

Curriculum Vitae

Adam M. Kuczynski

University of Washington
Dept. of Psychiatry and Behavioral Sciences

EDUCATION

- 2023 **Ph.D., Clinical Psychology**
Minor in Quantitative Psychology
University of Washington, College of Arts & Sciences, Seattle, WA
Dissertation: “Characterizing the dynamics of loneliness, depression, and the role of social interactions: An experience sampling study”
Dissertation Chair: Jonathan W. Kanter, Ph.D.
Committee: Kevin M. King, Ph.D., Dror Ben-Zeev, Ph.D., John M. Gottman, Ph.D., Susan M. McCurry, Ph.D., Mavis Tsai, Ph.D.
- 2022-23 **Predoctoral internship, UW School of Medicine**
Harborview Medical Center
Fred Hutch Cancer Center
- 2016 **M.S., Clinical Psychology**
University of Washington, College of Arts & Sciences, Seattle, WA
Master’s Thesis: “Preliminary development and psychometric evaluation of the ACL scale: Factor structure, measurement invariance, reliability, and validity”
- 2013 **B.S., Psychology**
Minor in Ethics
University of Washington, College of Arts & Sciences, Seattle, WA

ACADEMIC HONORS AND AWARDS

- 2023 Clinician Scientist Training Grant, *Acceptability and Feasibility of a Single-Session + digital mental health intervention for people with psychosis on an acute psychiatric inpatient unit*, \$21,638.84
Role: Principal Investigator
- 2022 Joseph Becker Research Award, UW School of Medicine
- 2020 UW Population Health COVID-19 Rapid Response Grant, *Mitigating the Mental Health Consequences of the COVID-19 Crisis*, \$16,168
Role: Co-Investigator
- 2020 Student Spotlight Award (Association for Contextual Behavioral Science)
- 2019 Alcor Fellowship (UW Department of Psychology)
- 2010-2013 Arts and Sciences Dean’s List, University of Washington (2010-2013)

TEACHING EXPERIENCE

- 2021 **Instructor:** Introduction to R Programming (graduate level)
University of Washington, Department of Psychology
- 2020 **Graduate Teaching Assistant:** Abnormal Psychology (undergraduate level)
University of Washington, Department of Psychology
- 2019 **Graduate Teaching Assistant:** Linear Models and Data Analysis &
Laboratory in Statistical Computation II (graduate level)
- 2018, 2020 **Graduate Teaching Assistant:** Introduction to Statistics and Data Analysis &
Laboratory in Statistical Computation I (graduate level)
University of Washington, Department of Psychology
- 2018 **Graduate Teaching Assistant Lead:** Introduction to Psychology
(undergraduate level)
University of Washington, Department of Psychology
- 2016, 2017, 2021 **Graduate Teaching Assistant:** Statistical Inference in Psychological Research
(undergraduate level)
University of Washington, Department of Psychology
- 2016, 2017, 2021 **Graduate Teaching Assistant:** Introduction to Probability and Statistics for
Psychology (undergraduate level)
University of Washington, Department of Psychology
- 2016, 2017, 2018,
2020 **Graduate Teaching Assistant:** Understanding Statistics in Psychology
(undergraduate level)
University of Washington, Department of Psychology
- 2016 **Graduate Teaching Assistant:** Fundamentals of Psychological Research
(undergraduate level)
University of Washington, Department of Psychology
- 2016 **Graduate Teaching Assistant:** Introduction to Psychology (undergraduate
level)
University of Washington, Department of Psychology

RESEARCH POSITIONS HELD

- 2023-Present **Postdoctoral Fellow**
Department of Psychiatry and Behavioral Sciences
University of Washington
Primary Mentor: Kevin Hallgren, Ph.D.

2015-2023	<p>Graduate Student <i>Center for the Science of Social Connection</i> <i>Department of Psychology, University of Washington</i> <i>Primary Mentor: Jonathan W. Kanter, Ph.D.</i></p>
2013-2015	<p>Research Coordinator <i>Center for the Science of Social Connection</i> <i>Department of Psychology, University of Washington</i> <i>Principal Investigator: Jonathan W. Kanter, Ph.D.</i></p>
2010-213	<p>Undergraduate Research Assistant <i>Behavioral Research and Therapy Clinics</i> <i>Department of Psychology, University of Washington</i> <i>Principal Investigator: Marsha M. Linehan, Ph.D.</i></p>
2010-2013	<p>Undergraduate Research Assistant <i>Functional Analytic Psychotherapy Laboratory</i> <i>Department of Psychology, University of Washington</i> <i>Principal Investigators: Robert J. Kohlenberg, Ph.D. & Mavis Tsai, Ph.D.</i></p>

PUBLICATIONS

1. Dora, J., Smith, M. R., Seldin, K., Schultz, M. E., **Kuczynski, A. M.**, Moss, D. J., Carpenter, R. W., & King, K. M. (2023). Exploring associations between affect and marijuana use in everyday life via specification curve analysis. *Journal of Psychopathology and Clinical Science, 132*(4), 461–474. <https://doi.org/10.1037/abn0000825>
2. Dora, J., Piccirillo, M., Foster, K. T., Arbeau, K., Armeli, S., Auriacombe, M., Bartholow, B., Beltz, A. M., Blumenstock, S. M., Bold, K., Bonar, E. E., Braitman, A., Carpenter, R. W., Creswell, K. G., De Hart, T., Dvorak, R. D., Emery, N., Enkema, M., Fairbairn, C. E., . . . King, K. M. (2023). The daily association between affect and alcohol use: A meta-analysis of individual participant data. *Psychological Bulletin, 149*(1-2), 1–24. <https://doi.org/10.1037/bul0000387>
3. Dora, J., **Kuczynski, A. M.**, Schultz, M. E., Acuff, S. F., Murphy, J. G., & King, K. M. (2022). An experimental investigation into the effect of negative affect on the behavioral economic demand for alcohol. *Psychology of Addictive Behaviors*. Advance online publication. <https://doi.org/10.1037/adb0000823>
4. **Kuczynski, A.M.**, Halvorson, M.A., Slater, L.R., Kanter, J.W. (2021). The effect of social interaction quantity and quality on depressed mood and loneliness: A daily diary study. *Journal of Social and Personal Relationships, 1*-23. <https://doi.org/10.1177/02654075211045717>
5. Kanter, J.W., Nash, M.G., **Kuczynski, A.M.**, & Rosen, D.C. (2021). A brief, mobile intervention to decrease depression and loneliness and improve relationship quality during the Covid-19 Pandemic. *Journal of Social and Clinical Psychology, 40*(5), 422-446. <https://doi.org/10.1521/jscp.2021.40.5.447>
6. Kanter, J.W., **Kuczynski, A.M.**, Manbeck, K.E., Corey, M.D., & Wallace, E.C. (2020). An integrative contextual behavioral model of intimate relations. *Journal of Contextual Behavioral Science, 18*, 75–91. <https://doi.org/10.1016/j.jcbs.2020.09.001>

7. Kanter, J.W., Williams, M.T., **Kuczynski, A.M.**, Corey, M.D., Parigoris, R.M., Carey, C.M., ... Rosen, D.C. (2020). The measurement and structure of microaggressive communications by White people against Black people. *Race and Social Problems*, 12(4), 323–343. <https://doi.org/10.1007/s12552-020-09298-w>
8. Kanter, J.W., Rosen, D.C., Manbeck, K.E., Branstetter, H.M.L., **Kuczynski, A.M.**, Corey, M.D., ... & Williams, M.T. (2020). Addressing microaggressions in racially charged patient-provider interactions: A pilot randomized trial. *BMC Medical Education*, 20(88), 1-14. <https://doi.org/10.1186/s12909-020-02004-9>
9. Manbeck, K.E., Kanter, J.W., **Kuczynski, A.M.**, Maitland, D.W.M., & Corey, M.D. (2020). Fear-of-intimacy in the interpersonal process model: An investigation in two parts. *Journal of Social and Personal Relationships*. <https://doi.org/10.1177/0265407519898267>
10. **Kuczynski, A.M.**, Kanter, J.W., & Robinaugh, D.J. (2019). Differential associations between interpersonal variables and quality-of-life in a sample of college students. *Quality of Life Research*, 29(1), 127-139. <https://doi.org/10.1007/s11136-019-02298-3>
11. **Kuczynski, A.M.**, Kanter, J.W., Wetterneck, C.T., Olaz, F.O., Singh, R.S., Lee, E.B., ... Corey, M.D. (2019). Measuring intimacy as a contextual-behavioral process: Psychometric development and evaluation of the Awareness, Courage, and Responsiveness Scale. *Journal of Contextual Behavioral Science*. <https://doi.org/10.1016/j.jcbs.2019.02.004>
12. Reyes Ortega, M.A., **Kuczynski, A.M.**, Kanter, J.W., de Montis, I.A., & Santos, M.M. (2019). A preliminary test of a social connectedness burnout intervention for Mexican mental health professionals. *The Psychological Record*, 69(2), 267-276. <https://doi.org/10.1007/s40732-019-00338-5>
13. Kanter, J.W., **Kuczynski, A.M.**, Tsai, M., & Kohlenberg, R.J. (2018). A brief contextual-behavioral intervention to improve relationships: A randomized trial. *Journal of Contextual Behavioral Science*, 10, 75-84. <https://doi.org/10.1016/j.jcbs.2018.09.001>
14. Rosen, D.C., **Kuczynski, A.M.**, & Kanter, J.W. (2018). The Antisemitism-Related Stress Inventory: Development and preliminary psychometric evaluation. *Psychology of Violence*, 8(6), 726-734. <https://doi.org/10.1037/vio0000208>
15. Kanter, J.W., Manbeck, K.E., **Kuczynski, A.M.**, Maitland, D.W.M., Villas-Bôas, A., & Reyes Ortega, M.A. (2017). A comprehensive review of research on Functional Analytic Psychotherapy. *Clinical Psychology Review*, 58, 141-156. <https://doi.org/10.1016/j.cpr.2017.09.010>
16. Kanter, J.W., Williams, M.T., **Kuczynski, A.M.**, Manbeck, K.E., Debreux, M., & Rosen, D.C. (2017). A preliminary report on the relationship between microaggressions against Black people and racism among White college students. *Race and Social Problems*, 9(4), 291-299. <https://doi.org/10.1007/s12552-017-9214-0>
17. Maitland, D.W.M., Kanter, J.W., Manbeck, K.E., & **Kuczynski, A.M.** (2017). Relationship science informed clinically relevant behaviors in Functional Analytic Psychotherapy: The Awareness, Courage, and Love Model. *Journal of Contextual Behavioral Science*, 6(4), 347-359. <https://doi.org/10.1016/j.jcbs.2017.07.002>
18. Maitland, D.W.M., Kanter, J.W., Tsai, M., **Kuczynski, A.M.**, Manbeck, K.E., & Kohlenberg, R.J. (2016). Preliminary findings on the effects of online Functional Analytic Psychotherapy

training on therapist competency. *The Psychological Record*, 66(4), 627-637.
<https://doi.org/10.1007/s40732-016-0198-8>

19. Haworth, K., Kanter, J.W., Tsai, M., **Kuczynski, A.M.**, Rae, J.R., & Kohlenberg, R.J. (2015). Reinforcement matters: A preliminary, laboratory-based component-process analysis of Functional Analytic Psychotherapy's model of social connection. *Journal of Contextual Behavioral Science*, 4(4), 281-291. <https://doi.org/10.1016/j.jcbs.2015.08.003>
20. Kohlenberg, R.J., Tsai, M., **Kuczynski, A.M.**, Rae, J.R., Lagbas, E., Lo, J., & Kanter, J.W. (2015). A brief, interpersonally oriented mindfulness intervention incorporating Functional Analytic Psychotherapy's model of awareness, courage and love. *Journal of Contextual Behavioral Science*, 4(2), 107-111. <https://doi.org/10.1016/j.jcbs.2015.03.003>

BOOK CHAPTERS

1. Kanter, J.W., Rosen, D.C., Manbeck, K.E., **Kuczynski, A.M.**, Corey, M.D., & Branstetter, H.M.L. (2019). Using contextual behavioral science to understand racism and bias. In M.T. Williams, D.C. Rosen, & J.W. Kanter (Eds.), *Eliminating Race-Based Mental Health Disparities*. Oakland, CA: New Harbinger Books.

SYMPOSIA AND POSTER PRESENTATIONS AT NATIONAL CONFERENCES

1. **Kuczynski, A.M.**, Kanter, J.W., & Tonel, A. (2020, May). Contemporaneous and longitudinal associations among relational intimacy, loneliness, and depressed affect: A daily diary study. In S. Moran (Chair), *Exploring social connectedness across conceptualization and context to enhance mental health in emerging adults*. Association for Psychological Science 32nd Annual Convention, Chicago, IL (Conference canceled due to Covid-19)
2. **Kuczynski, A.M.**, & Kanter, J.W. (2018, July). Modeling ongoing acts-in-context from a contextual behavioral perspective: A network analysis approach. In M. Vriesman (Chair), *Exploring a past, present, and future of broadening of behavioral horizons*. Symposium presented at the Association for Contextual Behavioral Science 16th Annual World Conference, Montreal, CA.
3. **Kuczynski, A.M.**, & Kanter, J.W. (2018, July). Predictive validity of awareness, courage, and responsiveness (ACR) in a general psychiatric sample and non-psychiatric dyads. In J.W. Kanter (Chair), *Awareness, courage, and love: Clinical measurement, clinical analogue, and clinical findings*. Symposium presented at the Association for Contextual Behavioral Science 16th Annual World Conference, Montreal, CA.
4. Kanter, J.W., Corey, M.D., Parigoris, R., & Carey, C. (2018, July). Discrimination and microaggressions: CBS research findings and a call to action. In **A.M. Kuczynski** (Chair). Symposium presented at the Association for Contextual Behavioral Science 16th Annual World Conference, Montréal, Canada.
5. Enkema, M.C., **Kuczynski, A.M.**, Canning, J.R., Lee, C.M., Bowen, S., Hallgren, K.A., & Larimer, M. (2018). *Testing the self-medication hypothesis of alcohol and marijuana use among young adult college student marijuana users: Results from ecological momentary assessment*. Poster presented at the Research Society on Alcoholism (RSA) 41st Annual Meeting, San Diego, CA

6. Enkema, M.C., **Kuczynski, A. M.**, Lee, C.M., Lindgren, K., Bowen, S., Hallgren, K., Jun, E., & Larimer, M. (2018). *How do we measure craving? Intensive longitudinal assessment of craving and cannabis use among young adults with problematic use*. Poster presented at the College on Problems of Drug Dependence 80th annual meeting, San Diego, CA.
7. **Kuczynski, A.M.**, Parigoris, R.M., Carey, C.M., Boon-Dooley, A.S., & Kanter, J.W. (2017, November). *Measuring outcomes in Functional Analytic Psychotherapy (FAP)*. Poster presented at the 2017 Association for Behavioral and Cognitive Therapies Convention, San Diego, CA.
8. Lucid, L. **Kuczynski, A.M.**, Benjamin, K., & Dorsey, S. (2017, November). *Predictors of objectively coded supervision in community mental health*. Poster presented at the 2017 Association for Behavioral and Cognitive Therapies Convention, San Diego, CA.
9. Callaghan, G., Follette, W.C., Gaynor, S., Kanter, J.W., Kohlenberg, B.S., Kohlenberg, R.J., Tsai, M. (June, 2016). In **Kuczynski, A.M.**, & Muñoz-Martínez, A. (Chairs). *Understanding FAP: Is awareness, courage, and love a useful model or...only fluffy puppies?* Panel discussion conducted at the Association for Contextual Behavioral Science 14th Annual World Conference, Seattle, WA.
10. Marfo, N., Oshin, L., Williams, M.T., Debreaux, M.L., **Kuczynski, A.M.**, & Kanter, J.W. (2016, October). *Microaggression minefield: Discrepancies from an initial validation of the CCAS*. Poster presented at the 2016 Association for Behavioral and Cognitive Therapies Convention, New York City, NY.
11. **Kuczynski, A.M.**, Epistola, J., Mier-Chairez, J., Stowe, T., Lee, E., Singh, S., Flaherty, B.P., Dudek, J.E., Tsai, M., Kanter, J.W. (2016, June). *Measuring awareness, courage, and love as a contextual behavioral interpersonal process model for the development of intimacy*. Poster session presented at the Association for Contextual Behavioral Science 14th Annual World Conference, Seattle, WA.
12. Dudek J.E, **Kuczynski, A.M.**, Ostaszewski P., Białaszek W., Smidt T. (2016, June). *The role of psychological flexibility in living with lipedema*. Poster session presented at the Association for Contextual Behavioral Science 14th Annual World Conference, Seattle, WA.
13. Dudek J.E, Ostaszewski P., Białaszek W., Smidt T., **Kuczynski A.M.**, (2016, June). *Adjusting to problems of appearance in women with lipedema*. Poster session presented at the Association for Contextual Behavioral Science 14th Annual World Conference, Seattle, WA.
14. Debreaux, M., Mier-Chairez, J., Sawyer, B., Skinta, M., **Kuczynski, A.M.**, Kanter, J.W., Williams, M.T. (2015, November). *Reducing racial microaggressions: Focus group background and conceptualizations*. Poster session presented at the Association for Behavioral and Cognitive Therapies 49th Annual Convention, Chicago, IL.
15. Thurston-Rattue, M., Kanter, J.W., Hakki, F., **Kuczynski, A.M.**, Santos, M.M., Bailey, K., Tsai, M., & Kohlenberg, R.J. (2015, July). *Increasing racially diverse social connections through contextual behavioral science*. Poster session presented at the Association for Contextual Behavioral Science 13th Annual World Conference, Berlin, Germany.
16. **Kuczynski, A.M.**, Xavier, R.N., Villas-Bôas, A., Meyer, S., Wetterneck, C., Holman, G., Kohlenberg, R.J., Tsai, M., Callaghan, G., & Kanter, J.W. (2015, July). A behavior analytic conceptualization of Awareness, Courage, and Love as functional response classes. In R.J. Kohlenberg (Chair), *The power of love: Using FAP's model of social connection to address global concerns*. Symposium presented at the Association for Contextual Behavioral Science 13th Annual World Conference, Berlin, Germany.

17. Dudek, J.E., Tsai, M., **Kuczynski, A.M.**, Ostaszewski, P., Kohlenberg, R.J., & Callaghan, G., Kanter, J.W. (2015, July). Using Awareness, Courage, and Love to improve social functioning: A theoretical model to improve the lives of those with visible chronic conditions. In R.J. Kohlenberg (Chair), *The power of love: Using FAP's model of social connection address global concerns*. Symposium presented at the Association for Contextual Behavioral Science 13th Annual World Conference, Berlin, DE.
18. Thurston-Rattue, M., Tsai, M., Kanter, J.W., Kohlenberg, R.J., **Kuczynski, A.M.** (2015, July). Practical applications of Awareness, Courage, and Love: Solving contemporary issues through social connection. In R.J. Kohlenberg (Chair), *The power of love: Using FAP's model of social connection address global concerns*. Symposium presented at the Association for Contextual Behavioral Science 13th Annual World Conference, Berlin, Germany.
19. **Kuczynski, A.M.**, Kanter, J.W., Haworth, K., Tsai, M., Kohlenberg, R.J. (2014, June). Awareness, courage, love and social connection: A laboratory-based component process study. In G. Holman (Chair), *A new contextual behavioral model of social connection for Functional Analytic Psychotherapy*. Symposium presented at the Association for Contextual Behavioral Science 12th Annual World Conference, Minneapolis, MN.

DEPARTMENT AND UNIVERSITY PRESENTATIONS

1. Halvorson, M.A., & **Kuczynski, A.M.** (2017, May). *Estimation accuracy and stability as a function of sample size and inter-group distance in latent profile analysis: A monte carlo study*. Poster presented at the 2017 UW Center for Statistics & Social Sciences Course Information Session, Seattle, WA.

INVITED TALKS

1. **Kuczynski, A.M.** (2019, September). *Intentionally Creating Close Relationships*. 3-hour invited talk and workshop for Providence/Swedish Hospital Telehealth Team, Seattle, WA.

DEPARTMENTAL AND OTHER SERVICE

2022	UW SOM Psychiatry and Behavioral Sciences Residency Application Review Committee
2022	UW SOM Psychiatry and Behavioral Sciences Diversity Action Committee & Steering Committee
2018, 2020	Association for Contextual Behavioral Science (ACBS) Student Spotlight Award Review Committee
2019 – 2021	UW Clinical Psychology Student Advisory Committee member
2018	Committee to develop independent study courses for APA's Discipline Specific Knowledge (DSK) requirements – University of Washington
2015 – 2021	Student Representative of the Functional Analytic Psychotherapy (FAP) Special Interest Group of the Association for Contextual Behavioral

EDITORIAL SERVICE

1. Ad-hoc reviewer, *Journal of Social and Personal Relationships*
2. Ad-hoc reviewer, *Journal of Contextual Behavioral Science*
3. Ad-hoc reviewer, *Psychological Assessment*
4. Ad-hoc reviewer, *Psychological and Personality Science*
5. Ad-hoc reviewer, *Journal of Mental Health*

MEDIA COVERAGE

- The National Geographic
- The Seattle Times
- The Conversation
- KUOW Public Radio (NPR)
- University of Washington News
- Crosscut

SOFTWARE

Inclivio (<https://inclivio.com>) is a participant management and data collection tool for use in experience sampling (i.e., ecological momentary assessment), daily diary, and other longitudinal research designs. Built entirely with web-based technologies (Angular, Node.js, cloud computing), Inclivio allows researchers to create, share, and administer complex longitudinal research without the need for in-house software developers or expensive bespoke software applications.