

VITA

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EDUCATION

- 1983 Stanford University, Counseling Psychology, Ph.D.
- 1977 University of California at Santa Barbara, Experimental Psychology, BA

PROFESSIONAL EMPLOYMENT

- 2006-present Lee Hage Jamail Regents Chair in Education
- 2005-present Professor of Counseling Psychology, The University of Texas
- 1998-2007 Director, Counseling Psychology Doctoral Training Program.
- 1993-2005 Associate Professor of Counseling Psychology, The University of Texas.
- 1988-1993 Assistant Professor of Counseling Psychology, The University of Texas.
- 1985-1988 Assistant Professor of Counseling Psychology, University of Georgia.
- 1983-1985 Assistant Professor of Psychology, Trinity University.
- 1982-1983 Instructor, Department of Psychology, Trinity University.

PROFESSIONAL AFFILIATIONS

- Member, American Psychological Association
- Member, American Psychological Society
- Member, Association for Advancement of Behavior Therapy

EDITORIAL SERVICE

Editorial Board Member, Cognitive Therapy and Research (September, 2004 to present)

Editorial Board Member, Cognition and Emotion (February 2002 to present)

Editorial Board Member, The Psychology of College Students (February, 2004 to present).

Ad hoc reviewer for Psychological Bulletin, Journal of Consulting and Clinical Psychology, Journal of Abnormal Psychology, Journal of Counseling Psychology, Cognitive Therapy and Research, Applied & Preventative Psychology, Health Psychology, and Child Development

PROFESSIONAL SERVICE

Inaugural Member of Board of Directors for Psychology without Borders.

Executive Board Member, Council of Counseling Psychology Training Programs

APA Site Visitor.

Research grant reviewer, The Marsden Fund.

Research grant reviewer, Social Sciences and Humanities Research Council of Canada

Research grant reviewer, National Institutes of Mental Health.

Committee member, Outstanding Lifetime Achievement Award committee, CCPTP

Committee member, Outstanding Graduate Student Award committee, CCPTP

Chair, Leona Tyler Awards Committee (2003), American Psychological Association

Chair, Barbara A. Kirk Awards Committee (2002), American Psychological Association

Executive Board Member, Texas Psychological Association, (nominated), January 1999-

Education and Communications Officer, Texas Psychological Association, (elected office) 1995 to 1998.

Item writer for EPPP (national licensing exam) adopted by ASPPB.

AWARDS & CREDENTIALS

2006-present Lee Hage Jamail Regents Chair in Education

- 2007 Outstanding Contributions to Science award from Texas Psychological Association
- 1990-present Licensed by the Texas State Board of Examiners of Professional Psychologists.
- 2002 College of Education Deans Fellow
- 1992 Research featured in Science News
- 1987-1988 Licensed by the Georgia State Board of Examiners of Professional Psychologists.
- 1986-87 Awarded Lilly Foundation Teaching Fellowship.

RESEARCH GRANTS

- Hogg Foundation for Mental Health, September, 2003 to September, 2004, \$31,058.00
- Faculty Research Award, Fall 1996; salary award for research leave
- Hogg Foundation for Mental Health, February 1992 to August 1992, \$13,738.00
- University Research Institute, February 1992 to August 1992, \$4,963.00
- University Research Institute, June 1989 to August 1989, \$6,667.00

PUBLICATIONS

- Maestas, K.L., Amidon, A., Baum, E.S., Chrisman, J.G., Durham, J.A., Rooney, S.B., Rude, S.S., & Swann, W.B. (2008). Partner Devaluation is Associated with Depression Symptoms among Depression-Vulnerable Women with Low Self-Esteem. *Journal of Social and Clinical Psychology, 27(6)*, 621-640.
- Rude, S.S., Little, K., & Neff, K. (2007). Paying attention to distress: What's wrong with rumination? *Cognition & Emotion, Vol 21(4)*, pp. 843-864.
- Neff, K., Kirkpatrick, K., & Rude, S.S. (2007). Self-compassion and adaptive psychological functioning. *Journal of Research in Personality, Vol 41(1)*, pp. 139-154.
- Neff, K.D., Rude, S.S., & Kirkpatrick, K. (2007). An examination of self-compassion in relation to positive psychological functioning and personality traits. *Journal of Research in Personality, Vol 41(4)*, Aug 2007. pp. 908-916.
- Ladden, L., Gantt, S.P., Rude S. & Agazarian, Y.M. (2007). Systems-centered therapy: A protocol for treating generalized anxiety disorder. *Journal of Contemporary Psychotherapy. 37(2)*, 61-70.

- Gortner, E.M., Rude, S.S., & Pennebaker, J. W. (2006). Benefits of expressive writing in lowering rumination and depressive symptoms. *Behavior Therapy, 37*, 292-303.
- Chen, G., LePhuoc, P., Guzman, M., Rude, S., & Dodd, B. (2006). Exploring Asian American Racial Identity. *Cultural Diversity and Ethnic Minority Psychology, 12*, 461-476.
- Rude, S.S., & Bates, D.M. (2005). Treatment of a case of depression using cognitive and experiential techniques. *Clinical Case Studies*.
- Rochlen, A., & Rude, S.S. (2005). The relationship of client stages of change to retention, working alliance, and outcome in short-term therapy. *Journal of College Counseling, 8*(1), 52-64
- Gibbs, B., & Rude, S.S. (2004). Overgeneral autobiographical memory as depression vulnerability. *Cognitive Therapy and Research, 28*, 511-526.
- Rude, S.S., Gortner, E.M., & Pennebaker, J.W. (2004). Language use in depressed and depression-vulnerable college students. *Cognition and Emotion, 18*, 1121-1133.
- Rude, S.S., Valdez, C., Odom, S., & Ebrahimi, A. (2003). Negative cognitive biases predict subsequent depression. *Cognitive Therapy and Research, 27*(4), 415-429.
- Rude, S.S., McCarthy, C.J. (2003). Emotion regulation in depressed and depression-vulnerable college students. *Cognition and Emotion, 17*(5), 799-806.
- Erdur, O., Rude, S.S., Baron, A. (2003) Treatment outcome in ethnically similar and dissimilar client-therapist pairings. *Journal of Counseling Psychology, Vol.50*(1), 52-58.
- Wenzlaff, R.M., Rude, S.S., & West, L.M. (2002). Cognitive vulnerability to depression: The role of thought suppression and attitude certainty. *Cognition and Emotion, 16*(4), 533-548.
- Rude, S. S., Wenzlaff, R.M., Gibbs, B., Vane, J., Whitney, T. (2002). Depressive negative processing biases predict subsequent depression. *Cognition and Emotion, 16*(3), 423-440.
- Wenzlaff, R.M., Rude, S.S., Taylor, D.J., Stultz, C.H., & Sweat, R.A. (2001). Beneath the veil of thought suppression: Attentional bias and depression risk. *Cognition and Emotion, 15*(4), 435-452.
- Rude, S. S., Covich, J., Jarrold, W., Hedlund, S., & Zentner, M. (2001). Detecting depressive schemata in vulnerable individuals: Questionnaires vs laboratory tasks. *Cognitive Therapy and Research, 25*(1), 103-116.
- McCarthy, C.J., & Rude, S. S. (2000). Cognitively-based counseling: Current state and future directions. *TCA Journal, 28*(1), 32-40.

- Rude, S.S., Hertel, P.T., Jarrold, W., Covich, J. & Hedlund, S. (1999). Depression related impairments in prospective memory. *Cognition and Emotion*, *13*, 267-276.
- Rude, S. S. (1999). "Review of cognitive vulnerability to depression," by Ingram, R., Miranda, J., & Segal, Z. for *Journal of Nervous and Mental Disease*.
- Horan, J., Rude, S.S., & Keillor, R. (1999). Substance use disorders, In R.T. Ammerman, M. Hersen, & C.G. Last (Eds.) *Handbook of prescriptive treatments for children and adolescents*.
- Hedlund, S., & Rude, S. S. (1995). Evidence of latent depressive schemata in formerly depressed individuals. *Journal of Abnormal Psychology*, *104*, 517-525.
- Rude, S. S., and Burnham, B. L. (1995). Connectedness and Neediness: Factors of the DEQ and SAS dependency scales. *Cognitive Therapy and Research*, *19*, 323-340.
- Burns, D., Rude, S.S., Simons A.D., Bates, M.A., & Thase, M.E. (1994). Does learned resourcefulness predict the response to Cognitive Behavioral Therapy for depression? *Cognitive Therapy and Research*, *18* (3), 277-291.
- Rude, S. S. (1994). Ethics. Review of "Issues and ethics in the helping professions (4th ed.). by G. Corey, M. S. Corey, and P. Callahan for *Contemporary Psychology*.
- Rude, S. S., & Burnham, B. L. (1993). Do interpersonal and achievement vulnerabilities interact with congruent events to predict depression? Comparison of DEQ, SAS, DAS, and combined scales. *Cognitive Therapy and Research*, *17* (6), 531-548.
- Rude, S. S. (1993). How to interview effectively: Gathering information in interpersonal contexts. Review of "Basic Interviewing Skills" by R. L. Gordon for *Contemporary Psychology*.
- Rude, S.S., and Horan, J., (1993). Substance Use Disorder, In R.T. Ammerman, C.G. Last, & M. Hersen (Eds.) *Handbook of prescriptive treatments for children and adolescents*.
- Clanton, L.D., Rude, S.S., & Taylor, C. (1992). Learned resourcefulness as a mediator of burnout in a sample of rehabilitation providers. *Rehabilitation Psychology*, *37* (2), 131-140.
- Hertel, P.T., & Rude, S.S., (1991). Depressive deficits in memory: Focusing attention improves subsequent recall. *Journal of Experimental Psychology: General*, *20*, 301-309.
- Hertel, P.T. & Rude, S.S., (1991). Recalling in a state of natural or experimental depression.

- Remembering as a consequence of cognitive effort. *Cognitive Therapy and Research*, 15, 103-127.
- Rude, S.S., & Rehm, L.P., (1991). Response to treatments for depression: The role of initial status on cognitive and behavioral skills. *Clinical Psychology Review*, 11, 493-514.
- Rude, S.S. (1989). Dimensions of self-control in depression: A factor-analysis of three measures of self-control. *Cognitive Therapy and Research*, 13, 363-376.
- Rude, S.S., Krantz, S.E. & Rosenhan, D.L. (1988). Distinguishing the dimensions of negativity and consistency in depressive and non-depressive information processing. *Cognitive Therapy and Research*, 12(4).
- Rude, S.S., Weissberg, M., & Gazda, G.M. (1988). Looking to the future: Common themes from the Third National Conference for Counseling Psychology. Special Issue of *The Counseling Psychologist: Report on the Third National Conference for Counseling Psychology--Planning the Future*, 16(3), 423-430.
- Gazda, G.M., Weissberg, J., & Rude, S.S. (1988). An overview of the Third National Conference of Counseling Psychology. Special Issue of *The Counseling Psychologist: Report on the Third National Conference for Counseling Psychology--Planning the Future*, 16(3), 325-331.
- Gazda, G.M., Rude, S.S., & Weissberg, M. (Eds.) (1988). Special Issue of *The Counseling Psychology: Report on the Third National Conference for Counseling Psychology--Planning the Future*.
- Rude, S. S. (1986). Differential responses to assertion and cognitive self-control therapies for depression as a function of proficiency in each skill domain. *Journal of Consulting and Clinical Psychology* 54(3), 390-394.
- Krantz, S.E. & Rude. S.S., (1984). Depressive attributions: Selection of different causes or assignment of dimensional meanings? *Journal of Personality and Social Psychology*, 47(1), 193-203.
- Krumboltz, J.D., Kinnier, R.T., Rude, S.S., Scherba, D.S., & Hamel D.A. (1986). Teaching a rational approach to career decision making: Who benefits most? *Journal of Vocational Behavior*, 29, 1-6.
- Krumboltz, J.D., Rude, S.S., Hamel, D.A., Mitchell, L.K., & Kinnier, R.T. (1982). Behaviors associated with "good" and "poor" outcomes in Stimulated career decision. *Journal of Vocational Behavior*, 21, 349-358.
- Krumboltz, J.D., & Rude, S.S. (1980). Behavioral approaches to career counseling. *Behavioral Counseling Quarterly*, 1(2), 108-120.

Krumboltz, J.D., Scherba, D.S., Hamel, D.A., Mitchell, L.K., Rude, S.S., & Kinnier, R.T. (1979). The effect of alternate career decision-making strategies on the quality of resulting decisions. Final Report Project No. 498 AH 60282, U.S. Office of Education, 1979, ERIC Document NO. ED 195 824.

Rude, S.S. *The Cognitive Self-Management Test*. Included in Tests in Microfiche, Educational Testing Service, Princeton, NJ.

CONFERENCE PRESENTATIONS

Little-Maestas, K., Amidon, A., Baum, E., Burton, A., Chrisman, J.G., Durham, J. Rooney, S., & Rude, S.S. (2006). *Global Self-Verification and Relationship Intimacy*. Poster presented at the annual meeting of the American Psychological Association, New Orleans, LA.

Rude, S. S., Rooney, S., Little-Maestas, Chrisman, J., Burton, A., Baum, E., & Amidon, A. (2006). Prediction of Depression Symptoms based on Cognitive and Relationship Functioning.

Rude, S., Gortner, E., & Pennebaker, J. (2005). Paying Attention to Distress: What's Wrong with Rumination? Invited paper presented at International Clinical Cognition conference, Boerne, Texas.

Amidon, A., Baum, E., Chrisman, J., Durham, J., Little, K., Rude, S.S., & Swann W.B. (2005). Women's Verbal Disinhibition and Husband's Relationship Satisfaction. Poster presented at the annual meeting of the American Psychological Association, Washington, D.C.

Little Maestas, K., Amidon, A., Garroway-Chrisman, J., Baum, E., Durham, J., Rude, S.S., & Swann, W.B. (2005). Predicting Relationship Intimacy Through Partner Self-Verification. Poster presented at the annual meeting of the American Psychological Association, Washington, D.C.

Rude, S.S., Garroway-Chrisman, J., Little, K., Amidon, A., Baum, E., Durham, J., Swann, W.B. (2005). Cognitive and Relationship Functioning of Women with and without History of Depression. Poster presented at the annual meeting of the American Psychological Association, Washington, D.C.

Rude, S.S., & Gibbs, B. Overgeneral Autobiographical Memory Predicts Subsequent Depression. International Congress of Psychology, Aberdeen Scotland, July 2003.

Rude, S.S. Research Training at the University of Texas at Austin . American Psychological Association, Chicago, August, 2002.. Paper in symposium.

Gortner, E., Rude, S.S., & Pennebaker, J. Linguistic characteristics of depressed and depression-vulnerable individuals. American Psychological Society, New Orleans, June, 2002. Poster.

Rude, S.S, Valdez, C., Ebrahimi, A., Odom, S., & Sparrow, B. Negativity Predicts Subsequent Depression. Poster presented at the American Psychological Association, San Francisco, August, 2001.

- McCarthy, C.M. & Rude, S.S., Emotion-regulation in depressed and depression-vulnerable college students. Poster presented at the American Psychological Association, San Francisco, August, 2001.
- Rude, S.S., Prospective prediction of depression based on negative processing and thought suppression. Invited paper. Clinical Cognition Workshop, Santa Fe, New Mexico, May 2000.
- Rude, S.S., Avoidance of negative thoughts as a vulnerability factor in depression. Poster presented at the American Psychological Association, Washington, D.C., August, 2000..
- Rude, S.S., Avoidance of negative thinking in formerly depressed individuals. Paper in Symposium, Association for the Advancement of Behavior Therapy. Washington, D.C., Nov, 1998
- Rude, S.S., Gibbs, B., Vane, J., Latent Depressive Schemata. Paper presented at the American Psychological Association, San Francisco, CA, August, 1998.
- Rude, S.S., Lee, J., Sanders, B., Development of a Measure of Connectedness. Paper presented at the American Psychological Society, Washington, D.C., May, 1998.
- Rude, S.S., Remembering to Remember: A Problem for Depressed Individuals? Invited address to Trinity University, Department of Psychology.
- Rude, S.S., Relational Self-Concept: Theoretical and Empirical Perspectives. Paper presented at the Texas Psychological Association, New York, 1995.
- Rude, S.S., A decade of research attending to experimental construct validity. Paper presented at the American Psychological Association, New York, 1995.
- Rude, S.S., Detecting Latent Depressive Schemata using Priming and Experimental Information - Processing Measures. Paper presented at the International Congress of Cognitive Psychotherapies, Copenhagen, 1995.
- Rude, S.S., Vulnerability to Relapse Among Formerly Depressed Individuals. Invited address to Trinity University, Department of Psychology.
- Rude, S.S., The role of self-focused attention and expectancies in depressive memory impairments. Paper presented at the American Psychological Association, Los Angeles, 1994.
- Rude, S.S., & Hertel, P.T., Building a model of attention-regulation. Paper presented at the Association for the Advancement of Behavior Therapy, Atlanta, 1993.
- Rude, S.S., Vulnerability to depression among formerly depressed persons. Paper presented at the Association for the Advancement of Behavior Therapy, Atlanta, 1993.

- Rude, S.S., A model of attention-regulation relevant to depressive memory impairment. Paper presented at the American Psychological Association, Toronto, 1993.
- Rude, S.S., Adaptive and maladaptive dimensions of dependency. Paper presented at the American Psychological Association, Toronto, 1993.
- Rude, S. S. Rumination and Memory in Depression. Paper presented at the International Conference on Affect and Cognition, Nags Head Conference Center, Miami, Florida, June 1992. Invited participant/presenter.
- Rude, S. S., Burnham B. L., Hedlund, A., & Potthoff, S. Assessment of Latent Depressive Schemata. Poster session presented at the Association for the Advance of Behavior Therapy, San Francisco, November 1990,
- Rude, S. S. Beliefs about self and depression. Paper presented International Conference on the Self-Control of Thought and Emotion, Nags Head, North Carolina, June, 1990. Invited presenter/participant.
- Rude, S. S. Dependency and self-criticism as factors in depression. Paper presented at the American Psychological Association, New Orleans, August, 1989. Symposium chair and presenter.
- Rude, S. S., & Gratton, C.A. The effects of task demand and depression upon memory. Poster session presented at the American Psychological Association, Atlanta, August, 1988.
- Rude, S. S., & Penick, J. Memory impairment among depressed mood-induced subjects: Mood or expectation? Poster session presented at the American Psychological Association, New York, Atlanta, August, 1988.
- Rude, S. S., Weissberg, M., Gazda, G. M., & Walsh, D. A report on the Third National Conference for Counseling Psychology. Paper presented at the American Psychological Association , New York, August, 1987.
- Gazda, G. M., Weissberg, M., & Rude, S. S. Conversation Hour: The Third National Conference for Counseling Psychology. American Psychological Association, New York, August, 1987.
- Rude, S. S., & Hertel, P. T. The roles of engaging learning tasks and effort in depressives' memory performance. Paper presented at the Association for the Advancement of Behavior Therapy, Boston, November, 1987.
- Rude, S. S., & Hertel, P. T. Remembering as a consequence of cognitive effort and depression. Paper presented at the American Educational Research Association, San Francisco, April, 1986.

- Rude, S. S. Assessing self-control in depression. Paper presented at the American Educational Research Association, San Francisco, April, 1986.
- Sexton, M. & Rude, S. S. Self-disclosure and feedback acceptance as mediators of the relationship between attributional style and depression. Paper presented at the Association for the Advancement of Behavior Therapy, Houston, November, 1985.
- Rude, S. S. Current models of depression. Invited address at the Conference on Adolescence, San Antonio, March, 1985.
- Krantz, S. E., & Rude, S. S. Depressive and nondepressive biases toward valence and consistency with self-concept. Paper presented at the Association for the Advancement of Behavior Therapy, Philadelphia, November, 1984.
- Rude, S. S. An investigation of differential response to two treatments for depression. Paper presented at the American Psychological Association, Los Angeles, August, 1983.
- Krantz, S. E., & Rude, S. S. "Naive" and "theoretical" language in attributional models of depression. Paper presented at the Second International Conference: Social Psychology and Language. Bristol, England, July, 1983.
- Rude, S. S., & Krantz, S. E. A comparison of three methods for measuring attributions in depression research. Paper presented at the Western Psychological Association, Sacramento, April, 1982.
- Krumboltz, J. D., Rude, S. S., Kinnier, R. T., Mitchell, L. K., Hamel, D. A., & Scherba, D. S. Sequential behaviors, decision-making strategies and decision outcome. Paper presented at the American Educational and Research Association, San Francisco, April, 1979.
- Krumboltz, J. D., Scherba, D. S., Hamel, D. A., Mitchell, L. K., Rude, S. S., Kinnier, R. T. Who makes better decisions? Paper presented at the Western Psychological Association, San Francisco, April, 1978.