

Adriel Boals

PERSONAL INFORMATION

School Address:

University of North Texas
Department of Psychology
1155 Union Circle #311280
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EDUCATION

2002-2006	Post-Doctoral Fellow	Psychology	Duke University
2002	Ph.D.	Psychology	North Carolina State University
1998	M.S.	Psychology	North Carolina State University
1995	B.S.	Psychology	University of Florida

PROFESSIONAL EXPERIENCE

2006-present	Assistant Professor	University of North Texas	Denton, TX
2002-2006	Post-Doctoral Fellow	Duke University	Durham, NC

GRANTS AND CONTRACTS

Funded:

G69378	Boals (PI)	\$5,000	9/01/08 – 8/30/09
University of North Texas			
An Exposure-Based Therapy to Help Older Adults Cope with Stress			
Role: PI			
G33898	Boals (PI)	\$5,000	9/01/07 - 8/30/08
University of North Texas			
A New Intervention for Coping with Posttraumatic Stress Disorder			
Role: PI			
G34027	Boals (PI)	\$5,000	08/06 - 8/07
University of North Texas			
Physiological Distress and Memories of Stressful Events.			
Role: PI			
1F32MH066569-01	Boals (PI)	\$109,776	08/02 – 08/05
NIH/NIMH			
The Relationship Between Stress, Memory, and Health			
Role: PI			

R01 MH066079 Rubin (PI) \$1,655,500 06/04 – 08/06
NIH/NIMH
A Model of Autobiographical Memory & Its Changes in PTSD
Role: Research Associate

9870460 Klein (PI) \$150,000 08/98 - 08/99
NSF
The Role of Working Memory in the Generation of Stressful Life Events
Role: Research Associate

Currently Submitted

AN: 3227122 Boals (Co-PI) \$386,950 04/10 – 04/13
NIH/NIMH
Translating Autobiographical Memory Research to Enhance Treatment of PTSD
Role: co-PI

AN: 3227105 Boals (Co-PI) \$430,190 04/10 – 04/13
NIH/NIMH
Using Acceptance and Commitment Therapy to Treat PTSD: The Importance of Identity
Role: co-PI

Submitted But Not Funded:

R15 MH083250-01A1 Boals (PI) \$208,877 12/08 – 12/11
NIH/NIMH
The Autobiographical Memory Questionnaire: A New Exposure-Based Treatment for PTSD
Role: PI
Priority Score: 198 (2nd submission)

1 RC1 MH088189-01 Boals (Co-PI) \$1,000,000
NIH/NIMH
Enhancing Community Treatments for Youth Exposed to Violence: Using Acceptance and
Commitment Therapy to Reduce the Impact of Trauma
Role: Co-PI

PUBLICATIONS

*Indicates student author

Refereed Publications

- Boals, A.** & Hathaway, L.M.* (in press). The Importance of the DSM-IV E and F Criteria in Self-Report Assessments of PTSD. *Journal of Anxiety Disorders*.
- Boals, A.** & Rubin, D.C. (in press). The integration of emotions in traumatic memories: Cognitive-emotional distinctiveness and posttraumatic stress disorder. *Applied Cognitive Psychology*.

- Klein, K. & **Boals, A.** (in press). Coherence, cohesiveness and narrative structure in personal accounts of stressful experiences. *Journal of Social and Clinical Psychology*.
- McLaughlin, P.D* & **Boals, A.** (in press). Perception can affect performance on rhythmic tasks. *Psychology of Music*.
- Hathaway, L.M.*, **Boals, A.**, & Banks, J.B*. (in press). PTSD symptoms and dominant emotional response to a stressful event: An examination of DSM-IV criterion A2. *Anxiety, Stress, and Coping*.
- Rubin, D. C., **Boals, A.**, & Klein, K. (in press). Voluntary and involuntary autobiographical memories for very negative events: Effects of writing about and rating memories. *Cognitive Therapy and Research*.
- Boals, A.** (in press). Autobiographical memories that have become central to identity: Gender differences in the Centrality of Events Scale for positive and negative events. *Applied Cognitive Psychology*.
- Boals, A.** & Perez, A.S.* (in press). Language use predicts phenomenological properties of Holocaust memories and health. *Applied Cognitive Psychology*.
- Boals, A.** & Schuettler, D.* (2009). PTSD symptoms in response to traumatic and non-traumatic events: The role of respondent perception and the A2 criterion. *Journal of Anxiety Disorders, 23*, 458-462.
- Boals, A.** (2008). Intrusive thoughts and everyday cognitive failures in Holocaust survivors. *Stress and Health, 24*, 401-405.
- Rubin, D. C., **Boals, A.**, & Berntsen, D. (2008). Memory in posttraumatic stress disorder: Properties of voluntary and involuntary, traumatic and non-traumatic autobiographical memories in people with and without PTSD symptoms. *Journal of Experimental Psychology: General, 137*, 591-614.
- Boals, A.**, Rubin, D.C., & Klein, K. (2008). Memory and coping with stress: The relationship between cognitive-emotional distinctiveness, memory valence, and distress. *Memory, 16*, 637-657.
- Boals, A.** & Klein, K. (2005a). Cognitive-emotional distinctiveness: Separating emotions from non-emotions in the representation of a stressful memory. *Memory, 13*, 638-648.
- Boals, A.** & Klein, K. (2005b). Word use in emotional narratives about failed romantic relationships and subsequent mental health. *Journal of Language and Social Psychology, 24*, 252-268.
- Klein, K. & **Boals, A.** (2001a). Expressive writing can increase working memory capacity. *Journal of Experimental Psychology: General, 130*, 520-533.
- Klein, K. & **Boals, A.** (2001b). The relationship of life stress and working memory. *Applied Cognitive Psychology, 15*, 565-579.

Revise and Resubmit

Submitted Manuscripts

Rubin, D.C. & **Boals, A.** (2009). People who seek psychotherapy believe that it is much more likely that they have forgotten an incident of childhood trauma. *Memory*.

Boals, A., Steward, J.M.* & Schuettler, D.* (2009). The Moderating Effects of Frequency of Intrusive and Avoidant Thoughts on Posttraumatic Growth. *Journal of Traumatic Stress*.

Schuettler, D.* & **Boals, A.** (2009). Taking the traumatic out of posttraumatic growth: A comparison of posttraumatic growth in traumatic and non-traumatic memories. *Journal of Traumatic Stress*.

Rubin, D.C., Berntsen, D., Hoyle, R.H., **Boals, A.**, Dennis, M.F., & Beckham, J.C. (2009). The Stress Response Syndrome: The 17 PTSD Symptoms as a Single Dimension. *Journal of Anxiety Disorders*.

Banks, J.B.* & **Boals, A.**, & Kraha, A.* (2009). The Impact of Expressive Writing on Working Memory and Executive Functioning: An Examination of Cognitive Processes. *Applied Cognitive Psychology*.

Boals, A., Riggs, S., & Kraha, A.* (2009). What aspects of PTSD are related to mental and physical health? An examination of A-F criteria. *Anxiety, Stress, and Coping*.

Boals, A., vanDellen, M.R., & Banks, J.B.* (2009). The Relationship Between Self-Control and Mental and Physical Health: The Mediating Effects of Avoidant Coping. *Journal of Behavioral Medicine*.

Hays, M. J.* & **Boals, A.** (2009). Long-term memory involvement in the Brown-Peterson task: Lowered test-expectancy does not prevent proactive interference. *Memory*.

In Preparation

Boals, A., Banks, J.B.* & Schuettler, D.* & Hathaway, L.M.* (in preparation). Searching for meaning: Expressive writing and use of cognitive and emotional words in narratives of stressful events.

Boals, A., Schuettler, D.* & Hathaway, L.M.* (in preparation). Properties of stressful autobiographical memories and posttraumatic growth.

Klein, K. & **Boals, A.** (in preparation). What can discourse theory tell us about narrative coherence for memories of stressful events?

Boals, A. & Schuettler, D.* (in preparation). The double-edged sword: Effects of trauma as identity on PTSD and posttraumatic growth.

Presentations

Peer Reviewed

- Schuettler, D.* & **Boals, A.** (2009). PTSD Symptoms in Response to Traumatic and Non-Traumatic Events: The Role of Respondent Perception and the A2 Criterion. Meeting of the American Psychological Association, Toronto, Canada.
- Hathaway, L.M.*, Banks, J.B.*, **Boals, A.**, & Cox, R.J. (2009). PTSD and Emotional Reactions to Traumatic Events. Poster session presented at the annual meeting of the American Psychological Association, Toronto, Canada.
- Schuettler, D.* & **Boals, A.** (2009, May). The Double-Edged Sword: Effects of Trauma as Identity on PTSD and Posttraumatic Growth. Poster session presented at the annual meeting of the Association for Psychological Science, San Francisco, CA.
- Steward, J.M.*, Schuettler, D. *, **Boals, A.**, & Banks, J.B.* (2009). Effects of Trauma Intensity on Post-Traumatic Growth: Depression, Social Support, and Coping. Poster session presented at the annual meeting of the Association for Psychological Science, San Francisco, CA.
- Hathaway, L.M.*, **Boals, A.**, Defee, J.*, Gerber, M.M.*, & Humphrey, S.* (2009). Manipulating perceived insight: Placebo insight feedback about stressful events and associated distress. Poster session presented at the annual meeting of the Association for Psychological Science, San Francisco, CA.
- Rubin, D. C. & **Boals, A.** (2009, March). The plausibility of forgotten childhood traumas. Paper presented at the annual meeting of the North Carolina Cognition Group, Durham, NC.
- Austin, H.*, Jenkins, S. R., **Boals, A.**, Johnson, M.*, & Keaton, S.* (March, 2009). Paper presented at the annual meeting of the Society for Personality Assessment, Chicago, IL.
- Boals, A.** (2009, January). Coping with stress: Use of cognitive words in narratives of stressful events. Paper presented at the annual meeting of the Social Psychologists in Texas, Austin, TX.
- Rubin, D. C., **Boals, A.**, & Berntsen, D. (2008, November). Online measures of involuntary and voluntary autobiographical memories. Paper presented at the 49th Annual Meeting of the Psychonomic Society, Chicago, IL.
- Sewell, K.W., Amador, A.*, & **Boals, A.** (2008, June). Elaborated Versus Over-General Construal of Stressful Experiences: Relations to Arousal and PTSD Symptoms. Poster session presented to the Thirteenth Biennial Conference of the Constructivist Psychology Network, Victoria, British Columbia, Canada.
- Schuettler, D.*, Steward, J.M.*, **Boals, A.**, & Hathaway, L.M.* (2008, May). Properties of stressful autobiographical memories and posttraumatic growth. Poster session presented at the annual meeting of the Association for Psychological Science, Chicago, IL.
- Banks, J.*, Defee, J.*, Dove, R.*, **Boals, A.**, & Gerber, M.* (2008, May). Use of cognitive words in emotional and non-emotional descriptions of stressful events. Poster session presented at the annual meeting of the Association for Psychological Science, Chicago, IL.

- Hathaway, L.M.*, **Boals, A.**, Alcorn, J.L.*, & Goodwin, J.* (2008, May). Cognitive word use and psychological closure. Poster session presented at the annual meeting of the Association for Psychological Science, Chicago, IL.
- Hathaway, L.M.* & **Boals, A.** (2007, November). Using autobiographical memory questionnaires as a form of exposure therapy for stressful events. Poster presented annual at the annual meeting of the Psychonomics Society, Long Beach, CA.
- Boals, A.** (2007, May). Coping with stressful memories by completing autobiographical memory questionnaires. Poster session presented at the annual meeting of the Association for Psychological Science, Washington, DC.
- Boals, A.** (2007, January). Does Completing Autobiographical Memory Questionnaires About Stressful Memories Produce Changes in the Memory? Paper presented at the annual meeting of the Social Psychologists in Texas, College Station, TX.
- Boals, A.** & Klein, K. (2006, November). Completing autobiographical memory questionnaires produces changes in the memory. Paper presented at the annual meeting of the Psychonomics Society, Houston, TX.
- Hays, M.J.* & **Boals, A.** (2006, April). Long-term memory involvement in the Brown-Peterson task is inescapable. Paper presented at the annual meeting of the Western Psychological Association, Palm Springs, CA.
- Boals, A.** (2006, January). Coping with Negative and Positive Emotions: Cognitive-Emotional Distinctiveness in Voters' Memories of the 2004 Presidential Election. Paper presented at the annual meeting of the Society for Personality and Social Psychology, Palm Springs, CA.
- Boals, A.** (2006, January). Does expressive writing about a stressful event result in changes in the event? Poster presented at the annual meeting of the Society for Personality and Social Psychology, Palm Springs, CA.
- Boals, A.** (2004, May). The integration of emotion in stressful memories. Poster session presented at the annual meeting of the Association for Psychological Science, Chicago, IL.
- Boals, A.** (2004, February). The integration of emotion in memory. Paper presented at the annual meeting of the North Carolina Cognition Group, Raleigh, NC.
- Boals, A.** & Klein, K. (2003, February). Stress, memory, and cognitive-emotional distinctiveness. Poster presented at the annual meeting of the North Carolina Cognition Group, Durham, NC.
- Boals, A.** & Klein, K. (2003, May). The separation of emotional and cognitive aspects in stressful memories. Poster session presented at the annual meeting of the Association for Psychological Science, Atlanta, GA.
- Boals, A.** & Klein, K. (2002, February). The cognitive representation of stressful memories. Paper presented at the annual meeting of the North Carolina Cognition Group, Chapel Hill, NC.

Boals, A., Klein, K., & Banas, A. (2001, May). The relationship of expressive writing, narrative type, and health. Poster session presented at the annual meeting of the Southeastern Psychological Association, Atlanta, GA.

Boals, A., Klein, K., & Powell, A.* (1997, May). The relationship between stress and working memory. Poster session presented at the annual meeting of the Association for Psychological Science, Washington, D.C.

Boals, A. & Klein, K. (1997, February). Relationship between working memory capacity and life stress. Poster presented at the annual meeting of the North Carolina Cognition Group, Raleigh, NC.

Invited

Boals, A. (2009, April). Stress, coping, and cognitive word use: What is the best way to cope with stress? Invited talk presented at monthly brownbag series, Department of Psychology, University of Arkansas.

Boals, A. (2007, May). Stress and Memory. Paper presented at the Emeritus Faculty Luncheon, University of North Texas, Denton, TX.

Boals, A. (2003; April). Stress and autobiographical memory. Invited talk presented at weekly lunchbox series, Dept. of Psychological and Brain Sciences, Duke University.

Boals, A. (1998, November). Expressive memory and working memory. Invited talk presented at the monthly Cognition Seminar, Department of Psychology, North Carolina State University.

Professional Activities

Membership in Professional Organizations:

- Association for Psychological Science
- Society for Personality and Social Psychology
- Psychonomic Society
- Social Psychologists in Texas

Honors:

- Postdoctoral Fellowship, New Beginnings Program, Duke University, 8/01 – 5/02
- Outstanding Teaching Assistant, North Carolina State University, 4/2001
- John Oliver Cook Graduate Research Award, 3/2001
- President of GRASP (Fall 1997, Spring 1998)

Ad-Hoc Reviewer

- *Psychological Science*
- *British Journal of Health Psychology*
- *Cognitive Therapy and Research*
- *Applied Cognitive Psychology*
- *Journal of Computer-Mediated Communication*
- *Journal of Traumatic Stress*
- *Memory*

- *Cognition and Emotion*

PSYCHOLOGY DEPARTMENT COMMITTEES & COUNCILS

Experimental Program Committee	2006-present
Mentoring Committee	2006-present
Chair, Mass Testing Committee	2007-present
Undergraduate Committee	2007-present
Executive Committee	2008-present
Scholarship Committee	2008-present

MAJOR PROFESSOR/RESEARCH ADVISOR

Darnell Schuettler (working on dissertation)
Lisa Hathaway (4th year)
Jonathan Banks (3rd year)
Amanda Kraha (2nd year)

COURSES TAUGHT

PSYC 1630: Introduction to Psychology
PSYC 4690: Learning and Memory
PSYC 5640: Cognition and Affect