# Aaron J. Fisher, Ph.D.

Curriculum Vitae

University of California, Berkeley
Department of Psychology
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Berkeley, CA 94720
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## EDUCATION

| | |
|---|---|
| 2012 | **The Pennsylvania State University**<br>Ph.D., Clinical Psychology |
| 2008 | **The Pennsylvania State University**<br>M.S., Psychology |
| 2006 | **Columbia University**<br>Post Baccalaureate Certificate, Psychology |
| 2000 | **Wesleyan University**<br>B.A., Music |

## ACADEMIC APPOINTMENTS

| | |
|---|---|
| 2019 – | **University of California, Berkeley**<br>Associate Professor, Department of Psychology |
| 2013 – 2019 | **University of California, Berkeley**<br>Assistant Professor, Department of Psychology |
| 2012 – 2013 | **Stanford University**<br>Postdoctoral Research Fellow, Department of Psychiatry and Behavioral Sciences |
| 2011 – 2012 | **VA Palo Alto Health Care System**<br>Predoctoral Clinical Intern |

## RESEARCH SUPPORT

### Current

2025 – 2029 **Canadian Institutes of Health Research (526635)**
*Personalizing symptom mapping to understand and treat persistent post-concussion symptoms*
PI: Noah Silverberg, Role: Co-Investigator, Total Costs: $690,000

### Completed

2021 – 2024 **Binational Science Foundation (2020289)**
*Personalizing prediction and intervention: Idiographic modeling of functional impairment and subjective distress*
Co-PI: Aaron Fisher, Co-PI: Eshkol Rafaeli, Total Costs: $202,500

2021 – 2023 **National Institute of Mental Health (R21MH126394-01)**
*Identifying Person-Specific Drivers of Adolescent Depression via Idiographic Network Modeling of Active and Passive Smartphone Data*
PI: Mei Yi Ng, Role: Co-Investigator, Total Costs: $198,250

2016 – 2020 **National Science Foundation (NSF)-California AGEP Model to Increase the Success of Underrepresented Minority Postdoctoral Fellows Becoming Faculty in Mathematics, Engineering and Physical and Computer Sciences (1647273)**
*California Alliance Study, Continuing Grant*
PI: Mark Richards, Role: Co-Investigator, Total Costs: $1,709,084

2016 – 2018 **National Institutes of Health (NIH) Clinical Research Loan Repayment Program**
Role: PI, Total Costs: $32,655

2014 – 2017 **National Science Foundation (NSF)-Alliance for Graduate Education and the Professoriate (1306747)**
*California Alliance Study*
PI: Mark Richards, Role: Consultant, Total Costs: $1,316,986

2015 - 2016 **Hellman Foundation: Hellman Fellows Fund**
*Isolating Hyperarousal in PTSD: Targeting sources of physiologic dysregulation.*
Role: PI, Total Costs: $36,160

2014 - 2016 **Berkeley Science Network *via* the Kapor Center for Social Impact (1038192) Berkeley Science Connections *via* NSF Innovation through Institutional Integration Program (1038192)**
*Berkeley Life in Science Study (BLISS)*
PI: Mark Richards, Role: Consultant, Total Costs: $1,248,798

2014 - 2015 **UC Berkeley Committee on Research (COR) Faculty Research Grant**
*Dynamic Assessment System for Personalized Modular Interventions*
Role: PI, Total Costs: $9,000

2013 - 2015 **Deakin University Central Grants Research Scheme**
*Assessing 'non-traditional' risk factors in cardiovascular disease onset in women.*
PI: Adrienne O'Neil, Role: Co-I, Total Costs: $25,000

2013 - 2016 **National Institute of Justice (2013-IJ-CX-0029)**
*Familial Pathways to Polyvictimization for Sexual Minority Youth: Homonegative, Dangerous, and Adverse Family Typologies.*
PI: Paul Sterzing, Role: Co-I, Total Costs: $456,606

2012 - 2015 **National Health and Medical Research Council; Australia (1021294)**
*Anxiety depression & heart rate variability in cardiac patients: Evaluating the impact of negative emotions on functioning after 24 months (ADVENT)*
PI: Brian Oldenburg, Role: Co-I, Total Costs: $875,000

**PUBLICATIONS** (Google Scholar: h-index = 41; i10-index = 69)

*Indicates students and postdoctoral fellows

[+] Indicates co-senior authorship

**2026**

1. **Fisher, A.J.** (In Press). Beyond parametric ergodicity: A framework for structural generalizability. *Philosophical Transactions of the Royal Society A*.
2. **Fisher, A.J.** (2026). Constructs should do work: Reply to Forbes, Lorenzo-Luaces and Buss, Markon, and Paulus. *Journal of Psychopathology and Clinical Science*, 135, 578–580.
3. Leenaerts, N., & **Fisher, A.J.** (2026). Setweaver: Building sets of variables in a probabilistic framework. *R package* version 1.0.0.
4. Wu, C., **Fisher, A.J.**, Schnyer, D. (2026). Uncovering discrete states from multimodal psychophysiological data using Gaussian latent Dirichlet allocation. *Northeast Journal of Complex Systems*, DOI: 10.63562/2577-8439.1162.
5. Shi, S., **Fisher, A.J.**, Rabinowitz, A.R., & Silverberg, N.D. (2026). Network models of symptoms following mild traumatic brain injury: A systematic review and meta-analysis. *Journal of the International Neuropsychological Society*.
6. Guo, J., Frederick, J., Cunningham, L., Jacobson, N.C., **Fisher, A.J.**, Pettit, J.W., McMakin, D.L., and Ng, M.Y. (2026). Feasibility and acceptability of a smartphone and wearable assessment protocol for adolescents with depression. *Res. Child and Adolescent Psychopathology*, 54, 78. https://doi.org/10.1007/s10802-026-01464-9

**2025**

7. **Fisher, A.J.** (2025). Establishing minimally sufficient conditions reduces the complexity of symptom presentations in Diagnostic and Statistical Manual of Mental Disorders internalizing disorders. *Journal of Psychopathology and Clinical Science*, 135, 554–566.
8. *Cusack, C.E., Sandoval-Araujo, L.E., Hernández, J.C., Pennesi, J.L., Lazarus, G., Levinson, C.A.[+], & **Fisher, A.J.**[+] (2025). What's strength centrality got to do with it? Examining the stability of central symptoms across symptom ensembles and time in idiographic networks. *Journal of Psychopathology and Clinical Science*, 134, 571–584.
9. Fittipaldi, S., Teckentrup, V., Kelley, S.W., Fox, C.A., Kelly, J.R., Rosicka, A.M., **Fisher, A.J.**, O'Sullivan, R., Leavey, G., & Gillan, C.M. (2025). Daily life fluctuations in affect predict within-person changes in a real-world measure of cognitive processing speed. *eLife*, https://doi.org/10.7554/eLife.108521.1.
10. *Mattoni, M., **Fisher, A.J.**, Gates, K.M., Chein, J., & Olino, T.M. (2025). Group-to-individual generalizability and individual-level inferences in cognitive neuroscience. *Neuroscience and Biobehavioral Reviews*, 106024.
11. Eisele, G., Hiekkaranta, A., Kunkels, Y.K., van Ballegooijen, W., Bartels, S.L., Bastiaansen, J.A., Beymer, P.N., Bylsma, L.M., Carpenter, R.W., Ellison, W.D., **Fisher, A.J.**,... & Kirtley, O.J. (2025). ESM-Q: A consensus-based quality assessment tool for experience sampling method items. *Behavior Research Methods*, 57, 1-20.

**2024**

12. Meine, L.E., Müller-Bardorff, M., Recher, D., Paersch, C., Schulz, A., Spiller, T., Galatzer-Levy, I., Kowatsch, T., **Fisher, A.J.**, & Kleim, B. (2024). Network analyses of ecological momentary emotion and avoidance assessments before and after cognitive behavioral therapy for anxiety disorders. *Journal of Anxiety Disorders*, 106, 102914.
13. Ng, M.Y., Frederick, J.A., **Fisher, A.J.**, Allen, N.B., Petit, J.W, McMakin, D.L. (2024). Identifying Person-Specific Drivers of Depression in Adolescents: Protocol for a Smartphone-Based Ecological Momentary Assessment and Passive Sensing Study. *JMIR Research Protocols*, 13, e43931.
14. *Song, J., Jeronimus, B.F., & **Fisher, A.J.** (2024). Sleep, Event Appraisal, and Affect: An Ecological Momentary Assessment Study. *Journal of Affective Disorders*.
15. *Leenaerts, N., *Soyster, P.D., Ceccarini, J., Sunaert, S., **Fisher, A.J.**$^{+}$, & Vrieze, E.$^{+}$ (2024). Person-specific and Pooled Prediction Models for Binge eating, Alcohol Use and Binge Drinking in Bulimia Nervosa and Alcohol Use Disorder: An Experience Sampling Method Study. *Psychological Medicine*, 54 (10), 2758-2773.
16. Deisenhofer, A.K., Barkham, M., Beierl, E.T., Schwartz, B., Aafjes-van Doorn, K., Beevers, C.G., Berwian, I.M., Blackwell, S.E.,…**Fisher, A.J.**,…Cohen, Z.D. (2024). Implementing precision methods in personalizing psychological therapies. *Behaviour Research and Therapy*, 172, 104443.
17. Müller-Bardorff, M., Schulz, A.., Paersch, C., Recher, D., Schlup, B., Seifritz, E., Kolassa, I.T., Kowasch, T., **Fisher, A.J.**, Galatzer-Levy, Isaac, & Kleim, B. (2024). Optimizing Outcomes in Psychotherapy for Anxiety Disorders Using Smartphone-Based and Passive Sensing Features: Protocol for a Randomized Controlled Trial. *JMIR Research Protocols* 13, e42547.
18. Cusack, C.E., Ralph-Nearman, C., Christian, C., **Fisher, A.J.**, & Levinson, C.A. (2024). Understanding heterogeneity, comorbidity, and variability in depression: Idiographic models and depression outcomes. *Journal of Affective Disorders*, 356, 248-256.
19. Paersch, C., Recher, D., Schulz, A., Henninger, M., Schlup, B., Künzler F., Homan, S., Kowatsch, T., **Fisher, A.J.**, Horn, A.B., & Kleim, B. (2024). Self-efficacy effects on symptom experiences in daily life and early treatment success in anxiety patients. *Clinical Psychological Science*.

**2023**

20. *Song, J., **Fisher, A.J.**, & Woodward, S.H. (2023). Bedtime Regularity Predicts Positive Affect Among Veterans with Posttraumatic Stress Disorder: An Ecological Momentary Assessment Study. *BMC Psychiatry*, 23 (1), 869.
21. Kelley, S., **Fisher, A.J.**, Lee, C.T., Gallagher, E., Hanlon, A., Robertson, I., Gillan, C. (2023). Elevated Emotion Network Connectivity is Associated with Fluctuations in Depression. *Proceedings of the National Academy of Sciences*, 120 (45), e2216499120.
22. *Song, J., *Crawford, C., & **Fisher, A.J.** (2023). Sleep Quality Moderates the Relationship Between Daily Mean Levels and Variability of Positive Affect. *Affective Science*, 4, 385-393.
23. *Soyster, P.D., *Song, F., & **Fisher, A.J.** (2023). Clinical opinions: Perceived Utility of and Barriers to Incorporating Pre-Treatment Ecological Momentary Assessment into Clinical Care. *Behavior Therapy*, 54, 200-213.

**2022**

24. *Song, J., *Howe, E., Oltmanns, J.R., & **Fisher, A.J.** (2022). Examining the Concurrent and Predictive Validity of Single Items in Ecological Momentary Assessments. *Assessment*.

25. *Soyster, P.D., *Ashlock, L., & **Fisher, A.J.** (2022). Pooled and Person-Specific Machine Learning Models for Predicting Future Alcohol Consumption, Craving, and Wanting to Drink: A Demonstration of Parallel Utility. *Psychology of Addictive Behaviors*, 36, 296–306.
26. **Fisher, A.J.**, *Howe, E., & *Zong, Z.Y. (2022). Unsupervised Clustering of Autonomic Temporal Networks in Clinically Distressed and Psychologically Healthy Individuals. *Behaviour Research and Therapy*. DOI: 10.1016/j.brat.2022.104105.
27. *Howe, E. & **Fisher, A.J.** (2022). Identifying and Predicting Posttraumatic Stress Symptom States in Adults with Posttraumatic Stress Disorder. *Journal of Traumatic Stress*. DOI: 10.1002/jts.22857.
28. Haeffel, G., Jeronimus, B.F., **Fisher, A.J.**, Kaiser, B., Weaver, L., Vargas, I., Goodson, J., *Soyster, P.D., & Wei L. (2022). HiTOP is Not an Improvement Over the DSM. *Clinical Psychological Science*, DOI: 10.1177/21677026211068873.

**2021**

29. *Lazarus, G. & **Fisher, A.J.** (2021). Negative Emotion Differentiation Predicts Psychotherapy Outcome: Preliminary Findings. *Frontiers Psychology*, doi: 10.3389/fpsyg.2021.689407.
30. **Fisher, A.J.**, *Song, J. & *Soyster, P.D. (2021). Toward a systems-based approach to understanding the role of the sympathetic nervous system in depression. *World Psychiatry*, 20, 295 –296.
31. *Lazarus, G., *Song, J., *Crawford, C. & **Fisher, A.J.** (2021). A close look at the role of time in affect dynamics research. In Waugh, C. and Kuppens, P. (Ed.), *Affect Dynamics*.
32. Haeffel, G., Jeronimus, B.F., Kaiser, B., Weaver, L., *Soyster, P.D., **Fisher, A.J.**, Vargas, I., Goodson, J., & Wei L. (2021). Folk Classification and Factor Rotations: Whales, Sharks, and the Problems with HiTOP. *Clinical Psychological Science*, DOI: 10.1177/21677026211002500.

**2020**

33. *Altman, A.D., Shapiro, L.A., & **Fisher, A.J.** (2020). Why does therapy work? An idiographic approach to explore mechanisms of change over the course of psychotherapy using digital assessments. *Frontiers Psychology*, doi.org/10.3389/fpsyg.2020.00782.
34. Bastiaansen, J.A., Kunkel, Y.K., Blauw, F.J., Boker, S.M., Ceulemans, E., Chen, M., Chow, S-M, de Jonge, P., Emerencia, A.C., Epskamp, S., **Fisher, A.J.**, … & Bringmann, L.F. (2020). Time to Get Personal? The Impact of Researchers' Choices on the Selection of Treatment Targets Using the Experience Sampling Methodology. *Journal of Psychosomatic Research*, 137, 110211.
35. **Fisher, A.J.** & *Bosley, H.G. (2020). Identifying the presence and timing of discrete mood-states prior to therapy. *Behaviour Research and Therapy*.
36. *Reeves, J.W. & **Fisher, A.J.** (2020). An Examination of Idiographic Networks of Posttraumatic Stress Disorder Symptoms. *Journal of Traumatic Stress*, 33, 84-95.
37. *Bosley, H.G., Sandel, D.B., & **Fisher, A.J.** (2020). Idiographic Dynamics of Positive Affect in GAD: Modeling Emotion Regulation at the Person Level. *European Journal of Psychological Assessment*.
38. Rabinowitz, A.R. & **Fisher, A.J.** (2020). Person-specific methods for characterizing the course and temporal dynamics of concussion symptomatology. *Scientific Reports*, 10, 1-9.
39. *Howe, E., *Bosley, H.G., & **Fisher, A.J.** (2020). Idiographic Network Analysis of Discrete Mood States Prior to Treatment. *Counselling and Psychotherapy Research*. DOI: 10.1002/capr.12295

**2019**

40. *Bosley, H.G., *Soyster, P.D., & **Fisher, A.J.** (2019). Affect dynamics as predictors of symptom severity and treatment response in mood and anxiety disorders: Evidence for specificity. *Journal of Person-Oriented Research*, 5, 101-113.
41. *Soyster, P.D., *Bosley, H.G., *Reeves, J.W, *Altman, A.E., & **Fisher, A.J.** (2019). Evidence for the feasibility of person-specific ecological momentary assessment across diverse populations and study designs. *Journal for Person-Oriented Research*, 5, 53-64.
42. *Reeves, J.W., **Fisher, A.J.**, & Woodward, S.H. (2019). Increased epoch-to-epoch parasympathetic cardiac regulation in patients with posttraumatic stress disorder compared to those with panic disorder and healthy controls. *Journal of Anxiety Disorders*, 69, 102144.
43. *Soyster, P.D. & **Fisher, A.J.** (2019). A mixed-methods approach for involving stakeholders in the design of idiographic research: An example from smoking cessation. *PLoS ONE*, 14(5): e0217150.
44. **Fisher, A.J.**, Jeronimus, B.F., & Medaglia, J.D. (2019). Reply to Hamaker & Ryan: Within-sample temporal instability in cross-sectional estimates. *Proceedings of the National Academy of Sciences*. April 2019, 116 (14) 6546-6547.
45. Medaglia, J.D., Jeronimus, B.F., & **Fisher, A.J.** (2019). Reply to Adolf & Fried: Conditional equivalence and imperatives for person-level science. *Proceedings of the National Academy of Sciences*. April 2019, 116 (14) 6542-6543.
46. **Fisher, A.J.**, *Bosley, H.G., *Fernandez, K.C., *Reeves, JW., *Diamond, A.E., *Soyster, P.D., & Barkin, J. (2019). Open trial of a personalized modular treatment for mood and anxiety. *Behaviour Research and Therapy*, 116, 69-79.
47. **Fisher, A.J.**, Mendoza-Denton, R., Patt, C., Young, I., Eppig, A., Garrell, R.L., Rees, D.C., Nelson, T.W., & Richards, M.A. (2019). Structure and Belonging: Pathways to Success for Underrepresented Minority and Women PhD Students in STEM Fields. *PLoS ONE* 14(1): e0209279
48. Awaad, R., **Fisher, A.J.**, Ali, S., & Rasgon, N. (2019). Development and Validation of the Muslims' Perceptions and Attitudes to Mental Health (M-PAMH) Scale with a Sample of American Muslim Women. *Journal of Muslim Mental Health*. 13, 119 – 135.

**2018**

49. Sterzing, P.R., **Fisher, A.J.**, & Gartner, R.E. (2018). Familial pathways to polyvictimization for sexual and gender minority youth: Microaffirming, microaggressive, violent, and adverse families. *Psychology of Violence*. http://dx.doi.org/10.1037/vio0000224
50. **Fisher, A.J.**, Medaglia, J.D., & Jeronimus, B.F. (2018). Lack of group-to-individual generalizability is a threat to human subjects research. *Proceedings of the National Academy of Sciences*. June 2018, 201711978; DOI:10.1073/pnas.1711978115
51. Lutz, W., Schwartz, B., Hofmann, S.G., **Fisher, A.J.**, Husen, K., & Rubel, J.A. (2018). Using network analysis for the prediction of treatment dropout in patients with mood and anxiety disorders: A methodological proof-of-concept study. *Scientific Reports*, DOI:10.1038/s41598-018-25953-0
52. *Bosley, H.G., **Fisher, A. J.**, & Taylor, C.B. (2018). Differential trajectories of positive affect, negative affect and worry in CBT for generalized anxiety disorder: A person-specific analysis of symptom course during therapy. *Psychotherapy Research*, 28, 630-642.

53. Shallcross, A.J., Willroth, E.C., **Fisher, A.J.**, Dimidjian, S., Gross, J.J., Visvanathan, P.D., & Mauss, I.B. (2018). Relapse/Recurrence Prevention in Major Depressive Disorder: 26-Month Follow-Up of Mindfulness-Based Cognitive Therapy Versus an Active Control. *Behavior Therapy*, 49, 836-849.
54. *Rubel, J.A., **Fisher, A.J.**, Husen, K., & Lutz, W. (2018). Translating Person-Specific Network Models into Personalized Treatments. Development and Demonstration of the Dynamic Assessment Treatment Algorithm for Idiographic Networks. *Psychotherapy and Psychosomatics*, 87, 249–251.

**2017**

55. **Fisher, A.J.**, *Reeves, J.W., Lawyer, G., Medaglia, J.D., & *Rubel, J.A. (2017). Exploring the Idiographic Dynamics of Mood and Anxiety via Network Analysis. *Journal of Abnormal Psychology*, 8, 1044-1056.
56. *Fernandez, K.C., **Fisher, A. J.**, & *Chi, C. (2017). Development and Initial Implementation of the Dynamic Assessment Treatment Algorithm (DATA). *PLoS ONE*, 12(6): e0178806.
57. Mendoza-Denton, R., Patt, C., **Fisher, A.J.**, Eppig, A., Young, I., Smith, A., & Richards, M.A. (2017). Differences in STEM Doctoral Publication by Ethnicity, Gender and Academic Field at a Large Public Research University. *PLoS ONE*, 12(4): e0174296.
58. *Diamond, A.E. & **Fisher, A.J.** (2017). Comparative autonomic responses to diagnostic interviewing between individuals with GAD, MDD, SAD, and healthy controls. *Frontiers in Human Neuroscience*, doi: 10.3389/fnhum.2016.00677.
59. Newman, M.G., Jacobson, N.C., Erickson, T.M., & **Fisher, A.J.** (2017). Interpersonal problems predict differential response to cognitive versus behavioral treatment in a randomized controlled trial. *Behavior Therapy*, 48, 56-58.

**2016**

60. **Fisher, A.J.** & Boswell, J.F. (2016). Enhancing the Personalization of Psychotherapy with Dynamic Assessment and Modeling. *Assessment*, 23, 496-506.
61. **Fisher, A.J.**, *Reeves, J.W., & *Chi, C. (2016). Dynamic RSA: Examining parasympathetic regulatory dynamics via vector-autoregressive modeling of time-varying RSA and heart period. *Psychophysiology*, 53, 1093-1099.
62. *Reeves, J.W., **Fisher, A.J.**, Newman, M.G., & Granger, D.A. (2016). Sympathetic and hypothalamic-pituitary-adrenal asymmetry in generalized anxiety disorder. *Psychophysiology*, 53, 951-957.
63. **Fisher, A.J.** & Newman, M.G. (2016). Reductions in the diurnal rigidity of anxiety predict treatment outcome in cognitive behavioral therapy for generalized anxiety disorder. *BRAT*, 79, 46-55.
64. O'Neil, A., **Fisher, A.J.**, Kibby, K., Jacka, F.N., Kotowicz, M.A., Williams, L.J., Stuart, A.L., Berk, M., Lewandowski, P.A., Atherton, J.J., Taylor, C.B., & Pasco, J.A. (2016). The addition of depression to the Framingham Risk Equation model improves risk prediction for coronary heart disease in women. *Preventive Medicine*, 87, 115-120.
65. O'Neil, A., **Fisher, A.J.**, *et al*. (2016). Depression is a risk factor for incident cardiovascular disease in women: an 18-year longitudinal study. *Journal of Affective Disorders*, 196, 117-124.
66. Campellone, T.R., **Fisher, A.J.**, & Kring, A.M. (2016). Using Social Outcomes to Inform Decision-Making in Schizophrenia: Relationships with Symptoms and Functioning. *Journal of Abnormal Psychology*, 125, 310-321.

**2015**

67. Clasen, P.C., **Fisher, A.J.**, & Beevers, C.G. (2015). Mood-reactive self-esteem and depression: Person-specific symptom dynamics via smart phone assessment. *PLoS ONE*, 10(7): e0129774.

68. **Fisher, A.J.** (2015). Toward a dynamic model of psychological assessment: Implications for personalized care. *Journal of Consulting and Clinical Psychology*, 83, 825-836.

69. **Fisher, A.J.** & *Bosley, H.G. (2015). Personalized assessment and treatment of depression. *Current Opinion in Psychology*, 4, 67-74.

70. Zhang, A., **Fisher, A.J.**, Bailey, J.O., Kass, A.E., Wilfley, D.E., & Taylor, C.B. (2015). The Self-Rating of the Effects of Alcohol questionnaire predicts heavy episodic drinking in a high-risk eating disorder population. *International Journal of Eating Disorders*, 48, 333-336.

**2014**

71. Nordberg, S.S., Castonguay, L.G., **Fisher, A.J.**, Boswell, J.F., & Kraus, D.R. (2014). Validating the rapid responder construct within a practice-research network. *Journal of Clinical Psychology*, 70, 886-903.

72. **Fisher, A.J.** & Woodward, S.H. (2014). Cardiac stability at differing levels of temporal analysis in panic disorder, post-traumatic stress disorder, and healthy controls. *Psychophysiology*, 51, 80-87.

73. Zalta, A.K., Gillihan, S.J., **Fisher, A.J.**, Mintz, J., Cahill, S.P., Yehuda, R., & Foa, E.B. (2014). Change in maladaptive cognitions drives symptom reduction in Prolonged Exposure Therapy for PTSD. *Journal of Consulting and Clinical Psychology*, 82, 171-175.

**2013**

74. Oldroyd, J., Cyril, S., Wijayatilaka, B., O'Neill, A., Zavarsek, S., Sanderson, K., Hare, D., **Fisher, A.J.**…& Oldenburg, B.F. (2013). Evaluating the impact of depression, anxiety & heart rate variability on quality of life, vocational functioning and health care utilisation in acute coronary syndrome patients: the ADVENT study protocol. *BMC Cardiovascular Disorders*, 13, 103-111.

75. **Fisher, A.J.** & Newman, M.G. (2013). Heart rate and autonomic response to stress after experimental induction of worry versus relaxation in healthy, high-worry, and generalized anxiety disorder individuals. *Biological Psychology*, 93, 65-74.

76. Newman, M.G. & **Fisher, A.J.** (2013). Mediated moderation in combined cognitive behavioral therapy versus component treatments for generalized anxiety disorder. *Journal of Consulting and Clinical Psychology,* 81, 405-414.

77. Arnow, B.A., Steidtmann, D., Blasey, C., Manber, R., Constantino, M.J., Klein, D.N., Markowitz, J.C., Rothbaum, B.O., Thase, M.E., **Fisher, A.J.,** & Kocsis, J.H. (2013). The relationship between the therapeutic alliance and treatment outcome in two distinct therapies for chronic depression. *Journal of Consulting and Clinical Psychology*, 81, 627-638.

78. Burns, D.D, Westra, H.A., Trockel, M.T., & **Fisher, A.J.** (2013). Motivation & change in depression in a brief inpatient treatment across two samples. *Cognitive Therapy & Research*, 37, 1-12.

**2008 – 2011**

79. **Fisher, A.J.**, Newman, M. G., & Molenaar, P.C.M. (2011). A quantitative method for the analysis of nomothetic relationships between idiographic structures: Dynamic patterns create attractor states for sustained post-treatment change. *Journal of Consulting and Clinical Psychology*, 79, 552-563.

80. Newman, M. G., Castonguay, L. G., Borkovec, T. D., **Fisher, A. J.**, Szkodny, L.E., Boswell, J.F., & Nordberg, S. S. (2011). A randomized controlled trial of cognitive-behavioral therapy for generalized anxiety disorder with integrated techniques from emotion-focused and interpersonal therapies. *Journal of Consulting and Clinical Psychology*, 79, 171-181.
81. Rabinowitz, A.R., **Fisher, A.J.**, & Arnett, P.A. (2010) Neurovegetative symptoms in patients with multiple sclerosis: Fatigue, not depression. *J. International Neuropsychological Society*, 17, 1-10.
82. Newman, M.G. & **Fisher, A.J.** (2010) Expectancy/credibility as a mediator of cognitive behavioral therapy for generalized anxiety disorder: Mechanism of action or proxy for symptom change? *International Journal of Cognitive Therapy*, 3, 245-261.
83. **Fisher, A.J.**, Granger, D. A., & Newman, M. G. (2010). Sympathetic arousal moderates self-reported physiological arousal symptoms at baseline and physiological flexibility in response to a stressor in generalized anxiety disorder. *Biological Psychology*, 83, 191-200.
84. Newman, M. G., Przeworski, A., **Fisher, A. J.,** & Borkovec, T. D. (2010) Diagnostic comorbidity in generalized anxiety disorder: Impact of comorbidity on psychotherapy outcome and impact of psychotherapy on comorbid diagnoses. *Behavior Therapy*, 41, 59-72.
85. Newman, M. G., Castonguay, L. G., Borkovec, T. D., **Fisher, A. J.**, & Nordberg, S. S. (2008). An open trial of integrative therapy for generalized anxiety disorder. *Psychotherapy*, 45, 135-147.

## ACADEMIC HONORS AND AWARDS

2025 **Fellow**
Association for Psychological Science

2017 **Rising Star**
Association for Psychological Science

2015 **Hellman Fellow**
Hellman Foundation
University of California

2014 **Small Grants Research Award**
Society for Psychotherapy Research

2011 **Outstanding Publication Award**
Penn State Department of Psychology

2011 **Hans H. Strupp Memorial Award**
Society for Psychotherapy Research

2010 **Graduate Research Scholarship**
APF & COGDOP

2010 **Graduate Research Grant**
Salimetrics, LLC.

2010 **Dissertation Support Grant**
Penn State University

2010 **Outstanding Publication Award**
Penn State Department of Psychology

2008 **Laura N. Rice Memorial Award**
Society for Psychotherapy Research

2008 **Outstanding Teaching Assistant Award**
Psi Chi National Honor Society in Psychology

2007 **Herman Goffberg Memorial Research Award**
Penn State Department of Psychology

2007 **Nagle Family Graduate Fellowship**
Penn State University

## INVITED TALKS

1. **Fisher, A.J.** (May, 2025). Let's be discrete: The utility of episodic and categorical perspectives. Invited talk, presented at the annual meeting of the Association for Psychological Science, Washington, D.C.
2. **Fisher, A.J.** (October, 2024). Utilizing discrete data. Invited talk, presented at the Rotterdam ESM Group, Erasmus University, Rotterdam, Netherlands.
3. **Fisher, A.J.** (February, 2024). Structural Links Between Idiographic and Nomothetic Data. Invited talk, presented at the Ergodicity Economics Conference, 2024, Santa Fe, NM.
4. **Fisher, A.J.** (January, 2024). The promise and possibility of discrete data for Emotion Related Research. Invited talk, presented to the Education, Emotion and Development Branch (EDB) of the National Institute of Mental Health, Bethesda, MD.
5. **Fisher, A.J.** (October, 2023). The promise and possibility of discrete data. Invited talk, presented at the University of Groningen, Department of Psychometrics and Statistics, Netherlands.
6. **Fisher, A.J.** (October, 2023). The promise and possibility of discrete data for emotion-related research. Keynote Address, presented at Tilburg Emotion 2023, Tilburg University, Netherlands.
7. **Fisher, A.J.** (October, 2023). A logical approach to necessity and sufficiency: Suicidal ideation in cross-sectional and time series data. Invited talk, presented at the Harvard University, Department of Psychology Colloquium Series, Cambridge, MA.
8. **Fisher, A.J.** (November, 2022). Increasing the Precision and Actionability of Psychological Data with Information Theoretic Algorithms and Probability. Invited talk, presented at the University of Southern California, Department of Psychology Colloquium Series, Los Angeles, CA.
9. **Fisher, A.J.** (July, 2022). How to personalize treatment to the individual? The state of the art and beyond. Semi-plenary address, delivered at the 53rd annual meeting of the Society for Psychotherapy Research, Denver, Colorado.
10. **Fisher, A.J.** (March, 2022). Generating New Insights into Autonomic Regulation with Intensive Data Collection & Unsupervised Learning. Invited talk, presented at the Center for Health and Community, University of California, San Francisco, Department of Psychiatry, San Francisco, CA.
11. **Fisher, A.J.** (September, 2021). Using Unsupervised Learning to Generate Tools for Real-Time Monitoring of Depression. Invited talk, presented at the UCSF Depression Center, University of California, San Francisco, Department of Psychiatry, San Francisco, CA.
12. **Fisher, A.J.** (September, 2021). Using Unsupervised Learning to Generate Supervised Clinical Tools. Invited talk, presented at the Third Treatment Selection Idea Lab, Trier, Germany.
13. **Fisher, A.J.** (November, 2020). Data-Driven Personalization. Semi-plenary address, delivered at the Association for Behavioral & Cognitive Therapies, virtual meeting.
14. **Fisher, A.J.** (November, 2018). Getting Personal: How Idiography Can (Re)Shape Clinical Science. Invited talk, presented at the Boston University Department of Psychology, Boston, MA.
15. **Fisher, A.J.** (September, 2018). Depression is Idiographic & Dynamic, Our Research Should Be as Well. Invited talk, presented at the Colloquium on Depression and Related Mood Research, University of California, San Francisco, Department of Psychiatry, San Francisco, CA.

16. **Fisher, A.J.** (September, 2018). About time: Observing behavior in the temporal medium. Invited talk, presented at Trier University, Department of Psychology, Trier, Germany.
17. **Fisher, A.J.** (June, 2018). Scalable methods for implementing person-specific precision interventions. Presented at the 2nd Treatment Selection Idea Lab, University College, London.
18. **Fisher, A.J.** (February, 2018). Idiographic Dynamics & Precision Targets: Prediction Models for Individual Behavior. Invited talk, presented to the Quantitative Methods Brown Bag in the Department of Psychology, University of California, Davis.
19. **Fisher, A.J.** (January, 2018). Idiographic Methods in Psychopathology and Psychotherapy: Opening New Doors and Challenging Old Assumptions. Invited talk, presented to the Clinical Science Seminar in the Department of Psychology, Washington University in St. Louis.
20. **Fisher, A.J.** (November, 2017). Idiographic methods in psychopathology and psychotherapy: Opening new doors and challenging old assumptions. Invited talk, presented to the Department of Psychiatry, Psychotherapy and Psychosomatics, University of Zurich, Switzerland.
21. **Fisher, A.J.** (October, 2017). Employing an Idiographic Lens: Motivations, Insights, and Early Returns. University of California, Berkeley, Department of Psychology, Faculty Research Lecture.
22. **Fisher, A.J.**, *Rubel, J.A., & *Reeves, J.W. (March, 2017). Mapping the Idiographic Dynamics of Behavior with Network Models. In Dowgwillo, E. (Chair), Personality Dynamics Over Time from Four Distinct Quantitative Approaches. Invited talk, presented at the annual meeting of the Society for Personality Assessment, San Francisco, CA.
23. **Fisher, A.J.** (November, 2016). Idiographic Dynamics: Measurement & Analysis at the Individual Level. Invited talked, presented to the BEAR Center seminar series, Berkeley, CA.
24. **Fisher, A.J.** (November, 2016). Bringing Precision Medicine to Behavioral Health. Invited plenary address to be presented at the meeting for the North American Chapter of the Society for Psychotherapy Research, Berkeley, CA.
25. **Fisher, A.J.** (September, 2016). Applying Precision Medicine to Behavioral Interventions: Personalizing the Assessment and Treatment of PTSD. Invited talk, presented at Optimizing Evidence Based Treatments for PTSD: A Working Conference, sponsored by the PTSD Core Investigator Team, Center for Chronic Disease Outcomes Research, Minneapolis VAHCS.
26. **Fisher, A.J.** (July, 2016). Data-Driven Personalization of Assessment & Intervention. Invited talk, presented at Apple Health, Cupertino, CA.
27. **Fisher, A.J.** (July, 2016). A Model for Personalized Modular Interventions. Invited talk, presented at the National Center for PTSD, Menlo Park, CA.
28. **Fisher, A.J.** (June, 2016). A Personalized Modular Therapy for Depression and Anxiety: Design and Initial Implementation. Invited talk, presented at the Treatment Selection Idea Lab, University of Pennsylvania, Philadelphia, PA.
29. **Fisher, A.J.** (May, 2016). Toward a Person-Specific Model of Psychopathology: Implications for Classification and Treatment. In Hooker, K. (Chair), Defined by Change: The Intraindividual Variability Approach to Studying Individual Differences. Invited talk, presented at the 28th annual meeting of the Association for Psychological Science, Chicago, Illinois.

30. **Fisher, A.J.** (September, 2015). The analysis of parallel time series across varying temporal scales and trends: understanding the nature and source of intercorrelated heart rates. Invited talk, presented at the 51st annual meeting of the Society of Experimental Social Psychology, Denver, Colorado.

## CONFERENCE PRESENTATIONS

### Talks

1. **Fisher, A.J.** (October, 2026). Identifying necessary features of psychopathology via formal logical relationships. Presented at the Society for Research in Psychopathology, Columbus, OH.
2. **Fisher, A.J.** (May, 2026). From a Taxonomy of Logical Relationships to the Lattice of Psychopathology. Presented at the 38th annual meeting of the Association for Psychological Science, Barcelona, Spain.
3. **Fisher, A.J.** (May, 2026). A Computational Model of Emotion Dysregulation: Implications of Appraisal-Arousal Feedback and Physiological Gain. Presented at the 38th annual meeting of the Association for Psychological Science, Barcelona, Spain.
4. **Fisher, A.J.** (June, 2025). Establishing Minimally Sufficient Conditions Reduces the Complexity of Symptom Presentations in DSM Disorders. Presented at the Society for Ambulatory Assessment, Leuven, Belgium.
5. **Fisher, A.J.** (May, 2025). Establishing Minimally Sufficient Conditions Reduces the Complexity of Symptom Presentations in DSM Disorders. Presented at the 37th annual meeting of the Association for Psychological Science, Washington D.C.
6. **Fisher, A.J.** (May, 2025). Formal logic for formal models. Presented at the 37th annual meeting of the Association for Psychological Science, Washington D.C.
7. *Howe, E.S. & **Fisher, A.J.** (May, 2025). Within-Day Dynamics of Posttraumatic Stress Symptoms. Presented at the 37th annual meeting of the Association for Psychological Science, Washington D.C.
8. **Fisher, A.J.** (November, 2024). Bridging the Idiographic-Nomothetic Divide: Identifying Generalizable Emotional States. In Cusack, C.E. (Chair), Bridging Idiographic and Nomothetic Science: Expanding Conceptualizations of Psychological Phenomena to Build Personalized Treatments. Symposium to be presented at the ABCT annual conference, Philadelphia, P.A, USA.
9. **Fisher, A.J.** (June, 2024). Verily we vary: Neuroticism and emotion variation in daily life. Presented at the Society for Ambulatory Assessment, Ann Arbor. MI.
10. *Samuels, N. & **Fisher, A.J.** (May, 2024). Using set theory to explore emotion dynamics. Presented at the 36th annual meeting of the Association for Psychological Science, San Francisco, CA.
11. *Dombek, K. & **Fisher, A.J.** (May, 2024). Using GIMME to explore emotion dynamics. Presented at the 36th annual meeting of the Association for Psychological Science, San Francisco, CA.
12. *Cladek, A. & **Fisher, A.J.** (May, 2024). Using machine learning to explore emotion dynamics. Presented at the 36th meeting of the Association for Psychological Science, San Francisco, CA.
13. **Fisher, A.J.** (May, 2023). Person-Specific Ising Models for Predicting Emotion Regulation Intentions By Emotion. Presented at the 35th annual meeting of the Association for Psychological Science, Washington D.C.

14. *Song, J., & Jeronimus, B. F., & **Fisher, A. J.** (November, 2022). Sequential relationships between sleep, loneliness, and suicidal ideation in a naturalistic sample. In J. Song (Chair), Sleepless night: Examining the role of sleep in suicidal ideation among diverse populations. Presented at the ABCT 56th Annual Convention, New York, NY.
15. *Howe, E., *Soyster, P., & **Fisher, A.J.** (Nov., 2022). Behaviors Associated with Latent Mood States: Potential Clinical Utility of Person-Specific Mood State Classification. In J. Kuckertz (Chair), When "Gold Standard" Fails the Patient: Understanding How to Better Meet Our Patients' Needs in Treatment. Presented at the ABCT 56th Annual Convention, New York, NY.
16. **Fisher, A. J.,** *Song, J. (November, 2022). Which context for whom: Personalized contextual predictors of affective outcomes. In S. N. Hellberg (Chair), Recent advances in person-centered, context-aware, and complex systems research. ABCT 56th Annual Convention, New York, NY.
17. **Fisher, A.J.** (July, 2022). Delineating Discrete Generalizable States from Intraindividual Time Series: A Novel Approach to Idiographic Science. Presented at the 53rd annual meeting of the Society for Psychotherapy Research, Denver, Colorado.
18. *Song, J., **Fisher, A. J.**, & Woodward, S. H. (May, 2022). Bedtime variability as a predictor of daytime affect among veterans with PTSD. In J. Song (Chair), Sleep and affect: From the clinic to the current literature. 2022 APS Annual Convention, Chicago, IL.
19. *Lazarus, G. & **Fisher, A.J.** (2022, May). Delineating Discrete Generalizable States from Intraindividual Time Series: Towards a Science of Moments. Presented at the 34th annual meeting of the Association for Psychological Science, Chicago, IL.
20. *Howe, E. & **Fisher, A.J.** (May, 2022). Trajectories of Posttraumatic Stress in the Month Following Sexual Assault: An Ecological Momentary Assessment Approach. Presented at the 34th annual meeting of the Association for Psychological Science, Chicago, IL.
21. *Soyster, P.D. & **Fisher, A.J.** (April, 2022). Personalized Machine Learning Models for Predict Future Alcohol Use. 10th Collaborative Perspectives on Addiction Conference, Portland, OR.
22. *Soyster, P.D. & **Fisher, A.J.** (April, 2022). Increasing Representation in Substance Use Research Through Stakeholder Input. 10th Collaborative Perspectives on Addiction Conference, Portland, OR.
23. **Fisher, A.J.** (November, 2021). Identifying Physiological States for Supporting Just-in-Time Adaptive Interventions: Proof of Concept with Anxiety, Depression, & PTSD. Presented at the Association for Behavioral & Cognitive Therapies Virtual Meeting.
24. **Fisher, A.J.** (May, 2021). Machine Learning Algorithms for Generating Early Warning Signals in Real Time. In Gillian, C. (Chair), A Push for Personalisation—Complex Systems in Mental Health Research. Presented at the Society of Biological Psychiatry 2021 Virtual Meeting.
25. *Reeves, J.W., Tollefsen, T., **Fisher, A.J.**, & Darrow, S. (November, 2020). Personalized Short-term Prediction of Suicidal Ideation and Self-harm Urges. Presented at the Association for Behavioral & Cognitive Therapies Virtual Meeting.
26. *Reeves, J.W., Tollefsen, T., **Fisher, A.J.**, & Darrow, S. (November, 2020). Using Routine Outcome Monitoring Data to Identify the Timing and Proximal Risk Factors of Suicidal Ideation. Presented at the Association for Behavioral & Cognitive Therapies Virtual Meeting.
27. Howe, E. & **Fisher, A.J.** (November, 2020). PTSD development after sexual assault: An idiographic approach to post-assault symptom trajectories. In Child Maltreatment and Interpersonal Violence Presented at the Association for Behavioral & Cognitive Therapies Virtual Meeting.

28. *Bosley, H.G. & **Fisher, A.J.** (November, 2020). How Feeling Leads to Doing: An Application of Idiographic Latent Profile Analysis to Identify Links Between Person-specific Mood States and Behaviors. Presented at the Association for Behavioral & Cognitive Therapies Virtual Meeting.
29. **Fisher, A.J.** (November, 2019). Idiographic Network Analysis of Discrete Mood States Prior to Treatment. Presented at the 53rd annual meeting of the Association for Behavioral & Cognitive Therapies, Atlanta, Georgia.
30. **Fisher, A.J.** & *Soyster, P.D. (November, 2019). Using Machine Learning to Identify Person-Specific Temporal Predictors of Future Substance Use. Presented at the 53rd annual meeting of the Association for Behavioral & Cognitive Therapies, Atlanta, Georgia.
31. *Altman, A.D. & **Fisher, A.J.** (November, 2019). Is Instagram Doing More Harm Than Good? Applying an Idiographic Approach to Investigate the Impact of Social Networking Sites on Psychopathology. Presented at the 53rd annual meeting of the Association for Behavioral & Cognitive Therapies, Atlanta, Georgia.
32. **Fisher, A.J.** (May, 2019). Generating Accurate Personalized Predictions of Future Behavior: A Smoking Exemplar. In Fried, E. (Chair), Recent Advances in the Use of Modeling to Explain and Predict Psychological Phenomena: Examples from Social, Health, and Clinical Psychology. Presented at the 31st annual meeting of the Association for Psychological Science, D.C.
33. **Fisher, A.J.**, *Soyster, P.D., & Rabinowitz, A.R. (November, 2018). Identifying precision intervention targets with machine learning: An idiographic approach. In Persons, J.B. (Chair), What Can We Learn About CBT by Studying Trajectories of Change. Presented at the 52nd annual meeting of the Association for Behavioral & Cognitive Therapies, Washington D.C.
34. **Fisher, A.J.** (November, 2018). Handling temporal trends and dynamics in repeated measures data. In Heller, A.S. & Wright, A.G.C. (Chairs), Models and Methods for Capturing Affective Processes in Psychopathology. Presented at the 52nd annual meeting of the Association for Behavioral & Cognitive Therapies, Washington D.C.
35. *Soyster, P.D. & **Fisher, A.J.** (November, 2018). Machine Learning for Selection and Behavioral Prediction of Routine Smoking. In **Fisher, A.J.** & Soyster, P.D. **(Chairs)**, Seeing the Trees for the Forest: Personalized and Precision Approaches to Discrete Behavior Change. Presented at the 52nd annual meeting of the Association for Behavioral & Cognitive Therapies, Washington D.C.
36. **Fisher, A.J.** (June, 2018). Identifying Precision Symptom Targets and Treatment Components in CBT. In **Fisher, A.J. (Chair)**, Moving Beyond the Manual: Innovating Under the CBT Umbrella. Presented at the 49th annual meeting of the Society for Psychotherapy Research, Amsterdam, Netherlands.
37. Lutz, W., Schwartz, B., Hofmann, S.G., **Fisher, A.J.**, Husen, K., & Rubel, J.A. (June, 2018). Network analysis predicts treatment dropout in patients with mood and anxiety disorders. In Page, A. (Chair), Personalizing Psychotherapy to Maximize Outcomes and Minimize Harm. Presented at the 49th annual meeting of the Society for Psychotherapy Research, Amsterdam, Netherlands.
38. *Bosley, H.G. & **Fisher, A.J.** (June, 2018). Emotions are idiographic and dynamic: The case for idiographic dynamics. In Lazarus, G. (Chair), The Promise of Intensive Measurement of Clients' Emotions: Emotion Dynamics in Psychotherapy. Presented at the 49th annual meeting of the Society for Psychotherapy Research, Amsterdam, Netherlands.

39. *Soyster, P. & **Fisher, A.J.** (June, 2018). An ounce of prevention: using single case time-series data to obviate alcohol relapse during CBT for anxiety. In Persons, J.B. (Chair), Single Case Studies: The Poor Stepchild of Psychotherapy Research. Presented at the 49th annual meeting of the Society for Psychotherapy Research, Amsterdam, Netherlands.
40. **Fisher, A.J.** (May, 2018). Personalized Treatment from Personalized Data. In Niles, A.N. (Chair), Personalizing Behavioral Therapies for Anxiety and Trauma-Related Disorders: Using Baseline Characteristics to Prescribe Treatments and Personalize Treatment Content. Presented at the 30th annual meeting of the Association for Psychological Science, San Francisco, CA.
41. **Fisher, A.J.** (May, 2018). Data-Driven Case Conceptualization: Applying Research to Routine Care. In Bos, F.M. (Chair), Latest Scientific Developments in the Implementation of Personalized Feedback in Psychiatric Care. To be presented at the 30th annual meeting of the Association for Psychological Science, San Francisco, CA.
42. **Fisher, A.J.** (November, 2017). A network model for integrating concurrent and time-lagged effects. In David, S.J. & Mumma, G.H. (Chairs), Intraindividual network analysis: Implications for clinical assessment and individualized treatment planning. Presented at the 51st annual meeting of the Association for Behavioral & Cognitive Therapies, San Diego, CA.
43. *Soyster, P. & **Fisher, A.J.** (June, 2017). Using idiographic assessment to personalize treatments for tobacco users: proof of concept and preliminary data. In **Fisher, A.J. (Chair)**, Precision and Personalized Approaches to Psychotherapy: Data-driven Applications. Presented at the 48th annual meeting of the Society for Psychotherapy Research, Toronto, Canada.
44. *Diamond, A.E. & **Fisher, A.J.** (June, 2017). Dynamic assessment and therapy: A comparison of methods to predict person-relevant dimensions of mood and anxiety for treatment guidance. In **Fisher, A.J. (Chair)**, Precision and Personalized Approaches to Psychotherapy: Data-driven Applications. Presented at the 48th annual meeting of the Society for Psychotherapy Research, Toronto, Canada.
45. **Fisher, A.J.** (May, 2017). Modeling the idiographic dynamics of mood and anxiety with network analysis. In Fried, E.I. (Chair), From the brain to emotions: Modeling dynamics for a better understanding of psychopathology. Presented at the 29th annual meeting of the Association for Psychological Science, Boston, Massachusetts.
46. *Diamond, A.E. & **Fisher, A.J.** (November, 2016). Investigating the dynamic relationship between worry and rumination in GAD and MDD. In *Bosley, H.G. (Chair), Dynamic assessment: Employing person-specific methodologies to understand symptoms, mechanisms, and psychopathology across diagnostic categories. Presented at the meeting for the North American Chapter of the Society for Psychotherapy Research, Berkeley, CA.
47. *Reeves, J.W. & **Fisher, A.J.** (November, 2016). Extension of a person-specific model of psychological assessment to posttraumatic stress disorder. In *Bosley, H.G. (Chair), Dynamic assessment: Employing person-specific methodologies to understand symptoms, mechanisms, and psychopathology across diagnostic categories. Presented at the meeting for the North American Chapter of the Society for Psychotherapy Research, Berkeley, CA.
48. *Bosley, H.G. & **Fisher, A.J.** (November, 2016). Avoidance as a primary mechanism in comorbid depression and GAD: A quantitative case study. In *Bosley, H.G. (Chair), Dynamic assessment: Employing person-specific methodologies to understand symptoms, mechanisms, and psychopathology across diagnostic categories. Presented at the meeting for the North American

Chapter of the Society for Psychotherapy Research, Berkeley, CA.

49. **Fisher, A.J.** (October, 2016). Modeling the Idiographic Dynamics of Mood and Anxiety with Network Analysis. In Imel, Z. (Chair), A systems approach to modeling intra and inter-personal processes in psychotherapy and psychopathology. Presented at the 50th annual meeting of the Association for Behavioral & Cognitive Therapies, New York, NY.
50. **Fisher, A.J.**, *Reeves, J.W., *Bosley, H.G., & *Diamond, A.E. (October, 2016). Toward an Idiographic Dimensional Nosology: Dynamic Assessment of GAD and MDD. In **Fisher, A.J. (Chair)**, New Directions in the Quantitative Empirical Classification of Psychopathology. Presented at the 50th annual meeting of the Association for Behavioral & Cognitive Therapies, New York, NY.
51. *Bosley, H.G. & **Fisher, A.J.** (March, 2016). Targeting positive emotion dysregulation in generalized anxiety disorder: An opportunity for increased treatment efficacy. Presented at the Society for Affective Science, Positive Emotions Preconference.
52. **Fisher, A.J.** (November, 2015). Utilizing P-Technique factor analysis to identify the core dimensions of generalized anxiety disorder and major depression. In Reilly, E.E. (Chair), Moving Our Work Forward: Using Traditional Methods and Measurement in Novel Ways. Presented at the 49th annual meeting of the Association for Behavioral & Cognitive Therapies, Chicago, IL.
53. **Fisher, A.J.** (November, 2015). Dynamic assessment of mood and anxiety: Person-specific models of psychopathology. In **Fisher, A.J.** (Chair), Personalized Modular Treatment of Generalized Anxiety Disorder and Major Depression. Presented at the 49th annual meeting, of the Association for Behavioral & Cognitive Therapies, Chicago, IL.
54. *Fernandez, K.F. & **Fisher, A.J.** (November, 2015). An algorithm for the personalized, modular application of the Unified Protocol for individuals with GAD and MDD. In **Fisher, A.J.** (Chair), Personalized Modular Treatment of Generalized Anxiety Disorder and Major Depression. Presented at the 49th annual meeting, of the Association for Behavioral & Cognitive Therapies, Chicago, IL.
55. *Reeves, J.W. & **Fisher, A.J.** (November, 2015). Positive feedback in the temporal course of GAD and MDD: A quantitative case study. In **Fisher, A.J.** (Chair), Personalized Modular Treatment of Generalized Anxiety Disorder and Major Depression. Presented at the 49th annual meeting of the Association for Behavioral & Cognitive Therapies, Chicago, IL.
56. *Reeves, J.W. & **Fisher, A.J.** (November, 2015). Using intensive repeated measures to understand person-specific physiologic regulation in PTSD. In Rappaport, L.M. (Chair), Extensions of structural equation modeling to clinical research. Presented at the 49th annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
57. *Bosley, H.G. & **Fisher, A.J.** (November, 2015). Primary avoidance in comorbid depression and GAD: A quantitative case study. In **Fisher, A.J.** (Chair), Personalized Modular Treatment of Generalized Anxiety Disorder and Major Depression. Presented at the 49th annual meeting, of the Association for Behavioral & Cognitive Therapies, Chicago, IL.
58. **Fisher, A.J.**, *Bosley, H.G., *Reeves, J.W., & *Fernandez, K.C. (June, 2015). Identification of person-relevant dimensions of mood and anxiety for targeted treatment: A preliminary presentation of method and results. In **Fisher, A.J.** (Chair), Modeling and predicting change in psychotherapy: Using pre-treatment data to predict optimal treatment selection and patient response. Presented at the 46th annual meeting of the Society for Psychotherapy Research, Philadelphia, PA.
59. *Bosley, H.G. & **Fisher, A.J.** (June, 2015). Treatment gains in cognitive-behavioral treatment for

GAD. In Lutz, W. (Chair), Modeling and predicting change in psychotherapy: New perspectives. Presented at the 46th annual meeting of the Society for Psychotherapy Research, Philadelphia, PA.

60. Temes, C.M., **Fisher, A.J.**, Levy, K.N., & *Bosley, H.G. (June, 2015). A Dynamic Systems Approach to Examine Symptom Change in Psychotherapy for Borderline Personality Disorder and Major Depression. In Levy, K.N. (Chair). Pushing the limits: Changing perspectives on process and outcome in patients with borderline personality disorder. Presented at the 46th annual meeting of the Society for Psychotherapy Research, Philadelphia, PA.
61. **Fisher, A.J.** (June, 2014). A direct Test of the emotional avoidance theory of worry in generalized anxiety disorder. In Kivity, Y. (Chair), Positive and negative emotions, emotion regulation and impulse regulation in cognitive behavioral theory: Findings and relations with treatment process and outcome. Symposium presented at the 45th annual meeting of the Society for Psychotherapy Research, Copenhagen, Denmark.
62. Temes, C.M., **Fisher, A.J.**, & Levy, K.N. (June, 2014). Symptom course of patients with borderline personality disorder compared with clinical controls in a community mental health center. In Levy, K.N. (Chair) Psychotherapy for borderline personality disorder: Process, outcome, and symptom trajectories. Symposium presented at the 45th annual meeting of the Society for Psychotherapy Research, Copenhagen, Denmark.
63. **Fisher, A.J.** (May, 2014). Identification of person-relevant dimensions for therapeutic intervention: Toward a person-specific psychotherapy. In **Fisher, A.J** (Chair), Understanding Individual Patterns of Behavior: Toward an Idiographic Psychological Science. Symposium presented at the 26th annual meeting of the Association for Psychological Science, San Francisco, CA.
64. Newman, M.G., **Fisher, A.J.**, & Castonguay, L.G. (November, 2013). Attachment as a Moderator of CBT for GAD With and Without Interpersonal and Emotional Processing Techniques. In Dugas, M.J. (Chair), Beyond the Horse Race: What Factors Predict and Explain Treatment Response to CBT for GAD? Presented at the 47th annual meeting of ABCT, Nashville, TN.
65. Newman, M.G. & **Fisher, A.J.**, (November, 2013). Interpersonal Problems as Moderators of Change in Therapy for GAD: Comparison Among Cognitive Therapies. In Millstein, D.J. (Chair), Expanding the Focus in GAD: Understanding and Addressing Problems in Interpersonal Functioning and Their Impact on Treatment Outcome. Presented at the 47th annual meeting of the Association for Behavioral & Cognitive Therapies, Nashville, TN.
66. Zalta, A.K., Gillihan, S., **Fisher, A.J.**, Mintz, J., McLean, C., Yehuda, R., & Foa, E.B. (November, 2013). Mechanisms of change in Prolonged Exposure for PTSD: The role of trauma-related cognitions. In C. McLean (Chair), Recent Findings on Prolonged Exposure and its Mechanisms. Symposium presented at the annual meeting of the International Society for Traumatic Stress Studies, Philadelphia, PA.
67. **Fisher, A.J.** (November, 2012). Innovative uses of intensive repeated measurements for person-specific analyses of psychotherapy process and outcome. In **Fisher, A.J.** (Chair), Ecological Momentary Assessment of Clinical Phenomena: Innovative Methods for Collecting and Analyzing Intensive Repeated Measures Data. Paper presented at the 46th annual meeting of the Association for Behavioral & Cognitive Therapies, National Harbor, MD.
68. Newman, M.G. & **Fisher, A.J.** (November, 2012). Mediated moderation in CBT for GAD: The establishment of ordered patterns in intensive repeated measures of anxiety mediates duration as a moderator. In McHugh, R.K. (Chair) Advances in the Diagnosis and Treatment of GAD. Paper

presented at the 46th annual meeting of the Association for Behavioral & Cognitive Therapies, National Harbor, MD.

69. **Fisher, A.J.** & Newman, M.G. (November, 2011). Comparative strengths of latent growth and quasi-simplex models for the analysis of longitudinal data. In **Fisher, A.J.** (Chair) Longitudinal Models for Clinical Research: Overview and Recommendations. Paper presented at the 45th annual meeting of the Association for Behavioral & Cognitive Therapies, Toronto, Canada.
70. Newman, M. G., & **Fisher, A. J.** (2011, November). Interpersonal problems as moderators of change in the treatment of GAD: Comparison between CBT, BT, and CT. In Meuret, A. E., & Wolitzky-Taylor, K. (Chairs) Moderators and predictors of psychosocial and pharmacological treatments for anxiety disorders and depression. Symposium presented at the 45th Annual Association for Behavioral & Cognitive Therapies, Toronto, Canada.
71. Newman, M. G., & **Fisher, A. J.** (2011, November). Change In Expectancy/Credibility as a Mediator of Cognitive Behavioral Treatment Outcome in Generalized Anxiety Disorder: Mechanism of Action or Proxy for Symptom Change? In McLean, C. P. (Chair) Mediators of Change in CBT for Anxiety Disorders. Symposium presented at the 45th Annual Association for Behavioral & Cognitive Therapies, Toronto, Canada.
72. **Fisher, A. J.**, Newman, M. G., & Molenaar, P.C.M. (June, 2011). Establishment of dynamic patterns during psychotherapy creates attractor states for continued positive gains post-treatment. In Stulz, N. (Chair) Modeling and predicting change in psychotherapy. Paper presented at the 42nd annual meeting of the Society for Psychotherapy Research, Bern, Switzerland.
73. Newman, M. G. & **Fisher, A. J.** (June, 2011). Expectancy as a Mediated Moderator of Cognitive Behavioral Treatment Outcome in Generalized Anxiety Disorder. In Newman, M.G. (Chair) Techniques and Mechanisms of Action from CBT for anxiety disorders. Paper presented at the 42nd annual meeting of the Society for Psychotherapy Research, Bern, Switzerland.
74. Bento, T., Ribeiro, A.P., **Fisher, A.J.**, Mendes, I., Salgado, J., Gonçalves, M.M. (June, 2011). Flexibility of innovative moments and protonarratives in psychotherapy: Intra-individual modeling of successful therapeutic trajectories. In Gonçalves, M.M. (Chair) Innovative moments in psychotherapy: New findings. Paper presented at the 42nd annual meeting of the Society for Psychotherapy Research, Bern, Switzerland.
75. **Fisher, A. J.**, Newman, M. G., & Molenaar, P.C.M. (May, 2011). Dynamic patterns and attractors in clinical practice: Using dynamic systems theory to facilitate quantitatively rigorous idiographic assessment and intervention. In Levy, K.N. (Chair) Innovative Methods for Closing the Science-Practice Gap II. Paper presented at the 27th annual meeting of the Society for the Exploration of Psychotherapy Integration, Washington D.C.
76. **Fisher, A. J.**, & Newman, M. G. (November, 2010). Chronic Worry, Phasic Worry, and Clinically-diagnosed GAD: Strong Inference and the Source of Impaired Autonomic Functioning in GAD. In Llera, S.J., Newman, M.G. (Chairs) Scientific Exploration of Emotional Functioning in Generalized Anxiety Disorder: Emphasis on the Nature and Pathogenic Mechanisms. Paper presented at the 44th annual meeting of the Association for Behavioral & Cognitive Therapies, San Francisco, CA.
77. Newman, M. G., Przeworski, A., **Fisher, A. J.**, and Borkovec, T. D. (June, 2010). Do cognitive and behavioral therapies for GAD generalize to comorbid Axis I conditions? In Gloster, A. (Chair) Positive Side-Effects of CBT. Paper presented at the 6th World Congress of Behavioral & Cognitive Therapies, Boston, MA.

78. **Fisher, A. J.,** Newman, M. G., Granger, D.A., & McDermott, M.H. (November, 2009). Autonomic dysregulation distinguishes individuals with GAD from healthy and pathological controls. In **Fisher, A.J.** & Newman, M.G. (Chairs) Filling the Gap Between Genes and Clinical Syndromes: The Search for Endophenotypes in Mood and Anxiety Disorders. Paper presented at the 43rd annual meeting of the Association for Behavioral & Cognitive Therapies, New York, NY.
79. Newman, M.G., **Fisher, A. J.**, & Borkovec, T. D. (2009, November). Mediators of cognitive behavioral treatment outcome in generalized anxiety disorder. In McGinn, L. (Chair) The mediating impact of cognitive processes in anxiety: A test of cognitive models of anxiety. Paper presented at the 43rd annual meeting of the Association for Behavioral & Cognitive Therapies, New York, NY.
80. Newman, M. G., **Fisher, A. J.**, & Borkovec, T. D. (2009, August). Moderators of Psychotherapy Outcome for Generalized Anxiety Disorder. In Behar, E. (chair) Mediators and moderators of treatment outcome. Paper presented at the 117th annual meeting of the American Psychological Association, Toronto, Canada.
81. Rabinowitz, A.R., **Fisher, A.J.**, & Arnett, P.A. (February, 2009). Vegetative Symptoms of Depression and Fatigue in Multiple Sclerosis. Paper presented at the 37th annual meeting of the International Neuropsychological Society, Atlanta, GA.
82. **Fisher, A. J.**, Newman, M. G., Castonguay, L. G., & Borkovec, T. D. (November, 2008). Structural Relationships Between Worry, Depression, and Generalized Anxiety Disorder in a Clinically Anxious Sample with Matched Controls. In Fresco, D. M. (Chair) Walking the fault line between GAD and major depression: Finding the factors that distinguish GAD from MDD. Paper presented at the 42nd annual meeting of the Association for Behavioral & Cognitive Therapies, Orlando, FL.
83. Newman, M. G., Castonguay, L. G., **Fisher, A. J.**, & Borkovec, T. D. (November, 2008). The addition of interpersonal and emotional processing techniques to the treatment of generalized anxiety disorder. In Taylor, C. T., and Amir, N. (Chairs) Novel Approaches to the Treatment of Generalized Anxiety Disorder. Paper presented at the 42nd annual meeting of the Association for Behavioral & Cognitive Therapies, Orlando, FL.
84. **Fisher, A. J.** & Newman, M. G. (June, 2008). Interpersonal Moderators of Change in Treatment for of GAD. In Huppert, J. (Chair) Mechanisms of change in CBT: Relationship of interpersonal, cognitive, and symptom domains to outcome. Paper presented at the 39th annual meeting of the Society for Psychotherapy Research, Barcelona, Spain.
85. Newman, M. G., Castonguay, L. G., **Fisher, A. J.**, & Borkovec, T. D. (June, 2008). A Randomized Controlled Trial of Interpersonal and Emotional Processing Focused Treatment in Generalized Anxiety Disorder. In Chambless, D. (Chair) Celebrating Tom Borkovec's Legacy. Paper presented at the 39th annual meeting of the Society for Psychotherapy Research, Barcelona, Spain.
86. Newman, M.G., Castonguay, L.G., **Fisher, A. J.** & Borkovec, T.D. (November, 2007). Interpersonal and emotion processing focused treatment in generalized anxiety disorder. In Castonguay, L.G. (Chair) New Directions in the Etiology and Treatment of GAD. Paper presented to the 41st annual meeting of the Association for Behavioral & Cognitive Therapies, Philadelphia, PA.
87. Newman, M.G. Przeworski, & **Fisher, A. J.** (June, 2007). Predictors and moderators of cognitive behavioral treatment outcome in generalized anxiety disorder. In R. Zinbarg (Chair) Predictors of outcome of psychotherapy of generalized anxiety disorder. Paper presented at 38th annual meeting of the Society for Psychotherapy Research, Madison, WI.

**Panel Discussions**

1. November, 2022. Panelist in Halliday, E. & Ehrenreich-May, J. (Chairs), Modifying CBT to "Save" CBT: Incorporating Context, Culture, Comorbidity, and Companionable Theories. With Hofmann, S.G., Schleider, J.L., Harvey, A.G., and William, M.T. Presented at the Association for Behavioral & Cognitive Therapies Annual Meeting in New York, NY.
2. November, 2020. Panelist in Southward, M.W. (Chair), Opening the Toolbox: Expanding Access to Clinical Psychological Science Through Open Science Practices. With Teachman, B.A., Schleider, J.L., Rodebaugh, T.L., and Hallion, L.S. Presented at the Association for Behavioral & Cognitive Therapies Virtual Meeting.
3. November, 2018. Panelist in Tung, E. (Chair), The Future of Network Analysis in Clinical Psychology: Perils and Possibilities. With Epskamp, S., Krueger, R.F., McNally, R.J., Steinly, D., & Wright, A.G.C. Panel to be presented at the 52nd annual meeting of the Association for Behavioral & Cognitive Therapies, Washington D.C.
4. June, 2017. Panelist in Cohen, Z. & Zilcha-Mano, S. (Chairs), Personalized treatment: Where are we going and how can we get there? With DeRubeis, R.J., Hollon, S.D., Lutz, W. & Strunk, D.R. Panel presented at the 48th annual meeting of the Society for Psychotherapy Research, Toronto, Canada.
5. October, 2016. Panelist in Cohen, Z. & DeRubeis, R.J. (Chairs), The past, present and future of personalized medicine in mental health: A panel discussion of the proceedings of the 2016 Treatment Selection Idea Lab. With DeRubeis, R.J., Huibers, M.J., Hofmann, S., Ollendick, T.H., Siegle, G., & Resick, P. Panel presented at the 50th annual meeting of the Association for Behavioral & Cognitive Therapies, New York, NY.
6. November, 2014. Panelist in **Fisher, A.J.** (Chair), Toward a personalized mental health science: How genetics, statistics, and adaptive treatment algorithms can help to better measure and assist individual patients. With DeRubeis, R.J., Beevers, C.G., Molenaar, P.C.M, Compton, and S.N. Panel presented at the 48th annual meeting of ABCT, Philadelphia, Pennsylvania.
7. June, 2014. Panelist in Gelo, O.C.G & Tschacher, W. (Chairs), The analysis of change in psychotherapy. With Bucci, W., Tomicic, A., Koukkou, M., Sanchez, N.V., Reatto, L.L., Ronning, G.F., and de Felice, G. Panel presented at the 45th annual meeting of the Society for Psychotherapy Research, Copenhagen, Denmark.
8. November, 2013. Panelist in Atkins, D.C. (Chair), Statistics, Methodology, and Publishing: The View from Authors, Journal Editors, and Reviewers. With Compton, S., Atkins, D.C., Young, M., and Baldwin, S.A. Panel presented at the 47th annual meeting of the Association for Behavioral & Cognitive Therapies, Nashville, Tennessee.
9. June, 2010. Panelist in Nordberg, S.S. (Chair), Person specific analytical methodology for process and outcome research. Panel presented at the 41st annual meeting of the Society for Psychotherapy Research, Asilomar, CA.

## TEACHING

### Graduate Instruction

PSYCH 207: Person-Specific Data Analysis
Spring, 2020, 2021, 2024, 2026
University of California, Berkeley

PSYCH 238: Psychotherapy Theory and Practice
Spring, 2025, 2027
University of California, Berkeley

PSYCH 236: Specialty Clinic – Personalized Modular CBT
Academic Year—2017/2018, Fall, 2021
University of California, Berkeley

PSYCH 206: Structural Equation Modeling
Spring, 2014, 2015, 2017, 2019, 2023
University of California, Berkeley

PSY 230: Psychometrics
Spring, 2013
PGSP – Stanford PSY.D. Consortium

PSY 220: Research Methods II/Statistics I
Winter, 2013
PGSP – Stanford PSY.D. Consortium

PSY 253: Statistics III
Fall, 2012
PGSP – Stanford PSY.D. Consortium

**Undergraduate Instruction**

PSYCH H194: Honors Seminar
Fall 2025, Spring 2026

PSYCH 134: Health Psychology
Fall, 2014 – 2017; 2019 – 2022; 2024; 2026
Summer, 2016 – 2019, 2023
University of California, Berkeley

PSYC 471: Psychology of Adjustment & Social Relationships
Fall, 2010, Spring 2011
The Pennsylvania State University

PSYC 438: Personality Theory
Spring 2010
The Pennsylvania State University

## PROFESSIONAL ACTIVITIES AND SERVICE

| | |
|---|---|
| 2022 – 2024 | Program Chair, Association for Psychological Science |
| 2020 – 2022 | Clinical Science Program Chair, Association for Psychological Science |
| 2013 – 2022 | Undergraduate Curriculum Committee, Psychology Department, University of California, Berkeley |
| 2013 – 2024 | Program Committee, ABCT |
| 2016 – 2018 | Society of Clinical Psychology, Education and Training Committee |

| | |
|---|---|
| 2016 | Host, North American Chapter of the Society for Psychotherapy Research Conference, Berkeley, CA. |
| 2011 – 2013 | Co-President, Clinical Research Methods and Statistics SIG, ABCT |

## EDITORIAL BOARDS

| | |
|---|---|
| 2025 – | Journal of Anxiety Disorders |
| 2013 – | Behavior Therapy |
| 2017 – 2023 | Psychotherapy Research |

## PROFESSIONAL AFFILIATIONS

Faculty Affiliate, University of California Irvine, Institute for Interdisciplinary Salivary Bioscience Research (IISBR)
Association for Psychological Science (APS)
Association for Behavioral and Cognitive Therapies (ABCT)
Society for Psychotherapy Research (SPR)

## AD HOC REVIEWER

Applied Developmental Science
Assessment
Behavior Therapy
Biological Psychiatry
Biological Psychology
Clinical Psychological Science
Cognitive Therapy and Research
Inter. Journal of Developmental Neuroscience
JAMA
JAMA Psychiatry
Journal of Abnormal Psychology
Journal of Consulting and Clinical Psychology
Journal of Positive Psychology
Journal of Traumatic Stress
Multivariate Behavioral Research
Nature
Nature Mental Health
Nature: Scientific Reports
Perspectives on Psychological Science
Psychological Medicine
Psychological Methods
Psychological Review
Psychophysiology
Psychotherapy
Psychotherapy Research
Science