

Sarah M. Sass

Department of Psychology and Counseling
University of Texas at Tyler
3900 University Boulevard – HPR 215
Tyler, TX 75799

Phone: (903) 566-7239
Fax: (903) 565-5923
Email: ssass@uttyler.edu

EDUCATION

Ph.D., Clinical/Community Psychology, 2010
University of Illinois, Urbana Champaign, APA-accredited
Research Advisors: Wendy Heller, Ph.D., Gregory A. Miller, Ph.D.

M.A., Clinical/Community Psychology, 2007
University of Illinois, Urbana Champaign, APA-accredited
Research Advisors: Wendy Heller, Ph.D., Gregory A. Miller, Ph.D.

B.A., Psychology, summa cum laude, 2000
University of Minnesota, Minneapolis

ACADEMIC EMPLOYMENT

Associate Dean for Student Affairs, School of Health Professions, 9/2026-present
University of Texas at Tyler

Associate Dean, College of Education and Psychology, 9/2023 – 5/2024 and 8/2025- 8/2026
University of Texas at Tyler

Interim Chair, Department of Psychology and Counseling, 5/2024– 8/2025
University of Texas at Tyler

Interim Dean, College of Education and Psychology, 9/2022 – 8/2023
University of Texas at Tyler

Professor, Department of Psychology and Counseling, 9/2022 - present
University of Texas at Tyler

Clinical Psychology M.S. Program Coordinator, 8/2019-8/2022
Interim School Counseling M.A. Program Co-Coordinator, 8/2024-8/2025
University of Texas at Tyler

Associate Professor, Department of Psychology and Counseling, 8/2016 – 8/2022
University of Texas at Tyler

Assistant Professor, Department of Psychology and Counseling, 8/2010 – 8/2016
University of Texas at Tyler

LEADERSHIP TRAINING

- Texas Academic Leadership Academy Fellow, Cohort 7, 2024-2025
- Association of College and University Educators Fostering a Culture of Belonging Certificate 2023
- UT Tyler Executive Leadership Fellow (with former President Michael Tidwell), 2018
- UT Tyler Provost's Leadership Seminar (with former Provost Alisa White), 2014

AWARDS AND HONORS

Faculty Senate Outstanding Leadership Award, for leading Faculty Senate during 2021-2022

College of Education and Psychology's Service Award, 2022

Society for Psychophysiological Research, Board Service Award, for service 2017-2021

UT Tyler Lyceum Conference's "Best Faculty Mentor" Nominee, 2021

Psi Chi's Suicide Awareness Walk event tied for UT-Tyler's Student Leadership and Service Program of the Year award while I was faculty advisor, 2017

Psi Chi's Suicide Awareness Walk received UT-Tyler's Student Leadership and Service Program of the Year award while I was faculty advisor, 2016

Psi Chi Regional Faculty Advisor Award, 2013-2014 (student-nominated)

UT-Tyler's Alpha Chi Honor Society Outstanding Faculty Award, 2012-2013 (student-nominated)

UT-Tyler's Office of Sponsored Research New Investigator Award, 2012

Society for Psychophysiological Research Student Poster Award, 2010

Marianne A. Ferber Graduate Scholarship in Women's Studies Honorable Mention, 2009

Mind and Life Summer Research Institute Scholarship, 2008

Lyle H. Lanier Travel Award, 2008

Herman Eisen Award (for excellence in clinical science as a graduate student), 2007

National Science Foundation Graduate Research Fellowship Honorable Mention, 2004

University of Wisconsin Health Emotions Travel Award, 2003

President's Student Leadership and Service Award (for excellence in undergraduate leadership), 2000

Waller Scholarship, 1999-2000

Honor's Thesis grant, 1999-2000

Nelson Scholarship, 1996-1999

FUNDED EXTERNAL RESEARCH GRANTS

Co-investigator (with PI Ramona Grad and Co-investigators Christopher Thomas and Staci Zolkoski), 2023-2026. Children's spirituality: risk for PTSD and emotional intelligence. Total award amount: \$57,817.

Co-investigator (with PIs Karan Singh, and Co-investigators Nelly Yuen and Michael Morris), Health Care Services Corporation, UT Health Campus, 2020-2024. (I joined this project 8/2022). Examining the social, physical, and economic cost of health conditions in Northeast Texas. Total award amount: \$999,990. Effort: 5%

Principal Investigator, Psi Chi Faculty Advisor Research Grant, 2018-2021. Positive visual search training in anxious adults. \$2,000.

Principal Investigator, Psi Chi Faculty Advisor Research Grant, 2016-2017. Time course of attention bias change in anxiety. \$2,000.

Principal Investigator, Psi Chi Faculty Advisor Research Grant, 2013-2014. Neural mechanisms of attention training. \$2,000.

Principal Investigator, Hogg Foundation Grant, 2011-2012. Attention training in anxiety. \$17,150.

OTHER FUNDED EXTERNAL GRANTS

Psi Chi Undergraduate Conference Grant, 2016-2017. \$1,000

Psi Chi Undergraduate Conference Grant, 2013-2014. \$1,000

Psi Chi Undergraduate Conference Grant, 2012-2013. \$1,000

FUNDED INTERNAL RESEARCH GRANTS

Principal Investigator, University of Texas at Tyler Office of Sponsored Research Grant, 2020-2021 (changed to 2021-2023 due to Covid). Neural mechanisms of positive visual search training in anxious adults. \$7,500

Principal Investigator, University of Texas at Tyler Office of Sponsored Research Grant, 2012-2013. Modifying an attention training intervention. \$10,000

Co-investigator, University of Texas at Tyler College of Education and Psychology Interdisciplinary Collaboration Endeavor (ICE) Award, 2016-2017. \$1500

PEER-REVIEWED JOURNAL ARTICLES * denotes student author under my supervision

Miller, A., Orska, G., Elliott, K.S., Sims-Rhodes, N., Cornwell, H., Barena, E., Nabulsi, E.H., Tiruneh, Y.M., **Sass, S.M.**, & Singh, K.P. (2026). Prayers and peers: Spirituality and social networks as protective factors against depression and anxiety symptoms in a rural sample. *Mental Health, Religion, and Culture*. <https://doi.org/10.1080/13674676.2026.2693114>

Thomas, C.L., Sass, S.M., Zolkoski, S.M. (2026). Teaching for well-being: The mediating roles of social-emotional competence and academic buoyancy. *Behavioral Sciences*, 16 (5), 767. <https://doi.org/10.3390/bs16050767>

Estrada, S., *Kennedy, B., **Sass, S.M.**, Barena, E., *O'Brien, K., *Ihionkhan, P., & Thomas, C. (2025). An investigation of the factor structure and Rasch Analysis of the COVID Stress Scales:

Evaluating competing factor models. *Sage Open*, 15.
<https://doi.org/10.1177/21582440251363683>

*Cornwell, H., *Sims-Rhodes, N., *Barena, E., *Brewer, J., Miller, A., Elliott, K., Tiruneh, Y., Singh, K., & **Sass, S.M.** (2025). Psychological distress and indicators of wellbeing using the dual continua model in a rural sample. *Journal of Happiness and Health*, 5, 17–23.
<https://doi.org/10.47602/johah.v5i1.94>

*Sims-Rhodes, N., *Cornwell, H.E., *Barena, E., Dubre, V., Elliott, K.S., *Nabulsi, E.H., Yuen, N., **Sass S.M.**, Miller, A., Tiruneh, Y.M., & Singh, K.P. (2024). Perceived barriers and facilitators of behavioral-health modality change adoption during the COVID-19 pandemic: A systematic review. *Journal of Multidisciplinary Healthcare*. 17, 5695-5713.
<https://doi.org/10.2147/JMDH.S472060>

Elliot, K., Nabulsi, E.H., Sims-Rhodes, N., Dubre, V., Barena, E., Yuen, N., Morris, M.E., **Sass, S.M.**, *Kennedy, B., & Singh, K.P. (2024). Modality and terminology changes for behavioral health service delivery during COVID-19 pandemic: A systematic review. *Frontiers in Psychiatry*, 14, 1265087. <https://doi.org/10.3389/fpsyt.2023.1265087>

*Kennedy, B., *Sims-Rhodes, N., *Avendano, J., *Mathew, J., *O'Brien, K., *Chek, C., & **Sass, S.M.** (2024). Resilience, mindfulness, anxiety, and depression within a dual-continua model of mental health approach. *Journal of Happiness and Health*, 10, 11-18.
<https://doi.org/10.47602/johah.v4i1.54>

Kirby, L.A.J., Zolkoski, S., *O'Brien, K., *Mathew, J., *Kennedy, B.R., & **Sass, S.M.** (2023). Examining staff and faculty work–life balance and well-being using the dual continua model of mental health during COVID-19. *Journal of Happiness and Health*, 3(1), 34–48.
<https://dx.doi.org/10.47602/johah.v3i1.31>

Thomas, C., Zolkoski, S., & **Sass, S.M.** (2022). Investigating the psychometric properties of the Social Emotional Learning Scale. *Assessment for Effective Intervention*, 47 (3), 127-136. <https://doi.org/10.1177/1534508420984522>

Pavlov, Y. G., Adamian, N., Appelhoff, S., Arvaneh, M., Benwell, C., Ph.D., Beste, C., ... **Sass, S.M.**, ... Mushtaq, F. (2021). #EEGManyLabs: Investigating the Replicability of Influential EEG Experiments. *Cortex*, 144, 213-229. <https://doi.org/10.1016/j.cortex.2021.03.013>

*Carver, K., *Ismail, H., *Reed, C., *Hayes, J., *Alsaif, H., * Villanueva, M., & **Sass, S.M.** (2021). High levels of anxiety and psychological well-being in college students: A dual factor model of mental health approach. *Journal of Positive Psychology and Wellbeing*, 5(1), 32-41.
<https://journalppw.com/index.php/JPPW/article/view/94>

Zolkoski, S. M., Aguilera, S.E., West, E., Miller, G., Holm, J., **Sass, S.M.**, & Stocks, E. (2021). Teacher perceptions of skills, knowledge, and resources needed to promote social and emotional

learning in rural classrooms. *The Rural Educator*, 41(3), 1-11.
<https://doi.org/10.35608/ruraled.v41i3.1098>

Zolkoski, S. M., Holm, J., West, E., *Ismail, H., *Kennedy, B. R., *Votaw, A., Miller, G. J., Stocks, E., & **Sass, S. M.** (2021). Social and emotional learning in rural schools: Parent Perspectives. *Kappa Delta Pi Record*, 57(1), 43-46.
<https://doi.org/10.1080/00228958.2021.1851587>

Sass, S.M., & Zolkoski, S. (2020). School-based mindfulness program and anxiety prevention in eighth graders: A randomized pilot study. *Diversity, Social Justice & the Educational Leader*.
<https://scholarworks.utttyler.edu/dsjel/vol4/iss1/5/>

*Letkiewicz, A.M., Silton, R.L., Mimnaugh, K.J., Miller, G.A., Heller, W., Fisher, J., & **Sass, S.M.** (2020). Childhood abuse history and altered attention to emotional stimuli in adults. *Psychophysiology*. <https://doi.org/10.1111/psyp.13627>

Sass, S.M., *Early, L.M. Long, L., *Burke, A., *Gwinn, D., & *Miller, P (2019). A brief mindfulness intervention in at-risk university students and changes in depression symptoms, nonjudgment, and processing of emotional and neutral stimuli. *Mental Health & Prevention*, 13, 58-67. <https://doi.org/10.1016/j.mhp.2018.12.002>

Popov, T., Westner, B., Silton, R.L., **Sass, S.M.**, Spielberg, J.M., Rockstroh, B., Heller, W., & Miller, G.A. (2018). Time course of brain network reconfiguration supporting inhibitory control. *Journal of Neuroscience*, 38, 4348–4356. <https://doi.org/10.1523/JNEUROSCI.2639-17.2018>

Sass, S.M., *Evans, T.C., *Xiong, K., *Mirghassemi, F., *Tea, R., & *Tran, H. (2017). Attention training to pleasant stimuli in anxiety. *Biological Psychology*, 122, 80-92.
<https://doi.org/10.1016/j.biopsycho.2016.03.003>

Sass, S.M., Heller, W., Fisher, J.E., Silton, R.L., Stewart, J.L., Crocker, L.D., Edgar, J.C., Mimnaugh, K.J. & Miller, G.A. (2014) Electrophysiological evidence of the time course of attentional bias in nonpatients reporting symptoms of depression with and without co-occurring anxiety. *Frontiers in Psychology: Personality and Social Psychology*, 5, 301.
<https://doi.org/10.3389/fpsyg.2014.00301>

Fisher, J.E., Miller, G.A., **Sass, S.M.**, Silton, R.L., Edgar, J.C., Stewart, J.L., Zhou, J., & Heller, W. (2014). Neural correlates of suspiciousness and interactions with anxiety during emotional and neutral word processing. *Frontiers in Psychology: Personality and Social Psychology*, 5, 596. <https://doi.org/10.3389/fpsyg.2014.00596>

Sass, S.M., Berenbaum, H., & Abrams, E.M. (2013). Discomfort with emotion moderates distress reduction in a brief mindfulness intervention. *International Journal of Behavioral Consultation and Therapy*, 7, 24-27. <https://doi.org/10.1037/h0100962>

Sponheim, S.R., **Sass, S.M.**, Noukki, A.L., & Hegeman, B.M. (2013). Fragile early visual percepts mark genetic liability specific to schizophrenia. *Schizophrenia Bulletin*, 39, 839-847. <https://doi.org/10.1093/schbul/sbs041>

Silton, R.L., Heller, W., Towers, D.N., Engels, A.S., Edgar, J.C., Spielberg, J.M., **Sass, S.M.**, Stewart, J.L., Sutton, B.P., Banich, M.T., & Miller, G.A. (2011). Depression and anxiety distinguish frontocingulate cortical activity during top-down attentional control. *Journal of Abnormal Psychology*, 120, 272-285. <https://doi.org/10.1037/a0023204>

Sass, S.M., Heller, W., Stewart, J.L., Silton, R.L., Edgar, J.C., Fisher, J.E., & Miller, G.A. (2010). Time course of attentional bias in anxiety: Emotion and gender specificity. *Psychophysiology*, 47, 247-259. <https://doi.org/10.1111/j.1469-8986.2009.00926.x>

Stewart, J.L., Silton, R.L., **Sass, S.M.**, Fisher, J.E., Edgar, J.C., Heller, W., & Miller, G.A. (2010). Attentional bias to negative emotion as a function of approach and withdrawal anger styles: An ERP investigation. *International Journal of Psychophysiology*, 76, 9-18. <https://doi.org/10.1016/j.ijpsycho.2010.01.008>

Fisher, J.E., **Sass, S.M.**, Silton, R.L., Edgar, J.C., Stewart, J.L., Heller, W., & Miller, G.A. (2010). Time course of processing of emotional stimuli as a function of perceived emotional intelligence, anxiety, and depression. *Emotion*, 10, 486-497. <https://doi.org/10.1037/a0018691>

Silton, R.L., Miller, G.A., Towers, D.N., Engels, A.S., Edgar, J.C., Spielberg, J.M., **Sass, S.M.**, Stewart, J.L., Sutton, B.P., Banich, M.T., & Heller, W. (2010). The time course of activity in dorsolateral prefrontal cortex and anterior cingulate cortex during top-down attentional control. *NeuroImage*, 50, 1292-1302. <https://doi.org/10.1016/j.neuroimage.2009.12.061>

Stewart, J.L., Silton, R.L., **Sass, S.M.**, Heller, W., & Miller, G.A. (2008). Anger style, psychopathology, and regional brain activity. *Emotion*, 8, 701-713. <https://doi.org/10.1037/a0013447>

Sass, S.M., Legge, G., & Lee, H. (2006). Low vision reading speed: Influences of linguistic inference and aging. *Optometry and Vision Science*, 88, 166-177. <https://doi.org/10.1097/01.opx.0000204752.43520.17>

PEER-REVIEWED BOOK CHAPTERS

Wahlrab, A., **Sass, S.M.**, & Sterken, R. (2019). The need to disrupt social control. Book chapter for *Political Authority, Social Control and Public Policy*. Rabe-Hemp, C., & Lind, N., (Eds). (pp 245-258). Emerald Insight Publishers. <https://doi.org/10.1108/S2053-769720190000031016>

*Xiong, K., *Evans, T.C., & **Sass, S.M.** (2018). Attention training in anxiety using attention bias modification and electrophysiology methods. *SAGE Research Methods Cases*. <https://dx.doi.org/10.4135/9781526441188>

Sass, S.M., & *Early, L.M. (2016). Anxiety disorders and treatments. In E. L. Stocks (Ed.), *The Gale Researcher (Vol. 1: The Study of Psychology)*. Farmington Hills, MI: Gale Publisher.

*Early, L.M., & **Sass, S.M.** (2016). The graduate school process. In E. L. Stocks (Ed.), *The Gale Researcher (Vol. 1: The Study of Psychology)*. Farmington Hills, MI: Gale Publisher.

Frazier, P., Conlon, A., Tashiro, T., & **Sass, S.M.** (2007). Post traumatic growth: Finding meaning through trauma. In P. Wong, L. Wong, M. McDonald, & D. Klaassen (Eds.), *The positive psychology of meaning and spirituality* (pp. 163-170). Abbotsford BC, Canada: INPM Press. Reprinted in *International Journal of Existential Psychology and Psychotherapy*.

OTHER PUBLICATIONS

Gatzke-Kopp L, Karayanidis F, Bartholow B.D., Fabiani, M., Hess, U., Hazlett, E., Larson, C.L., McTeague, L., Moser, J., Page-Gould, E., **Sass, S.M.**, Silton, R.L., Ullsperger, M., Weinberg, Al., Wieser, M., & Yee-Bradbury, C. (2020). SPR statement on racial justice. *Psychophysiology*.00:e13634. <https://doi.org/10.1111/psyp.13634>

Sass, S.M., Miller, G.A., & Verona, E. (2008). Licensure: Issues and considerations for individuals in training. *Behavior Therapist*, 31, 101-102.

CONFERENCE PRESENTATIONS

*DiGiovanna, B. J., *Van Horn, I.V., **Sass, S.M.**, & McGuire, A.M. (2026, March). Exploring transdiagnostic self-disgust and neurophysiology within a moral elevation intervention. Southwestern Psychological Association, Frisco, TX.

*Ferrara, I., *Risner, M., *O'Brien, K., *Ross, E., *Torres, C., Kennedy, B., & **Sass, S.M.** (2026, March). Attention bias modification and mindfulness on rumination and worry in a depressed college sample. Southwestern Psychological Association, Frisco, TX.

*Risner, M., *Ferrara, I., *DiGiovanna, B., *Aguilar-Martinez, K., *Onitiri, H., *Sabal, A., *Carter, E., *Mathew, J., & **Sass, S.M.** (2026, March). Attentional processing of emotional verbal stimuli within the dot-probe task. Southwestern Psychological Association, Frisco, TX.

*Mathew, J., *O'Brien, K., *Kennedy, B., *Ihionkhan, P., *Kiser, K., & **Sass, S.M.** (2025, October). Time course of emotional target detection in high and low worriers. Society for Psychophysiological Research, Montreal, Canada.

*O'Brien, K., *Mathew, J., *Kennedy, B., *Ihionkhan, P., *Kiser, K., *Ferrera, I., Indic, P., & **Sass, S.M.** (2025, October) Emotion-attention relationships in anxiety: A multimodal network analysis. Society for Psychophysiological Research, Montreal, Canada.

*Bankard, D. F., *O'Brien, K., *Kiser, K., Indic, P., & **Sass, S.M.** (2025, October). Predictors of heart rate variability response to gratitude meditation in a sample of individuals with and without suicidal ideation. Association for Psychological Science Global Psychological Science Summit, Virtual.

*Crawford, C., **Sass, S.M.**, Singh, K., Tiruneh, Y., *Cornwell, H., Elliott, K., Miller, A., *Sims-Rhodes, N., *Nabulsi, E., & *Barena, E. (2025, March). Age, hospital charges, and length of stay

for rural hospital patients. Southwestern Psychological Association Annual Conference, Little Rock, AR.

*Ihionkhan, P., *Ferrera, I., *Parashar, N., & **Sass, S.M.** (2025, March). Evaluating the impact of gratitude meditation on affect and anxiety. Southwestern Psychological Association Annual Conference, Little Rock, AR.

*Ihionkhan, P., *Ferrera, I., Zolkoski, S., Kirby, L., & **Sass, S.M.** (2025, March). Work-Life Balance Among Faculty and Staff: A Qualitative Study at UT Tyler. Southwestern Psychological Association Annual Conference, Little Rock, AR.

Mathew, J., O'Brien, K., Ihionkhan, P., & **Sass, S.M.** (2025, March). Attentional processing of emotional stimuli in the visual search task. Southwestern Psychological Association Annual Conference, Little Rock, AR.

Marder, M., Kelly L., Polnaszek, K.L., Ian J. Kahrilas, I.J., Roth, G., **Sass, S.M.**, Miller, G.A., Heller, W., & Sifton, R.L. (2024, October). Anxiety dimensions are differentially related to the temporal course of response inhibition. Society for Psychophysiological Research, Prague, Czech Republic.

Barena, E. Brewer, J., Boone, L., Sims-Rhodes, N., Cornwell, H., Elliott, K., Yuen, N., Tiruneh, Y., Miller, A., **Sass, S.M.**, & Singh, K. (2024, April). Breaking down barriers: Exploring challenges in accessing mental healthcare in Northeast Texas. East Texas Research Conference, Tyler, TX.

*O'Brien, K., *Mathew, J., *Kennedy, B., *Ihionkhan, P., *Avendano, J., *Coleman, J., *Guo, K., *Sims-Rhodes, N., *Boynton, H., *Brooks, J., *Kiser, K., *Hulsman, E., *Lopez, C., *Curry, S., *Hicks, C., *Boone, L., *Weeks, S., & **Sass, S. M.** (2023, September). An event-related potential examination of the emotion attention blink task. Society for Psychophysiological Research, New Orleans, LA.

Barena, E., Sims-Rhodes N., Hayden, C. L., Cornwell, H., Nabulsi, E. H., Yuen, N., Elliott, K., Morris, M., Sarah, S. M., & Singh, K. P. (2023, November). Predicting health condition count for patients at a rural integrative primary care hospital: The influence of mental health status and adverse childhood experiences. Poster presented at the 2023 Association for Behavioral and Cognitive Therapies (ABCT) Annual Convention, Seattle, WA.

Barena, E., *Kennedy, B., *Sims-Rhodes, N., & **Sass, S.M.** (2023, April). Valence and arousal ratings for a diverse face stimulus set. Southwest Psychological Association, Frisco, Texas.

*Sims-Rhodes, *Barena, E., *Nabulsi, E., *Kennedy, B., Yuen, N., Elliott, K., Morris, M., **Sass, S.M.**, & Singh, K. (2023, April). Examining mental health conditions and barriers to care in rural Northeast Texas. Southwest Psychological Association, Frisco, Texas.

*Kennedy, B., *O'Brien, K., *Mathew, J., & **Sass, S.M.** (2022, November). Well-being indicators, anxiety, and depression in the midst of societal crisis: An application of the dual factor model of mental health. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapy, New York City, NY.

Sass, S.M. (2022, September). Burnout prevention. Mental Health Matters Conference, sponsored by the College of Education and Psychology, University of Texas at Tyler, Tyler, TX.

*Avendano, J., *McKinney, B., *Sims-Rhodes, N., *Morales, J., *Chek, C., *Mathew, J., *O'Brien, K., *Fernandes Da Silva, A., & **Sass, S.M.** (2022, April). "Exploring anxiety, depression, and well-being indicators during societal crisis: An application of the dual factor model of mental health. Poster presented at Lyceum Research Conference, hosted by the University of Texas at Tyler.

*Santistevan, M.E., *Niederstadt, K., *Kennedy, B., *Chhabra, P., *Nguyen, N., *Sims-Rhode, N., & **Sass, S.M.** (2021, April). Supporting a racially diverse facial dataset: Normative valence and arousal ratings across race and moderation by race. Poster presented at Lyceum Research Conference, hosted by the University of Texas at Tyler, Virtual.

Sass, S.M., & Zolkoski, S.M., & Kirby, L.A.J., (2021, April). Contributors to the Faculty Learning Community (on behalf of UT Tyler's Work-life balance FLC) presentation at Where Do We Go From Here? UT System Academy of Distinguished Teachers' Virtual Conference on Teaching in Texas. Virtual.

Sass, S.M., & Zolkoski, S.M. (2021, March). Strategies for Balancing Work and Life. Break-out session facilitator for the She.Her.We. Phenomenal Women's Conference, hosted by the University of Texas at Tyler, Virtual. *alphabetical order, equal contributions provided

*Ismail, H., *Votaw, A.R., *Kennedy, B.R., Zolkoski, S.M., **Sass, S.M.**, Holm, J., West, E., Stocks, E., & Miller, G. (2020, April). Parent attitudes of student outcomes from Choose Love enrichment program. Poster presented at virtual Lyceum Research Conference, hosted by the University of Texas at Tyler, Virtual.

Sass, S.M., *Reed, C.M., *Ismail, H., *Carver, K.S., *Engel, D., *Kennedy, B.R., and *Bart, T. (2019, September). Internal reliability of behavioral and neural measures during a dot-probe task in a high-anxious non patient sample. Poster presented at the annual meeting of the Society for Psychophysiological Research, Washington, D.C.

Zolkoski, S.M., **Sass, S.M.**, Stocks, E., Miller, G., West, E., & Holm, J. (2019, May). Promoting social and emotional learning in East Texas. Paper presented at the first annual East Texas Research Conference, Tyler, TX.

*Romo, J., Indic, P., Sundaravadivel, P., & **Sass, S.M.** (2019, May). Using heart rate to detect suicidal ideation. Poster presented at the first annual East Texas Research Conference, Tyler, TX.

*Yu, S., *Xu, J., *Bridgeman, T., Craft, C., Duke, G., **Sass, S.M.**, Dong, X.N., Yong, T.W., Alfred, D. (2019, May). Effects of yoga and tai chi on mental health, pain, and balance in college students. Poster to be presented at the annual meeting of the American College of Sports Medicine, Orlando, Florida.

*Carver, K., *Ismail, H., *Reed, C., & **Sass, S.M.** (2019, April). Life satisfaction and anxiety: Relationships with wellbeing. Poster presented at the annual meeting of the Southwest Psychological Association, Albuquerque, NM.

Sass, S.M., *Evans, T.C., & *Xiong, K. (2018, October). Internal reliability of a behavioral and ERP measure during a dot-probe task in a high-anxious nonpatient sample. Poster presented at the annual meeting of the Society for Psychophysiological Research, Quebec City, Canada.

*Carver, K., *Alsaif, H., *Hayes, J., *Villaneuva, M., & **Sass, S.M.** (2018, April). Life satisfaction and anxiety: Relationships to hope, gratitude, and health issues. Poster presented at the annual meeting of the East Texas Psi Chi Student Research Conference, Tyler, TX.

Sass, S.M., *Xiong, K., *Evans, T.C., & *Kennedy, B. (2017, October). Attention training modulates P200 amplitude evidence of attentional bias in chronic worriers. Poster presented at the annual meeting of the Society for Psychophysiological Research, Vienna, Austria.

Sass, S.M. (2016, September). Attention training in anxiety. Invited flash talk prepared for the annual meeting of the Society for Psychophysiological Research, Minneapolis, MN.

*Early, L., & **Sass, S.M.** (2016, April). Letter identification and psychopathic personality. Poster presented at the annual meeting of the East Texas Psi Chi Student Research Conference, Longview, TX.

*Gwinn, D.A., *Lewis, B., & **Sass, S.M.** (2016, April). Group mental skills training and brief mindfulness intervention. Poster presented at the annual meeting of the East Texas Psi Chi Student Research Conference, Longview, TX.

*Letkiewicz, A.M., Silton, R.L., Mimnaugh, K.J., Heller, W., Miller, G.A., & **Sass, S.M.** (2015, October). Child abuse and altered processing of negative stimuli in adulthood. Poster presented at the annual meeting of the Society for Psychophysiological Research, Seattle, WA.

*Kais, L.A., *Lee, C., **Sass, S.M.**, Stewart, J.L., Heller, W., Miller, G.A., Silton, R.L. (2015, February). Anxiety influences neural correlates of inhibitory control. Poster presented at the annual meeting of the International Neuropsychological Society, Denver, CO.

*Shah, D., Richard, D.C.S., & **Sass, S.M.** (2014, August). Fatalism and religiosity as predictors of mental and physical health. Poster presented at the annual meeting of the American Psychological Association, Washington, DC.

*Evans, T.C., *Mirghassemi, F, *Tea, R., & **Sass, S.M.** (2014, March). Vagal tone moderates attention bias to low and moderately arousing threat in anxiety. Poster presented at the annual meeting of the Anxiety and Depression Association of America, Chicago, IL.

Sass, S.M., *Evans, T.C., *Xiong, K., & *Mirghassemi, F. (2014, March). Attention training to positive stimuli in anxiety. Poster presented at the annual meeting of the Anxiety and Depression Association of America, Chicago, IL.

Sass, S.M., *Xiong, K., *Evans, T.C., & *Kennedy, B. (2013, October). Attentional bias in anxiety: The role of emotional arousal and discomfort with emotion. Poster presented at the annual meeting of the Society for Psychophysiological Research, Florence, Italy.

Sass, S.M., *Xiong, K., *Evans, T.C., *Mirghassemi, F., & *Johnson, B. (2013, April). Discomfort with emotion moderates attentional bias to emotional arousing stimuli in anxiety. Poster presented at the annual meeting of the Southwestern Psychological Association, Fort Worth, TX.

***White, J. & Sass, S.M.** (2013, March). Proactive measures for managing anxiety in military populations. Poster presented at the annual meeting of the East Texas Psi Chi Student Research Conference, Tyler, TX.

Sass, S.M. (2012, September). Clinical psychophysiology in a primarily undergraduate institution setting. Paper presented in a structured panel discussion, Psychophysiology at a primarily undergraduate institution: Teaching and research. Presented at the annual meeting of the Society for Psychophysiological Research, New Orleans, LA.

***Xiong, K., *Hopp, B.R., *Mirghassemi, F., *Cochran, J.P., & Sass, S.M.** (2012, April). The role of emotional cues on attentional processing in depression. Poster presented at the annual meeting of the Southwestern Psychological Association, Oklahoma City, OK.

Sass, S.M., Heller, W., Fisher, J.E., Siltan, R.L., Stewart, J.L., Crocker, L.D., & Miller, G.A. (2011, September). Time course of attentional bias in depression with and without comorbid anxiety. Poster presented at the annual meeting of the Society for Psychophysiological Research, Boston, MA.

***Hopp, B. R., & Sass, S.M.** (2011, April). Emotional pictures and attentional processing in anxiety. Paper presented at the annual meeting of the East Texas Psi Chi Student Research Conference, Tyler, TX.

***Xiong, K., & Sass, S.M.** (2011, April). The role of pleasantly-valenced cues on attentional processing in depression. Paper presented at the annual meeting of the East Texas Psi Chi Student Research Conference, Tyler, TX.

Heller, W., Warren, S.L., Spielberg, J.M., Engels, A.S., Siltan, R.L., Sass, S.M., Stewart, J.L., Crocker, L., Towers, D.N., Sutton, B.P., Banich, M.T., & Miller, G A. (2010, November). Understanding risk for psychopathology: Brain mechanisms of emotion-cognition interaction. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

Sass, S.M., Heller, W., Fisher, J.E., Siltan, R., Stewart, J.L., Crocker, L.D., Edgar, J.C., & Miller, G.A. (2010, September). Time course of attentional bias distinguishes anxiety, depression, and their comorbidity. Poster presented at the annual meeting of the Society for Psychophysiological Research, Portland, OR.

Silton, R.L., Miller, G.A., Towers, D.N., Engels, A.S., Spielberg, J.M., Edgar, J.C., **Sass, S.M.**, Stewart, J.L., Sutton, B.P., Banich, M.T., & Heller, W. (2009, September). Psychopathology history predicts connectivity between anterior cingulate and prefrontal cortical activity during top-down attentional control. Poster presented at the annual meeting of the Society for Research in Psychopathology, Minneapolis, MN

Sass, S.M., Heller, W., Stewart, J., Silton, R.L., Edgar, C., Fisher, J.E., & Miller, G.A. (2008, November). Time course of attentional bias in anxiety: Gender and emotion specificity. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapy, Orlando, FL.

Heller, W., **Sass, S.M.**, Silton, R.L., Towers, D.N., Stewart, J.L., Edgar, J.C., Banich, M.T., & Miller, G.A. (2008, September). Temporal characteristics of cognitive control in anxiety and depression. Paper presented at the annual meeting of the Society for Research in Psychopathology, Pittsburgh, PA.

Sass, S.M., Abrams, E.M., & Berenbaum H. (2008, June). Evaluating the effects of a brief mindfulness intervention. Paper presented at the Mind and Life Summer Research Institute, Garrison, NY.

Sass, S.M., Heller, W., Stewart, J., Silton, R.L., Edgar, C., Fisher, J.E., & Miller, G.A. (2007, October). Time course of attentional bias in anxiety. Poster presented at the annual meeting of the Society for Psychophysiological Research, Savannah, GA.

Fisher, J.E., **Sass, S.M.**, Silton, R.L., Edgar, C., Stewart, J., Heller, W., & Miller, G.A. (2007, June). Regional brain activity patterns associated with suspiciousness. Poster presented at the annual meeting of Human Brain Mapping, Chicago, IL.

Stewart, J.L., Silton, R.L., Heller, W., **Sass, S.M.**, & Miller, G.A. (2006, October). Anger style, psychopathology, and regional brain activity. Poster presented at the annual meeting of the Society for Psychophysiological Research, Vancouver, BC.

Stewart, J.L., Miller, G.A., Silton, R.L., **Sass, S.M.**, Fisher, J.E., & Heller, W. (2006, October). Differentiation of Pure and Comorbid Depression During Stimulus Evaluation and Response Conflict. Poster presented at the annual meeting of the Society for Research on Psychopathology, San Diego, CA.

Mohanty, A., Herrington, J.D., Engels, A.E., Koven, N.S., Fisher, J.E., Stewart, J.L., Silton, R.L., **Sass, S.M.**, Edgar, J.C., Moon-ho, R.H., Webb, A.G., Banich, M.T., Miller, G.A., & Heller, W. (2004, October). Effects of emotion on attention and executive function. Poster presented at the annual meeting of the Society for Psychophysiological Research, Santa Fe, NM.

Engels, A.S., Mohanty, A., Herrington, J.D., Ho, M.R., Wenzel, E.A., Fisher, J.E., Stewart, J.L., Silton, R.L., **Sass, S.M.**, Linick, J.M., Edgar, J.C., Webb, A.G., Banich, M.T., Miller, G.A., & Heller, W. (2004, October). Regional Specificity of Anxiety Subtypes during Emotion

Processing. Poster presented at the annual meeting of the Society for Research in Psychopathology, St. Louis, MO.

Bernat, E., Patrick, C., Steffen, B., & **Sass, S.M.** (2002, October). Effects of affective content and intensity on startle blink and ERP in women. Poster presented at the annual meeting of the Society for Psychophysiological Research, Washington, DC.

Sass, S.M., Patrick, C., & Ericksen, L. (2001, April). Affective physiology and context: Anticipation, perception, and imagery. Poster presented at Mind and Emotion, from the Molecular to the Cultural. Minneapolis, Minnesota.

Sass, S.M., Sponheim, S., & McGuire, K. (2001, October). Repetition priming and verbal memory in schizophrenia. Poster presented at the annual meeting of the Society for Psychophysiological Research, Montreal, Canada.

Sponheim, S., **Sass, S.M.**, & McGuire, K. (2001, October). Encoding ERPs and memory for words in schizophrenia. Poster presented at the annual meeting of the Society for Psychophysiological Research, Montreal, Canada.

Frazier, P., Conlon, A., Tashiro, T., & **Sass, S.M.** (2000, August). Post-traumatic growth: Finding meaning through trauma. Paper presented at the Searching for Meaning in the New Millennium conference. Vancouver, Canada.

Sass, S.M., & Legge, G. (2000, April). Manipulating sentences: which changes improve or hamper reading in people with low vision? Poster presented at the annual National Conference for Undergraduate Research. Missoula, Montana.

SELECTED INVITED PRESENTATIONS

Sass, S.M. & Zolkoski, S. (2022, November). Burnout and Burnout Prevention for K-12. Texas Child Health Access Through Telemedicine partnership with UT Tyler Health campus for professionals in K-12 education, University of Texas Tyler, Tyler, TX.

Sass, S.M. (2021, January). Discussant and presenter regarding mental health issues in the *Bedlam* documentary for Exploring Diverse Experiences and Narratives (EDEN) Film series, hosted by Dr. Kenneth Bryant, University of Texas at Tyler, Virtual.

Sass, S.M. & Wahlrab, A. (2019, August). Consultants to the interdisciplinary Ready, Set, Pause contemplative practices initiative at Penn State University, State College, PA.

Sass, S.M., & Zolkoski, S. (2018, November). Mindfulness and resilience: An interdisciplinary project. College of Education and Psychology Research Colloquium, University of Texas at Tyler, Tyler, TX.

Indic, P., & **Sass, S.M.** (2018, April). Improving upon the assessment and prediction of suicide risk: An interdisciplinary approach. Research Lunch Forum, CNHS Office of Research and Faculty Senate Interdisciplinary Task Force, University of Texas at Tyler, Tyler, TX.

Sass, S.M. (2015, February). Attention training to pleasant stimuli in anxiety. College of Education and Psychology Research Colloquium, University of Texas at Tyler, Tyler, TX.

Sass, S.M. (2014, May). Attention training in anxiety. University of Illinois, Urbana-Champaign.

Sass, S.M. (2011, November). Time course of attentional bias in depression with and without comorbid anxiety. College of Education and Psychology Research Colloquium, University of Texas at Tyler, Tyler, TX.

Sass, S.M. (2011, April). Attention training in and out of the laboratory. East Texas Psychological Association, Tyler, TX.

Sass, S.M. (2010, June). Mindfulness as a therapeutic intervention. V.A. Illiana Health Care System, Danville, IL.

Sass, S.M. (2009, November). Time course of attentional processing in anxiety. Center for the Treatment and Study of Anxiety, Department of Psychiatry, University of Pennsylvania School of Medicine.

WORKSHOPS PROVIDED

Kirby, L., **Sass, S.M.**, & Zolkoski, S.M. (2020, October and 2021, March). Compassion, meditation, and social justice. Workshops presented to faculty and staff at the University of Texas at Tyler. *alphabetical order, collaborators provided equal contributions

Kirby, L., **Sass, S.M.**, & Zolkoski, S.M. (2020, February). Mindfulness and work-life balance. Workshop presented to faculty and staff at the University of Texas at Tyler. *alphabetical order, collaborators provided equal contributions

Sass, S.M., Wahlrab, A., & Hill, D. (2011, August). Classroom management. Workshop presented to new and continuing faculty at the University of Texas at Tyler.

CLINICAL SUPERVISION EXPERIENCE

Applied Therapy Skills II Instructor. University of Texas at Tyler, Tyler, TX, 2016-present. Supervise Master's-level clinical psychology students seeing their first clients. Supervise doctoral interns' supervision who are completing their APA-accredited clinical psychology internship at the University of Texas Health Science Center in Tyler.

Applied Therapy Skills Instructor. University of Texas at Tyler, Tyler, TX, 2011-present. Supervise Master's-level students in basic counseling and therapy skills.

Inpatient Psychiatry Assessment Practicum Supervisor. Provena Covenant Medical Center, Urbana, Illinois, 2007-2008. Supervised students conducting structured clinical interviews with psychiatric inpatients. Supervisor: Gregory A. Miller, Ph.D.

Stress and Anxiety Clinic Practicum Supervisor. Psychological Services Center, University of Illinois at Urbana-Champaign, 2006-2007. Supervised students implementing cognitive behavioral therapy with community clients. Supervisor, Howard Berenbaum, Ph.D.

DIRECT CLINICAL SERVICE PROVISION

Predoctoral Intern, Veterans Affairs Illiana Health Care System. Completed a 2000 hour APA-accredited internship with rotations in Primary Care, PTSD, and Health Psychology.

Mindfulness and Acceptance Skills Training Group Co-Facilitator. Psychological Services Center, University of Illinois at Urbana-Champaign, 2007-2008. Supervisors: Howard Berenbaum, Ph.D., and Wendy Heller, Ph.D.

Clinical Neuropsychology Assessment Practicum. Psychological Services Center, University of Illinois at Urbana-Champaign, 2006-2007. Supervisor: Wendy Heller, Ph.D.

Mindfulness and Acceptance Skills Training Group Co-Facilitator. Psychological Services Center, University of Illinois at Urbana-Champaign, Fall 2006. Supervisors: Wendy Heller, Ph.D., and Edelyn Verona, Ph.D.

Stress and Anxiety Clinic Practicum Therapist, Psychological Services Center, University of Illinois at Urbana-Champaign, 2005-2006. Supervisor: Howard Berenbaum, Ph.D.

Adult Personality Disorders Practicum Therapist, Psychological Services Center, University of Illinois at Urbana-Champaign, 2004-2005. Supervisor: Edelyn Verona, Ph.D.

Adult Psychotherapy Practicum Therapist, Department of Rehabilitation and Education Services (DRES), University of Illinois at Urbana-Champaign, 2004-2005. Supervisors: Kimberly Collins, Ph.D., and Lisa Spanierman, Ph.D.

Inpatient Psychiatry Assessment Practicum, Provena Covenant Medical Center, Urbana, Illinois, 2003-2004. Supervisor: Gregory A. Miller, Ph.D.

PROFESSIONAL AFFILIATIONS AND SERVICE

Anxiety and Depression Association of America
Association for Behavioral and Cognitive Therapy

Mindfulness SIG poster abstract reviewer, 2010, 2014

Association for Psychological Science

Society for Psychophysiological Research

Non-voting Member, Board of Directors, 2014-2021

Chair, Committee to Promote Student Interests, 2014-2021

Member, Committee to Promote Student Interests, 2002-2012

Early Career Panelist, 2011, 2012

Member, Membership Committee, 2010-2012

Member, Membership Enhancement Committee, 2014-2021

Member, Program Committee, 2004, 2010, 2016

SPR Poster Reviewer, 2011, 2013
SPR Fellowship Award Reviewer, 2011
Women in Psychophysiology Liaison Committee, 2007-2013. Committee charged with coordinating SPR efforts around women in science, including retention issues.
Women in Science Education (WISE) luncheon panelist, 2014
Society for Research in Psychopathology
Southwest Psychological Association

GRANT REVIEWS

Institute for Mental Health Research, 2013
Psi Chi Research Grants, 2014-2020
University of Texas at Tyler Internal Grant Proposals, 2013-2015, 2019-2020

REVIEWS FOR JOURNALS

Behavioural and Cognitive Psychotherapy
Behaviour Research and Therapy
Biological Psychiatry
Biological Psychology
Brain and Cognition
British Journal of Clinical Psychology
Clinical Psychology Review
Cognitive, Affective, and Behavioral Neuroscience
Cognition and Emotion
Cognitive Therapy and Research
Emotion
International Journal of Psychophysiology
Journal of Psychopathology and Behavioral Assessment
Neuropsychologia
Psychiatry Research
Psychophysiology
Social Cognitive and Affective Neuroscience

DEPARTMENTAL, COLLEGE, AND UNIVERSITY SERVICE

Department of Psychology and Counseling at UT Tyler:

Coordinator, Clinical Psychology Master's program Fall 2019-2022
Psi Chi Faculty Advisor, Fall 2011-Spring 2021, Fall 2025-Spring 2026
Department Chair Search Committee, 2019-2020, 2020-2021
Clinical Psychology Search Committees, 2011, 2016, 2017, 2018-19, 2019-20, 24-25
Undergraduate Psychology Search Committee, 2017-18
Clinical Mental Health Counseling Search Committee, 2013-2014

College or School level:

School of Health Professions Leadership Team, 2025-
School of Health Professions Dean Search, 2025

Chair, School of Education Director Search, 2023-24
Facilitator, Strategic Planning Task Force, 2024
Chair, Research Committee, 2018-2020
CEP Dean Search Committee, 2013, 2019
Branding Committee, 2017-2018
Technology Committee, 2016-2017
Vision 2020 Committee, 2015
Diversity Committee, 2010-2012

University-wide service at UT Tyler:

Core Curriculum committee 2024-2025
Student Success Liaison Committee, 2023-present
Career Success Advisory Council, 2021-2024
Faculty Senate President, 2021-2022

Key areas of representation in shared governance, 2021-22

President Calhoun's Cabinet (monthly)
Faculty Senate President and incoming Faculty Senate President meetings with President Calhoun (monthly)
Faculty Senate Executive meetings with Drs. Mirmiran and Philley (monthly)
One-on-one meetings with Staff Senate President and SGA President (monthly)
Strategic Planning committee member (varied)
Covid Response Team (weekly meetings in the Fall and half of Spring)
Handbook of Operating Procedures Consolidation committee
UT System Information Technology review of both campuses
Member of searches for positions including VP of Advancement, VP of Marketing, Associate Provost for Online Education, Dean of Medical School, Registrar, Chief Business Officer, Associate Dean of Faculty Affairs for Medical School
Participated in SACSCOC reaccreditation visit
Participated in many University-level committees, including Commencement, Institutional Effectiveness, Executive Compliance, Faculty Affairs, and others
Initiated discussions with faculty and upper administration around shared expectations around new Carnegie classification status
Faculty Senate, 2017-2022 (Secretary, 2018-2019; Elected At-Large Representative, 2020-2021)
Member of Career Success Conference Advisory Committee
Center for Lifestyle Redesign Education and Research (CLRER) Advisory Board, 2018-2019
Doctorate in Leadership (program development committee member, Provost-appointed), Summer and Fall 2019
Executive Committee Faculty Senate, 2018-2019
Faculty Learning Community for Promoting Student Research, 2012-2013
Faculty Learning Community for Work-life Balance, Co-facilitator 2019-2022
Intellectual Property Committee, 2011-2012
Research Council, 2013-2015, 2018-2020 (Chair, 2014-2015)
Strategic Planning Committee Member, 2014-2015; 2022-2023
Student Retention Committee Member, 2016-2018
Student Fee Advisory Committee (President-appointed), 2019; 2021-
Undergraduate Council, 2020-2021

COMMUNITY SERVICE, PARTNERSHIPS, AND OUTREACH

Alzheimer's Alliance- Support relationship between Alzheimer's Alliance and UT Tyler's Memory Assessment and Research Center, 2023-2026

Behavioral Health Leadership Team – a UT Tyler representative from the Department of Psychology and Counseling to the BHLT, 2020-2023

CTE Advisory Committee, Whitehouse ISD - 2022-2023

Suicide Awareness Walk – UT Tyler student-led event coordinating campus and community mental health resources and prevention efforts, Co-organizer and Advisor, 2016-2020

Social and Emotional Learning Committee – UT Tyler College of Education and Psychology outreach to area East Texas schools, Member, 2018-2020.

Treatment and Learning Center for Children with Autism, Tyler, TX
Member, Advisory Board, 2012-2014