

Jordan Zimmerman

Curriculum Vitae – Updated February 2025
Department of Psychology, Harvard University
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EDUCATION

Harvard University

August 2022 – Present

Doctoral Student (PhD), Clinical Science
Advisor: Jill M. Hooley, Ph.D.

Vanderbilt University

August 2015 – December 2018

B.S., Cognitive Science & Educational Studies, *Summa Cum Laude*
Minor: Spanish Language & Literature
Advisor: Sarah Brown-Schmidt, Ph.D.

PUBLISHED MANUSCRIPTS

Zimmerman, J., & Hooley, J. M. (In Press). The Differential Roles of Perceived Criticism and Self-Criticism in the Functions of Non-Suicidal Self-Injury. *Journal of Emotion and Psychopathology*.

Holt, D. J., Detore, N. R., Aideyan, B., Utter, L., Vinke, L., Johnson, D.S., **Zimmerman, J.**, Dokholyan, K. N., & Burke, A. (In Press). Enhancing Social Functioning using Multi-user, Immersive Virtual Reality. *Scientific Reports*.

Lord, K., **Zimmerman, J.**, Duff, M., & Brown-Schmidt, S. (2023). Memory for Social Media Images Following Traumatic Brain Injury. *Brain Injury*, 1-11.

Zimmerman, J., DeTore, N. R., Deng, W., Burke, A.S., Nyer, M., & Holt, D. J. (2022). Worsening of Psychotic Experiences in College Students during the COVID-19 Pandemic. *Schizophrenia Research*, 256, 133.

Zimmerman, J., Rezende, A., Wright, A., Lord, K., & Brown-Schmidt, S. (2022). Cognitive Implications of Engaging with “Fitspiration” Content on Social Media. *Collabra: Psychology*, 8(1): 37458.

DeTore, N. R., Luther, L., Deng, W., **Zimmerman, J.**, Burke, A.S., Nyer, M., & Holt, D. J. (2022). Efficacy of a Transdiagnostic, Prevention-Focused Program for At-Risk Young Adults: A Waitlist-Controlled Trial. *Psychological Medicine*, 1-10.

Holt, D.J., Zapetis, S.L., Babadi, B., **Zimmerman, J.**, & Tootell, R.B. (2022). Personal Space Increases During the COVID-19 Pandemic in Response to Real and Virtual Humans. *Frontiers in Psychology*, 13.

Zimmerman, J., & Brown-Schmidt, S. (2022). #foodie: Think Before you Type on Instagram. *Frontiers for Young Minds*, 10:690411.

Zimmerman, J., & Brown-Schmidt, S. (2020). #foodie: Implications of Interacting with Social Media for Memory. *Cognitive Research: Principles and Implications*, 5, 1-16.

MANUSCRIPTS SUBMITTED AND UNDER REVIEW

Zimmerman, J., Mair, P., & Hooley, J.M. (In Revision). Interpretation and Memory for Ambiguity in Digital Contexts: Perceived Criticism, Social Anxiety, and Other Vulnerability Factors.

Holt, D. J., Sussman, R., Johnson, D., Vinke, L., Berman, T., **Zimmerman, J.**, Utter, L., Burke, A., DeTore, N.R. (In Revision). Candidate Targets for Resilience Training to Reduce Transdiagnostic Risk for Mental Illness.

Schuster, R. M., DeTore, N. R., Whitaker, Y. I., Knoll, S. J., **Zimmerman, J.**, Hughes, D. E., Rychik, N., Evins, A. E., Coman, D. C., Cather, C., & Holt, D. J. (Submitted). School Screening for Psychotic Experiences in Adolescents Detects Untreated Psychiatric Illness.

PRESENTATIONS

Zimmerman, J., Mair, P., & Hooley, J.M. (2024, October). Interpretation and Memory for Ambiguity in Digital Contexts: Perceived Criticism, Social Anxiety, and Other Vulnerability Factors. Poster presentation at the Society for Research in Psychopathology Annual Meeting, Montreal, Canada.

Zimmerman, J., Finch, E.F., Boccagno, C., & Hooley, J.M. (2023, March). The Differential Roles of Perceived Criticism and Self-Criticism in Non-Suicidal Self-Injury. Poster presentation at the International Convention of Psychological Science (ICPS) Annual Meeting, Brussels, Belgium.

Whitaker, Y.I., DeTore, N.R., **Zimmerman, J.**, Rychik, N.S., Burke, A.S., Aideyan, B., Schuster, R.M., & Holt, D.J. (2022, November). Resilience Training in Transdiagnostically At-Risk Adolescents with Subclinical Psychotic Symptoms: A Single-Arm Pilot Study. Poster presentation at the Association of Behavioral and Cognitive Therapies Annual Meeting, New York, NY.

DeTore, N. R., **Zimmerman, J.**, Mueser, K.T., & Holt, D. J. (2022, September). Levels of Depression Moderates the Longitudinal Relationship between Subclinical Hallucinations and Delusions. Poster presentation at the Society for Research in Psychopathology Annual Meeting, Philadelphia, PA.

Sussman, R. F., **Zimmerman, J.**, DeTore, N. R., Burke, A.S., Utter, L., Aideyan, B., Holt, D. J. (2022, September). Psychotic Experiences and Emotional Reactivity Predict Worse Functional Outcomes in College Students. Poster presentation at the Society for Research in Psychopathology Annual Meeting, Philadelphia, PA.

Sussman, R. F., **Zimmerman, J.**, DeTore, N. R., Williams, M., Burke, A.S., Utter, L., Aideyan, B., Holt, D. J. (2022, April). How Resilience Training Impacts Emotional Reactivity and Psychotic Experiences. Poster presentation at the Tufts NeuroNetwork Open House, Boston, MA.

Sussman, R. F., **Zimmerman, J.**, DeTore, N. R., Williams, M., Burke, A.S., Utter, L., Curren, L., Aideyan, B., & Holt, D. J. (2022, March). Psychotic Experiences, Emotional Reactivity, and Resilience Training. Poster presentation at the 10th Annual MGH Public and Community Psychiatry Symposium, Boston, MA.

Zimmerman, J., DeTore, N. R., Burke, A.S., Nyer, M., Curren, L., Aideyan, B., Luther, L., & Holt, D. J. (2021, November). Enhancing Resilience through a Transdiagnostic, Mindfulness-based Intervention: Initial Validation and Acceptability of a Virtual Delivery Method. Poster presentation at the Association for Behavioral and Cognitive Therapies Annual Meeting.

Zimmerman, J., Rezende, A., Wright, A., Lord, K., & Brown-Schmidt, S. (2021, November). Cognitive Processing of Social Media “Fitspiration” Material is Linked to Disordered Eating Symptomology. Poster presentation at the American Psychological Association Technology, Mind, & Society Annual Showcase.

Zimmerman, J., DeTore, N. R., Luther, L., Burke, A.S., Nyer, M., & Holt, D. J. (2021, September). Worsening of Subclinical Psychotic Symptoms during the COVID-19 Pandemic: A Longitudinal Analysis. Poster presentation at the Society for Research in Psychopathology Annual Meeting.

DeTore, N. R., Luther, L., **Zimmerman, J.**, Deng, W., Burke, A.S., Nyer, M., & Holt, D. J. (2021, September). A Waitlist Controlled Trial of a Transdiagnostic, Prevention-Focused Program for At-Risk Young Adults. Poster presentation at the Society for Research in Psychopathology Annual Meeting.

Zimmerman, J., DeTore, N. R., Deng, W., Burke, A.S., Nyer, M., Luther, L., Namey, L., Landa, C., Harrison, E., Waldheter, E., & Holt, D. J. (2021, August). Predictors of Mental Health and Coping Mechanisms in College Students during the COVID-19 Pandemic. Poster presentation at the American Psychological Association Annual Convention.

- Zimmerman, J.,** Luther, L., Deng, W., DeTore, N. R., Burke, A.S., Nyer, M., & Holt, D. J. (2021, April). Functional Connectivity of the Salience Network is Linked to Social Mentalizing Ability in a Transdiagnostic Sample of At-Risk Young Adults. Poster presentation at the Society of Biological Psychiatry Annual Meeting.
- Zimmerman, J.,** DeTore, N. R., Burke, A.S., Nyer, M., Curren, L., Aideyan, B., Luther, L., Namey, L., & Holt, D. J. (2021, March). Enhancing Resilience in At-Risk Young Adults: Initial Validation of a Virtual Delivery Method. Poster presentation at the 9th Annual MGH Public and Community Psychiatry Symposium, Boston, MA.
- Zimmerman, J.,** Rezende, A., Wright, A., Lord, K., & Brown-Schmidt, S. (2021, March). #fitspo: Cognitive Implications of Engaging with “Fitspiration” Content on Social Media. Short talk presentation at the 34th Annual CUNY Conference on Human Sentence Processing, Philadelphia, PA.
- Zimmerman, J.,** DeTore, N. R., Deng, W., Burke, A.S., Nyer, M. Luther, L., Namey, L., Landa, C., Harrison, E., Waldheter, E., & Holt, D. J. (2020, October). Qualitative Feedback about a Resilience Training Intervention for At-Risk College Students. Poster presentation at the 18th Annual MGH Clinical Research Day, Boston, MA.
- Zimmerman, J. &** Brown-Schmidt, S. (2020, March). #foodie: Implications of Interacting with Social Media for Memory. Poster presentation at the 33rd Annual CUNY Conference on Human Sentence Processing, Amherst, MA.

GRANTS, AWARDS, AND HONORS

George W. Goethals Award for Teaching Excellence, Harvard University	2024
Restricted Funds Research Grant Award (\$7,500), Harvard University	2024
Restricted Funds Research & Travel Grant Award (\$500) (2x), Harvard University.	2024
Restricted Funds Research Grant Award (\$5,000), Harvard University	2023
Stimson Fund Research & Travel Grant (\$1,200), Harvard University	2023
<i>Summa Cum Laude</i> , Vanderbilt University	2018
Research Experience for Undergraduates, National Science Foundation	2017 – 2018
International Honor Society of Education (KDPi)	2016 – 2018
Stadler Family Merit-based Scholarship, Vanderbilt University	2015 – 2018
Dean’s List, Vanderbilt University	2015 – 2018

RESEARCH EXPERIENCE

Graduate Student Researcher

August 2022 – Present

Harvard University
Department of Psychology, Clinical Science Program
Clinical Research Laboratory
Supervisor: Jill M. Hooley, Ph.D.

Projects:

Attention and Memory Processes in Digital Media Consumption: Implications for Clinical Populations

Interpretation and Memory Biases in Digital Contexts: Perceived Criticism, Social Anxiety, and other Vulnerability Factors

Development and Validation of Novel Self-Report Measure to Assess Interpretation and Self-Schema Activation in Social Media

Clinical Research Coordinator II

June 2020 – June 2022

Massachusetts General Hospital
Department of Psychiatry, Athinoula A. Martinos Center for Biomedical Imaging

Emotion and Social Neuroscience Laboratory; Resilience and Prevention Program
Supervisors: Daphne J. Holt, M.D., Ph.D. & Nicole R. DeTore, Ph.D.

Projects:

Mental Health on the College Campus: Longitudinal Predictors of Psychopathology and Functioning in Young Adults

The Effects of a Transdiagnostic, CBT-Based Intervention on Neural Mechanisms of Psychopathology and Resilience in Young Adults At-Risk for Severe Mental Illness

The Effects of a Virtual-Reality-Based Intervention and Personal Space Manipulation on Resilience and Social Functioning

Optimizing a Novel, School-Based Intervention for Early Detection and Prevention of Psychotic Disorders: Neural Mechanisms and Risk Factors for Mental Illness Among Adolescents

Lab Manager

June 2019 – June 2020

Vanderbilt University
Department of Psychology and Human Development
Conversation Laboratory
Supervisor: Sarah Brown-Schmidt, Ph.D.

Projects:

Cognitive Processes of Engagement with Dieting and Fitness Material on Social Media: Implications for Individuals with Disordered Eating Behaviors

Memory for Social Media Engagement: Exploring the “Generation Effect” in the Contexts of Instagram and Disordered Eating

Effects of Induced Mood on Later Recall of Two-Party Conversation

Language Processing and Production in Social Media Contexts among Individuals with Traumatic Brain Injury

Clinical Research Assistant

August 2019 – May 2020

Vanderbilt University Medical Center
Department of Psychiatry
Blackford Lab
Supervisor: Jennifer Blackford, Ph.D.

Projects:

Fear Conditioning and Generalization in Adolescents with Anxiety Disorders: Neural and Physiological Responses to Unpredictable Threat

Anxiety Neurocircuitry and Stress Reactivity in Adults Recovering from Alcohol Use Disorder

Research Assistant

August 2017 – June 2019

Vanderbilt University
Department of Psychology and Human Development
Conversation Laboratory
Supervisor: Sarah Brown-Schmidt, Ph.D.

Projects:

Memory for Social Media Engagement: Exploring the “Generation Effect” in the Contexts of Instagram and Disordered Eating

The Effects of Elaborative Encoding on Memory for Conversation: Implications for Eye-Witness Testimony

CLINICAL EXPERIENCE

Practicum Student

September 2024 – Present

Dauten Family Center for Bipolar Treatment Innovation
Massachusetts General Hospital
Boston, MA

Responsibilities: individual therapy and skills training; standardized assessment; clinical notes; development of a new stepped-care coaching program for non-acute patients
Supervisor: Stephanie Roberts, Ph.D.

Practicum Student

June 2023 – Present

OCD Institute, McLean Hospital
Adult Residential Program
Belmont, MA

Responsibilities: individual and group therapy; exposure and response prevention (ERP) coaching; clinical notes
Supervisors: Michèle Candrian, Ph.D., & Nathaniel Van Kirk, Ph.D.

Observational Practicum Student

February 2023 – May 2023

Cambridge Health Alliance (CHA)
Adult, Adolescent, & Neurodevelopmental In-Patient Units
Cambridge, MA
Responsibilities: motivational interviewing
Supervisor: Adam Conklin, Ph.D.

Diagnostic Assessor

June 2020 – June 2022

Massachusetts General Hospital
Resilience and Prevention Program (RAPP)
Boston, MA
Responsibilities: standardized assessment and report writing

Recovery Assistant

October 2018 – June 2019

Cumberland Heights Addiction Recovery Center
Youth & Adult Women's Residential Programs
Nashville, TN

Responsibilities: group therapy; individual check-ins; orientation to the program; clinical notes

Counseling Intern

August 2017 – December 2018

Vanderbilt School-Based Counseling Program
Metro Public Schools
Nashville, TN

Responsibilities: assistance with individual, group therapy and intakes; development of treatment plans

TEACHING EXPERIENCE

Instructor

September 2024 – Present

PSY 971: Contemporary Issues in Psychology: Intensive Cross-level Analyses
Harvard College

Concepts taught: scientific writing, research methodology, critical thinking, evaluation of empirical papers
Responsibilities as sole instructor: syllabus design, lesson planning, lectures & discussions, grading assignments

Invited Guest Lecturer

February 2025

PSY 12: Psychopathology
Tufts University

Concepts taught: history, etiology, mechanisms, and treatment of Obsessive Compulsive Disorder (OCD)
Responsibilities: lecturer for 150+ undergraduate students

Group Leader and Discussion Facilitator

June 2023 – June 2024

OCD Institute

Belmont, MA

Concepts taught: psychoeducation and emotion regulation skills (e.g., CBT, DBT, ACT)

Responsibilities: independent group leading, manual design, lesson planning, EHR documentation

Mathematics Enrichment Teacher

January 2019 – June 2019

Cumberland Heights ARCH Academy High School

Nashville, TN

Concepts taught: algebra – AP Calculus

Responsibilities: lesson planning, direct instruction, GED preparation, grading assignments, exam proctoring

Private Math Tutor

August 2018 – December 2018

Nashville, TN

Concepts taught: 6th grade algebra, trigonometry, geometry

Responsibilities: individualized lesson planning, direct instruction

Early Education Practicum Student

August 2015 – May 2017

Nashville, TN Metro Public Schools

Concepts taught: early literacy and reading comprehension (1st grade)

Responsibilities: direct instruction

Lead Instructor

May 2015 – August 2017

Mathnasium of Brookhaven

Atlanta, GA

Concepts taught: Pre-K foundational math – AP Calculus

Responsibilities: management of instructor training and scheduling, lesson planning, direct instruction

SELECTED SKILLS

Computer Software and Technological Skills

R (frequentist and Bayesian statistical modeling)

Python (machine learning algorithms & NLP)

Shiny App interactive plotting

SPSS

Microsoft Excel

MATLAB

EPIC

FreeSurfer brain imaging software

Siemens 3-Tesla MRI scanners

Electromyography (EMG)

Galvanic skin response (GSR)

Eye-tracking software

REDCap & Qualtrics

Prolific & Amazon Mechanical Turk

Diagnostic Interview and Neurocognitive Assessment Experience

Structured Interview for Psychosis-risk Syndromes (SIPS)

Mini International Neuropsychiatric Interview (MINI) & MINI-K

Positive and Negative Syndrome Scale (PANSS)

Kiddie Schedule for Affective Disorders and Schizophrenia (K-SADS)

Structured Clinical Interview for DSM-5 (SCID-5)

Wide Range Achievement Test (WRAT)

Wechsler Adult Intelligence Scale (WAIS-IV)

PROFESSIONAL AFFILIATIONS

Association for Psychological Science (APS)

2023 – Present

Society for Research in Psychopathology (SRP)

2021 – Present

Association for Behavioral and Cognitive Therapies (ABCT)	2020 – Present
ABCT Cognitive Therapy Special Interest Group	
American Psychological Association (APA)	2019 – Present
APA Division 12: Society of Clinical Psychology	

COMMUNITY INVOLVEMENT, VOLUNTEER WORK AND MENTORSHIP

Workshop Leader & Coordinator, Harvard Graduate Student Mental Health Initiative	2024 – Present
Founder, Creator, & Content Manager of <i>Psyched!</i> resource platform for PhD applicants	2023 – Present
Interview & Visiting Day Coordinating Committee, Harvard University	2023 – Present
New England Equine Rescue (NEER North) Volunteer, West Newbury, MA	2023 – Present
PsyMentor Peer Mentor, Department of Psychology, Harvard University	2022 – Present
Co-founder, Post-Baccalaureate Association (PBA) Speaker Series, Mass General Brigham	2020 – 2022
Advisory Board, Post-Baccalaureate Association (PBA), Mass General Brigham	2020 – 2022
My Brother's Keeper Mentor, in Partnership with MGH Computational Neuroscience Internship	2020 – 2021
Peabody Academic Leaders (PALs), Vanderbilt University	2017 – 2018
Resident & Representative, McTyeire International House Spanish Program, Vanderbilt University	2016 – 2017

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References may be provided upon request.