

THOMAS ARMSTRONG, PhD

Department of Psychology, Whitman College
352 Maxey Hall, 345 Boyer Ave, Walla Walla, WA 99362
509.386.7500, armstrtr@whitman.edu, www.peep-lab.org

ACADEMIC APPOINTMENTS

WHITMAN COLLEGE 2014 – Present
Assistant Professor of Psychology

MCLEAN HOSPITAL 2014 – Present
Research Affiliate

EDUCATION AND TRAINING

HARVARD MEDICAL SCHOOL/MCLEAN HOSPITAL 2013 – 2014
Clinical Fellow/Psychology Intern

VANDERBILT UNIVERSITY 2009 – 2014
Doctorate of Philosophy, Clinical Science

VANDERBILT UNIVERSITY 2007 – 2009
Master of Arts, Psychology

LEWIS & CLARK COLLEGE 2001 – 2005
Bachelor of Arts, magna cum laude

AWARDS AND HONORS

Perry Award – Whitman College (with student Rachel Leiter; \$5470) 2017
Abshire Award – Whitman College (with student Jack Taylor; \$1300) 2017
Perry Award – Whitman College (with students Mira Engel & Hannah Bowman; \$6700) 2016
Abshire Award – Whitman College (with student Julian Reed; \$1300) 2016
Dissertation Research Award – Science Directorate, APA (\$1000) 2012
Distinguished Student Research Award – Division 12, APA (\$200) 2012
Dissertation Award – Society for a Science of Clinical Psychology (\$500) 2011
Summer Research Award – Vanderbilt College of Arts & Sciences (\$2000) 2011
Pat Burns Research Award – Vanderbilt Department of Psychology (\$250) 2011
Elsie Ramos Research Award – Association for Behavioral and Cognitive Therapies 2009
Phi Beta Kappa (early election) – Lewis & Clark College 2004

EXTRAMURAL FUNDING

NATIONAL INSTITUTE OF MENTAL HEALTH

Grant: F31 MH087018-03 (2010–2013, \$85,032)

Title: Disgust Sensitivity and Visual Processing of Contamination in OCD

Role: Primary Investigator

Mentor: Bunmi O. Olatunji, PhD

Armstrong, T., †Reed, J., †Engel, M., †Press, T., & †Sonstroem, A. (in preparation). Fast-forwarding disgust conditioning through US pre-exposure.

Armstrong, T., †Reed, J & Olatunji, B. O. (in preparation). Anxiety sensitivity potentiates fear learning in veterans with combat-related PTSD symptoms: evidence from self-report and pupillometry.

PEER-REVIEWED PUBLICATIONS

*Vanderbilt Undergraduate Advisee

Armstrong, T., †Kelly, S., Beard, C., Rifkin, L.S., & Björgvinsson, T. (2017). Parsing the roles of anxiety and disgust sensitivity in borderline personality disorder in an acute heterogeneous treatment sample. *Personality and Individual Differences, 119*, 24-29.

Olatunji, B.O., **Armstrong, T.**, Elwood, L. (2017). The role of disgust proneness in anxiety and related disorders: a qualitative review and meta-analysis of group comparison and correlational studies. *Perspectives on Psychological Science, 12*, 613-648.

Armstrong, T., & Olatunji, B. O. (2017). Pavlovian disgust conditioning as a model for contamination-based OCD: Evidence from an analogue study. *Behaviour Research & Therapy, 93*, 78-87.

Rifkin, L.S., Schofield, C.A., Beard, C., & **Armstrong, T.** (2016). The development of fear beliefs through the verbal information pathway in preschool-age children. *Behaviour Research & Therapy, 87*, 34-39.

Olatunji, B. O., **Armstrong, T.**, Bilsky, S., & Zhao, M. (2015). Threat modulation of visual search efficiency in PTSD: A comparison of distinct stimulus categories. *Psychiatry Research, 3*, 975–982.

Olatunji, B. O., **Armstrong, T.**, & Ciesielski, B. C. (2015). Differential effects of emotional expressions and scenes on visual search. *Motivation and Emotion, 39*, 589-601.

Armstrong, T., *McLenahan, L., *Kittle, J., & Olatunji, B. O. (2014). Don't look now! Oculomotor avoidance as a conditioned disgust response. *Emotion, 14*, 95-104.

Olatunji, B. O., **Armstrong, T.**, Fan, Q., & Zhao, M. (2014). Risk and resiliency in PTSD: Distinct roles of anxiety and disgust sensitivity. *Psychological Trauma: Theory, Research, Practice, and Policy, 6*, 50-55.

Armstrong, T., *Bilsky, S., Zhao, M., & Olatunji, B. O. (2013). Dwelling on potential threat cues: An eye movement marker for combat-related PTSD. *Depression and Anxiety, 30*, 497-502.

Olatunji, B. O., **Armstrong, T.**, McHugo, M., & Zald, D. H. (2013). Heightened attentional capture by threat in veterans with PTSD. *Journal of Abnormal Psychology, 122*, 397-405.

- Armstrong, T.**, *Hemminger, A., & Olatunji, B. O. (2013). Attentional bias in injection phobia: Overt components, time course, and relation to behavior. *Behaviour Research and Therapy*, *51*, 266–273.
- Armstrong, T.**, & Olatunji, B. O. (2012). Eye tracking of attention in the affective disorders: A meta-analytic review and synthesis. *Clinical Psychology Review*, *32*, 704-723.
- Armstrong, T.**, *Sarawgi, S., & Olatunji, B.O. (2012). Attentional bias towards threat in contamination fear: Overt components and behavioral correlates. *Journal of Abnormal Psychology* *121*, 232-237.
- Armstrong, T.**, Tomarken, A.J., & Olatunji, B.O. (2012). The moderating effects of contamination sensitivity on state affect and information-processing: Examination of disgust specificity. *Cognition and Emotion*, *26*, 136-143.
- Armstrong, T.**, Zald, D. H. & Olatunji, B. O. (2011) Attention control in OCD and GAD: Specificity and associations with core cognitive symptoms. *Behaviour Research and Therapy*, *49*, 756-762.
- Olatunji, B. O., Ciesielski, B., **Armstrong, T.** & Zald, D. (2011). Emotional expressions and visual search efficiency: Specificity and effects of anxiety symptoms. *Emotion*, *11*, 1073-1079.
- Olatunji, B. O., Ciesielski, B., **Armstrong, T.**, & Zald, D. (2011). Making something out of nothing: Neutral content modulates attention in generalized anxiety disorder. *Depression and Anxiety*, *28*, 427-434.
- Viar, M. A., *Bilsky, S. A., **Armstrong, T.**, & Olatunji, B. O. (2011). Obsessive beliefs and dimensions of obsessive-compulsive disorder: An examination of specific associations. *Cognitive Therapy and Research*, *35*, 108-117.
- Ciesielski, B, **Armstrong, T.**, Zald, D., & Olatunji, B. O. (2010). Emotion modulation of visual attention: Categorical and temporal characteristics. *PLoS ONE*, *5*, e13860.
- Armstrong, T.**, Olatunji, B. O., *Sarawgi, S. & *Simmons, C. (2010). Orienting and maintenance of gaze in contamination-based OCD: Biases for disgust and fear cues. *Behaviour Research and Therapy*, *48*, 402-408.
- Armstrong, T.**, & Olatunji, B. O. (2010). PTSD in the media: A critical analysis of the portrayal of controversial issues. *Scientific Review of Mental Health Practice*, *7*, 55-60.
- Olatunji, B. O., Sawchuk, C. N., Moretz, M. W., David, B., **Armstrong, T.**, & Ciesielski, B. G. (2010). Factor structure and psychometric properties of the Injection Phobia Scale–Anxiety. *Psychological Assessment*, *22*, 167-179.
- Armstrong, T.**, *Divack, M., *Simmons, C., Benning, S. D. & Olatunji, B. O. (2009). Impact of experienced disgust on information-processing biases in contamination-based OCD: An analogue study. *International Journal of Cognitive Therapy*, *2*, 37-52.

Armstrong, T., Olatunji, B. O. (2009). What they see is what you get: Eye tracking of attention in the anxiety disorders. *Psychological Science Agenda*, 23, 3.
Online at <http://www.apa.org/science/about/psa/2009/03/science-briefs.aspx>

David, B., Olatunji, B. O., **Armstrong, T.**, Ciesielski, B. G., Bondy, C. L., & Broman-Fulks, J. (2009). Incremental specificity of disgust sensitivity in the prediction of obsessive-compulsive disorder symptoms: Cross-sectional and prospective approaches. *Journal of Behavior Therapy and Experimental Psychiatry*, 40, 533-543.

Olatunji, B. O., & **Armstrong, T.** (2009). Contamination fear and effects of disgust on distress in a public restroom. *Emotion*, 9, 592-597.

Olatunji, B. O., Unoka, Z. S., Beran, E., David, B., & **Armstrong, T.** (2009). Disgust sensitivity and psychopathological symptoms: distinctions from harm avoidance. *Journal of Psychopathology and Behavioral Assessment*, 31, 137-142.

Olatunji, B. O., Wolitzky-Taylor, K. B., Willems, J., Lohr, J. M., & **Armstrong, T.** (2009). Differential habituation of fear and disgust during repeated exposure to threat-relevant stimuli in contamination-based OCD: An analogue study. *Journal of Anxiety Disorders*, 23, 118-123.

Olatunji, B. O., Wolitzky-Taylor, K. B., Elwood, L., Connolly, K., Gonzales, B., & **Armstrong, T.** (2009). Anxiety sensitivity and health anxiety in a nonclinical sample: Specificity and prospective relations with clinical stress. *Cognitive Therapy and Research*, 33, 416-424.

Olatunji, B. O., Wolitzky-Taylor, K. B., Ciesielski, B., **Armstrong, T.**, Etzel, E. & David, B. (2009). Fear and disgust processing during repeated exposure to threat-relevant stimuli in spider phobia. *Behaviour Research and Therapy*, 47, 671-679.

Armstrong, T., & Detweiler-Bedell, B. (2008). Beauty as an emotion: The exhilarating prospect of mastering a challenging world. *Review of General Psychology*, 12, 305-329.

COMMENTARY

Armstrong, T. & Olatunji, B. O. (2013). Considering the translational value of signaled active avoidance paradigms: The case of anxiety. Response to: Moscarello, J. M. & LeDoux, J. E. (2013). Active avoidance learning requires prefrontal suppression of amygdala-mediated defensive reactions [Published letters]. *The Journal of Neuroscience*, 33, 3815-3823.
Online at: http://www.jneurosci.org/content/33/9/3815/reply#jneuro_el_111100

CONFERENCE SYMPOSIUM PRESENTATIONS

Armstrong, T. (November 2016). Learning to look away: The acquisition of oculomotor avoidance and its relation to disgust sensitivity. In **T. Armstrong** (Chair), *The role of disgust in psychopathology: New insights from contemporary learning theory*. Symposium held at Association for Behavioral and Cognitive Therapies annual conference, New York, NY.

- Armstrong, T.**, & Olatunji, B. O. (November 2014). Impaired disgust extinction learning in contamination-based OCD and its relation to disgust sensitivity. In **T. Armstrong** (Chair), *New directions in human disgust conditioning research: Implications for the etiology and treatment of anxiety disorders*. Symposium at annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Armstrong, T.**, & Olatunji, B. O. (November 2013). Time course and components of attentional bias for emotional stimuli in anxiety and depression: A meta-analysis of eye tracking research. In C. Cha & M. Nock (Chairs), *Measuring and modifying attentional bias across psychopathology*. Symposium held at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
- Armstrong, T.**, & Olatunji, B. O. (November 2012). Don't look now: Gaze avoidance of conditioned disgust stimuli and its resistance to extinction. In **T. Armstrong** (Chair), *New directions in human fear conditioning research: Implications for the etiology and treatment of anxiety disorders*. Symposium held at the annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MA.
- Armstrong, T.**, & Olatunji, B. O. (November 2012). Relations between gaze biases and behavior in blood-injection-injury phobia: evidence from an injection avoidance task. In S. Bujarski (Chair), *Revitalizing efforts to extend measures of reactivity to laboratory-based cue-elicitation paradigms beyond self-report*. Symposium held at the annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MA.
- Armstrong, T.**, & Olatunji, B. O. (November 2010). Delineating affective components and correlates of attention in contamination-based OCD. In J. M. Cisler (Chair), *Elucidating the cognitive mechanisms mediating contamination-related obsessive compulsive disorder*. Symposium held at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- Armstrong, T.**, Tomarken, A. J. & Olatunji, B. O. (November 2010). Examination of disgust specific effects of contamination fear on affective responding and information-processing. In B.O. Olatunji (Chair), *New directions in research on disgust in specific anxiety disorders*. Symposium held at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

SELECTED CONFERENCE POSTER PRESENTATIONS

†Whitman Undergraduate Advisee

- Armstrong, T.**, †Bouwman, H., †Engel, M., †Leiter, R., & †Press, T. (May 2017). Oculomotor avoidance is specific to disgust, not fear, and resists habituation. Poster presented at the Association for Psychological Science annual conference: Boston, MA.
- Armstrong, T.**, †Engel, M., †Press, T., †Sonstroem, A., †Luther, G. †Turner, H. & †Kelly, S. (April 2016). Conditioning disgust through spatial rather than temporal contiguity: validation of a new paradigm. Poster presented at the Western Psychological Association annual conference: Long Beach, CA.
- Armstrong, T.**, Bilsky, S. A, Zhao, M., & Olatunji, B. O. (November 2014). Time course and components of attentional bias for threat in combat-related PTSD. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Armstrong, T., Viar-Paxton, M., Olatunji, B. O., Wheaton, M. G., & Abramowitz, J. S. (November 2013). Confirmatory factor analysis of the Dimensional Obsessive-Compulsive Scale. Poster presented at the the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.

Armstrong, T., & Olatunji, B. O. (November 2011). The eyes have it! A meta-analysis of eye tracking studies of attentional bias in anxiety disorders. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, CA.

Armstrong, T., Sarawgi, S., & Olatunji, B. O. (March 2011). Time course and specificity of attentional bias in contamination fear: An eye tracking study . Poster presented at the annual meeting of the Anxiety Disorders Association of America, New Orleans, LA.

Armstrong, T., & Olatunji, B. O. (November 2010). Attention control in OCD and GAD: Specificity and associations with core cognitive symptoms. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

Benning, S. D., Ray, R. D., **Armstrong, T. A.**, & Zald, D. H. (September 2010). Neural correlates of appetitive postauricular reflex potentiation. Poster presented at the annual meeting of the Society for Psychophysiological Research, Portland, OR.

Armstrong, T., Ciesielski, B, Zald, D., & Olatunji, B. O. (May 2010). Content and temporal characteristics of emotion modulation of attention. Poster presented at the annual meeting of the Association for Psychological Science, Boston, MA.

Armstrong, T., Olatunji, B. O., Simmons, C., & Sarawgi, S. (November 2009). Selective attention in contamination-based OCD: Eye tracking of affective content and time course. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

Armstrong, T., Divack, M., Simmons, C., Benning, S. D. & Olatunji, B. O. (November 2008). Impact of experienced disgust on interpretive biases in contamination-based OCD: An analogue study. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Orlando, FL.

Detweiler-Bedell, B., Becker, M. W., **Armstrong, T.**, & Sims, A. (January 2005). Direct evidence that preattentive processing of emotional facial expressions guides visual attention. Poster presented at the meeting of the Society for Personality and Social Psychology, New Orleans, LA.

TEACHING & MENTORING

WHITMAN COLLEGE, DEPARTMENT OF PSYCHOLOGY

Instructor

- Introduction to Psychology
- Abnormal Psychology

- What is Mental Illness?
- Perspectives on Disgust
- Honors Thesis
- Independent Study: Behavioral Research

Advising

- 14 psychology majors
- 5 pre-majors

CLINICAL APPOINTMENTS

Clinical Fellow/Psychology Intern Harvard Medical School/McLean Hospital APA-Accredited Predoctoral Clinical Psychology Internship Directors: Phil Levendusky, PhD, Thröstur Björgvinsson, PhD	2013 – 2014
Practicum Outpatient Therapist Vanderbilt Adult Anxiety Disorders Clinic (VAAC) Supervisors: Bunmi Olatunji, PhD, Kirsten Haman, PhD Group Supervisor: Steven Hollon, PhD	2010-2013
Practicum Outpatient Co-Therapist Vanderbilt Hoarding Treatment Group Supervisors: Helen Hatfield, MSN, Lynne McFarland, MSN	2010 – 2011
Practicum Psychological Evaluator Vanderbilt Comprehensive Assessment Program (V-CAP) Supervisor: Howard Roback, PhD	2010
Practicum Psychological Examiner Athena Counseling Services Supervisor: Charles Ihrig, PhD	2009

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

Association for Behavioral and Cognitive Therapy
Association for Psychological Science

EDITORIAL CONSULTATION (AD HOC)

Behavioral and Brain Sciences
Behaviour Research and Therapy
Clinical Psychological Science
Cognition and Emotion
Cognitive Therapy and Research
Emotion
Psychiatry Research International

Journal of Cognitive Therapy
Journal of Abnormal Psychology
Journal of Experimental Psychopathology
Journal of Research in Personality
Motivation and Emotion
PLoS one