

Clarissa W. Ong

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CONTACT

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EMPLOYMENT

2021- ***Postdoctoral Associate***
Center for Anxiety and Related Disorders at Boston University, Boston, MA
Department of Psychological and Brain Sciences
Supervisor: Stefan Hofmann, Ph.D.

EDUCATION

2020-2021 **McLean Hospital/Harvard Medical School**, Belmont, MA
Predoctoral Internship in Clinical Psychology (APA-Accredited)
Supervisors: Thröstur Björgvinsson, Ph.D., ABPP, & Philip G. Levendusky, Ph.D., ABPP

2015-2021 **Utah State University**, Logan, UT
Ph.D. in Psychology
Combined Program in Clinical/Counseling Psychology (APA-Accredited)
Dissertation: *Treating Clinical Perfectionism Using Acceptance and Commitment Therapy*
Chair: Michael P. Twohig, Ph.D.

2015-2018 **Utah State University**, Logan, UT
M.S. in Psychology
Combined Program in Clinical/Counseling Psychology (APA-Accredited)
Thesis: *Effect of Acceptance Versus Psychoeducation on Hoarding*
Chair: Michael P. Twohig, Ph.D.

2010-2013 **Smith College**, Northampton, MA
B.A. in Psychology
Minor in East Asian Languages and Literatures
Thesis: *Discarding Behavior and Habituation of Distress in Hoarding Disorder*
Chair: Randy O. Frost, Ph.D.

BOOKS

1. **Ong, C. W.**, & Twohig, M. P. (2021). *The anxious perfectionist: How to manage perfectionism-driven anxiety using acceptance and commitment therapy*. New Harbinger. Under contract.
2. Twohig, M. P., Levin, M. E., & **Ong, C. W.** (2020). *ACT in steps: A transdiagnostic manual for learning acceptance and commitment therapy*. Oxford Press.

PEER-REVIEWED PUBLICATIONS († denotes an undergraduate co-author)**† denotes an undergraduate co-author; * denotes co-first authors**

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61. Krafft, J., **Ong, C. W.**, Davis, C. H., Petersen, J. M., Levin, M. E., & Twohig, M. P. (in press). An open trial of group acceptance and commitment therapy (ACT) with an adjunctive mobile app for generalized anxiety disorder (GAD). *Cognitive and Behavioral Practice*. <https://doi.org/10.1016/j.cbpra.2021.05.008>
 60. **Ong, C. W.**, Terry, C. L.†, Levin, M. E., & Twohig, M. P. (2021). Examining the feasibility and effectiveness of online acceptance and commitment therapy self-help in a quasi-stepped care model. *Psychological Services*. <https://doi.org/10.1037/ser0000596>
 59. **Ong, C. W.**, Pierce, B. G., Klein, K. P., Hudson, C. C., Beard, C., & Björgvinsson, T. (2021). Longitudinal measurement invariance of the PHQ-9 and GAD-7. *Assessment*. <https://doi.org/10.1177/10731911211035833>
 58. Muñoz, K., Whicker, J. J., **Ong, C. W.**, & Twohig, M. P. (2021). Factors associated with the psychosocial wellbeing among parents of children who are Deaf or hard-of-hearing. *Journal of Early Hearing Detection and Intervention*, 6, 1-8.
 57. **Ong, C. W.**, Lee, E. B., Petersen, J. M., Levin, M. E., & Twohig, M. P. (2021). Is perfectionism always unhealthy? Examining the moderating effects of psychological flexibility and self-compassion. *Journal of Clinical Psychology*, 77, 2576-2591. <https://doi.org/10.1002/jclp.23187>
 56. Petersen, J. M., **Ong, C. W.**, Hancock, A., Gillam, R., Levin, M. E., & Twohig, M. P. (2021). An examination of the relationship between perfectionism and neurological functioning. *Journal of Cognitive Psychotherapy*, 35, 195-211. <https://doi.org/10.1891/jcpsy-d-20-00037>
 55. **Ong, C. W.**, Krafft, J., Levin, M. E., & Twohig, M. P. (2021). A systematic review and psychometric evaluation of self-report measures for hoarding disorder. *Journal of Affective Disorders*, 290, 136-148. <https://doi.org/10.1016/j.jad.2021.04.082>
 54. Levin, M. E., Krafft, J., An, W., **Ong, C. W.**, & Twohig, M. P. (2021). Preliminary findings on processes of change and moderators for cognitive defusion and restructuring delivered through mobile apps. *Journal of Contextual Behavioral Science*, 20, 13-19. <https://doi.org/10.1016/j.jcbs.2021.02.002>
 53. **Ong, C. W.**, Krafft, J., Panoussi, F.†, Petersen, J. M., Levin, M. E., & Twohig, M. P. (2021). In-person and online-delivered acceptance and commitment therapy for hoarding disorder: A multiple baseline study. *Journal of Contextual Behavioral Science*, 20, 108-117. <https://doi.org/10.1016/j.jcbs.2021.02.001>
 52. Twohig, M. P., Petersen, J. M., Fruge, J.E., **Ong, C. W.**, Barney, J. L., Krafft, J., Lee, E. B., & Levin, M. E. (2021). A pilot randomized controlled trial of online-delivered ACT-enhanced behavior therapy for trichotillomania in adolescents. *Cognitive and Behavioral Practice*. <https://doi.org/10.1016/j.cbpra.2021.01.004>
 51. Muñoz, K., Baughman, K., Meibos, A., **Ong, C. W.**, & Twohig, M. P. (2021). Psychosocial well-being of adults who are deaf or hard of hearing. *Journal of the American Academy of Audiology*, 32, 83-89. <https://doi.org/10.1055/s-0040-1718928>

50. Zemestani, M., Salavati, M., Seyedolshohadayi, A., Petersen, J. M., **Ong, C. W.**, Twohig, M. P., & Ghaderi, E. (2020). A preliminary examination of acceptance and commitment therapy (ACT) versus exposure and response prevention (ERP) for patients with obsessive-compulsive disorder on an optimal dose of SSRIs: A randomized controlled trial in Iran. *Behavior Modification*. <https://doi.org/10.1177/0145445520982977>
49. Muñoz, K., Edelman, S., **Ong, C. W.**, Aungst, H., Markle, K., & Twohig, M. P. (2020). Parent perceptions of person-centered care: A randomized controlled trial of the Childhood Hearing Loss Question Prompt List for Parents. *Journal of Early Hearing Detection and Intervention*, 5.
48. **Ong, C. W.**, Hancock, A. S., Barrett, T. S., Lee, E. B., Wan, N., Gillam, R., Levin, M. E., & Twohig, M. P. (2020). A preliminary investigation of the effect of acceptance and commitment therapy on neural activation in clinical perfectionism. *Journal of Contextual Behavioral Science*, 18, 152-161. <https://doi.org/10.1016/j.jcbs.2020.09.007>
47. **Ong, C. W.**, Pierce, B. G., Petersen, J. M., Barney, J. L., Fruge, J. E., Levin, M. E., & Twohig, M. P. (2020). A psychometric comparison of psychological inflexibility measures: Discriminant validity and item performance. *Journal of Contextual Behavioral Science*, 18, 34-47. <https://doi.org/10.1016/j.jcbs.2020.08.007>
46. Whicker, J. J., **Ong, C. W.**, Munoz, K., & Twohig, M. P. (2020). The relationship between psychological processes and indices of well-being among adults with hearing loss. *American Journal of Audiology*. https://doi.org/10.1044/2020_aja-20-00035
45. **Ong, C. W.**, Terry, C. L.†, & Twohig, M. P. (2020). Comparing the efficacy of defusion, self-as-context, and distraction strategies for getting rid of possessions. *Journal of Cognitive Psychotherapy*, 34, 242-260. <https://doi.org/10.1891/jcpsy-d-20-00010>
44. Krafft, J., **Ong, C. W.**, Cruz, R. A., Twohig, M. P., & Levin, M. E. (2020). An ecological momentary assessment study investigating the function of hoarding. *Behavior Therapy*, 51, 715-727. <https://doi.org/10.1016/j.beth.2019.10.006>
43. Kasin, C., Muñoz, K., **Ong, C. W.**, Whicker, J. J., Twohig, M. P. (2020). Well-being of parents of children who are deaf or hard of hearing. *Journal of Early Hearing Detection and Intervention*, 5, 86-97. <https://doi.org/10.26077/ptrk-5507>
42. Morrison, K. L., Smith, B. M., **Ong, C. W.**, Lee, E. B., Friedel, J. E., Odum, A., Madden, G. J., Ledermann, T., Rung, J., & Twohig, M. P. (2020). Effects of acceptance and commitment therapy on impulsive decision making. *Behavior Modification*, 44, 600-623. <https://doi.org/10.1177/0145445519833041>
41. **Ong, C. W.**, Levin, M. E., & Twohig, M. P. (2020). Beyond acceptance and commitment therapy: Process-based therapy. *The Psychological Record*, 70, 637-648. <https://doi.org/10.1007/s40732-020-00397-z>
40. **Ong, C. W.**, Krafft, J., Levin, M. E., & Twohig, M. P. (2020). Comparing effects of acceptance training and psychoeducation on hoarding symptoms. *Journal of Obsessive-Compulsive and Related Disorders*, 25, 100521. <https://doi.org/10.1016/j.jocrd.2020.100521>

39. Lee, E. B., Homan, K., Morrison, K. L., **Ong, C. W.**, Levin, M. E., & Twohig, M. P. (2020). Acceptance and commitment therapy for trichotillomania: A randomized controlled trial of adults and adolescents. *Behavior Modification, 44*, 70-91. <https://doi.org/10.1177/0145445518794366>
38. **Ong, C. W.**, Blakey, S. M., Smith, B. M., Morrison, K. L., Bluett, E. J., Abramowitz, J. S., & Twohig, M. P. (2020). Moderators and processes of change in traditional exposure and response prevention (ERP) versus acceptance and commitment therapy-informed ERP for obsessive-compulsive disorder. *Journal of Obsessive-Compulsive and Related Disorders, 24*, 100499. <https://doi.org/10.1016/j.jocrd.2019.100499>
37. Muñoz, K., **Ong, C. W.**, & Twohig, M. P. (2019). Engaging parents of children with mild bilateral or unilateral hearing loss: Counseling considerations. *Journal of Early Hearing Detection and Intervention, 4*, 20-25. <https://doi.org/10.26077/prd1-2728>
36. Muñoz, K., **Ong, C. W.**, Whicker, J. J., & Twohig, M. P. (2019). Promoting counseling skills in audiology clinical supervisors: Considerations for professional development. *The American Journal of Audiology, 28*, 1052-1058. https://doi.org/10.1044/2019_AJA-19-0060
35. Smith, B. M., **Ong, C. W.**, Barrett, T. S., Bluett, E. J., Slocum, T. A., & Twohig, M. P. (2019). Longitudinal effects of a 2-year meditation and Buddhism program on well-being, quality of life, and valued living. *Mindfulness, 10*, 2095-2109. <http://doi.org/10.1007/s12671-019-01165-z>
34. Whicker, J. J., **Ong, C. W.**, Twohig, M. P., & Muñoz, K. (2019). Considerations from psychology on implementing motivational interviewing in audiology: Response to Solheim et al. (2018) "An Evaluation of Motivational Interviewing for Increasing Hearing Aid Use: A Pilot Study." *Journal of the American Academy of Audiology, 30*, 444-445. <https://doi.org/10.3766/jaaa.18088>
33. Twohig, M. P., **Ong, C. W.**, Krafft, J., Barney, J. L., & Levin, M. E. (2019). Starting off on the right foot in acceptance and commitment therapy. *Psychotherapy, 56*, 16-20. <http://doi.org/10.1037/pst0000209>
32. **Ong, C. W.**, Whicker, J. J., Muñoz, K., & Twohig, M. P. (2019). Measuring psychological inflexibility in adult and child hearing loss. *International Journal of Audiology, 58*, 643-650. <https://doi.org/10.1080/14992027.2019.1630759>
31. Smith, B. M., Villatte, J. L., **Ong, C. W.**, Butcher, G. M., Twohig, M. P., Levin, M. E., Hayes, S. C. (2019). The influence of a personal values intervention on cold pressor-induced distress tolerance. *Behavior Modification, 43*, 688-710. <https://doi.org/10.1177/0145445518782402>
30. **Ong, C. W.**, Barney, J. L., Barrett, T. S., Lee, E. B., Levin, M. E., & Twohig, M. P. (2019). The role of psychological inflexibility and self-compassion in acceptance and commitment therapy for clinical perfectionism. *Journal of Contextual Behavioral Science, 13*, 7-16. <https://doi.org/10.1016/j.jcbs.2019.06.005>
29. **Ong, C. W.**, Lee, E. B., Krafft, J., Terry, C. L.†, Barrett, T. S., Levin, M. E., & Twohig, M. P. (2019). A randomized controlled trial of acceptance and commitment therapy for clinical perfectionism. *Journal of Obsessive-Compulsive and Related Disorders, 22*, 100444. <https://doi.org/10.1016/j.jocrd.2019.100444>

28. **Ong, C. W.***, Lee, E. B.*, Levin, M. E., & Twohig, M. P. (2019). A review of AAQ variants and other context-specific measures of psychological flexibility. *Journal of Contextual Behavioral Science*, *12*, 329-346. <https://doi.org/10.1016/j.jcbs.2019.02.007>
27. Krafft, J., **Ong, C. W.**, Twohig, M. P., & Levin, M. E. (2019). Assessing psychological inflexibility in hoarding: The Acceptance and Action Questionnaire for Hoarding (AAQH). *Journal of Contextual Behavioral Science*, *12*, 234-242. <https://doi.org/10.1016/j.jcbs.2018.08.003>
26. **Ong, C. W.**, Graves, K., Berry, M. S., Odum, A. L., & Twohig, M. P. (2019). Obsessive-compulsive symptoms are associated with increased delay discounting in a novel hand-washing task. *Behavior Analysis: Research and Practice*, *19*, 136-149. <http://doi.org/10.1037/bar0000096>
25. **Ong, C. W.***, Pierce, B. G.* , Woods, D. W., Twohig, M. P., & Levin, M. E. (2018). The Acceptance and Action Questionnaire – II: An item response theory analysis. *Journal of Psychopathology and Behavioral Assessment*, *41*, 123-134. <https://doi.org/10.1007/s10862-018-9694-2>
24. Sagayadevan, V., Lee, S. P., **Ong, C.**, Abidin, E., Chong, S. A., & Subramaniam, M. (2018). Quality of life across mental disorders in psychiatric outpatients. *Annals Academy of Medicine, Singapore*, *47*, 243-252.
23. Lee, E. B., Haeger, J. A., Levin, M. E., **Ong, C. W.**, Twohig, M. P. (2018). Telepsychotherapy for trichotillomania: A randomized controlled trial of ACT-enhanced behavior therapy. *Journal of Obsessive-Compulsive and Related Disorders*, *18*, 106-115. <https://doi.org/10.1016/j.jocrd.2018.04.003>
22. Lee, E. B., **Ong, C. W.**, An, W., & Twohig, M. P. (2018). Acceptance and commitment therapy for a case of scrupulosity-related obsessive-compulsive disorder. *Bulletin of the Menninger Clinic*, *82*, 407-423. <https://doi.org/10.1521/bumc.2018.82.4.407>
21. Levin, M. E., Haeger, J., **Ong, C. W.**, & Twohig, M. P. (2018). An examination of the transdiagnostic role of delay discounting in psychological inflexibility and mental health problems. *The Psychological Record*, *68*, 201-210. <https://doi.org/10.1007/s40732-018-0281-4>
20. **Ong, C. W.**, Lee, E. B., & Twohig, M. P. (2018). A meta-analysis of dropout rates in acceptance and commitment therapy. *Behaviour Research and Therapy*, *104*, 14-33. <https://doi.org/10.1016/j.brat.2018.02.004>
19. **Ong, C. W.**, Krafft, J., Levin, M. E., & Twohig, M. P. (2018). An examination of the role of psychological flexibility in hoarding using multiple mediator models. *Journal of Cognitive Psychotherapy*, *32*, 97-111. <https://dx.doi.org/10.1891/0889-8391.32.2.97>
18. Coleman, C., Muñoz, K., **Ong, C. W.**, Butcher, G. M., Nelson, L., & Twohig, M. P. (2018). Opportunities for audiologists to use patient-centered communication during hearing device monitoring encounters. *Seminars in Hearing*, *39*, 32-43. <https://doi.org/10.1055/s-0037-1613703>
17. Finai, J., Muñoz, K., **Ong, C. W.**, Butcher, G. M., Nelson, L., & Twohig, M. P. (2018). Performance feedback to increase use of counseling skills. *Seminars in Hearing*, *39*, 44-51. <https://doi.org/10.1055/s-0037-1613704>

16. Rudaz, M., Twohig, M. P., **Ong, C. W.**, & Levin, M. E. (2017). Mindfulness and acceptance-based trainings for fostering self-care and reducing stress in mental health professionals: A systematic review. *Journal of Contextual Behavioral Science*, 6, 380-390. <https://doi.org/10.1016/j.jcbs.2017.10.001>
15. Lee, E. B., **Ong, C. W.**, Twohig, M. P., Lensegrav-Benson, T., & Quakenbush-Roberts, B. (2017). Increasing body image flexibility in a residential eating disorder facility: Correlates with symptom improvement. *Eating Disorders*, 26, 185-199. <http://dx.doi.org/10.1080/10640266.2017.1366229>
14. **Ong, C. W.***, Bean, R. C.*, Lee, J., & Twohig, M. P. (2017). Acceptance and commitment therapy for PTSD and trauma: An empirical review. *The Behavior Therapist*, 40, 145-150.
13. Muñoz, K., **Ong, C. W.**, Borrie, S. A., Nelson, L., & Twohig, M. (2017). Audiologists' communication behaviour during hearing device management appointments. *International Journal of Audiology*, 5, 328-336. <http://dx.doi.org/10.1080/14992027.2017.1282632>
12. Sagayadevan, V., Lau, Y. W., **Ong, C.**, Lee, S. P., Chong, S. A., & Subramaniam, M. (2016). Validation of the Clutter Image Rating (CIR) scale among psychiatric outpatients in Singapore. *BMC Psychiatry*, 16, 407. <http://dx.doi.org/10.1186/s12888-016-1125-x>
11. **Ong, C.***, Sagayadevan, V.*, Abdin, E., Shafie, S., Jeyagurunathan, A., Eng, G. K., Picco, L., Vaingankar, J., Chong, S. A., & Subramaniam, M. (2016). Screening for drinking problems in the elderly in Singapore using the CAGE questionnaire. *Annals Academy of Medicine, Singapore*, 45, 456-465.
10. Lee, S. P., **Ong, C.**, Vaingankar, J., Subramaniam, M., & Chong, S. A. (2016). Validity of the associated symptom criteria for generalized anxiety disorder: Observations from the Singapore Mental Health Study. *The Journal of Nervous and Mental Disease*, 205, 390-396. <http://dx.doi.org/10.1097/NMD.0000000000000608>
9. Lee, S. P., **Ong, C.**, Sagayadevan, V., Ong, R., Abdin, E., Lim, S., Vaingankar, J., Picco, L., Verma, S., Chong, S. A., & Subramaniam, M. (2016). Hoarding symptoms among psychiatric outpatients: Confirmatory factor analysis and psychometric properties of the Saving Inventory – Revised (SI-R). *BMC Psychiatry*, 16, 364. <http://dx.doi.org/10.1186/s12888-016-1043-y>
8. Frost, R. O., **Ong, C.**, Steketee, G., & Tolin, D. (2016). Behavioral and emotional consequences of thought listing versus cognitive restructuring during discarding decisions in hoarding disorder. *Behaviour Research and Therapy*, 85, 13-22. <http://dx.doi.org/10.1016/j.brat.2016.08.003>
7. Seow, L. S. E., **Ong, C.**, Mahesh, M. V., Sagayadevan, V., Shafie, S., Chong, S. A., & Subramaniam, M. (2016). A systematic review on comorbid post-traumatic stress disorder in schizophrenia. *Schizophrenia Research*, 176, 441–451. <http://dx.doi.org/10.1016/j.schres.2016.05.004>
6. **Ong, C. W.**, Clyde, J. W., Bluett, E. J., Levin, M. E., & Twohig, M. P. (2016). Dropout rates in exposure with response prevention for obsessive-compulsive disorder: What do the data really say? *Journal of Anxiety Disorders*, 40, 8-17. <http://dx.doi.org/10.1016/j.janxdis.2016.03.006>

5. **Ong, C.***, Abdin, E.*, Chong, S. A., Vaingankar, J. A., & Subramaniam, M. (2016). Days out of role due to mental and physical conditions: Results from the Singapore Mental Health Study. *PLoS ONE*, *11*, e0148248. <http://dx.doi.org/10.1371/journal.pone.0148248>
4. **Ong, C.**, Sagayadevan, V., Lee, S. P., Ong, R., Chong, S. A., Frost, R. O., & Subramaniam, M. (2016). Hoarding among outpatients seeking treatment at a psychiatric hospital in Singapore. *Journal of Obsessive-Compulsive and Related Disorders*, *8*, 56-63. <http://dx.doi.org/10.1016/j.jocrd.2015.12.002>
3. Magiati, I., **Ong, C.**, Lim, X. Y., Tan, J. W., Ong, A. Y. L., Patricia, F., Fung, D. S. S., Sung, M., Poon, K. K., & Howlin, P. (2016). Anxiety symptoms in young people with autism spectrum disorder attending special schools: Associations with gender, adaptive functioning and autism symptomatology. *Autism: International Journal of Research and Practice*, *20*, 306-320. <http://dx.doi.org/10.1177/1362361315577519>
2. **Ong, C.**, Pang, S., Sagayadevan, V., Chong, S. A., & Subramaniam, M. (2015). Functioning and quality of life in hoarding: A systematic review. *Journal of Anxiety Disorders*, *32*, 17-30. <http://dx.doi.org/10.1016/j.janxdis.2014.12.003>
1. Subramaniam, M., Soh, P., **Ong, C.**, Seow, L. S. E., Picco, L., Vaingankar, J. A., & Chong, S. A. (2014). Patient-reported outcomes in obsessive-compulsive disorder. *Dialogues in Clinical Neuroscience*, *16*, 239-254.

BOOK CHAPTERS

6. **Ong, C. W.**, & Eustis, E. H. (in press). Psychological flexibility. In M. P. Twohig, M. E. Levin, & J. M. Petersen (Eds.), *The Oxford handbook of acceptance and commitment therapy*. Oxford University Press.
5. Lee, E. B., **Ong, C. W.**, & Twohig, M. P. (in press). Acceptance and commitment therapy (ACT) for anxiety. In P. Lucena-Santos, S. A. Carvalho, J. Pinto-Gouveia, M. S. Oliveira, & J. Pistorello (Eds.), *Manual internacional de fundamentos teóricos e práticos da terapia de aceitação e compromisso* [International handbook of theoretical and practical foundations of acceptance and commitment therapy]. Editora Fênix Sefarad.
4. Twohig, M. P., **Ong, C. W.**, Petersen, J. M., Barney, J. L., & Fruge, J. E. (2020). Acceptance and commitment therapy and exposure exercises. In M. E. Levin, M. P. Twohig, & J. E. Krafft (Eds.), *Innovations in acceptance and commitment therapy: Clinical advancements and applications in ACT*. New Harbinger.
3. **Ong, C. W.**, Smith, B. M., Levin, M. E., Twohig, M. P. (2019). Mechanisms of change: Mindfulness and acceptance. In J. S. Abramowitz and S. M. Blakey (Eds.), *Clinical handbook of fear and anxiety: Psychological processes and treatment mechanisms*. American Psychological Association Press.
2. **Ong, C. W.**, Lee, E. B., & Twohig, M. P. (2018). Hoarding disorder. In A. Maragakis and W. T. O'Donohue (Eds.), *Principle-based stepped care and brief psychotherapy for integrated care settings*. Springer Publishing.
1. Lee, E. B., **Ong, C. W.**, & Twohig, M. P. (2018). Trichotillomania and excoriation disorder. In A. Maragakis and W. T. O'Donohue (Eds.), *Principle-based stepped care and brief psychotherapy for integrated care settings*. Springer Publishing.

MANUSCRIPTS UNDER REVIEW

5. Hudson, C. C., Klein, K. P., **Ong, C. W.**, Handy, A. B., Swee, M. B., Lambert, H. K., Mei, S., Hom, M. A., Weiss, R. B., Beard, C., & Björngvinsson, T. (2021). *Treatment outcomes and patient perceptions of a virtual partial hospital program: A mixed-method study*. Manuscript submitted for publication.
4. **Ong, C. W.**, Lee, E. B., Levin, M. E., & Twohig, M. P. (2021). *Online process-based training for clinical perfectionism: A randomized trial*. Manuscript submitted for publication.
3. **Ong, C. W.**, & Haaga, D. A. F. (2021). *Measuring ACT in context: Challenges and future directions*. Manuscript submitted for publication.
2. **Ong, C. W.**, Petersen, J. M., Terry, C. L.†, Krafft, J., Barney, J. L., Abramowitz, J. S., & Twohig, M. P. (2021). *The “how” of exposures: Examining the relationship between exposure parameters and outcomes in obsessive-compulsive disorder*. Manuscript submitted for publication.
1. Smith, B. M., Barney, J. L., **Ong, C. W.**, Barrett, T. S., Levin, M. E., & Twohig, M. P. (2021). *Physiological, behavioral, and self-report outcomes of acceptance- and regulation-based exposure for intrusive thoughts*. Manuscript submitted for publication.

OTHER WORK

2. **Ong, C. W.**, Papa, L. A., Reveles, A. K., Smith, B. M., & Domenech Rodríguez, M. M. (2018). *Safe Passages for U: Training Manual*. Logan, UT: Utah State University. <http://dx.doi.org/10.17605/osf.io/45KB6>
1. **Ong, C. W.**, Papa, L. A., Reveles, A. K., Smith, B. M., & Domenech Rodríguez, M. M. (2018). *Safe Passages for U: Participant’s Manual*. Logan, UT: Utah State University. <http://doi.org/10.17605/OSF.IO/D5BZ7>

INVITED WORKSHOPS

4. Twohig, M. P., & **Ong, C. W.** (2019, September). *Introduction to acceptance and commitment therapy and experiential workshop*. Introductory 2-day training on acceptance and commitment therapy for professionals and students at Utah State University, Logan, UT.
3. **Ong, C. W.** (2018, October). *ACT workshop for Women’s Leadership Initiative*. One-day workshop on acceptance and commitment training for Women’s Leadership Initiative at Utah State University, Logan, UT.
2. Reveles, A. K., **Ong, C. W.**, & Litson, K. (2018, January). *Safe Passages for U*. One-day cultural competence training developed as part of a grant funded by the Diversity Council at Utah State University, Logan, UT.
1. **Ong, C. W.** (2016, March). *Mind your anxiety*. Talk on anxiety and mindfulness as part of annual *Mental Health Is No Joke* week at Utah State University, Logan, UT.

CONFERENCE PRESENTATIONS

12. **Ong, C. W.**, Lee, E. B., Levin, M. E., & Twohig, M. P. (2021, November). Examining an online self-help process-based intervention for clinical perfectionism. In L. Sarfan (Chair), *Expanding the evidence base: Transdiagnostic treatments across the lifespan*. Symposium conducted at the 55th annual convention of the Association for Behavioral and Cognitive Therapies, online.
11. **Ong, C. W.**, Krafft, J., Panoussi, F., Petersen, J. M., Levin, M. E., & Twohig, M. P. (2021, November). In-person and online-delivered acceptance and commitment therapy for hoarding disorder: A multiple baseline study. In C. Stamatis (Chair), *Advances in the assessment and treatment of hoarding disorder*. Symposium conducted at the 55th annual convention of the Association for Behavioral and Cognitive Therapies, online.
10. **Ong, C. W.**, Lee, E. B., Levin, M. E., & Twohig, M. P. (2020, June). Examining an online self-help process-based intervention for clinical perfectionism. In L. Capel (Chair), *Investigating acceptance and commitment therapy interventions and processes in obsessive-compulsive and related disorders*. Symposium conducted at the 19th annual Association for Contextual Behavioral Science World Conference, online.
9. **Ong, C. W.**, Pierce, B. G., Petersen, J. M., Barney, J. L., Fruge, J. E., Levin, M. E., & Twohig, M. P. (2020). A psychometric comparison of psychological inflexibility measures: discriminant validity and item performance. In S. Spencer (Chair), *Empirical innovations in psychometric development and validation of self-report measures of psychological flexibility*. Symposium conducted at the 54th annual convention of the Association for Behavioral and Cognitive Therapies, online.
8. Smith, B. M., Barney, J. L., **Ong, C. W.**, Barrett, T. S., Levin, M. E., & Twohig, M. P. (2020, November). Outcomes and mechanisms of change in acceptance and regulation approaches to exposures for intrusive thoughts. In S. P. Buinewics & J. Buchholz (Chairs), *Understanding the therapeutic process of exposure therapy to optimize treatment*. Symposium conducted at the 54th annual convention of the Association for Behavioral and Cognitive Therapies, online.
7. Smith, B. M., Barney, J. L., **Ong, C. W.**, Barrett, T. S., Levin, M. E., & Twohig, M. P. (2020, July). Physiological, behavioral, and self-report outcomes of acceptance and regulation approaches to exposures for intrusive thoughts. In S. Mpoulkoura (Chair), *Third-wave approaches to anxiety disorders treatment: Outcomes and processes of change*. Symposium conducted at the 18th annual conference of the Association for Contextual Behavioral Science, online.
6. Meibos, A., Muñoz, K., **Ong, C. W.**, & Whicker, J. J. (2019, November). Hearing loss and well-being in adults: Results from a cross-sectional online survey. In *Hearing, vestibular, tinnitus—assessment and intervention: Adult*. Technical session conducted at the annual convention of the American Speech-Language-Hearing Association, Orlando, FL.
5. **Ong, C. W.**, Terry, C. L.†, & Twohig, M. P. (2019, November). The effect of defusion versus distraction on letting go of personal possessions. In H. Levy (Chair), *Improving treatments for hoarding disorder: From the laboratory to the clinic*. Symposium conducted at the 53rd annual convention of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.

4. **Ong, C. W.**, Lee, E. B., Krafft, J., Terry, C. L.†, Barrett, T. S., Levin, M. E., & Twohig, M. P. (2019, November). A randomized controlled trial of acceptance and commitment therapy for clinical perfectionism. In **C. W. Ong** (Chair), *Using acceptance and commitment therapy for different clinical presentations: Evidence-based adaptations*. Symposium conducted at the 53rd annual convention of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
3. Krafft, J., **Ong, C. W.**, Cruz, R. A., Twohig, M. P., & Levin, M. E. (2019, July). *The function of boarding in the moment and its relationship to psychological flexibility*. Paper presented at the 26th annual conference of the International OCD Foundation, Austin, TX.
2. **Ong, C. W.**, Hancock, A. S., Lee, E. B., Gillam, R. B., & Twohig, M. P. (2018, November). The effect of acceptance and commitment therapy on neurological activity in clinical perfectionism. In R. J. Jacoby (Chair), *Acceptance and anxiety: Recent advances in the assessment and treatment of anxiety disorders using an ACT framework*. Symposium conducted at the 52nd annual convention of the Association for Behavioral and Cognitive Therapies, Washington, DC.
1. **Ong, C. W.**, Twohig, M. P., Hancock, A. S., Lee, E. B., & Levin, M. E. (2018, July). *Applying acceptance and commitment therapy to perfectionism*. Paper presented at the 25th annual conference of the International OCD Foundation, Washington, DC.

POSTERS

10. **Ong, C. W.**, Hancock, A. S., Lee, E. B., Gillam, R. B., Levin, M. E., & Twohig, M. P. (2018, July). *Neurological differences between individuals with and without clinical perfectionism*. Poster presented at the 25th annual conference of the International OCD Foundation, Washington, DC.
9. Domenech Rodríguez, M. M., Reveles, A. K., Litson, K., Patterson, C., Smith, B. M., & **Ong, C. W.** (2018, October). *Development of a measure to assess cultural competence in the general population*. Poster presented at the biennial conference of the National Latina/o Psychological Association, La Jolla, CA.
8. **Ong, C. W.**, Levin, M. E., Krafft, J., & Twohig, M. P. (2017, November). *An examination of the role of psychological flexibility in boarding using multiple mediator models*. Poster presented at the 51st annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
7. Lee, E. B., **Ong, C. W.**, Lensegrav-Benson, T., Quakenbush-Roberts, B., & Twohig, M. P. (2017, November). *Changes in body image flexibility in a residential eating disorder facility: Correlates with symptom improvement*. Poster presented at the 51st annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
6. **Ong, C. W.**, Graves, K., Berry, M. S., Odum, A. L., & Twohig, M. P. (2016, October). *Impulsivity and compulsivity: Delay discounting and its relationship to obsessive-compulsive symptoms*. Poster presented at the 50th annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
5. **Ong, C. W.**, Clyde, J. W., Bluett, E. J., Levin, M. E., & Twohig, M. P. (2016, October). *Dropout rates in exposure with response prevention for obsessive-compulsive disorder: A meta-analytic review*. Poster presented at the 50th annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.

4. Lee, E. B., Bluett, E., **Ong, C.**, Lockhart, G., Twohig, M., Lensegrav-Benson, T., & Quakenbush-Roberts, B. (2016, June). *Psychological flexibility as a predictor of quality of life and eating disorder risk in a residential treatment setting*. Poster presented at the Association for Contextual Behavioral Science World Conference 14, Seattle, WA.
3. **Ong, C.**, Subramaniam, M., Lee, S. P., Picco, L., Pang, S., Vaingankar, J., ... Chong, S. A. (2014, September). *Recommendations for help seeking in Singapore*. Oral presentation at the Singapore Health & Biomedical Congress, Singapore.
2. Picco, L., Subramaniam, M., Lee, S. P., Pang, S., **Ong, C.**, Vaingankar, J. A., & Chong, S. A. (2014, September). *Recognition of mental disorders in Singapore*. Poster presented at the Singapore Health & Biomedical Congress, Singapore.
1. **Ong, C.**, Frost, R. O., Steketee, G., & Tolin, D. F. (2013, November). *Cognitive restructuring vs. thought listing in decisions about discarding in hoarding disorder*. Poster presented at the 47th annual convention of the Association for Behavioral and Cognitive Therapies, Nashville, TN.

GRANT ACTIVITY

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| 2019-2020 | Principal Investigator. Association for Contextual Behavioral Science Research Development Grant. <i>A Process-Based App Intervention Study for Clinical Perfectionism</i> . US\$4,988. |
| 2017-2020 | Co-Investigator. Utah State University Diversity Council Long-Term Grant. <i>Safe Passage</i> . US\$15,000. PI: Kaylee Litson. |
| 2015-2017 | Project Director. International OCD Foundation. <i>Prediction, Understanding and Treatment of Perfectionism</i> . US\$50,000. PI: Michael P. Twohig, Ph.D. |
| 2015-2017 | Co-Investigator. Institute of Mental Health Center Grant. <i>Non-Suicidal Self-Injurious Behaviors in a Psychiatric Outpatient Sample</i> . US\$33,135. PI: Shazana Shahwan, M.S. |
| 2014-2016 | Principal Investigator. Institute of Mental Health Center Grant. <i>Comorbid Hoarding in Outpatients with Anxiety Disorders, Depressive Disorders, Schizophrenia, and Gambling Disorder</i> . US\$20,110. |

TEACHING EXPERIENCE

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| 2019 | Guest Lecturer Department of Applied Behavioral Science, University of Kansas , Lawrence, KS ABSC 746: Introduction to Applied Behavioral Science Topic: <i>Introduction to Acceptance and Commitment Therapy</i> |
| 2018-2019 | Guest Lecturer Department of Psychology, Utah State University , Logan, UT PSY 3210: Abnormal Psychology Topic: <i>Obsessive-Compulsive and Related Disorders</i> |

2017 ***Guest Lecturer***
Department of Psychology, Utah State University, Logan, UT
 PSY 3720: Behavior Assessment and Intervention
 Topic: *The Practice of Acceptance and Commitment Therapy*

2013 ***Teaching Assistant***
Department of Psychology, Smith College, Northampton, MA
 MTH 190/PSY 201: Statistical Methods
 Supervisor: *David C. Palmer, Ph.D.*

CLINICAL EXPERIENCE

2021- ***Postdoctoral Associate***
Center for Anxiety and Related Disorders, Boston, MA
 Supervisors: *Todd Farchione, Ph.D., Bethany Shikatani, Ph.D., & Lisa Smith, Ph.D.*

2020-2021 ***Program Therapist***
Behavioral Health Partial Hospital Program, McLean Hospital, Belmont, MA
 Supervisors: *Kerry Garvey, Ph.D., & Elsa Ronningstam, Ph.D.*

2019-2020,
 2017-2018 ***Student Therapist***
Behavioral Health Clinic, Logan, UT
 Supervisor: *Michael P. Twohig, Ph.D.*

2018-2019 ***Student Therapist***
Avalon Hills Eating Disorder Specialists (Adolescent Unit), Logan, UT
 Supervisor: *Tera Lensegrav-Benson, Ph.D.*

2016-2020 ***Research Therapist & Assessor***
ACT Research Group, Utah State University, Logan, UT
 Supervisor: *Michael P. Twohig, Ph.D.*

Projects:

- A multiple-baseline investigation of ACT for hoarding disorder
- An ACT skills group and mobile app for worry
- A randomized controlled trial of online-delivered acceptance-based behavior therapy for adolescents with trichotillomania
- A randomized controlled trial of ACT for perfectionism
- Effect of an acceptance-based intervention on discarding
- Effect of ACT on impulsive decision making

2016-2017 ***Student Therapist***
Psychology Community Clinic, Logan, UT
 Supervisors: *Susan L. Crowley, Ph.D., & Sara Boghosian, Ph.D.*

PROFESSIONAL ORGANIZATION MEMBERSHIP

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| 2015- | Association for Behavioral and Cognitive Therapies |
| 2015- | Association for Contextual Behavioral Science |

SERVICE

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| 2021- | Editorial Board, <i>Journal of Contextual Behavioral Science</i> Equity, Diversity, and Inclusion Subcommittee, <i>Journal of Contextual Behavioral Science</i> |
| Ad hoc reviewer | <i>Behavior Analysis: Research and Practice</i> <i>Behavior Therapy</i> <i>Clinical Case Studies</i> <i>Cognitive and Behavioral Practice</i> <i>Journal of Cognitive Psychotherapy</i> <i>Journal of Obsessive-Compulsive and Related Disorders</i> Association for Contextual Behavioral Science World Conference 14 |

HONORS AND AWARDS

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| 2019 | Utah State University Doctoral Student Researcher of the Year |
| 2019 | College of Education and Human Services Doctoral Student Researcher of the Year |
| 2018-2019 | Michael Bertoch Scholarship |
| 2017-2018 | Walter R. Borg Scholarship and Research Productivity Award |
| 2013 | <i>Summa cum laude</i> with highest honors in Psychology |
| 2013 | William Sentman Taylor Prize in Psychology |
| 2013 | Ettie Chin Hong '36 Prize in East Asian Languages and Literatures |
| 2013 | Elected to Phi Beta Kappa |
| 2013 | Elected to Sigma Xi |
| 2011-2012 | First Group Scholar |
| 2010-2013 | Dean's List |

MEDIA

1. Maier, J. (Host). (2021, April 19). Episode #12: Clarissa Ong [Audio podcast episode]. In *Anomalous Mind*. <https://podcasts.apple.com/us/podcast/episode-12-clarissa-ong/id1550294416?i=1000517901720>
2. Zurita Ona, P. (Host). (2020, October 24). Dr. Z. with Clarissa Ong [Audio podcast episode]. In *Playing It Safe*. <https://podcasts.apple.com/us/podcast/dr-z-with-clarisa-ong/id1513662923?i=1000495916382>