

## Anna R. Gai

[gai@psy.fsu.edu](mailto:gai@psy.fsu.edu)

*Florida State University, Department of Psychology  
1107 West Call St, Tallahassee, FL 32306*

### Career Plan

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As a Lieutenant in the United States Navy Medical Service Corp, I will complete the Navy Clinical Psychology Internship Program at Walter Reed National Military Center in fulfillment of the Clinical Psychology Doctoral program at Florida State University. Through the United States Navy, I wish to serve in a leadership role where I will apply my clinical foundation, research, and policy work to develop, disseminate, and implement treatment and prevention programs to improve the lives of the members of our armed forces and their family members.

### Education

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Ph.D. in Clinical Psychology August 2016 – Present  
*Florida State University, Tallahassee, FL*  
 Major Professor: Thomas E. Joiner, PhD  
 Clinical Internship: Walter Reed National Military Medical Center (2022 – 2023)

B.A. in Psychology (High Distinction) August 2011 – April 2016  
*University of Virginia, Charlottesville, VA*

### Professional Experience

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**Statewide Office for Suicide Prevention** August 2020 – May 2022  
 Office of Substance Abuse and Mental Health, Florida Department of Children and Families  
*Subject Matter Expert – Suicide Prevention*  
*Director*  
 Chair of the Florida Suicide Prevention Coordinating Council  
 Member of the Florida First Responder Suicide Deterrence Task Force  
 Member of the Florida Governor’s Challenge Team

### Clinical Experience (Approximate Total Hours: 1,880; Intervention: 795)

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**Assistant Director** August 2019 – August 2020  
*Florida State University Psychology Clinic*  
 Tallahassee, FL

**Staff Individual Psychotherapist** August 2017 – August 2020  
*Florida State University Psychology Clinic*  
 Tallahassee, FL

Populations Served: adult, adolescent, and child psychiatric outpatients  
Services: Individual (evidence-based framework), Cognitive assessments  
Supervisors: Therese Skubic Kemper, Ph.D., Michael J. Kofler, Ph.D., Thomas E. Joiner, Ph.D., Christina J. Riccardi, Ph.D., N. Brad Schmidt, Ph.D., Jessica Ribeiro, Ph.D., Alexandria Meyer, Ph.D.

**Peer Supervisor** August 2019 – August 2020  
*Florida State University Psychology Clinic*

Tallahassee, FL

**Screening Psychotherapist**

August 2018 – August 2020

*Florida State University Psychology Clinic*  
Tallahassee, FL

**Hoarding Disorder Group Treatment Therapist**

January 2018 – May 2020

*Florida State University Psychology Clinic*  
Supervisor: Therese Skubic Kemper, Ph.D.

**Clinical Interviewer, Research-Related Clinical Interviewing**

January 2017 – May 2022

*Laboratory for the Study and Prevention of Suicide-Related Conditions and Behaviors*  
*Department of Psychology, Florida State University*  
Populations Served: Undergraduate/graduate students, and community members  
Supervisor: Thomas E. Joiner

**On-Call Clinician, Research-Related Suicide Risk Assessment**

September 2016 – May 2022

*Laboratory for the Study and Prevention of Suicide-Related Conditions and Behaviors*  
*Department of Psychology, Florida State University*  
Populations Served: Undergraduate/graduate students  
Supervisor: Thomas E. Joiner

**Student Assistant**

February 2018 – May 2019

*Memory Disorder Clinic*  
*Tallahassee Memorial Hospital, Tallahassee, Florida*  
Populations Served: Neuropsychological assessments, particularly for those with memory complaints and TBIs  
Supervisor: Carlton S. Gass, Ph.D., ABPP, ABN

**Clinical Trainee**

August 2018 – December 2018

*U.S. Department of Veterans Affairs*  
*Tallahassee Health Care Center, Behavioral Health Clinic, Tallahassee, Florida*  
Populations Served: U.S. Veterans  
Supervisor: Diana Marshall, Ph.D.

**Acceptance and Commitment Therapy Group Therapist.**

August 2018 – December 2018

*U.S. Department of Veterans Affairs*  
*Tallahassee Health Care Center, Behavioral Health Clinic, Tallahassee, Florida*  
Populations Served: U.S. Veterans  
Supervisor: Diana Marshall, Ph.D.

**Volunteer Crisis Counselor**

Fall 2015 – Fall 2016

*Crisis Text Line, Nationwide*

**Volunteer Crisis Counselor**

Fall 2013 – Spring 2016

*Helpline, University of Virginia*

## Research Experience

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**Department of Psychology, Florida State University** August 2016 – Present  
*Graduate Research Assistant*

Supervisor: Thomas E. Joiner, Ph.D.

Laboratory for the study and prevention of suicide-related conditions and behaviors

**Department of Psychology, University of Virginia** January 2013 – May 2016  
*Research Assistant*

Supervisors: Laura M. Getz, Ph.D. & Michael Kubovy, Ph.D.

Visual and Auditory Perception Laboratory

*Distinguished Majors Program in Psychology* August 2014 – May 2015

Supervisors: Laura M. Getz, Ph.D. & Michael Kubovy, Ph.D.

Developed novel research question on role of anxiety in language and rhythm processing

**INOVA Neuroscience Research Institute, Falls Church VA** Summer 2014  
*Intern*

Supervisor: James Ecklund, MD

## Teaching Experience

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**Teaching Assistant – FSU Psychology Clinic Pre-practicum** Summer 2019 & Summer 2020  
 Florida State University

**Guest Lecture – FSU Psychology Clinic Weekly Staff Meeting** April 2019  
*Give an Hour*  
 Florida State University

**Guest Lecture – Abnormal Psychology** March 2019  
*Generalized Anxiety Disorder (GAD)*  
 Florida State University

**Guest Lecture – FSU Psychology Clinic Weekly Staff Meeting** September 2018  
*Treatment for Hoarding Disorder, and other cool stuff about clutter*  
 Florida State University

**Guest Lecture – Summer Course: “Psychology of Music”** August 2015  
*Does Anxiety Change Our Perception?*  
 University of Virginia

## Grants

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988 State Planning Grants Funded February 2021 – March 2022  
*Vibrant Emotional Health*  
Project Title: Florida Department of Children and Families, Office of Substance Abuse  
 and Mental Health 988 Planning Grant  
Role: Director

Amount Awarded: \$335,000

Collaborative Collision: COVID-19 Pandemic Seed Grant 2020 – 2021

*Florida State University Office of Research Development*

Project Title: A Longitudinal, Pre-Pandemic – Post-Pandemic Assessment of the Mental Health and General Psychological Functioning of a Large Sample of Young Adults

Role: co-Investigator (PI: Joiner)

Amount Awarded: \$12,332

Fahs-Beck Fellows 2019 – 2021

*Fahs-Beck Fund for Research and Experimentation*

Project Title: Accessibility Implications to Changing the National Suicide Lifeline Prevention Number

Role: co-Investigator (PI: Thomas Joiner)

Amount Awarded: \$18,500

Division 49 Group Psychotherapy Grant 2018 – 2019

*American Psychological Foundation (APF)*

Project Title: Group Treatment for Hoarding Disorder

Role: co-Principle Investigator (Co-PI: Mathes)

Amount Awarded: \$1,200

Submitted

COVID-19 Rapid Response Grant 2020

*American Psychological Foundation (APF)*

Project Title: A Longitudinal, Pre-Pandemic – Post-Pandemic Assessment of the Mental Health and General Psychological Functioning of a Large Sample of Young Adults

Role: co-Investigator (PI: Joiner)

Amount Awarded: \$20,000

Status: Not Funded

National Research Service Award (NRSA) Individual Predoctoral Fellowship (F31)

*National Institutes of Health*

Project Title: A Multi-Method Investigation of the Role of Capability for Suicide

Role: Principal Investigator

Amount Requested: \$84,186

Date Submitted: 12/2019

Status: Not Funded

## **Honors and Awards**

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2022 – American Psychological Association Division 12: Society of Clinical Psychology

Distinguished Student Leadership Award

2021 – Military Suicide Research Consortium Dissertation Award

2021 – Graduate Student Leadership Award, Florida State University

2017, 2018, 2022 – Graduate Research Development Awards, Florida State University

2018, 2019, 2020 – Military Suicide Research Consortium American Association of Suicidology  
Pre-conference Research Training Day Travel Award  
2017 & 2018 – Congress of Graduate Students Presentation Grant, Florida State University  
2013, 2014, 2015 – Dean’s List, University of Virginia

### Peer-Reviewed Publications

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1. Jeon, M. E., Gomez, M., **Gai, A. R.**, Ringer, F. B., Schafer, K. M., & Joiner, T. E. (in press). Suicide risk among young adults during the COVID-19 pandemic. *International Journal of Cognitive Therapy*.
2. Joiner, T. E., Jeon, M. E., Lieberman, A., Janakiraman, R., Duffy, M. E., & **Gai, A. R.** (2021) On Prediction, Refutation, and Explanatory Reach: A consideration of the Interpersonal Theory of Suicidal Behavior. *Preventive Medicine*.
3. Ringer, F. B., Rogers, M. L., Podlogar, M. C., Chu, C., Stanley, I., **Gai, A. R.**, & Joiner, T. E. (2021) To Support and Defend: A Eusociality-Based Account of Suicide in U.S. Military Service Members and First Responders. *Clinical Psychology: Science and Practice*.
4. Rogers, M. L., Bauer, B. W., **Gai, A. R.**, Duffy, M. E., & Joiner, T. E. (2021). Examination of measurement invariance of the Acquired Capability for Suicide Scale. *Psychological Assessment*.
5. Rogers, M. L., **Gai, A. R.**, Lieberman, A., Schafer, K. M., & Joiner, T. E. (2021). Why Does Safety Planning Prevent Suicidal Behavior? *Professional Psychology: Research and Practice*.
6. Bauer, B.W.\*, **Gai, A.R.**\*, Duffy, M.E., Rogers, M.L., Khazem, L.R., Martin, R.L., Joiner, T.E., & Capron, D.W. (2020). Fearlessness about death does not differ by suicide attempt method. *Journal of Psychiatric Research*.
7. Bauer, B.W., **Gai, A.R.**, Joiner, T.E., & Capron, D.W. (2020). Frequency and subjective impact of painful and provocative events on the acquired capability for suicide. *Archives of Suicide Research*.
8. **Gai, A. R.**, Ringer, F., Schafer, K., Dougherty, S., Schneider, M., Soberay, K. A., Gutierrez, P. M., Joiner, T. E., Comtois, K. A., & Plant, E. A. (2020). The Nature and Structure of the Military Suicide Research Consortium's Common Data Elements. *Military Behavioral Health*
9. Janakiraman, R., Stanley, I. H., Duffy, M. E., **Gai, A. R.**, Hanson, J. E., Gutierrez, P. M., & Joiner, T. E. (2020). Suicidal Ideation Severity in Transgender and Cisgender Elevated-Risk Military Service Members at Baseline and Three-Month Follow-Up. *Military Behavioral Health*.

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\* Denotes co-first authors with equal contributions to the project

10. Duffy, M.E., **Gai, A.R.**, Rogers, M.L., Joiner, T.E., Luby, J.L., Joshi, P.T., Wagner, K.D., Emslie, G.J., Walkup, J.T., & Axelson, D. (2019). Psychotic symptoms and suicidal ideation in child and adolescent bipolar I disorder. *Bipolar Disorders*.
11. Chu, C., Rogers, M. L., **Gai, A.**, & Joiner, T. E. (2018). Role of thwarted belongingness and perceived burdensomeness in the relationship between violent daydreaming and suicidal ideation in two adult samples. *Journal of Aggression, Conflict, and Peace Research*.
12. Chu, C., Hom, M. A., Stanley, I. H., **Gai, A. R.**, Nock, M. K., Gutierrez, P. M., & Joiner, T. E. (2018). Non-suicidal self-injury and suicidal thoughts and behaviors: a study of the explanatory roles of the interpersonal theory variables among military service members and veterans. *Journal of consulting and clinical psychology*.
13. Gallyer, A. J., Dougherty, S. P., **Gai, A. R.**, Stanley, I. H., Hom, M. A., Rogers, M. L., Duffy, M. E., Buchman-Schmitt, J. M., Spencer-Thomas, S., & Joiner, T. E. (2018). Problematic alcohol use and suicidal ideation among firefighters: A multi-study investigation of the explanatory roles of perceived burdensomeness and thwarted belongingness. *Journal of Affective Disorders*.
14. Podlogar, M. C., **Gai, A. R.**, Schneider, M., Hagan, C. R., & Joiner, T. E. (2018). Advancing the prediction and prevention of Murder-Suicide. *Journal of Aggression, Conflict, and Peace Research*.
15. Rogers, M. L., Schneider, M. E., **Gai, A. R.**, Gorday, J. Y., & Joiner, T. E. (2018). Evaluation of two web-based interventions in reducing the stigma of suicide. *Behaviour Research and Therapy*.
16. Stanley, I. H., Hom, M. A., **Gai, A. R.**, & Joiner, T. E. (2018). Wildland Firefighters and Suicide Risk: Examining the role of social disconnectedness. *Psychiatry Research*.
17. Stanley, I. H., Buchman-Schmitt, J. M., Chu, C., Rogers, M. L., **Gai, A.**, Wagner, R. K., Gutierrez, P. M., & Joiner, T. E. (2018). The Military Suicide Research Consortium common data elements: An examination of measurement invariance across current service members, younger veterans, and older veterans. *Assessment*.

### **Professional Publications and Government Reports**

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1. Florida Department of Children and Families Office of Substance Abuse and Mental Health. (2022). *First Responder Suicide Deterrence Task Force 2022 Annual Report*.
2. Florida Department of Children and Families Office of Substance Abuse and Mental Health. (2022). *Suicide Prevention Coordinating Council 2021 Annual Report*.
3. Florida Department of Children and Families Office of Substance Abuse and Mental Health. (2021). *First Responder Suicide Deterrence Task Force 2021 Annual Report*.

4. Florida Department of Children and Families Office of Substance Abuse and Mental Health. (2020). *2020 – 2023 Florida Suicide Prevention Interagency Action Plan*.
5. Florida Department of Children and Families Office of Substance Abuse and Mental Health. (2021). *Suicide Prevention Coordinating Council 2020 Annual Report*.
6. **Gai, A.** (2015, Winter). Army of Volunteers: Give an Hour. *American Veteran*, 22.

### **Publications Under Review**

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1. **Gai, A.R.**, Lieberman, A., Schneider, M., Chiurliza, B., Spencer-Thomas, S., & Joiner, T. E. (under review). *Prevalence and sociodemographic correlates of suicide-related thoughts and behaviors within the construction and extraction workforce*. Manuscript submitted for publication.
2. Ringer, F. B., **Gai, A. R.**, Rogers, M. L., Chu, C., Schneider, M., Gutierrez, P. M., & Joiner, T. E. (under review). *Clinical Cut-off Scores for Abbreviated Measures in the Military Suicide Research Consortium Common Data Elements*. Manuscript submitted for publication.
3. Rogers, M. L., **Gai, A. R.**, & Joiner, T. E. (under review). *Fluctuations in and Associations between Physical and Psychological Distance to Suicide Methods, Fearlessness about Death, and Suicidal Intent*. Manuscript submitted for publication.

### **Manuscripts & Government Reports in Preparation**

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1. DeCou, C. R., Adhia, A., **Gai, A. R.**, Huppert, T. K., Ayyagari, R. C., DiMascolo, L., & Joiner, T. E. (in preparation). *On Murder-Suicide*.
2. **Gai, A. R.\***, Clancy, K.\*, Morabito, D., Joiner, T. E., & Schmidt, N. B. (in preparation). *Interaction of acquired capability and distress intolerance as a novel risk factor for suicidality in an at-risk outpatient and veteran population*.
3. **Gai, A. R.**, Stanley, I. H., Hom, M. A., & Joiner, T. E. (in preparation). *Military Service and Firefighting Service: An investigation into the effects of military service on psychiatric symptoms experienced by U.S. firefighters*.

### **Oral Presentations**

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1. **Gai, A. R.** & Lang, M. (2021, September). *Work-Life Balance for the Child Welfare Professional: Mythical Unicorn or Achievable Goal?*. Oral presentation at the 2021 Child Protection Summit, Orlando, FL.
2. **Gai, A. R.** & Smith, C. (2021, August). *Infrastructure and status of suicide prevention efforts in Florida*. Oral presentation at the 2021 Florida Behavioral Health Conference, Orlando, FL.

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3. **Gai, A. R.** (2020, September). *Suicide Prevention*. Oral presentation presented at the Osceola Children's Cabinet Meeting.
4. **Gai, A. R.** (2020, September). *Suicide Prevention*. Oral presentation presented at the Aspire Health Partner's Children's Community Programs Monthly Meeting.
5. **Gai, A. R.** (2020, November). *Expert Chat: It's Okay to not be Okay, Even During the Holidays*. Facebook Live event with the Check-In Project.
6. **Gai, A. R.** (2020, December). *Suicide Prevention*. Oral presentation presented to Florida's Children and Youth Cabinet.
7. **Gai, A. R.,** Gutierrez, P. M., & Joiner, T. E. (2019, August). *Separation from Active-Duty Service and Suicidality: Inaccurate Affective Forecasting?* Oral presentation presented at the meeting of the Military Health System Research Symposium, Kissimmee, FL.
8. **Gai, A. R.,** Comtois, K. A., Joiner, T. E., Meriwether, W. E., Miklin, S., Bauder, C. R., Stover, A. N. & Tucker, R. (2019, April). *Different Lens, Same Goal- Suicide Prevention in Practice, Research and Lived Experience*. Panel presented at the meeting of the American Association for Suicidology, Denver, Colorado.
9. **Gai, A. R.,** Gutierrez, P. M., & Joiner, T. E. (2019, April). *Experiences of Suicidality Immediately Before and After Separation from the U.S. Military*. Oral presentation presented at the Florida State University Psychology Department Graduate Research Day, Tallahassee, Florida.
10. **Gai, A. R.,** Gutierrez, P. M., & Joiner, T. E. (2019, April). *Relation of suicidality and separation from the U.S. military*. Presented at the meeting of the American Association for Suicidology, Denver, Colorado.
11. **Gai, A. R.,** Binstock, S., Carlough, C., Gardner, K. & Spencer-Thomas, S. (2018, April). *You Can't Fix Your Mental Health with Duct Tape: Continuing the Conversation of Suicide Prevention in Construction and Extraction*. Oral presentation presented at the meeting of the American Association of Suicidology, Washington D.C.
12. **Gai, A. R.,** Caulkins, C. G., Martin III, G. A., Stagnaro, V., Coghlan, T. E., & Spencer-Thomas, S., (2018, April). *First Responders and Suicide Prevention: New Research and Innovative Approaches*. Oral presentation presented at the meeting of the American Association of Suicidology, Washington D.C.

### **Poster Presentations**

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1. Florida First Responder Suicide Deterrence Task Force (2022, February). *The Florida First Responder Suicide Deterrence Task Force*. Poster presented at the Florida Suicide Prevention Coalition 2022 Conference, Tampa, Florida.



2. Crow, B. E. & **Gai, A. R.** (2019, August). *Does Suicide Risk Migrate from the DoD to the VA?* Poster presented at the annual American Psychological Association Convention, Chicago, Illinois.
3. Janakiraman, R., Duffy, M. E., **Gai, A. R.**, & Joiner, T. E. (2019, April). *Suicidal Ideation in Transgender vs. Cisgender Military Service Members.* Poster presented at the meeting of the American Association for Suicidology, Denver, Colorado.
4. Vazquez, A., **Gai, A. R.**, & Joiner, T.E. (2019, April). *United in Student-Veteran Adjustment (U.S.A.) Project: an analysis of pilot data examining student-veteran psychological health & university program utilization.* Poster presented at the meeting of the American Association for Suicidology, Denver, Colorado.
5. **Gai, A. R.**, Bauer, B. W., Capron, D. W., & Joiner, T. E. (2018, November). *Effect of Emergency Department Factors on Patients' Death from Self-Inflicted Injuries.* Poster presented at the meeting of the Association for Behavioral and Cognitive Therapies, Washington, D.C.
6. **Gai, A. R.**, Stanley, I. H., Hom, M. A., & Joiner, T. E. (2018, August). *Military Service and Firefighting Service: An investigation into the effects of military service on psychiatric symptoms experienced by U.S. firefighters.* Poster presented at the meeting of the Military Health System Research Symposium, Kissimmee, FL.
7. **Gai, A. R.**, Rogers, M., Schneider, M., Chiruliza, B., Spencer-Thomas, S., & Joiner, T. E. (2018, April). *You Can't Fix Your Mental Health with Duct Tape: An Investigation of the Prevalence Rates and Correlates of Suicidality Within the Construction and Extraction Industry.* Poster presented at the meeting of the Anxiety and Depression Association of America, Washington D.C.
8. Vazquez, A. A., **Gai, A. R.**, & Joiner, T. E. (2018, April). *United in Student-Veteran Adjustment (U.S.A.) Project: an analysis of pilot data examining student-veteran psychological health & university program utilization.* Poster presented at the meeting of the American Association of Suicidology, Washington D.C.
9. **Gai, A. R.**, Stanley, I. H., Hom, M. A., & Joiner, T. E. (2017, November). *The Effect of Military Service History on Psychiatric Symptoms in U.S. Firefighters.* Poster presented at the meeting of the Association for Behavioral and Cognitive Therapies Special Interest Group Exposition, San Diego, CA.
10. Ringer, F. B., **Gai, A. R.**, Rogers, M. L., Chu, C., Schneider, M., & Joiner, T. E. (November, 2017). Clinical cut-off scores for shortened measures in the Military Suicide Research Consortium Common Data Elements. Poster presented at the International Summit on Suicide Research, Henderson, Nevada.

### **Clinical Workshops**

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CALM: Counseling on Access to Lethal Means

*Completed October 2020*

Collaborative Assessment and Management of Suicidality (CAMS)

*Basic Course Completed May 2020*

*Online Role-play Training Completed June 2020*

### **Editorial Experience**

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Adhoc Reviewer

*Journal of Affective Disorders*

*Journal of Clinical Psychology*

*Psychiatry Research*

Other Review Experience

*Student Veterans of America (SVA) National Conference Submissions*

*American Association of Suicidology (AAS) Conference Submissions*

### **Active Professional Memberships**

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American Psychological Association Division 19: Society for Military Psychology

American Psychological Association Division 12: Society of Clinical Psychology

### **Relevant Volunteer Experience**

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Give an Hour, Nationwide

Fall 2014 – Present

*Student Liaison*

STEMVeterans USA

Spring 2017 – Present

*Board Member*