

# CURRICULUM VITAE

University of Idaho

**NAME:** Colin Xu

**DATE:** August 15, 2024

**RANK OR TITLE:** Assistant Professor

**DEPARTMENT:** Psychology & Communication

**OFFICE LOCATION:** Student Health Center 204

**EMAIL:** colinxu@uidaho.edu

**DATE OF FIRST EMPLOYMENT AT UI:** August 12, 2024

**DATE OF TENURE:** Untenured

**DATE OF PRESENT RANK OR TITLE:** August 12, 2024

## EDUCATION BEYOND HIGH SCHOOL:

### Degrees:

PhD, University of Pennsylvania, Philadelphia, Pennsylvania, 2022, Psychology

M.A, University of Pennsylvania, Philadelphia, Pennsylvania, 2017, Psychology

B.A, University of British Columbia, Vancouver, British Columbia, 2015, Honours Psychology

## EXPERIENCE:

### Teaching and Research Appointments:

Assistant Professor, Psychology, University of Idaho, 2024-present

Assistant Professor, Psychology, College of Idaho, 2023-2024

Senior Fellow, University of Pennsylvania, 2022-2023

## TEACHING ACCOMPLISHMENTS:

### Areas of Specialization:

Abnormal Psychology

### Courses Taught:

University of Idaho

PSYC 311 – Abnormal Psychology                      Fall 2024

The College of Idaho

PSYC 100 – General Psychology                      Fall 2023, Spring 2024

PSYC 370 – Health Psychology                      Spring 2024

PSYC 400 – Analysis of psychological data       Winter 2024

PSYC 404 – Abnormal Psychology                      Fall 2023

University of Pennsylvania:

PSYC 1462 – Abnormal Psychology       Summer 2020, 2021, 2022, Fall 2022, Spring 2023

PSYC 4463 – Research Experience in Clinical Psychological Data Analysis       Spring 2023

PSYC 3461 – The Science of Depression and Anxiety (Seminar)                      Fall 2022

### Students Advised:

Undergraduates:

Mentored in research:  
University of Pennsylvania: ~20

**Honors and Awards:**

Dean's Teaching Fellowship for Excellence, University of Pennsylvania, 2022

**SCHOLARSHIP ACCOMPLISHMENTS:**

**Peer Reviewed/Evaluated Publications (Journal Articles):**

- Amsterdam, J., & **Xu, C.** (2023). Multi-trial, aggregated, individual participant data mega-analysis of short-term antidepressant versus mood stabilizer monotherapy of bipolar type II major depressive episode. *Bipolar Disorders*. <https://doi.org/10.1111/bdi.13378>
- Xu, C.**, Miao, L., Turner, D., & DeRubeis, R. (2023). Urbanicity and depression: A global meta-analysis. *Journal of Affective Disorders*, 340, 299-311. <https://doi.org/10.1016/j.jad.2023.08.030>
- Pigott, H. E., Kim, T., **Xu, C.**, Kirsch, I., & Amsterdam, J. (2023). What are the treatment remission, response and extent of improvement rates after up to four trials of antidepressant therapies in real-world depressed patients? A reanalysis of the STAR\* D study's patient-level data with fidelity to the original research protocol. *BMJ open*, 13(7), e063095. <http://doi.org/10.1136/bmjopen-2022-063095>
- Bredemeier, K., Larsen, S., Shivakumar, G., Grubbs, K., McLean, C., Tress, C., Rosenfield, D., DeRubeis, R., **Xu, C.**, Foa, E., Morland, L., Pai, A., Tsao, C., Crawford, J., Weitz, E., Mayinja, L., Feler, B., Wachsman, T., Lupo, M., Hooper, V., ... Thase, M. (2022). A comparison of prolonged exposure therapy, pharmacotherapy, and their combination for PTSD: What works best and for whom; study protocol for a randomized trial. *Contemporary Clinical Trials*, 119, 106850. <https://doi.org/10.1016/j.cct.2022.106850>
- Kim, T. T., **Xu, C.**, & DeRubeis, R. J. (2022). Mapping Female Patients' Judgments of Satisfaction to Hypothetical Changes in Depression Symptom Severity. *Behavior Therapy*, 53(2), 392-399. <https://doi.org/10.1016/j.beth.2021.10.003>
- Kim, T. T., **Xu, C.**, & Derubeis, R. J. (2022). Patients' judgments of the importance of treatment-induced reductions in symptoms of depression: The role of specific symptoms, magnitudes of change, and post-treatment levels. *Psychotherapy Research*, 32(3), 404-413. <https://doi.org/10.1080/10503307.2021.1938731>
- Xu, C.**, Gelberg, H., & DeRubeis, R. J. (2021). Emotion regulation strategy correlates with discrete state emotion in major depression. *Anxiety, Stress, & Coping*, 1-12. <https://doi.org/10.1080/10615806.2021.2015578>
- Khazanov, G. K., **Xu, C.**, Hollon, S. D., DeRubeis, R. J., & Thase, M. E. (2021). Adding cognitive therapy to antidepressant medications decreases suicidal ideation. *Journal of Affective Disorders*, 281, 183-191. <https://doi.org/10.1016/j.jad.2020.12.032>
- DeRubeis, R. J., Zajecka, J., Shelton, R. C., Amsterdam, J. D., Fawcett, J., **Xu, C.**, ... & Hollon, S. D. (2020). Prevention of recurrence after recovery from a major depressive episode with antidepressant medication alone or in combination with cognitive behavioral therapy: a Phase 2 randomized clinical trial. *JAMA Psychiatry*, 77(3), 237-245. <https://doi.org/10.1001/jamapsychiatry.2019.3900>
- Dunn, B. D., German, R. E., Khazanov, G., **Xu, C.**, Hollon, S. D., & DeRubeis, R. J. (2020). Changes in positive and negative affect during pharmacological treatment and cognitive

therapy for major depressive disorder: A secondary analysis of two randomized controlled trials. *Clinical Psychological Science*, 8(1), 36-51.  
<https://doi.org/10.1177/2167702619863427>

- Khazanov, G. K., **Xu, C.**, Dunn, B. D., Cohen, Z. D., DeRubeis, R. J., & Hollon, S. D. (2020). Distress and anhedonia as predictors of depression treatment outcome: a secondary analysis of a randomized clinical trial. *Behaviour Research and Therapy*, 125, 103507.  
<https://doi.org/10.1016/j.brat.2019.103507>
- Kim, T., Dufour, S., **Xu, C.**, Cohen, Z., Sylvia, L., Deckersbach, T., DeRubeis, R., Nierenberg, A. Predictive modeling for response to lithium and quetiapine in bipolar disorder. (2019). *Bipolar Disorders* 21, 428–436. <https://doi.org/10.1111/bdi.12752>
- Kim, T., **Xu, C.**, Amsterdam, J. D. (2019). Relative effectiveness of tricyclic antidepressant versus monoamine oxidase inhibitor monotherapy for treatment-resistant depression. *Journal of Affective Disorders* 250, 199-203. <https://doi.org/10.1016/j.jad.2019.03.028>

#### **Refereed/Adjudicated Publications:**

- Fung, K., **Xu, C.**, Glazier, B. L., Parsons, C. A., Alden, L. E. (2016). Research in Clinical Psychology: Social Exclusion in Clinical Samples. P. Riva & J. Eck (Eds.) *Social Exclusion: Psychological Approaches to Understanding and Reducing Its Impact*. Springer.  
[https://doi.org/10.1007/978-3-319-33033-4\\_8](https://doi.org/10.1007/978-3-319-33033-4_8)

#### **Professional Meeting Papers, Workshops, Showings, Recitals:**

- Hao, Y., Xu, C., Kweon, H., Farah, M.J. (2023, November). Amygdala reactivity in depression: false positives, states and traits. Poster presentation at Society for Neuroscience Conference 2023, Washington, DC.
- Xu, C., Amsterdam, J. D. (2023, May). Multi-trial, Individual-Participant Data Mega-analysis of Short-term Antidepressant vs. Mood Stabilizer Monotherapy of Bipolar Type II Major Depressive Episode. Poster presented at American Psychiatric Association Annual Meeting 2023, San Francisco, California.
- Xu, C. Kim, T., DeRubeis, R. J. (2022, March). Using Patients' Perspectives to Assess Change, Or Improve the Current Methods in Assessing Change, from Treatment for Depression. Symposium discussion presented at Anxiety and Depression Association of America Conference 2022, Denver, Colorado.
- Xu, C. DeRubeis, R.J. (2018, June). Change in Patient Compensatory Skills in the Prevention of Relapse of Depression. Panel discussion at the North American Society for Psychotherapy Research Conference 2018, Snowbird, Utah.
- Xu, C. DeRubeis, R.J. (2018, June). Measuring clinical change: strengths and limitations of existing methods. Panel discussion presented at Society for Psychotherapy Research Conference 2018, Amsterdam, Netherlands.
- Xu, C. Kim, T., DeRubeis, R.J. (2018, June). A comparison of treatment selection approaches for personalizing treatment for psychological disorders. Brief paper presented at Society for Psychotherapy Research Conference 2018, Amsterdam, Netherlands.
- Xu, C. Kim, T., DeRubeis, R.J. (2018, June). Prognostic modeling versus moderator modeling: A comparison of two methods in generating differential predictions. Poster presented at Treatment Selection Idea Lab 2018, London, United Kingdom.
- Xu, C., DeRubeis, R.J., Hollon, S.D. (2017, June). Changes in Utilization of Different Coping Styles before and after Cognitive Therapy for Depression. Poster presented at Society for

Psychotherapy Research Conference 2017, Toronto, ON.

Xu, C., DeRubeis, R.J., Hollon, S.D. (2017, May). Expectations for Treatment in a Trial of Antidepressants vs Combination Therapy: Prediction of Remission and Recovery. Poster presented at Association for Psychological Science Convention 2017, Boston, MA.

Xu, C., Fung, K. Alden, L.E. (2015, May). The effect of 5-HTTLPR and adra2b polymorphisms on emotional recognition ability. Poster presented at Association for Psychological Science Convention 2015, New York, NY.

## **SERVICE:**

### **Departmental:**

Graduate Program Committee, 2024-present  
Communications Program Committee, 2024-present

### **Journals reviewed for:**

*Community Mental Health Journal*, 2024  
*Cognitive Therapy and Research*, 2023

### **Outreach Service:**

Pigott, E., Kim, T., Xu, C., Kirsch, I., Amsterdam, J. "STAR\*D's cumulative remission rate and why it still matters." Cover article in *Psychiatric Times*, 41 (3). March 2024.  
<https://www.psychiatristimes.com/view/star-d-s-cumulative-remission-rate-and-why-it-still-matters>

Miller, John J. "Exploring the STAR\*D Controversy". Cover article in *Psychiatric Times*, 41 (3). March 2024. <https://www.psychiatristimes.com/view/exploring-the-star-d-controversy>

Miller, John J. "STAR\*D Dethroned?". Cover article in *Psychiatric Times*, 40 (12). December, 2023. <https://www.psychiatristimes.com/view/star-d-dethroned>

Moser, Eric. "Five takeaways on urbanicity and depression research." *Penn Today*. October 25th, 2023.  
<https://penntoday.upenn.edu/news/psychology-five-takeaways-urbanicity-and-depression-research>

Podcast interview for Deutsche Welle, Science Unscripted. "Sadness and the city". September 29, 2023. <https://www.dw.com/en/mental-health-depression-30-more-likely-in-a-city/audio-66952505>