

CURRICULUM VITAE

**Nigel M. Jaffe**

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**Education**

**The Pennsylvania State University**, University Park, PA 2025–present  
Ph.D. Student in Clinical Psychology  
Advisor: Kenneth N. Levy, Ph.D.

**Williams College**, Williamstown, MA June 2022  
B.A. Psychology, *Cum Laude*, with Honors in Psychology  
Senior Thesis: *A Mixed-Methods Exploration of Teletherapy for High-Risk Mental Health Issues*  
Advisor: Stephanie Jarvi Steele, Ph.D.

**Research Grants & Fellowships**

**National Science Foundation Graduate Research Fellowship** 2025–2030  
Project title: *Adolescents' Emotion Regulation Patterns in Social Contexts: Between-Person Heterogeneity in Within-Person Processes*  
Amount awarded: \$159,000

**University Graduate Fellowship**, The Pennsylvania State University 2028–2029  
Amount awarded: \$32,500

**Student Research Grant**, American Psychological Association (APA) Division 29 2025  
Project title: *Mechanisms of Symptom Change and Sudden Gains in Behavioral Activation Therapy for Depressed Youth: An Exploratory Passive Sensing Approach*  
Awarded for: Independent research project (Mentor: Christian A. Webb, Ph.D.)  
Amount awarded: \$500

**The Roche and Gomez Student Research Fellowship**, Williams College 2022  
Project title: *A Mixed-Methods Exploration of Teletherapy for High-Risk Mental Health Issues*  
Awarded for: Honors thesis (Mentor: Stephanie Jarvi Steele, Ph.D.)  
Amount awarded: \$1,900

**The Collin and Lili Roche 1993 Student Research Fellowship**, Williams College 2021  
Project title: *Usage of and Attitudes Toward Teletherapy in a College Sample during COVID-19*  
Awarded for: Independent study (Mentor: Stephanie Jarvi Steele, Ph.D.)  
Amount awarded: \$4,850

**Publications**

*Peer-reviewed articles*

Fisher, H., Jaffe, N.M., Pidvirny, K., Tierney, A.O., Pizzagalli, D.A., & Webb, C.A. (in press). Using natural language processing to track negative emotions in the daily lives of adolescents. *Journal of Psychopathology and Clinical Science*. Pre-print: [researchsquare.com/article/rs-6414400/latest](https://www.researchsquare.com/article/rs-6414400/latest)

- Treves, I.N., Shaffer, C., Decker, A.L., **Jaffe, N.M.**, Tierney, A.O., Auerbach, R.P., & Webb, C.A. (in press). When attention falters: Brain, breathing, and behavioral signals of lapses in interoceptive attention. *Cognitive, Affective, & Behavioral Neuroscience*.
- Fisher, H., **Jaffe, N.M.**, Pidvirny, K., Tierney, A.O., Vaidean, M.S., Dongre, P., & Webb, C.A. (in press). Language-based detection of depression with machine learning: Systematic review and meta-analysis. *npj Digital Medicine*. [nature.com/articles/s41746-026-02448-1](https://doi.org/10.1038/s41746-026-02448-1)
- Wang, L., Zhou, N., **Jaffe, N.M.**, Pidvirny, K., Tierney, A.O., Fisher, H., Morfini, F., Forbes, E.E., Pizzagalli, D.A., Cai, T., & Webb, C.A. (2026). Multimodal prediction of future depressive symptoms in adolescents. *BMC Psychiatry*, 26(1), 21. [doi.org/10.1186/s12888-025-07665-8](https://doi.org/10.1186/s12888-025-07665-8)
- Treves, I.N., Park, M., Spence, J., **Jaffe, N.M.**, Pidvirny, K., Tierney, A.O., Kucyi, A., Gabrieli, J.D.E., Auerbach, R.P., & Webb, C.A. (2025). Limited generalizability of dynamic fMRI correlates of adolescent rumination. *Nature Mental Health*, 3, 1407–1416. [doi.org/10.1038/s44220-025-00525-0](https://doi.org/10.1038/s44220-025-00525-0)
- \*Fisher, H., \***Jaffe, N.M.**, Rahimi-Eichi, H., Forbes, E.E., Pizzagalli, D.A., Baker, J.T., & Webb, C.A. (2025). Measuring activation during behavioral activation therapy: A proof-of-concept study using smartphone sensors and LLM-derived ratings in adolescents with anhedonia. *NPP—Digital Psychiatry and Neuroscience*, 3, 24. [doi.org/10.1038/s44277-025-00045-w](https://doi.org/10.1038/s44277-025-00045-w)  
 [\*Joint first authorship. Paper recognized with the Alfred Pope Award for Early Career Investigators, McLean Hospital (2026); award presented to H. Fisher. Paper selected by Brain & Behavior Research Foundation as one of 2025's "Leading Research Achievements."]
- Fisher, H., Pidvirny, K., **Jaffe, N.M.**, Tierney, A.O., Pizzagalli, D.A., & Webb, C.A. (2025). Emotion rigidity in adolescents prospectively predicts future depressive symptoms assessed via self-report and clinical interview. *Behaviour Research and Therapy*, 193, 104818. [doi.org/10.1016/j.brat.2025.104818](https://doi.org/10.1016/j.brat.2025.104818)
- Joss, D., Tierney, A.O., Pidvirny, K., **Jaffe, N.M.**, Goodman, H., Carson, N.J., Schuman-Olivier, Z., & Webb, C.A. (2025). Neural propensity for trait rumination in adolescents: A cross-sectional study with Voxel-Based Morphometry. *Journal of Mood & Anxiety Disorders*, 11, 100125. [doi.org/10.1016/j.xjmad.2025.100125](https://doi.org/10.1016/j.xjmad.2025.100125)
- Jarvi Steele, S., **Jaffe, N.M.**, Kelly, C., Björgvinsson, T., & Swenson, L.P. (2024). Implicit associations with non-suicidal self-injury: Examination in a clinical sample by borderline personality symptomatology. *British Journal of Clinical Psychology*, 64, 330–343. [doi.org/10.1111/bjc.12506](https://doi.org/10.1111/bjc.12506)
- Jaffe, N.M.**, & Jarvi Steele, S. (2024). Therapists' self-efficacy and experiences managing clinical risk in teletherapy: A mixed methods exploration. *British Journal of Guidance and Counselling*, 53(2), 206–220. [doi.org/10.1080/03069885.2024.2311209](https://doi.org/10.1080/03069885.2024.2311209)
- Murray, L., **Jaffe, N.M.**, Tierney, A.O., Pidvirny, K., Balkind, E.G., Abbasi, B.S., Brown, M., & Webb, C.A. (2024). Brain mechanisms of rumination and negative self-referential processing in adolescent depression. *Journal of Affective Disorders*, 366, 83–90. [doi.org/10.1016/j.jad.2024.08.114](https://doi.org/10.1016/j.jad.2024.08.114)
- Book chapters*
- Jarvi Steele, S., **Jaffe, N.**, & Murray, G. (2023). Social Contagion of Nonsuicidal Self-Injury. In E. Lloyd-Richardson, I. Baetens, & J. Whitlock (Eds.), *The Oxford Handbook of Nonsuicidal Self-Injury* (pp. 830–

*Under review*

Jarvi Steele, S., & **Jaffe, N.M.** (under review). Exploration of disgust and self-disgust in college students with and without history of self-injurious thoughts and behaviors.

## Paper Presentations

Fisher, H., **Jaffe, N.M.**, Pidvirny, K., Tierney, A.O., & Webb, C.A. (2025, May). *Can Natural Language Processing Improve Emotion Tracking in Daily Life?* Paper presented at the Annual Convention of the Association for Psychological Science, Washington, DC.

## Conference Posters

33. **Jaffe, N.M.**, Fisher, H., Rahimi-Eichi, H., Forbes, E.E., Pizzagalli, D.A., Baker, J.T., & Webb, C.A. (2026, August). *Passive sensing of mechanisms of change in Behavioral Activation for youth.* Poster accepted for presentation at the American Psychological Association (APA) conference, Division 29 meeting, Washington, DC.
32. Linker, C., **Jaffe, N.M.**, & Jarvi Steele, S. (2026, April). *Self-disgust and non-suicidal self-injury.* Poster presented at the annual meeting of the Suicide Research Symposium.
31. Linker, C., **Jaffe, N.M.**, & Jarvi Steele, S. (2025, November). *Self-disgust as a predictor of non-suicidal self-injury in a treatment-seeking sample of adults.* Poster presented at the 59<sup>th</sup> annual ABCT conference, Women's Issues in Behavior Therapy SIG poster session, New Orleans, LA.
30. **Jaffe, N.M.**, Pidvirny, K., Tierney, A.O., Vaidean, M.S., Gandhi, M.R., Anand, R., Fisher, H., Ren, B., Rahimi-Eichi, H., Baker, J.T., Pizzagalli, D.A., & Webb, C.A. (2025, January). *Comparing real-time passive sensor vs. retrospective self-report measures of behavioral change in anhedonic youth receiving Behavioral Activation therapy.* Poster presented at McLean Research Day, Belmont, MA.
29. **Jaffe, N.M.**, Pidvirny, K., Tierney, A.O., Fisher, H., Pizzagalli, D.A., & Webb, C.A. (2024, November). *Exploring trajectories of change and sudden gains during Behavioral Activation therapy for adolescent depression.* Poster presented at the 58<sup>th</sup> annual ABCT conference, Child and Adolescent Depression SIG, Philadelphia, PA.
28. **Jaffe, N.M.**, Pidvirny, K., Tierney, A.O., Fisher, M., Ognibene, J.M., Fisher, H., & Webb, C.A. (2024, May). *Reciprocal daily relations between sleep quality and emotion dynamics in adolescents.* Poster presented at the annual convention of the Association for Psychological Science, San Francisco, CA.
27. **Jaffe, N.M.**, Pidvirny, K., Tierney, A.O., Fisher, M., Ognibene, J.M., Fisher, H., & Webb, C.A. (2024, April). *Using network analysis to characterize relations between depressive symptoms in adolescents.* Poster presented at the 3<sup>rd</sup> Suicide Research Symposium, virtual.
26. Tierney, A.O., **Jaffe, N.M.**, Pidvirny, K., Pastro, B., Murray, L., & Webb, C.A. (2024, April). *Concurrent and prospective predictors of depressive symptoms in adolescence.* Poster presented at the Anxiety & Depression Association of America (ADAA) conference, Boston, MA.
25. **Jaffe, N.M.**, Pidvirny, K., Tierney, A.O., Fisher, M., Ognibene, J.M., Fisher, H., & Webb, C.A. (2024, March). *Symptom relations in adolescent depression across a range of severity: A network analysis.* Poster

presented at Harvard Psychiatry Research Day, Boston, MA.

24. Tierney, A.O., **Jaffe, N.M.**, Pidvirny, K., Murray, L., Fisher, H., & Webb, C.A. (2024, March). *The roles of activation and rumination in Behavioral Activation therapy for anhedonic adolescents*. Poster presented at Harvard Psychiatry Research Day, Boston, MA.
23. **Jaffe, N.M.**, Pidvirny, K., Tierney, A.O., Fisher, M., Ognibene, J.M., Fisher, H., & Webb, C.A. (2024, January). *Sleep quality and emotion dynamics in adolescents: An EMA study*. Poster presented at McLean Research Day, Belmont, MA.
22. Tierney, A.O., **Jaffe, N.M.**, Pidvirny, K., Murray, L., Pizzagalli, D.A., & Webb, C.A. (2024, January). *Clinical, neural, and demographic predictors of future depressive symptoms in adolescence*. Poster presented at McLean Research Day, Belmont, MA.
21. **Jaffe, N.M.**, Pidvirny, K., Tierney, A.O., Murray, L., Balkind, E.G., & Webb, C.A. (2023, November). *The therapeutic alliance and symptom change in Behavioral Activation therapy for anhedonic adolescents: Comparing within vs. between patient effects*. Poster presented at the 57<sup>th</sup> annual ABCT conference, Seattle, WA.
20. Pidvirny, K., **Jaffe, N.M.**, Tierney, A.O., Arnott, E.G., Murray, L., & Webb, C.A. (2023, November). *Comparing conventional retrospective self-report vs. ecological momentary assessments in measuring rumination in adolescents*. Poster presented at the 57<sup>th</sup> annual ABCT conference, Seattle, WA.
19. \***Jaffe, N.M.**, Pidvirny, K., Tierney, A.O., Murray, L., Balkind, E.G., & Webb, C.A. (2023, October). *Disaggregating within- vs. between-patient effects of the therapeutic alliance on symptom change in Behavioral Activation therapy for anhedonic adolescents*. Poster presented at the annual meeting of the North American Society for Psychotherapy Research (NASPR), Amherst, MA.  
\*Awarded the Edward Bordin Memorial Student Award by NASPR.
18. **Jaffe, N.M.**, Pidvirny, K., Tierney, A.O., Abbasi, B.S., Arnott, E.G., Murray, L., & Webb, C.A. (2023, June). *Predictors of survey compliance in a monthlong EMA study in youth*. Poster presented at the 2<sup>nd</sup> annual virtual meeting of the Society for Digital Mental Health. [osf.io/c5d3w](https://osf.io/c5d3w)
17. **Jaffe, N.M.**, & Jarvi Steele, S. (2023, April). *A mixed methods exploration of therapists' experiences managing clinical risk in teletherapy*. Poster presented at the 2<sup>nd</sup> Suicide Research Symposium, virtual.
16. Teng, S., **Jaffe, N.M.**, Kelly, C., & Jarvi Steele, S. (2023, April). *The role of disgust in self-injurious thoughts and behaviors*. Poster presented at the 2<sup>nd</sup> Suicide Research Symposium, virtual.
15. Pidvirny, K., **Jaffe, N.M.**, Tierney, A.O., Murray, L., Pizzagalli, D.A., & Webb, C.A. (2023, April). *Using experience sampling to test the response styles theory of rumination in adolescents*. Poster presented at the annual convention of the Anxiety & Depression Association of America, Washington, DC.
14. **Jaffe, N.M.**, Pidvirny, K., Tierney, A.O., Murray, L., Balkind, E.G., & Webb, C.A. (2023, March). *Reciprocal relations between the alliance and symptom change in Behavioral Activation therapy for anhedonic adolescents*. Poster presented at Harvard Psychiatry Research Day, Boston, MA.
13. Tierney, A.O., **Jaffe, N.M.**, Pidvirny, K., Brown, H.A., Arnott, E.G., Murray, L., & Webb, C.A. (2023, March). *Examining the effect of missing Ecological Momentary Assessment (EMA) survey data in an adolescent mood study*. Poster presented at Harvard Psychiatry Research Day, Boston, MA.
12. Pidvirny, K., **Jaffe, N.M.**, Tierney, A.O., Arnott, E.G., Murray, L., & Webb, C.A. (2023, March). *Com-*

*paring conventional retrospective self-report vs. ecological momentary assessments in measuring rumination in adolescents.* Poster presented at Harvard Psychiatry Research Day, Boston, MA.

11. **Jaffe, N.M.**, Pidvirny, K., Tierney, A.O., Murray, L., Pizzagalli, D.A., Forbes, E.E., & Webb, C.A. (2023, January). *Demographic and clinical predictors of ecological momentary assessment (EMA) compliance in youth.* Poster presented at McLean Research Day, Belmont, MA.
10. Pidvirny, K., **Jaffe, N.M.**, Tierney, A.O., Murray, L., Pizzagalli, D.A., & Webb, C.A. (2023, January). *Using experience sampling to test the response styles theory of rumination in adolescents.* Poster presented at McLean Research Day, Belmont, MA.
9. **Jaffe, N.M.**, & Jarvi Steele, S. (2022, November). *A mixed-methods exploration of therapists' experiences with teletherapy for high-risk patients.* Poster presented at the 56<sup>th</sup> annual ABCT conference, New York, NY.
8. Teng, S., **Jaffe, N.M.**, & Jarvi Steele, S. (2022, November). *The role of disgust in self-injurious thoughts and behaviors.* Poster presented at the 56<sup>th</sup> annual ABCT conference, New York, NY.
7. **Jaffe, N.M.**, & Jarvi Steele, S. (2022, July). *The influence of testimonial vignettes on willingness to use teletherapy.* Poster presented at the 53<sup>rd</sup> annual international meeting of the Society for Psychotherapy Research (SPR), Denver, CO.
6. **Jaffe, N.M.**, & Jarvi Steele, S. (2022, June). *Therapists' experiences using teletherapy to treat high-risk patients.* Poster presented at the 1<sup>st</sup> Suicide Research Symposium, virtual.
5. **Jaffe, N.M.**, & Jarvi Steele, S. (2021, November). *Usage of and attitudes toward teletherapy in a college sample during COVID-19.* Poster presented at the 55<sup>th</sup> annual ABCT conference, virtual.
4. Wolfson, E., **Jaffe, N.M.**, & Jarvi Steele, S. (2021, November). *Minority identities and implicit identification with non-suicidal self-injury.* Poster presented at the 55<sup>th</sup> annual ABCT conference, virtual.
3. **Jaffe, N.M.**, & Jarvi Steele, S. (2021, November). *A mixed-methods exploration of teletherapy in a college sample during COVID-19.* Poster presented at the annual meeting of the North American Society for Psychotherapy Research (NASPR), virtual.
2. **Jaffe, N.M.**, Swenson, L.P., & Jarvi Steele, S. (2020, November). *Exploring the relationship between functions of non-suicidal self-injury and the Self-Injury Implicit Association Test.* Poster presented at the 54<sup>th</sup> annual Association for Behavioral and Cognitive Therapies (ABCT) conference, Suicide and Self-Injury Special Interest Group poster session, Philadelphia, PA (virtual).
1. **Jaffe, N.M.**, Swenson, L.P., & Jarvi Steele, S. (2020, October). *Examining predictors of implicit identification with non-suicidal self-injury: The role of anti-suicide and interpersonal factors.* Poster presented at the annual meeting of the New England Psychological Association (NEPA), Worcester, MA.

## Research Experience

**Lab for Personality, Psychopathology & Psychotherapy Research, Penn State**  
Graduate Student Researcher

University Park, PA  
August 2025 – present

Advisor: Kenneth N. Levy, Ph.D.

- Developing master's thesis applying natural language processing to the scoring of Adult Attachment Interviews for reflective functioning

- Collaborating on lab projects examining attachment, alliance, and therapist effects in psychotherapy for BPD

**Treatment and Etiology of Depression in Youth Lab, McLean Hospital**

Belmont, MA

*Clinical Research Assistant II*

June 2022 – July 2025

Mentor: Christian A. Webb, Ph.D.

- Managed four NIH-funded clinical and observational studies of adolescent depression
- Led fMRI ( $n = 75$ ), EEG ( $n = 97$ ), behavioral, and EMA / passive-sensing data collection; administered  $n = 210$  semi-structured clinical interviews with youth and parents
- Trained and supervised nine undergraduate research interns

**Behavioral Assessment of Self-Injury Lab, Williams College**

Williamstown, MA

*Senior Lab Manager and Research Assistant*

January 2020 – June 2022

Mentor: Stephanie Jarvi Steele, Ph.D.

- Coordinated recruitment and in-person data collection ( $n = 116$ ) for studies on self-injury and self-disgust
- Mentored four junior research assistants in lab tasks and statistical procedures

**Department of Psychology, Williams College**

Williamstown, MA

*Senior Honors Thesis; Independent Study*

January 2021 – June 2022

Advisor: Stephanie Jarvi Steele, Ph.D.

- Designed and conducted three mixed-methods studies on teletherapy for high-risk patients ( $n = 75$  clinicians;  $n = 125$  prospective clients;  $n = 133$  current clients)
- Secured \$6,750 in grant funding as student investigator

**Clinical Training & Experience**

**Introductory Assessment Practicum**

August 2025 – Present

Supervisors: Kenneth N. Levy, Ph.D., and Sandra Testa Michelson, Ph.D.

- Conducting semi-structured diagnostic and risk assessments (ADIS-5 PSU, IPDE, C-SSRS) integrated with self-report instruments (IIP-SC); 3-hour weekly supervision

**Prospera Mental Health and Wellness, San Francisco, CA**

June 2022 – 2023

*Mental Health Coach* Supervisor: Andrea Niles, Ph.D.

- Delivered structured CBT-based virtual coaching sessions to clients (2–3 per week)

**Youper, San Francisco, CA**

August 2021 – June 2022

*Therapy Coach* Supervisors: Andrea Niles, Ph.D., and Bitia Mesri, Ph.D.

- Delivered structured CBT-based virtual coaching sessions to clients (10–15 per week); attended weekly case-consultation supervision

Last updated: May 28, 2026