

Frank J. Schwebel, Ph.D.
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EDUCATION

University of New Mexico | Albuquerque, NM | August 2019–Present
Postdoctoral Fellowship in Alcohol Research

University of Washington | Seattle, WA | September 2012–August 2019
Ph.D in Clinical Psychology | August 2019
M.S. in Clinical Psychology | March 2015

Arizona State University | Tempe, AZ | August 2008–May 2012
B.S. in Psychology

GRANTS/FUNDING ACTIVITIES

Current

Trainee, National Institute on Alcohol Abuse and Alcoholism, (T32AA018108-10) August 2019–Present.
Institutional National Research Service Award, Psychology Training in Alcohol Research Program. (Principal Investigator: Barbara McCrady, Ph.D.)

Principal Investigator, University of New Mexico Grand Challenges Initiative, January 2020–Present. Project Title: Ready to Change? A Microlongitudinal Study of Polysubstance Use.

Past

Principal Investigator, Alcohol and Drug Abuse Institute (ADAI 0314-5), June 2014–June 2019. Project Title: Using Text Message Reminders to Help Adolescents Remain Mindful of their Commitment to Drug Abstinence.

Principal Investigator, National Institute on Alcohol Abuse and Alcoholism (F31AA025531-01), October 2016–June 2018. Project Title: Using Supportive Text Messages to Improve Outcomes for Adolescents in Alcohol and Other Drug Treatment. (Sponsor: Mary E. Larimer, Ph.D.)

Trainee, National Institute on Alcohol Abuse and Alcoholism (T32AA007455-31S1), November 2014–October 2016. Institutional National Research Service Award, Psychology Training in Alcohol Research Program. (Principal Investigator: Mary E. Larimer, Ph.D.)

PUBLICATIONS

Schwebel, F. J., Sanjuan, P. M., Richards, D. K., & Pearson, M. R. (Under Review). Examining the impact of COVID-19 on adolescent outpatient substance use.

Pearson, M. R., Schwebel, F. J., Richards, D. K., & Witkiewitz, K. (Under Review). Examining Replicability in Addictions Research: How to Assess and Ways Forward.

Richards, D. K., Schwebel, F. J., & Pearson, M. R. (Under Review). A Test of Interaction Effects Between Cannabis Protective Behavioral Strategies and Antecedents of Cannabis-Related Consequences.

Schwebel, F. J., Weinstein, A. P., Richards, D. K., Bravo, A. J., & Pearson, M. R. (Under Review). Examining Sex and Cross-Cultural Differences on a Comprehensive Assessment of Protective Behavioral Strategies for Alcohol.

Villarosa-Hurlocker, M. C., **Schwebel, F. J.**, & Pearson, M. R. (Under Review). Opioid overdose knowledge: What people do (not) know about opioid overdose.

Pearson, M. R., Villarosa-Hurlocker, M. C., **Schwebel, F. J.**, Baumgardner, S. F., & Herrera, S. A. (Under Review). Opioid Knowledge Test: Identifying knowledge gaps regarding opioids.

Larimer, M. E., Witkiewitz, K., **Schwebel, F. J.**, Lee, C. M., Lewis, M. A., Kilmer, J. R., Andersson, C., Johnsson, K., Dillworth, T., Fossos-Wong, N., Pace, T., Grazioli, V. S., & Berglund, M. (Under Review). An International Comparison of a Web-Based Personalized Feedback Intervention for Alcohol Use in High School Students in the USA and Sweden.

Schwebel, F. J. & Larimer, M. E. (Under Review). Text message reminders as an adjunct to a substance use intervention for adolescents and young adults: Pilot feasibility and acceptability findings.

Witkiewitz, K., Montes, K. S., **Schwebel, F. J.**, & Tucker, J. A. (In Press). What is Recovery? A Narrative Review of Definitions of Alcohol Use Disorder Recovery. *Alcohol Research: Current Reviews*.

Witkiewitz, K., Pearson, M. R., Wilson, A. D., Stein, E. R., Votaw, V. R., Hallgren, K. A., Maisto, S. A., Swan, J. E., **Schwebel, F. J.**, Alridge, A., Zarkin, G. A., & Tucker, J. A. (2020). Can Alcohol Use Disorder Recovery Include Some Heavy Drinking? A Replication and Extension up to Nine Years Following Treatment. *Alcoholism: Clinical and Experimental Research*. <https://doi.org/10.1111/acer.14413>

Korecki, J. R., **Schwebel, F. J.**, Votaw, V., & Witkiewitz, K. (2020). Mindfulness-Based Programs for Substance Use Disorders: A Systematic Review of Manualized Treatments. *Substance Abuse Treatment, Prevention, and Policy*, 15(1), 1-37. doi: 10.1186/s13011-020-00293-3

Schwebel, F. J., Korecki, J. R., & Witkiewitz, K. (2020). Addictive Behavior Change and Mindfulness-Based Interventions: Current Research and Future Directions. *Current Addiction Reports*, 1-8. doi: 10.1007/s40429-020-0030-2

Schwebel, F. J., Whiteside, U., Bittinger, J. N., Kilmer, J. R., Lostutter, T. W., & Larimer, M. E. (2019). "College Student Drinking" In A. J. Herron & T. K. Brennan (Eds.), *The ASAM Essentials of Addiction Medicine*, 3rd Edition. Baltimore, MD: Wolters Kluwer.

Lostutter, T. W., Enkema, M., **Schwebel, F. J.**, Cronce, J. M., Garberson, L. A., Ou, B., Lewis, M. A., & Larimer, M. E. (2019). Doing it for the money: The relationship between gambling and money attitudes among college student. *Journal of Gambling Studies*, 35, 143-153. <https://doi.org/10.1007/s10899-018-9789-4>

Schwebel, F. J., Whiteside, U., Bittinger, J. N., Kilmer, J. R., Lostutter, T. W., & Larimer, M. E. (2019). "College Student Drinking." In S. C. Miller, D. Fiellin, R. R. Rosenthal, & R. Saitz (Eds.), *The ASAM Principles of Addiction Medicine*, 6th Edition. Baltimore, MD: Wolters Kluwer.

Schwebel, F. J. & Larimer, M. E. (2018). Using text message reminders in health care services: A narrative literature review. *Internet Interventions*. doi: 10.1016/j.invent.2018.06.002

Smith, D. C., **Schwebel, F. J.**, & Larimer, M. E. (2017). "Friends, Facilitators the Formerly Afflicted: Integrating Peers into Emerging Adults' Substance Use Disorder Treatment." In D. C. Smith (Ed.), *Emerging Adults in Substance Use Disorder Treatment: Developmental Considerations and Innovative Approaches*. Oxford Press: New York.

Smith, R. E., & **Schwebel, F. J.** (2017). "Sensation Seeking Scale." In V. Ziegler-Hill & T. K. Shackelford (Eds.), *Encyclopedia of personality and individual differences*. New York: Springer. doi:10.1007/978-3-319-28099-8_84-1

Schwebel, F. J., Smith, R. E., & Smoll, F. L. (2016). *Measurement of Perceived Parental Success Standards in Sport and Relations with Athletes' Self-Esteem, Performance Anxiety, and Achievement Goal Orientation: Comparing Parental and Coach Influences*. *Child Development Research*, 2016, 1–13.
<http://doi.org/10.1155/2016/7056075>

Smith, R. E., O'Rourke, D. J., **Schwebel, F. J.**, & Smoll, F. L., (2015). "The Motivational Climate in Youth Sports: Recent Findings and Applications." In R. C. Sobti & J. Mohan (Eds.), *Biopsychology: Advances In Applied Psychology*. Mumbai, India: Indian Science Congress Association.

MANUSCRIPTS IN PREPARATION

Schwebel, F. J. & Larimer, M. E. Txt2Chng: Using text message reminders to help adolescents and young adults remain mindful of their commitment to substance use behavior change.

Schwebel, F. J., Pearson, M. R., Andersson, C., Fossos-Wong, N., Witkiewitz, K., & Larimer, M. E. (In Preparation). Measurement invariance of the Rutgers Alcohol Problem Index: A cross-cultural comparison of alcohol-related consequences in U.S. and Sweden.

Wilson, A. D., Pearson, M. R., **Schwebel, F. J.**, Luchini, J., Witkiewitz, K., & Maisto, S. A. (In Preparation). Finding Purpose: Integrated Latent Profile and Machine Learning Analyses Identify Purpose in Life as the Prime Predictor of High-Functioning Recovery after Alcohol Treatment.

PEER-REVIEWED POSTER PRESENTATIONS

Sotelo, M., Richards, D. K., **Schwebel, F. J.**, Pearson, M. R., & Protective Strategies Study Team (2020). *Self-reported symptoms of cannabis use disorder (SRSCUD): Psychometric testing and validation*. Poster presented virtually at the 4th Annual Scientific Meeting of the Research Society on Marijuana (Conference cancelled).

Korecki, J. R., **Schwebel, F. J.**, Christopher, M., Bowen, S., & Witkiewitz, K. (2020). *Mindful Cooperation: Trait Mindfulness in Law Enforcement Officers and Perceived Stress During Interactions with the Public*. Poster submitted to the Mind & Life 2020 Contemplative Research Conference, Madison, Wisconsin.

Schwebel, F. J., O'Sickey, A. J., Richards, D. K., & Pearson, M. R., & Witkiewitz, K. (2020). *Do we have a replicability crisis in addictions research? Depends on how you quantify it*. Poster presented virtually at the 43rd Annual Research Society on Alcoholism Scientific Meeting, New Orleans, Louisiana. (Conference cancelled).

Schwebel, F. J., Montes, K. S., O'Sickey, A. J., Richards, D. K., Pearson, M. R., & Witkiewitz, K. (2020). *Broadening our conceptualization of recovery: Profiles of recovery from alcohol use disorders*. Poster presented virtually at the 43rd Annual Research Society on Alcoholism Scientific Meeting, New Orleans, Louisiana. (Conference cancelled).

O'Sickey, A. J., **Schwebel, F. J.,** Richards, D. K., Weinstein, A. P., Bravo, A. J., & Pearson, M. R. (2020). *Examining sex and cross-cultural differences on a comprehensive assessment of protective behavioral strategies for alcohol*. Poster presented virtually at the 43rd Annual Research Society on Alcoholism Scientific Meeting, New Orleans, Louisiana. (Conference cancelled).

Schwebel, F. J., Pearson, M. R., Andersson, C., Fossos-Wong, N., Witkiewitz, K., & Larimer, M. E. (2020). *Cross-cultural comparison of alcohol-related consequences in U.S. and Sweden*. 8th Annual Collaborative Perspectives on Addiction Conference, San Diego, California. (Conference cancelled).

Canning, J. R., Enkema, M. E., **Schwebel, F. J.,** Hultgren, B., Szydlowski, V., McClain, L., & Larimer, M. E. (2019). *Development of the Broad Social Motives Scale: Investigating the influence of different types of social groups on alcohol, marijuana, and behavioral outcomes*. Poster presented at the 42nd Annual Research Society on Alcoholism Scientific Meeting, Minneapolis, Minnesota.

Schwebel, F. J., Larimer, M. E., Lee, C. M., Lewis, M., Berglund, M., & Andersson, C. (2016). *What impact does individualism and collectivism have on the relationship between impulsivity and negative consequences due to drinking?* Poster presented at the 2016 International Society of Biomedical Research on Alcoholism World Congress on Alcohol and Alcoholism, Berlin, Germany.

Dashtestani, K., Wicklander, K., **Schwebel, F. J.,** Kilmer, J., & Larimer, M. E. (2016). *Are different methods of marijuana consumptions associated with perceived physical, psychological, emotional, and cognitive risk among young adults?* Poster presented at the 2016 University of Washington Undergraduate Research Symposium, Seattle, Washington.

Schwebel, F. J., Valenstein-Mah, H. R., Enkema, M. C., Carroll, H. A., & Larimer, M. E. (2015). *Does mindfulness moderate the relationship between protective behavioral strategies and alcohol use in high school seniors?* Poster presented at the 38th Annual Research Society on Alcoholism Scientific Meeting, San Antonio, Texas.

Enkema, M. C., Neilson, E. C., Valenstein-Mah, H. R., **Schwebel, F. J.,** Bowen, S., & Larimer, M. E. (2015). *Investigating the relationship between mindfulness and craving: The protective influence of dispositional mindfulness*. Poster presented at the 38th Annual Research Society on Alcoholism Scientific Meeting, San Antonio, Texas.

Valenstein-Mah, H. R., **Schwebel, F. J.,** Carroll, H. A., Enkema, M. C., & Larimer, M. E. (2015). *Facets of mindfulness predict drinking consequences in a sample of American and Swedish adolescents*. Poster presented at the 38th Annual Research Society on Alcoholism Scientific Meeting, San Antonio, Texas.

Schwebel, F. J., Carroll, H. A., & Larimer, M. E. (2014). *Does sport participation moderate the relationship between stress and alcohol use in high school seniors?* Poster presented at the 37th Annual Research Society on Alcoholism Scientific Meeting, Bellevue, Washington.

Carroll, H. A., **Schwebel, F. J.**, & Larimer, M. E. (2014). *Does mindfulness moderate the relationship between stress and alcohol use in adolescents?* Poster presented at the 37th Annual Research Society on Alcoholism Scientific Meeting, Bellevue, Washington.

Schwebel, F. J. & Zautra, A. (2011). *Texting teens: A new way to support youth in drug treatment who have chosen abstinence.* Poster presented at the Annual Convention of the Arizona Psychological Association, Phoenix, AZ.

Schwebel, F. J. & Zautra, A. (2011). *Txt4Health: A randomized trial of text messaging utilization for adolescents in substance abuse treatment.* Poster presented at the National Conference on Health Communication, Marketing, and Media, Atlanta, GA.

EDITORIAL CONSULTATION

JMIR Mental Health | Ad hoc reviewer

JMIR | Ad hoc reviewer

Journal of Gambling Issues | Ad hoc reviewer

Psychology of Addictive Behaviors | Ad hoc reviewer

Substance Use & Misuse | Ad hoc reviewer

RESEARCH EXPERIENCE

University of Washington Center for the Study of Health and Risk Behavior

Graduate research assistant | January 2015–October 2016

Supervisor: Dr. Mary Larimer

Supported various addictive behavior change and substance use prevention projects in the lab. Attended weekly grantsmanship seminars and monthly training meetings.

Arizona State University Health and Aging Lab

Lead Spanish phone interviewer and laboratory technician | June 2011–July 2012

Supervisor: Dr. Alex Zautra

Performed phone interviews and lab sessions with study participants in English and Spanish. Helped recruit Spanish-speaking participants in person and over the phone. Attended weekly meetings to discuss research.

Arizona State University Health and Aging Lab

Research assistant | August 2010–May 2011

Supervisor: Dr. Alex Zautra

Recruited participants for the AS “U” Live Study over the phone and in person. Was the lead Spanish-speaking recruiter. Participated in weekly meetings to discuss research.

Arizona State University MAC Lab

Research assistant | August 2011–May 2012

Supervisor: Dr. Gene Brewer

Created a study under the guidance of Dr. Brewer to see what effect different interventions have on softball batting ability. In charge of various aspects of the project, including IRB submission, scheduling and running participants, and analyzing data. Attended meetings to discuss the research.

University of Arizona Athletic Department

Sport psychology intern | May 2010–August 2010

Supervisor: Dr. Scott Goldman

Researched pertinent journal articles on broad sport psychology research topics. Synthesized the information into a newsletter that was distributed to University of Arizona Division I athletes.

TEACHING ASSISTANT EXPERIENCE

University of Washington

Developmental Psychology (PSYCH 206) | April 2018–June 2018

Instructor: Dr. Lauren Graham

Assisted in preparing daily lecture content and writing weekly quizzes.

Abnormal Psychology (PSYCH 305) | September 2016–December 2016

Instructor: Dr. Deborah Chun

Prepared and led two sections per week.

Introduction to Statistics and Data Analysis (PSYCH 522) | September 2015–December 2015

Instructor: Dr. Geoff Boynton

Assisted in teaching statistics to first-year psychology graduate students.

Understanding Statistics in Psychology (PSYCH 315) | September 2012–December 2012,

April 2013–June 2013, September 2013–December 2013, January 2014–March 2014, April 2014–June 2014, September 2014–December 2014

Instructors: Drs. Geoff Boynton, Dana Nelson, Sonia Savelli

Prepared and led two sections per week each quarter.

Introduction to Psychology (PSYCH 101) | January 2012–March 2012, June 2013–August 2013

Instructor: Dr. Jonathon Brown

Assisted in teaching introductory psychology to undergraduate students.

GUEST LECTURE EXPERIENCE

Seattle Central College

Adolescent Assessment, Treatment, and Referral (SHS 215) | November 13, 2018

Instructor: Chia-Chi “Bonnie” Wang, MSW

“Using technology to support adolescent substance use behavior change”

CLINICAL TEACHING EXPERIENCE

University of Washington, School of Medicine

Didactics Presentation | March 2019–June 2019

Supervisor: Dr. Ty Lostutter

Delivered monthly, hour-long, lectures on various psychotherapy modalities (e.g., Cognitive Behavioral Therapy, Motivational Interviewing) and interview styles for third- and fourth-year medical students and first-, second-, and fourth-year Psychiatry Residents on the Psychiatry service at the University of Washington Medical Center.

University of Washington, School of Medicine

Elective in Therapeutic Communications (PBSCI 674) | July 2018–October 2018

Supervisor: Dr. Barbara McCann

Preceptor of clinical interviewing skills for fourth-year medical students (Theresa Wang, Nika Soulakveldize, Jacques Maxwell, Macklin Nguyen, and Heidi Gross).

PSYCHOTHERAPY EXPERIENCE

University of New Mexico, Department of Psychology

Research therapist | January 2020–Present

Supervisor: Dr. Katie Witkiewitz

Provide individual psychotherapy (in-person and via Zoom) delivering mindfulness-based relapse prevention for individuals with alcohol use disorder.

University of New Mexico, Department of Psychology

Study screener and crisis manager | January 2020

Supervisor: Dr. Katie Witkiewitz

Screen participants for study eligibility and document informed consent. Assess patients for PTSD and suicidality, provide triage care, and referral to additional treatment.

University of Washington School of Medicine, Department of Psychiatry and Behavioral Sciences

Clinical internship | July 2018–June 2019

Supervisors: Drs. Michelle Bedard-Gilligan, Debra Kaysen, Ty Lostutter, Barbara McCann

Provide consultation and liaison services for the Harborview Medical Center Inpatient Psychiatric Service.

Provide individual psychotherapy for 15 clients with a focus on PTSD, anxiety, and depression. Participate in patient rounds, lead cognitive skills group, and provide individual therapy for patients at an inpatient psychiatric hospital.

University of Washington Psychological Services and Training Clinic

Staff therapist | November 2013–June 2018

Supervisors: Drs. Peter Doyle, Corey Fagan, Judith Gordon, Stefanie Hlastala, Kim Kendall

Provide individual psychotherapy to six different clients with a focus on managing depression, anxiety, obsessive-compulsive disorder, and attention-deficit hyperactivity disorder.

PRACTICUM EXPERIENCE

University of Washington Student Health and Wellness Center

Practicum student | September 2017–June 2018

Supervisors: Dr. Jason Kilmer, Shannon Bailie, M.S.W.

Participate in weekly Center meetings. Deliver alcohol and drug assessments and brief interventions. Provide short-term psychotherapy for college students.

University of Washington Medical Center 7North Inpatient Psychiatric Unit

Practicum student | June 2015–June 2016, January 2017–July 2017

Supervisors: Drs. Jessica Cronce, Ty Lostutter, Kevin Hallgren

Participated in patient rounds and treatment planning. Led cognitive skills group, Dialectical Behavior Therapy skills group, and substance use behavior change skills group. Provided individual psychotherapy for patients with severe mental illness. Provided motivational interviewing for patients with substance use problems. Worked with interdisciplinary staff, including psychiatrists, psychiatric medical residents, medical students, social workers, and nurses.

Seattle Children's Hospital Eating Disorder Clinic

Practicum student | December 2014–June 2015

Supervisor: Dr. Cynthia (Cynta) Flynn

Co-facilitated eating disorder intake assessments. Provided individual and co-therapy. Co-led eating disorder treatment group.

EVIDENCE-BASED TREATMENT TRAININGS

Mindfulness-Based Relapse Prevention

4-day training | August 2018

Trainers: Sarah Bowen, Ph.D., Katie Witkiewitz, Ph.D.

Cognitive Processing Therapy (CPT)

2-day intensive training | October 2018

Trainers: Debra Kaysen, Ph.D., Cindy Stappenbeck, Ph.D.

Trauma Focused Cognitive Behavioral Therapy (TF-CBT)

10-week course | September 2014–December 2014

Trainers: Shannon Dorsey, Ph.D.

Dialectical Behavior Therapy (DBT)

5-day intensive training | August 2012

Trainers: Jennifer Sayrs, Ph.D. and Janice Kuo, Ph.D.

SERVICE

Diversity Advancement Committee | University of Washington | July 2018–June 2019

Internship Steering Committee | University of Washington | July 2018–June 2019

Student Advisory Committee | University of Washington | September 2013–June 2014

CASAA COVID-19 Facilities Committee | University of New Mexico | May 2020–Present

HONORS AND AWARDS

Sloboda and Bukoski Cup Winner | Society of Prevention Research | 2020

Institutional National Research Service Award | University of Washington | January 2014

Natural Science Fellowship | University of Washington College of Arts and Sciences | September 2012

Arizona Psychological Association Convention | Top Poster Submission | October 2011

Provost Scholarship | Arizona State University | August 2008–May 2012

TECHNICAL SKILLS

Fluent in Spanish. SPSS. Mplus. R.