

MARCELA C. OTERO, PH.D.

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PROFESSIONAL INTERESTS

Cognitive and emotional health across the lifespan • biopsychosocial determinants of healthy ageing • evidence informed psychosocial interventions for late-life anxiety and depression • caregiver health

EMPLOYMENT

Research Scientist

Max-Planck-Institut für Sozialrecht und Sozialpolitik, Munich, Germany
Munich Research Institute for the Economics of Aging
Survey of Health, Ageing, and Retirement in Europe (SHARE)
Harmonized Cognitive Assessment Protocol (HCAP) study

Oct 2021-

EDUCATION

Postdoctoral Fellowship

Stanford University, School of Medicine, Stanford, CA
Department of Psychiatry and Behavioral Sciences

2019-2021

Ph.D. Clinical Psychology

University of California, Berkeley, Berkeley, CA

2019

Dissertation: *An Examination of Visual Avoidance as an Emotion Regulation Strategy in Neurodegenerative Disease*

Doctoral Advisor: Robert Levenson, Ph.D.

B.A. Psychology

Cornell University, Ithaca, NY

2009

Minors: Modern European Studies, French Cultural Studies

Graduation with Distinction of Honors

Université Paris 1 Panthéon-Sorbonne, Spring 2008 (Exchange Semester)

CLINICAL TRAINING

Veterans Affairs (VA) Palo Alto Health Care System, Palo Alto, CA

2019-

Sierra Pacific Mental Illness Research, Education, and Clinical Center
 Advanced Fellowship in Mental Illness Research and Treatment
 Geropsychology track (American Psychological Association-accredited)

VA Puget Sound Health Care System, Seattle Division, Seattle, WA

2018-19

Doctoral Internship in Clinical Psychology
 (American Psychological Association-accredited)

CLINICAL PSYCHOLOGY LICENSURE

State of California (PSY33002) • Commonwealth of Virginia (PSY0810007456)

PEER-REVIEWED PUBLICATIONS

*Denotes shared first authorship

Selected Publications

1. **Otero, M. C.**, Walker, J. A., Kumpula, M. J., Hernandez, B., Funderburk, J. S., Loebach Wetherell, J., & Beaudreau, S. A. (2022). Negative Problem Orientation is Associated with Mental Health Outcomes for Veterans Enrolled in Problem-Solving Training. *Cognitive and Behavioral Practice*. <https://doi.org/10.1016/j.cbpra.2022.11.001>
2. **Otero, M. C.**, Rau, H. K., Shofer, J. B., Peskind, E. R., & Pagulayan, K. F. (2022). Self-perceived irritability among OEF/OIF/OND veterans with a history of deployment-related mTBI: Associations with prospective memory and quality of life. *The Clinical neuropsychologist*, 36(6), 1384–1404. <https://doi.org/10.1080/13854046.2020.1856413>
3. **Otero, M.C.**, Wells, J., Chen, K.H., Brown, C., Connelly, D.E., Levenson, R.W., & Fredrickson, B.L. (2020). Behavioral indices of positivity resonance associated with long-term marital satisfaction. *Emotion*. <http://doi.org/10.1037/emo0000634>
4. **Otero, M.C.**, & Levenson, R.W. (2019) Emotion regulation via visual avoidance: Insights from neurological patients. *Neuropsychologia*, 131, 91-101. <http://doi.org/10.1016/j.neuropsychologia.2019.05.003> <https://doi.org/10.1080/13854046.2020.1856413>
5. **Otero, M.C.**, & Levenson, R.W., (2017). Lower visual avoidance in dementia patients is associated with greater psychological distress in caregivers. *Dementia and Geriatric Cognitive Disorders*, 43, 247-258. <https://doi.org/10.1159/000468146>

Additional Published Research

6. Beaudreau, S. A., Lutz, J. A., Wetherell, J. L., Nezu, A. M., Nezu, C. M., O'Hara, R., Gould, C., Roelk, B., Jo, B., Hernandez, B., Samarina, V., **Otero, M.**, Gallagher, A., Hirsch, J., Funderburk, J.,* & Pigeon, W.* (accepted). Beyond maintaining safety: Examining benefit of problem solving therapy added to safety planning for reducing late life suicide risk. *Manuscript accepted for publication*. *equal contributions/senior authors
7. Chen, K. H., Hua, A. Y., Toller, G., Lwi, S. J., **Otero, M. C.**, Haase, C. M., Rankin, K. P., Rosen, H. J., Miller, B. L., & Levenson, R. W. (2022). Diminished preparatory physiological responses in frontotemporal lobar degeneration syndromes. *Brain communications*, 4(2), fcac075. <https://doi.org/10.1093/braincomms/fcac075>
8. Wells, J. L., Haase, C. M., Rothwell, E. S., Naugle, K. G., **Otero, M. C.**, Brown, C. L., Lai, J., Chen, K. H., Connelly, D. E., Grimm, K. J., Levenson, R. W., & Fredrickson, B. L. (2022). Positivity resonance in long-term married couples: Multimodal characteristics and consequences for health and longevity. *Journal of personality and social psychology*, 123(5), 983–1003. <https://doi.org/10.1037/pspi0000385>
9. Beaudreau, S. A., Otero, M. C., Walker, J. A., Gould, C. E., Sisco, S., White, P., Pella, K., Wiley, E., Voorhees, K., & Wetherell, J. L. (2022). Problem Solving Training for Veterans with Complex Comorbidities: Treatment Delivery Adaptations during COVID-19. *Clinical gerontologist*, 45(1), 145–158. <https://doi.org/10.10808>.
10. Brown, C. L., Chen, K.-H., Wells, J. L., **Otero, M. C.**, Connelly, D. E., Levenson, R. W., & Fredrickson, B. L. (2021). Shared emotions in shared lives: Moments of co-experienced affect, more than individually experienced affect, linked to relationship quality. *Emotion*. <https://doi.org/10.1037/emo0000939>
11. Lutz, J., Mackin, S., **Otero, M.C.**, Morin, R., Bickford, D., Tosun, D., Gould, C., Nelson, C., Beaudreau, S.A. (2020). Improvements in functional disability after psychotherapy treatment

- associated with reduced suicide ideation among older adults. *American Journal of Geriatric Psychiatry*. <https://doi.org/10.1016/j.jagp.2020.09.021>
12. Chen, K.H., Brown, C.L., Rothwell, E., Wells, J.L., **Otero, M.C.**, Fredrickson, B.L., Levenson, R.W. (2020) Physiological linkage during moments of shared positive and negative emotion. *Journal of Personality and Social Psychology: Interpersonal and Group Processes*. <https://doi.org/10.1037/pspi0000337>
 13. Beaudreau, S.A., **Otero, M.C.** and Mashal, N.M. (2020). Taming the beast: A commentary on “The effects of different types of treatment for anxiety on repetitive negative thinking: A meta-analysis”. *Clinical Psychology: Science and Practice*. doi:10.1111/cpsp.12333
 14. Chen, K.H*., Wells, J.L*., **Otero, M.C.**, Lwi, S.J., Hasse, C.M. & Levenson, R.W. (2018) Greater experience of non-target emotions in dementia patients is related to lower emotional well-being in caregivers. *Dementia and Geriatric Cognitive Disorders*, 44, 245-255. <https://doi.org/10.1159/00048113>
 15. Blair, K. S., **Otero, M.**, Teng, C., Geraci, M., Ernst, M., Blair, R. J. R., & Grillon, C. (2017). Reduced optimism and a heightened neural response to everyday worries are specific to generalized anxiety disorder, and not seen in social anxiety. *Psychological Medicine*, 47(10), 1-10. doi:10.1017/S0033291717000265
 16. Blair, K.S., **Otero, M.C.**, Teng, C., Geraci, M., Lewis, E., Hollon, N., Blair, J.R., Ernst, M., Grillon C., Pine, S., (2016). Learning from other people’s fear: Amygdala-based social reference learning in social anxiety disorder. *Psychological Medicine*, 46(14), 2943-2953. <https://doi.org/10.1017/S0033291716001537>
 17. Verstaen, A., Eckart, J.A., Muhtadie, L., **Otero, M.C.**, Sturm, V.E., Haase, C.M., Miller, B.L., & Levenson, R.W. (2016). Insular atrophy and diminished disgust reactivity. *Emotion*, 16(6), 903-912. doi: 10.1037/emo0000195
 18. Teng, C., **Otero, M.**, Geraci, M., Blair, R. J. R., Pine, D. S., Grillon, C., & Blair, K. S. (2016). Abnormal decision-making in generalized anxiety disorder: Aversion of risk or stimulus-reinforcement impairment? *Psychiatry Research*, 237(30), 351-356. doi: 10.1016/j.psychres.2015.12.031
 19. Blair, K. S., **Otero, M.**, Teng, C., Jacobs, M., Odenheimer, S., Pine, D., Blair, R.J.R. (2013). Dissociable roles of ventromedial prefrontal cortex (vmPFC) and rostral cingulate cortex (rACC) in value representation and optimistic bias. *NeuroImage*, 78, 103-110. doi: 10.1016/j.neuroimage.2013.03.063
 20. Blair, K. S., Geraci, M., Smith, B. W., Hollon, N., DeVido, J., **Otero, M.**, Blair, J. R., et al. (2012). Reduced dorsal anterior cingulate cortical activity during emotional regulation and top-down attentional control in Generalized Social Phobia, Generalized Anxiety Disorder, and comorbid Generalized Social Phobia/Generalized Anxiety Disorder. *Biological Psychiatry*, 72(6), 476–482. <https://doi.org/10.1016/j.biopsych.2012.04.013>
 21. Blair, K.S., Geraci, M., **Otero, M.**, Majestic, C., Odenheimer, Stephanie., Jacobs, M., Blair, R.J.R., Pine, D.S. (2011) Atypical modulation of medial prefrontal cortex to self-referential comments in Generalized Social Phobia. *Psychiatry Research: Neuroimaging*, 193, 38-45. doi: 10.1016/j.psychresns.2010.12.016
 22. Blair, K. S., Geraci, M., Korelitz, K., **Otero, M.**, Towbin, K., Ernst, M., Leibenluft, E., Blair, R.J.R., Pine, D.S. (2011) The pathology of Social Phobia is independent of developmental changes in face processing. *American Journal of Psychiatry*, 168(11), 1202-1209. <https://doi.org/10.1176/appi.ajp.2011.10121740>
 23. Blair, K.S., Geraci, M., Hollon, N., **Otero, M.**, DeVido, J., Majestic, C., Jacobs, M., Blair, R.J.R., Pine, D.S. (2010) Social norm processing in adult Social Phobia: Atypically increased ventromedial frontal cortex responsiveness to unintentional (embarrassing) transgressions. *American Journal of Psychiatry*, 167(12), 1526-1532. doi: 10.1176/appi.ajp.2010.09121797

BOOK CHAPTER

*Denotes shared third authorship

24. Levenson, R.W., Lwi, S., **Otero, M.C.***, Brown, C.*, Ford, B.Q.*, Verstaen, A.* (2017) Emotion. In J.T. Cacioppo, L.G. Tassinary, & G.G. Berntson (Eds.), *Handbook of Psychophysiology, Fourth Edition* (pp. 444-465). New York, NY: Publisher.

MANUSCRIPTS UNDER REVIEW

Lai, J., **Otero, M.C.**, Chen, K.H., Wells, J.L., Levenson, R.W., Fredrickson, B.L. (under review)
Positivity Resonance and its Associations with Behavioral Indices of Affiliation and Love.

MANUSCRIPTS IN PREPARATION

Otero, M.C., Brown, C., Grimm, K., & Levenson, R.W. (in preparation) Validation of the caregiver assessment of socio-emotional Functioning (CASEF): Assessing dementia patients' socio-emotional functioning at the bedside.

PRESENTATIONS

Media Exposure

Psychology Today

“4 Simple Ways to Test Your Relationship’s Emotional Health”

Susan Krauss Whitbourne Ph.D.

“One Simple Way to Maintain a Happy Marriage”

Wendy L. Patrick J.D., Ph.D.

Invited Talks

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| Munich Center for the Economics of Aging Seminar | 2021 |
| Max Planck Institute for Social Law and Social Policy
Munich, Germany
<i>Positivity Resonance: Implications for Relationship Satisfaction and Health</i> | |
| Post-Traumatic Stress Disorder Research Forum | 2019 |
| VA Puget Sound Health Care System, Seattle Division, Seattle, WA
<i>Neuropsychological correlates of irritability in deployment-related mTBI</i> | |
| Rehabilitation Care Service Didactic Seminar | 2018 |
| VA Puget Sound Health Care System, Seattle Division, Seattle, WA
<i>Positive interpersonal processes in patient-caregiver relationships</i> | |
| Stanford Psychophysiology Laboratory (PI: James Gross) | 2018 |
| Stanford University, Stanford, CA
<i>Emotion regulation in neurodegenerative disease</i> | |
| UCSF Social Function Laboratory (PI: Katherine Rankin) | 2018 |
| University of California, San Francisco, San Francisco, CA | |

*Visual avoidance deficits in behavioral variant frontotemporal dementia***UCSF Neurology Grand Rounds**

2017

University of California, San Francisco, San Francisco, CA

*Patient visual avoidance and caregiver psychological distress***UCSF Memory and Aging Center Annual Retreat**

2016

University of California, San Francisco, San Francisco, CA

*Visual attention to social stimuli in Alzheimer's disease***Conference Oral Presentations (selected)**

* Denotes a mentored student

1. Beaudreau, S.A., Lutz, J., **Otero, M.C.**, Warren, A., Goulet, J.L., (Accepted) *Premature Mortality in LGBT vs. non-LGBT Veterans: The Role of Health Risk Factors and Social Determinants of Health*. 2023 Gerontological Society of America Conference, Tampa, Florida.
2. **Otero, M.C.**, Douhou, S., Pettinicchi, Y., Sommer, E., Börsch-Supan, A. (April, 2022) *The Harmonized Cognitive Assessment Protocol study in five European countries: SHARE-HCAP – main features and challenges*. In Y. Pettinicchi (chair) *Measuring cognitive functioning in surveys – challenges of cross-national, cross-cultural, and multi-mode comparability*. Symposium accepted at the 2022 Comparative Survey Design and Implementation Conference, Paris, France.
3. Wells, J.L., Haase, C.M., Rothwell, E.S., Naugle, K.G., **Otero, M.C.**, Brown, C.L., Lai, J., Chen K-H, Grimm, K.J., Levenson, R.W., Fredrickson, B.L. (April, 2022). *Positivity resonance in long-term married couples: Multimodal characteristics and health consequences*. Talk presented at the 2021 Society for Affective Science Virtual Conference.
4. Beaudreau, S. A., **Otero, M. C.**, Walker, J., Gould, C. E., & Wetherell, J. L. (2021, November). VA problem-solving training during COVID-19 for clinicians of patients with complex comorbidities. In A. J. Alfaro (chair), R. Rodriguez (co-chair), & M. J. Karel (discussant), *Optimizing the Geriatric Workforce Through Innovative Approaches*. Symposium accepted at the Gerontological Society of America Annual Scientific Meeting, Phoenix, AZ.
5. **Lai, J.***, **Otero, M.C.**, Chen, K-H., Wells, J.L., & Fredrickson, B.L. (2021, May). Positivity Resonance and Its Association with Synchronous Nonverbal Affiliative Behaviors and Perceived Lovingness in Long-Term Married Couples. Virtual talk to be presented at the annual meeting of the Association for Psychological Science.
6. **Otero, M.C.** & Beaudreau, S.A. (2021, April) *Mutual Emotional Experience and Suicide Risk in Late Life Couples*. Talk presented at the 2021 Society for Affective Science Virtual Conference.
7. **Otero, M.C.** & Levenson, R.W., (2021, April) *Increases in Emotional Responding Predict Greater Visual Avoidance during a Disgust-Eliciting Task*. Talk presented at the 2021 Society for Affective Science Virtual Conference.
8. Wells, J.L., Haase, C.M., Rothwell, E.S., **Otero, M.C.**, Lai, J., Brown, C.L., Chen, K-H, Connelly, D.E., Levenson, R.W. Fredrickson, B.L. (2020, May). Positivity resonance: Micro moments of connection with long-lasting health benefits. In R. Levenson (chair) *Couples and Health: Interpersonal Processes in Psychological and Physical Well-Being*. Symposium accepted and conducted at the Association for Psychological Science Annual Scientific Meeting, Chicago, IL.
9. **Otero, M.C.**, Wells, J., Chen, K.H., Brown, C.L., Connelly, D.E., Levenson, R.W., Fredrickson, B.L., (2019, July) *Behavioral Indices of Positivity Resonance Associated with Long-term Marital Satisfaction*. Invited Symposium, Sixth World Congress on Positive Psychology, Melbourne, Australia.
10. Brown, C.L., Chen, K., **Otero, M.C.**, Wells, J.L., Levenson, R.W., & Fredrickson, B.L. (2019, July). Moments of co-experienced affect, more than individually experienced affect, linked to

- relationship satisfaction across conversational contexts. In B. Fredrickson (Chair) “Love is a Many-Splendored Thing: Empirical Evidence that Positivity Resonance Matters within Long-Term Marriages.” International Positive Psychology Association 6th World Congress. Melbourne, Australia.
11. Wells, J.L., Rothwell, E.S., Connelly, D.E., Chen, K-H, Brown, C.L., Lai, J.*, **Otero, M.C.**, Levenson, R.W. Fredrickson, B.L. (2019, July). *Modeling positivity resonance as a latent construct to predict concurrent and longitudinal marital satisfaction*. In B. Fredrickson (Chair) “Love is a Many-Splendored Thing: Empirical Evidence that Positivity Resonance Matters within Long-Term Marriages.” International Positive Psychology Association 6th World Congress. Melbourne, Australia.
 12. Chen, K.-H., Brown, C. B., Wells, J. L., **Otero, M. C.**, Levenson, R. W., & Fredrickson, B. L. (2019, July). Happy together, hearts beating together: Moments of shared positive affect are associated with greater physiological synchrony between husbands and wives during a conflict conversation. Presented in B. L. Fredrickson (Chair) Love is a Many-Splendored Thing: Empirical Evidence that Positivity Resonance Matters within Long-Term Marriages. Invited Founding Researchers Symposium at the 6th World Congress on Positive Psychology, Melbourne, Australia.
 13. Wells, J.L., Rothwell, E.S., Connelly, D.E., Chen, K-H, Brown, C.L., Lai, J.*, **Otero, M.C.**, Levenson, R.W. Fredrickson, B.L. (2019, May). *Positivity resonance: Building blocks for social connection*. Bay Area Affective Science Training Consortium. Berkeley, CA.
 14. **Otero, M.C.**, Connelly, D.E., Wells, J., Chen, K.H., Brown, C.L., Levenson, R.W., Fredrickson, B.L., (2018, May) *Global Positivity Resonance vs. Shared Positive Affect as Indicators of Long-term Marital Satisfaction: A Comparison of Two Behavioral Coding Systems*. In B. L. Fredrickson and K.D. Le Nguyen (Chairs), Feeling as One: Evidence for the Benefits of Positivity Resonance, Symposium conducted at the meeting of the Association for Psychological Science, San Francisco, CA.
 15. Brown, C.L., Chen, K.H., **Otero, M.C.**, Levenson, R.W., & Fredrickson, B. (2018, May). *Moments of shared positive affect during conflict linked to marital satisfaction: Evidence for positivity resonance*. Talk presented at the Association for Psychological Science Conference, San Francisco, California.
 16. Chen, K.H., Hua, A. Y., Wells, J. L., Lwi, S., J., **Otero, M. C.**, Haase, C. M., Rosen, H., J., Miller, B., L., & Levenson, R. W. (2018, July). *Increased experience of non-target emotions in frontotemporal dementia and Alzheimer’s disease: Diagnostic differences, neuroanatomical correlates, and impact on caregivers*. In J. Gross, R. W. Levenson, W. B. Mendes, K., Lagattuta, G. Suri (Chairs), annual meeting of Bay Area Affective Science, Stanford, CA.
 17. Brown, C.L., Chen, K., **Otero, M.C.**, Wells, J.L., Levenson, R.W., & Fredrickson, B.L. (2018, July). *Moments of shared positive affect during conflict linked to marital satisfaction*. Talk presented at the Bay Area Affective Science Meeting. Palo Alto, California.
 18. Chen, K.H., Sapozhnikova, A., Brown, C.L., Hua, A.Y., **Otero, M.C.**, Wells, J.L., Frederickson, B.L., Levenson, R.W. (2018, May). Diminished positive emotion linkage between patients with behavioral variant frontotemporal dementia and their caregivers. Talk presented at the 30th Association for Psychological Science Convention. San Francisco, CA.
 19. **Otero, M.C.**, & Fredrickson, B.L., (2017, July) *Shared Positive Affect Between Dementia Patients and Spousal Caregivers: Insights into the Importance of Positivity Resonance for Caregiver Functioning*. In M. Bartels and R. Vallerand (Chairs), Science for Scientists: Advancing the Science of Positive Psychology, Pre-Conference Session conducted at the Fifth World Congress on Positive Psychology, Montréal, Canada.
 20. Brown, C.L., Chen, K.H., **Otero, M.C.**, Levenson, R.W., & Fredrickson, B. (2017, July). *Moments of shared positive affect during conflict linked to marital satisfaction: Evidence for positivity resonance*. In M. Bartels and R. Vallerand (Chairs), Science for Scientists: Advancing the Science of Positive Psychology, Pre-Conference Session conducted at the Fifth World Congress on Positive Psychology, Montréal, Canada.

21. **Otero, M.C.**, Brown, C. L., Connelly, D., Lwi, S., Casey, J.J. & Levenson, L.W., (2017, May). *Emotion and Marriage: Insights from Studies on Dementia Patients and their Caregivers*. In J. Monin (Chair), *Interpersonal Processes and Health in Late Life Marriage*. Symposium conducted at the meeting of the Association for Psychological Science, Boston, MA.
22. Chen, K.H., Lwi, S.J., Hua, A. Y., **Otero, M.C.**, Casey, J.J., Hasse, C.M., Miller, B. & Levenson, R.W., (2017, April) *Diminished Physiological Response to "Task Instructions" in Behavioral-variant Frontotemporal Dementia*. Talk presented at: Society for Affective Science, Boston, MA.
23. **Otero, M.C.** (2013, October) *Diminished Visual Avoidance in Behavioral Variant Frontotemporal Dementia*. Talk presented at: Clinical Science Colloquium Series, University of California, Berkeley, Berkeley, CA.

Conference Poster Presentations (selected)

* Denotes a mentored student

1. **Otero, M.C.**, Douhou, S., Pettinicchi, P., Sommer, E., Lundmark, V.P., Rieckmann, A., Börsch-Supan, A. (July 2022) *European adaptation of the Harmonized Cognitive Assessment Protocol: Methodological lessons learned from SHARE-HCAP*. Abstract presented at: 2022 Alzheimer's Association International Conference. San Diego, CA.
2. Eppig, J., Rau, H.K., Liu, H., **Otero, M.C.**, Peskind, E.R., Pagulayan, K.F. (June 2021) *Latent Neuropsychological Classes in Veterans with a History of Repetitive mTBI: Associations with Risk and Resilience*. Abstract presented at: 2021 Annual American Academy of Neuropsychology Virtual Conference.
3. **Otero, M.C.**, Brown, C.L., Levenson, R.W. (October 2020). *Predicting caregiver health and relationship satisfaction: The importance of socioemotional functioning of patients living with dementia*. Abstract presented at: 2020 Virtual International Psychogeriatrics Association Congress.
4. **Otero, M.C.**, Rau, H., Peskind, E.R., & Pagulayan, K.F. (April 2020). *Irritability among OEF/OIF/OND Veterans with a history of deployment-related mTBI: Associations with neuropsychological functioning and quality of life*. Abstract presented at: 2020 Society for Affective Science Conference. San Francisco, CA.
5. Garth, T.E., Petri, E., Shofer, J., Muzi, M., Pagulayan, K.F, **Otero, M.C.**, Cross, D., Meabon, J.S., M.A., Raskind Cook, D.G., & Peskind, E.R. (December 2019). *[18F] FDG Uptake in Globus Pallidus is Positively Correlated with Impairment of Cognitive and Behavioral Functioning and a Neuroinflammation Biomarker in Veterans with Blast-related Mild Traumatic Brain Injury*. Abstract presented at: 58th Annual Meeting of the American College of Neuropsychopharmacology, Orlando, FL.
6. Nakahara, E.*, **Otero, M.C.**, Lai, J.*, Levenson, R.W., & Fredrickson, B.L. (2018, July) *Caring Synchrony and Perception of Personality: The Link Between Personality Traits and Mutual Care in Long-Term Married Couples*. Poster presented at the annual meeting of the Bay Area Affective Science Meeting, Palo Alto, CA.
7. **Otero, M.C.**, Wells, J.L., Chen, K.H., Brown, C.L., Levenson, R.W., Fredrickson, B.L. (April 2018). *Positivity Resonance vs. Shared Positive Affect as Indicators on Long-term Marital Satisfaction*. Abstract presented at: Society for Affective Science, Los Angeles, CA.
8. Nakahara, E.*, **Otero, M.C.**, Lai, J.L.*, Wells, J.L., Levenson, R.W., Fredrickson, B.L. (April 2018) *Caring Synchrony and Perception of Personality: The Link Between Personality Traits and Mutual Care in Long-term Married Couples*. Abstract presented at: Society for Affective Science, Los Angeles, CA.
9. Lai, J.L.*, **Otero, M.C.**, Wells, J.L., Levenson, R.W., Fredrickson, B.L. (April 2018) *Caring Synchrony and Mutual Gaze in Married Couples*. Abstract presented at: Society for Affective Science, Los Angeles, CA.

10. Lai, J.L.*, **Otero, M.C.**, Levenson, R.W., & Fredrickson, B.L. (July 2017) *We Move the Same: Mutual Care in the Dementia Patient and Caregiver Dyad*. Abstract presented at: Fifth World Congress on Positive Psychology, Montréal, Canada.
11. Chen, K.H., Sapozhnikova, A., Brown, C. L., Hua, A. Y., **Otero, M. C.**, Wells, J. L., Miller, B. L., Fredrickson, B. L., & Levenson, R. W. (April 2018). Diminished interpersonal linkage in positive emotions between patients with frontotemporal dementia and their caregivers. Abstract presented at: 2018 Annual Meeting of the Society for Affective Science, April 27-28, Los Angeles, CA, USA.
12. **Otero, M.C.**, Brown, C., Casey, J. J., & Levenson, R.W. (March 2016). *Patient Socio-emotional Functioning Predicts Negative Outcomes in Dementia Caregivers*. Abstract presented at: Society for Affective Science, Chicago, IL.
13. **Otero, M. C.**, Verstaen, A. Lwi, S.J., Sturm, V.E., & Levenson, R.W., (March 2016) *Greater Visual Attention to Human Faces in Alzheimer's Disease*. Abstract presented at: Society for Affective Science, Chicago, IL.
14. Verstaen, A., **Otero, M.C.**, Lwi, L.J., Sturm, V.E., & Levenson, R.W. (March 2016) *Patients' visual attention to the self predicts poor caregiver mental health*. Abstract presented at: Society for Affective Science. Chicago, IL.
15. Verstaen, A., Sapozhnikova, A., Lwi, L.J., **Otero, M.C.**, Brown, C.L., Connelly, D.E., & Levenson, R.W. (August 2016) *Emotional behavior in dementia patients and spousal caregivers: relationship with caregiver depression*. Abstract presented at: International Conference on Frontotemporal Dementias. Munich, Germany.
16. **Otero, M.C.**, & Levenson, R.W. (September 2015) *The Role of Superior Temporal Cortex in Visual Avoidance*. Abstract presented at: Society for Psychophysiological Research, Seattle, WA.
17. Verstaen, A., Lwi, S.J., Casey, J.J., **Otero, M.C.**, & Levenson, R.W. (September 2015) *Physiological linkage in dementia patient-caregiver dyads*. Abstract presented at: Society for Psychophysiological Research, Seattle, WA.
18. **Otero, M.C.**, & Levenson, R.W. (February 2015) *Greater Emotion Regulation in Dementia Patients Predicts Less Mental Illness in Their Caregivers*. Abstract present at: Society for Affective Science, Oakland, CA.
19. Verstaen, A., Eckart, J.A., Muhtadie, L., **Otero, M.C.**, Haase, C.M., Sturm, V.E., Miller, B.L., & Levenson, R.W. (February 2015) *Disgust reactivity and the insula*. Abstract presented at: Society for Affective Science, Oakland, CA.
20. Brown, C.L. Lwi, S., Casey, J.J. **Otero, M.C.**, & Levenson, R.W. (April 2015). *The association between emotional ratings and physiology in dementia patients predicts caregiver well-being and mental health*. Abstract presented at the Society for Social and Personality Psychology Emotion Preconference, Long Beach, CA.
21. Spina, S., Sturm, V.E., Lwi, S.J., **Otero, M.C.**, Verstaen, A., Grinberg, L.T., Levenson, R.W., Miller, B.L., & Seeley, W.W. (April 2015) *Neuropathological substrate of self-conscious emotion deficits in neurodegenerative dementia*. Abstract presented at: American Association of Neurology 67th Annual Meeting, Washington, D.C.
22. **Otero, M.C.**, & Levenson, R.W. (April 2014) *Diminished Avoidance Behavior in Frontotemporal Dementia*. Abstract presented at: Society for Affective Science, Bethesda, MD.
23. **Otero, M.C.**, Verstaen, A., & Levenson, R.W. (February 2014) *Religiosity and Expressed Emotion During Marital Conflict*. Abstract presented at: 2014 Society for Personality and Social Psychology, Austin, TX.
24. **Otero, M.C.**, Geraci, M., Blair, R.J.R., Pine, D., & Peschardt, K. S. *Social norm processing in adult Social Phobia: Atypically increased ventromedial frontal cortex responsiveness to unintentional (embarrassing) transgressions*. Abstract presented at: 31st Annual Conference of the Anxiety Disorders Association of America (ADAA), New Orleans, LA. (March 2011); 14th Annual National Institute of Mental Health, Division of Intramural Research Program's Scientific Retreat, Gettysburg, PA. (September 2010)

25. **Otero, M. C.**, Geraci, M., Blair, R.J.R., Pine, D., & Peschardt, K. S., (October 2010) *The neural response during instructed emotion regulation using a reappraisal task in Generalized Anxiety Disorder (GAD), Generalized Social Phobia (GSP), and comorbid GAD/GSP*. Abstract presented at: Social and Affective Neuroscience Society Conference, Chicago, IL.
26. **Otero, M.C.**, Geraci, M., Pine, D., & Peschardt, K. S. *Optimistic Bias in Generalized Anxiety Disorder (GAD) and Generalized Social Phobia (GSP)*. Abstract presented at: 30th Annual Conference of the Anxiety Disorders Association of America (ADAA), Baltimore, MD. (March 2010); National Institutes of Health Spring Research Festival, Bethesda, MD. (May 2010)

FELLOWSHIPS & AWARDS

Fellowships

- VA Advanced Fellowship in Mental Illness Research and Treatment** 2019-2021
 \$126,000
Sierra Pacific Mental Illness Research Education and Clinical Center
Department of Veterans Affairs
- NSF Graduate Research Fellowship** 2012-15
 \$96,000
Attentional Deployment and Emotion Regulation: Changes across the Lifespan
 PI: Marcela C. Otero

Academic Recognition

- Outstanding New Ideas Abstract, Honorable Mention, *Society for Affective Science* 2021
 Butler-Williams Scholar, *National Institute on Aging* 2020
 Sheldon J. Korchin Dissertation Award, *UC Berkeley* 2018
 Graduate Student Scholarship, *RAND Summer Institute (NIA-sponsored)* 2013
 Inductee, *Psi Chi National Honors Society of Psychology* 2008
 Dean's List Scholarship, *Cornell University* 2006

Research Grants

- Stanford University Trainee Innovator Grant** 2021-2022
 \$4,000
Mutual Emotional Experience and Suicide Risk in Late Life Couples
 PI: Marcela C. Otero
 Stanford University School of Medicine
- UC Berkeley Summer Research Grant** 2012
 \$5,000
 PI: Marcela C. Otero
 University of California, Berkeley
- A. Richard Diebold Jr. Fellowship Endowment in Psychology** 2011
 \$10,000
University of California, Berkeley
- NIH Post-baccalaureate Intramural Research Training Award** 2009-11

\$54,000

*Unit on Cognitive and Affective Neuroscience
National Institute of Mental Health*

Travel Awards

Conference Travel Award, <i>Association for Psychological Science</i>	2017
Norman H. Anderson Fund Research Award, <i>UC Berkeley</i>	2017
Graduate Division Conference Travel Award, <i>UC Berkeley</i>	2016

RESEARCH ACTIVITIES

Munich Research Institute for the Economics of Aging (MEA) <i>Max-Planck-Institut für Sozialrecht und Sozialpolitik (Affiliate)</i> Research Scientist	2023-
Max-Planck-Institut für Sozialrecht und Sozialpolitik, Munich, Germany <i>Survey of Health, Ageing, and Retirement in Europe (SHARE)</i> Research Scientist	2021-22
Stanford University School of Medicine <i>Department of Psychiatry and Behavioral Sciences</i> Trainee Innovator Grant Study: <i>Mutual Emotional Experience and Suicide Risk in Late Life Couples</i> PI: Marcela C. Otero	2020- 21
Sierra Pacific Mental Illness Research, Education and Clinical Center <i>VA Palo Alto Health Care System & Stanford University School of Medicine</i> VA Clinical Science Research & Development Study: <i>Reducing Suicide Risk in Older Veterans with Mental Health Disorders Using Problem Solving Therapy</i> Research Mentor: Sherry A. Beaudreau, Ph.D. ABPP-Gero	2019- 21
Northwest Mental Illness Research, Education and Clinical Center <i>VA Puget Sound Health Care System & University of Washington School of Medicine</i> VA Rehabilitation Research & Development Study: <i>Biomarkers of Neurodegeneration in Mild Traumatic Brain Injury</i> Research Mentor: Kathleen F. Pagulayan, Ph.D.	2018-19
Berkeley Psychophysiology Laboratory <i>UC Berkeley, Department of Psychology</i> NIH R01 Studies: <i>Individual Differences in Fundamental Emotion Processes; Burden, Depression & Health in Dementia Caregivers: The Role of Emotion</i> Research Mentor: Robert W. Levenson Ph.D.	2011-18
Unit on Cognitive and Affective Neuroscience <i>National Institute of Mental Health, NIH</i>	2009-11

Research Mentors: James R. Blair, Ph.D. & Karina S. Blair, Ph.D.

CLINICAL EXPERIENCES

VA Palo Alto Health Care System

2019-2021

Postdoctoral Psychology Fellow, Geropsychology track
Accredited by the American Psychological Association

Apr 2021- Sep 2021

Home-based Primary Care

- Implements evidenced-based psychological treatments for Veterans and caregivers in-home and using telehealth.
- Conducts decision-making capacity evaluations, including administration and interpretation of neuropsychological tests.
- Contributes to weekly Interdisciplinary Team Meetings and provides consultation/liaison with other health care providers.

Sep 2020 - Mar 2021

Outpatient Mental Health Clinic

- Delivered brief evidenced-based psychological treatments to Veterans living with mood and anxiety disorders, PTSD, chronic suicidal ideation, and personality disorders.
- Developed individualized case formulations that informed evidenced-based treatment plans.
- Conducted suicide risk assessments with acutely and chronically suicidal Veterans.
- Led Problem-Solving group therapy for Veterans adjusting to stressful life transitions.
- Contributed to weekly Behavioral Health Interdisciplinary Program (BHIP) team meetings

Sep 2019 - Aug 2020

Geropsychiatric Community Living Center

- Evaluated and treated Veterans living with moderate to severe dementia, psychotic-spectrum disorders, and complex co-morbid medical problems.
- Provided traditional and technology-enhanced individual and group psychotherapy and facilitated management of behavioral problems by interdisciplinary treatment team.

VA Puget Sound Health Care System, Seattle Division

2018-19

Doctoral Intern

Accredited by the American Psychological Association

Memory Disorders Clinic, Geriatric Research Education & Clinical Center (Four Months)

- Conducted comprehensive neuropsychological assessments with Veterans to assess for neurocognitive and psychiatric disorders.
- Co-facilitated cognitive skills groups as part of a program evaluation project aimed to teach memory enhancing skills and coping.

Rehabilitation Psychology & Poly-Trauma Clinic (Four Months)

- Provided brief evidenced-based psychotherapy for Veterans with acute rehabilitative needs, including amputation, post stroke recovery, traumatic brain injury, and neurological disorders.
- Conducted comprehensive neuropsychological assessments on Veterans with possible TBI in the Poly-trauma Outpatient Clinic.

- Worked collaboratively with an interdisciplinary team of providers, provided psychological consultation, and participated in family consultation and discharge planning.

Community Living Center & Palliative Care (Four Months)

- Delivered evidenced-based psychotherapy for late-life depression, anxiety, PTSD, and end-of-life issues.
- Conducted psychodiagnostic evaluations on Veterans with comorbid physical health issues
- Provided psychological consultation to medical providers.

Chronic Pain Skills Group (One Year)

NIH-funded Clinical Research Study

Study PIs: Marc Jensen, Ph.D., Rhonda Williams, Ph.D. ABPP, Dawn Ehde, Ph.D.

- Co-facilitated weekly psychotherapy group sessions using manualized treatments for chronic pain (self-hypnosis, mindfulness-based meditation, and psychoeducation).
- Monitored therapeutic progress using clinician and patient-rated inventories of mood and pain severity, and group participation.

University of California, Berkeley, Psychology Clinic

2016-17

Group Therapist, Cognitive Behavioral Therapy for Depression

Supervisor: Adrian Aguilera, Ph.D.

- Led a skills-based CBT psychotherapy group for adults with depression and anxiety. Group therapy was supplemented by automated text messaging that assessed mood three times a day and encouraged clients to practice skills in between weekly sessions.

University of California, San Francisco, Memory & Aging Center

2014-15

Neuropsychology Practicum Student

Supervisor: Joel Kramer, Psy.D.

- Conducted neuropsychological assessments with patients with a broad range of neurodegenerative diseases and wrote 37 reports combining neuropsychological testing results with neurological history/exam and brain scans (e.g., MRI).
- Worked with a multidisciplinary team of neurologists, social workers, and nurses, and presented findings in case conferences.

University of California, Berkeley, Balance Clinic

2013-14

Psychotherapy Practicum Student

Supervisors: Jacqueline Persons, Ph.D., Ann Kring, Ph.D., & Allison Harvey, Ph.D.

- Provided individual CBT therapy in an outpatient psychology clinic for low-income community adults. Diagnoses treated included major depressive disorder, anxiety disorders, ADHD, substance abuse, and alexithymia. Developed and refined skills in case formulation approach.
- Completed coursework on CBT, psychotherapy treatment development for mood and anxiety disorders, and participated in the development of a transdiagnostic treatment manual aimed to increase emotional balance.

University of California, Berkeley, Psychology Clinic

2012-16

Assessment Practicum Student

- Conducted comprehensive psychological and neuropsychological assessment of adults, adolescents, and children in the San Francisco Bay Area. Cases included ADHD evaluations, learning disabilities, mood and anxiety disorders, obsessive-compulsive disorder, and psychotic-spectrum disorders.

University of California, Berkeley, Couples Therapy Clinic

2012-13

Psychotherapy Practicum Student

Supervisors: Dan Wile, Ph.D. & Robert Levenson, Ph.D.

- Provided evidenced-based psychotherapy to community-based, low-income couples undergoing major life stressors, interpersonal conflict, and life transitions.
- Main therapeutic modalities included Emotionally Focused Couples Therapy, the Gottman Method, and Collaborative Couples Therapy.

SUPERVISORY EXPERIENCE

VA Palo Alto Health Care System (2019-20)

Provided clinical supervision to two practicum students on individual and group psychotherapy.

University of California, Berkeley, Psychology Clinic (2014-18)

Provided clinical supervision to five practicum students on psychotherapy and assessment cases.

University of California, Berkeley, Berkeley Psychophysiology Laboratory (2011-18)

Trained and supervised 18 research assistants and four peer graduate students on psychological research experiments with patients and caregivers.

TEACHING & MENTORSHIP EXPERIENCE

Graduate Student Instructor

Responsibilities included developing new class materials, leading class discussions, grading all assignments, and meeting with students individually.

Abnormal Psychology (Spring 2018) UC Berkeley
75 undergraduates

Human Happiness (Fall 2017) UC Berkeley
80 undergraduates

Human Emotion (Spring 2016) UC Berkeley
74 undergraduates

Developmental Psychopathology (Spring 2015) UC Berkeley
84 undergraduates

Introduction to Psychology (Spring 2012) UC Berkeley
87 undergraduates

Professional Development for Clinical Interns (Fall 2012) UC Berkeley
14 graduate students in clinical psychology

Guest Lecturer

“Neurocognitive Disorders”
 Abnormal Psychology (Spring 2018) UC Berkeley
 203 undergraduate students

“Facial Displays of Emotion”
 Principles of Psychology (Fall 2017) UC Berkeley
 250 undergraduate students

Pedogeological Training

Introduction to Teaching (Fall 2011) UC Berkeley. Selected topics included effective communication, developing course syllabi, and fostering an effective learning environment.

Mentorship

Berkeley Psychophysiology Laboratory 2011-17
UC Berkeley, Department of Psychology
 Mentored 5 undergraduate and 3 post-baccalaureate research assistants

Getting into Grad School Program 2011-16
UC Berkeley, Office of Graduate Diversity
 Mentored 5 minority undergraduate students

CLINICAL / SCIENTIFIC OUTREACH

Invited Professional Talks

Supporting Veterans with Dementia and Caregivers During the Era of COVID-19 2020
 Veterans Health Administration
 Geriatric Mental Health Community of Practice Webinar Series
807 attendees

Emotion in Intimate Relationships: Findings from Longitudinal Marriage Studies 2015
 Root Division: “It’s Complicated” Community Event, San Francisco, CA
100 attendees

Volunteer work

Mind and Brain Night, UC Berkeley 2012
UCSF Benioff Children's Hospital – Oakland, CA
 Organized afternoon of interactive activities for children in inpatient units teaching them about emotions and the brain.

Mind and Brain Night, UC Berkeley 2011
East Oakland Pride Elementary School - Oakland, CA
 Organized afternoon of interactive activities for grade-school children teaching them about facial displays of emotion and emotion regulation.

PROFESSIONAL SERVICE

Committee Member Stanford University Geropsychiatric Neuroscience Grand Rounds <i>Stanford University School of Medicine</i>	2019-21
Co-Chair Society of Clinical Geropsychology (Division 20) Special Interest Group in Aging Policy and Social Activism <i>American Psychological Association</i>	2019-20
Graduate Student Delegate, Graduate Student Assembly <i>UC Berkeley</i>	2011-12
Spanish-language Medical Interpreter <i>Arlington Free Clinic, Arlington, VA</i>	2009-11

EDITORIAL EXPERIENCE

Associate Editor	<i>Clinical Gerontologist</i>
Ad hoc Reviewer <i>Emotion</i> <i>Journal of Psychiatric Research</i> <i>International Psychogeriatrics</i>	<i>Training and Education in Professional Psychology</i> <i>Aging and Mental Health</i> <i>Geriatric Nursing</i>

PROFESSIONAL AFFILIATIONS

American Psychological Association (APA)
Society of Clinical Psychology, Division 12
Society of Clinical Geropsychology, Division 20
 Association for Psychological Science (APS)
 Society for a Science for Clinical Psychology (SSCP)
 Society for Affective Science (SAS)

ADDITIONAL SKILLS

Bilingual English and Spanish • B1 level German • Professional working proficiency French • SPSS • STATA