

**JESSE COUGLE, M.Sc.**

Laboratory for the Study of Anxiety Disorders  
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**EDUCATION:**

**Doctoral Student**, Clinical Psychology, University of Texas at Austin, 09/01-Present  
Supervisor: Michael Telch, PhD

**MA**, Clinical Psychology, University of Texas at Austin, 2003  
Supervisor: Michael Telch, PhD

**MSc**, Experimental Psychology, Oxford University, Oxford, England, 2000. Thesis title:  
“Obsessive compulsive disorder, responsibility and memory”  
Supervisor: Paul Salkovskis, PhD

**BA**, Psychology, Azusa Pacific University, Azusa, California, 1997

**Study Abroad**, St. Anne’s College, Oxford University, Oxford, England  
10/96-06/97

**HONORS/AWARDS:**

**Wechsler Award**, University of Texas at Austin, 2003  
**Preemptive Fellowship**, University of Texas at Austin, 2002  
**Phi Kappa Phi Honors Society**, 2003

**TEACHING POSITIONS:**

**Adjunct Professor**, Concordia University at Austin. Introduction to Psychology.  
Spring 2005

**Teaching Assistant**, University of Texas at Austin. Assisted: Introduction to Psychology  
(6 courses), Health Psychology (2 courses), Research and Statistical Methods (3  
courses), Introduction to Clinical Psychology. Duties include presenting lectures,  
assignment of homework and grading.  
09/02-Present

**Course Instructor**, University of Texas at Austin. Introduction to Psychology.  
*Mean Ratings: (1= Poor - 5 = Excellent)*  
Overall Instructor Rating = 4.5  
Overall Course Rating = 4.1  
Summer 2004

**Tutor in Individual Differences**, Oxford University, Oxford, England  
10/98-06/99

**Tutor in Psychological Disorders**, Oxford University, Oxford, England  
04/98-06/99

### **RESEARCH POSITIONS:**

**Principal Investigator**, Laboratory for the Study of Anxiety Disorders, University of Texas at Austin. *The Facilitative Effects of Threat Focus on Fear Reduction in ERP Treatment of Compulsive Washing*. Duties included study design, treatment, overseeing data collection, data management and analyses. Supervisor: Michael Telch, PhD, 03/02-12/04.

**Principal Investigator**, Laboratory for the Study of Anxiety Disorders, University of Texas at Austin. *The Singular and Combined Effects of Thought Suppression and Anxiety Induction on Frequency of Threatening Thoughts*. Duties included study design, overseeing data collection, data management and analyses. Supervisor: Michael Telch, PhD, 06/02-12/03.

**Principal Investigator**, Oxford University.  
*Reality-monitoring in Obsessive-Compulsive Checkers*. Duties included study design, data collection, data management and analyses.  
Supervisor: Paul Salkovskis, PhD, 01/98-02/00.

### **CLINICAL POSITIONS:**

**Treatment Coordinator**, University of Texas at Austin. *Group and Individual Cognitive-Behavioral Treatment*. Duties include administration of manualized treatment protocols for a clinical trial of panic disorder, and supervision of formal assessments. Supervisor: Michael Telch, PhD, 09/03-Present.

**Student Therapist**, University of Texas at Austin. *Individual Cognitive-Behavioral Treatment*. Duties include individual case management with adults suffering from panic disorder, social phobia, generalized anxiety disorder, dysthymia, obsessive-compulsive disorder, and specific phobia. Supervisors: Michael Telch, PhD and Martita Lopez, PhD, 09/02-12/04; Raymond Hawkins, PhD, 09/04 – Present.

**Student Therapist**, Austin Center for the Treatment of Obsessive-Compulsive Disorder. *Individual Cognitive-Behavioral Treatment*. Duties include individual case management with adults suffering from obsessive-compulsive disorder.  
Supervisor: Bruce Mansbridge, PhD, 09/04 – Present.

**Assessment Coordinator**, University of Texas at Austin. *Diagnostic and Outcome Assessment*. Duties included administration and supervision of phone screens, panic interviews (PDSS), and CO2 challenges to panic disorder patients. Supervisor: Michael Telch, PhD, 08/01-09/03.

**Clinical Associate**, Tenet Northshore Psychiatric Hospital, Slidell, Louisiana  
Duties included taking assessments, constructing discharge plans, and facilitating or providing group, family, and individual therapy to adult psychiatric patients. Supervisor: Fay Hilbert, BCSW, 09/99-04/00.

**Psychiatric Aide**, Adolescent Unit, Southeast Hospital, Mandeville, Louisiana  
Duties included monitoring and charting patient behavior, and setting up and enforcing protocol. 05/96-08/96.

## **PUBLICATIONS:**

1. Cogle, J.R., Smits, J.A.J., Lee, H.J., Powers, M.B., & Telch, M.J. (In press). Singular and combined effects of thought suppression and anxiety induction on frequency of threatening thoughts: an experimental investigation. *Cognitive Therapy and Research*.
2. Coleman, P.K., Reardon, D.C., & Cogle, J.R. (2005). Substance use among pregnant women in the context of previous reproductive loss and desire for current pregnancy. *British Journal of Health Psychology*, *10*, 255-268.
3. Coleman, P.K., Reardon, D.C., Strahan, T., & Cogle, J.R. (2005). The psychology of abortion: A review and suggestions for future research. *Psychology and Health*, *20*(2), 237-271.
4. Lee, H.J., Cogle, J.R., & Telch, M.J. (2005). Thought–action fusion and its relationship to schizotypy and OCD symptoms. *Behaviour Research and Therapy*, *43*, 29-41.
5. Cogle, J.R., Reardon, D.C., & Coleman, P.K. (2005). Generalized anxiety following unintended pregnancies resolved through childbirth and abortion: a cohort study of the 1995 National Survey of Family Growth. *Journal of Anxiety Disorders*, *19*, 137-142.
6. Reardon, D.C., Coleman, P.K., & Cogle, J.R. (2004). Substance use associated with unintended pregnancy outcomes in the National Longitudinal Survey of Youth. *American Journal of Drug and Alcohol Abuse*, *26*(1), 369-383.
7. Rentz, T., Powers, M.B., Smits, J.A.J., Cogle, J.R., & Telch, M.J. (2003). Active-imaginal exposure: examination of a new behavioral treatment for dog phobia. *Behaviour Research & Therapy*, *41*, 1337-1353.

8. Reardon, D.C., Cogle, J.R., Rue, V.M., Shuping, M.W., Coleman, P.K., & Ney, P.G. (2003). Psychiatric admissions of low income women following abortion and childbirth. *Canadian Medical Association Journal*, *168*(10), 1253-1256.
9. Coleman, P.K., Reardon, D.C., Rue, V.M., & Cogle, J.R. (2002). History of induced abortion in relation to substance use during pregnancies carried to term. *American Journal of Obstetrics and Gynecology*, *187*(5), 1673-1678.
10. Coleman, P.K., Reardon, D.C., & Cogle, J.R. (2002). The Quality of the Caregiving Environment and Child Developmental Outcomes Associated with Maternal History of Abortion Using the NLSY Data. *Journal of Child Psychology and Psychiatry and Allied Disciplines*, *43*(6), 743-757.
11. Coleman, P.K., Reardon, D.C., Rue, V.M., & Cogle, J.R. (2002). State-Funded Abortions vs. Deliveries: A Comparison of Outpatient Mental Health Claims Over Four Years. *American Journal of Orthopsychiatry*, *72*(1), 141-152.
12. Reardon, D.C., & Cogle, J.R. (2002). Depression and unintended pregnancy in the National Longitudinal Survey of Youth: a cohort study. *British Medical Journal*, *324*, 151-152.

#### **MANUSCRIPTS UNDER REVIEW:**

1. Cogle, J.R., Salkovskis, P.M., & Wahl, K. Perception of memory ability and confidence in recollections in obsessive-compulsive checking. *Journal of Anxiety Disorders*
2. Cogle, J.R., Lee, H.-J., & Salkovskis, P.M. Is responsibility inflated in non-checking OCD patients? *Journal of Anxiety Disorders*

#### **MANUSCRIPTS IN PREPARATION:**

1. Cogle, J.R., Salkovskis, P.M., & Thorpe, S.J. A semi-ideographic test of reality-monitoring in obsessive-compulsive checkers.
2. Telch, M.J., Smits, J.A.J, Powers, M.B, Sloan, T.B, & Cogle, J.R. Safety-behavior fading in the treatment for panic disorder: a controlled investigation of a new CBT component.
3. Cogle, J.R., Lee, H.J., & Telch, M.J. The self-versus-others distinction in inflated responsibility for harm: Implications for the cognitive model of OCD.

## **POSITIONS OF RESPONSIBILITY:**

### **Graduate Student Body President, Mansfield College, Oxford University**

Responsibilities included chairing of graduate student meetings, acting as mediator between faculty and students, arranging social events, participation in Oxford University inter-collegiate governing body meetings, and overseeing general student welfare.

04/99-12/99

## **CONFERENCE PRESENTATIONS:**

1. Cogle, J.R., Lee, H-J., & Telch, M.J. (March, 2005). Inflated responsibility beliefs in obsessive-compulsives with and without checking compulsions. Poster presented at the annual meeting of the *Anxiety Disorders Association of America*, Seattle, Washington.
2. Cogle, J.R., Lee, H-J., & Telch, M.J. (November, 2004). The self-versus-others distinction in inflated responsibility for harm: implications for the cognitive model of OCD. Poster presented at the annual meeting of the *Association for the Advancement of Behavior Therapy*, New Orleans, Louisiana.
3. Cogle, J.R., Powers, M.B., Lee, H-J., Smits, J.A.J., Seim, R., & Telch, M.J. (November, 2004). The singular and combined effects of thought suppression and anxiety induction on frequency of threatening thoughts: An experimental investigation. Poster presented at the annual meeting of the *Association for the Advancement of Behavior Therapy*, New Orleans, Louisiana.
4. Cogle, J.R., & Salkovskis, P.M. (November, 2003). Reality-monitoring in obsessive-compulsive checkers. Poster presented at the annual meeting of the *Association for the Advancement of Behavior Therapy*, Boston, Massachusetts.
5. Cogle, J.R., & Salkovskis, P.M. (November, 2003). Perception of memory accuracy and confidence in memory in obsessive-compulsive disorder: an investigation of obsessional and non-obsessional actions and events. Poster presented at the annual meeting of the *Association for the Advancement of Behavior Therapy*, Boston, Massachusetts.
6. Lee, H.J., Cogle, J.R., & Telch, M.J. (November, 2003). The difference between moral thought-action fusion and likelihood thought-action fusion: which is more pathological? Poster presented at the annual meeting of the *Association for the Advancement of Behavior Therapy*, Boston, Massachusetts.

7. Powers, M.B., Rentz, T., Smits, J.A.J., Cogle, J.R., & Telch, M.J. (March, 2003). Active-Imaginal Exposure: Examination of a New Behavioral Treatment for Cynophobia. Poster presented at the annual meeting of the *Anxiety Disorders Association of America*, Toronto, Canada.
8. Coleman P.K., Reardon D.C., Rue V.M., & Cogle J.R. (May, 2002). Prior History of Induced Abortion and Substance Use During Pregnancy. Poster presented at the annual meeting of the *American Psychological Society*, New Orleans, Louisiana.

#### **COLLOQUIA:**

1. Cogle, J.R. (April, 2004). The singular and combined effects of thought suppression and anxiety induction on frequency of threatening thoughts: An experimental investigation. Presented at the annual clinical psychology research seminar. *University of Texas at Austin*.
2. Cogle, J.R.. (April, 2003). Social phobia: a case presentation. Presentation at the annual clinical psychology clinical seminar. *University of Texas at Austin*.
3. Cogle, J.R. (June, 1999). Lewis, sin, and psychoanalysis. Presented at the Oxford University C.S. Lewis Society. *Oxford University, England*.
4. Cogle, J.R. (May, 1999). Obsessive-compulsive disorder, responsibility, and memory. Presented at the Chester Cognitive Therapy Centre. *Chester, England*.
5. Cogle, J.R. (October, 1998). Cognitive-behavioural approaches to obsessive-compulsive disorder. Presented at the Department of Experimental Psychology. *Oxford University, England*.

#### **PROFESSIONAL AFFILIATIONS:**

American Psychological Association, Association for the Advancement of Behavior Therapy, Anxiety Disorders Association of America