

Hannah A. Carlon, M.S.

University of New Mexico
Albuquerque, NM
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EDUCATION

- 2020-ongoing** **University of New Mexico**, Albuquerque, NM
Ph.D. Candidate in Clinical Psychology
Advisors: Dr. Margo Hurlocker, Ph.D.; Dr. Katie Witkiewitz, Ph.D.
- 2022** **University of New Mexico**, Albuquerque, NM
Master of Science in Psychology
Master's Thesis: *"Finding the Positive" in Recovery: Psychometric Properties of a Measure of Human Flourishing in an Alcohol Use Disorder Recovery Sample* (received distinction)
- 2018** **Suffolk University**, Boston, MA
Bachelor of Science in Psychology (*Magna Cum Laude*)
Minor Sociology
Advisor: Gabrielle Liverant, Ph.D.
Honor's Thesis Title: *Do Positive Psychology Exercises Broaden the Thought-Action Repertoires of Individuals in Recovery from Problematic Substance Use?*
GPA: 3.86

HONORS, AWARDS, AND FUNDING

Research

- 2022 Best Clinical Graduate Student Paper, UNM Department of Psychology (\$300)
2018 Excellence in Honors Award for Senior Honors Thesis, Suffolk University
2018 Excellence in Honors Award for an Outstanding Senior Project in the Social Sciences, Suffolk University

Academic

- 2023 David J. Smith, Ph.D. Psychology Graduate Student Award (\$1500)
2021 Sandia Casino Responsible Gaming Scholarship (\$5000)
2021-present T32 Predoctoral Fellow, National Institute on Alcohol Abuse and Alcoholism, University of New Mexico (Grant #T32AA018108)
2021 Bertha Melgoza Clinical Psychology Award (\$500)
2015 - 2018 Dean's List, Suffolk University
2017 Psi Chi National Honor Society, Suffolk University

Travel

- 2019 NIAAA Student and Early Career Investigator Travel Award, 2019 Annual Conference of the American Psychological Association (\$750)

RESEARCH SUPPORT

- 2021 - 2022 **Research Society on Alcoholism**

Finding the Positive in Alcohol Treatment and Recovery: Development of the Positive Emotions, Engagement, Relationships, Meaning and Accomplishments for Alcohol Use Disorder (PERMA AUD) Scale

Principal Investigator (Sponsor: Margo Hurlocker)

Amount awarded: \$5,000

RESEARCH POSITIONS

- 2020 - 2021 **Graduate Student Research Assistant**
Department of Psychology, University of New Mexico
 Advisors: Dr. Margo Hurlocker, Ph.D.; Dr. Katie Witkiewitz, Ph.D.
- Assisted with research studies in the areas of alcohol use disorders and substance use treatment policy implementation in New Mexico. Assisted in supervising and mentoring undergraduate research assistants.
- 2018 - 2020 **Clinical Research Coordinator II**
Massachusetts General Hospital/Harvard Medical School
Recovery Research Institute
 Advisors: Bettina B. Hoepfner, Ph.D., M.S.; John Kelly, Ph.D.
 American Cancer Society Grant 130323-RSG-17-021-01-CPPB
 NCI Grant R01CA201262
 NIAAA Grant R01AA026288-03
- Served as lead coordinator on two studies: (1) an ACS- funded iterative, prospective project to develop a positive psychology-centered smartphone app for smoking cessation, and (2) a NCI-funded R01 randomized controlled trial testing a positive psychology counseling intervention in conjunction with text-messaging support for smoking cessation. Served as co-coordinator on a NIAAA-funded R01 longitudinal study observing the effectiveness of SMART Recovery for individuals with alcohol use disorder who are making a new recovery attempt.
- 2017 - 2018 **Undergraduate Research Intern**
Massachusetts General Hospital/Harvard Medical School
Center for Addiction Medicine
 Advisor: Bettina B. Hoepfner, Ph.D., M.S.
 American Cancer Society Grant 130323-RSG-17-021-01-CPPB
- Duties included assisting with data collection, recruitment, and conducting brief, semi-structured interviews with participants for an ACS-funded study aimed at developing a positive psychology-based smoking cessation smartphone application. Assisted in coding large amounts of qualitative data for an online survey study testing the effectiveness of positive psychology exercises among individuals in recovery. In addition, assisted with manuscript preparation.
- 2017 - 2018 **Undergraduate Research Assistant**
Suffolk University Emotion & Learning Lab
 Advisor: Gabrielle Liverant, Ph.D.
- Duties included assisting in recruitment, data collection, and analysis for a study focusing on the association between rumination about the experience of depression, fear of depressed mood, and the clinical symptom of anhedonia. Worked cooperatively with other research assistants. Cleaned heart rate variation data.

- 2016 **Undergraduate Intern**
Boston Children’s Hospital Autism Spectrum Center
 Advisor: Nancy Sullivan, Ph.D.
- Assisted with literature searches for articles surrounding gastrointestinal issues in children with autism. Observed clinics and participated in discussions with clinicians. Created the center’s first online resource for parents consisting of ABA therapy centers and their contact information. Participated in and assisted with planning events targeted toward autism awareness.

CLINICAL POSITIONS

- 2020-present **Clinical Assessor, Therapist, and Telephone Screener**
Lead Student Coordinator (Summer 2022-present)
University of New Mexico Psychology Department Alcohol Specialty Clinic (@UNM)
 Supervisors: Barbara McCrady, Ph.D., Terri Moyers, Ph.D., Katie Witkiewitz, Ph.D., Jane Ellen Smith, Ph.D.
 Duties: conduct assessments and provide evidence-supported treatments for clients with alcohol-related concerns in an outpatient setting. Treatment modalities include Mindfulness-Based Relapse Prevention, Motivational Interviewing, Cognitive Behavioral Therapy for Alcohol Use Disorder, Community Reinforcement Approach, and Community Reinforcement Approach and Family Training. Coordinate training clinic for students at all levels in the doctoral program.
- 2021-2022 **Group Therapist**
University of New Mexico Psychology Department General Clinic
 Supervisor: Katie Witkiewitz, Ph.D.
 Duties: facilitate a Mindfulness-Based Relapse Prevention group to open, rolling groups of individuals on the waitlist for individual therapy at an outpatient clinic.
- 2021-2023 **Group Therapist**
Turquoise Lodge Hospital
 Supervisor: Katie Witkiewitz, Ph.D.
 Duties: facilitate a Mindfulness-Based Relapse Prevention group to open, rolling groups of individuals at an inpatient substance use disorder treatment facility.
- 2021-2023 **Study Therapist**
Neurocognitive and Neurobehavioral Mechanisms of Change Following Psychological Treatment for Alcohol Use Disorder (NIAAA, R01AA025762, PI: Barbara McCrady, Ph.D.)
 Supervisor: Katie Witkiewitz, Ph.D.
 Duties: administer 12-week individual therapy intervention consisting of Motivational Interviewing and mindfulness-based treatment to participants seeking to reduce their drinking.
- 2022-present **Clinical Assessor, Therapist**
University of New Mexico Psychology Department Anxiety Specialty Clinic
 Supervisors: Margo Hurlocker, Ph.D., Elizabeth Yeater, Ph.D.
 Duties: conduct assessments and provide evidence-supported treatments for a range of anxiety disorders in an outpatient setting. Treatment modalities include the Unified Protocol for Emotional Disorders.
- 2023-present **Study Therapist**
Adapting Intake Procedures to Improve Treatment Delivery in Addiction Treatment (NIDA, K23DA052646, PI: Margo Hurlocker, Ph.D.)

Supervisor: Margo Hurlocker, Ph.D.

Duties: complete motivational interviewing-focused intake sessions with participants entering substance use treatment.

- 2023-present **Study Therapist**
Integrative Treatment for Achieving Holistic Recovery from Comorbid Chronic Pain and Opioid Use Disorder (NIDA, 4RM1DA055301-02, PIs: Katie Witkiewitz, Ph.D., Matthew Pearson, Ph.D.)
 Supervisor: Megan Kirouac, Ph.D.
 Duties: conduct enhanced usual care sessions (educational control condition) with participants as part of a randomized controlled trial of Mindfulness-Based Relapse Prevention plus Acceptance and Commitment Therapy for comorbid chronic pain and opioid use disorder.
- 2023-present **Predocctoral Practicum Student**
Raymond G. Murphy VA Medical Center, Albuquerque, New Mexico
 Supervisor: Katherine Belon, Ph.D.
 Duties: conduct psychotherapy in both group and individual format on an interdisciplinary psychosocial rehabilitation team for veterans with serious mental illness.
- 2023-present **Study Group Therapist**
Mindfulness-Based Relapse Prevention as Video Conferencing Continuing Care to Promote Long-Term Recovery from Alcohol Use Disorder (NIAAA, R01AA031159-01, PI: Katie Witkiewitz, Ph.D.)
 Supervisors: Katie Witkiewitz, Ph.D., Frank Schwebel, Ph.D.
 Duties: conduct rolling Mindfulness-Based Relapse Prevention groups via Zoom with participants seeking aftercare for alcohol use disorder.

TEACHING EXPERIENCE

Training Facilitator

- Fall 2023 **Motivational Interviewing Core Skills Training**
 (co-trainer: Margo Hurlocker, Ph.D.)
 University of New Mexico Psychology Department
- Fall 2023 **Motivational Interviewing Treatment Integrity (MITI) Coding Training**
 (co-trainer: Margo Hurlocker, Ph.D.)
 University of New Mexico Psychology Department

PUBLICATIONS

Peer-reviewed journal articles

1. Moniz-Lewis, D.I., **Carlon, H.A.**, Hebden, H., Tuchman, F.R., Votaw, V.R., Stein, E.R., & Witkiewitz, K. (2023). Third-wave treatments for impulsivity in addictive disorders: A narrative review of the active ingredients and overall efficacy. *Current Addiction Reports, 10*, 131-139.
2. **Carlon, H.A.**, Earnest, J.D.*, & Hurlocker, M.C. (2023). Is mindfulness associated with safer cannabis use? A latent profile analysis of dispositional mindfulness among college students who use cannabis. *Mindfulness, 14*, 1-11.
3. Hurlocker, M.C., **Carlon, H.A.**, Pearson, M.R., & Hijaz, D. (2023). Trajectories of change in anxiety and alcohol use during alcohol treatment: A parallel process growth model. *Drug and Alcohol Dependence, 246*, 109838.

4. Hoepfner, S.S., Millstein, R.A., Siegel, K.R., **Carlon, H.A.**, Harnedy, L.E., Chung, W., Huffman, J.C., & Hoepfner, B.B. (2022). Examining the performance of the State Optimism Measure (SOM) compared to the Life Orientation Test-Revised (LOT-R) in measuring optimism over time. *Psychology & Health*, 1-16.
5. **Carlon, H.A.**, Hurlocker, M.C., & Witkiewitz, K. (2022). Mechanisms of quality of life improvement in treatment for alcohol use disorder. *Journal of Consulting and Clinical Psychology*, 90(8), 601-612.
6. Hoepfner, B.B., Siegel, K.R., **Carlon, H.A.**, Kahler, C.W., Park, E.R., Taylor, S.T., Simpson, H., & Hoepfner, S.S. (2022). Feature-level analysis of a smoking cessation smartphone app that uses a positive psychology approach: Prospective observational study. *JMIR Formative Research*, 6(7), e38234.
7. Hoepfner, B.B., Siegel, K.R., **Carlon, H.A.**, Kahler, C.W., Park, E.R., & Hoepfner, S.H. (2021). A smoking cessation app for nondaily smokers (version 2 of the Smiling Instead of Smoking app): Acceptability and feasibility study. *JMIR Formative Research*, 5(11), e29760.
8. **Carlon, H.A.**, Peters, G., & Hurlocker, M. C. (2021). When stimulant use becomes problematic: Examining the role of coping styles. *Substance Use and Misuse*, 57(3), 442-451.
9. Hoepfner, S.S., **Carlon, H.A.**, Kahler, C.W., Park, E.R., Darville, A., & Rohsenow, D.J. (2021). COVID-19 impact on nondaily smokers participating in a smartphone app smoking cessation trial. *Telemedicine Reports*, 2(1), 179-187.
10. Hoepfner, B.B., Hoepfner, S.S., **Carlon, H.A.**, Abry, A.A., Darville, A., & Rohsenow, D.J. (2020). Preparing for the quit day: Comparing nondaily to daily young adult smokers as they prepare for a quit attempt. *Nicotine & Tobacco Research*, 23(6), 1038-1046.
11. Hoepfner, S.S., **Carlon, H.A.**, Lambert, A.F., & Hoepfner, B.B. (2019). Is the thought-action repertoire a viable intervention target in substance use populations? *General Hospital Psychiatry*, 61, 130-135.
12. Hoepfner, B.B., Hoepfner, S.S., **Carlon, H.A.**, Perez, G.K., Helmuth, E., Kahler, C.W., & Kelly, J.F. (2019). Leveraging positive psychology to support smoking cessation in nondaily smokers using a smartphone app: Feasibility and acceptability study. *JMIR mHealth and uHealth*, 7(7), e13436.
13. Hoepfner, B.B., Schick, M.R., **Carlon, H.A.**, & Hoepfner, S.S. (2019). Do self-administered positive psychology exercises work in persons in recovery from problematic substance use? An online randomized survey. *Journal of Substance Abuse Treatment*, 99, 16-23.

Manuscripts in preparation/under review

1. **Carlon, H.A.**, & Hurlocker, M.C. (2023). What is it like to flourish in recovery? A mixed-methods psychometric validation of the PERMA Profiler in a sample of individuals in alcohol use disorder recovery. Manuscript submitted for publication.
2. **Carlon, H.A.**, Chentsova, V., Joseph, V., & Hurlocker, M.C. (2023). Is self-stigma of substance use protective? Preliminary findings that self-stigma predicts fewer alcohol-related consequences in college student drinkers. Manuscript submitted for publication.
3. Emery, N.N., **Carlon, H.A.**, Mei, S., Sung, A., Baumgardner, S., & Prince, M.A. (2023). Examining the moment-to-moment association between drinking and problems: The moderating role of emotional functioning. Manuscript submitted for publication.
4. **Carlon, H.A.** (2023). Positive psychological interventions for substance use, addiction, and recovery: An updated systematic review. Manuscript in preparation.

Other publications

1. Witkiewitz, K. & **Carlon, H.** (2023). Tough to Swallow: Clinicians Are Neglecting Alcohol Use: More widespread screening and support for reduced drinking are essential. MedPageToday. <https://www.medpagetoday.com/opinion/second-opinions/103371>

*indicates a mentored undergraduate student

EDITORIAL ACTIVITIES

Ad hoc reviewer

1. *Journal of Consulting and Clinical Psychology*
2. *Journal of Substance Abuse Treatment*
3. *Alcohol and Alcoholism*
4. *Addictive Behaviors*

PRESENTATIONS

Poster presentations

1. **Carlon, H.A.**, Smith, B.W., & Hurlocker, M.C. (2023, July). Do discrimination and resilience impact positive psychological protective factors in alcohol recovery? A latent profile analysis. Poster presented at the 2023 International Positive Psychology Association World Congress.
2. **Carlon, H.A.** (2023, June). Positive psychological interventions for substance use, addiction, and recovery research: An updated systematic review. Poster presented at the 2023 College on Problems of Drug Dependence Conference.
3. **Carlon, H.A.**, & Hurlocker, M.C. (2022, June). "Finding the positive" in alcohol treatment and recovery: psychometric properties of a human flourishing measure among individuals in AUD recovery. Poster presented at the 2022 Annual Conference of the Research Society on Alcoholism.
4. **Carlon, H.A.**, & Hurlocker, M.C. (2022, April). Examining the relationship between positive affect and alcohol protective behavioral strategies. Poster presented at the 2022 Collaborative Perspectives on Addiction Conference.
5. Walker, E. *, **Carlon, H.A.**, Hernandez-Vallant, A., & Hurlocker, M.C. (2022, April). Examining the relationship between pain interference, mood, and opioid use behaviors. Poster presented at the 2022 University of New Mexico Undergraduate Research Opportunity Conference.
6. Hoepfner, B.H., Siegel, K.R., **Carlon, H.A.**, Kahler, C.W., Park, E.R., & Hoepfner, S.S. (2021, August). Feasibility and acceptability of Version 2 of the "Smiling Instead of Smoking" (SiS) smartphone app for nondaily smokers. Poster presented at the 2021 Annual Conference of the American Psychology Association (virtual presentation).
7. Siegel, K.R., Hoepfner, S.S., **Carlon, H.A.**, Kahler, C.W., Park, E.R., Taylor, S.T., & Hoepfner, B.B. (2021, August). Feature-level analysis of a smoking cessation smartphone app using a positive psychology approach. Poster presented at the 2021 Annual Conference of the American Psychological Association (virtual presentation).
8. Hoepfner, S.S., Siegel, K.R., **Carlon, H.A.**, Kahler, C.W., Park, E.R., Taylor, S.T., & Hoepfner, B.B. (2021, August). Predictors of utilization of a smoking cessation smartphone app for nondaily smokers. Poster presented at the 2021 Annual Conference of the American Psychological Association (virtual presentation).

9. Hurlocker, M.C., & **Carlon, H.A.** (2021, August). Anxiety without the diagnosis matters in alcohol treatment: A parallel process latent growth model. Poster presented at the 2021 Annual Conference of the American Psychological Association (virtual presentation).
10. Earnest, J.D.*, **Carlon, H.A.**, & Hurlocker, M.C. (2021, July). Dispositional mindfulness profiles and cannabis use among college students. Poster presented at the 5th Annual Research Society on Marijuana Meeting (virtual presentation).
11. **Carlon, H.A.**, Bravo, A., & Hurlocker, M.C. (2021, June). Is self-stigma of substance use protective? Preliminary findings that self-stigma predicts fewer alcohol-related consequences in college student drinkers. Poster accepted to the 2021 Annual Conference of the Research Society on Alcoholism (virtual presentation).
12. Peters, G.*, **Carlon, H.A.**, & Hurlocker, M.C. (2021, April). When stimulant use becomes problematic: Examining the role of coping styles. Poster presented at the 2021 University of New Mexico Undergraduate Research Opportunity Conference (virtual presentation)
13. **Carlon, H.A.**, & Hurlocker, M.C. (2021, March). Increased quality of life after AUD treatment: The roles of affect and medication adherence. Poster presented at the 2021 Collaborative Perspectives on Addiction Conference (virtual presentation).
14. Peterson, K.P., **Carlon, H.A.**, Peter, S.C., & Pfund, R.A. (2021, March). Client factors moderation gambling disorder treatment dropout: A systematic review and meta-analysis. Poster presented at the 2021 Collaborative Perspectives on Addiction Conference (virtual presentation).
15. **Carlon, H.A.**, Hoepfner, S.S., Lambert, A.F., & Hoepfner, B.B. (2019, August). Thought-action repertoire and recovery from problematic substance use: A viable treatment target? Poster presented at the 2019 Annual Conference of the American Psychological Association.
16. **Carlon, H.A.**, Hoepfner, S.S., & Hoepfner, B.H. (2019, April). Prepping for the quit day: Identifying unique treatment needs for nondaily smokers. Poster presented at the 2019 Collaborative Perspectives on Addiction Conference.
17. Rando, A., Kind, S., **Carlon, H.A.**, Zarni, A., & Liverant., G.I. (2018, November). Associations between depressive rumination, emotion regulation, and anhedonia in unipolar depression. Poster presented at the 2018 Association for Behavioral and Cognitive Therapies Conference.
18. **Carlon, H.A.**, & Hoepfner, B.H. (2018, May). Do Positive Psychology Exercises Broaden the Thought-Action Repertoires of Individuals in Recovery from Problematic Substance Use? Poster presented at the Spring 2018 Suffolk University College of Arts and Sciences Honors Symposium.

*indicates a mentored undergraduate student

PROFESSIONAL AFFILIATIONS

Psi Chi

American Psychological Association

American Psychological Association, Division 50 (Society of Addiction Psychology)

Research Society on Alcoholism

Research Society on Marijuana

College on Problems of Drug Dependence

International Positive Psychology Association

ADVANCED CLINICAL TRAINING

- 2020 *Motivational Interviewing Treatment Integrity (MITI) Coding*, presented by Margo Hurlocker, Ph.D., University of New Mexico
- 2021 *Mindfulness-Based Relapse Prevention*, presented by Sarah Bowen, Ph.D., and Katie Witkiewitz, Ph.D., University of New Mexico
- 2022 *Acceptance and Commitment Therapy for Chronic Pain*, presented by Kevin Vowles, Ph.D., Queen's University Belfast.
- 2022 *Motivational Interviewing*, presented by Margo Hurlocker, Ph.D., University of New Mexico
- 2022 *Cognitive Interviewing and Opioid-Related Stigma*, presented by Cassandra Boness, Ph.D., and Verlin Joseph, Ph.D., Center on Alcohol, Substance use, And Addictions
- 2023 *Transgender Cultural Fluency Training*, presented by Adrien Lawyer, Director of Education, Transgender Resource Center of New Mexico

ADVANCED STATISTICAL TRAINING

- 2021 *Psychometrics Seminar*, presented by Matthew A. Diemer Ph.D., Summer Stats Camp Training Seminars
- 2023 *Starting Qualitative Research: Methodological Coherence and Doing the Interview*, presented by Matthew Schweickle, Ph.D., University of Queensland, Meaningful Outcomes: Centre of Research Excellence in Substance Use Treatment