

COREY R. ROOS

Curriculum Vitae

ACADEMIC APPOINTMENTS

2020 – present Assistant Professor, Yale School of Medicine, Department of Psychiatry
2018 – 2020 Postdoctoral Research Fellow, Yale School of Medicine, Department of Psychiatry
2017 – 2018 Clinical Psychology Fellow, Yale School of Medicine, APA-approved internship
2017 – 2018 Predoctoral Research Fellow, Center on Alcoholism, Substance Abuse, and Addictions
2013 – 2017 Graduate Research Assistant, University of New Mexico, Department of Psychology
2010 – 2013 Post-baccalaureate Research Assistant, Yale School of Medicine, Department of Psychiatry

EDUCATION AND TRAINING

Postdoctoral Training:

Yale University School of Medicine, Department of Psychiatry (2018 – 2020)
Postdoctoral Training Fellowship
Institutional Research Training Grant (T32DA007238-27; PI: Petrakis), National Institute on Drug Abuse
Mentors: Kathleen Carroll, Ph.D., Brian Kiluk, Ph.D., Hedy Kober, Ph.D.

Graduate:

University of New Mexico (2013 – 2018)
Ph.D. in Clinical Psychology, with distinction
Dissertation: Evaluation of a Rolling Mindfulness-Based Relapse Prevention Group in a Residential Substance Abuse Treatment Setting: Short-Term Effectiveness and Processes of Change
Mentor: Katie Witkiewitz, Ph.D.

University of New Mexico (2013 – 2015)
Master of Science: Psychology, with distinction
M.S. Thesis: Patterns of Alcohol-Specific Coping among Individuals with Alcohol Use Disorder: Does Coping Repertoire Matter?
Mentor: Katie Witkiewitz, Ph.D.

Undergraduate:

Stonehill College (2007 – 2010)
Bachelor of Arts in Psychology, Summa cum Laude, with Honors Distinction

HONORS AND AWARDS

- College on Problems of Drug Dependence, Travel Award, 2019
- University of New Mexico Haught Distinguished Graduate Research Lecture Award, 2018
- Best Written Paper by a Clinical Graduate Student, 1st Place, 2018
- Research Society on Alcoholism, Travel Award, 2018
- Student of the Month Award, Addictive Behaviors SIG, Association for Behavioral and Cognitive Therapies, July 2016
- Research Society on Alcoholism, Travel Award, 2016
- Best Written Paper by a Clinical Graduate Student, 1st Place, 2016

- Research and Project Travel Grant, (\$500 awarded each semester), Office of Graduate Studies, 2013-2016
- You Made a Difference Award, Connecticut Mental Health Center, 2012
- Graduation with Honors, Stonehill College, 2010
- Graduation *Summa cum Laude*, Stonehill College, 2010

GRANTS

- 2020 – 2025 Web-Based Mindfulness Treatment to Prevent Relapse to Substance Use
National Center for Complementary and Integrative Health
1K23AT011342-01
Yale University School of Medicine
Role: Principal Investigator
- 2020 - 2023 Development of the Opioid Use Disorder Severity Scale
National Institute on Drug Abuse
1U01DA051639-01
Yale University School of Medicine
Role: Co-Investigator

PUBLICATIONS

Authored Books

1. Witkiewitz, K., **Roos, C. R.**, Colgan, D. D. & Bowen, S. (2017). *Advancements in Psychotherapy: Mindfulness*. Göttingen, Germany: Hogrefe Publishing.

Peer-Reviewed Original Research

1. Van Wattum, P. J., Fabius, C., **Roos, C.**, Smith, C., & Johnson, T. Polypharmacy reduction in youth in a residential treatment center leads to positive treatment outcomes and significant cost savings. *Journal of Child and Adolescent Psychopharmacology* 2013, 23(9): 620 - 627.
2. Fucito, L.M., Toll, B.A., **Roos, C.R.**, King, A.C. Smokers' treatment expectancies predict smoking cessation success. *Journal of Smoking Cessation* 2014, 11(3): 1-7.
3. Maisto, S.A., **Roos, C.R.**, O'Sickey, A.J., Kirouac, M., Connors, G.J., Tonigan, J.S., & Witkiewitz, K. The indirect effect of the therapeutic alliance and alcohol abstinence self-efficacy on alcohol use and alcohol-related problems in project MATCH. *Alcoholism: Clinical and Experimental Research* 2015, 39(3): 504 - 513.
4. Brown, D. B., Bravo, A. J., **Roos, C.R.**, & Pearson, M. R. Five facets of mindfulness and psychological health: Evaluating a psychological model of the mechanisms of mindfulness. *Mindfulness* 2015, 6(5): 1021 - 1032.
5. **Roos, C.R.**, Pearson, M.R., & Brown, D. B. Drinking motives mediate the negative associations between mindfulness facets and alcohol outcomes among college students. *Psychology of Addictive Behaviors* 2015, 29(1): 176 -183.
6. **Roos, C.R.**, Kirouac, M., Pearson, M.R., Fink, B.C., & Witkiewitz, K. Examining temptation to drink

from an existential perspective: Associations among temptation, purpose in life, and drinking outcomes. *Psychology of Addictive Behaviors* 2015, 29(3): 716 - 724.

7. Witkiewitz, K., Hallgren, K.A., O'Sickey, A. J., **Roos, C.R.**, & Maisto, S.A. Reproducibility and differential item functioning of the alcohol dependence syndrome construct across four alcohol treatment studies: An integrative data analysis. *Drug and Alcohol Dependence* 2016, 158: 86 - 93.
8. **Roos, C. R.**, & Witkiewitz, K. Adding tools to the toolbox: The role of coping repertoire in alcohol treatment. *Journal of Consulting and Clinical Psychology* 2016, 84(7): 599 - 611.
9. Witkiewitz, K., **Roos, C.R.**, Pearson, M.R., Hallgren, K.A., Kirouac, M.K., Forcehimes, A.A., Wilson, A.D., Robinson, C.S., McCallion, E., Tonigan, J.S., & Maisto, S.A. How much is too much? Patterns of drinking during alcohol treatment and associations with post-treatment outcomes across three alcohol clinical trials. *Journal of Studies on Alcohol and Drugs* 2016, 78(1): 59 - 69.
10. Maisto, S. A., **Roos, C. R.**, Hallgren, K. A., Moskal, D., Wilson, A. D., & Witkiewitz, K. Do alcohol relapse episodes during treatment predict long-term outcomes? Investigating the validity of existing definitions of alcohol use disorder relapse. *Alcoholism: Clinical and Experimental Research* 2016, 40 (10): 2180 - 2189.
11. **Roos, C.R.**, Mann, K., & Witkiewitz, K. Reward and relief dimensions of temptation to drink: Construct validity and role in predicting differential benefit from acamprosate and naltrexone. *Addiction Biology* 2017, 22(6): 1528 - 1539.
12. Witkiewitz, K., Pearson, M. R., Hallgren, K. A., Maisto, S. A., **Roos, C. R.**, Kirouac, M., ... & Heather, N. Who achieves low risk drinking during alcohol treatment? An analysis of patients in three alcohol clinical trials. *Addiction* 2017, 112 (12): 2112 - 2121.
13. Wilson, A.D., **Roos, C.R.**, Robinson, C.S., Stein, E.R., Manuel, J.A., Enkema, M.C., Bowen, S., & Witkiewitz, K. Mindfulness-based interventions for addictive behaviors: Implementation issues on the road ahead. *Psychology of Addictive Behaviors* 2017, 31(8): 888 - 898.
14. **Roos, C.R.**, Maisto, S.A., Witkiewitz, K. Coping mediates the effects of cognitive-behavioral therapy for alcohol use disorder among outpatient clients in Project Match when dependence severity is high. *Addiction* 2017, 112(9): 1547 - 1557.
15. **Roos, C. R.**, Bowen, S., & Witkiewitz, K. Baseline patterns of substance use disorder severity and depression and anxiety symptoms moderate the efficacy of mindfulness-based relapse prevention. *Journal of Consulting and Clinical Psychology* 2017, 85(11): 1041 - 1051.
16. **Roos, C. R.**, & Witkiewitz, K. A contextual model of self-regulation change mechanisms among individuals with addictive disorders. *Clinical Psychology Review* 2017, 57: 117 - 128.
17. Witkiewitz, K., **C.R., Roos**, Tofighi, D., Van Horn, L. Broad coping repertoire mediates the effect of the combined behavioral intervention on alcohol outcomes in the COMBINE study: an application of latent class mediation. *Journal of Studies on Alcohol and Drugs* 2018, 79 (2): 199 - 207.
18. Mann, K., **Roos, C.R.**, Hoffmann, S., Nakovics, H., Leménager, T., Heinz, A., Witkiewitz, K. Precision medicine in alcohol dependence: a controlled trial testing pharmacotherapy response among reward and relief drinking phenotypes. *Neuropsychopharmacology* 2018, 43 (4), 891 901.

19. Greenfield, B. L., **Roos, C.R.**, Hagler, K. J., Stein, E., Bowen, S., & Witkiewitz, K. Race/ethnicity and racial group composition moderate the effectiveness of mindfulness-based relapse prevention for substance use disorder. *Addictive Behaviors* 2018, 81: 96 - 103
20. Witkiewitz, K., Kirouac, M., **Roos, C. R.**, Wilson, A. D., Hallgren, K. A., Bravo, A. J., Montes, K. S., & Maisto, S. A. Abstinence and low risk drinking during treatment: Association with psychosocial functioning, alcohol use, and alcohol problems three years following treatment. *Psychology of Addictive Behaviors* 2018, 32 (6): 639 - 649.
21. Maisto, S. A., Hallgren, K. A., **Roos, C. R.**, & Witkiewitz, K. Course of remission from and relapse to heavy drinking following outpatient treatment of alcohol use disorder. *Drug and Alcohol Dependence* 2018, 187: 319 - 326.
22. **Roos, C. R.**, Kirouac, M., Stein, E., Wilson, A. D., Bowen, S., & Witkiewitz, K. An open trial of rolling admission mindfulness-based relapse prevention (Rolling MBRP): Feasibility, acceptability, dose-response relations, and mechanisms. *Mindfulness* 2019, 10 (6): 1-12.
23. Witkiewitz, K., Stein, E.R., Votaw, V.R., Wilson, A.D., **Roos, C.R.**, Gallegos, S.J., Clark, V.P. Mindfulness-based relapse prevention and transcranial direct current stimulation to reduce heavy drinking: a double-blind sham-controlled randomized trial. *Alcoholism: Clinical and Experimental Research* 2019, 43 (6): 1296 - 1307.
24. Witkiewitz, K., Wilson, A.D., Pearson, M. R., Montes, K. S., Kirouac, M., **Roos, C. R.**, Hallgren, K. A., & Maisto, S. A. Profiles of recovery from alcohol use disorder at three years following treatment: Can definitions of recovery be extended to include high functioning heavy drinkers? *Addiction* 2019, 114 (1): 69 - 80.
25. **Roos, C.R.**, Stein, E., Bowen, S., Witkiewitz, K. Individual gender and group gender composition as predictors of differential benefit from mindfulness-based relapse prevention for substance use disorders. *Mindfulness* 2019 10 (8): 1560 - 1567.
26. **Roos, C.R.**, Nich, C., Mun, C.J., Mendonca, J., Babuscio, T.A., Witkiewitz, K., Carroll, K.M., Kiluk, B.D. Patterns of cocaine use during treatment: Associations with baseline characteristics and follow-up functioning. *Journal of Studies on Alcohol and Drugs* 2019, 80 (4): 431 - 440.
27. Witkiewitz, K., **Roos, C.R.**, Mann, K., Kranzler, H.R. Advancing precision medicine for alcohol use disorder: a replication and extension of positive naltrexone response among reward drinkers. *Alcoholism: Clinical and Experimental Research* 2019, 43 (11): 2395 - 2405.
28. **Roos, C.R.**, O'Malley, S.S, Brewer, Garrison, K. Baseline craving strength as a prognostic predictor of benefit from smartphone app-based mindfulness training for smoking cessation. *Mindfulness* 2019, 10 (10): 2165 - 2171.
29. Miguel, A.Q.C., Kiluk, B.D., **Roos, C.R.**, Nich, C., Mari, J.J. Carroll, K.M. Employment status over time and cocaine use treatment outcomes: a secondary analysis across six clinical trials. *Journal of Substance Abuse Treatment* 2019, 106: 89 - 96.
30. **Roos, C. R.**, Nich, C., Mun, C. J., Babuscio, T. A., Mendonca, J., Miguel, A. Q., ... & Kiluk, B. D. (2019). Clinical validation of reduction in cocaine frequency level as an endpoint in clinical trials for cocaine use

- disorder. *Drug and Alcohol Dependence*, 205, 107648.
31. Marcovitz, D.E., McHugh, R.K., **Roos, C.R.**, West, J., Kelly, J. F. (2020). Overlapping mechanisms of change between professional psychotherapies and the A.A. program: a review. *Journal of Addiction Medicine*, 14 (5), 367-375.
 32. Martinez, C. P., Edwards, K. A., **Roos, C. R.**, Beitel, M., Eller, A., & Barry, D. T. (2020). Associations among sleep disturbance, pain catastrophizing, and pain intensity for methadone-maintained patients with opioid use disorder and chronic pain. *The Clinical Journal of Pain*, 36(9), 641-647.
 33. **Roos, C. R.**, Carroll, K. M., Nich, C., Frankforter, T., & Kiluk, B. D. (2020). Short-and long-term changes in substance-related coping as mediators of in-person and computerized CBT for alcohol and drug use disorders. *Drug and Alcohol Dependence*, 212, 108044.
 34. Witkiewitz, K., Wilson, A. D., **Roos, C. R.**, Swan, J. E., Votaw, V. R., Stein, E. R., Pearson, M. R., Edwards, K. A., Tonigan, J. S., Hallgren, K. A., Montes, K. S., Maisto, S. A., & Tucker, J. A. (in press). Can individuals with alcohol use disorder sustain non-abstinent recovery? Non-abstinent outcomes 10 years after alcohol use disorder treatment. *Journal of Addiction Medicine*.
 35. **Roos, C.R.**, Bowen, S., & Witkiewitz, K. (2020). Approach coping and substance use outcomes following mindfulness-based relapse prevention among individuals with negative affect symptomatology. *Mindfulness*, 11(10), 2397-2410.
 36. Morie, K. P., Potenza, M. N., Beitel, M., Oberleitner, L. M., **Roos, C. R.**, Yip, S. W., Oberleitner, D.E., Gaeta, M., Barry, D. T. (2020). Alexithymia and pain experience among patients using methadone-maintenance therapy. *Drug and Alcohol Dependence*, 218, 108387.
 37. Maisto, S.A., Hallgren, K.A., **Roos, C.R.**, Swan, J.E., Witkiewitz, K. (2020). Patterns of transitions between relapse to and remission from heavy drinking over the first year after outpatient alcohol treatment and their relation to long-term outcomes. *Journal of Consulting and Clinical Psychology*, 88(12), 1119–1132.
 38. **Roos, C. R.**, Kober, H., Trull, T. J., MacLean, R. R., & Mun, C. J. (2020). Intensive longitudinal methods for studying the role of self-regulation strategies in substance use behavior change. *Current Addiction Reports*, 7, 301-316.
 39. Witkiewitz, K., Wilson, A. D., Pearson, M. R., **Roos, C. R.**, Swan, J. E., Votaw, V. R., ... & Tucker, J. A. (in press). A bridge to nowhere: resistance to the possibility of some heavy drinking during recovery and the potential public health implications. *Journal of Addiction Medicine*.
 40. **Roos, C. R.**, Bold, K. W., Witkiewitz, K., Leeman, R. F., DeMartini, K. S., Fucito, L. M., ... & O'Malley, S. S. (in press). Reward drinking and naltrexone treatment response among young adult heavy drinkers. *Addiction*.
 41. Lichenstein, S.D.*, **Roos, C.R.***, Kohler, R., Kiluk, B., Carroll, K.M., Worhunsky, P.D., Witkiewitz, K., Yip, S.W. (in press). Identification and validation of distinct latent neurodevelopment profiles in the Adolescent Brain and Cognitive Development study. *Biological Psychiatry: Cognitive Neuroscience and Neuroimaging*. *indicates equal contributions
 42. Marcovitz, D.E., McHugh, R.K., **Roos, C.R.**, West, J., Kelly, J. F. Overlapping mechanisms of change

between professional psychotherapies and the A.A. program: a review. *Journal of Addiction Medicine*, in press.

43. **Roos, C.R.**, Nich, C., Mun, C.J., Babuscio, T.A., Mendonca, J. Miguel, A.Q.C., DeVito, E.E., Yip, S.W., Witkiewitz, K., Carroll, K.M., Kiluk, B.D. Clinical validation of reduction in cocaine frequency level as an endpoint in clinical trials for cocaine use disorder. *Drug and Alcohol Dependence*, in press.
44. Sala, M., Roos, C. R., Brewer, J. A., & Garrison, K. A. (2021). Awareness, affect, and craving during smoking cessation: An experience sampling study. *Health Psychology*.
45. Sala, M., Vanzhula, I., Roos, C., & Levinson, C. A. (2021). Mindfulness and Eating Disorders: A Network Analysis. *Behavior Therapy*.
46. Sala, M., Roos, C. R., Crochiere, R. J., Butryn, M. L., Juarascio, A. S., Manasse, S. M., & Forman, E. M. (2021). Real-time fluctuations in mindful awareness, willingness, and values clarity, and their associations with craving and dietary lapse among those seeking weight loss. *Journal of Contextual Behavioral Science*.
47. Roos, C. R., Sala, M., Kober, H., Vanzhula, I. A., & Levinson, C. A. (2021). Mindfulness-based interventions for eating disorders: The potential to mobilize multiple associative-learning change mechanisms. *International Journal of Eating Disorders*.
48. Maisto, S. A., Hallgren, K. A., Swan, J. E., Roos, C., & Witkiewitz, K. (2021). Within-AUD outpatient treatment heavy drinking transitions and associations with long-term outcomes. *Drug and Alcohol Dependence*, 228, 108968.
49. Kiluk, B. D., Roos, C. R., Aslan, M., Gueorguieva, R., Nich, C., Babuscio, T. A., & Carroll, K. M. (2021). Detecting change in psychiatric functioning in clinical trials for cocaine use disorder: sensitivity of the Addiction Severity Index and Brief Symptom Inventory. *Drug and Alcohol Dependence*, 228, 109070.

Chapters and Reviews

50. Witkiewitz, K., **Roos, C. R.**, Colgan, D. D. & Bowen, S. Advancements in Psychotherapy: Mindfulness. Göttingen, Germany: Hogrefe Publishing, 2017.
51. Bowen, S., Enkema, M., **Roos, C.R.**, Douglas, H., Harrop, E., Kholodkov, T., & Witkiewitz, K. Addictive disorders. In The Psychology of Meditation: Research and Practice, ed. M. West, Oxford University Press New York, NY, 2016, pp. 177 - 192.
52. Pearson, M. R., **Roos, C.R.**, Brown, D. B., & Witkiewitz, K. Neuroscience and mindfulness-based interventions: Translating neural mechanisms to addiction treatment. In Neuroimaging and Psychosocial Addiction Treatment: An Integrative Guide for Researchers and Clinicians, eds. S. W. Feldstein-Ewing, K. Witkiewitz, & F. M. Filbey, Palgrave Macmillan, New York, NY, 2015. pp. 85 - 96.

Invited Editorials and Commentaries

53. Mann, K., **Roos, C. R.**, & Witkiewitz, K. Response to Letter to Editor (Precision medicine in alcohol dependence: evidence of efficacy and initial support for comparative effectiveness). *Neuropsychopharmacology* 2018, 43 (9): 1801 - 1802.

Treatment Manuals

54. **Roos, C. R.**, Witkiewitz, K., & Bowen, S. (2018) Mindfulness-Based Relapse Prevention: An Adaptation for an Open, Rolling Group.

ADVANCED CLINICAL TRAINING

- Dialectical Behavior Therapy Seminar (2017)
- Community Reinforcement Approach for Alcohol Use Disorder Seminar (2016)
- Cognitive-Behavioral Therapy for Panic Disorder Seminar (2016)
- Cognitive-Behavioral Therapy for Eating Disorders Seminar (2016)
- Suicide Prevention Workshop (2015)
- Motivational Interviewing Course (2015)
- Motivational Interviewing in a VA Setting Workshop (2015)
- Acceptance and Commitment Therapy Training (2015)
- Mindfulness-Based Relapse Prevention Training (2014)
- Brief Alcohol Screening, and Intervention with College Students Workshop (2014)
- Cognitive Behavioral Treatment for Alcohol Use Disorders Training (2014)
- Treating Adolescent Substance Abuse Workshop (2014)

TEACHING EXPERIENCE

- 2015 Introduction to Statistics
- Taught undergraduate course at University of New Mexico
- 2016 Mindfulness-Based Relapse Prevention Workshop
- Co-led experiential clinical training workshop along with Dr. Sarah Bowen and Dr. Katie Witkiewitz at the Collaborative Perspectives on Addiction Meeting, March 2016
- 2020 Mindfulness-Based Relapse Prevention All-Day Training for Clinicians (Virtual)
- Co-led experiential clinical training workshop (via ZOOM) with Dr. Michael Gawrysiak

PROFESSIONAL SERVICES

Ad-hoc Reviewer for Peer-Reviewed Journals: *Mindfulness; Journal of Clinical and Consulting Psychology; Psychology of Addictive Behaviors; Journal of Medical Internet Research mHealth and uHealth; Journal of Addictive Diseases; Complementary Therapies in Clinical Practice; Journal of Immigrant and Minority Health; Journal of Substance Abuse Treatment; Addictive Behaviors; British Journal of Clinical Psychology; Journal of Behavioral Addictions*

COMMUNITY SERVICES AND ACTIVITIES

- Founder of *MindfulChairYoga.com*, a YouTube channel with free chair-based mindful yoga practices
- Certified Yoga Teacher, 200-hour training at Kripalu Yoga Center
- Led free mindfulness and yoga classes for staff at Connecticut Mental Health Center, 2011-2013
- Led chair yoga classes for patients at the Connecticut Mental Health Center, 2012-2013
- Founder of UNM Psychology Department Meditation Club, 2014-2017
- Founder of UNM Psychology Department Peer Support Group, 2016- 2017