

## Roger Vilardaga, Ph.D.

Duke University  
 Department of Psychiatry and Behavioral Sciences  
 Center for Addiction Science and Technology  
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*Citizenship:* Spanish (with permanent residence in the US)

*Place of Birth:* Berga, Barcelona, Spain

### Education

- 1995 - 2001     **Bachelor in Psychology**  
 Universitat de Barcelona, Spain  
 Advisor: Carmina Saldaña, Ph.D.
- 2005 - 2008     **Master of Arts**  
 University of Nevada, Reno  
 Advisor: Steven C. Hayes, Ph.D.
- 2011 - 2012     **Predoctoral Psychology Internship, Adult Track**  
 University of Washington School of Medicine  
 Advisors: Christopher Martell, Ph.D. and David C. Atkins, Ph.D.
- 2005 - 2012     **Ph.D., Clinical Psychology**  
 University of Nevada, Reno (APA Accredited Program)  
 Advisor: Steven C. Hayes, Ph.D.
- 2014 - 2015     **Certificate, User-Centered Design**  
 University of Washington College of Engineering

### Licenses and Certification

- 2014             License Eligible for the State of Washington after passing the Examination for Professional Practice in Psychology (EPPP), PSY.PY.60480728

### Positions

- 2012 - 2014     **Senior Fellow**, Department of Psychiatry and Behavioral Sciences, University of Washington School of Medicine, Advisors: Michael G. McDonell, Ph.D. and Richard Ries, M.D.
- 2013 – 2014     **Post-doctoral Fellow**, Fred Hutchinson Cancer Research Center, Advisor: Jonathan B. Bricker, Ph.D.
- 2014 – 2016     **Acting Assistant Professor**, Department of Psychiatry and Behavioral Sciences, University of Washington School of Medicine
- 2015 – PRES     **Affiliate Professor**, Department of Human Centered Design and Engineering, University of Washington
- 2016 – PRES     **Assistant Professor** (tenure-eligible), Department of Psychiatry and Behavioral Sciences, Duke University
- 2016 – PRES     **Affiliate Professor**, Duke's Global Digital Health Science Center, Duke University
- 2017 – PRES     **Member**, Duke's Cancer Research Institute, Cancer Control and Population Sciences

## Languages and Computer Programming Skills

Fluent in **Spanish** and **Catalan**

**R language** for statistical analyses and **L<sup>A</sup>T<sub>E</sub>X**, **Sweave**, **Knitr** and **RMarkdown** for writing and reproducible research

## Honors

- 2003      **Premium Juan Huarte de San Juan (with Fanny Lichtenstein)**  
*Spanish Society for the History of Psychology*
- 2007      **Senior Student Presenter Grant**  
*Association for Behavior Analysis International*
- 2008      **Senior Student Presenter Grant**  
*Association for Behavior Analysis International*
- 2011      **Outstanding International Graduate Student Scholarship**  
*Graduate Student Association, University of Nevada, Reno*
- 2015      **University of Washington Research Innovation Award**  
*University of Washington*
- 2016      **Graduate Fellow in Randomized Behavioral Clinical Trials**  
*National Institutes of Health*

## Research Funding (Completed and Current)

- 2006 — 2008      Barriers to Engagement with Difficult and Different Clients in Substance Abuse Counselors  
R01DAO17868 (PI: Hayes). Total Costs: \$1,495,127  
University of Nevada, Reno  
Role: **Graduate Research Assistant**
- 2009 — 2011      Prevention of Suicidality in College Students: A Common Core Process Approach  
5R01MH083740-02 (PIs: Hayes, Pistorello). Total Costs: \$3,261,056  
University of Nevada, Reno  
Role: **Graduate Research Assistant**
- 2012 — 2014      Improving Mental Health Care in Safety Net Medical Settings  
5T32MH082709-02 (PIs: Comtois, Buchwald). Total Costs: \$886,327  
University of Washington School of Medicine  
Role: **Senior Fellow**
- 2014 — 2016      Innovative Smartphone Application for Quitting Smoking among Seriously Mentally Ill  
K99DA037276 (PI: Vilardaga). Total Costs: \$343,624  
University of Washington School of Medicine  
Role: **Principal Investigator**
- 2015 — 2017      A Connected Approach to Personalized Mobile Health  
UW Innovation Award (PIs: Vilardaga, Fogarty, Kientz, Munson, Zia, Patel).  
Total Costs: \$500,000  
University of Washington  
Role: **Co-Principal Investigator**

- 2015 — 2017     PainTracker Self-Manager (PtSM): a web-based program to promote and track chronic pain self-management and other treatment outcomes  
Pfizer ID#19561405 (PI: Sullivan). Total Costs: \$700,000  
University of Washington  
Role: **Co-Investigator**
- 2015             Investigating Sedentary Time in Aging using Novel Devices Pilot (iSTAND-P) Study  
Seed Grant (PI: Rosenberg). Total Costs: \$29,911  
Group Health Research Institute  
Role: **Co-Investigator**
- 2016 — 2019     Innovative Smartphone Application for Quitting Smoking among Seriously Mentally Ill  
R00DA037276 (PI: Vilardaga). Total Costs: \$746,854  
Duke University  
Role: **Principal Investigator**
- 2016 — 2019     Innovative Smartphone Application for Quitting Smoking among Seriously Mentally Ill  
R00DA037276 (PI: Vilardaga). Total Costs: \$746,854  
Duke University  
Role: **Principal Investigator**
- 2017 — 2019     Cancer Center Support Grant  
P30CA014236-43S3 (PI: Kastan). Total Costs: \$83,246  
Duke University  
Role: **mHealth Co-Investigator**

## Invention Disclosures

- MAY 6, 2015     *University of Washington, Report of Innovation # 47274.* Title: **Learn to Quit: Innovative Smoking Cessation App for People with Serious Mental Illness.** Primary Contributor: Roger Vilardaga. Secondary Contributors: Julie Kientz, Ph.D., Richard Ries, M.D., Javier Rizo, B.A.
- OCT 7, 2016     *Duke University, Invention Disclosure Form # 5087.* Title: **Learn To Quit v2 - Enhancing mastery to quit smoking with real "quitting practice" in patients with Serious Mental Illness.** Primary Contributor: Roger Vilardaga. Secondary Contributor: Javier Rizo, B.A.

## Publications

### Peer Reviewed

1. Belchi, I., **Vilardaga, R.**, & Bados, A. (2002). Tratamiento Cognitivo-Conductual de Una Persona con Trastorno Adaptativo en Espera de un Trasplante de Pulmones [Cognitive Behavioral Treatment of a Person With Adjustment Disorder Waiting for a Lung Transplant]. *Cuadernos de Medicina Psicosomática y Psiquiatría de Enlace [Journal of Psychosomatic Medicine and Consultation Liason]*, 62/63(215):43–50.
2. Lichtenstein, F. & **Vilardaga, R.** (2003). Pasos Hacia la Aproximación Entre Psicología y Cibernética: La Obra de Santiago Montserrat (1910-1994) [Towards an Approximation Between Psychology and Cybernetics: the Work of Santiago Montserrat (1910-1994)]. *Revista de Historia de la Psicología [Journal of the History of Psychology]*, 25(3–4):753–764.
3. **Vilardaga, R.**, Hayes, S. C., & Schelin, L. (2007). Philosophical, Theoretical and Empirical Foundations of Acceptance and Commitment Therapy. *Anuario de Psicología [Annals of Psychology]*, 38(1):117–128.

4. **Vilardaga, R.** (2009). A Relational Frame Theory Account of Empathy. *International Journal of Behavioral Consultation and Therapy*, 5(2):178–184.
5. **Vilardaga, R.**, Hayes, S. C., Levin, M. E., & Muto, T. (2009). Creating a Strategy for Progress: A Contextual Behavioral Science Approach. *The Behavior Analyst*, 32(1):105–133. PMID: PMC2686981.
6. **Vilardaga, R.** & Hayes, S. C. (2009). Experiential Avoidance and Superstition: Considering Concepts in Context. *Philosophy, Psychiatry, & Psychology*, 15(3):269–271.
7. **Vilardaga, R.**, & Hayes, S. C. (2010). Acceptance and Commitment Therapy and the Therapeutic Relationship Stance. *European Psychotherapy*, 9(1):117–140.
8. Plumb, J. & **Vilardaga, R.** (2010). Assessing Treatment Integrity in Acceptance and Commitment Therapy: Strategies and Suggestions. *International Journal of Behavioral Consultation and Therapy*, 6(3):263–295.
9. **Vilardaga, R.**, Luoma, J. B., Hayes, S. C., Pistorello, J., Levin, M. E., Hildebrandt, M. J., Kohlenberg, B., Roget, N. A., & Bond, F. (2011). Burnout Among the Addiction Counseling Workforce: The Differential Roles of Mindfulness and Values-based Processes and Work-site Factors. *Journal of Substance Abuse Treatment*, 40(4):323–335. doi: 10.1016/j.jsat.2010.11.015; PMID: PMC3081943.
10. **Vilardaga, R.**, Levin, M. E., Hayes, S. C., & Estevez, A. (2012). Deictic Relational Responding, Empathy, and Experiential Avoidance as Predictors of Social Anhedonia: Further Contributions from Relational Frame Theory. *Psychological Record*, 62(3):409–432.
11. **Vilardaga, R.**, Hayes, S. C., Atkins, D. C., Bresee, C., & Kambiz, A. (2013). Comparing Experiential Acceptance and Cognitive Reappraisal as Predictors of Functional Outcome in Individuals with Serious Mental Illness. *Behaviour Research and Therapy*, 51(8):425–433. doi: 10.1016/j.brat.2013.04.003; PMID: PMC3696417.
12. McDonell, M., McPherson, S., **Vilardaga, R.**, Srebnik, D., Angelo, F. N., Leickly, E., Saxon, A. J., Roll, J., & Ries, R. (2013). Preliminary Findings: Contingency Management Targeting Psychostimulant Use Results in Secondary Decreases in Smoking for Severely Mentally Ill Adults. *The American Journal on Addictions*, 23(4):407–410. doi: 10.1111/j.1521-0391.2013.12114.x; PMID: PMC4237159.
13. Levin, M. E., Luoma, J. B., Lillis, J., Hayes, S. C., & **Vilardaga, R.** (2014). The Acceptance and Action Questionnaire Stigma (AAQ-s): Developing a Measure of Psychological Flexibility with Stigmatizing Thoughts. *Journal of Contextual Behavioral Science*, 3(1):21–26. doi: 10.1016/j.jcbs.2013.11.003; PMID: PMC4255270.
14. **Vilardaga, R.**, Bricker, J.B., and McDonell, M.G. (2014). The Promise of Mobile Technologies and Single Case Designs for the Study of Individuals in Their Natural Environment. *Journal of Contextual Behavioral Science*, 3(2):148–153. doi: 10.1016/j.jcbs.2014.03.003; PMID: PMC4059557.
15. Bricker, J.B., Mull, K., Kientz, J., **Vilardaga, R.**, Mercer, L. D., Akioka, K., & Heffner, J.L. (2014). Randomized, Controlled Pilot Trial of a Smartphone App for Smoking Cessation Using Acceptance and Commitment Therapy. *Drug & Alcohol Dependence*, 143:87–94. doi: 10.1016/j.drugalcdep.2014.07.006, PMID: 25085225.
16. **Vilardaga, R.**, Heffner, J.L., Mercer, L.D., and Bricker, J.B. (2014). Do Counselor Techniques Predict Quitting During Smoking Cessation Treatment? A Component Analysis of Telephone-delivered Acceptance and Commitment Therapy. *Behaviour Research and Therapy*, 61:89–95. doi: 10.1016/j.brat.2014.07.008, PMID: PMC4172522.
17. Roth, W., **Vilardaga, R.**, Wolfe, N., Bricker, J., & McDonell, M. (2014). Practical Considerations in the Design and Development of Smartphone Apps for Behavior Change. *Journal of Contextual Behavioral Science*, 3(4):269–272. doi: 10.1016/j.jcbs.2014.08.006; PMID: PMC4254717.
18. Yadavaia, J., Hayes, S. C., & **Vilardaga, R.** (2014). Using Acceptance and Commitment Therapy to Increase Self-compassion: A Randomized Controlled Trial. *Journal of Contextual Behavioral Science*, 3(4):248–257. doi: 10.1016/j.jcbs.2014.09.002; PMID: PMC4260406.
19. Heffner, J.L., **Vilardaga, R.**, Mercer, L.D., Kientz, J.A., & Bricker, J.B. (2015). Feature-level Analysis of a Novel Smartphone Application for Smoking Cessation. *The American Journal of Drug and Alcohol Abuse*, 41(1):68–73. doi: 10.3109/00952990.2014.977486; PMID: PMC4410684.

20. Jones, H., Mercer, L., Wyszynski, C.M., Heffner, J.L., **Vilardaga, R.**, & Bricker, J. B. (2015). Do Smokers with Depressive Symptoms Benefit from Web-based Acceptance and Commitment Therapy for Smoking Cessation? *Journal of Dual Diagnosis*, 11(1): 56–62. doi: 10.1080/15504263.2014.992588; PMID: PMC4325367.
21. Leickly, E., **Vilardaga, R.**, Angelo, F. A., Lowe, J. M., McPherson, S., Srebnik, D., Ries, R., & McDonell, M.G. (2015). High Levels of Agreement Between Clinic-based Ethyl Glucuronide (EtG) Immunoassays and Laboratory-based Mass Spectrometry. *American Journal on Drug and Alcohol Abuse*, 41(3):1–5. doi: 10.3109/00952990.2015.1011743; PMID: PMC4461360.
22. Lowe, J. M., McDonell, M.G., Leickly, E., Angelo, F. A., **Vilardaga, R.**, McPherson, S., Srebnik, D., & Ries, R. (2015). Determining Ethyl Glucuronide Cutoffs When Detecting Self-Reported Alcohol Use In Addiction Treatment Patients. *Alcoholism: Clinical and Experimental Research*. 39(5): 905–910. doi: 10.1111/acer.12699; PMID: PMC4400217.
23. Zeng, E.Y., **Vilardaga, R.**, Heffner, J.L., Mull, K.E., Bricker, J.B. (2015). Predictors of Utilization of a Novel Smoking Cessation Smartphone App. *Telemedicine and e-Health*, 21(12):998-1004. doi: 10.1089/tmj.2014.0232; PMID: PMC4776539.
24. Levin, M. E., Luoma, J. B., **Vilardaga, R.**, Lillis, J., Nobles, R., & Hayes, S. C. Examining the Role of Psychological Inflexibility, Perspective Taking and Empathic Concern in Generalized Prejudice (2015). *Journal of Applied Social Psychology*, Epub. doi: 10.1111/jasp.12355.
25. Karkar, R. Zia, J. **Vilardaga, R.**, Mishra, S.R., Fogarty, J., Munson, S.A. & Kientz, J.A. A Framework for Self-experimentation in Personalized Health (2016). *Journal of the American Medical Informatics Association*, 23(3): 440–448. doi: 10.1093/jamia/ocv150; PMID: 26644399.
26. **Vilardaga, R.**, Rizo, J., Kientz, J., McDonell, M.G., Ries, R., & Sobel, K. (2016). User Experience Evaluation of a Smoking Cessation App in People with Serious Mental Illness. *Nicotine & Tobacco Research*, 18(5): 1032–1038. doi: 10.1093/ntr/ntv256; PMID: PMC4900234.
27. Villatte, J.L., **Vilardaga, R.**, Villatte, M., Plumb Vilardaga, J.C., Atkins, D.C., Hayes, S.C. (2016). Acceptance and Commitment Therapy Modules: Differential Impact on Treatment Processes and Outcomes. *Behaviour Research and Therapy*, 77: 52–61. doi: 10.1016/j.brat.2015.12.001; PMID: PMC4752868.
28. Rector, K., **Vilardaga, R.**, Lansky, L., Lu, K., Benett, C., Ladner, R., & Kientz, J. (2017). Design and Real World Evaluation of Eyes-Free Yoga: An Exergame for Blind & Low Vision Exercise. *ACM Transactions on Accessible Computing*; PMID: PMC5667683.
29. McDonell, M.G., Leickly, E., McPherson, S., Skalisky, J., Srebnik, D., Angelo, F. A., **Vilardaga, R.**, Nepon, J.R., Roll, J.M., & Ries, R. (2017). A Randomized Controlled Trial of Ethyl Glucuronide-based Contingency Management for Outpatients with Co-occurring Alcohol Use Disorders and Serious Mental Illness. *American Journal of Psychiatry*. 174(4):370-377, PMID: PMC5378651.
30. Bhattacharya, A., **Vilardaga, R.**, Kientz, J., & Munson, S.A. (2017). Lessons from Practice: Individualizing the Design of Tools to Facilitate Quitting Smoking. *ACM Human Factors in Computing Systems*.
31. Karkar, R., Schroeder, J., Epstein, D., Pina, L., Scofield, J., Fogarty, J., Kientz, J., Munson, S.A., **Vilardaga, R.**, & Zia, J. (2017). TummyTrials: A Feasibility Study of Using Self-Experimentation to Detect Individualized Food Triggers. *ACM Human Factors in Computing Systems*.
32. Edwards, D., Evans, N., Lowe, R. & **Vilardaga, R.** (2017). Effects of Mindfulness and Perspective-taking on Implicit Associations Towards the Elderly: an RFT Perspective. *Mindfulness*. doi: 10.1007/s12671-017-0734-x
33. Rosenberg, D., Kadokura, E., Morris, M.E., Renz, A., & **Vilardaga, R.** (2017). Application of N-of-1 Experiments to Test the Efficacy of Inactivity Alert Features in Fitness Trackers to Increase Breaks from Sitting in Older Adults. *Methods of Information in Medicine*. 56(5):epub. PMID: 28816343.
34. Oliver, J.A., Hallyburton, M.B., Pacek, L.R., Mitchell, J.T., **Vilardaga, R.**, Fuemmeler, B.F., McClernon, J. (2017). What Do Smokers Want in a Smartphone-based Cessation Application? *Nicotine & Tobacco Research*. PMID: 29065202

35. **Vilardaga, R.**, Rizo, J.L., Zeng, E., Kientz, J.A., Ries, R., Otis, C. (2018). User-centered Design of Learn to Quit, a Smoking Cessation Smartphone App for People With Serious Mental Illness. *JMIR Serious Games*, 6(1):e2. doi: 10.2196/games.8881, PMID: 29339346
36. Luoma, J.B., Guinther, P., Lawless DesJardins N.M., **Vilardaga, R.** (In press). Is Shame a Proximal Trigger for Drinking? A Daily Process Study With a Community Sample. *Journal of Experimental and Clinical Psychopharmacology*.

## Book Chapters, Editorials and Conference Proceedings

1. Romeo, M., Domínguez, X., Espinal, I., Roper, C., & **Vilardaga, R.** (1997). Study of the behavior of visitors to Barcelona zoo. In *The XXII International Colloquium of Economic Psychology*, pp. 1067–1078. Promolibro: Valencia, Spain.
2. Hayes, S. C., Yadavaia, J., Boulanger, J., **Vilardaga, R.**, Plumb, J., Fletcher, L., Bunting, K., Levin, M.E., Hildebrandt, M., & Waltz, T. (2007). Applied extensions of behavior principles: Applied behavioral concepts and behavioral theories. In D. Woods and J. Kanter (Eds.), *Understanding Behavior Disorders*, pp. 47–80. Context Press: Reno.
3. **Vilardaga, R.** (2011). Estigma y prejuicios [Stigma and prejudice]. In C. Luciano and M. Páez (Eds.), *Terapia de Aceptación y Compromiso: Libro de casos [Acceptance and Commitment Therapy: Practical guide]*, pp. 251–267. Pirámide: Madrid.
4. Villatte, M., **Vilardaga, R.**, and Monestes, J. (2012). How the self relates to others when perspective taking is impaired. In L. McHugh & I. Stewart (Eds.), *The Self and Perspective Taking*, pp. 109–122. New Harbinger Publications: Oakland.
5. **Vilardaga, R.** & Hayes, S.C. (2012). A contextual behavioral approach to pathological altruism. In B. Oakley, A. Knafo, G. Madhavan, D.S. Wilson (Eds.), *Pathological altruism*, pp. 31–48. Oxford University Press: New York.
6. Levin, M. E., Hayes, S. C., and **Vilardaga, R.** (2013). Acceptance and commitment therapy: Applying an iterative translational research strategy in behavior analysis. In G.J. Madden, W.V. Dube, T.D. Hackenberg G.P. Hanley and K.A. Lattal (Eds.), *APA handbook of behavior analysis, Vol. 2: Translating principles into practice*, pp. 455–479. American Psychological Association: Washington, DC.
7. **Vilardaga, R.**, McDonell, M.G., Leickly, E., & Ries, R. (2014). Ecological momentary assessments in psychosis: A contextual behavioral approach to studying mindfulness and acceptance. In B. Gaudiano (Ed.), *Incorporating Acceptance and Mindfulness into the treatment of psychosis: Current trends and future directions*. Oxford University Press: New York.
8. **Vilardaga, R.** (2014). Technical, practical and analytic innovations in single case designs for contextual behavioral scientists. *Journal of Contextual Behavioral Science*, 3(2):136–137, doi: <http://dx.doi.org/10.1016/j.jcbs.2014.05.002>
9. **Vilardaga, R.** & Codd, T. (2015). Perspectives on the nature of being, becoming and reality from contextual behavioral science. *Journal of Contextual Behavioral Science*, 4(4): 213–214, doi: <http://dx.doi.org/10.1016/j.jcbs.2015.07.002>
10. Karkar, R., Fogarty, J., Kientz, J. A., Munson, S. A., **Vilardaga, R.**, & Zia, J. (2015). Opportunities and Challenges for Self-experimentation in Self-tracking. In *Adjunct Proceedings of the 2015 ACM International Joint Conference on Pervasive and Ubiquitous Computing and Proceedings of the 2015 ACM International Symposium on Wearable Computers* (pp. 991–996). New York, NY, USA: ACM. doi: <http://doi.org/10.1145/2800835.2800949>
11. Pistorello, J., Hayes, S. C., Seeley, J., Biglan, T., Long, D. M., Levin, M. E., Kosty, D., Lillis, J., Villatte, J., MacLane, C., **Vilardaga, R.**, Daflos, S., Hammonds, S., Locklear, A. & Hanna, E. (2016). ACT-based first year experience seminars. In J. Block-Lerner & L. Cardaciotto (Eds.), *The mindfulness-informed educator: Building acceptance & psychological flexibility in higher education*. New York: Routledge.

## Editorial Responsibilities

2010 — 2015     **Associate Editor**, *Journal of Contextual Behavioral Science*

**Ad hoc Reviewer** for: *International Journal of Psychology and Psychological Therapy*, *Journal of Substance Abuse Treatment*, *Behaviour Research and Therapy*, *Journal of Studies on Alcohol and Drugs*, *Psychology of Addictive Behaviors*, *Clinical Psychology and Psychotherapy*, *Nicotine and Tobacco Research*, *Addictive Behaviors*, *Behavior Research and Methods*, *Proceedings of the ACM Conference on Human Factors in Computing Systems*, *Health Policy and Technology*, *JMIR mHealth and uHealth*.

## Teaching Responsibilities

- 2001            **Invited Lecture**, Philosophy of Science (PSY 244017), Universitat de Barcelona, Spain, Instructor: Fernando Gabucio, Ph.D.
- 2002 — 2003    **Teaching Assistant**, Didactic Seminars at Cognitive Behavior Therapy Unit, Universitat de Barcelona, Spain, Instructor: Eugeni Garcia Grau, Ph.D.
- 2005            **Workshop Leader**, Introductory Workshop on Acceptance and Commitment Therapy, Clinica de Ansiedad, Spain
- 2005            **Teaching Assistant**, Acceptance and Mindfulness: Innovations in Behavioral and Cognitive Therapy (PSY 499/699), University of Nevada, Reno, Instructor: Steven C. Hayes, Ph.D.
- 2006            **Teaching Assistant**, Introduction to Psychology (PSY 101), University of Nevada, Reno, Instructor: Melanie Crawford, Ph.D.
- 2007            **Clinical Training**, Introductory workshop on Acceptance and Commitment Therapy, Cognitive Behavior Therapy Unit, University of Barcelona, Spain
- 2011            **Training**, Introduction to the R Language for statistical analysis, Department of Psychology, University of Nevada, Reno
- 2013            **Clinical Training**, Advanced CBT Series: Acceptance and Commitment Therapy, Psychiatry Residency (R4) Didactic Series, University of Washington School of Medicine
- 2013            **Clinical Training**, Advanced CBT Series: Acceptance and Commitment Therapy, Psychiatry Residency (R3) Didactic Series, University of Washington School of Medicine
- 2013            **Invited Lecture**, Writing Successful NIH Grants (PSY 761-2), University of Nevada, Reno, Instructor: Steven C. Hayes, Ph.D.
- 2014            **Clinical Training**, Advanced CBT Series: Acceptance and Commitment Therapy, Psychiatry Residency (R4) Didactic Series, University of Washington School of Medicine
- 2015            **Clinical Training**, Advanced CBT Series: Acceptance and Commitment Therapy, Psychiatry Residency (R4) Didactic Series, University of Washington School of Medicine
- 2015            **Invited Lecture**, Advanced CBT Series: Acceptance and Commitment Therapy, Psychiatry Residency (R4) Didactic Series, University of Washington School of Medicine
- 2016            **Clinical Training**, Advanced CBT Series: Acceptance and Commitment Therapy, Psychiatry Residency (R4) Didactic Series, University of Washington School of Medicine

## National and International Responsibilities

- 1998            **Volunteer**, Non-Profit: Students and Teachers for International Cooperation (EMMCI), León, Nicaragua.
- 2001            **Organizer**, Students Assembly, Department of Psychology of the University of Barcelona, Barcelona, Spain
- 2002 — 2006    **Translator and Commercial Reviewer**, Ediciones Obelisco, S.A., Barcelona, Spain, Editor: Ana Mañas
- 2007 — 2008    **Behavioral Consultant for children with autism spectrum disorder**, Steven Hayes & Associates, Reno, Nevada
- 2007            **Invited Panel Member**, “Successful Graduate School Experience in Clinical Psychology,” Psi Chi Society, University of Nevada, Reno
- 2011            **Research and Treatment Development Consultant**, Community/Behavioral Health Clinic, Vestige Project LLC, Reno, Nevada
- 2012            **Grant Reviewer**, Health Services and Population Health Research Committee, Scottish Government
- 2013 – 2014    **Scientific Consultant for Mindfulness Mobile Apps Start-Up Company**, www.Inward.me, Silicon Valley, California

## Local Responsibilities

- 2012            **Invited Panel Member**, “Internship Pre-Mortem: Resident Survival Skills,” University of Washington’s Clinical Internship Program, Seattle, Washington
- 2012 – 2014    **Member-At-Large**, Washington State Association for Contextual Behavioral Science, Seattle, Washington
- 2013            **Invited Panel Member**, “Post-doctoral training: Advantages and opportunities for professional development,” University of Washington’s Clinical Internship Program, Seattle, Washington
- 2014            **NIH T32 Admissions Committee 2014**, University of Washington at Harborview Medical Center, Seattle, Washington

## Professional Organizations

Association for Contextual Behavioral Science  
 Association for Behavioral and Cognitive Therapies  
 Institute of Translational Health Sciences  
 Society for Research on Nicotine and Tobacco

## Invited Talks

1. **Vilardaga, R.**, Kientz, J., Ries, R., Rizo, J. (2015, March). *Extending the effectiveness and reach of smoking cessation mHealth to those in most need?*. Invited talk to Microsoft Research Group Workshop on Supporting Behavioral Changes to Improve Health and Well-Being, Seattle, WA.
2. **Vilardaga, R.**, Kientz, J., Ries, R., Rizo, J. (2015, April). *Agile methodologies for the development and study*



- of mobile technologies for behavior change: a case study.* Invited talk to Group Health Research Institute, Seattle, WA.
3. **Vilardaga, R.**, Kientz, J., Ries, R., Rizo, J. (2015, May). *Development of two mHealth solutions for health behavior change: Learn-to-Quit and a self-experimentation framework.* Invited talk to University of Southern California's Applied Signal Processing in Mental Health Panel, Los Angeles, CA.
  4. **Vilardaga, R.**, (2016, February). *A Journey that Must be Walked Together: Leveraging Behavioral Science and Technology to Improve the Health of Those in Most Need.* Invited talk at Duke University's Center for Addiction Science and Technology, Durham, NC.
  5. **Vilardaga, R.**, (2016, January). *Developing Technologies for Behavioral Change for Under-served Populations.* Invited talk at the University of Pittsburgh, Pittsburgh, PA.
  6. **Vilardaga, R.**, (2017, May). *Going deeper into the design and evaluation of mHealth apps.* Grand Rounds at Duke University's Department of Psychiatry and Behavioral Sciences, Durham, NC.
  7. **Vilardaga, R.**, (2018, January). *Learn to Quit: a Case Example of User-Centered Design in mHealth.* Invited Talk at the University of Pennsylvania's Center for Interdisciplinary Research on Nicotine Addiction, Philadelphia, PA.
  8. **Vilardaga, R.**, (2018, February). *Design and Evaluation of Digital Interventions for Behavior Change.* Invited Talk at Dartmouth's Center for Technology and Behavioral Health, Philadelphia, PA.

## Professional Presentations

1. Belchi, I., Núñez, M., **Vilardaga, R.**, & Bados, A., (2002, May). *Tractament d'un trastorn adaptatiu en espera d'un trasplantament pulmonar [Cognitive behavioral treatment of a person with adjustment disorder waiting for a lung transplant].* Paper presented at the 17th Jornada Teràpia del Comportament i Medicina Conductual en la Pràctica Clínica [Proceedings of Behavior Therapy and Behavioral Medicine in Clinical Practice], Barcelona, Spain.
2. **Vilardaga, R.** (2002, August). *Constructivist and constructionist psychotherapies.* Paper presented at the meeting of the 21st Annual Conference of the European Society for the History of the Human Sciences, Barcelona, Spain.
3. Lichtenstein, F., & **Vilardaga, R.** (2003, April). *Pasos hacia la aproximación entre psicología y cibernética: La obra de Santiago Montserrat (1910-1994) [Towards an approximation between psychology and cybernetics: The work of Santiago Montserrat (1910-1994)].* Paper presented at the XVI Symposium of the Spanish Society of History of Psychology, Seville, Spain.
4. **Vilardaga, R.**, & Lichtenstein, F. (2004, July). *Between freedom and control: Skinner's point of view about the role of science in society.* Paper presented at the 23rd Annual Conference of the European Society for the History of the Human Sciences, Salzburg, Austria.
5. **Vilardaga, R.** (2006, August). *ACT across cultures.* Panel discussant at the Second World Conference on ACT, RFT, and Contextual Behavioral Science, London, UK.
6. **Vilardaga, R.**, & Plumb, J.C. (2006, July). *Bridging the gap between RFT and clinical work: The use of deictic frames and perspective taking.* Panel discussion at the Second World Congress for ACT and RFT, and Contextual Behavioral Science, London, UK.
7. Hayes, S.C., Lillis, J., & **Vilardaga, R.** (2006, August). *We cannot walk alone: using ACT to combat prejudice.* Workshop conducted at the Second World Conference on ACT, RFT, and Contextual Behavioral Science, London, UK.
8. **Vilardaga, R.**, & Hayes, S.C. (2006, August). *Parallelisms and similarities between Nietzsches philosophy and Acceptance and Commitment Therapy.* Paper presented at the Second World Conference on ACT, RFT, and Contextual Behavioral Science, London, UK.

9. Hayes, S.C., Pistorello, J., Luoma, J., Kohlenberg, B., Roget, N., Choi-Pearson, C., Plumb, J., Hildebrandt, M., Waltz, T., **Vilardaga, R.**, Steve, L., Quinones, J., Piasecki, M., & Sue, S. (August, 2006). Acceptance and Commitment Therapy and multicultural training for substance abuse counselors. Paper presented at the Second World Conference on ACT, RFT, and Contextual Behavioral Science, London, UK.
10. Lillis, J., Hayes, S.C., & **Vilardaga, R.**, (2006, November). *Applying acceptance and mindfulness to the reduction of prejudice*. Paper presented at the 40th Annual Convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL, USA.
11. Waltz, T., Hayes, S.C., & **Vilardaga, R.** (2006, November). *Bringing implicit attitude assessments from the basic lab to areas of clinical interest*. Paper presented at the 40th Annual Convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
12. **Vilardaga, R.**, Hayes, S.C., & Ritter, R. (2007, May). *Nietzsche's philosophy, natural sciences and radical behaviorism*. Paper presented at the 33rd Annual Convention of the Association for Behavior Analysis International, San Diego, CA.
13. **Vilardaga, R.**, Hildebrandt, M.J., Hayes, S.C., Pistorello, J., & Luoma, J. (2007, May). The Relationship between values, acceptance, and mindfulness related processes with burnout and stigmatization. In J. Plumb (Chair), *Engaging in life: Values and valued action as catalysts for change*. Symposium conducted at the 33rd Annual Convention of the Association for Behavior Analysis International, San Diego, CA.
14. **Vilardaga, R.**, Yadavaia, J., Levin, M., Hayes, S.C., & Harper, A. (2007, May). Deictic frames and mindfulness: Theoretical underpinnings and practical implications. In L.B. Fletcher (Chair), *Mindfulness as process: An ACT/RFT conceptualization*. Symposium conducted at the 33rd Annual Convention of the Association for Behavior Analysis International, San Diego, CA.
15. **Vilardaga, R.**, Hayes, S.C., Pistorello, J., Luoma, J., Kohlenberg, B., Roget, N., & Hildebrandt, M. (2007, July). *Relaciones entre el síndrome de "estar quemado", los valores personales, la aceptación psicológica y "mindfulness", en una muestra de consejeros de adicciones: Un estudio correlacional desde el modelo de la Terapia de Aceptación y Compromiso [Associations between burnout, personal values, acceptance and mindfulness in a sample of addiction counselors: An Acceptance and Commitment Therapy cross-sectional study]*. Paper presented at the 5th World Congress of Behavioural and Cognitive Therapies, Barcelona, Spain.
16. Hayes, S.C., Levin, M.E., Yadavaia, J., & **Vilardaga, R.** (2007, November). Acceptance and Commitment Therapy: Model, processes and outcomes. In J. Boulanger (Chair), *Models and processes of change in psychotherapy*. Symposium conducted at the 41st Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
17. Lazzarone, T.R., Hayes, S.C., Luoma, J., Kohlenberg, B., Pistorello, J., Lillis, J., **Vilardaga, R.**, & Hildebrandt, M. (2007, November). The effectiveness of an Acceptance and Commitment Therapy self-help manual: Get out of your mind and into your life. In T.R. Lazzarone (Chair), *Toward evidence-based self-help manuals*. Symposium conducted at the 41st Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
18. **Vilardaga, R.**, Levin, M., & Hayes, S.C. (2007, November). A Comprehensive review of perspective taking procedures in the psychological literature. In **R. Vilardaga** (Chair), *A Psychological analysis of perspective taking: Research and applications informed by Relational Frame Theory*. Symposium conducted at the 41st Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA, USA.
19. Hildebrandt, M.J., **Vilardaga, R.**, Levin, M., Hayes, S.C., Luoma, J., Kohlenberg, B.S., Roget, N., Pistorello, J., & Lazzarone, T. (2008, May). The role of values in reducing workplace stress and increasing quality of life. In J. Plumb (Chair), *Assessment of ACT processes: Values and psychological flexibility*. Symposium conducted at the 34th Annual Convention of the Association for Behavior Analysis International, Chicago, IL.
20. Levin, M., Hayes, S.C., Waltz, T.J., & **Vilardaga, R.** (2008, May). Testing an adaptation of the IRAP: Validation of a new procedure for assessing implicit relations. In R. Slater (Chair), *Extending the applications of the implicit relational assessment procedure*. Symposium conducted at the 34th Annual Convention of the Association for Behavior Analysis International, Chicago, IL.

21. **Vilardaga, R.**, Levin, M., Hildebrandt, M.J., Hayes, S.C., & Yadavaia, J. (2008, May). Human objectification: A Relational Frame Theory account of prejudice and stigma. In **R. Vilardaga** (Chair), *Human objectification: Part I: Using basic science to address prejudice*. Symposium conducted at the 34th Annual Convention of the Association for Behavior Analysis International, Chicago, IL.
22. **Vilardaga, R.**, Levin, M., Waltz, T., Hayes, S.C., Long, D., & Muto, T. (2008, May). Testing a new perspective-taking procedure in the context of attitudes, emotional reactions and behaviors towards different cultural groups. In **R. Vilardaga** (Chair), *Recent applications of Relational Frame Theory using deictic framing procedures*. Symposium conducted at the 34th Annual Convention of the Association for Behavior Analysis International, Chicago, IL.
23. Luoma, J.B., **Vilardaga, R.**, Hayes, S.C., Pistorello, J., Hildebrandt, M.H., Levin, M., Kohlenberg, B., & Roget, N. (2008, November). The role of Acceptance and Commitment Therapy processes in stigma towards substance users. In **R. Vilardaga** (Chair), *The impact of stigma in professionals and clients*. Symposium conducted at the 42nd Annual Convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
24. Levin, M., Hayes, S.C., & **Vilardaga, R.** (2008, November). Processes of change in Acceptance and Commitment Therapy: A meta-analysis of mediation in ACT outcome studies. In S.A. Hayes (Chair), *Processes and mechanisms of change in mindfulness and acceptance based therapies*. Symposium conducted at the 42nd Annual Convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
25. **Vilardaga, R.**, Waltz, T., Levin, M., Hayes, S.C., & Stromberg, C. (2009, May). Deictic framing and human objectification: further testing of a new procedure to enhance empathic concern towards others. In **R. Vilardaga** (Chair), *Perspective-taking in adults: Empirical tests of the role of deictic framing in applied settings*. Symposium conducted at the 35th Annual Convention of the Association for Behavior Analysis International, Phoenix, AZ.
26. **Vilardaga, R.**, Long, D., Stromberg, C., & Hayes, S.C. (2009, May). A systematic and comprehensive review of the RFT literature on deictic framing. In **R. Vilardaga** (Chair), *Perspective-taking in adults: Empirical tests of the role of deictic framing in applied settings*. Symposium conducted at the 35th Annual Convention of the Association for Behavior Analysis International, Phoenix, AZ.
27. **Vilardaga, R.**, Hayes, S.C., Levin, M., & Muto, T. (2009, May). Functional contextualism and contextual behavioral science. In D. Long (Chair), *The Progressivity of science: A contextual behavioral approach*. Symposium conducted at the 35th Annual Convention of the Association for Behavior Analysis International, Phoenix, AZ, USA.
28. Levin, M., **Vilardaga, R.**, Lillis, J., Hayes, S.C., Pistorello, J., & Luoma, J.B., (2009, May). Generalized prejudice: Testing a Relational Frame Theory account of prejudice and stigma. In L. Fletcher (Chair), *Stigma and prejudice: Applying contextual behavior science to a global problem*. Symposium conducted at the 35th Annual Convention of the Association for Behavior Analysis International, Phoenix, AZ.
29. Levin, M., & **Vilardaga, R.**, (2009, May). The role of group design methods in behavior analysis: Contextual behavioral science as a model. In M.E. Levin (Chair), *Expanding the methodologies used in behavior analysis: Potential means for enhancing progressivity*. Symposium conducted at the 35th Annual Convention of the Association for Behavior Analysis International, Phoenix, AZ.
30. **Vilardaga, R.**, Luoma, J. Levin, M., Hayes, S. C., Pistorello, J., Hildebrandt, M.J., Kohlenberg, B., & Roget, N. (2009). Predictors of stigma among addictions counselors. In M. Levin (Chair), *New research on measuring stigma and its relationship to ACT processes*. Symposium conducted at the Third World Conference on ACT, RFT, and Contextual Behavioural Science, Enschede, The Netherlands.
31. Levin, M., **Vilardaga, R.**, Lillis, J., Hayes, S.C., Pistorello, J., Luoma, J., & Kohlenberg, B. (2009, July). Generalized Prejudice: Testing a Relational Frame Theory account of prejudice and stigma. In M.E. Levin (Chair), *New research on measuring stigma and its relationship to ACT processes*. Symposium conducted at the Third World Conference on ACT, RFT, and Contextual Behavioral Science, Enschede, The Netherlands.
32. Levin, M., **Vilardaga, R.**, & Boulanger, J. (2009, July). *Contextual Behavioral Science and ACT/RFT: Discussing scientific strategy and future directions in research*. Workshop conducted at the Third World Conference on ACT, RFT, and Contextual Behavioral Science, Enschede, The Netherlands.

33. **Vilardaga, R.**, Waltz, T., Levin, M., Hayes, S.C., Stromberg, C., & Amador, K. (2009, July). Deictic relational framing and connectedness among college students: A Small analog study. In L. McHugh (Chair), *Applications of deictic relational framing*. Symposium conducted at the Third World Conference on ACT, RFT, and Contextual Behavioral Science, Enschede, The Netherlands.
34. Levin, M., Waltz, T., Hayes, S.C., & **Vilardaga, R.** (2009, July). *Testing an adaptation of the IRAP to increase sensitivity to detect implicit relations at the individual level*. Paper presented at the Third World Conference on ACT, RFT, and Contextual Behavioral Science, Enschede, The Netherlands.
35. Hayes, S.C., Pistorello, J., Luoma, J., Kohlenberg, B., **Vilardaga, R.**, Levin, M., Lillis, J., & Hildebrandt, M. (2009, July). ACT for stigma and burnout with substance abuse counselors. In M. Levin (Chair), *Using ACT with non-clinical populations: Findings from recent and ongoing outcome studies*. Symposium conducted at the Third World Conference on ACT, RFT, and Contextual Behavioral Science, Enschede, The Netherlands.
36. **Vilardaga, R.**, Estévez, A., Levin, M., & Hayes, S.C. (2010, June). Deictic relational responding, empathy and experiential avoidance as predictors of social anhedonia in college students. In N. Thomas (Chair), *Developments in Applying ACT to Psychosis*. Symposium conducted at the World Congress of Behavioral and Cognitive Therapies, Boston, MA.
37. **Vilardaga, R.**, Estévez, A., Levin, M., & Hayes, S.C. (2010, June). Associations among deictic relational responding, empathy, experiential avoidance and social anhedonia in a sample of college students. In R.D. Zettle (Chair), *Perspectives on Perspective Taking*. Symposium conducted at the ACBS Annual World Conference VIII, Reno, NV.
38. Villatte, M., Yardley, S., **Vilardaga, R.**, & Monestès, J.L. (2010, June). How deictic relational responding can improve mindfulness skills. In L. McHugh (Chair), *Testing the efficacy of third wave interventions*. Symposium conducted at the ACBS Annual World Conference VIII, Reno, NV.
39. McHugh, L., Villatte, M., & **Vilardaga, R.** (2010, June). *Social communication and Relational Frame Theory*. Workshop conducted at the ACBS Annual World Conference VIII, Reno, NV.
40. Villatte, M., Monestès, J.L., & **Vilardaga, R.** (2010, June). *Improving clinicians' empathy skills with ACT*. Workshop conducted at the ACBS Annual World Conference VIII, Reno, NV.
41. Stromberg, C., Hayes, S.C., Pistorello, J., **Vilardaga, R.**, Levin, M., Luoma, J. & Kohlenberg, B. (2010, June). Gender differences in the relationship between experiential avoidance and worksite factors. In J. Pistorello (Chair), *AAQ and gender differences: Is whats good for the goose, good for the gander?* Symposium conducted at the ACBS Annual World Conference VIII, Reno, NV.
42. Levin, M., Hayes, S.C., Seeley, J., Plumb, J., Long, D. & **Vilardaga, R.** (2010, June). Smoking cessation and prevention of mental health problems: Discussing two ongoing Projects. In M. Levin (Chair), *Implementing ACT online: Past and future projects*. Symposium conducted at the ACBS Annual World Conference VIII, Reno, NV, USA.
43. Bresee, C., **Vilardaga, R.**, Hayes, Steven C., Kambiz, A. & Yorks, R. (2011, May). *The Psychosis is stabilized!!! now what? Recovery and empowerment approaches in post psychotic depression for persons with schizophrenia*. Workshop conducted at the 27th Annual Assertive Community Treatment Conference, Huntington Beach, CA.
44. Atkins, P., Cairns, D., & **Vilardaga, R.** (2011, July). Self-as-context at work: A qualitative approach to understanding the development of wisdom. In T. Weil (Chair), *New developments in perspective taking research and theory: From acquisition patterns in children to self-as-context at work*. Symposium conducted at the ACBS Annual World Conference IX, Parma, Italy.
45. Jeffcoat, T., **Vilardaga, R.**, Levin, M., & Hayes, S.C. (2011, July). Developing a new protocol to measure deictics framing repertoires in adults. In T. Weil (Chair), *New developments in perspective taking research and theory: From acquisition patterns in children to self-as-context at work*. Symposium conducted at the ACBS Annual World Conference IX, Parma, Italy.
46. **Vilardaga, R.** (2012, May). *Psychological regulation strategies and their relevance in the treatment of severe psychopathology*. Invited talk for the Washington State Association for Contextual Behavioral Science, Seattle, WA.

47. Gilbert, P., Hayes, S.C., Wilson, K.G., Forsyth, J.P., & **Vilardaga, R.** (2012, July). In D. Tirsch (Chair), *Understanding compassion In context: Functional contextual, evolutionary, and clinical dimensions of the science of compassion*. Panel discussion conducted at the 10th Annual World Conference of the Association for Contextual Behavioral Science, Washington DC.
48. **Vilardaga, R.**, Hayes, S.C., Bresee, C., Atkins, D.C., & Alaei, K. (2012, July). Contextual and behavioral factors predicting functional outcome among individuals with severe psychopathology: An experience sampling study. In S.N. Savvides (Chair), *Adapting ACT to new technologies: Methodology and outcomes*. Symposium conducted at the 10th Annual World Conference of the Association for Contextual Behavioral Science, Washington DC.
49. **Vilardaga, R.**, Hayes, S.C., Atkins, D.C., Bresee, C., & Alaei, K. (2012, November). Does it matter to have a psychological repertoire to cope with stressful perceptual experiences? In M. Smoski (Chair), *Emotion regulation in psychopathology: What works for whom*. Symposium conducted at the 46th Annual Convention of the Association for Cognitive and Behavioral Therapies, National Harbor, Washington DC.
50. Bricker, J., Heffner, J.L., **Vilardaga, R.**, Mercer, L.D., Kientz, J. (2014, February). First randomized controlled trial of smartphone applications for smoking cessation: Pilot comparison of acceptance and commitment therapy with NCI's QuitGuide. In J. Bricker (Chair), *Mobile Health for smoking cessation: Ubiquitous technologies with promising impact*. Symposium conducted at the 20th Annual Convention of the Society for Research on Nicotine and Tobacco, Seattle, Washington.
51. Heffner, J.L., **Vilardaga, R.**, Mercer, L.D., Kientz, J., Bricker, J. (2014, February). What app features matter for quitting? Feature-level analysis of a smartphone application for smoking cessation. In J. Bricker (Chair), *Mobile Health for smoking cessation: Ubiquitous technologies with promising impact*. Symposium conducted at the 20th Annual Convention of the Society for Research on Nicotine and Tobacco, Seattle, Washington.
52. **Vilardaga, R.** (Chair), *Rapid Response Paper Session 18*. Symposium conducted at the 20th Annual Convention of the Society for Research on Nicotine and Tobacco, Seattle, Washington.
53. **Vilardaga, R.**, Bricker, J.B., & McDonell, M.G. (2014, June). The promise of mobile technologies and single case designs for the study of individuals in their natural environment. In J. Pistorello (Chair), *ACTing with Technology: Theory and Practice*. Symposium conducted at the ACBS Annual World Conference 12, Minneapolis, MN.
54. **Vilardaga, R.**, Levin, M.E. & Hayes, S.C. (2014, June). The Flexible Connectedness Model: A Contextual Behavioral Framework for Effective Human Interaction. In S.N. O'Neill (Chair), *Perspective Taking: A Conceptual Analysis and Applications*. Symposium conducted at the 12th Annual World Conference of the Association for Contextual Behavioral Science, Minneapolis, MN.
55. **Vilardaga, R.**, Leickly, E., Angelo, F., Lowe, J., Ries, R., & McDonell, M.G. (2014, June). A Process Analysis of Addictive Behaviors in Adults with Co-Occurring Disorders. In J.B. Bricker (Chair), *Making Addiction Treatment Powerful: New Empirical Results on Contextual Processes in Treating Substance Use*. Symposium conducted at the 12th Annual World Conference of the Association for Contextual Behavioral Science, Minneapolis, MN.
56. Bricker, J.B., Heffner, J., **Vilardaga, R.** (2014, June). First randomized controlled trial of smartphone delivered Acceptance and Commitment Therapy (ACT). In M.E. Levin (Chair), *Technology-Based ACT Interventions to Support Large Scale Behavior Change*. Symposium conducted at the 12th Annual World Conference of the Association for Contextual Behavioral Science, Minneapolis, MN.
57. Luoma, J., Guinther, P., **Vilardaga, R.** (2014, June). Self-Criticism, Self-Compassion, and Psychological Flexibility as Predictors of Drinking-Related Behavior. In J.B. Bricker (Chair), *Making Addiction Treatment Powerful: New Empirical Results on Contextual Processes*. Symposium conducted at the 12th Annual World Conference of the Association for Contextual Behavioral Science, Minneapolis, MN.
58. **Vilardaga, R.** (2014, November). *Could clinical behavioral science for people with psychosis be more contextual?*. In B. Gaudiano (Chair), *Next-Generation CBT for Psychosis: Incorporating Mindfulness and Acceptance Into Treatment*. Panel discussant at the 47th Annual Convention of the Association for Cognitive and Behavioral Therapies, Philadelphia, PA.

59. Arean, P., Atkins, D., Bauer, A., Stephens, K., **Vilardaga, R.**, & Villatte, J. (2015, September). *Transformative Health Technologies: What implementation researchers and practitioners need to know about mHealth, Electronic Health Records, and Big Data Analytics*. Workshop presented at the Society for Implementation Research Collaboration, Seattle, 2015.
60. Villatte, J., Fogarty, J., Hofmeester, K., Hsieh, G., Munson, S., **Vilardaga, R.**, (2016, April). Translating Science to Design Practice in Digital Behavior Health Interventions. Panel presented at the 8th Scientific Meeting of the International Society for Research on Internet Interventions, Seattle, WA.
61. Karkar, R., Schroeder, J., Zia, J., **Vilardaga, R.**, Mishra, S.R., Fogarty, J., Munson, S.A., Kientz, J.A. (2016, April). Self-Experimentation in Personalized Health. In S.A. Munson (Chair), *Use of Patient-Generated Data Beyond Self-Regulation*. Paper presented at the 8th Scientific Meeting of the International Society for Research on Internet Interventions, Seattle, WA.
62. Karkar, R. Zia, J., **Vilardaga, R.**, Mishra, S.R., Fogarty, J., Munson, S.A. & Kientz, J.A. (2016, May). A Framework for self-experimentation in personalized health. Presented as a Research Highlight in the Workshop on Interactive Systems in Healthcare (WISH'16) during the 2016 CHI Conference on Human Factors in Computing Systems (CHI'16), San Jose, CA.
63. Larsson, A., **Vilardaga, R.** (2016, June). *Challenges in the application of ACT in clinical psychiatric settings: Empirical data and clinical experiences: Psychosis SIG Sponsored*. Panel discussant at the the 14th World Conference of the Association for Contextual Behavioral Science, Seattle, WA.
64. Dalrymple, K., **Vilardaga, R.** (2016, June). *Delivering ACT in Technology-Based Formats: Outcomes, Processes, and Provider Attitudes*. Panel discussant at the the 14th World Conference of the Association for Contextual Behavioral Science, Seattle, WA.
65. Bhattacharya, A., Munson, S.A., **Vilardaga, R.**, Kientz, J.A., Fogarty, J., & Zia, J.(2016, June). Understanding Requirements for Self-Experimentation to Tailor Effectiveness of Mobile Interventions for Smoking Cessation. In E. Excelmans (Chair), *To blend or not to blend: Advantages of mixing ACT with new technologies*. Symposium conducted at the 14th Annual World Conference of the Association for Contextual Behavioral Science, Seattle, WA.
66. Rizo, J., **Vilardaga, R.**, Kientz, J.A., & Ries, R. (2016, June). Design and Integration of an Ecological Momentary Assessment and Intervention of ACT for Smoking Cessation in those with Chronic Mental Illness (CMI). In J. Rizo (Chair), *Ecological momentary assessments (EMA) to measure ACT processes and behavioral health across populations*. Symposium conducted at the 14th Annual World Conference of the Association for Contextual Behavioral Science, Seattle, WA.
67. **Vilardaga, R.**, Rizo, J., Bhattacharya, A., Zeng, E., Marr, B., Kientz, J.A., & Ries, R. (2017, March). User Testing and N-of-1 Trials of Learn to Quit, a Novel Smoking Cessation App for Chronic Mental Illness. In K. Garrison (Chair), *Development and Testing of Smartphone Apps for Smoking Cessation*. Symposium conducted at the 2017 Annual Meeting of the Society for Research on Nicotine and Tobacco, Florence, Italy.
68. **Vilardaga, R.** (2017, April). New Methods for the Evaluation and Testing of mHealth Interventions. In M. Levy (Chair), *How do you Evaluate Your Solution?* Panel conducted at the 5th mHealth@Duke Annual Conference, Durham, NC.

## Posters

1. Estévez, A., **Vilardaga, R.**, Levin, M.E., & Hayes, S.C. (2009, October). *Conducta relacional dectica, empatía y evitacin experiencial como predictores de anhedonia social en estudiantes universitarios [Deictic framing, empathy and experiential avoidance as predictors of social anhedonia among college students]*. Poster session presented at the II meeting of the Emotions and Well Being Conference organized by the Spanish Society for the Study of Anxiety and Stress, Madrid, Spain.
2. Estévez, A., **Vilardaga, R.**, Levin, M.E., & Hayes, S.C. (2010, June). *La empatía, la evitación experiencial y la conducta relacional deíctica como predictores de la anhedonia social en universitarios [Empathy, experiential avoidance and deictic responding as predictors of social anhedonia among college students]*. Poster session presented at the VII Congreso Iberoamericano de Psicología, Oviedo, Spain.

3. **Vilardaga, R.**, Hayes, S.C., Atkins, D.C., Bresee, C., & Alaei, K. (2012, May). *Doing well in the face of difficult perceptual experiences: Psychological coping in psychosis*. Poster session presented at the 24th Annual Convention of the Association for Psychological Science, Chicago, IL.
4. McDonell, M.G., Leickly, E., Angelo, F., Lowe, J.M., **Vilardaga, R.**, Berretta, N., Wang, S., Esposito, I., Remillard, S., Srebnik, D., Roll, J., & Ries, R. (2013, June). *Ethyl glucuronide immunoassays are accurate at low cutoff levels*. Poster session presented at the 75th annual scientific meeting of the College on Problems of Drug Dependence, San Diego, CA.
5. **Vilardaga, R.**, Bricker, J., Mercer, L.D., & Heffner, J.L. (2014, February). *Improving quitline counseling's impact on smoking cessation: Acceptance and Commitment Therapy counseling processes that predict number of cigarettes smoked per day*. Poster to be presented at the 20th Annual Meeting of the Society for Research on Nicotine and Tobacco, Seattle, WA.
6. Heffner, J.L., Bricker, J., **Vilardaga, R.**, & Kientz, J. (2014, February). *What app features matter for quitting? Feature-level analysis of a smartphone application for smoking cessation*. Poster to be presented at the 20th Annual Meeting of the Society for Research on Nicotine and Tobacco, Seattle, WA.
7. **Vilardaga, R.**, Mercer, L.D., Bricker, J., & Heffner, J.L. (2014, February). Improving quitline counseling's impact on smoking cessation: Acceptance and commitment therapy counseling processes that predict smoking status. Poster presented at the 20th Annual Convention of the Society for Research on Nicotine and Tobacco, Seattle, WA.
8. Heffner, J.L., Mull, K., Mercer, L.D., **Vilardaga, R.**, & Bricker, J., (2014, June). Effects of two telephone-delivered smoking cessation interventions on hazardous drinking rates: ACT versus CBT. Poster presented at the 37th Annual Meeting of the Research Society on Alcoholism, Bellevue, WA.
9. Lowe, J.M., Angelo, F.A., Leickly, E., **Vilardaga, R.**, Wang, S., Srebnik, D., Ries, R.K., & McDonell, M.G. (2014, June). High agreement between low cutoff ethyl glucuronide immunoassay (EtG-I) and self-reported drinking. Poster presented at the 37th Annual Meeting of the Research Society on Alcoholism, Bellevue, WA.
10. Zeng, E.Y., **Vilardaga, R.**, Heffner, J.L., Mull, K.E. & Bricker, J.B. (2015, February). Predictors of utilization of a novel smoking cessation smartphone app. Poster presented at the 20th Annual Convention of the Society for Research on Nicotine and Tobacco, Philadelphia, PA.
11. Zeng, E.Y., **Vilardaga, R.**, Heffner, J.L., Mull, K.E. & Bricker, J.B. (2015, February). Predictors of utilization of a novel smoking cessation smartphone app. Poster presented at the 20th Annual Convention of the Society for Research on Nicotine and Tobacco, Philadelphia, PA.
12. Rizo J., Zeng, E.Y., Kientz J.A., Ries R., **Vilardaga, R.** (2016, February). User experience evaluation of a smoking cessation app in people with Serious Mental Illness. Poster presented at the 21st Annual Convention of the Society for Research on Nicotine and Tobacco, Chicago, IL.
13. Rosenberg, D., Kadoura, E., **Vilardaga, R.** (2016, March). Can inactivity alert features in fitness trackers improve breaks from sitting in obese older adults? Poster presented at the 37th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Washington DC.
14. **Vilardaga, R.**, Zeng, E.Y., Rizo J., Villatte, M., Kientz J.A., Ries R. (2016, April). Designing and deploying Acceptance and Commitment Therapy through digital media: Data and insights from an UX formative evaluation of a smoking cessation app prototype. Poster presented at the 8th Scientific Meeting of the International Society for Research on Internet Interventions, Seattle, WA.
15. **Vilardaga, R.**, Rizo J., Zeng, E.Y., Kientz J.A., Ries R. (2016, April). User experience and formative evaluation of a novel smoking cessation app for people with serious mental illness. Poster presented at the 8th Scientific Meeting of the International Society for Research on Internet Interventions, Seattle, WA.