

# Curriculum Vitae

## Iftah Yovel, Ph.D.

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Lecturer  
Department of Psychology  
The Hebrew University of Jerusalem  
Mount Scopus  
Jerusalem 91905  
Israel

*Tel:* 02-588-3024  
*Fax:* 02-588-1159  
*e-mail:* yoveli@mscc.huji.ac.il

### EDUCATION

- 7/2003-6/2005 Post-doctoral fellow in Clinical Psychology, Psychiatry Outpatient Program, Schizophrenia Program and OCD Clinic, **Massachusetts General Hospital/Harvard Medical School**, Boston, MA
- 7/2002-6/2003 Clinical Psychology Intern (APA Approved), Psychiatry Department, **Massachusetts General Hospital/Harvard Medical School**, Boston, MA
- 6/2003 Ph.D. in Clinical Psychology (APA Approved).  
**Northwestern University**, Evanston, IL.  
Dissertation topic: "Anxiety-related attentional biases in the spatial and temporal dimensions".  
Qualifying exam paper topic: "Anxiety and depression: Comorbidity and temporal relationship".  
Advisors: Susan Mineka, Ph.D., William Revelle, Ph.D.
- 6/2000 M.S. – Clinical Psychology,  
**Northwestern University**, Evanston, IL.  
Thesis title: "Trees before forest? Personality, personality disorders, and the global/local paradigm".  
Advisors: William Revelle, Ph.D., Susan Mineka, Ph.D.
- 8/1997 M.A. (Magna cum Laude) - Counseling Psychology,  
**Tel Aviv University**, Tel Aviv, Israel.  
Thesis title: "Melatonin treatment of delayed sleep phase syndrome (DSPS): A follow-up study".  
Advisor: Y. Dagan M.D., D.Sc.
- 7/1994 B.A. (cum Laude) - Double Major:  
Psychology, Special B.A. Program For Honor Students  
**University of Haifa**, Haifa, Israel.

## ACADEMIC HONORS AND AWARDS

- 11/2000      Best Student Poster, Society for Research in Psychopathology, 15th Annual Meeting, Boulder, CO
- 1997-1999    Fulbright Graduate Student Award, U.S.I.A.
- 1999          The Allen Edwards Prize, Northwestern University
- 7-9/1998     Underwood Fellowship. Psychology Dept., Northwestern University
- 1997-2001    Northwestern University Fellowship
- 1997          Graduation magna cum laude, Tel-Aviv University
- 1994-1995    Scholarship for Distinctive Scholarly Achievements, Tel-Aviv University
- 1994          Graduation cum laude, University of Haifa
- 1990 - 1992   Scholarship for honor students, University of Haifa

## GRANTS AWARDED

2010-2014 (Principal Investigator). Israel Science Foundation: "Component analysis of cognitive therapy and Acceptance and Commitment Therapy: A laboratory-based approach" (\$144,600)

2007-2009 (Principal Investigator). Marie Curie International Reintegration Grant, European Commission FP6: "Obsessive compulsive disorder: A unitary syndrome, or an ambiguous label for separate psychiatric conditions?" (€80,000)

## PUBLICATIONS

Yovel, I., & Friedman, A. (2013). Bridging the gap between explicit and implicit measurement of personality: The questionnaire-based implicit association test. *Personality and Individual Differences*, 54(1), 76-80.

Yovel, I., Gershuny, B., Steketee, G., Buhlmann, U., Fama, J., Mitchell, J., & Wilhelm, S. (2012). Idiosyncratic Severity Profiles of Obsessive Compulsive Dysfunction: A Detailed Self Report Assessment of a Multifaceted Syndrome. *Cognitive Therapy and Research*, 36(6), 694-713.

Yovel, I. & Bigman, N. (2012). Acceptance and commitment to chosen values in cognitive behavioral therapy. In M. Mikulincer & P.R. Shaver (Eds.), *The Social Psychology of Meaning, Morality, and Choice* (pp. 379-397). Washington, DC: American Psychological Association.

Yovel, I. (2012). Törneke, N. Learning RFT: An Introduction to Relational Frame Theory and Its Clinical Application, Oakland: New Harbinger. *Cognitive and Behavioral Practice*, 19(1), 198-199.

Yovel, I. (2011). Acceptance and commitment therapy: Theory and Practice. In Marom & Gilboa-Schechtman (Eds.). *Cognitive Behavioral Therapy for Adults: An integrative approach* (pp. 353-384). Probook, Israel (in Hebrew).

Pineles, S.L., Shipherd, J.C., Mostoufi, S.M., Abramovitz, S.M., & Yovel, I. (2009). Attentional biases in PTSD: More evidence for interference. *Behaviour Research and Therapy*, 47, 1050-1057.

Yovel I. (2009). Acceptance and Commitment Therapy and the New Generation of Cognitive Behavioral Treatments. *The Israel Journal of Psychiatry and Related Sciences*, 46 (4), 304-309.

Yovel, I. & Safren, S.A. (2007). Measuring homework utility in psychotherapy: CBT for adult ADHD as an example. *Cognitive Therapy and Research*, 31(3), 385-399.

Zinbarg, R.E., Revelle, W., & Yovel, I. (2007). Estimating  $\omega_h$  for structures containing only two group factors: Perils and prospects. *Applied Psychological Measurement*, 35(2), 135-157.

Pineles, S.L., Shipherd, J.C., Welch, L.P. & Yovel, I. (2007). The role of attentional biases in PTSD: Is it interference or facilitation? *Behaviour Research and Therapy*, 45, 1903-1913.

Safren, S.A., Duran, P., Yovel, I., Perlman, C.A., & Sprich, S. (2007). Medication adherence in psychopharmacologically-treated adults with attention deficit and hyperactivity disorder. *Journal of Attention Disorders*, 10(3), 257-260.

Evins, A.E., Demopulos, C., Yovel, I., Nierenberg, A.A., Culhane, M., Eisner, L.R., Ogutha, J., Grandin, L.D., & Sachs, G.S. (2006) Inositol augmentation of lithium or valproate for treatment resistant bipolar depression. *Bipolar Disorders*, 8(2), 168-174.

Zinbarg, R. E., Yovel, I., Revelle, W., & McDonald, R. P. (2006) Estimating generalizability to a latent variable common to all of a scale's indicators: A comparison of estimators for  $\omega_h$ . *Applied Psychological Measurement*, 30(2), 121-144.

Yovel, I., Revelle, W., & Mineka, S. (2005). Who sees trees before forest? The obsessive compulsive style of visual attention. *Psychological Science*, 16(2), 123-129.

Yovel, I. & Mineka, S. (2005). Emotion-congruent attentional biases: The perspective of hierarchical models of emotional disorders. *Personality and Individual Differences*, 38(4), 785-795.

Cather, C., Penn, D., Otto, M.W., Yovel, I., Mueser, K.T., & Goff, D.C. (2005) A pilot study of Functional Cognitive Behavioral Therapy (fCBT) for Schizophrenia. *Schizophrenia Research*, 74(2-3), 201-209.

Zinbarg, R., Revelle, W., Yovel, I., & Li, W. (2005). Cronbach's  $\alpha$ , Revelle's  $\beta$ , McDonald's  $\omega_h$ : Their relations with each and two alternative conceptualizations of reliability. *Psychometrika*, 70(1), 123-133.

Goff, D.C., Herz, L., Posever, T., Shih, V., Tsai, G., Henderson, D., Freudenreich, O., Evins, A.E., Yovel, I., Zhang, H., & Schoenfeld, D. (2005). A six-month, placebo-controlled trial of d-cycloserine augmentation of conventional antipsychotics in schizophrenia patients. *Psychopharmacology*, 179(1), 144-150.

Yovel, I. & Mineka, S. (2004). Hierarchical Models of Emotional Disorders and Emotion-Congruent Cognitive Biases. *Personality and Individual Differences*, 36(3), 679-694.

Mineka, S., Rafaeli, E., & Yovel, I. (2003). Cognitive biases in emotional disorders: Social-cognitive and information processing perspectives. In R. Davidson & H. Goldsmith & K. Scherer (Eds.), *Handbook of Affective Science* (pp. 976-1009): Oxford University Press.

Mineka, S., Yovel, I., & Pineles, S. (2002). Toward a psychological model of the etiology of generalized anxiety disorder. In D.J. Nutt, K. Rickels, and D.J. Stein (Eds.), *Generalised Anxiety Disorder: Symptomatology, Pathogenesis and Management*.

Yovel, G., Yovel, I., & Levy, J. (2001). Hemispheric asymmetries for global and local visual perception: Effects of stimulus and task factors. *Journal of Experimental Psychology: Human Perception & Performance*, 27(6), 1369-1385.

Dagan Y., Yovel I., Hallis D., Eisenstein M., & Raichik I. (1998). Evaluating the role of melatonin in the long-term treatment of delayed sleep phase syndrome (DSPS). *Chronobiology International*, 15 (2), 181-190.

Dagan Y., Stein D., Steinbock M., Yovel I., & Hallis D. (1998). Frequency of delayed sleep phase syndrome among hospitalized adolescent psychiatric patients. *Journal of Psychosomatic Research*, 45 (1) 15-20.

Dagan Y., Zeevi-Luria S., Sever Y., Hallis D., Yovel I., Sadeh A., & Dolev E. (1997). Sleep quality in children with attention deficit hyperactivity disorder: An actigraphic study *Psychiatry and Clinical Neurosciences*, 51 (6) 383-386.

## PRESENTATIONS

Bigman, N. & Yovel, I. (2012, November). Mindfulness and Concrete Versus Abstract Representations: The Perspective of Construal Level Theory. Poster accepted for presentation at the 46th annual meeting of the Association for Behavioral and Cognitive Therapies, to be held in National Harbor, MD.

Friedman, A. & Yovel, I. (2012, November). Going Beyond Self-Report Assessment: An Examination of the Questionnaire-Based Implicit Association Test. Poster accepted for presentation at the 46th annual meeting of the Association for Behavioral and Cognitive Therapies, to be held in National Harbor, MD.

Yovel, I., & Lustig, N. (2012, November). Real-Time Assessment of Cognitive Coping Strategies: The State Cognitive Strategies Inventory. Poster accepted for presentation at the 46th annual meeting of the Association for Behavioral and Cognitive Therapies, to be held in National Harbor, MD.

Yovel, I., Gershuny, B., Steketee, G., Buhlmann, U., Fama, J., Mitchell, J., & Wilhelm, S. (2012, November). Identifying Idiosyncratic Severity Profiles of Obsessive Compulsive Dysfunction. Poster accepted for presentation at the 46th annual meeting of the Association for Behavioral and Cognitive Therapies, to be held in National Harbor, MD.

Davidovitch, S, Mor, N, & Yovel, I. (2012, November). Brooding concerning negative experiences: The role of self-distanced perspective. Poster accepted for presentation at the 46th annual meeting of the Association for Behavioral and Cognitive Therapies, to be held in National Harbor, MD.

Yovel, I., & Zlotnick, E. (2011, November). The Detrimental Effect of Ruminative Processes: Depression Versus Anxiety. Poster presented at the 45th annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.

Catane, S., & Yovel, I. (2011, November). Focusing on Personal Values Versus Symptom Reduction as Motivating Factors in Therapy. Poster presented at the 45th annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.

Silverman, M., Siev, J., Steketee, G., Yovel, I., & Wilhelm, S. (2011, November). Marital status and treatment outcome in OCD. Poster presented at the 45th annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.

Yovel, I. (2011, April). Acceptance and commitment to chosen values in cognitive behavioral therapy. Paper presented in the Fourth Herzliya Symposium on The Social Psychology of Meaning, Morality, and Choice, Herzliya, Israel.

Yovel, I., & Friedman, A. (2010, Nov.). Implicit Assessment of Personality: Testing a New Method. A poster presented at the 44<sup>th</sup> annual meeting of the Association for the Behavioral and Cognitive Therapies, San Francisco, CA.

Yovel, I. (2010, June). Cognitive Processes in Obsessive Compulsive Disorder: Visual Attention, Explicit Memory, Executive Functions and Neurocognitive Deficits. Symposium chaired at the World Congress of Behavioral and Cognitive Therapies, Boston, MA.

Yovel, I., Breznitz, H., & Tenne, M. (2010, June). Excessive Attention to Details and the 'Attentional White Bear' Phenomenon: Using Specific Modes of Information Processing to Characterize Different Subtypes of OCD. Symposium talk presented at the World Congress of Behavioral and Cognitive Therapies, Boston, MA.

Yovel, I., Mor N., & Shakarov, H. (2010, June). Component Analysis of Cognitive Therapy (CT) and Acceptance and Commitment Therapy (ACT): A Laboratory-Based Approach. Open paper talk presented at the World Congress of Behavioral and Cognitive Therapies, Boston, MA.

Bauer, M. R., Pineles, S.L., Shipherd, J. C. & Yovel, I. (2010, June). Elucidating psychological correlates of attentional biases in PTSD. Poster presented at the 6<sup>th</sup> meeting of the World Congress of Behavioral and Cognitive Therapies, Boston, MA.

Pineles, S.L., Shipherd, J.C., Mostoufi, S.M., Abramovitz, S.M., & Yovel, I. (2009, November). Attentional biases in PTSD: More evidence for interference. In *Attention in*

*PTSD: Turning a Corner*. Symposium conducted at the 25th annual meeting of the International Society for Traumatic Stress Studies, Atlanta, GA.

Yovel, I. & Safren, S.A. (2007, November). Homework Relevance in CBT for Adult ADHD. In S.A. Safren (Chair), *Issues in CBT Outcome Research for ADHD Across the Lifespan*. Symposium conducted at the 41<sup>st</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Pineles, S.L., Shipherd, J.C., Welch, L.P. & Yovel, I. (2007, November). The role of attentional biases in PTSD: Is it interference or facilitation? In J.C Shipherd (Chair), *Experimental Examinations of Cognitive Psychopathology in PTSD*. Symposium conducted at the 23<sup>rd</sup> meeting of the International Society for Traumatic Stress Studies, Baltimore, Maryland.

Yovel, I., Wilhelm, S., Gershuny, B., Steketee, G., Mitchell, J., & Baer, L. (2003, Nov.). The Obsessive Compulsive Symptoms Rating Scale: Development and psychometric analysis. A poster presented at the 37<sup>th</sup> annual meeting of the Association for the Advancement of Behavioral Therapy, Boston, MA.

Yovel, I., Yovel G., & Mineka, S. (2002, Apr.). The effect of emotion-related stimuli on performance in the attentional blink task. A poster presented at the 9<sup>th</sup> annual meeting of the Cognitive Neuroscience Society, San Francisco, CA.

Yovel, I. & Mineka, S. (2001, Nov.). Anxiety-Related Attentional Biases in the Temporal Dimension. A poster presented at the 16<sup>th</sup> annual meeting of the Society for Research in Psychopathology, Madison, WI.

Yovel, I. & Mineka, S. (2000, Nov.). Emotional Disorders and Cognitive Biases: Levels of awareness in the emotional Stroop: The hierarchical model perspective. A poster presented at the 15<sup>th</sup> annual meeting of the Society for Research in Psychopathology, Boulder, CO.

Yovel, I. & Mineka, S. (1999, Nov.). Emotional Disorders and Cognitive Biases: The Hierarchical Model Perspective. A poster presented at the 14<sup>th</sup> annual meeting of the Society for Research in Psychopathology, Montreal, Quebec, Canada.

Yovel, I. (1999, May). Trees before forest? Personality, personality disorders, and the global/local paradigm. A poster presented at the 11<sup>th</sup> American Psychological Society meeting, Boulder, CO.

## CLINICAL TRAINING

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| 7/03-6/05 | Clinical Psychology Fellow in the Psychiatry Outpatient Program, Schizophrenia Program and OCD Clinic, Massachusetts General Hospital/Harvard Medical School, Boston, MA<br>Supervisors: Michael W. Otto, PhD, Steven A. Safren, PhD, Sabine Wilhelm, PhD |
| 7/02-6/03 | Clinical psychology intern and Psychology Fellow in the Dept. of Psychiatry, Massachusetts General Hospital/Harvard Medical School, Boston, MA  |

Supervisors: Lee Baer, Ph.D., Nancy Keuthen, Ph.D., Sabine Wilhelm, Ph.D., Susan Sprich, Ph.D. Program director: Michael W. Otto, Ph.D.

- 11/99-6/02      Therapy and Assessment Practicum Extern  
Northwestern Anxiety and Panic Program, Evanston, IL  
Supervisors: Richard Zinbarg, Ph.D., Susan Mineka, Ph.D.
- 7/99-6/01      Therapy Practicum Extern, Outpatient Treatment Center at Northwestern  
Memorial Hospital, Chicago, IL  
Supervisors: Denuta Ehrlich, Ph.D., Carole Benson, Ph.D.
- 7/99-6/00      Assessment Practicum Extern, Outpatient Treatment Center at Northwestern  
Memorial Hospital, Chicago, IL  
Supervisor: Brian Griffin, Ph.D.
- 7/98-6/99      Crisis Evaluation and Therapy Extern, Emergency Psychiatry Services  
program at Northwestern Memorial Hospital, Chicago, IL  
Supervisors: Katie Lyons, LCSW, John Stutesman, Psy.D.
- 10/94-6/95      Health Psychology Extern, Oncology Ward, Ichilov Hospital, Tel Aviv, Israel  
Supervisors: Shaul Navon, Ph.D., Etu Zinger, M.A., Riva Sapporta, M.A.
- 10/93-6/94      Counseling Psychology Extern, Jewish Agency School, Petah-Tikva, Israel  
Supervisor: Tali Goshier, M.A.