Date: 7/7/2025

Alexander R. Daros, Ph.D., C.Psych
Curriculum Vitae

Department of Psychology
University of Windsor
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ACADEMIC POSITIONS

2024 – **Core Principal Member,** WE-Spark Health Institute
Windsor, ON, Canada

2023 – **Assistant Professor**, Department of Psychology, University of Windsor
Windsor, ON, Canada

2019 – 2023 **Postdoctoral Research Fellow**, Centre for Addiction and Mental Health
Toronto, ON, Canada

2017 – 2018 **Postdoctoral Research Fellow**, University of Virginia
Charlottesville, VA, USA

EDUCATION

2012 – 2017 **Ph.D., Psychology with Clinical Training Extension**, University of Toronto

2011 – 2012 **M.A., Psychology**, University of Toronto

2005 – 2009 **Hon. B.Sc., Psychology and Human Biology,** University of Toronto

ACTIVE GRANTS

2024 – 2025 **Igniting Discovery Grant, WE Spark Health Institute**
Project title: *Feasibility and acceptability of a self-guided internet-delivered DBT intervention for adolescents and adults with mental health challenges.* Amount Awarded: $16,000 CAD
Role: PI; Collaborators: Jenn Voth, Josh Strong-Gates, Laura Reid (Hotel Dieu Grace Healthcare)

2024 – 2026 **Insight Development Grants, Social Sciences and Humanities Research Council**
Project title: *A multimethod investigation to improve the assessment of emotion dysregulation.*
Amount Awarded: $70,336 CAD
Role: PI; Collaborators: Antonio Pascual-Leone, Skye Fitzpatrick

2024 – 2029 **Project Grant, Canadian Institutes of Health Research**
Project title: *A randomized controlled trial testing SAGE: A couple intervention for borderline personality disorder*. Amount Awarded: $952,425 CAD
Role: Co-Investigator. PI: Skye Fitzpatrick (York University)

COMPLETED GRANTS

2023 – 2024 **Spring Fever Pitch, Homewood Research Institute**
Project title: *Feasibility, acceptability, and potential efficacy of an adjunct digital health solution to standard dialectical behavior therapy.* Amount Awarded: $5,500 CAD
Role: Nominated Principal Applicant. PI: Lena Quilty. Collaborator: Chelsey Wilks

2021 – 2023 **Insight Development Grants, Social Sciences and Humanities Research Council**
Project title: *Reliability and validity of a new measure of facial emotion recognition and intensity perception.* Amount Awarded: $63,750 CAD
Role: Collaborator. PI: Anthony Ruocco (University of Toronto)

2022 – 2023 **CAMH Gifts of Light, Innovation Expo 2022**
Project title: *Wise Minds: A digital repository for DBT skills training co-created with individuals with lived experience.* Amount Awarded: $50,000 CAD.
Role: Project Lead. Co-leads: Lena Quilty, Matthew Sloan

2021 – 2023 **Early Adopter Health Network, Ontario Bioscience Innovation Organization**
Project title: *Effects of a Mindfulness App for Outpatients Waitlisted for Psychological Services*.
Amount Awarded: $25,000 CAD.
Role: Co-PI. Co-PI: Lena Quilty. Co-I: Bechara Saab

2021 – 2023 **Fellowship Award, Canadian Institutes of Health Research**
Project title: *The Pocket Skills Project: A digital health solution for adults with concurrent disorders.* Amount Awarded: $110,000 CAD
Role: Nominated Principal Applicant. PI: Lena Quilty. Collaborator: Chelsey Wilks

2020 – 2021 **Talent Development Award, CAMH Discovery Fund**
Project title: *Using smartphone technology to examine the role of emotion regulation in cognitive behavioural therapy for depression.* Amount Awarded: $65,000 CAD
Role: Nominated Principal Applicant. PIs: Lena Quilty, Jeffrey Wardell.

2020 **Mental Health Priority Area, Wellcome Trust**
Project title: *Insight analysis into core components underpinning interventions for youth depression or anxiety.* Amount Awarded: $34,006 CAD
Role: PI. Co-PI: Lena Quilty. Collaborator: Sasha Haefner

PUBLICATIONS

Peer Reviewed, Published Journal Articles

**Indicates trainee under direct supervision*

1. **Daros, A.R.,** Paramasivam, T.,* Sadek, M.,* Wilks, C.R., & Quilty, L.C. (in press). Predictors of internet-delivered dialectical behavior therapy dropout, engagement, and treatment outcome in individuals with alcohol and substance use disorders. *Substance Use & Misuse.* DOI

2. **Daros, A.R.,** Patel, A., Otevwe, O.*, Sotelo, S., Saab, B.J., & Quilty, L.C. (2025). Acceptability, engagement, outcomes, and dose-response associations of a mindfulness-based meditation app in individuals waiting for psychological services. *BMC Digital Health*, *3,* 19. DOI

3. Pourjafari, P.,* Sadek, M.,* Paramasivam, T.,* & **Daros, A.R.** (2025). How well does the Difficulties in Emotion Regulation Scale measure emotion dysregulation beyond psychopathology? A scoping review and synthesis of its construct validity. *Journal of Psychopathology and Behavioural Assessment, 47,* 46. DOI | Open Materials

4. Kenny, S., Robillard, R., Saad, M., Kendzerska, T., Quilty, L., Solomonova, E., Lee, E., **Daros, A.R.,** Godbout, R., Pennestri, M-H. (2025). The association between sleep and eating disorders in Canada before and during the first wave of the COVID-19 Pandemic. *Journal of Affective Disorders Reports, 19,* 100860. DOI

5. Guerriero, G., Liljedahl, S., Carlsen, H.K., Munoz, M.L., **Daros, A.R.,** Ruocco, A.C., & Steingrimsson, S. (2024). Transcutaneous vagus nerve stimulation (tVNS) to acutely reduce emotional vulnerability and improve emotional regulation in borderline personality disorder (tVNS-BPD): Study protocol for a randomized, single-blind, sham-controlled trial. *Trials*, *25,* e397. DOI

6. **Daros, A.R.,** Guimond, T.H., Yager, C., Palermo, E.H., Wilks, C.R., & Quilty, L.C. (2024). Feasibility, acceptability, and potential efficacy of a self-guided, Internet-delivered dialectical behavior therapy intervention for substance use disorders: A randomized controlled trial. *JMIR Mental Health*, *11,* e50399. DOI

7. Slyepchenko, A., Uher, R., Ho, K., Hassel, S., Matthews, C., Lukus, P.K., **Daros, A.R.,** Minarik, A., Placenza, F., Li, Q.S., Rotzinger, S., Parikh, S.V., Foster, J.A., Turecki, G., Muller, D.J., Taylor, V.H., Quilty, L.C., Milev, R., Soares, C.N., Kennedy, S.H., Lam, R.W., & Frey, B.N. (2023). A standardized workflow for long-term longitudinal actigraphy data processing using one year of continuous actigraphy from the CAN-BIND Wellness Monitoring Study. *Scientific Reports, 13,* 15300. DOI

8. Beltzer, M.L., Daniel, K.E., **Daros, A.R.,** & Teachman, B.A. (2023). Changes in learning from social feedback after web-based interpretation bias modification: Secondary analysis of a digital mental health intervention among individuals with high social anxiety symptoms. *JMIR Formative Research*, 7, e44888. DOI

9. Patel, A., **Daros A.R.,** Irwin, S.H., Lau, P., Hope, I.M., Perkovic, S., Laposa, J.M., Kloiber, S., & Quilty, L.C. (2023). Changes in rumination during cognitive behavioral therapy for depression: Impact of distress tolerance and service delivery changes during COVID-19. *Journal of Affective Disorders*, *339*, 74-81. DOI

10. **Daros, A.R.,** Wardell, J.D., & Quilty, L.C. (2023). Multilevel associations of emotion regulation strategy use during virtual psychotherapy for depression: A longitudinal study. *Journal of Affective Disorders, 338,* 107-118. DOI

11. **Daros, A.R.,** Wilks, C.R., & Quilty, L.C. (2023). Lessons learned during an initial feasibility trial of digital dialectical behavior therapy skills training in outpatients with concurrent disorders. *DBT Bulletin, 7,* 17-22. Link [Invited Paper]

12. Ladis, I., Toner, E.R., **Daros, A.R.**, Daniel, K.E., Boukhechba, M., Chow, P.I., Barnes, L.E., Teachman, B.A., & Ford, B.Q. (2023). Assessing emotion polyregulation in daily life: Who uses it, when is it used, and how effective is it? *Affective Science*, *4*, 248–259. DOI | Open Materials

13. Beltzer, M.L., Daniel, K.E., **Daros, A.R.,** & Teachman, B.A. (2023). Examining social reinforcement learning in social anxiety. *Journal of Behavior Therapy and Experimental Psychiatry, 80,* 101810. DOI

14. Ladis, I., **Daros, A.R**., Boukhechba, M., Daniel, K.E., Chow, P.I., Beltzer, M.L., Barnes, L.E., & Teachman, B.A. (2022). When and where do people regulate their emotions? Patterns of emotion regulation in unselected and socially anxious young adults. *Journal of Social and Clinical Psychology*, *41*(4), 326-364. DOI | Open Materials

15. **Daros, A.R.,** Pereira, B.J., Khan, D., Ruocco, A.C., Quilty, L.C., & Wardell, J. D. (2022). Daily associations between cannabis use and alcohol use in young adults: The moderating role of self-report and behavioral measures of impulsivity. *Addiction Research and Theory, 30*(2), 79-88. DOI

16. Beltzer, M.L., Ameko, M.W., Daniel, K.E., **Daros, A.R.,** Boukhechba, M., Barnes, L.E., & Teachman, B.A. (2022). Building an emotion regulation recommender algorithm for socially anxious individuals using contextual bandits. *British Journal of Clinical Psychology, 61*(S1), 51-72. DOI

17. **Daros, A.R.,** Haefner, S.A., Asadi, S., Kazi, S., Rodak, T., & Quilty, L.C. (2021). A meta-analysis of emotional regulation outcomes in psychological interventions for youth with depression and anxiety. *Nature Human Behaviour, 5*, 1443–1457. DOI | Open Materials | Video | Interview

18. Robillard, R., **Daros, A.R.,** Phillips, J.L., Pennestri, M-H., Saad, M., Kendzerska, T., Edwards, J.D., Solomonova, E., Porteous, M., Bhatla, R., Godbout, R., Yazji, B., Boafo, A., & Quilty, L. (2021). Impact of COVID-19 on mental health in people with pre-existing mental disorders: A Canadian multi-site case-control study. *The Canadian Journal of Psychiatry*, *66*(9), 815-826. DOI

19. **Daros, A.R**., & Ruocco, A.C. (2021). Which emotion regulation strategies are most associated with trait emotion dysregulation? A transdiagnostic examination. *Journal of Psychopathology and Behavioral Assessment, 43*(3), 478-490. DOI

20. Robillard, R., Dion, K., Pennestri, M-H., Solomonova, E., Lee, E., Saad, M., Murkar, A., Godbout, R., Edwards, J.D., Quilty, L., **Daros, A.R.,** Bhatla, R., & Kendzerska, T. (2021). Profiles of sleep changes during the COVID-19 pandemic and their relation to behavioral and psychological factors. *Journal of Sleep Research, 30*(1), e13231. DOI

21. Robillard, R., Saad, M., Edwards, J., Solomonova, E., Pennestri, M-H., **Daros, A.,** Veissière, S.P.L., Quilty, L., Dion, K., Nixon, A., Phillips, J., Bhatla, R., Spilg, E., Godbout, R., Yazji, B., Rushton, C.H., Gifford, W., Gautam, M., Boafo, A., & Kendzerska, T. (2020). Social, financial, and psychological stress during an emerging pandemic: Preliminary observations from a population web-based longitudinal survey on COVID-19. *BMJ Open 10*(2), e043805. DOI

22. Daniel, K.E., Goodman, F.R., Beltzer, M.L., **Daros, A.R.,** Boukhechba, M., Barnes, L.E., & Teachman, B.A. (2020). Emotion malleability beliefs and emotion experience and regulation in the daily lives of people with high trait social anxiety. *Cognitive Therapy and Research, 44*(6), 1186-1198. DOI | Open Materials

23. Thiruchselvam, T., Patel, A., **Daros, A.R.,** Jain, E., Asadi, S., Laposa, J., Kloiber, S., & Quilty, L.C. (2020). A multidimensional investigation of anxiety sensitivity and depression outcomes in cognitive-behavioral group therapy. *Psychiatry Research, 293,* 113446. DOI

24. Daniel, K.E., **Daros, A.R.,** Beltzer, M.L., Boukhechba, M., Barnes, L.E., & Teachman, B.A. (2020). How anxious are you right now? Using ecological momentary assessment to evaluate the effects of cognitive bias modification for social threat interpretations. *Cognitive Therapy and Research, 44*(3), 538-556. DOI | Open Materials

25. **Daros, A.R.,** Daniel, K.E., Boukhechba, M., Chow, P.I., Barnes, L.E., & Teachman, B.A. (2020). Relationships between trait emotion dysregulation and emotional experiences in daily life: An experience sampling study. *Cognition and Emotion, 34*(4), 743-755. DOI | Open Materials

26. **Daros, A.R.**, Rodrigo, A.H., Norouzian, N., Darboh, B., McRae, K., & Ruocco, A.C. (2020). Cognitive reappraisal to negative images in women with borderline personality disorder: Content analysis, perceived effectiveness, and diagnostic specificity. *Journal of Personality Disorders, 34*(2), 199-215. DOI

27. Ruocco, A.C., **Daros, A.R.**, Chang, J., Rodrigo, A.H., Lam, J., Ledochowski, J., & McMain, S.H. (2019). Clinical, personality and neurodevelopmental phenotypes in borderline personality disorder: A family study. *Psychological Medicine, 49*(12), 2069-2080. DOI

28. **Daros, A.R.,** Daniel, K.E., Meyer, M.J., Chow, P.I., Barnes, L.E., & Teachman, B.A. (2019). Impact of social anxiety and social context on college students' emotion regulation strategy use: An experience sampling study. *Motivation and Emotion, 43*(5), 844-855. DOI | Open Materials

29. **Daros, A.R.**, & Williams, G.E. (2019). A meta-analysis and systematic review of emotion regulation strategies in borderline personality disorder. *Harvard Review of Psychiatry, 27*(4), 217-232. DOI

30. Boukhechba, M., **Daros, A.R.**, Fua, K., Chow, P.I., Teachman, B.A., & Barnes, L.E. (2018). DemonicSalmon: Monitoring the mental health and social interactions of college students using smartphones. *Smart Health, 9-10*, 192-203. DOI | Open Materials

31. **Daros, A.R.**, Williams, G.E., Jung, S., Turabi, M., Uliazsek, A.A., & Ruocco, A.C. (2018). More is not always better: Strategies to regulate negative mood induction in women with borderline personality disorder and depressive and/or anxiety disorders. *Personality Disorders: Theory, Research, and Treatment, 9*, 530-542. DOI | Open Materials

32. **Daros, A.R.**, Guevara, M., Uliaszek, A.A., McMain, S.F., & Ruocco, A.C. (2018). Cognitive emotion regulation strategies in borderline personality disorder: Diagnostic comparisons and associations with potentially harmful behaviors. *Psychopathology, 51*, 82-95. DOI

33. Fredericks, B., Uliaszek, A.A., & **Daros, A.R.** (2017). Goal orientation, emotion regulation strategies, and affective responses. *North American Journal of Psychology, 19,* 21-34.

34. **Daros, A.R**., Ruocco, A.C., & Rule, N.O. (2016). Identifying mental disorder from the faces of women with borderline personality disorder. *Journal of Nonverbal Behavior, 40*, 255-281. DOI

35. Williams, G.E., **Daros, A.R.,** Graves, B., McMain, S.F., Links, P.S., & Ruocco, A.C. (2015). Executive functions and social cognition in highly lethal self-injuring patients with borderline personality disorder. *Personality Disorders: Theory, Research, and Treatment, 6,* 107-116. DOI

36. Ruocco, A.C., Rubin, L.H., Reilly, J.L., **Daros, A.R.,** Gershon, E.S., Tamminga, C.A., Pearlson, G.D., Hill, K.S., Keshavan, M.S., Gur, R.C., & Sweeney, J.A. (2014). Emotion recognition deficits in schizophrenia-spectrum disorders and psychotic bipolar disorder: Findings from the Bipolar-Schizophrenia Network on Intermediate Phenotypes (B-SNIP) Study. *Schizophrenia Research, 158,* 105-112. DOI

37. **Daros, A.R.,** Ruocco, A.C., Reilly, J.L., Harris, M.S.H., & Sweeney, J.A. (2014). Facial emotion recognition in first-episode of schizophrenia and bipolar disorder with psychosis. *Schizophrenia Research, 153*(1-3)*,* 32-37. DOI

38. Kessler, Y., Vandermorris, S., Gopie, N., **Daros, A.,** Winocur, G., & Moscovitch, M. (2014). Divided attention improves delayed, but not immediate retrieval of a consolidated memory. *PLoS One, 9,* e91309. DOI

39. **Daros, A.R.,** Zakzanis, K.K, & Rector, N.A. (2014). A quantitative analysis of facial emotion recognition in obsessive-compulsive disorder. *Psychiatry Research, 215,* 514-521. DOI

40. **Daros, A.R.,** Uliaszek, A.A., & Ruocco, A.C. (2014). Perceptual biases in emotion recognition in borderline personality disorder. *Personality Disorders: Theory, Research, and Treatment, 5*, 79-87. DOI

41. **Daros, A.R.,** Zakzanis, K.K., & Ruocco, A.C. (2013). Facial emotion recognition in borderline personality disorder. *Psychological Medicine, 43,* 1953-1964. DOI

42. Rector, N.A., **Daros, A.R.**, Bradbury, C.L., & Richter, M.A. (2012). Disgust recognition deficit in obsessive-compulsive disorder: Diagnostic comparisons and post-treatment effects. *Canadian Journal of Psychiatry, 57,* 177-183. DOI

43. Yeomans, J.S., Bosch, D., Alves, N., **Daros, A.**, Ure, R.J., & Schmid, S. (2010). GABA receptors and prepulse inhibition of acoustic startle in mice and rats. *European Journal of Neuroscience*, *31*, 2053-2061. DOI

Peer Reviewed, Published Conference Papers

1. Ameko, M.K., Cai, L., Boukhechba, M., **Daros, A.R.,** Chow, P.I., Teachman, B.A., Gerber, M., Barnes, L.E. (2018, March). Cluster-based approach to improve affect recognition from passively sensed data. IEEE Conference on Biomedical and Health Informatics, Las Vegas, NV. DOI

Book Chapters

1. Lipsitz, O., **Daros, A.R.,** Taggar, A., & Ruocco, A.C. (2024). Change in emotion appraisal and reappraisal in psychotherapy. In: A. C. Samson, D. Sander, & U. Kramer (Eds.), *Change in Emotion and Mental Health* (pp. 259-283). Elsevier Inc. Link

2. **Daros, A.R.,** & Rule, N.O. (2021). Nonverbal Communication in a Clinical Context: The Case of Psychotherapy. In: C. J. Liberman & J. Wrench (Eds.), *Casing Nonverbal Communication* (pp. 25-46). Kendall Hunt Publishing Company. Link

Manuscripts Under Review or in Preparation

1. Huang, O.C.,* **Daros, A.R.,** Southward, M.S., Wardell, J.D., & Quilty, L.C. (in preparation). Relationships between state contextual features and emotion regulation and depressive symptoms during psychotherapy.

2. Huang, O.C.,* Patel, A., Saab, B., **Daros, A.R.,** & Quilty, L.C. (in preparation). Examining social determinants of health as predictors of engagement and outcome in a mindfulness app trial.

3. Downie, D., **Daros, A.R.,** Wilks, C.R., & Quilty, L.C. (in preparation). Multilevel associations between skills use, engagement, and treatment outcome in self-guided internet-delivered dialectical behavior therapy for substance use disorders.

Other Publications

1. Leon, J., Linova, R., Squires, J., & **Daros, A.** (2014). *Mental Health Report.* Graduate Architecture Landscape and Design Student Union Mental Health Initiative. Link

CONFERENCE ACTIVITIES

Symposia Presentations and Talks

1. Klimkowski, V., Louati, K., Kendzerska, T., Solomonova, E., Pennestri, M.H., Lee, E., Saad, M., Quilty, L., **Daros, A.R.,** Bhatla, R., & Robillard, R. (2025, March). The effects of age and sleep on anxiety and stress within the context of the COVID-19 pandemic. 12th Congress of the Canadian Sleep Society, National Conference, Montréal, Canada.

2. **Daros, A.R.,** Patel, A., Sotelo, S., Saab, B. & Quilty, L.C. (2024, June). Perceptions and engagement with a mindfulness-based meditation app in those waiting for outpatient and community care. 12th Annual International Society for Research on Internet Interventions. Limerick, Ireland.

3. **Daros, A.R.,** Paramasivam, T., & Quilty, L.C. (2024, June). Internet-delivered dialectical behavior therapy for individuals with alcohol and substance use disorders: Predictors of engagement, dropout, and symptom change. 12th Annual International Society for Research on Internet Interventions. Limerick, Ireland.

4. **Daros, A.R.,** Guimond, T.H., Yager, C., Wilks, C.R. & Quilty, L.C. (2023, June). Feasibility, acceptability, and potential efficacy of Pocket Skills: A self-guided, web-based dialectical behavior therapy

intervention for people with substance use problems. Flash talk at the 2nd Annual Society for Digital Mental Health Conference. [virtual].

5. Patel, A., **Daros, A.R.,** Irwin, S.H., Laposa, J.M., Kloiber, S., & Quilty, L.C. (2023, June). Associations between rumination, depression, and distress tolerance during CBT treatment for depression in a tertiary care setting. Snapshot Talk at the 84th Canadian Psychological Association, Toronto, ON.

6. **Daros, A.R.** (2022, November). Emotion regulation strategies as predictors of depressive symptom improvement during psychotherapy: Evidence from intensive longitudinal assessment. In: **Daros, A.R.** (Chair), Wyatt, K., Kaur, K., Fruhbauerova, M., & Eustis, E.H. Mechanisms of treatment in action: Using innovative methods to examine symptom change across cognitive-behavioral interventions. 56th Association for Behavioral and Cognitive Therapies, New York, NY.

7. **Daros, A.R.,** Wilks, C.R., & Quilty, L.C. (2022, November). Lessons learned from an initial feasibility trial of digital dialectical behavior therapy skills training in outpatients with concurrent disorders. Flash talk at the 27th International Society for the Improvement and Teaching of Dialectical Behavior Therapy, New York, NY.

8. Beltzer, M.L., Daniel, K.E., **Daros, A.R.,** & Teachman, B.A. (2022, September). Social reinforcement learning parameters change with web-based interpretation bias modification. Presented at the 11th meeting of the International Society for Research on Internet Interventions. Pittsburgh, PA.

9. **Daros, A.R.** (2022, September). Emotion regulation as an active ingredient across interventions for depression and anxiety. In: Bennett, M. (Chair), Beames, J., Dunning, D., Knight, R., **Daros, A.R.,** & Ahmed, S. Identifying active ingredients in effective interventions for adolescent mental health: Prevention, intervention, and relapse management. 52nd European Association for Behavioral and Cognitive Therapies, Barcelona, Spain.

10. **Daros, A.R.,** Yager, C., Guimond, T., Wilks, C.R., & Quilty, L.C. (2022, April). The Pocket Skills Project: A digital health solution delivering dialectical behavior therapy to adults with concurrent disorders. CAMH Digital Health Research Symposium, Toronto, ON. [virtual]

11. Ladis, I., **Daros, A.R.,** Boukhechba, M., Daniel, K.E., Chow, P. I., Beltzer, M.L., Barnes, L.E., & Teachman, B.A. (2021, May). When and where do people regulate their emotions? Emotion regulation patterns in unselected and socially anxious young adults. 33rd Association for Psychological Science. [virtual]

12. Robillard, R., Dion, K., Pennestri, M., Solomonova, E., Lee, E., Saad, M., … **Daros, A.**, Bhatla, R., & Kendzerska, T. (2020, November). How the COVID-19 pandemic changed the way Canadians sleep: Associated changes in symptoms of stress, anxiety, and depression. Department of Psychiatry Research Day, University of Ottawa. [virtual]

13. Robillard, R., **Daros, A.,** Phillips, J., Porteous, M., Saad, M., Pennestri, M.H., … & Quilty, L. (2020, November). Emerging new psychiatric symptoms and the worsening of pre-existing mental disorders during the COVID-19 pandemic: A Canadian multi-site study. Department of Psychiatry Research Day, University of Ottawa. [virtual]

14. **Daros, A.R.** (2020, March). Beyond borders: Delivering mobile dialectical behavioral therapy to help people build skills to navigate the world. 9th E-Mental Health Conference. Toronto, ON.

15. Beltzer, M.L., Daniel, K.E., **Daros, A.R.,** Barnes, L.E., & Teachman, B.A. (2019, November). Using social feedback to update expectancies of future performance: An investigation in social anxiety. 53rd Association of Behavioral and Cognitive Therapies, Atlanta, GA, November 21-24.

16. **Daros, A.R.** (2018, November). Inefficient selection of emotion regulation strategies in borderline personality disorder following mood induction: Diagnostic comparisons and associations with physiological reactivity. 52nd Association of Behavioral and Cognitive Therapies, Washington, DC.

17. Ameko, M.K., Cai, L., Boukhechba, M., **Daros, A.R.,** Teachman, B.A., Barnes, L.E. (2017, December). Multimodal profiling for affect prediction. Black in AI Workshop. 31st Neural Information Processing Systems Conference, Long Beach, CA.

18. **Daros, A.R.,** & Ruocco, A.C. (2015, June). Familial relationships of emotion regulation strategies in borderline personality disorder. 76th Canadian Psychological Association Meeting, Ottawa, ON.

19. Ruocco, A.C., & **Daros, A.R.** (2013, April). Facial emotion recognition in borderline personality disorder: Findings of a meta-analysis and a study of emotional acuity. North American Society for the Study of Personality Disorders, Chicago, IL.

Conference Posters

1. Downie, D., **Daros, A.R.,** Wilks, C.R., & Quilty, L.C. (2025, November). Do expectations shape outcomes? Examining the role of credibility and expectancy in a digital DBT intervention for substance use disorders. E-Mental Health Conference. **[Submitted]**

2. Huang, O.C-H.,* Patel, A., **Daros, A.R.,** Saab, B., & Quilty, L.C. (2025, November). Differences in engagement and treatment outcomes during a mindfulness app clinical trial: Moderation by gender, sexual orientation, race/ethnicity, educational attainment. 59th Association of Behavioral and Cognitive Therapies, New Orleans, LA.

3. El-Karout, R.,* & **Daros, A.R.** (2025, June). Standalone vs. adjunct? Comparing acceptability and treatment outcomes between two samples offered self-guided iDBT for substance use disorders. 4th Society for Digital Mental Health Conference. [virtual]

4. Downie, D., **Daros, A.R.,** Wilks, C.R., & Quilty, L.C. (2025, June). Internet-based DBT (iDBT) treatment for substance use disorder (SUD): How DBT skills and treatment engagement relate to treatment outcomes. 4th Society for Digital Mental Health Conference. [virtual]

5. Huang, O.C-H.,* Patel, A., **Daros, A.R.,** Saab, S., & Quilty, L.C. (2025, June). Social determinants of health are associated with differences in acceptability and engagement with a mindfulness app: Moderation by gender, sexual orientation, race/ethnicity, educational attainment. 4th Society for Digital Mental Health Conference. [virtual]

6. Dupuis, B.,* Pratt, S.,* Glueck, L.,* El-Karout, R.,* & **Daros, A.R.** (2025, March). Leveraging lived experience for a proposed self-guided, internet-delivered dialectical behavior therapy intervention. WeSpark Health Conference. Windsor, Canada.

7. Huang, O.C-H.,* Patel, A., **Daros, A.R.,** Saab, B., & Quilty, L.C. (2025, March). Mindfulness for all? Differences in engagement and treatment outcomes for sexual minority individuals during a mindfulness app clinical trial. WeSpark Health Conference. Windsor, Canada.

8. Pourjafari, P.,* Paramasivam, T.,* Sadek, M.* & **Daros, A.R.** (2024, June) Criterion and construct validity on the Difficulties in Emotion Regulation Scale (DERS): A systematic and meta-analytic review of the evidence. 85th Annual Canadian Psychological Association Conference. Ottawa, Canada.

9. Paramasivam, T.,* Quilty, L.C., & **Daros, A.R.** (2024, June). Predictors of internet-delivered dialectical behavior therapy dropout and engagement in individuals with alcohol and substance use disorders. 85th Annual Canadian Psychological Association Conference. Ottawa, Canada.

10. **Daros, A.R.,** & Quilty, L.C. (2024, May). Pilot study of a DBT skills webapp (Pocket Skills) as an adjunct to standard DBT in adults with concurrent mental health concerns. Homewood Research Institute 2024 Spring Social. Guelph, Canada.

11. Patel, A., **Daros, A.R.,** Otevwe, O., Saab, B.J., & Quilty, L.C. (2024, May). Effects of a mobile mindfulness intervention on depression, anxiety, and repetitive negative thinking. 14th Annual Canadian Association of Cognitive Behavioural Therapies. Toronto, Canada.

12. Patel, A., Calahong, B., Dhawan, M., Leynes, L. P., **Daros, A.R.,** Saab, B.J., & Quilty, L.C. (2023, June). Effects of a mindfulness app for outpatients waitlisted for psychological interventions. 2nd Annual Society for Digital Mental Health Conference. [virtual].

13. **Daros, A.R.,** Haefner, S.A., Asadi, S., Rodak, T., & Quilty, L.C. (2021, July). Improvements in emotion regulation are associated with effective treatments of anxiety and depression symptoms in youth. 7th Asian Cognitive Behavior Therapy Conference. [virtual].

14. **Daros, A.R.,** Wilks, C.R., & Quilty, L.C. (2021, May). The Pocket Skills Project: Delivering mobile dialectical behavior therapy to outpatients with concurrent disorders [methods poster]. 33rd Association for Psychological Science. [virtual]

15. Thiruchselvam, T., Patel, A., **Daros, A.,** Jain, E., Asadi, S., Laposa, J., & Quilty, L.C. (2021, June). Influence of pretreatment anxiety sensitivity on depression trajectory and outcome for group cognitive behavior therapy. 10th International Congress of Cognitive Psychotherapy. Rome, Italy. [virtual]

16. Daniel, K.E., Mendu, S., Baglione, A., Cai, L., Beltzer, M.L., **Daros, A.R.,** Boukhechba, M., Barnes, L.E., & Teachman, B.A. (2020, November). Evaluating the impact of cognitive bias modification for social threat interpretations in daily life using ecological momentary assessment and passively sensed mobility data. 54th Association of Behavioral and Cognitive Therapies, Philadelphia, PA. [virtual]

17. **Daros, A.R.** (2020, May). Which emotion regulation strategies are most associated with trait emotion dysregulation? A multi-method approach in a community sample of women. 32nd Association for Psychological Science, Chicago, IL. [virtual]

18. Daniel, K.E., **Daros, A.R.,** Beltzer, M.L., Boukhechba, M., Barnes, L.E., & Teachman, B.A. (2019, November). Measuring the effectiveness of a CBM-I online intervention for social anxiety in daily life. 53rd Association of Behavioral and Cognitive Therapies, Atlanta, GA.

19. **Daros, A.R.,** Boukhechba, M., Daniel, K.E., Barnes, L.E., & Teachman, B.A. (2019, March). Relationships between trait emotion dysregulation and emotional experiences in daily life: A smartphone experience sampling study. 6th Society for Affective Science, Boston, MA.

20. Daniel, K.E., Calicho-Mamani, C., **Daros, A.R.,** Teachman, B.A. (2018, September). Impact of social anxiety and social context on college students' emotion regulation strategy use: An experience sampling study. Postdoc Research Symposium, University of Virginia. Charlottesville, VA.

21. **Daros, A.R.** (2018, April). Cognitive reappraisal in response to negative images in depression: The role of tactics, self-efficacy, and fluency. 5th Society for Affective Science, Los Angeles, CA.

22. Gulamani, T., **Daros, A.R.**, Uliaszek, A.A., & Ruocco, A.C. (2018, April). Emotion recognition deficits in borderline personality disorder: A family study. 6th North American Society for the Study of Personality Disorders, New York, NY.

23. **Daros, A.R.**, Guevara, M.A., Jung, S., Norouzian, N., & Ruocco, A. C. (2017, April). Ineffective spontaneous use of emotion regulation strategies in borderline personality disorder. 5th North American Society for the Study of Personality Disorders, New York, NY.

24. **Daros, A.R**., Turabi, S.M., & Ruocco, A.C. (2016, March). Spontaneous and self-reported emotion regulation strategies in borderline personality disorder. 3rd Society for Affective Science, Chicago, IL.

25. **Daros, A.R.,** & Ruocco, A.C. (2016, January). Associations between Five-Factor Model personality traits and self-report measures of emotion regulation. 17th Society for Personality and Social Psychology, San Diego, CA.

26. Ruocco, A.C., Williams, G.E., **Daros, A.R.,** Graves, B., McMain, S.F., & Links, P.S. (2015, August). Executive functions and social cognition in highly lethal self-injuring patients with borderline personality disorder. 123rd American Psychological Association, Toronto, ON.

27. **Daros, A.R.,** Rodrigo, A.H., Graves, B., & Ruocco, A.C. (2015, August). Difficulties in emotion regulation and the five-factor model of personality. 123rd American Psychological Association, Toronto, ON.

28. **Daros, A.R.**, Ruocco, A.C., & Rule, N.O. (2015, February). Identifying mental illness from faces of women with borderline personality disorder. 16th Society for Personality and Social Psychology, Long Beach, CA.

29. Graves, B., **Daros, A.R.,** Bogus, K., McMain, S.F., & Ruocco, A.C. (2014, June). Changes in sustained attention after six months of dialectical behaviour therapy for self-harming patients with borderline personality disorder: A pilot study. 75th Canadian Psychological Association, Vancouver: Canada.

30. **Daros, A.R.,** & Ruocco, A.C. (2014, April). The prototypic emotion regulation disorder? Borderline personality disorder and subjectively perceived difficulties in emotion regulation. Society for Affective Science Meeting, Bethesda, MD.

31. Ruocco, A.C., & **Daros, A.R.** (2013, October). Neuropsychological correlates of functional disability in patients with borderline personality disorder. 33rd National Academy of Neuropsychology, Boston, MA.

32. Deineka, S.Y., **Daros, A.R.**, Xu, L.N., & Ruocco, A.C. (2013, June). Neuropsychological problem-solving deficits in patients with borderline personality disorder. 74th Canadian Psychological Association, Quebec City, QC.

33. **Daros, A.R.**, & Ruocco, A.C. (2013, June). Facial emotion recognition in borderline personality disorder. 74th Canadian Psychological Association, Quebec City, QC.

Published Conference Abstracts

1. Ruocco, A.C. & **Daros, A.R.** (2013, September). Neuropsychological correlates of functional disability in patients with borderline personality disorder. *Archives of Clinical Neuropsychology, 28*(6), 564-564.

2. Rodrigo, A.H., **Daros, A.**, Gulrajani, S. & Ruocco, A.C. (2012). A near-infrared spectroscopy study of response control in borderline personality disorder. *Journal of the International Neuropsychological Society, 18*, 107-108.

CAMPUS TALKS

1. Emotion dysregulation: A transdiagnostic risk factor and treatment target across mental disorders. University of Wisconsin, Madison, Department of Psychology, February 27, 2023.

2. Emotion dysregulation: A transdiagnostic risk factor and treatment target across mental disorders. University of Missouri at St. Louis, Department of Psychological Sciences, December 12, 2022.

3. Emotion dysregulation: A transdiagnostic risk factor and treatment target across mental disorders. Syracuse University, Department of Psychology, December 8, 2022.

4. The Pocket Skills Project. Toronto Metropolitan University, Toronto Addictions Psychology Group, October 21, 2022.

5. Emotion dysregulation: A transdiagnostic risk factor and treatment target across mental disorders. Université de Montréal, Department of Psychology, March 21, 2022.

6. Emotion dysregulation: A transdiagnostic risk factor and treatment target across mental disorders. University of Windsor, Department of Psychology, November 17, 2021.

7. Studying emotion regulation in borderline personality disorder: Reflections from research and practice. Clinical Lunch Seminar Series, University of Virginia, Department of Psychology October 20, 2017.

8. Acceptance based strategies to reduce perfectionism in graduate school. Open Minds 2016: Grad Life Hacks, University of Toronto, March 29, 2016.

9. Cues to mental disorder from facial appearance. Social Personality Research Group, University of Toronto, January 20, 2015.

10. Emotion recognition and sensitivity in borderline personality disorder. Graduate Student Seminar Series, University of Toronto Scarborough, December 7, 2012.

11. Emotion perception in borderline personality disorder. Ebbinghaus Empire Meetings, University of Toronto, October 17, 2012.

AWARDS, SCHOLARSHIPS, AND HONOURS

2023	Homewood Research Institute, Spring Fever Pitch, Finalist (Runner-Up)
2022	CAMH & The Royal Ottawa Hospital Innovation Expo, Finalist (Top 3)
2021	CAMH Innovation Expo, Finalist (Top 3)
2020	Emerging Researcher in Digital Health, E-Mental Health Conference
2015	Graduate Student Travel Award, University of Toronto Scarborough
2015	Graduate Student Travel Award, Society for Personality and Social Psychology
2014	Faculty of Arts & Science Conference Travel Award, University of Toronto
2014	School of Graduate Studies Conference Travel Award, University of Toronto
2013-16	J.A. Bombardier Graduate Scholarship, SSHRC, $105,000
2013	Clinical Student Travel Award, Canadian Psychological Association
2013	School of Graduate Studies Conference Travel Award, University of Toronto
2011-12	Ontario Graduate Scholarship, Ministry of Training, Colleges, and Universities, $15,000

2009 Franco Bertagnolli Scholarship, National Association of Alpini, $1,500

TEACHING AND MENTORING

*Undergraduate Level | **Graduate Level

Instructor

University of Windsor

Basic Quantitative Methods, SOSC2500*	Winter 2024, Fall 2024, Winter 2025
Advanced Adult Assessment, PSYC8589**	Fall 2023, Fall 2024
Clinical Assessment II, PSYC8583**	Winter 2025

University of Toronto

Introduction to Abnormal Psychology, PSY240*	Winter 2016, Fall 2019
Current Topics in Clinical Psychology: Mobile Technology and Mental Health, PSYD33*	Fall 2018, Winter 2019

University of Virginia

Mobile Technology in Mental Health Research, PSYC4682/SYS4582*	Winter 2018

Guest Lecturer

Personality Disorders, Introduction to Abnormal Psychology, University of Toronto, PSY240*	Summer 2016, Winter 2020, Winter 2021
Appraisal and Emotion, Psychology of Emotion, University of Toronto, PSYC18*	Summer 2016

Graduate Student Thesis Committees

Dissertations

2024- Joseph Hoyda, University of Windsor, Psychology (Committee Member) **Proposed**
2024- Isabelle Messa, University of Windsor, Psychology (Committee Member) **Proposed**
2025- Evan Ripley-McNeil, University of Windsor, Psychology (Committee Member)
2025- Astrid Coleman, University of Windsor, Psychology (Committee Member)

Masters Theses

2024-2026 Olive C.-H. Huang, University of Windsor, Psychology (Primary Supervisor) **Proposed**
2024-2025 Alexander Pallottini, University of Windsor, Psychology (Primary Supervisor) **Proposed**
2025- Riad El-Karout, University of Windsor, Psychology (Primary Supervisor)
2025- Anna Xu, University of Windsor, Applied Social Psychology (Committee Member)

Undergraduate Theses

2024-2025 Leonie Glueck, University of Windsor, Psychology (Primary Supervisor) **Completed**
2024-2025 Brooke Dupuis, University of Windsor, Psychology (Primary Supervisor) **Completed**
2024-2025 Aaron Dugan, University of Windsor, Psychology (Primary Supervisor) **Completed**
2025-2026 Angela Lockyer, University of Windsor, Psychology (Primary Supervisor)
2025-2026 Vanessa Ardovini, University of Windsor, Psychology (Primary Supervisor)
2024 Serena Robinson, University of Windsor, Psychology (Second Reader) **Completed**
2025 Caterina Wiggins, University of Windsor, Psychology (Second Reader) **Completed**

Comprehensive Oral Exams

2024 Evan Ripley-McNeil, University of Windsor, Psychology (Committee Member) **Completed**

Graduate Student Supervision

Dates	*Student, Institution*	*Supervision Role*

2025-	Riad El-Karout, University of Windsor	Primary Research Supervisor
2024-	Alexander Pallottini, University of Windsor	Primary Research Supervisor
2024-	Olive C.-H. Huang, University of Windsor	Primary Research Supervisor
2021-2022	Iris Sijercic, Toronto Metropolitan University	Clinical Internship Co-Supervisor
2022-2023	Alison Carney, Toronto Metropolitan University	Clinical Practicum Co-Superivsor
2021-2022	Parky Lau, Toronto Metropolitan University	Clinical Practicum Co-Supervisor
2021-2022	Sandra Osazuwa, Ontario Institute for Studies in Education	Clinical Practicum Co-Supervisor
2016-2017	Veronica Li, Adler School of Professional Psychology	Clinical Practicum Co-Supervisor

CLINICAL EXPERIENCE

Positions and Training

2018 – 2023	Clinical Psychologist, CBT Associates, Toronto, ON
2018 – 2019	Clinical Psychologist, Forest Hill Centre for CBT, Toronto, ON
2016 – 2017	Pre-doctoral Internship, Counselling Services, University of British Columbia (CPA Accredited), Vancouver, BC
2015 – 2016	Pre-doctoral Practicum, Centre for Student Development and Counselling, Toronto Metropolitan University, Toronto, ON
2014	Pre-doctoral Practicum, Bariatric Surgery Program, Toronto Western Hospital, Toronto, ON
2009 – 2011	Research Assistant, Sunnybrook Health Sciences Center, Department of Psychiatry, Toronto, ON

Licensure

2019 – College of Psychologists of Ontario #6611
Service Areas: Assessment, Intervention, Research, Teaching
Service Groups: Adults, Adolescents

SERVICE AND OUTREACH

Academic Memberships

Association for Behavioral and Cognitive Therapies (ABCT)
Association for Psychological Science (APS)
Canadian Association of Cognitive Behavioral Therapies (CACBT)
Canadian Psychological Association (CPA)
International Society for Research on Internet Interventions (ISRII)
Society for Affective Science (SAS)
Society for Digital Mental Health (SDMH)

Local Professional Memberships

Windsor-Essex Community of Psychologists

Editorial Boards

2025 - Personality Disorders: Theory, Research, and Treatment

Ad Hoc Reviewer

Addiction Research & Theory
Administration and Policy in Mental Health
Alcohol: Clinical and Experimental Research
American Journal of Psychology
Archives of Clinical Neuropsychology
Australian Journal of Psychology

Australian Psychologist
Behavior Research Methods
BMC Psychology
Borderline Personality Disorder and Emotion Dysregulation
British Journal of Psychology
Clinical Psychological Science
Clinical Psychologist
Clinical Psychology & Psychotherapy
Cognition and Emotion
Cognitive Behavioral Therapy
Cognitive Therapy & Research
Counselling Psychology Quarterly
Current Psychiatry Research and Reviews
Emotion
Emotion Review
European Archives of Psychiatry and Clinical Neuroscience
Frontiers in Psychology
Journal of Affective Disorders
Journal of American College Health
Journal of Anxiety Disorders
Journal of Behavior Therapy & Experimental Psychiatry
Journal of Experimental Psychopathology
Journal of Medical Internet Research (JMIR) & Affiliates
Journal of Nonverbal Behavior
Journal of Personality Disorders
Journal of Psychopathology and Behavioral Assessment
Journal of the International Neuropsychological Society
Medicina
Nature Human Behaviour
Neuropsychobiology
Neuropsychology
Revista Brasileira de Psiquiatria
Personality and Individual Differences
Personality Disorders: Theory, Research, & Treatment
PLoS One
Psychiatry Research
Psychological Medicine
Psychological Reports
Scientific Reports
Substance Use and Misuse

Internal Committees

2023 –	Undergraduate Curriculum Committee
2024 –	Psychology Department Research Ethics Committee
2024	Associate Vice Principal, Strategic Research Initiatives & Partnerships Search Committee
2025 -	WUFA Faculty Council Member

External Committees and Reviewing

2025	Swiss National Science Foundation, External Reviewer
2024 –	ABCT Technology Committee Member
2024 –	SSHRC Doctoral Research Award Reviewer
2023 –	CIHR Project Grant Reviewer and Member
2023 –	ABCT Research Facilitation Committee Member
2022 – 2024	ISITDBT Conference Abstract Reviewer
2022	Collaboration of Humanities and Social Sciences in Europe, External Grant Reviewer
2021	Centre for Innovation in Campus Mental Health, Crisis Response Taskforce
2018 – 2020	Society for Affective Science, Regional Representative
2017 – 2018	University of Virginia Postdoc Committee, Executive Member
2017	National Science Center Poland, External Grant Reviewer
2014 – 2017	Grad Minds Mental Health, Executive Committee Member, University of Toronto