

# CURRICULUM VITA DIANE L. SPANGLER, Ph.D.

## EDUCATION

1994	Ph.D.	University of Oregon, Eugene, OR	Clinical Psychology
1991	M.S.	University of Oregon, Eugene, OR	Clinical Psychology
1989	B.A.	Pomona College, Claremont, CA	Psychology
		Oxford University, Oxford, England	Psychobiology

## PROFESSIONAL EXPERIENCE

2002-present	<b>Associate Professor</b> , Department of Psychology Brigham Young University, Provo, UT
1997-2002	<b>Assistant Professor</b> , Department of Psychology Brigham Young University, Provo, UT
1995-1997	<b>Research Fellow</b> , Department of Psychiatry Stanford University School of Medicine, Stanford, CA.
1994-1995	<b>Clinical Psychology Fellow</b> , Department of Psychiatry University of California-San Francisco School of Medicine
1993-1994	<b>Neuropsychological Assessment Consultant</b> Neuropsychology Associates, Eugene, OR
1992-1994	<b>Research Fellow</b> (Predoctoral Individual National Research Service Award) National Institute of Mental Health
1990-1992	<b>Instructor</b> , Psychology Department, University of Oregon, Eugene, OR

## CLINICAL CERTIFICATION

2000-present	Fellow, Academy of Cognitive Therapy; Board Certified in Cognitive-Behavioral Therapy
1998-present	Licensed Clinical Psychologist, State of Utah

## ACADEMIC HONORS

2007	Eliza R. Snow Fellowship, Brigham Young University
2003	Young Scholar Award, Brigham Young University
2000	Beck Scholar, Beck Institute for Cognitive Therapy and Research
2000	Aaron T. Beck Prize for Early Career Scientist, International Association of Cognitive Psychotherapy
1999	President's New Researcher Award, Association for the Advancement of Behavior Therapy
1993, 94	University Scholar Award, University of Oregon
1992	Pi Gamma Mu Honor Society
1992	National Research Service Award, National Institute of Mental Health
1989	Phi Beta Kappa Honor Society
1989	Betsy Reiner Dill Scholar Award, Pomona College
1988	Pew Foundation Research Award
1988	Psi Chi Honor Society
1986, 88	College Scholar Award, Pomona College
1985	Honors at Entrance, Pomona College

## PUBLICATIONS

### Scientific Articles

- Hoyal, H. D., & **Spangler, D.L.** (under review). The food and eating disdain scale: Development of a measure of beliefs supporting food restriction.
- Poppleton, L. E., **Spangler, D.L.**, & Tutty, S. (under review). Evaluation of mediators and moderators of cognitive-behavioral telephone therapy for depression.
- Sandberg, M., & **Spangler, D.L.** (2007). Eating, substance use and body image: A comparison of Latter-Day Saint and Non Latter-Day Saint College Age Females. *Issues in Religion and Psychotherapy*, 31, 2-14.
- Hatch, K. A., **Spangler, D.L.**, Backus, E.M., Balagna, J.T., Burns, K. S., Guzman, B.S., Hubbard, M.J., Lindblad, S.L., Roeder, B.L., Ryther, N.E., Seawright, M.A., Tyau, J.N., & Williams, D. (2007). Toward a physiologically-based diagnosis of anorexia nervosa and bulimia nervosa. *Expert Review of Molecular Diagnostics*, 7 (6), 845-857.
- Spangler, D.L.**, Baldwin, S.A., & Agras, W.S. (2004). An examination of the mechanisms of action in cognitive behavioral therapy for bulimia nervosa. *Behavior Therapy*, 35, 537-560.
- Arnow, B.A., **Spangler, D.L.**, Klein, D.N., & Burns, D.D. (2004). Rumination and distraction among chronic depressives in treatment: A structural equation analysis. *Cognitive Therapy and Research*, 28, 67-83.
- Spangler, D.L.** (2002). Testing the cognitive model of eating disorders: The role of dysfunctional beliefs about appearance. *Behavior Therapy*, 33, 87-105.
- Stice, E., Presnell, K., & **Spangler, D. L.** (2002). Risk factors for binge eating onset: A prospective investigation. *Health Psychology*, 21, 131-138.
- Spangler, D. L.**, & Stice, E. (2001). Validation of the Beliefs About Appearance Scale. *Cognitive Therapy and Research*, 25, 813-827.
- Spangler, D.L.**, Beckstead, D.J., Hatch, A., Radpour-Wiley, M., & Agras, W.S. (2001). Components of cognitive behavioral therapy: The factor structure of the CBT Coding Scale for Bulimia Nervosa. *Journal of Cognitive Psychotherapy*, 15, 75-92.
- Stice, E., **Spangler, D.L.**, & Agras, W.S. (2001). Exposure to media-portrayed thin-ideal images adversely effects vulnerable girls: A longitudinal experiment. *Journal of Social and Clinical Psychology*, 20, 271-289.
- Carroll, A., & **Spangler, D.L.** (2001). A comparison of body image satisfaction among Latter-Day Saint and non-Latter-Day Saint college-age students. *Journal of the Association of Mormon Counselors and Psychotherapists*, 26, 6-18.
- Burns, D.D., & **Spangler, D.L.** (2001). Can we confirm our theories? Can we measure causal effects? *Journal of Consulting and Clinical Psychology*, 69, 1084-1086.
- Burns, D.D. & **Spangler, D.L.** (2001). Do dysfunctional attitudes mediate recovery from depression and anxiety in cognitive behavioral therapy? *Behavior Therapy*, 32, 337-369.
- Burns, D.D., & **Spangler, D.L.** (2000). Does psychotherapy homework lead to improvements in depression in cognitive-behavioral therapy? Or does improvement lead to increased homework compliance? *Journal of Consulting and Clinical Psychology*, 68, 46-56.

**Spangler, D.L., & Burns, D.D. (1999).** Is it true that men are from Mars and women are from Venus? A test of gender differences in dependency and perfectionism. *Journal of Cognitive Psychotherapy*, 13, 339-357.

**Spangler, D.L., & Burns, D.D. (1999).** Are dysfunctional attitudes and attributional style the same or different? *Behavior Therapy*, 30, 239-252.

**Spangler, D.L. (1999).** Cognitive-behavioral therapy for bulimia nervosa: An illustration. *JCLP/In Session: Psychotherapy in Practice*, 55, 669-713 .

**Spangler, D.L., Simons, A.D., Monroe, S.M., & Thase, M.E. (1997).** Comparison of cognitive models of depression: Relationships between cognitive constructs and cognitive diathesis-stress match. *Journal of Abnormal Psychology*, 106, 395-403.

**Spangler, D.L., Simons, A.D., Monroe, S.M., & Thase, M.E. (1997).** Response to cognitive-behavioral therapy in depression: Effects of pre-treatment cognitive dysfunction and life stress. *Journal of Consulting and Clinical Psychology*, 65, 568-575.

**Spangler, D.L., Simons, A.D., Monroe, S.M., & Thase, M.E. (1996).** Gender differences in cognitive diathesis-stress domain match: Implications for differential pathways to depression. *Journal of Abnormal Psychology*, 105, 653-657.

**Spangler, D.L., Simons, A.D., Monroe, S.M., & Thase, M.E. (1993).** Evaluating the hopelessness model of depression: Diathesis-stress and symptom components. *Journal of Abnormal Psychology*, 102, 592-600.

## **Book Chapters**

**Spangler, D.L. & Queiroz, A. (in press).** Body of faith: Religious influence on body image and eating disorders. In J. Reel & K. Beals (Eds.), *Beyond Sorority Sisters and Gymnasts: Body Image and Eating Disorders in Diverse Populations*. NAGWS/AAHPERD Press.

**Spangler, D.L. (2005).** Bulimia nervosa. In A. Freeman (Ed.), *Encyclopedia of Cognitive Behavior Therapy* (pp. 86-89). New York: Springer.

**Spangler, D.L. & Hoyal, H. (2005).** Anorexia nervosa. In A. Freeman (Ed.), *Encyclopedia of Cognitive Behavior Therapy* (pp.29-32). New York: Springer.

**Spangler, D.L. (2002).** How does cognitive-behavioral therapy work? Using structural equation modeling to pinpoint mechanisms and mediators of change. In T. Scrimali and L. Grimaldi (Eds.), *Cognitive Psychotherapy Toward a New Millenium: Scientific Foundations and Clinical Practice*. New York: Kluwer Academic/Plenum Publishers

Bergin, A.E., & **Spangler, D.L.** (2002). Agency vs. impairment. In A.E. Bergin, *Spiritual Growth and Personal Adjustment: Latter-Day Saint and Social Science Perspectives*. Provo, UT: BYU Studies/Brigham Young University Press.

**Spangler, D.L. (2001).** Human agency in psychotherapy: To choose or not to choose...Is that the question? In B. Slife, R. Williams, & S. Barlow (Eds.), *Critical Issues in Psychotherapy: Translating New Ideas Into Practice*. Thousand Oaks, CA: Sage.

Hawkins, A., **Spangler, D.L.**, Hudson, V., Dollahite, D.C., Klein, S.R., Rugh, S.S., Fronk, C., Draper, R., Sorensen, A.D., Wardle, L.D., Hill, E.J. (2000). Equal partnership in marriage and the sacred responsibilities of mothers and fathers. In D.C. Dollahite (Ed.), *Strengthening Our Families: An In Depth Look at the Proclamation on the Family*. Salt Lake City: Bookcraft.

Roby, J, Buxton, M, Harrison, K., **Spangler, D.L.**, Stallings, N., & Walton, E. (2000). Understanding abuse in the family. In D.C. Dollahite (Ed.), *Strengthening Our Families: An In Depth Look at the Proclamation on the Family*. Salt Lake City: Bookcraft

Roby, J, Buxton, M, Harrison, K., **Spangler, D. L.**, Stallings, N., & Walton, E. (2000). Preventing and healing from abuse. In D.C. Dollahite (Ed.), *Strengthening Our Families: An In Depth Look at the Proclamation on the Family*. Salt Lake City: Bookcraft

Albert, R.S., & **Spangler, D.L.** (1992). Giftedness, creative efforts, and identity: Their relationships to one another. In J.S. Carlson (Ed.) *Cognition and Educational Practice: An International Perspective*. Greenwich, CT: JAI Press.

### **Creative Works**

**Spangler, D.L.** (2005, July). The body, a sacred gift. *Ensign*, 14-18 .

### **Instrumentation**

**Spangler, D.L.** (2004). The Spangler Eating Disorder Symptom Scale.

**Spangler, D.L.** (2004). The Body Appreciation and Respect Scale.

**Spangler, D.L.** (1998). The CBT Coding Scale for Bulimia Nervosa.

**Spangler, D.L.** (1997). The Beliefs About Appearance Scale. Ovid Technologies, HaPI #240011.

## **GRANTS**

### **Research Grants**

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| 2006      | <i>Improving Treatment Response for Eating Disorders</i> . Source of funding: Brigham Young University, Marjorie Pay Hinckley Endowment.   |
| 2005      | <i>Validation of the Symptoms of Eating Disorders Scale</i> . Source of funding: Brigham Young University, Women's Research Institute.   |
| 2001      | <i>Mediators and Mechanisms of Cognitive Behavioral Therapy</i> . Source of funding: Brigham Young University, College of Family, Home and Social Sciences.  |
| 1999      | <i>Predictors of Long-Term Outcome in Cognitive-Behavioral Therapy for Bulimia Nervosa: Cognitive and Relapse Prevention Interventions</i> . Source of funding: Brigham Young University, College of Family, Home and Social Sciences. |
| 1998      | <i>Mechanisms of Action in Cognitive-Behavioral Therapy for Bulimia Nervosa</i> . Source of funding: Brigham Young University, College of Family, Home and Social Sciences.  |
| 1995-1997 | <i>Cognitive-Behavioral Treatments for Depression and Bulimia</i> (MH 19938). Source of funding: National Institute of Mental Health (Biomedical Research Program).  |
| 1992-1994 | <i>Evaluation of Cognitive Diathesis-Stress Models of Depression</i> (MH 10374). Source of funding: National Institute of Mental Health (Individual National Research Service Award).  |

- 1992-1994      *Cognition and Emotion*. Source of funding: National Institute of Mental Health.
- 1992-1993      *Sex Differences in the Etiology of Depression*. Source of funding: Center for the Study of Women and Society.
- 1988              *Social Factors in Post-Stroke Depression*. Source of funding: Pew Foundation.

### Teaching/Mentoring Grants

- 2005              *Mentoring in Neurocognitive Aspects of Eating Disorders*. Source of funding: Brigham Young University, Office of Graduate Studies
- 2004              *Mentoring in Eating Disorder Treatment Research*. Source of funding: Brigham Young University, Office of Graduate Studies.
- 2001              *Mentoring in Treatment Mediator and Mechanism Research*. Source of funding: Brigham Young University, Mentored Environment Grant.
- 1998              *Enhancing Training in Cognitive-Behavioral Therapy*. Source of funding: Brigham Young University Faculty Center.
- 1998              *Psychology of Gender: Course Development*. Source of funding: Brigham Young University Faculty Center.

### PRESENTATIONS

- Spangler, D.L. (2008, March). *Heavenly Bodies: Latter-Day Saint Perspectives of the Body*. Invited address, presented at the Tanner Center "Body in the Minds Eye" Conference, University of Utah. Salt Lake City, UT.
- Spangler, D.L. & Hatch, K.A.. (2007, October). *Using Stable Isotope Ratios in Hair to Diagnose Eating Disorders*. Presented at the Annual Convention of the Eating Disorder Research Society, Pittsburgh, PA.
- Sandberg, M., & Spangler, D.L. (2007, October). *Eating, Substance Use, and Body Image in Latter-Day Saints: Comparative Studies*. Presented at the Association of Mormon Counselors and Psychotherapists Conference. Salt Lake City, UT.
- Spangler, D.L. (2006, December). *Eating Disorders: What to Do?* Invited Lecture, Student Health Service, Brigham Young University.
- Tolman, J., Woltz, D., & Spangler, D.L. (2006, June). *Working Memory Processing Differences as a Function of Disordered Eating*. Presented at the Annual Convention of the Academy of Eating Disorders. Barcelona, Spain.
- Spangler, D.L. (2006, May). *The Skinny on Eating Disorders: Innovations in Treatment*. Invited Address, presented at the Art & Science of Psychotherapy Conference, Vancouver, Canada.
- Spangler, D.L. (2006, May). *Fat Chance: Modifying Problematic Eating Patterns*. Invited Address, presented at the Art & Science of Psychotherapy Conference, Vancouver, Canada.
- Spangler, D.L. (2006, May). *Researching Recovery from Eating Disorders: What the Data Can and Cannot Tell Us*. Invited Address, presented at the New Life Foundation Conference. Salt Lake

City, UT.

Spangler, D.L. (2006, March). *Eating Disorders: Researching the Road to Recovery*. Invited Address, presented at the Women's Research Institute, Brigham Young University. Provo, UT.

Spangler, D.L. (2003, November). *Mechanisms of Action in Cognitive-Behavioral Therapy for Bulimia Nervosa*. Presented at the Annual Convention of the Association for the Advancement of Behavior Therapy. Boston, MA.

Spangler, D.L. (2003, November). *Mediators of Change in Cognitive-Behavioral Therapy for Bulimia Nervosa: Theory and Data*. Annual Convention of the Association for the Advancement of Behavior Therapy. Boston, MA.

Spangler, D.L. (2003, November). *What Causes Recovery from Depression: Changing Chemicals or Cognition?* Invited Lecture, Lee Library House of Learning Lecture. Brigham Young University, Provo, UT.

Spangler, D.L. (2003, May). *Overcoming the Weight of the World through Offering the Soul*. Invited Lecture, Brigham Young University Women's Conference. Brigham Young University, Provo, UT.

Spangler, D.L. (2003, April). *Overcoming the Weight of the World: Treatment of Body Image Dysfunction and Eating Disorders*. Invited Workshop, Association of Mormon Counselors and Psychotherapists. Salt Lake City, UT.

Spangler, D.L. (2002, November). *Eating Disorders: Myths and Realities*. Invited Lecture, Utah Association of Family and Consumer Sciences Annual Conference. Provo, UT.

Spangler, D.L. (2002, November). *Are Men from Mars and Women from Venus? What the Data Say*. Invited Lecture, Utah Association of Family Consumer Sciences Annual Conference. Provo, UT.

Spangler, D.L. (2001, November). *Can You Really Be a Scientist-Practitioner?* Presented at the 35<sup>th</sup> Annual Convention of the Association for the Advancement of Behavior Therapy, Philadelphia, PA.

Spangler, D.L. (2001, July). *Treatment Mediators and Mechanisms in CBT for Bulimia Nervosa: What the Theories Say*. Presented at the World Congress of Behavioral and Cognitive Therapies, Vancouver, Canada.

Hatch, A., Beckstead, J., Radpour-Wiley, M. & Spangler, D. (2001, July). *Psychometric Properties of the CBT Coding Scale for Bulimia Nervosa*. Presented at the World Congress of Behavioral and Cognitive Therapies, Vancouver, Canada.

Baldwin, S. A. & Spangler, D.L. (2001, July). *Mechanisms of Action in CBT for Bulimia Nervosa: What the Data Say*. Presented at the World Congress of Behavioral and Cognitive Therapies, Vancouver, Canada.

Spangler, D.L. (2001, July). *Energizing Your Practice with Data*. Presented at the World Congress of Behavioral and Cognitive Therapies, Vancouver, Canada.

Spangler, D.L. (2001, July). *Cognitive Behavioral Therapy: Transforming Boulders in the Path*. Presented at the World Congress of Behavioral and Cognitive Therapies, Vancouver, Canada.

Spangler, D.L. (2001, July). *Etiologic Models of Depression: How Do We Decide Between Them?* Presented at the World Congress of Behavioral and Cognitive Therapies, Vancouver, Canada.

Spangler, D.L. (2001, May). *Eating Disorders: Cognitive-Behavioral Approaches to Etiology and*

- Treatment*. Invited Workshop, Beck Institute for Cognitive Therapy and Research, Philadelphia, PA.
- Spangler, D.L. (2001, April). *What To Do When a Student is Suicidal*. Invited Workshop, Suicide Prevention Conference, Intermountain Health Care and Provo School District, Provo, UT.
- Spangler, D.L. (2001, March). *Chemicals or Cognition? What Causes Recovery from Depression?* Invited Lecture, Renaissance Lecture Series, Brigham Young University, Department of Chemistry and the American Chemical Society.
- Spangler, D.L. (2001, January). *Advances in Cognitive-Behavioral Interventions for Persons with Schizophrenia*. Invited Workshop, Utah State Hospital. Provo, UT.
- Baldwin, S., & Spangler, D.L. (2000, November). *Effects of Combining the Cognitive-Specificity and Tripartite Models on the Prediction of Anxiety and Depression*. Presented at the 34<sup>th</sup> Annual Convention of the Association for the Advancement of Behavior Therapy, New Orleans.
- Spangler, D.L. (2000, August). *Special Topics in Depression*, Chair. Presented at the Annual Convention of the American Psychological Association. Washington, DC.
- Spangler, D.L. (2000, August). *Challenging Assumptions about Psychotherapy with Data*, Discussant. Presented at the Annual Convention of the American Psychological Association, Washington, DC.
- Baldwin, S., & Spangler, D.L. (2000, August). *Understanding the Comorbidity of Anxiety and Depression: Does Combining the Tripartite and Cognitive-Specificity Models Help?* Presented at the Annual Convention of the American Psychological Association, Washington, DC.
- Baldwin, S., & Spangler, D.L. (2000, April). *Combining the Tripartite and Cognitive-Specificity Models of Anxiety and Depression*. Presented at the Annual Convention of the Rocky Mountain Psychological Association. Tucson, AZ.
- Spangler, D.L. (2000, June). *How Does Cognitive Behavioral Therapy Work? Using Structural Equation Modeling to Pinpoint Mechanisms of Change*. Invited Workshop, International Congress of Cognitive Psychotherapy. Catania, Italy.
- Spangler, D.L. (2000, May). *Bulimia Nervosa: What We Know and Where We are Going*. Presented at the Faculty Women's Association Conference, Invited Address. Brigham Young University, Provo, UT.
- Spangler, D.L. (2000, April). *Why is Depression More Common in Women? Theory, Data, and Politics*. Presented at Idaho State University, Invited Colloquium.
- Spangler, D.L. (2000, April). *Treatment of Bulimia Nervosa: What Works and Why*. Presented at Idaho State University, Invited Workshop.
- Spangler, D.L. (1999, November). *Does CBT Work by Changing Cognition? Using Structural Equation Modeling to Pinpoint Mechanisms of Change*. Presented at the 33<sup>rd</sup> Annual Convention of the Association for the Advancement of Behavior Therapy, Toronto.
- Arnow, B.A., Spangler, D.L., & Burns, D.D. (1999, November). *Do Changes in Rumination Mediate Recovery in CBT for Depression?* Presented at the 33<sup>rd</sup> Annual Convention of the Association for the Advancement of Behavior Therapy, Toronto, Canada.
- Burns, D.D. & Spangler, D.L. (1999, November). *Do Changes in Negative Automatic Thoughts Mediate Recovery in CBT?* Presented at the 33<sup>rd</sup> Annual Convention of the Association for the Advancement of Behavior Therapy, Toronto, Canada.

Spangler, D.L. (1999, October). *Human Agency in Psychotherapy: To Choose or Not to Choose...Is That The Question?*. Presented at the Critical Issues in Psychotherapy Conference, Invited Address. Brigham Young University. Provo, UT.

Burns, D.D., & Spangler, D.L. (1999, April). *How and Why Does Cognitive-Behavioral Therapy Work?* Presented at McClean Hospital, Harvard Medical School, Invited Address. Boston, MA.

Burns, D.D., Spangler, D.L., & Neilands, T. (1999, April). *Do Negative Thoughts Cause Depression? Or Does Depression Cause Negative Thoughts?* Presented at the Veterans Administration Hospital, Invited Address. Menlo Park, CA.

Spangler, D.L., & Burns, D.D. (1999, November). *Do Changes in Dysfunctional Attitudes Mediate Recovery in CBT for depression?* Presented at the 33<sup>rd</sup> Annual Convention of the Association for the Advancement of Behavior Therapy, Toronto, Canada.

Spangler, D.L. & Burns, D.D. (1998, November). *Mars and Venus in Therapy: Are there Gender Differences in Mediators of Change in Cognitive-Behavioral Therapy for Depression?* Presented at the 32<sup>nd</sup> Annual Convention of the Association for the Advancement of Behavior Therapy, Washington, DC.

Spangler, D.L. & Burns, D.D. (1998, July). *Do Changes in Cognition Mediate Changes in Depression during Cognitive-Behavioral Therapy?* Presented at the World Congress for Behavioral and Cognitive Therapies, Acapulco, Mexico.

Spangler, D.L. & Burns, D.D. (1998, July). *Does Homework Compliance Mediate Change in Depression during Cognitive-Behavioral Therapy?* Presented at the World Congress for Behavioral and Cognitive Therapies, Acapulco, Mexico.

Burns, D. D. & Spangler, D.L. (1998, July). *Psychotherapy Homework: Does it Really Make a Difference?* Presented to the Bay Area Cognitive-Behavioral Therapy Association, Invited Address. San Francisco, CA.

Burns, D. D. & Spangler, D.L. (1998, March). *Therapeutic Empathy and Psychotherapy Homework Assignments: Do They Really Make a Difference?* Invited keynote address for Harvard Conference on "Focused Interventions." McClean Hospital, Harvard Medical School, Boston, MA.

Burns, D. D. & Spangler, D.L. (1998, March). *Estimating Causal Relationships in Naturalistic Treatment Settings.* Presented at Massachusetts General Hospital, Invited Address. Harvard Medical School, Boston, MA.

Spangler, D.L. (1998, February). *Women's Studies Research: Gender and Depression.* Presented at the Faculty Women's Association Conference, Invited Address. Brigham Young University, Provo, UT.

Spangler, D.L. (1997, November). *Are Men from Mars and Women from Venus? A Test of Gender Differences in Depression.* Presented at the Women's Research Institute, Invited Address. Brigham Young University, Provo, UT.

Burns, D.D. & Spangler, D.L. (1997, October). *Integrating Research and Clinical Practice.* Presented at the Counseling and Career Center, Invited Address. Brigham Young University, Provo, UT.

Burns, D.D. & Spangler, D.L. (1997, October). *Assessing Depression, Anxiety and Anger in Adolescents.*



- Presented at the annual meeting of CAPIA, Invited Address. California Association of Probation Institution Administrators, Pismo Beach, CA.
- Burns, D. D. & Spangler, D.L. (1997, September). *Identifying Variables Associated with Therapeutic Success or Failure*. Presented at the Student Health Counseling Service, 50<sup>th</sup> Anniversary Celebration, Invited Address. University of Wisconsin, Madison, Wisconsin.
- Burns, D.D. & Spangler, D.L. (1997, May). *How Do Cognitive Behavioral Therapy and Antidepressant Drugs Actually Work? Causal Models and their Implications for Treatment*. Presented to the Department of Psychiatry and Behavioral Sciences, Invited Grand Rounds Address. Stanford University School of Medicine, Stanford, CA.
- Burns, D.D. & Spangler, D.L. (1997, May). *Do Changes in Dysfunctional Attitudes Mediate Recovery from Depression in Cognitive Behavioral Therapy?* Presented to the Cognitive Therapy Institute, Invited Address. Massachusetts General Hospital, Harvard Medical School, Boston, MA.
- Spangler, D.L. (1997, March). *Which Types of Cognition are Related to Depression?* Presented to the Department of Psychology, Invited Address. Utah State University, Logan, UT.
- Spangler, D.L. (1997, February). *Which Types of Cognition are Related to Depression?* Presented to the Department of Psychology, Invited Address. State University of New York-Albany, Albany, NY.
- Spangler, D.L. (1997, February). *Treatment of Bulimia Nervosa: What Works and Why*. Presented to the Department of Psychology, Invited Address. University of Virginia, Charlottesville, VA.
- Spangler, D.L. & Burns, D.D. (1996, June). *Are Men from Mars and Women from Venus? A Test of Gender Differences in Depression*. Presented to the Department of Psychiatry, Invited Grand Rounds Address. Kaiser Permanente Hospital, Santa Clara, CA.
- Spangler, D.L. (1996, May). *Cognition and Emotion: Is There a Causal Connection?* Presented to the Stanford School of Medicine Research Group, Department of Psychiatry, Invited Address. Stanford School of Medicine, Stanford, CA.
- Spangler, D.L. (1991, August). *Domain Specificity in Diathesis-Stress Models of Depression*. Presented at the annual convention of the American Psychological Association, San Francisco, CA.
- Albert, R.S., & Spangler, D.L. (1990, August). *Personality, ego development, and career choices among exceptionally gifted young men*. Presented at the annual convention of the American Psychological Association, Boston, MA.
- Spangler, D.L. (1988). *Effects of goal-setting on future outlook*. Presented at the annual convention of the Western Psychological Association, San Francisco, CA.

## PROFESSIONAL ACTIVITIES

### Editorships and Board Memberships

2007-present	Editorial Board, <i>International Journal of Cognitive Therapy</i>
1999-2007	Editorial Board, <i>Journal of Cognitive Psychotherapy</i>
2000-2002	Editor, <i>Advances in Cognitive Therapy</i>
2001-2002	Editorial Board, <i>Behavior Therapy</i>
2001-2002	International Scientific Committee, <i>International Federation for Psychotherapy</i>

2000-2002 Board of Directors, *Academy of Cognitive Therapy*

### **Editorial Consulting**

2003-present Editorial Consultant, *Behavior Research and Therapy*  
1999-present Editorial Consultant, *Journal of Clinical Psychology*  
1999-present Editorial Consultant, *Behavior Therapy*  
1998-1999 Editorial Consultant, *John Wiley & Sons*  
1995-present Editorial Consultant, *Journal of Consulting and Clinical Psychology*  
1994-present Editorial Consultant, *Cognitive Therapy and Research*  
1992-present Editorial Consultant, *Journal of Abnormal Psychology*

### **PROFESSIONAL AFFILIATIONS**

2006-present Eating Disorders Research Society, Elected Fellow  
2004-present Academy for Eating Disorders, Member  
2003-present Women's Research Institute, Faculty Affiliate  
2000-present Academy of Cognitive Therapy, Elected Fellow  
1999-present Association of Mormon Counselors and Psychotherapists, Member  
1998-present International Association for Cognitive Psychotherapy, Member  
1990-present Association for Behavioral and Cognitive Therapies, Member  
1989-present American Psychological Association, Member