

SADIA NAJMI, Ph.D.

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Address: 6386 Alvarado Ct., # 301, San Diego, CA 92120

Education and Training

- Stanford University, Stanford, CA
 - B.Sc., Mathematical and Computational Sciences
 - B.A., History
 - Minor, Psychology
- Harvard University, Cambridge, MA
 - M.A., Clinical Psychology
- Harvard Medical School/McLean Hospital, Belmont, MA
 - Pre-Doctoral Psychology Internship
- Harvard University, Cambridge, MA
 - Ph.D., Clinical Psychology
- Center for Understanding and Treating Anxiety, San Diego State University
 - Postdoctoral Fellow
- VA San Diego Healthcare System/ University of California, San Diego, CA
 - Postdoctoral Fellow

Academic Positions

2012-present: Assistant Research Professor,
Department of Psychology,
San Diego State University

2013-present: Director of Clinical Services,
Center for Understanding and Treating Anxiety,
San Diego State University

Publications

1. Riddle-Walker, L., Veale, D., Chapman, C., Ogle, F., Rosko, D., Najmi, S., Walker, L. M., Maceachern, P., & Hicks, T. (in press). A Cognitive Behaviour Therapy For Specific Phobia of Vomiting (Emetophobia): A Pilot Randomized Controlled Trial. *Journal of Anxiety Disorders*.
2. Cha, C., Najmi, S., Amir, N., Matthews, J., Deming, C., Glenn, J., Calixte, R., Harris, J., & Nock, M. (in press). Testing the efficacy of attention bias modification for suicidal thoughts: Findings from two experiments. *Archives of Suicide Research*.
3. Amir, N., Kuckertz, J., Najmi, S., & Conley, S. (2015). Preliminary evidence for the enhancement of self-conducted exposures for OCD using Cognitive Bias Modification. *Cognitive Therapy and Research*, 39, 424-440.
4. Najmi, S., Amir, N., Frosio, K. E., & Ayers, C. R. (2015). The effects of cognitive load on attention control in subclinical anxiety and Generalized Anxiety Disorder. *Cognition and Emotion*, 29, 1210-1223.
5. Ayers, C. R., Najmi, S., Mayes, T. L., & Dozier, M. E. (2014). Hoarding disorder in older adulthood. *The American Journal of Geriatric Psychiatry*:

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10.1016/j.jagp.2014.05.009

6. Ayers, C.R., Najmi, S., Howard, I., & Maddox, M. (2014). Hoarding in Older Adults. Invited chapter in G. Steketee & R. Frost (Eds.). *The Oxford Handbook of Hoarding and Acquiring*. Oxford University Press: New York.
7. Ayers, C. R., & Najmi, S. (2014). Treatment of Obsessive-Compulsive Spectrum Disorders in late life. In D. McKay & E. Storch (Eds.), *Obsessive Compulsive Disorder and its Spectrum Across the Lifespan*: American Psychological Association.
8. Najmi, S. (2013). Thought Suppression. In D. Carlston (Ed.), *Handbook of Social Cognition*: Oxford University Press.
9. Kuckertz, J., Amir, N., Tobin, A., & Najmi, S. (2013). Interpretation of ambiguity in individuals with obsessive-compulsive symptoms. *Cognitive Therapy and Research*, 37, 232-241.
10. Amir, N., Kuckertz, J., & Najmi, S. (2013). The effect of modifying automatic action tendencies on overt avoidance behaviors. *Emotion*, 13, 478-484.
11. Najmi, S., Kuckertz, J., & Amir, N. (2012). Attentional impairment in anxiety: Inefficiency in expanding the scope of attention. *Depression and Anxiety*, 29, 243-249.
12. Najmi, S., Tobin, A., & Amir, N. (2012). Psychometric properties of a behavioral test of contamination-related obsessive-compulsive symptoms. *Cognitive Therapy and Research*, 36, 228-233.
13. Amir, N., Najmi, S., & Morrison, A. M. (2011). Image generation in individuals with Generalized Social Phobia. *Cognitive Therapy and Research*.
14. Najmi, S., Kuckertz, J., & Amir, N. (2010). Automatic avoidance tendencies in individuals with contamination-related obsessive-compulsive symptoms. *Behaviour Research and Therapy*, 48, 1058-1062.
15. Najmi, S., Cowden Hindash, A., & Amir, N. (2010). Executive control of attention in individuals with contamination-related obsessive-compulsive symptoms. *Depression and Anxiety*, 27, 807-812.
16. Reese, H. E., McNally, R. J., Najmi, S., & Amir, N. (2010). Attention training for reducing spider fear in spider-fearful individuals. *Journal of Anxiety Disorders*, 24, 657-662.
17. Cha, C. B., Najmi, S., Park, J. M., Finn, C. T., & Nock, M. K. (2010). Attentional bias toward suicide-related stimuli predicts suicidal behavior. *Journal of Abnormal Psychology*, 119, 616-622.
18. Najmi, S., & Amir, N. (2010). The effect of attention training on a behavioral test of contamination fears in individuals with subclinical obsessive-compulsive symptoms. *Journal of Abnormal Psychology*, 119, 136-142.
19. Najmi, S., Reese, H., Wilhelm, S., Fama, J., Beck, C., & Wegner, D. M. (2010). Learning the futility of the thought suppression enterprise in normal experience and in obsessive-compulsive disorder. *Behavioural and Cognitive Psychotherapy*, 38, 1-14.
20. Amir, N., Najmi, S., Bomyea, J., & Burns, M. (2010). Disgust and anger in social anxiety. *International Journal of Cognitive Therapy*, 3, 3-10.

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21. Najmi, S., Riemann, B., & Wegner, D. M. (2009). Managing unwanted intrusive thoughts in obsessive-compulsive disorder: Relative effectiveness of suppression, focused distraction, and acceptance. *Behaviour Research and Therapy*, *47*, 494-503.
22. Najmi, S. & Wegner, D. M. (2009). Hidden complications of thought suppression. *International Journal of Cognitive Therapy*, *2*, 210-223.
23. Reese, H. E., Najmi, S., & McNally, R. J. (2009). Vulnerability to anxiety disorders in adulthood. In R. E. Ingram & J. M. Price (Eds.), *Vulnerability to Psychopathology: Risk Across the Lifespan* (2nd ed.). New York: Guilford Press.
24. McNally, R. J., Malcarne, V. L., Najmi, S., Hansdottir, I., Reese, H. E., & Merz, E. L. (2009). Vulnerability to anxiety disorders across the lifespan. In R. E. Ingram & J. M. Price (Eds.), *Vulnerability to Psychopathology: Risk Across the Lifespan* (2nd ed.). New York: Guilford Press.
25. Najmi, S. Bureau, J-F., Chen, D., & Lyons-Ruth, K. (2009). Maternal attitudinal inflexibility: Longitudinal relations with mother-infant disrupted interaction and childhood hostile-aggressive behavior problems. *Child Abuse & Neglect*, *33*, 924-932.
26. Amir, N., Najmi, S., & Morrison, A. M. (2009). Attenuation of attention bias in obsessive-compulsive disorder. *Behaviour Research and Therapy*, *47*, 153-157.
27. Najmi, S., & Wegner, D. M. (2008). Thought suppression and psychopathology. In Elliot, A. J (Ed.), *Handbook of approach and avoidance motivation*. New York, NY, US: Psychology Press, pp. 447-459.
28. Najmi, S., & Wegner, D. M. (2008). The gravity of unwanted thoughts: Asymmetric priming effects in thought suppression. *Consciousness and Cognition: An International Journal*, *17*, 114-124.
29. Najmi, S., Wegner, D. M., & Nock, M. K. (2007). Thought suppression and self-injurious thoughts and behaviors. *Behaviour Research and Therapy*, *45*, 1957-1965.
30. Najmi, S., & Wegner, D. M. (2006). The United States of Repression. Commentary on Matthew Erdelyi's The unified theory of repression. *Behavioral and Brain Sciences*, *29*, 528-529.
31. Rottenberg, J. Gross, J. J, Wilhelm, F. H., Najmi, S., Gotlib, I. H.(2002). Crying threshold and intensity in major depressive disorder. *Journal of Abnormal Psychology*, *111*, 302-312.

Conference Presentations

1. Amir, N., Najmi, S., Kuckertz, J., Conley, S., & Strege, M. (2013, April). Enhancement of self-conducted ERP for OCD using cognitive bias modification. In A. E. Meuret & Rothbaum, B. (Chairs), *Technology-supported treatments for anxiety: Efficacy, mechanisms, and novel applications*. Symposium conducted at the 2013 Annual Conference of the Anxiety and Depression Association of America, La Jolla, CA.

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2. Amir, N., Frosio, K., Kuckertz, J. M., Boffa, J., & Najmi, S. (2012, November). The interaction of neural and behavioral influences on attention training in social anxiety. In R. Price (Chair), *Principles of neurobehavioral change during cognitive training: Advancing personalized treatment by validating neural mechanisms*. Symposium conducted at the 2012 Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
3. Amir, N., Frosio, K., Kuckertz, J. M., Najmi, S. (2012, November). The role of components of attention in individuals with GAD. In B. E. Wisco (Chair), *Attentional biases across the emotional disorders*. Symposium conducted at the 2012 Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
4. Najmi, S., Kuckertz, J., Conley, S., Frosio, K., & Amir, N. (Nov, 2012). Enhancement of self-conducted ERP for OCD using Cognitive Bias Modification. In R. J. McNally (Chair), *Obsessive-Compulsive Disorder: New Insights from the laboratory for the clinic*. Symposium conducted at the Forty-sixth annual convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
5. Kuckertz, J., Prouvost, C., Najmi, S., & Amir, N. (Nov, 2011). Effects of approach-avoidance training on a behavioral test of contamination-related symptoms. Paper presented at the 2011 Annual Convention of the *Association for Behavioral and Cognitive Therapies*, Toronto, ON.
6. Cha, C.B., Najmi, S., Park, J.M., Finn, C.T., & Nock, M.K. (May, 2011). Delayed response to suicide-related words in a Stroop task predicts suicidal behavior. In B. Teachman (Chair), *Using the Tools of Cognitive Science to Advance Clinical Theory and Practice*. Paper presented at the annual meeting of Association for Psychological Science, Washington, DC.
7. Najmi, S. & Amir, N. (June, 2010). Approach and avoidance in individuals with obsessive-compulsive symptoms. In R. Wiers (Chair), *Cognitive and neurocognitive training for correcting psychological disorders: Effects for alcohol abuse, obsessive-compulsive disorders, depression, and anxiety*. Symposium conducted at the Sixth World Congress of Behavioral and Cognitive Therapies, Boston, MA.
8. Amir, N., & Najmi, S. (Nov, 2009). The effect of attention training on a behavioral test of contamination fears in individuals with obsessive-compulsive symptoms. In S. Najmi & N. Amir (Chairs), *Novel approaches to the treatment of OCD*. Symposium conducted at the Forty-third annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
9. Reese, H., Najmi, S., & Amir, N. (July, 2009). Attentional training for obsessive-compulsive symptoms. In A. Radomsky (Chair), *The methodology is the message: New advances in understanding and treating OCD*. Symposium conducted at the Thirty-seventh annual meeting of the British Association for Behavioural and Cognitive Psychotherapies, Exeter, UK.
10. Morrison, A. S., Najmi, S., & Amir, N. (March, 2009). Attenuation of attention bias in obsessive-compulsive disorder. In C. Beard (Chair), *Attention in Anxiety*:

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- Findings from Diverse Methodologies*. Symposium conducted at the Twenty-ninth annual meeting of the Anxiety Disorders Association of America, Albuquerque, NM.
11. Najmi, S., Riemann, B.C., & Wegner, D. M. (May, 2007). How to respond to an unwanted intrusive thought in normal experience and in obsessive-compulsive disorder: The ills of suppression and the gains of some alternatives. In R. E. Schmidt (Chair), *The Disobeying Mind: Unwanted intrusive thoughts in different disorders*. Symposium conducted at the Nineteenth annual convention of the American Psychological Society, Washington, DC.
 12. Najmi, S., Reese, H., Wilhelm, S., Fama, J., Beck, C., & Wegner, D. M. (Nov, 2006). Learning the futility of the thought suppression enterprise. In D. C. Johnson (Chair), *Thought suppression, cognitive avoidance, and issues for treatment of anxiety spectrum disorders*. Symposium conducted at the Fortieth annual convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
 13. Najmi, S., Wegner, D. M., & Nock, M. K. (May, 2006). Suppressing aversive thoughts may increase self-injurious behaviors. In S. Nolen-Hoeksema (Chair), *Differential effects of emotion regulation deficits on specific psychopathology symptoms*. Symposium conducted at the Eighteenth annual convention of the American Psychological Society, NY.

Invited Presentations

1. Najmi, S. (Oct, 2013). *Women and Anxiety*. Guest Speaker, Executive Women's Council, The University Club, San Diego, CA.
2. Najmi, S. (Dec, 2011). *Case Presentation and Interoceptive Exposure*. Evidence Based Psychotherapy Seminar, VA San Diego Healthcare System, San Diego, CA.
3. Najmi, S. (Nov, 2011). *Anxiety Disorders and Substance Use Disorders*. Psychology Service Lecture at the Alcohol and Drug Treatment Program, VA San Diego Healthcare System, San Diego, CA.
4. Najmi, S. (June, 2011; June 2013). *Attention Training for the Treatment of Anxiety Disorders*. Presentation at the Anxiety Disorders Clinic seminar, VA San Diego Healthcare System, San Diego, CA.
5. Najmi, S. (Nov, 2010). *Careers in Clinical Psychology*. Lecture Series on Careers in Psychology, Mesa College, San Diego, CA.
6. Najmi, S. (Nov, 2007). *South Asian Perspectives on Mental Health*. Presentation at the Harvard Medical School / McLean Hospital Conference: Psychiatry, Belmont, MA.

Teaching and Supervision Experience

Fall 2015: Instructor, *Abnormal Psychology*

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- Department of Psychology, San Diego State University
- 2011-2012: Weekly Supervision (under licensed supervisor) of Psychiatry Resident for the Anxiety Disorders Clinic, VA San Diego Healthcare System, San Diego, CA
- 2006-2007: Senior Thesis Advisor , Department of Psychology, Harvard University, Cambridge, MA
- 2005-2006: Instructor, *Contemporary Issues in Psychology: Intensive Cross-level Analyses*, Department of Psychology, Harvard University, Cambridge, MA
- 2005-2006: Junior and Senior Thesis Advisor, Department of Psychology, Harvard University, Cambridge, MA
- 2003-2004 Teaching Fellow, *Neurobiological Aspects of Psychopathology*, Department of Psychology, Harvard University, Cambridge, MA

Non-Academic Positions

- 1994-2001: Consultant, Oracle Corporation, Redwood Shores, CA
- 1992-1993: Student Software Professional, Stanford Linear Accelerator Center, Menlo Park, CA