

**Name:** Asher Y. Strauss

**Date:** November 2023

The College of Management Academic Studies, School of Behavioral Studies, Psychology Department, Rishon Lezion, Israel.

## CURRICULUM VITAE

### 1. Personal Details

Permanent Home Address: 13 H'Meshoreret St., Jerusalem, Israel.

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### 2. Higher Education

#### A. Undergraduate and Graduate Studies

2010 – B.A. Psychology, Philosophy, The Hebrew University of Jerusalem, Jerusalem, Israel.

2012 – M.A. Clinical Psychology, The Hebrew University of Jerusalem, Jerusalem, Israel.

2020 – Ph.D. Clinical Psychology, The Hebrew University of Jerusalem, Jerusalem, Israel.

Thesis supervisor: Prof. Jonathan Huppert.

#### B. Post-Doctoral Studies

2021 – Post-doctoral fellowship. The Hebrew University of Jerusalem, Jerusalem, Israel.

### 3. Academic Ranks and Tenure in Institutes of Higher Education

2023 - Lecturer, The College of Management Academic Studies, School of Behavioral Studies, Psychology Department, Rishon Lezion, Israel.

### 6. Participation in Scholarly Conferences

Date	Name of conference	Place of Conference	Subject of Lecture	Role
2015	45 <sup>th</sup> annual convention of the European Association for Behavioral and Cognitive Therapies (EABCT)	Jerusalem, Israel	Information Seeking Behavior Prior to Decision Making in Individuals with Obsessive Compulsive Characteristics (poster).	
2016	5 <sup>th</sup> EABCT meeting of the Special Interest Group (SIG) on Obsessive-Compulsive Disorder.	Assisi, Italy.	Requesting information: Need for information vs. Need for reassurance in individuals with	

			obsessive-compulsive symptoms.	
2016	47 <sup>th</sup> Annual Meeting of the Society for Psychotherapy Research.	Jerusalem, Israel.	Therapeutic Alliance Variability, Expectations, and Homework Compliance as Predictors of Treatment Outcome in Cognitive Behavioral Therapy for Obsessive Compulsive Disorder.	
2016	46 <sup>th</sup> annual convention of the European Association for Behavioral and Cognitive Therapies (EABCT)	Stockholm, Sweden.	Emotion Regulation Strategies as Predictors of Treatment Outcome in CBT for Panic Disorder.	
2017	47 <sup>th</sup> annual convention of the European Association for Behavioral and Cognitive Therapies (EABCT).	Ljubljana, Slovenia.	Therapeutic alliance to therapist vs. alliance to the program in guided internet-based cognitive behavioral therapy for panic disorder: development, course, and associations with outcome.	
2018	48 <sup>th</sup> annual convention of the European Association for Behavioral and Cognitive Therapies (EABCT).	Sofia, Bulgaria.	Does Uncertainty Induce Checking Behavior in the Lab? A Meta-Analysis of OCD and Checking.	
2018	52 <sup>nd</sup> annual convention of the American Association for Behavioral and Cognitive Therapies (ABCT).	Washington, USA.	Is Obsessive Compulsive Characteristics Associated with Ambivalence Behavior in the Lab?	
2019	9 <sup>th</sup> World Congress of Behavioral and Cognitive Therapies (WABCT)	Berlin, Germany.	Formal vs. Intuitive Categorization and Obsessive-Compulsive Characteristics. (poster)	
2021	50 <sup>th</sup> annual convention of the European Association for	Belfast, Ireland.	Exploring the ego-dystonic nature of	

	Behavioral and Cognitive Therapies (EABCT).		OCD: Implicit and explicit truth value of imagined contamination.	
2022	2022 ITA (Israeli Association for CBT) annual convention	Online, Israel	Obsession or compulsion: Latest developments in the treatment of mental compulsions.	

## 8. Research Grants

2015 – Research grant from the Israel National Institute for Health Policy Research: Attitudes of Professionals and the General Public in Israel Regarding the Use of Web-Based Interventions to Treat Depression and Anxiety (2015/181/A)

## 9. Scholarships, Awards and Prizes

2014 – Full doctorate fellowship, the Hebrew University, the “Hoffman leadership and responsibility program”.

2013 – Doctoral candidates scholarship, the psychology department, Hebrew University of Jerusalem

2012 – Doctoral candidates scholarship, the psychology department, Hebrew University of Jerusalem

2011 – Dean's List, Hebrew University of Jerusalem

2010 – Dean's List, Hebrew University of Jerusalem

2008 – President's List, The Open University.

## 10. Teaching

<b>Year</b>	<b>Course name</b>	<b>Type: Lecture/ Seminar/ Workshop/ High Learn Course/ Introduction</b>	<b>Degree</b>	<b>No. of Students</b>
2012-2020	Statistical thinking in psychology	Lecture (Teaching assistant)	BA	30
2016	Longitudinal multi-level modelling (LMLM) using R	Workshop	Ph.D	50
2019	Computers in Social Research R	Lecture (Teaching assistant)	BA	60

## **12. Professional Experience**

License number (psychologist): 27-138683

Specialist License number (In clinical psychology): 27-45295

2019–2021 – Internship in clinical psychology. Cognetica – The Israel Center for Cognitive Behavioural Treatments. Tel-Aviv.

2018 – 2019 – Internship in clinical psychology. The Jerusalem Mental Health Center. Eitanim Hospital.

2015 – 2020 – Manager and therapist in the research-therapy program HUJI ICBT: internet treatment for panic disorder. Prof. Jonathan Huppert's Laboratory for the Study and Treatment of Mental Health and Wellbeing, Hebrew University, Jerusalem

2014 – 2020 – Lab manager. Prof. Jonathan Huppert's Laboratory for the Study and Treatment of Mental Health and Wellbeing. Hebrew University of Jerusalem.

2014 – 2016 – Coordinator of the special program for training psychologists from the Haredi sector, Hebrew University of Jerusalem.

2013 – 2020 – Writer and proofreader for the exam for advanced degrees in psychology (MITAM), National Institute for Testing and Evaluation, Jerusalem.

2012 – 2013 – Therapist at the mental health center for the child and family in memory of Prof. Hillel Klein, Kiryat Yovel, Jerusalem. (As part of clinical psychology masters training).

## PUBLICATIONS

### A. Ph.D. Dissertation

Thesis topic: Information Gathering and Processing in Obsessive-Compulsive Disorder.

Supervisor: Prof. Jonathan Huppert

Approved: 2020

Published: Articles 10, 16 and 19 in section D.

### D. Articles in Refereed Journals

1. Huppert, J. D., Kivity, Y., Cohen, L., **Strauss, A. Y.**, Elizur, Y., & Weiss, M. (2018). A pilot randomized clinical trial of cognitive behavioral therapy versus attentional bias modification for social anxiety disorder: An examination of outcomes and theory-based mechanisms. *Journal of Anxiety Disorders*, 59, 1–9. <https://doi.org/10.1016/j.janxdis.2018.08.002>
2. Fradkin, I., Eitam, B., **Strauss, A. Y.**, & Huppert, J. D. (2018). Thoughts as Unexpected Intruders: Context, Obsessive-Compulsive Symptoms, and the Sense of Agency Over Thoughts. *Clinical Psychological Science*. <https://doi.org/10.1177/2167702618797102>
3. Fradkin, I., **Strauss, A. Y.**, Pereg, M., & Huppert, J. D. (2018). Rigidly Applied Rules? Revisiting Inflexibility in Obsessive Compulsive Disorder Using Multilevel Meta-Analysis. *Clinical Psychological Science*, 6 (4), 481-505. <https://doi.org/10.1177/2167702618756069>
4. **Strauss, A. Y.**, Kivity, Y., & Huppert, J. D. (2018). Emotion Regulation Strategies in Cognitive Behavioral Therapy for Panic Disorder. *Behavior Therapy*. <https://doi.org/10.1016/j.beth.2018.10.005>
5. **Strauss, A. Y.**, Huppert, J. D., Simpson, H. B., & Foa, E. B. (2018). What matters more? Common or specific factors in cognitive behavioral therapy for OCD: Therapeutic alliance and expectations as predictors of treatment outcome. *Behaviour Research and Therapy*, 105, 43–51. <https://doi.org/10.1016/j.brat.2018.03.007>
6. Halaj, A., Yekutieli, N., **Strauss, A. Y.**, & Huppert, J. D. (2019). Utilization of Learned Skills in Cognitive Behavioral Therapy for Panic Disorder. *Behavioural and Cognitive Psychotherapy*, 1-14. <https://doi.org/10.1017/S135246581900033X>
7. Fradkin, I., Eitam, B., **Strauss, A. Y.**, & Huppert, J. D. (2019). How can an overlapping mechanism lead to distinct pathology? The case of psychosis and obsessive compulsive disorder [Letter to the editor]. *Clinical Psychological Science*, 7 (3), 409-410. <https://doi.org/10.1177/2167702619830393>
8. Zlotnick, E., **Strauss, A. Y.**, Ellis, P., Abargil, M., Tishby, O., & Huppert, J. D. (2020). Reevaluating ruptures and repairs in alliance: Between- and within-session processes in cognitive-behavioral therapy and short-term psychodynamic psychotherapy. *Journal of Consulting and Clinical Psychology*, 88(9), 859–869. <https://doi.org/10.1037/ccp0000598>
9. Shalom, J. G., **Strauss, A. Y.**, Huppert, J. D., Andersson, G., Agassi, O. D., & Aderka, I. M. (2020). Predicting sudden gains before treatment begins: An examination of pretreatment intraindividual variability in symptoms. *Journal of Consulting and Clinical Psychology*, 88(9), 809. <https://doi.org/10.1037/ccp0000587>
10. **Strauss, A. Y.**, Fradkin, I., McNally, R. J., Linkovski, O., Anholt, G., & Huppert, J. D. (2020). Why Check? A Meta-Analysis of Checking in Obsessive-Compulsive Disorder: Threat vs. Distrust of Senses. *Clinical Psychological Review*, 75, 101807. <https://doi.org/10.1016/j.cpr.2019.101807>

11. Zalaznik, D., **Strauss, A. Y.**, Halaj, A., Fradkin, I., Ebert, D. D., Andersson, G., & Huppert, J. D. (2021). Anxious attachment improves and is predicted by anxiety sensitivity in internet-based, guided self-help cognitive behavioral treatment for panic disorder. *Journal of Counseling Psychology*. <https://doi.org/10.1037/cou0000579>
12. Zalaznik, D., **Strauss, A. Y.**, Halaj, A., Barzilay, S., Fradkin, I., Katz, B. A., Ganor, T., Ebert, D. D., Andersson, G., & Huppert, J. D. (2021). Patient alliance with the program predicts treatment outcomes whereas alliance with the therapist predicts adherence in internet-based therapy for panic disorder. *Psychotherapy Research*, 31(8), 1022–1035. <https://doi.org/10.1080/10503307.2021.1882712>
13. Yonatan-Leus, R., **Strauss, A. Y.**, & Cooper-Kazaz, R. (2021). Psychodynamic psychotherapy is associated with sustained reduction in health care utilization and cost. *Clinical Psychology & Psychotherapy*, 28(3), 642–655. <https://doi.org/10.1002/cpp.2527>
14. Kivity, Y., **Strauss, A. Y.**, Elizur, J., Weiss, M., Cohen, L., & Huppert, J. D. (2021). Patterns of alliance development in cognitive behavioral therapy versus attention bias modification for social anxiety disorder: Sawtooth patterns and sudden gains. *Journal of Clinical Psychology*. <https://doi.org/10.1002/jclp.23219>
15. Kivity, Y., **Strauss, A. Y.**, Elizur, J., Weiss, M., Cohen, L., & Huppert, J. D. (2021). The alliance mediates outcome in cognitive-behavioral therapy for social anxiety disorder, but not in attention bias modification. *Psychotherapy Research*, 31(5), 589–603. <https://doi.org/10.1080/10503307.2020.1836423>
16. **Strauss, A. Y.**, Fradkin, I., & Huppert, J. D. (2021). Disentangling doubt and checking behaviors and examining their association with obsessive compulsive symptoms. *Clinical Psychological Science*, 9(5), 850–865. <https://doi.org/10.1177/2167702621993868>
17. Ginat-Frolich, R., Kara-Ivanov, A., **Strauss, A. Y.**, Myers, A., & Huppert, J. D. (2022). Mechanisms underlying interoceptive exposure: belief disconfirmation or extinction? A preliminary study. *Cognitive Behaviour Therapy*, 1-14. <https://doi.org/10.1080/16506073.2022.2109511>
18. **Strauss, A. Y.**, Halaj, A., Zalaznik, D., Fradkin, I., Katz, B. A., Zlotnick, E.,... & Huppert, J. D. (2022). Internet delivered guided cognitive behavioral self-help for panic disorder: An open trial and benchmarking study. *Journal of Behavioral and Cognitive Therapy*, 31 (1), 73-83. <https://doi.org/10.1016/j.jbct.2021.12.005>
19. **Strauss, A. Y.**, Fradkin, I., & Huppert, J. D. (2022). Formal vs. intuitive categorization and obsessive-compulsive symptoms. *Journal of Behavior Therapy and Experimental Psychiatry*, 101782. <https://doi.org/10.1016/j.jbtep.2022.101782>
20. Ginat-Frolich, R., Kara-Ivanov, A., **Strauss, A. Y.**, Myers, A., & Huppert, J. D. (2023). Mechanisms underlying interoceptive exposure: belief disconfirmation or extinction? A preliminary study. *Cognitive Behaviour Therapy*, 52(2), 132-145. <https://doi.org/10.1080/16506073.2022.2109511>
21. Halaj, A., **Strauss, A. Y.**, Zalaznik, D., Fradkin, I., Zlotnick, E., Andersson, G., ... & Huppert, J. D. (2023). Examining the relationship between cognitive factors and insight in panic disorder before and during treatment. *Cognitive Behaviour Therapy*, 1-16 <https://doi.org/10.1080/16506073.2023.2179539>

## **K. Submitted Publications**

1. **Strauss, A. Y.**, Barzilay, S., & Huppert, J. D. (submitted). It is Clean, But it Still Seems Dirty to Me: Implicit and Explicit Truth of Imagined Contamination as an Explanation of Ego-Dystonic Experience of Obsessions
2. Shalom, J. G., **Strauss, A. Y.**, Huppert, J. D., Andersson, G., & Aderka, I. M. (submitted). Processing of Sudden Gains in Psychotherapy: A Novel Experimental Manipulation.
3. Shalom, J. G., Shaul-Tsoran, I., **Strauss, A. Y.**, Huppert, J. D., Andersson, G., & Aderka, I. M. (submitted). Mediation of Social Anxiety and Depression During Internet-delivered Treatment for Social Anxiety Disorder

#### **L. Summary of My Research Activities and Future Plans**

My current research activities include:

Evaluating the efficacy of a brief intervention for rumination via a random control trial conducted at the Cognetica center in collaboration with Prof. Guy Doron and Dr. Danny Derbi.

Testing the utilization of internet psychological interventions implemented in a joint project of the Ministry of Health and the Health Maintenance Organization in Israel. This large project is done in collaboration with prof. Jonathan Huppert's Lab at the Hebrew University of Jerusalem

Finally, I am in the midst of writing two intervention guideline and protocols: the first – new developments for the treatment of mental. The second – new developments for the treatment of decision-making difficulties.