMMENTARIES, AND OTHER NON-PEER-REVIEWED PUBLICATIONS

Soto, C. J., & **Sheets, E. S.** (2018). Moving toward an integrative understanding of personality disorder: It's about time. *European Journal of Personality, 32*, 587-588.
<https://doi.org/10.1002/per.2174>

Sheets, E. S. (2018). Mood disorders. For M. H. Bornstein (Ed.), *The SAGE Encyclopedia of Lifespan Human Development* (pp. 1433-1434). Thousand Oaks, CA: SAGE Publications.

Stroud, C. B., **Sheets, E. S.**, Shih, J. H., Schofield, C. A. & Friedman-Wheeler, D. G. (2015). SIG Spotlight: Clinical Psychology at Liberal Arts Colleges SIG. *The Behavior Therapist, 38*(5), 135-136.

Sheets, E. S., & Brosse, A. L. (2010). Major depressive disorder. For I. B. Weiner & W. E. Craighead (Eds.), *Corsini's Encyclopedia of Psychology* (4th ed., pp. 956-958). Hoboken, NJ: Wiley.

Craighead, W. E., **Sheets, E. S.**, Brosse, A. L., & Ilardi, S. S. (2007). Psychosocial treatments for major depressive disorder. In P. E. Nathan & J. M. Gorman (Eds.), *A Guide to Treatments that Work* (3rd ed., pp. 289-307). New York: Oxford University Press.

Craighead, W. E., **Sheets, E. S.**, Bjornsson, A. S., & Arnarson, E. O. (2005). Specificity and non-specificity in psychotherapy. *Clinical Psychology: Science and Practice, 12*, 189-193.
<https://doi.org/10.1093/clipsy.bpi024>

Craighead, W. E., Brosse, A. L., & **Sheets, E. S.** (2004). 58% of people recovering from a major depressive episode are unlikely to relapse after 5 years. *Evidence Based Mental Health, 7*(1), 5. <https://doi.org/10.1136/ebmh.7.1.5>

Brosse, A. L., & **Sheets, E. S.** (2004). Major depressive disorder: Recovery and recurrence. In W. E. Craighead & C. B. Nemeroff (Eds.), *Concise Corsini Encyclopedia of Psychology and Behavioral Sciences* (3rd ed.). New York: Wiley.

INVITED ADDRESSES

Sheets, E. S. (2021, September 7). [*Convocation Address*](#). Colby College, Waterville, ME.

INVITED TALKS AND COLLOQUIA PRESENTATIONS

(* denotes Colby College student/alumnus author)

Appio, Z.*, Hurley, K.*, Lawson, N.*, Smith, S.*, Wakhlu, I.*, & Sheets, E. S. *“Do I belong here?”: Exploring sources of belonging uncertainty in Colby students.* (2025, March). Invited presentation given at the Colby Summit on Belonging, Access, and Justice, Waterville, ME.

Sheets, E. S. (2024, May). *Social and academic belonging: Improving outcomes for Colby students.* Invited presentation given at Colby College Faculty Retreat, Waterville, ME.

Sheriff, S. & Sheets, E. S. (2023, March). *Teaching with writing: Incorporating short lessons.* Writing pedagogy presentation given at Colby College, Waterville, ME.

Sheets, E. S. (2022, April). *Clinical research careers.* Virtual guest panel given in Laboratory in Clinical Psychology, Department of Psychology, Bowdoin College, Brunswick, ME.

Sheets, E. S. (2021, October). *Normalizing first-year challenges through a brief, peer-led social belonging intervention.* Invited colloquium presentation given at the Department of Psychology, Colby College, Waterville, ME.

Sheets, E. S. (2020, February). *It hurts because it matters: Relationship stress and depression in emerging adults.* Invited colloquium presentation given at the Department of Psychology, Bard College, Annandale-on-Hudson, NY.

Sheets, E. S. (2015, December). *Prevention of recurrence of major depression among emerging adults.* Virtual guest lecture given in Depression, Department of Psychology, Williams College, Williamstown, MA.

Sheets, E. S. (2015, September). *Close relationships: A cause **and** solution to depression in emerging adulthood?* Invited talk given to the Department of Psychology, Bowdoin College, Brunswick, ME.

Sheets, E. S. (2015, March). *Relationship instability as depression vulnerability: Comparing reactivity to stress domains in currently and previously depressed college students.* Presentation given at the Colby College Noontime Faculty Forum, Colby College, Waterville, ME.

Sheets, E. S. (2014, October). *Close relationships: The cause of, or solution to, depression in emerging adulthood?* Invited colloquium presentation given at the Department of Psychology, Colby College, Waterville, ME.

- Sheets, E. S.** (2014, March). *Under pressure: Examining bidirectional effects of stress and depression in emerging adults*. Invited talk to the USC Health, Emotion, & Addiction Laboratory, Keck School of Medicine, University of Southern California, Los Angeles, CA.
- Sheets, E.S.** (2014, February). *Examining bidirectional effects of stress and depression in emerging adults*. Invited talk to the Pomona CARE Lab, Pomona College, Claremont, CA.
- Sheets, E. S.** (2014, February). *Under pressure: Examining bidirectional effects of chronic stress and depression in emerging adults*. Invited talk to the Clinical Area Program at the Department of Psychology, University of California, Los Angeles.
- Sheets, E. S.** (2013, April). *Personality pathology and chronic interpersonal stress as predictors of depression in emerging adulthood*. Invited colloquium presentation given at the Department of Psychology, University of Maine, Orono, ME.
- Sheets, E. S.** (2011, April). *Interpersonal stress and depression in young adults*. Presentation given in the Colby College Humanities and Social Sciences Colloquium Series, Colby College, Waterville, ME.

CONFERENCE SYMPOSIA, PAPER PRESENTATIONS, AND PANEL DISCUSSIONS

(* denotes Colby College student/alumnus author)

- Sheets, E. S., & Young, D.** (2024, March). Normalizing first-year challenges as depression prevention: A brief, peer-led social belonging intervention. In *Clinical papers: College student wellness*. Paper session presented at the annual meeting of the Eastern Psychological Association, Philadelphia, PA.
- Sheets, E. S.** (2023, June). *Normalizing first-year challenges: A brief, peer-led social belonging intervention to benefit BIPOC and first generation to college students*. In A. Goldstein (Chair), *Presidential Symposium*. Symposium presented at the biennial meeting, the 11th Conference on Emerging Adulthood, San Diego, CA.
- Sheets, E. S.** (2022, March). *Normalizing first-year challenges as depression prevention: A brief, peer-led social belonging intervention to benefit BIPOC and first generation to college students*. Session presented at the annual University of Michigan Depression on College Campuses Conference, Ann Arbor, MI.
- Wenze, S. J., Gaugler, T. L., **Sheets, E. S.**, & DeCicco, J. M. (2019, June). *Exploring experiential avoidance using an EMA paradigm*. Paper presented at the biennial meeting of the Society for Ambulatory Assessment, Syracuse, NY.

- Sheets, E. S., & Armev, M. F.** (2017, April). Identifying the mood brightening benefits of social interaction in current and remitted major depression. In D. Foti (Chair), *Psychopathology and neurodegeneration*. Thematic flash talk presented at the annual meeting of the Society for Affective Science, Boston, MA.
- Sheets, E. S., & Armev, M. F.** (2016, October). Lonely no more: Identifying the affective benefits of social interaction in current and remitted major depression. In R. Hershenberg & L. Starr (Chairs), *New insights from intensive longitudinal research exploring daily processes in psychopathology*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Sheets, E. S., & Armev, M. F.** (2014, November). Stress reactivity as trait or state? Daily stress event reactivity in current and remitted major depression. In J. Shih (Chair), *Reciprocal impact of stress and depression: Taking a closer look at stress type, stress domain, and stress reactivity*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Sheets, E. S., & Armev, M. F.** (2014, October). *Daily stress event reactivity and daily stress generation in current and remitted major depression*. Paper session presented at the annual meeting of the New England Psychological Association, Lewiston, ME.
- Sheets, E. S.** (2014, January). *2014 psychology career panel*. Panel discussion organized by the Department of Psychology's Postdoctoral Academic Committee, University of California, Los Angeles.
- Sheets, E. S.** (2013, November). "But you'll only have time to teach!": Redefining liberal arts college careers. In P. DiBartolo (Chair), *Doors closing or windows opening? Forging an academic career at a liberal arts college*. Panel discussion presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
- Sheets, E. S. & Craighead, W. E.** (2013, October). Relationship instability is depression vulnerability: The impact of interpersonal chronic stress on depression recurrence. In **E. S. Sheets** (Chair), *Interpersonal relationships & mental health*. Paper session presented at the 6th Conference on Emerging Adulthood, Chicago, IL.
- Keach, H.* & **Sheets, E. S.** (2013, May). *The sunk-time effect and personal responsibility in romantic relationships and education*. Paper session presented at the Mainely Data (... and Some Theory) Conference, Bowdoin College, Brunswick, ME.
- Sheets, E. S., & Craighead, W. E.** (2012, November). Chronic stress domains as predictors of depression recurrence in emerging adults. In I. Yaroslavsky and J. Pettit (Chairs), *Depression across development: Psychosocial risk factors, heterogeneous courses, and distal*

outcomes. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

Sheets, E. S., Novak, K.*, LaRose, S.*, Kraines, M.*, Blais, J.*, & Archer, R.* (2012, May). *Poor interpersonal problem-solving skills as a moderator of personality disorder and depressive symptoms*. Paper session presented at the Mainely Data (... and Some Theory) Conference, Colby College, Waterville, ME.

LaRose, S.*, & **Sheets, E. S.** (2012, May). *I'm angry but I think you're sad: Empathy and sympathy in conflict-relevant emotional states*. Paper session presented at the Mainely Data (... and Some Theory) Conference, Colby College, Waterville, ME.

Sheets, E. S. (2011, August). Liberal arts colleges. In K. Humphreys (Chair), *Academic career paths in clinical psychology*. Symposium conducted at the annual meeting of the American Psychological Association, Washington, D. C.

Sheets, E.S., & Miller, I. W. (2011, May). *Personality, mood, and relationship functioning in patients with bipolar disorder*. Paper session presented at the Mainely Data (... and Some Theory) Conference, Bates College, Lewiston, ME.

Sheets, E. S., & Craighead, W. E. (2009, November). Chronic stress as a mediator in the association of personality pathology and recurrent depression. In **E. S. Sheets** (Chair), *Examining vulnerability factors in the impact of life events and chronic stress on depression and suicide in adolescents and young adults*. Symposium conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

Battle, C. L., **Sheets, E. S.**, Salisbury, A. L., & Miller, I. W. (2009, November). Perceived barriers to care and treatment preferences for antenatal depression: Preliminary findings from a sample of Latina and White pregnant women. In C. L. Battle (Chair), *Treatment preferences and barriers to care among depressed perinatal women: Emerging themes from diverse patient groups*. Symposium conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

Sheets, E. S., Duncan, L., Bjornsson, A., & Craighead, W. E. (2008, November). Empirically-derived factors of personality pathology as predictors of recurrent major depressive disorder in young adults. In W. E. Craighead and **E. S. Sheets** (Chairs), *Personality disorders as predictors of depression course and response to treatment*. Symposium conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies, Orlando, FL.

Craighead, W. E., **Sheets, E. S.**, Craighead, L. W., Duncan, L., & Bjornsson, A. S. (2007, November). Comorbid social phobia and Axis II pathology as predictors of recurrent major depression. In J. A. Smits (Chair), *Treatment of comorbid depression and social phobia*.

Symposium conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Sheets, E. S., Craighead, W. E., Craighead, L. W., Madsen, J. W., & Brosse, A. L. (2004, July). Predicting recurrence of major depressive disorder in college students. In W. E. Craighead (Chair), *Prevention of recurrence of major depressive disorder*. Symposium conducted at the annual meeting of the American Psychological Association, Honolulu, HI.

Craighead, L. W., Craighead, W. E., **Sheets, E. S.**, & Barrera, A. Z. (2004, July). Triggers of first episode and recurrence of MDD. In W. E. Craighead (Chair), *Prevention of recurrence of major depressive disorder*. Symposium conducted at the annual meeting of the American Psychological Association, Honolulu, HI.

Brosse, A. L., Craighead, W. E., Craighead, L. W., **Sheets, E. S.**, & Madsen, J. W. (2004, July). Prevention of recurrence of major depressive disorder. In W.E. Craighead (Chair), *Prevention of recurrence of major depressive disorder*. Symposium conducted at the annual meeting of the American Psychological Association, Honolulu, HI.

Craighead, W. E., **Sheets, E. S.**, et al. (2004, March). *Prevention of recurrence of major depressive disorder*. Paper presented at the Depression on College Campuses Conference, University of Michigan Depression Center and Rackham School of Graduate Studies, Ann Arbor, MI.

Craighead, W. E., Craighead, L. W., Brosse, A. L., Madsen, J. W., **Sheets, E. S.**, Hauser, M., & Barrera, A. Z. (2003, April). *Prevention of recurrence of depression among U.S. college students*. Paper presented at the Nordic Congress of Cognitive and Behavioral Therapy, Copenhagen, Denmark.

POSTER PRESENTATIONS

(* denotes Colby College student/alumnus author)

Bonang, A., Turner, C., Robin, K., Xue, S. & **Sheets, E. S.** (2025, March). *Rhythms of reduction: Harnessing music for emotional regulation*. Poster session to be presented at the annual meeting of the Eastern Psychological Association, New York, NY.

Hoogstraten, J., Alvord, J., Barrett, S., Busny, S., & **Sheets, E. S.** (2025, March). *Associations of emotions and athletic motivation through music*. Poster session to be presented at the annual meeting of the Eastern Psychological Association, New York, NY.

Khan, T., Bakshi, R., Maguire, L., Mueller, M., & **Sheets, E. S.** (2025, March). *In the pursuit of happiness, where are we actually going?* Poster session to be presented at the annual meeting of the Eastern Psychological Association, New York, NY.

- Asnes, S.* & **Sheets, E. S.** (2024, November). *Theories of anxiety in college students: The relationship between students' anxiety mindsets and social media content about anxiety*. Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Huebschmann, N.* & **Sheets, E. S.** (2019, November). *Mindset matters: Stress mindset moderates the association between perceived stress and depressive symptoms in college students*. Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
- Alvarez-Backus, M.* & **Sheets, E. S.** (2019, November). *Group differences in mental health: Social and campus factors that impact the mental health of first-generation students and students of color*. Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
- Wenze, S. J., **Sheets, E. S.**, & DeCicco, J. M. (2018, November). *Momentary experiential avoidance: Within-person correlates, antecedents, and consequences and between-person moderators*. Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, D.C.
- Alvarez-Backus, M.*, Rich, M.*, Huebschmann, N.*, Melvin, R.* & **Sheets, E. S.** (2017, April). *Brooding over belonging: The detrimental effects of rumination in contexts of low social belonging*. Poster session presented at the annual meeting of the Society for Affective Science, Boston, MA.
- Strage, M.* & **Sheets, E. S.** (2017, April). *What motivates you?: Gender differences in the effects of praise and criticism for academic and athletic performance*. Poster session presented at the annual meeting of the Society for Affective Science, Boston, MA.
- Sheets, E. S.**, & Armev, M. F. (2016, April). *Differences in daily interpersonal and noninterpersonal stress reactivity in current and remitted depression*. Poster session presented at the annual meeting of the Anxiety and Depression Association of America, Philadelphia, PA.
- Rabasco, A.*, Li, M.*, Zakon, M.*, & **Sheets, E. S.** (2015, November). *Regulating anger experience: The benefits of distraction over rumination, acceptance, and reappraisal*. Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Rabasco, A.*, Humphrey, G.*, & **Sheets, E. S.** (2015, May). *Piloting an e-Trier: Comparing the effects of face-to-face versus online elicited social stress on emotion identification*. Poster session presented at the Mainely Data (... and Some Theory) Conference, University of New England, Biddeford, ME.

- Sheets, E. S., & Armev, M. F.** (2015, April). *Daily interpersonal and noninterpersonal stress reactivity in current and remitted depression*. Poster session presented at the annual meeting of the Society for Affective Science, Oakland, CA.
- Zakon, M.*, Li, M.*, Rabasco, A.* & **Sheets, E. S.** (2015, April). *Regulating anger experience: The benefits of distraction over rumination, acceptance, and reappraisal*. Poster session presented at the annual meeting of the Society for Affective Science, Oakland, CA.
- Rabasco, A.*, Humphrey, G.*, & **Sheets, E. S.** (2015, April). *Piloting an e-Trier: Comparing the effects of face-to-face versus online elicited social stress on emotion identification*. Poster session presented at the annual meeting of the Society for Affective Science, Oakland, CA.
- Sheets, E. S., & Armev, M. F.** (2015, March). *Daily stress event reactivity in currently and previously depressed college students*. Poster session presented at the annual University of Michigan Depression on College Campuses Conference, Ann Arbor, MI.
- Sheets, E. S. & Armev, M. F.** (2014, September). *Lonely no more: Recognizing the affective benefits of social interaction in current and remitted major depression*. Poster session presented at the annual meeting of the Society for Research in Psychopathology, Evanston, IL.
- Sheets, E. S., Bujarski, S., Leventhal, A. M., & Ray, L. A.** (2014, September). *Emotion differentiation and intensity during a forced quit attempt: A comparison of heavy and light smokers*. Poster session presented at the annual meeting of the Society for Research in Psychopathology, Evanston, IL.
- Sheets, E. S., Armev, M., & Ray, L.** (2014, April). *Emotion in daily life: Similarities between currently and previously depressed emerging adults*. Poster session presented at the inaugural conference of the Society for Affective Science, Bethesda, MD.
- Kind, S.*, **Sheets, E. S.**, Li, M.*, & Zakon, M.* (2013, November). *Rumination as a consequence of ineffective social problem-solving: Evidence in currently and never depressed emerging adults*. Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
- Park, K.*, Archer, R.*, Smith, M.*, & **Sheets, E. S.**, (2013, October). *Reactivity to Facebook and its associations with emotional awareness skills*. Poster session presented at the 6th Conference on Emerging Adulthood, Chicago, IL.
- Keach, H.*, & **Sheets, E. S.** (2013, October). *The sunk-time effect and personal responsibility in romantic relationships and education*. Poster session presented at the 6th Conference on Emerging Adulthood, Chicago, IL.

- Park, K.*, Smith, M.*, Archer, R.*, & **Sheets, E. S.** (2013, May). *"Like" it or not: Associations of Facebook use with emotion regulation and awareness.* Poster session presented at the Mainely Data (... and Some Theory) Conference, Bowdoin College, Brunswick, ME.
- Termonen, M-L.*, Slotnick, S.*, DiMarco, E.*, & **Sheets, E. S.** (2013, May). *Playing it cool while watching worm eating: Influence of expression strength and congruency on emotion elicitation in a pair setting.* Poster session presented at the Mainely Data (... and Some Theory) Conference, Bowdoin College, Brunswick, ME.
- Sienkiewicz, S.*, & **Sheets, E. S.** (2012, November). *The effects of emotional state and perspective-taking on empathetic abilities.* Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
- Sheets, E. S.**, Archer, R.*, Blais, J.*, Kraines, M.*, Sienkiewicz, S.*, & Novak, K.* (2012, October). *Personality disorder traits as a moderator of poor social problem-solving skills and depressive symptoms in young adults.* Poster session presented at the annual meeting of the Society for Research in Psychopathology, Ann Arbor, MI.
- Kashuk, R.*, Yoshida, Y.*, & **Sheets, E. S.** (2012, May). *The effects of experiencing fear on prosocial behavior.* Poster session presented at the Mainely Data (... and Some Theory) Conference, Colby College, Waterville, ME.
- Bruss, J.*, & **Sheets, E. S.** (2011, October). *Transitional stressors: The effects of social and future-career stressors on freshmen and senior college students.* Poster session presented at the 5th Conference on Emerging Adulthood, Providence, RI.
- Sheets, E. S.**, & Craighead, W. E. (2011, September). *Episodic stress versus chronic stress as mediators of the Axis II pathology and depression relationship.* Poster session presented at the annual meeting of the Society for Research in Psychopathology, Boston, MA.
- Bragg, A.*, Klatzin, K.*, & **Sheets, E. S.** (2011, May). *Effects of acute psychosocial stress on short-term emotional states.* Poster session presented at the Mainely Data (... and Some Theory) Conference, Bates College, Lewiston, ME.
- LaRose, S.*, **Sheets, E. S.**, & Coane, J. (2011, May). *Is it a wedding or a funeral? The effects of emotion and future planning on memory.* Poster session presented at the Mainely Data (... and Some Theory) Conference, Bates College, Lewiston, ME.
- Sheets, E. S.**, Craighead, W. E., & Craighead, L. W. (2010, November). *The relationships of early maladaptive schemas and personality disorders in early adulthood.* Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

- Muralidharan A., **Sheets E.**, Madsen J., Craighead L. W., Craighead W. E. (2010, August). *Interpersonal competence across domains: Relevance to personality pathology*. Poster session presented at the annual meeting of the American Psychological Association, San Diego, CA.
- Battle, C. L., **Sheets, E.**, Darling, E., Salisbury, A., Rossi, R., & Primack, J. (2009, March). *Patient preferences for the treatment of antenatal depression*. Poster session presented at the Warren Alpert Medical School of Brown University Department of Psychiatry and Human Behavior Annual Research Symposium on Mental Health Sciences, Providence, RI.
- Sheets, E. S.**, Craighead, W. E., & Miller, I. (2009, March). *The mediating role of chronic stress in the relationship of personality pathology and depression*. Poster session presented at the Warren Alpert Medical School of Brown University Department of Psychiatry and Human Behavior Annual Research Symposium on Mental Health Sciences, Providence, RI.
- Battle, C. L., **Sheets, E.**, Darling, E., Salisbury, A., & Rossi, R. (2009, February). *Patient preferences for the treatment of antenatal depression*. Poster session presented at the annual meeting of the North American Society for Psychosocial Obstetrics and Gynecology, New Haven, CT.
- Sheets, E. S.**, & Miller, I. W. (2008, November). *Predictors of relationship functioning for patients with bipolar disorder and their partners*. Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
- Sheets, E. S.**, & Miller, I. W. (2008, March). *Predictors of family functioning in the families of bipolar patients*. Poster session presented at the Brown Medical School Department of Psychiatry and Human Behavior Annual Research Symposium on Mental Health Sciences, Providence, RI.
- Duncan, L. E., Hutchison, K., Craighead, W. E., & **Sheets, E. S.** (2007, November). *Variation in Brain-Derived Neurotrophic Factor (BDNF) gene: Association with cognitive-affective factor of depression*. Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Sheets, E. S.**, Craighead, W. E., Craighead, L. W., Duncan, L. E., Karris, M., & Bjornsson, A. S. (2006, November). *The factor structure of DSM-IV personality disorders in young adults*. Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Bjornsson, A. S., Craighead, W. E., Duncan, L., Karris, A., **Sheets, E.**, & Trachsel, K. (2006, November). *The effects of experiential avoidance, thought suppression, and rumination on the recurrence of depression*. Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

- Ray, L. A., Biuckians, A., **Sheets, E.**, Audette, A., Dicristoforo, S., & Hutchison, K. (2006, November). *Evaluation of a depression-related model of alcohol problems in subclinical and clinical samples*. Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Duncan, L., Craighead, E., **Sheets, E.**, & Hutchison, K. (2006, November). *Genetic variation in the BDNF gene at the Val66Met locus is not associated with serum BDNF levels*. Poster session presented at the annual meeting of the Front Range Neuroscience Group, Fort Collins, CO.
- Sheets, E. S.**, Craighead, W. E., & Craighead, L. W. (2005, November). *The relationship of self-report and interview assessments of personality disorders in late adolescents*. Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.
- Bjornsson, A. S, Craighead, W. E., Karris, A., Kaufmann, V., **Sheets, E. S.**, & Vanderdrift, L. (2005, November). *The effect of experiential avoidance and rumination on depression among college students*. Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.
- Sheets, E. S.**, Craighead, W. E., Craighead, L. W., & Madsen, J. W. (2004, November). *Axis II personality disorder comorbidity and recurrent major depression*. Poster session presented at the annual meeting of the Association for Advancement of Behavior Therapy, New Orleans, LA.
- Hauser, M., Craighead, W. E., Craighead, L., Ilgen, M., Madsen, J. W., Brosse, A. L., & **Sheets, E. S.** (2003, November). *The impact of a CBT-IPT prevention program on the academic performance of previously depressed college students*. Poster session presented at the annual meeting of the Association for Advancement of Behavior Therapy, Boston, MA.

TEACHING EXPERIENCE

Instructor, Colby College

Introduction to Psychology

Research Methods and Statistics in Psychology I

Research Methods and Statistics in Psychology I & II Lab Sections

Psychological Disorders (formerly titled Abnormal Psychology)

Seminar in Emotion Theory and Research

Collaborative Research in Emotion

Mood Disorders & Creativity: Unraveling the Mad-Genius Debate

Clinical Interventions: Science and Practice

Senior Integrative Seminar

Independent Study
Honors Research
Internship

Instructor, Providence College

Introduction to Psychology

Instructor, Summer@Brown, Brown University

Introduction to Clinical Psychology

Graduate Teaching Assistant, University of Colorado at Boulder

Psychopathology

Abnormal Psychology

Statistics and Research Methods

Biopsychology

History of Psychology

PROFESSIONAL SERVICES AND ACTIVITIES

Service to the Profession

2011 - present Editorial Board, *Clinical Psychology: Science and Practice*

Ad hoc reviewer for *American Journal on Addictions, American Psychologist, Clinical Psychology: Science and Practice, Clinical Psychological Science, Cognition and Emotion, Comprehensive Psychiatry, Development and Psychopathology, Emerging Adulthood, Emotion, Epidemiology and Psychiatric Services, Interpersona: An International Journal on Personal Relationships, Journal of Abnormal Psychology, Journal of Affective Disorders, JAMA Pediatrics, Journal of Clinical Psychology, Journal of Community Psychology, Journal of Family Psychology, Journal of Relationships Research, Journal of the American Psychiatric Nurses Association, Personality and Individual Differences, Personalized Medicine in Psychiatry, Professional Psychology: Research and Practice, Psychiatry Research, PLoS ONE, Scientific Reports*

2018 Grant Reviewer, Independent Research Fund Denmark

American Psychological Association Division 12

2013 Conference Proposal Reviewer

Association for Behavioral and Cognitive Therapies

2013 – 2016, 2023 – Programming Committee

2025

2013 – 2015 Clinical Psychology at Liberal Arts Colleges Special Interest Group,
Treasurer

2012 Clinical Psychology at Liberal Arts Colleges Special Interest Group,
Founding Member

Society for the Study of Emerging Adulthood

2013, 2015 Conference Proposal Reviewer, Mental Health Review Panel

Service to the Community

2023 – present Vice Chair, MaineGeneral Community Care Board of Directors
2019 – present MaineGeneral Community Care Board of Directors

PROFESSIONAL AFFILIATIONS

2000 – present American Psychological Association
Division 2, Society for the Teaching of Psychology
Division 12, Society of Clinical Psychology
Section III, Society for a Science of Clinical Psychology
2003 – present Association for Behavioral and Cognitive Therapies
Clinical Psychology at Liberal Arts Colleges Special Interest Group
2012 – present Maine Psychological Association
2013 – present Society for Affective Science
2013 – present Society for the Study of Emerging Adulthood