

MELANIE A. HOM, M.S.

DOCTORAL STUDENT, DEPARTMENT OF PSYCHOLOGY
FLORIDA STATE UNIVERSITY
1107 WEST CALL STREET, TALLAHASSEE FL 32306
hom@psy.fsu.edu

EDUCATION

- 2014– **Ph.D. Student in Clinical Psychology**
Florida State University, Tallahassee, FL
Advisor: Thomas E. Joiner, Ph.D.
- 2014–2015 **M.S. in Clinical Psychology**
Florida State University, Tallahassee, FL
Advisor: Thomas E. Joiner, Ph.D.
- 2008–2012 **B.A. in Human Biology, University Distinction & Departmental Honors**
Stanford University, Stanford, CA
Advisor: Catherine A. Heaney, Ph.D.

RESEARCH EXPERIENCE

- 2014– **Graduate Student Research Assistant**
PI: Thomas E. Joiner, Ph.D.
Laboratory for the Study and Prevention of Suicide-Related Conditions and Behaviors
Department of Psychology, *Florida State University*
Tallahassee, FL
- 2012–2014 **Lab Manager & Clinical Research Assistant**
PI: Rebecca A. Bernert, Ph.D.
Suicide Prevention Research Laboratory
Department of Psychiatry and Behavioral Sciences, *Stanford University*
Stanford, CA
- 2010–2012 **Undergraduate Independent Researcher**
Mentors: Catherine A. Heaney, Ph.D., Cheryl Koopman, Ph.D.
Stanford Student Mental Health Study
Program in Human Biology, *Stanford University*
Stanford, CA
- 2011 **Psycho-Oncology Intern**
PIs: Dianne M. Shumay, Ph.D., Laura B. Dunn, M.D.
Worry Less Live Well (WiLLoW) Study
Comprehensive Cancer Center, *University of California, San Francisco*
San Francisco, CA

CLINICAL EXPERIENCE

- 08/16– **Psychologist Trainee** (10 hrs/wk)
Supervisor: Mark Reeves, Ph.D.
Outpatient and Inpatient Psychotherapy, *Apalachee Center, Inc.*
Tallahassee, FL

02/16–08/16	Psychology Intern <i>Supervisor: Larry Kubiak, Ph.D.</i> Inpatient Psychiatry, <i>Tallahassee Memorial Hospital</i> Tallahassee, FL	(4 hrs/wk)
11/15–	Dialectical Behavior Therapy Skills Training Group Therapist <i>Supervisor: Thomas E. Joiner, Ph.D.</i> Psychology Clinic Department of Psychology, <i>Florida State University</i> Tallahassee, FL	(2 hrs/wk)
08/15–	Psychological Therapist Trainee <i>Supervisors: Jesse R. Cogle, Ph.D., Thomas E. Joiner, Ph.D., Therese S. Kemper, Ph.D., Michael J. Kofler, Ph.D.</i> Psychology Clinic Department of Psychology, <i>Florida State University</i> Tallahassee, FL	(Caseload: 4-5)
05/15–04/16	Clinical Interviewer, Inpatient Unit Research Project <i>Supervisor: Thomas E. Joiner, Ph.D.</i> Laboratory for the Study and Prevention of Suicide-Related Conditions and Behaviors Department of Psychology, <i>Florida State University</i> Tallahassee, FL	(2 hrs/wk)
02/15–	On-Call Clinician, Research-Related Suicide Risk Assessments <i>Supervisor: Thomas E. Joiner, Ph.D.</i> Laboratory for the Study and Prevention of Suicide-Related Conditions and Behaviors Department of Psychology, <i>Florida State University</i> Tallahassee, FL	(4 hrs/wk)
06/15–07/15	Classroom-Based Socioemotional Learning Therapist <i>Supervisor: Kristen L. Schmidt, Ph.D.</i> Migrant Education Project, 2 nd and 3 rd Grade Multidisciplinary Center, <i>Florida State University</i> Tallahassee, FL	(4 hrs/wk)
10/12–06/14	Screening Interviewer <i>Supervisor: Rebecca A. Bernert, Ph.D.</i> Suicide Prevention Research Laboratory Department of Psychiatry and Behavioral Sciences, <i>Stanford University</i> Stanford, CA	(5 hrs/wk)

TEACHING EXPERIENCE

2015–	Directed Independent Study (5 undergraduates) Department of Psychology, <i>Florida State University</i> Tallahassee, FL <ul style="list-style-type: none"> • 1 student successfully completed honors thesis • 1 student successfully obtained University grant funding (\$1000) for an independent research project
2011–2012	Undergraduate Academic Advisor Program in Human Biology, <i>Stanford University</i> Stanford, CA

GRANTS & FELLOWSHIPS

Active

Violet and Cyril Franks Scholarship, American Psychological Foundation 09/2015 – 06/2017
Title: Modifying Help-Seeking Stigma: Development and Prospective Evaluation of a Novel Cognitive Bias Modification Intervention
To: Test the effectiveness of a novel application of cognitive bias modification to address help-seeking stigma among undergraduates with untreated psychiatric disorders
Role: Co-Principal Investigator (Co-PI: Stanley)
Total Costs: \$5,000

Florida State University Graduate School Fellowship 08/2014 – 06/2020
Title: Fellows Society Adelaide Wilson Fellowship (Merit-Based)
To: Contribute to interdisciplinary collaboration across university graduate programs, demonstrate excellence in graduate-level research, and provide leadership for the University's Fellows Society
Role: Fellow (3 selected across all incoming graduate students each year)
Total Costs: \$155,000

Completed

National Fallen Firefighters Foundation 11/2014 – 09/2015
Title: Everyone Goes Home: Firefighter Suicide Study
To: Investigate prevalence of suicide ideation/attempts, and death by suicide among firefighters nationwide
Role: Co-Investigator (Co-I) (PI: Joiner)
Total Costs: \$70,000

Small Grant – #5177, Stanford University Undergraduate Advising and Research 05/2011 – 01/2012
Title: Stanford Student Mental Health Study, Part 2
To: Investigate Engineering undergraduates' responses to personalized normative mental health feedback
Role: Principal Investigator (PI) (Advisors: Heaney, Koopman)
Total Costs: \$2,100

Small Grant – #4694, Stanford University Undergraduate Advising and Research 12/2010 – 06/2011
Title: Stanford Student Mental Health Study, Part 1
To: Investigate Psychology undergraduates' responses to personalized normative mental health feedback
Role: Principal Investigator (PI) (Advisors: Heaney, Koopman)
Total Costs: \$1,500

HONORS & AWARDS

2016 Military Suicide Research Consortium (MSRC) Training Day Travel Award, \$1000
2016 Winning Proposal, Fellows Society Forum, Graduate School, *Florida State University*
2015 Early Graduate Student Researcher Award, *American Psychological Association*, \$1000
2015 Congress of Graduate Students Presentation Grant, *Florida State University*, \$200
2015 Military Suicide Research Consortium (MSRC) Training Day Travel Award, \$1000
2014 Fellows Society Member, Graduate School, *Florida State University*
2012 Estelle and Bernard Shuer Award for Excellence in Neuroscience Research, *Stanford University*
2012 Al Hastorf Award for Outstanding Service in Human Biology, *Stanford University*
2012 Student Member, *Psi Chi, International Honor Society in Psychology*
2010 Research Methods Trainee, Rising Juniors Honors College, *Stanford University*
2010 Letter of Commendation, Biology Department, *Stanford University*
2010 Mark of Excellence Award, *Society of Professional Journalists (SPJ)*

PUBLICATIONS & PRESENTATIONS

Peer-Reviewed Articles

1. Stanley, I. H., **Hom, M. A.**, & Joiner, T. E., Jr. (In press). Neither attention-seeking nor reassurance-seeking predicts duration or frequency of psychotherapy utilization. *Stigma & Mental Health*.
2. Silva, C., Hagan, C. R., Rogers, M. L., Chiurliza, B., Podlogar, M. C., **Hom, M. A.**, Tzoneva, M., Lim, I. C., & Joiner, T. E. (2016). Evidence for the propositions of the interpersonal theory of suicide among a military sample. *Journal of Clinical Psychology*. doi:10.1002/jclp.22347
3. **Hom, M. A.**, Lim, I. C., Stanley, I. H., Chiurliza, B., Podlogar, M. C., Buchman-Schmitt, J. M., Michaels, M. S., Silva, C., Ribeiro, J. D., & Joiner, T. E., Jr. (2016). Insomnia brings soldiers into mental health treatment, predicts treatment engagement, and outperforms other suicide-related symptoms as a predictor of major depressive episodes. *Journal of Psychiatric Research*, 79, 108-15. doi: 10.1016/j.jpsychires.2016.05.008
4. Allan, N. P., Gros, D. F., **Hom, M. A.**, Joiner, T. E., Jr., & Stecker, T. (In press). Suicidal ideation and interpersonal needs: Factor structure of a short version of the Interpersonal Needs Questionnaire in an at-risk military sample. *Psychiatry: Interpersonal and Biological Processes*.
5. Stanley, I. H., **Hom, M. A.**, Rogers, M. L., Anestis, M.D., & Joiner, T.E., Jr. (2016). Discussing firearm ownership and access as a part of standardized suicide risk assessment and management: “Means safety” versus “means restriction.” *Archives of Suicide Research*.
6. Rogers, M. L., Stanley, I. H., **Hom, M. A.**, Chiurliza, B., Podlogar, M. C., & Joiner, T. E., Jr. (2016). Conceptual and empirical scrutiny of covarying depression out of suicidal ideation. *Assessment*.
7. Chu, C., Buchman-Schmitt, J. M., **Hom, M. A.**, Stanley, I. H., & Joiner, T. E., Jr. (2016). A test of the interpersonal theory of suicide in a large sample of current firefighters. *Psychiatry Research*, 240, 26-33. doi: 10.1016/j.psychres.2016.03.041
8. **Hom, M. A.**, & Joiner, T. E., Jr. (2016). Predictors of treatment attrition among adult outpatients with clinically significant suicidal ideation. *Journal of Clinical Psychology*. doi: 10.1002/jclp.22318
9. **Hom, M. A.**, Stanley, I. H., & Joiner, T. E., Jr. (2016). The web-based assessment of suicidal and suicide-related symptoms: Factors associated with disclosing identifying information to receive study compensation. *Journal of Personality Assessment*.
10. **Hom, M. A.**, Podlogar, M. C., Stanley, I. H., & Joiner, T. E., Jr. (In press). Ethical issues and practical challenges in suicide research: Collaboration with Institutional Review Boards. *Crisis: The Journal of Crisis Intervention in Suicide Prevention*.
11. Stanley, I. H., **Hom, M. A.**, & Joiner, T. E., Jr. (2016). Suicide mortality among firefighters: Results from a large, urban fire department. *American Journal of Industrial Medicine*. doi:10.1002/ajim.22587
12. Chu, C., Stanley, I. H., **Hom, M. A.**, & Joiner, T. E., Jr. (In Press). Deployment, mental health problems, suicidality, and use of mental health services in a sample of military personnel. *Military Behavioral Health*.
13. Chu, C., **Hom, M.A.**, Rogers, M. L., Hames, J. L., & Joiner, T.E. (2016). Is insomnia lonely? Exploring thwarted belongingness as an explanatory link between insomnia and suicidal ideation in a sample of South Korean university students. *Journal of Clinical Sleep Medicine*, 12(5), 647-52. doi:10.5664/jcsm.5784
14. **Hom, M. A.**, Stanley, I. H., Moberg, F. B., & Joiner, T. E., Jr. (2016). Mental health service use among firefighters with suicidal thoughts and behaviors. *Psychiatric Services*, 67(6), 688-91. doi:10.1176/appi.ps.201500177
15. Stanley, I. H., **Hom, M. A.**, & Joiner, T. E., Jr. (2016). A systematic review of suicidal thoughts and behaviors among police officers, firefighters, EMTs, and paramedics. *Clinical Psychology Review*, 44, 25-44. doi:10.1016/j.cpr.2015.12.002
16. **Hom, M. A.**, Stanley, I. H., Rogers, M. L., Tzoneva, M., Bernert, R. A., & Joiner, T. E., Jr. (2016). The association between sleep disturbances and depression among firefighters: Emotion dysregulation as an explanatory factor. *Journal of Clinical Sleep Medicine*, 12(2), 235-34. doi:10.5664/jcsm.5492
17. Joiner, T. E., Jr., **Hom, M. A.**, Rogers, M. L., Chu, C., Stanley, I. H., Wynn, G. H. & Gutierrez, P. M. (2016). Staring down death: Is abnormally slow blink rate a clinically useful indicator of acute suicide risk? *Crisis: The Journal of Crisis Intervention and Suicide Prevention*, 37(3), 212-7. doi:10.1027/0227-5910/a000367

18. Joiner, T. E., Jr., **Hom, M. A.**, Hagan, C. R., & Silva, C. (2016). Suicide as a derangement of the self-sacrificial aspect of eusociality. *Psychological Review*, 123(3), 235-54. doi:10.1037/rev0000020
19. Podlogar, M. C., Rogers, M. L., Chiurliza, B., **Hom, M. A.**, Tzoneva, M., & Joiner, T. E., Jr. (2016). Who are we missing? Non-disclosure in online suicide risk screening questionnaires. *Psychological Assessment*, 28(8), 963-74. doi:10.1037/pas0000242
20. **Hom, M. A.**, Joiner, T. E., Jr., & Bernert, R. A. (2015). Limitations of a single-item assessment of suicide attempt history: Implications for standardized suicide risk assessment. *Psychological Assessment*, 28(8), 1026-30. doi:10.1037/pas0000241
21. Stanley, I. H., **Hom, M. A.**, Hagan, C. R., & Joiner, T. E., Jr. (2015). Career prevalence and correlates of suicidal thoughts and behaviors among firefighters. *Journal of Affective Disorders*, 187, 163-171. doi:10.1016/j.jad.2015.08.007
22. Chu, C., Klein, K. M., Buchman-Schmitt, J. M., **Hom, M. A.**, Hagan, C. R., & Joiner, T. E. (2015). Routinized assessment of suicide risk in clinical practice: An empirically informed update. *Journal of Clinical Psychology*, 71(12), 1186-200. doi:10.1002/jclp.22210
23. Stanley, I. H., **Hom, M. A.**, Joiner, T. E. (2015). Mental health service use among adults reporting suicidal ideation, plans, or attempts: Results from a national survey. *Psychiatric Services*, 66(2), 1296-302. doi:10.1176/appi.ps.201400593
24. **Hom, M. A.**, Stanley, I. H., & Joiner, T. E., Jr. (2015). Evaluating factors and interventions that influence help-seeking and mental health service utilization among suicidal individuals: A review of the literature. *Clinical Psychology Review*, 40, 28-39. doi:10.1016/j.cpr.2015.05.006
25. Stanley, I. H., **Hom, M. A.**, Rogers, M. L., Hagan, C. R., & Joiner, T. E., Jr. (2015). Understanding suicide among older adults: A review of psychological and sociological theories of suicide. *Aging & Mental Health*, 20(2), 113-22. doi:10.1080/13607863.2015.1012045
26. Bernert, R. A., **Hom, M. A.**, & Roberts, L. W. (2014). A review of multidisciplinary clinical practice guidelines in suicide prevention: Toward an emerging standard in suicide risk assessment and management, training and practice. *Academic Psychiatry*, 38(5), 585-592. doi:10.1007/s40596-014-0180-1
27. **Hom, M. A.**, Heaney, C. A., & Koopman, C. (2014). Personalized normative feedback for depression symptoms: A qualitative pilot study of female undergraduates. *Academic Psychiatry*, 38(4), 464-469. doi:10.1007/s40596-014-0076-0

Published Abstracts

1. Bernert, R. A., **Hom, M. A.**, Goodkind, M. S., Peng, K. K., Oathes, D. J., Primeau, M. M., & Etkin, A. (2013). Suicide risk and mood regulation deficits: Emotional reactivity as an exploratory pathway. *Neuropsychopharmacology*, 38, S116-7.

Book Chapters

1. Cogle, J. R., **Hom, M. A.**, & Matheny, N. L. (In Press). Cognitive-behavioral therapy, empirically supported treatment, and the movement to empirically supported practice. In D. McKay, J. Abramowitz, & E. Storch (Eds.). *Mechanisms of Syndromes and Treatment for Psychological Problems*. Wiley Press.
2. Bernert, R. A., **Hom, M. A.**, & Cheng, I. (In Press). Suicidal behaviors. In L.W. Roberts (Ed.). *The Encyclopedia of Human Biology*. Elsevier.

Symposia & Invited Presentations

1. Stanley, I. H., & **Hom, M. A.** (2016, June). Suicidal thoughts and behaviors among U.S. firefighters: Prevalence, correlates, and points of intervention. Presented at the 2016 Conference and Exposition of the National Fire Protection Association (NFPA), Las Vegas, NV.
2. Bernert, R. A., & **Hom, M. A.** (2014, April). Sleep and suicide risk: A descriptive comparison of objective versus subject sleep disturbances. Presented at the 47th Annual Meeting of the American Association of Suicidology (AAS), Los Angeles, CA.

Conference Poster & Paper Presentations

1. **Hom, M. A.**, Stanley, I. H., & Joiner, T. E. (2016, October). *Exploring the association between exposure to suicide and suicide risk among military service members and veterans*. Poster session to be presented at the 50th Annual Meeting of the Association of Behavioral and Cognitive Therapies (ABCT), New York, NY.

2. Stanley, I. H., **Hom, M. A.**, Rogers, M. L., Anestis, M. D., & Joiner, T. E. (2016, October). *Discussing firearm ownership and access as part of standardized suicide risk assessment and management: "Means safety" versus "means restriction."* Poster session to be presented at the 50th Annual Meeting of the Association of Behavioral and Cognitive Therapies (ABCT), New York, NY.
3. **Hom, M. A.** (2016, September). *Exploring the association between exposure to suicide and suicide risk among United States military service members and veterans.* Oral communication to be presented at the 16th European Symposium on Suicide and Suicidal Behaviours (ESSSB), Oviedo, Spain.
4. Dondero, T., **Hom, M. A.**, Kim, J. S., & Bernert, R. A. (2016, May). *Examining the link between nightmares and emotion dysregulation among adults at elevated risk for suicide.* Poster session to be presented at the 30th Annual Meeting of the Associated Professional Sleep Societies (SLEEP), Denver, CO.
5. Boffa, J. W., Stanley, I. H., **Hom, M. A.**, Joiner, T. E., Jr., & Schmidt, N. B. (2015, November). *Elevated PTSD symptoms are associated with increased risk for suicide ideation and behaviors in a national sample of firefighters.* Poster session presented at the 49th Annual Meeting of the Association of Behavioral and Cognitive Therapies (ABCT), Chicago, IL.
6. **Hom, M. A.**, Stanley, I. H., Tzoneva, M., & Joiner, T. E., Jr. (2015, November). *Limited access to emotion regulation strategies mediates the relationship between sleep problems and depression severity in a national sample of United States firefighters.* Poster session presented at the 49th Annual Meeting of the Association of Behavioral and Cognitive Therapies (ABCT), Chicago, IL.
7. **Hom, M. A.**, Stanley, I. H., Moberg, F. B., Joiner, T. E., Jr. (2015, October). *Prevalence and correlates of mental health care service utilization among a national sample of firefighters reporting career suicide ideation, plans, and attempts.* Poster session presented at the International Summit on Suicide Research (ISSR), New York, NY.
8. Stanley, I. H., **Hom, M. A.**, Hagan, C. R., & Joiner, T. E., Jr. (2015, October). *Career prevalence and correlates of suicide ideation, plans, attempts, and non-suicidal self-injury among firefighters: Results from a national survey.* Poster session presented at the International Summit on Suicide Research (ISSR), New York, NY.
9. Bernert, R. A., Iwata, N. M., Kim, J. S., Moscowitz, A., & **Hom, M. A.** (2015, May). *Perceived Stigma Toward Mental Health Treatment in Association with Sleep Disturbances and as an Acute Predictor of Suicidal Symptoms.* Poster session presented at the 29th Annual Meeting of the Associated Professional Sleep Societies (SLEEP), Seattle, WA.
10. Podlogar, M. C., Rogers, M. L., Chiurliza, B., **Hom, M. A.**, Tzoneva, M., & Joiner, T. E. (2015, April). *Who are we missing? Response pattern differences between Deniers, Endorsers, Non-disclosers in online self-report suicide screen questionnaires.* Paper session presented at the 48th Annual Meeting of the American Association of Suicidology (AAS), Atlanta, GA.
11. Stanley, I. H., **Hom, M. A.**, & Joiner, T. E. (2015, April). *Get connected to services: Reasons for mental health services nonuse among adults with suicidal ideation.* Paper session presented at the 48th Annual Meeting of the American Association of Suicidology (AAS), Atlanta, GA.
12. **Hom, M. A.**, Stanley, I. H., & Joiner, T. E. (2015, April). *Staying connected to services: Examining predictors of treatment attrition among individuals with suicidal ideation.* Poster session to be presented at the 48th Annual Meeting of the American Association of Suicidology (AAS), Atlanta, GA.
13. **Hom, M. A.**, Cheng, I., Joiner, T. E., & Bernert, R. A. (2014, April). *Differential reporting of suicide attempt history: Implications for standardized nomenclature in suicide risk assessment.* Poster session presented at the 47th Annual Meeting of the American Association of Suicidology (AAS), Los Angeles, CA.
14. Bernert, R. A., **Hom, M. A.**, Goodkind, M. S., Peng, K. K., Oathes, D. J., Primeau, M. M., & Etkin, A. (2013, December). *Suicide risk and mood regulation deficits: Emotional reactivity as an exploratory pathway.* Poster session presented at the 52nd Annual Meeting of the American College of Neuropsychopharmacology, Hollywood, FL.
15. Fujiye, M. T., Shumay, D. M., Melisko, M., **Hom, M.**, Abrams, D., & Dunn, L. B. (2011, November). *A pilot mindfulness and values-based living intervention for breast cancer survivors.* Poster session presented at the 8th Annual Meeting of the Society for Integrative Oncology (SIO), Cleveland, OH.

Media

- 2016 Press Release – American Academy of Sleep Medicine (AASM), *Study of firefighters finds potential pathway between insomnia and depression*

EDITORIAL EXPERIENCE

Adhoc Reviewer

Canadian Journal of Psychiatry
Comprehensive Psychiatry
Crisis: The Journal of Crisis Intervention and Suicide Prevention
Journal of Clinical Psychology
Public Health
Psychiatry Research

SERVICE & COMMUNITY WORK

2016	Panelist, New Graduate Student Orientation, <i>Florida State University</i>	Tallahassee, FL
2016 –	Note-taker, <i>Suicide Awareness Voice of Education (SAVE)</i>	Minneapolis, MN
2016 –	Undergraduate Admissions Volunteer Interviewer, <i>Stanford University</i>	Stanford, CA
2015	Writer, <i>Suicide Risk Assessment Executive Bulletin</i>	Philadelphia, PA
2014 – 2015	Member, Committee on Diversity in Clinical Science, <i>Florida State University</i>	Tallahassee, FL
2013 – 2014	Co-Director, <i>O'Keefe Family Center Teen Program</i>	East Palo Alto, CA
2012 – 2014	Tutor and Mentor, <i>O'Keefe Family Center</i>	East Palo Alto, CA
2010 – 2012	College Counseling Mentor, <i>Phoenix Scholars Program</i>	Stanford, CA

PROFESSIONAL MEMBERSHIP & ORGANIZATIONS

American Association of Suicidology (AAS)
American Psychological Association (APA)
Association for Behavioral and Cognitive Therapies (ABCT)
Psi Chi, International Honor Society in Psychology