

Curriculum Vitae

Daniel R Evans
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Education

Wesleyan University, Middletown, CT (8/1993 – 5/1998)
B.A. in Philosophy

Arizona State University, Mesa, AZ (8/2003 – 5/2006)
M.S. in Exercise and Wellness

University of Kentucky, Lexington, KY (8/2006 – 8/2014)
Ph.D. in Clinical Psychology
Dissertation: "Self-regulation in older adults: The prioritization of emotion regulation"

Alpert Medical School of Brown University, Providence, RI (7/2013 – 6/2014)
Clinical Psychology Internship, APA Accredited

Postgraduate Training

Alpert Medical School of Brown University, Providence, RI (8/2014 – 7/2016)
Clinical Psychology Post-Doctoral Fellowship in Integrated Primary Care

Clinical Positions

Private Practice, San Diego, CA (2/2020 – present)
Providing individual psychotherapy and teaching/consulting services

Clinical Research Interventionist, University of California, Irvine, CA (3/2024 – present)
Providing psychotherapy to research participants as part of an NIH-funded randomized controlled trial of brief psychotherapy for cancer survivors

Faculty Positions

Assistant Professor, Department of Family Medicine, University of Washington, Seattle, WA
(10/2016 – 12/2019)

Instruction and Curriculum Development

- Teaching residents patient-centered communication skills and behavioral health skills through direct observation, video review, and classroom didactics
- Co-directing development and innovation of behavioral science curriculum, including incorporation of self-determination theory and attachment theory
- Co-directing residency scholarship and research curriculum

Administration

- Co-directing with a physician faculty all residency didactics and afternoon reports
- Developing brief measures to evaluate didactics and improve the precepting experience for residents, including an ultra-brief precepting feedback form
- Co-developing and co-directing Integrated Primary Care Psychology track of the Clinical Psychology Internship Program at the University of Washington

Clinical Work

- Providing brief assessment and psychotherapy to patients in residency clinic
- Providing psychotherapy and performance enhancement training to University of Washington student athletes at Sports Medicine Clinic
- Collaborating with Behavioral Health Integration Program (BHIP) in residency clinic

Assistant Program Director, Family Medicine Residency, University of Washington, Seattle, WA (8/2017 – 12/2019)

- Meeting weekly with program director and associate directors to discuss administration and strategic planning of the residency
- Contributing to revamping of residency mission and values statements
- Assisting in annual recruitment of future residents, including revamping applicant interviews
- Providing support to staff and faculty for urgent matters in the residency

Honors

Outstanding Poster Award, Arizona State University Grad Student Research Conference (2004) Poster presenting research project entitled “Self-Applied Ischemic Pressure with a Backnobber to Reduce Muscular Tension and Pain in the Upper Back and Neck”

Seed Grant, Pressure Positive Company (2004)

\$1,450 to study the physical and psychological effects of a self-massage device

Graduate College Tuition Award, Arizona State University (Fall 2004 – Spring 2005)

Tuition reimbursement for academically outstanding graduate students

Daniel R. Reedy Fellowship, University of Kentucky (Fall 2006 – Spring 2009)

\$3,000 per academic year awarded to attract outstanding graduate students

Kentucky Opportunity Fellowship, University of Kentucky (2006 – 2007)

\$15,000 plus tuition and health insurance awarded to recruit highly qualified graduate students

Graduate Student Travel Award, University of Kentucky (2008 – 2013)

\$500 annual awards from the university to present research findings at national conferences

Research Challenge Trust Fund Award, University of Kentucky (2008 – 2013)

\$500 annual awards from the department to present research findings at national conferences

Excellence in Clinical Performance Award, University of Kentucky (2010)

Award for clinical performance at the graduate student psychological services clinic

Graduate Student Incentive Program Award, University of Kentucky (2011)
\$1,000 award for receiving a nationally competitive NIH award

National Research Service Award (F31AG039208), National Institute on Aging (2011 – 2013)
Nationally competitive NIH-sponsored award for pre-doctoral students providing two years of tuition, stipend, and research funds (~\$40,000/year) to train promising scientists

Dissertation Year Fellowship, University of Kentucky (2011 – 2012)
\$16,000 stipend, tuition, and health insurance awarded to complete outstanding dissertation proposals; declined following receipt of National Research Service Award

Nietzel Visiting Distinguished Faculty Award, University of Kentucky (2012)
Funding from the Graduate School to bring distinguished faculty from other universities to serve on the dissertation committee of doctoral students whose dissertations are especially meritorious

Dean's Excellence in Teaching Award, Alpert Medical School of Brown University (2016)
Award for outstanding teaching of first year medical students in Introduction to Doctoring course

Faculty Morale and Support Award, Family Medicine Residency, University of Washington, Seattle, WA (2018)
Award provided to faculty by the graduating residency class for outstanding support

Current Licenses to Practice

California: Psychologist License PSY33047 (12/2021 – present)

Professional Memberships

American Psychological Association (2006 – present)

Teaching Experience

Teaching Apprentice, Wesleyan University, Middletown, CT (1/1997 – 5/1997)
Instructing weekly discussion sections and providing feedback on students' papers for a class in modern philosophy

English Teacher, Japan Exchange Teaching Program, Kawasaki, Japan (7/1998 – 7/2001)
Assisting public school teachers in the design, execution, and evaluation of English lessons

Graduate Teaching Assistant, Arizona State University, Mesa, AZ (1/2004 – 12/2004)
Instructing classes, assisting individual students during office hours, and grading papers and exams for a course in Health Psychology

Graduate Teaching Assistant, Arizona State University, Tempe, AZ (7/2005 – 8/2005)
Designing and teaching supplementary instruction classes in Introduction to Psychology for a special summer session for incoming freshmen

Guest Lecturer, University of Kentucky and Stanford University (2010 – 2012)

Delivering lectures in undergraduate courses in Health Psychology and Dialectical Behavior Therapy at the University of Kentucky; graduate-level courses in Systems of Psychotherapy and Exercise Science at the University of Kentucky; and undergraduate courses at Stanford University

Instructor, Alpert Medical School of Brown University, Providence, RI (1/2015 – 6/2016)

Co-leading Introduction to Doctoring course for first year medical students focusing on clinical interviewing, communication, empathy, motivational interviewing, and health behavior change skills

Teaching Family Medicine Residents, Alpert Medical School of Brown University, Pawtucket, RI (8/2014 – 8/2016)

- Developing and leading behavioral health seminars and workshops for residents
- Conducting one-on-one behavioral health tutorials with residents
- Co-leading seminars with physician faculty to train residents in the management of chronic pain
- Attending medical visits with residents to demonstrate brief psychotherapy interventions

Teaching Family Medicine Residents, University of Washington, Seattle, WA (10/2016 – 12/2019)

- Developing and teaching innovative behavioral science curriculum, including modules on chronic pain, medically unexplained symptoms, insomnia, exercise and nutrition, and personality disorders
- Direct observation and coaching of residents in patient-centered communication skills and brief behavioral health assessments and interventions
- Co-developing behavioral health clinic for senior residents to learn and practice advanced behavioral health skills through co-treatment sessions with behavioral science faculty
- Co-directing revamp and oversight of all residency didactics, including initiation of flipped classroom model

University Committees

Teaching and Research Award Committee, Department of Psychiatry and Human Behavior, Alpert Medical School of Brown University (2014)

Technology Committee, Department of Psychiatry and Human Behavior, Alpert Medical School of Brown University (7/2013 – 6/2014)

Cross-Training Workshop on Technology and Professionalism, Department of Psychiatry and Human Behavior, Alpert Medical School of Brown University (8/2014 – 10/2014)

Teaching Committee, Family Medicine Residency, University of Washington (3/2017 – 12/2019)

Co-leading monthly meetings with residents to discuss quality improvement of residency didactics, afternoon report, faculty precepting, and resident teaching of medical students

Hiring Committee, Family Medicine Residency, University of Washington (6/2017 – 12/2019)

Member of standing hiring committee for faculty and staff in the residency

Publications

1. Cowen, V.S., Burkette, L., Bredimus, J., **Evans, D.R.**, Lamey, S., Neuhauser, T., & Shojaee, L. (2006). A comparative study of Thai massage and Swedish massage relative physiological and psychological measures. *Journal of Bodywork and Movement Therapies*, 10, 266-275.
2. Lykins, E.L.B., Segerstrom, S.C., Averill, A.J., **Evans, D.R.**, & Kemeny, M.E. (2007). Goal shifts following reminders of mortality: Reconciling posttraumatic growth and terror management theory. *Personality and Social Psychology Bulletin*, 33, 1088-1099.
3. Solberg-Nes, L., **Evans, D.R.**, & Segerstrom, S.C. (2009). Optimism and college retention: Mediation by motivation, performance, and adjustment. *Journal of Applied Social Psychology*, 39, 1887-1912.
4. **Evans, D.R.**, Baer, R.A., & Segerstrom, S.C. (2009). The effects of mindfulness and self-consciousness on persistence. *Personality and Individual Differences*, 47, 379-382.
5. Segerstrom, S.C., Roach, A.R., **Evans, D.R.**, Schipper, L.J., Darville, A.K. (2010). The structure, validity, and correlates of trait repetitive thought in older adults. *Psychology and Aging*, 25, 505-515.
6. Burris, J., **Evans, D.R.**, & Carlson, C.C. (2010). Psychological correlates of medical comorbidities in patients with temporomandibular disorders. *Journal of the American Dental Association*, 141, 22-31.
7. Porto, F., de Leeuw, R., **Evans, D.R.**, Carlson, C., Yepes, J., Branscum, A., & Okeson, J. (2011). Differences in psychosocial functioning and sleep quality between idiopathic continuous orofacial neuropathic pain patients and chronic masticatory muscle pain patients. *Journal of Orofacial Pain*, 25, 117-124.
8. Segerstrom, S.C., **Evans, D.R.**, & Eisenlohr-Moul, T.A. (2011). Optimism and pessimism dimensions in the Life Orientation Test-Revised: Method and meaning. *Journal of Research in Personality*, 45, 126-129.
9. **Evans, D.R.** & Segerstrom, S.C. (2011). Why do mindful people worry less? *Cognitive Therapy and Research*, 35, 505-510.
10. Segerstrom, S.C., Hardy, J.K., **Evans, D.R.**, & Greenberg, R.N. (2012). Vulnerability, distress, and immune response to vaccination in older adults. *Brain, Behavior, and Immunity*, 26, 747-753.
11. Eisenlohr-Moul, T.A., Burris, J., & **Evans, D.R.** (2013). Pain acceptance, psychological functioning, and self-regulatory fatigue in temporomandibular disorder. *Health Psychology*, 32, 1236-1239.
12. Burris, J., Carlson, C.R., **Evans, D.R.**, & Perez, C. (2013). A preliminary study of cigarette smoking in female orofacial pain patients. *Behavioral Medicine*, 39, 73-79.

13. Kashdan, T.B., DeWall, C.N., Schurtz, D.R., Deckman, T., Lykins, E.L., **Evans, D.R.**, McKenzie, J., Segerstrom, S.C., Gailliot, M.T., & Brown, K.W. (2014). More than words: Contemplating death enhances positive emotional word use. *Personality and Individual Differences*, 71, 171-175.
14. Williams, D. M. & **Evans, D.R.** (2014). Current emotion research in health behavior science. *Emotion Review*, 6, 282-292.
15. **Evans, D.R.**, Eisenlohr-Mouhl, T.A, Button, D., Baer, R.A., & Segerstrom, S.C. (2014). Self-regulatory deficits associated with unpracticed mindfulness approaches to pain. *Journal of Applied Social Psychology*, 44, 23-30.
16. **Evans, D.R.**, & Segerstrom, S.C. (2015). Physical activity and depressive symptoms interact to predict executive functioning within community dwelling older adults. *Experimental Aging Research*, 41, 534-545.
17. Segerstrom, S.C., Eisenlohr-Moul, T.A., & **Evans, D.R.**, & Nilam, R. (2015). Repetitive thought dimensions, psychological well-being and perceived growth in older adults: A multilevel, prospective study. *Anxiety, Stress, & Coping*, 28, 287-302.
18. Segerstrom, S.C. Alden, A., **Evans, D.R.**, Hardy, J.S., & Stanton, A. (2016). Briefly Assessing Repetitive Thought Dimensions: Valence, Purpose, and Total. *Assessment*, 23, 614-23.
19. Segerstrom, S.C. & **Evans, D.R.** (2016). Happy all the time? Affect, resources, and time use. *Emotion*, 16, 941-944.
20. **Evans, D.R.**, Boggero, I.A., & Segerstrom, S.C. (2016). The nature of self-regulatory fatigue and “ego depletion”: Lessons from physical fatigue. *Personality and Social Psychology Review*, 20, 291-310.
21. Fuchs, C.H., Haradhvala, N., **Evans, D.R.**, Nash, J.M., Weisberg, R.B., & Uebelacker, L. (2016). Implementation of an acceptance- and mindfulness-based group for depression and anxiety in primary care: Initial outcomes. *Families, Systems, and Health*, 34, 386-395.

Book Chapters

Segerstrom, S.C., Hardy, J.K., **Evans, D.R.**, & Winters, N.F. (2011). “Pause and plan”: Self-regulation and the heart. In G. Gendolla & R. Wright (Eds.), *Motivational Perspectives on Cardiovascular Response*. Washington, DC: American Psychological Association.

Nash, J., Sklar, M., & **Evans, D.R.** (2015). Depression Management in the Medical Home. In W. O'Donohue & A. Maragakis (Eds.), *Integrated Primary and Behavioral Care: Role in Medical Homes and Chronic Disease Management*. New York, NY: Springer International Publishing.

Presentations at National and Regional Conferences

Evans, D.R. & Segerstrom, S.C. Positive and negative repetitive thought predict global perceived health in older adults (March, 2008). Poster presented at the annual meeting of the Society for Behavioral Medicine, San Diego, CA.

- Evans, D.R.**, Baer, R.A., & Segerstrom, S.C. (February, 2009). The effects of mindfulness and self-consciousness on persistence on a difficult task. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Tampa, FL.
- Eisenlohr-Mouhl, T.A, **Evans, D.R.** Button, D., Baer, R.A., & Segerstrom, S.C. (January, 2010). Self-regulatory deficits associated with novel mindfulness approaches to pain. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Las Vegas, NV.
- Evans, D.R.** & Segerstrom, S.C. (January, 2010). The relationship between mindfulness, self-regulation, and repetitive thought. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Las Vegas, NV.
- Evans, D.R.**, & Segerstrom, S.C. (March, 2011). When is physical activity more protective of executive functioning in community dwelling older adults? Poster presented at the annual meeting of the American Psychosomatic Society, San Antonio, TX.
- Hardy, J.K., **Evans, D.R.**, & Segerstrom, S.C. (December, 2011). Physical activity and distress: Effect on anti-body response, executive functions, and cognitive fatigue. Talk presented at the annual conference of the Brain, Behavior, and Immunity of Illinois, Chicago, IL.
- Evans, D.R.**, Eisenlohr-Mouhl, T.A, & Segerstrom, S.C. (January, 2013). Physical activity and depressive symptoms interact to predict executive functioning among community dwelling older adults. Poster and oral presentation at the annual meeting of the Society for Personality and Social Psychology, New Orleans, LA.
- Evans, D.R.**, Burris, J.L., & Carlson, C.C. (May, 2013). Physical activity is associated with positive psychosocial outcomes in chronic temporomandibular disorder. Poster presentation at the annual meeting of the Association for Psychological Science, Washington, DC.
- Evans, D.R.**, Boggero, I.A., & Segerstrom, S.C. (April, 2014). Self-regulation in older adults: The prioritization of emotion regulation. Poster presentation at the annual meeting of the Society for Behavioral Medicine, Philadelphia, PA.
- Evans, D.R.**, Williams, D., Roberts, M.B., Uebelacker, L., Stefanick, M., Coday, M., Rosal, M., Garcia, L., Mouton, C. & Eaton, C. (March, 2016). Physical activity buffers the impact of cynical hostility on coronary heart disease among post-menopausal women. Poster presented at the Annual Meeting of the Society for Behavioral Medicine, Washington, D.C.
- Sklar, M., Fuchs, C., **Evans, D.R.**, Uebelacker, L., Nash, J. (March, 2017). Physician management of behavioral health concerns in primary care patients and its implication for resource utilization. Paper presented at the Annual Meeting of the Society of Behavioral Medicine, San Diego, CA.
- Evans, D.R.** (September, 2017). Managing medically unexplained symptoms in primary care. Invited oral presentation at the 45th Annual Advances in Family Medicine and Primary Care CME Course, Seattle, WA.
- Evans, D.R.** (September, 2018). Improving sleep in primary care patients using brief Cognitive Behavioral Therapy for Insomnia. Invited oral presentation at the 46th Annual Advances in Family Medicine and Primary Care CME Course, Seattle, WA.

Evans, D.R., Lavins, G., Cornish, D., Al Achkar, M. (April, 2019). Using a novel, theory-based, ultra-brief feedback form to improve precepting. Poster presented at the Annual Spring Conference of the Society of Teachers of Family Medicine.

Evans, D.R. (September, 2019). Using Attachment Theory to navigate challenging patient encounters. Invited oral presentation at the 47th Annual Advances in Family Medicine and Primary Care CME Course, Seattle, WA.

Evans, D.R. (September, 2020). A Theory Based Approach to Wellness. Invited oral presentation at the Annual WWAMI Region (Washington, Wyoming, Alaska, Montana, Idaho) Family Medicine Chief Residents' Conference. Virtual Conference based in Seattle, WA.

Evans, D.R. (September, 2021). Motivational Skills for Chief Residents. Invited oral presentation at the Annual WWAMI Region Family Medicine Chief Residents' Conference. Virtual Conference based in Seattle, WA.

Evans, D.R. (September, 2022). Motivational Skills for Effective Leadership (and Everything Else). Invited oral presentation at the Annual WWAMI Region Family Medicine Chief Residents' Conference. Virtual Conference based in Seattle, WA.

Evans, D.R. (January, 2023). Using Self Determination Theory for Effective Leadership. Invited oral presentation at the Annual WWAMI Region Family Medicine Faculty Fellowship Conference. Virtual Conference based in Seattle, WA.

Evans, D.R. & Neufeld, A. (March, 2024). Rorienting Wellness Promotion in Medical Education Using Self Determination Theory. Invited oral presentation at the Annual WWAMI Region Family Medicine Faculty Fellowship Conference. Virtual Conference based in Seattle, WA.

Ellenbogen, R., Sairenji, T. & **Evans, D.R.** (February, 2025). Promoting Student Engagement, Learning, and Wellbeing Using Self Determination Theory. Seminar presentation at the Annual Conference on Medical Student Education of the Society of Teachers of Family Medicine.

Evans, D.R. (May, 2025). From Burnout to Wellness: Targeting the Root Drivers of Ill-Being and Well-Being in Residency Using Self Determination Theory. Invited oral presentation at the Annual WWAMI Region Family Medicine Faculty Development Fellowship Conference. Virtual Conference based in Seattle, WA.