

Clarissa W. Ong

Department of Psychology
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[Process-Oriented Intervention Science \(POIS\) Lab](#)

September 2023

Employment

2022– Assistant Professor & Clinic Director
Department of Psychology, University of Toledo, Toledo, OH

Licensure

2022– Psychologist, Ohio (P.08375)

Education & Training

2021–2022 Postdoctoral Associate
Center for Anxiety and Related Disorders at Boston University, Boston, MA
Supervisor: Stefan Hofmann, Ph.D.

2020–2021 Clinical Psychology Intern
McLean Hospital/Harvard Medical School, Belmont, MA
Training Directors: Thröstur Björgvinsson, Ph.D., & Philip G. Leventusky, Ph.D.

2015–2021 Ph.D. in Psychology
Utah State University, Logan, UT
Advisor: Michael P. Twohig, Ph.D.

2015–2018 M.S. in Psychology
Utah State University, Logan, UT
Advisor: Michael P. Twohig, Ph.D.

2010–2013 B.A. in Psychology
Smith College, Northampton, MA
Advisor: Randy O. Frost, Ph.D.

Grant Activity

2023 International OCD Foundation Young Investigator Award (\$47,643)
Title: A Good Enough Intervention: Testing Brief Online Self-Help Treatment Modules for Clinical Perfectionism
Role: PI / Co-PI: Eric Lee, Ph.D.

2023– University of Toledo Research Awards & Fellowships Program (\$18,700)
Title: Examining Individual Networks in Context: How Does Responding Change?
Role: PI

- 2023– University of Toledo Department of Psychology Pilot Grant (\$17,200)
Title: Examining Emotion Regulation Difficulties in Individual Networks
 Role: PI
- 2021 International OCD Foundation Young Investigator Award (\$50,000)
 (unfunded) *Title: A Randomized Controlled Trial of Online Group ACT and Buried in Treasures Workshops for Hoarding Disorder*
 Role: PI
- 2019–2020 Association for Contextual Behavioral Science Research Development Grant (\$4,988)
Title: A Process-Based App Intervention Study for Clinical Perfectionism
 Role: PI
- 2019 International OCD Foundation Young Investigator Award (\$49,813.66)
 (unfunded) *Title: An Examination of Processes of Change in OCD Using Ecological Momentary Assessment*
 Role: PI
- 2017–2020 Utah State University Diversity Council Long-Term Grant (\$15,000)
Title: Safe Passages for U
 Role: Co-Investigator; PI: Kaylee Litson
- 2015–2017 International OCD Foundation (\$50,000)
Title: Prediction, Understanding, and Treatment of Perfectionism
 Role: Project Director; PI: Michael P. Twohig, Ph.D.
- 2015–2017 Institute of Mental Health Center Grant (\$33,135)
Title: Non-Suicidal Self-Injurious Behaviors in a Psychiatric Outpatient Sample
 Role: Co-Investigator; PI: Shazana Shahwan, M.S.
- 2014–2016 Institute of Mental Health Center Grant (\$20,110)
Title: Comorbid Hoarding in a Psychiatric Outpatient Sample
 Role: PI

Books

3. **Ong, C. W.**, & Lee, E. B. (2023). *A process-based approach to psychotherapy: Foundations and principles*. Under contract.
2. **Ong, C. W.**, & Twohig, M. P. (2022). *The anxious perfectionist: How to manage perfectionism-driven anxiety using acceptance and commitment therapy*. New Harbinger.
1. Twohig, M. P., Levin, M. E., & **Ong, C. W.** (2020). *ACT in steps: A transdiagnostic manual for learning acceptance and commitment therapy*. Oxford Press.

Peer-Reviewed Publications (*student co-author; †co-first authors)

70. **Ong, C. W.**, Barthel, A. L., & Hofmann, S. G. (2023). The relationship between psychological inflexibility and well-being in adults: A meta-analysis of the Acceptance and Action Questionnaire (AAQ). *Behavior Therapy*. <https://doi.org/10.1016/j.beth.2023.05.007> [Data / Preprint]
69. **Ong, C. W.**, *Sheehan, K. G., & Haaga, D. A. F. (2023). Measuring ACT in context: Challenges and future directions. *Journal of Contextual Behavioral Science*, 28, 235–247. <https://doi.org/10.1016/j.jcbs.2023.04.005> [Preprint / Postprint]
68. Krafft, J., Petersen, J. M., **Ong, C. W.**, Twohig, M. P., & Levin, M. E. (2023). Processes of change in online acceptance and commitment therapy for hoarding. *Journal of Contextual Behavioral Science*. <https://doi.org/10.1016/j.jcbs.2023.04.001>
67. **Ong, C. W.**, Woods, D. W., Franklin, M. E., Saunders, S. M., Neal-Barnett, A. M., Compton, S. N., & Twohig, M. P. (2023). The role of psychological flexibility in acceptance-enhanced behavior therapy for trichotillomania: Moderation and mediation findings. *Behaviour Research and Therapy*, 164, 104302. <https://doi.org/10.1016/j.brat.2023.104302>
66. Moskow, D. M., **Ong, C. W.**, Hayes, S. C., & Hofmann, S. G. (2023). Process-based therapy: A personalized approach to treatment. *Journal of Experimental Psychopathology*, 14. <https://doi.org/10.1177/20438087231152848> [Article]
65. Hudson, C. C., Klein, K. P., **Ong, C. W.**, Handy, A. B., Swee, M. B., Lambert, H. K., Mei, S., Hom, M. A., Weiss, R. B., Beard, C., & Björgvinsson, T. (2023). Treatment outcomes and patient satisfaction of a virtual partial hospital program: A mixed-method study. *Psychotherapy Research*, 33, 235–250. <https://doi.org/10.1080/10503307.2022.2088314>
64. **Ong, C. W.**, Hayes, S. C., & Hofmann, S. G. (2022). A process-based approach to cognitive behavioral therapy: A theory-based case illustration. *Frontiers in Psychology*, 13. <https://doi.org/10.3389/fpsyg.2022.1002849> [Article]
63. Krafft, J., **Ong, C. W.**, Davis, C. H., Petersen, J. M., Levin, M. E., & Twohig, M. P. (2022). An open trial of group acceptance and commitment therapy (ACT) with an adjunctive mobile app for generalized anxiety disorder (GAD). *Cognitive and Behavioral Practice*, 29, 846–859. <https://doi.org/10.1016/j.cbpra.2021.05.008>
62. **Ong, C. W.**, Lee, E. B., Levin, M. E., & Twohig, M. P. (2022). Online process-based training for clinical perfectionism: A randomized trial. *Behaviour Research and Therapy*, 156, 104152. <https://doi.org/10.1016/j.brat.2022.104152> [Preregistration / Postprint]
61. **Ong, C. W.**, Petersen, J. M., Terry, C. L.†, Krafft, J., Barney, J. L., Abramowitz, J. S., & Twohig, M. P. (2022). The “how” of exposures: Examining the relationship between exposure parameters and outcomes in obsessive-compulsive disorder. *Journal of Contextual Behavioral Science*, 24, 87–95. <https://doi.org/10.1016/j.jcbs.2022.03.009>
60. **Ong, C. W.**, Pierce, B. G., Klein, K. P., Hudson, C. C., Beard, C., & Björgvinsson, T. (2022). Longitudinal measurement invariance of the PHQ-9 and GAD-7. *Assessment*, 29, 1901–1916. <https://doi.org/10.1177/10731911211035833> [Preregistration / Code]
59. Zemestani, M., Salavati, M., Seyedolshohadayi, A., Petersen, J. M., **Ong, C. W.**, Twohig, M. P., & Ghaderi, E. (2022). A preliminary examination of acceptance and commitment therapy (ACT) versus exposure and response prevention (ERP) for patients with obsessive-compulsive disorder on an optimal dose of SSRIs: A randomized controlled trial in Iran. *Behavior Modification*, 46. <https://doi.org/10.1177/0145445520982977>

58. **Ong, C. W.**, *Terry, C. L., Levin, M. E., & Twohig, M. P. (2021). Examining the feasibility and effectiveness of online acceptance and commitment therapy self-help in a quasi-stepped care model. *Psychological Services*. <https://doi.org/10.1037/ser0000596>
57. Muñoz, K., Whicker, J. J., **Ong, C. W.**, & Twohig, M. P. (2021). Factors associated with the psychosocial wellbeing among parents of children who are Deaf or hard-of-hearing. *Journal of Early Hearing Detection and Intervention*, 6, 1–8. <https://doi.org/10.26077/ed39-0829>
56. **Ong, C. W.**, Lee, E. B., Petersen, J. M., Levin, M. E., & Twohig, M. P. (2021). Is perfectionism always unhealthy? Examining the moderating effects of psychological flexibility and self-compassion. *Journal of Clinical Psychology* 77, 2576–2591. <https://doi.org/10.1002/jclp.23187> [Data]
55. Petersen, J. M., **Ong, C. W.**, Hancock, A., Gillam, R., Levin, M. E., & Twohig, M. P. (2021). An examination of the relationship between perfectionism and neurological functioning. *Journal of Cognitive Psychotherapy*, 35, 195–211. <https://doi.org/10.1891/jcpsy-d-20-00037>
54. **Ong, C. W.**, Krafft, J., Levin, M. E., & Twohig, M. P. (2021). A systematic review and psychometric evaluation of self-report measures for hoarding disorder. *Journal of Affective Disorders*, 290, 136–148. <https://doi.org/10.1016/j.jad.2021.04.082> [Preregistration / Data]
53. Levin, M. E., Krafft, J., An, W., **Ong, C. W.**, & Twohig, M. P. (2021). Preliminary findings on processes of change and moderators for cognitive defusion and restructuring delivered through mobile apps. *Journal of Contextual Behavioral Science*, 20, 13–19. <https://doi.org/10.1016/j.jcbs.2021.02.002>
52. **Ong, C. W.**, Krafft, J., *Panoussi, F., Petersen, J. M., Levin, M. E., & Twohig, M. P. (2021). In-person and online-delivered acceptance and commitment therapy for hoarding disorder: A multiple baseline study. *Journal of Contextual Behavioral Science*, 20, 108–117. <https://doi.org/10.1016/j.jcbs.2021.02.001>
51. Twohig, M. P., Petersen, J. M., Fruge, J. E., **Ong, C. W.**, Barney, J. L., Krafft, J., Lee, E. B., & Levin, M. E. (2021). A pilot randomized controlled trial of online-delivered ACT-enhanced behavior therapy for trichotillomania in adolescents. *Cognitive and Behavioral Practice*, 28, 653–668. <https://doi.org/10.1016/j.cbpra.2021.01.004>
50. Muñoz, K., Baughman, K., Meibos, A., **Ong, C. W.**, & Twohig, M. P. (2021). Psychosocial well-being of adults who are deaf or hard of hearing. *Journal of the American Academy of Audiology*, 32, 83–89. <https://doi.org/10.1055/s-0040-1718928>
49. Muñoz, K., Edelman, S., **Ong, C. W.**, Aungst, H., Markle, K., & Twohig, M. P. (2020). Parent perceptions of person-centered care: A randomized controlled trial of the Childhood Hearing Loss Question Prompt List for Parents. *Journal of Early Hearing Detection and Intervention*, 5, 40–46. <https://doi.org/10.26077/0c39-ac5c>
48. **Ong, C. W.**, Hancock, A. S., Barrett, T. S., Lee, E. B., Wan, N., Gillam, R., Levin, M. E., & Twohig, M. P. (2020). A preliminary investigation of the effect of acceptance and commitment therapy on neural activation in clinical perfectionism. *Journal of Contextual Behavioral Science*, 18, 152–161. <https://doi.org/10.1016/j.jcbs.2020.09.007>
47. **Ong, C. W.**, Pierce, B. G., Petersen, J. M., Barney, J. L., Fruge, J. E., Levin, M. E., & Twohig, M. P. (2020). A psychometric comparison of psychological inflexibility measures: Discriminant validity and item performance. *Journal of Contextual Behavioral Science*, 18, 34–47. <https://doi.org/10.1016/j.jcbs.2020.08.007> [Preregistration]

46. Whicker, J. J., **Ong, C. W.**, Munoz, K., & Twohig, M. P. (2020). The relationship between psychological processes and indices of well-being among adults with hearing loss. *American Journal of Audiology*, *29*, 728–737. https://doi.org/10.1044/2020_aja-20-00035
45. **Ong, C. W.**, *Terry, C. L., & Twohig, M. P. (2020). Comparing the efficacy of defusion, self-as-context, and distraction strategies for getting rid of possessions. *Journal of Cognitive Psychotherapy*, *34*, 242–260. <https://doi.org/10.1891/jcpsy-d-20-00010>
44. Krafft, J., **Ong, C. W.**, Cruz, R. A., Twohig, M. P., & Levin, M. E. (2020). An ecological momentary assessment study investigating the function of hoarding. *Behavior Therapy*, *51*, 715–727. <https://doi.org/10.1016/j.beth.2019.10.006>
43. Kasin, C., Muñoz, K., **Ong, C. W.**, Whicker, J. J., Twohig, M. P. (2020). Well-being of parents of children who are deaf or hard of hearing. *Journal of Early Hearing Detection and Intervention*, *5*, 86–97. <https://doi.org/10.26077/ptrk-5507>
42. Morrison, K. L., Smith, B. M., **Ong, C. W.**, Lee, E. B., Friedel, J. E., Odum, A., Madden, G. J., Ledermann, T., Rung, J., & Twohig, M. P. (2020). Effects of acceptance and commitment therapy on impulsive decision making. *Behavior Modification*, *44*, 600–623. <https://doi.org/10.1177/0145445519833041>
41. **Ong, C. W.**, Levin, M. E., & Twohig, M. P. (2020). Beyond acceptance and commitment therapy: Process-based therapy. *The Psychological Record*, *70*, 637–648. <https://doi.org/10.1007/s40732-020-00397-z>
40. **Ong, C. W.**, Krafft, J., Levin, M. E., & Twohig, M. P. (2020). Comparing effects of acceptance training and psychoeducation on hoarding symptoms. *Journal of Obsessive-Compulsive and Related Disorders*, *25*, 100521. <https://doi.org/10.1016/j.jocrd.2020.100521>
39. Lee, E. B., Homan, K., Morrison, K. L., **Ong, C. W.**, Levin, M. E., & Twohig, M. P. (2020). Acceptance and commitment therapy for trichotillomania: A randomized controlled trial of adults and adolescents. *Behavior Modification*, *44*, 70–91. <https://doi.org/10.1177/0145445518794366>
38. **Ong, C. W.**, Blakey, S. M., Smith, B. M., Morrison, K. L., Bluett, E. J., Abramowitz, J. S., & Twohig, M. P. (2020). Moderators and processes of change in traditional exposure and response prevention (ERP) versus acceptance and commitment therapy-informed ERP for obsessive-compulsive disorder. *Journal of Obsessive-Compulsive and Related Disorders*, *24*, 100499. <https://doi.org/10.1016/j.jocrd.2019.100499>
37. Muñoz, K., **Ong, C. W.**, & Twohig, M. P. (2019). Engaging parents of children with mild bilateral or unilateral hearing loss: Counseling considerations. *Journal of Early Hearing Detection and Intervention*, *4*, 20–25. <https://doi.org/10.26077/prd1-2728>
36. Muñoz, K., **Ong, C. W.**, Whicker, J. J., & Twohig, M. P. (2019). Promoting counseling skills in audiology clinical supervisors: Considerations for professional development. *The American Journal of Audiology*, *28*, 1052–1058. https://doi.org/10.1044/2019_AJA-19-0060
35. Smith, B. M., **Ong, C. W.**, Barrett, T. S., Bluett, E. J., Slocum, T. A., & Twohig, M. P. (2019). Longitudinal effects of a 2-year meditation and Buddhism program on well-being, quality of life, and valued living. *Mindfulness*, *10*, 2095–2109. <http://doi.org/10.1007/s12671-019-01165-z>
34. Whicker, J. J., **Ong, C. W.**, Twohig, M. P., & Muñoz, K. (2019). Considerations from psychology on implementing motivational interviewing in audiology: Response to Solheim et al. (2018) "An Evaluation of Motivational Interviewing for Increasing Hearing Aid Use: A Pilot Study." *Journal of the American Academy of Audiology*, *30*, 444–445. <https://doi.org/10.3766/jaaa.18088>
33. Twohig, M. P., **Ong, C. W.**, Krafft, J., Barney, J. L., & Levin, M. E. (2019). Starting off on the right foot in acceptance and commitment therapy. *Psychotherapy*, *56*, 16–20. <http://doi.org/10.1037/pst0000209>

32. **Ong, C. W.**, Whicker, J. J., Muñoz, K., & Twohig, M. P. (2019). Measuring psychological inflexibility in adult and child hearing loss. *International Journal of Audiology, 58*, 643–650. <https://doi.org/10.1080/14992027.2019.1630759>
31. Smith, B. M., Villatte, J. L., **Ong, C. W.**, Butcher, G. M., Twohig, M. P., Levin, M. E., Hayes, S. C. (2019). The influence of a personal values intervention on cold pressor-induced distress tolerance. *Behavior Modification, 43*, 688–710. <https://doi.org/10.1177/0145445518782402>
30. **Ong, C. W.**, Barney, J. L., Barrett, T. S., Lee, E. B., Levin, M. E., & Twohig, M. P. (2019). The role of psychological inflexibility and self-compassion in acceptance and commitment therapy for clinical perfectionism. *Journal of Contextual Behavioral Science, 13*, 7–16. <https://doi.org/10.1016/j.jcbs.2019.06.005>
29. **Ong, C. W.**, Lee, E. B., Krafft, J., Terry, C. L., Barrett, T. S., Levin, M. E., & Twohig, M. P. (2019). A randomized controlled trial of acceptance and commitment therapy for clinical perfectionism. *Journal of Obsessive-Compulsive and Related Disorders, 22*, 100444. <https://doi.org/10.1016/j.jocrd.2019.100444>
28. **Ong, C. W.**, Lee, E. B., Levin, M. E., & Twohig, M. P. (2019). A review of AAQ variants and other context-specific measures of psychological flexibility. *Journal of Contextual Behavioral Science, 12*, 329–346. <https://doi.org/10.1016/j.jcbs.2019.02.007>
27. Krafft, J., **Ong, C. W.**, Twohig, M. P., & Levin, M. E. (2019). Assessing psychological inflexibility in hoarding: The Acceptance and Action Questionnaire for Hoarding (AAQH). *Journal of Contextual Behavioral Science, 12*, 234–242. <https://doi.org/10.1016/j.jcbs.2018.08.003>
26. **Ong, C. W.**, Graves, K., Berry, M. S., Odum, A. L., & Twohig, M. P. (2019). Obsessive-compulsive symptoms are associated with increased delay discounting in a novel hand-washing task. *Behavior Analysis: Research and Practice, 19*, 136–149. <http://doi.org/10.1037/bar0000096>
25. **Ong, C. W.**, Pierce, B. G., Woods, D. W., Twohig, M. P., & Levin, M. E. (2018). The Acceptance and Action Questionnaire – II: An item response theory analysis. *Journal of Psychopathology and Behavioral Assessment, 41*, 123–134. <https://doi.org/10.1007/s10862-018-9694-2>
24. Sagayadevan, V., Lee, S. P., **Ong, C.**, Abdin, E., Chong, S. A., & Subramaniam, M. (2018). Quality of life across mental disorders in psychiatric outpatients. *Annals Academy of Medicine, Singapore, 47*, 243–252.
23. Lee, E. B., Haeger, J. A., Levin, M. E., **Ong, C. W.**, Twohig, M. P. (2018). Telepsychotherapy for trichotillomania: A randomized controlled trial of ACT-enhanced behavior therapy. *Journal of Obsessive-Compulsive and Related Disorders, 18*, 106–115. <https://doi.org/10.1016/j.jocrd.2018.04.003>
22. Lee, E. B., **Ong, C. W.**, An, W., & Twohig, M. P. (2018). Acceptance and commitment therapy for a case of scrupulosity-related obsessive-compulsive disorder. *Bulletin of the Menninger Clinic, 82*, 407–423. <https://doi.org/10.1521/bumc.2018.82.4.407>
21. Levin, M. E., Haeger, J., **Ong, C. W.**, & Twohig, M. P. (2018). An examination of the transdiagnostic role of delay discounting in psychological inflexibility and mental health problems. *The Psychological Record, 68*, 201–210. <https://doi.org/10.1007/s40732-018-0281-4>
20. **Ong, C. W.**, Lee, E. B., & Twohig, M. P. (2018). A meta-analysis of dropout rates in acceptance and commitment therapy. *Behaviour Research and Therapy, 104*, 14–33. <https://doi.org/10.1016/j.brat.2018.02.004>
19. **Ong, C. W.**, Krafft, J., Levin, M. E., & Twohig, M. P. (2018). An examination of the role of psychological flexibility in hoarding using multiple mediator models. *Journal of Cognitive Psychotherapy, 32*, 97–111. <https://dx.doi.org/10.1891/0889-8391.32.2.97>

18. Coleman, C., Muñoz, K., **Ong, C. W.**, Butcher, G. M., Nelson, L., & Twohig, M. P. (2018). Opportunities for audiologists to use patient-centered communication during hearing device monitoring encounters. *Seminars in Hearing, 39*, 32–43. <https://doi.org/10.1055/s-0037-1613703>
17. Finai, J., Muñoz, K., **Ong, C. W.**, Butcher, G. M., Nelson, L., & Twohig, M. P. (2018). Performance feedback to increase use of counseling skills. *Seminars in Hearing, 39*, 44–51. <https://doi.org/10.1055/s-0037-1613704>
16. Rudaz, M., Twohig, M. P., **Ong, C. W.**, & Levin, M. E. (2017). Mindfulness and acceptance-based trainings for fostering self-care and reducing stress in mental health professionals: A systematic review. *Journal of Contextual Behavioral Science, 6*, 380–390. <https://doi.org/10.1016/j.jcbs.2017.10.001>
15. Lee, E. B., **Ong, C. W.**, Twohig, M. P., Lensegrav-Benson, T., & Quakenbush-Roberts, B. (2017). Increasing body image flexibility in a residential eating disorder facility: Correlates with symptom improvement. *Eating Disorders, 26*, 185–199. <http://dx.doi.org/10.1080/10640266.2017.1366229>
14. †**Ong, C. W.**, †Bean, R. C., Lee, J., & Twohig, M. P. (2017). Acceptance and commitment therapy for PTSD and trauma: An empirical review. *The Behavior Therapist, 40*, 145–150.
13. Muñoz, K., **Ong, C. W.**, Borrie, S. A., Nelson, L., & Twohig, M. (2017). Audiologists' communication behaviour during hearing device management appointments. *International Journal of Audiology, 5*, 328–336. <http://dx.doi.org/10.1080/14992027.2017.1282632>
12. Sagayadevan, V., Lau, Y. W., **Ong, C.**, Lee, S. P., Chong, S. A., & Subramaniam, M. (2016). Validation of the Clutter Image Rating (CIR) scale among psychiatric outpatients in Singapore. *BMC Psychiatry, 16*, 407. <http://dx.doi.org/10.1186/s12888-016-1125-x>
11. †**Ong, C.**, †Sagayadevan, V., Abdin, E., Shafie, S., Jeyagurunathan, A., Eng, G. K., Picco, L., Vaingankar, J., Chong, S. A., & Subramaniam, M. (2016). Screening for drinking problems in the elderly in Singapore using the CAGE questionnaire. *Annals Academy of Medicine, Singapore, 45*, 456–465.
10. Lee, S. P., **Ong, C.**, Vaingankar, J., Subramaniam, M., & Chong, S. A. (2016). Validity of the associated symptom criteria for generalized anxiety disorder: Observations from the Singapore Mental Health Study. *The Journal of Nervous and Mental Disease, 205*, 390–396. <http://dx.doi.org/10.1097/NMD.0000000000000608>
9. Lee, S. P., **Ong, C.**, Sagayadevan, V., Ong, R., Abdin, E., Lim, S., Vaingankar, J., Picco, L., Verma, S., Chong, S. A., & Subramaniam, M. (2016). Hoarding symptoms among psychiatric outpatients: Confirmatory factor analysis and psychometric properties of the Saving Inventory – Revised (SI-R). *BMC Psychiatry, 16*, 364. <http://dx.doi.org/10.1186/s12888-016-1043-y>
8. Frost, R. O., **Ong, C.**, Steketee, G., & Tolin, D. (2016). Behavioral and emotional consequences of thought listing versus cognitive restructuring during discarding decisions in hoarding disorder. *Behaviour Research and Therapy, 85*, 13–22. <http://dx.doi.org/10.1016/j.brat.2016.08.003>
7. Seow, L. S. E., **Ong, C.**, Mahesh, M. V., Sagayadevan, V., Shafie, S., Chong, S. A., & Subramaniam, M. (2016). A systematic review on comorbid post-traumatic stress disorder in schizophrenia. *Schizophrenia Research, 176*, 441–451. <http://dx.doi.org/10.1016/j.schres.2016.05.004>
6. **Ong, C. W.**, Clyde, J. W., Bluett, E. J., Levin, M. E., & Twohig, M. P. (2016). Dropout rates in exposure with response prevention for obsessive-compulsive disorder: What do the data really say? *Journal of Anxiety Disorders, 40*, 8–17. <http://dx.doi.org/10.1016/j.janxdis.2016.03.006>

5. †**Ong, C.**, †Abdin, E., Chong, S. A., Vaingankar, J. A., & Subramaniam, M. (2016). Days out of role due to mental and physical conditions: Results from the Singapore Mental Health Study. *PLoS ONE*, *11*, e0148248. <http://dx.doi.org/10.1371/journal.pone.0148248>
4. **Ong, C.**, Sagayadevan, V., Lee, S. P., Ong, R., Chong, S. A., Frost, R. O., & Subramaniam, M. (2016). Hoarding among outpatients seeking treatment at a psychiatric hospital in Singapore. *Journal of Obsessive-Compulsive and Related Disorders*, *8*, 56–63. <http://dx.doi.org/10.1016/j.jocrd.2015.12.002>
3. Magiati, I., **Ong, C.**, Lim, X. Y., Tan, J. W., Ong, A. Y. L., Patrycia, F., Fung, D. S. S., Sung, M., Poon, K. K., & Howlin, P. (2016). Anxiety symptoms in young people with autism spectrum disorder attending special schools: Associations with gender, adaptive functioning and autism symptomatology. *Autism: International Journal of Research and Practice*, *20*, 306–320. <http://dx.doi.org/10.1177/1362361315577519>
2. **Ong, C.**, Pang, S., Sagayadevan, V., Chong, S. A., & Subramaniam, M. (2015). Functioning and quality of life in hoarding: A systematic review. *Journal of Anxiety Disorders*, *32*, 17–30. <http://dx.doi.org/10.1016/j.janxdis.2014.12.003>
1. Subramaniam, M., Soh, P., **Ong, C.**, Seow, L. S. E., Picco, L., Vaingankar, J. A., & Chong, S. A. (2014). Patient-reported outcomes in obsessive-compulsive disorder. *Dialogues in Clinical Neuroscience*, *16*, 239–254.

Manuscripts Under Review (*student co-author)

4. **Ong, C. W.**, *Sheehan, K. G., Xu, J., Falkenstein, M. J., & Kuckertz, J. M. (2023). *Examining exposure and response prevention mechanisms in OCD over the course of treatment: A network analysis*. Manuscript submitted for publication. [[Preprint](#) / [Code](#)]
3. Gratz, K. L., **Ong, C. W.**, & Tull, M. T. (2023). *Examining the relative centrality of intrapersonal versus interpersonal emotion regulation to borderline personality disorder symptoms*. Manuscript submitted for publication. [[Code](#)]
2. **Ong, C. W.**, *Skolnik, A. M., & Lee, E. B. (2023). *Examining content overlap among nine psychological (in)flexibility scales: Do they measure the same construct?* Manuscript submitted for publication. [[Preprint](#) / [Data](#) / [Code](#)]
1. Krafft, J., Petersen, J. M., **Ong, C. W.**, Twohig, M. P., & Levin, M. E. (2022). *Making Space: A randomized waitlist-controlled trial of an acceptance and commitment therapy website for hoarding*. Manuscript submitted for publication.

Book Chapters

7. Moskow, D. M., **Ong, C. W.**, & Hofmann, S. G. (under review). Social anxiety disorder. In N. Kazantzis (Ed.), *Using homework assignments in cognitive behavior therapy (2nd ed.)*. Routledge.
6. Lee, E. B., **Ong, C. W.**, & Twohig, M. P. (2023). Acceptance and commitment therapy (ACT) for anxiety. In P. Lucena-Santos, S. A. Carvalho, J. Pinto-Gouveia, M. S. Oliveira, & J. Pistorello (Eds.), *Manual internacional de fundamentos teóricos e práticos da terapia de aceitação e compromisso [International handbook of theoretical and practical foundations of acceptance and commitment therapy]*. Editora Fênix Sefarad.
5. **Ong, C. W.**, & Eustis, E. H. (2021). Psychological flexibility. In M. P. Twohig, M. E. Levin, & J. M. Petersen (Eds.), *The Oxford handbook of acceptance and commitment therapy*. Oxford University Press.

4. Twohig, M. P., **Ong, C. W.**, Petersen, J. M., Barney, J. L., & Fruge, J. E. (2020). Acceptance and commitment therapy and exposure exercises. In M. E. Levin, M. P. Twohig, & J. E. Krafft (Eds.), *Innovations in acceptance and commitment therapy: Clinical advancements and applications in ACT*. New Harbinger.
3. **Ong, C. W.**, Smith, B. M., Levin, M. E., Twohig, M. P. (2019). Mechanisms of change: Mindfulness and acceptance. In J. S. Abramowitz and S. M. Blakey (Eds), *Clinical handbook of fear and anxiety: Psychological processes and treatment mechanisms*. American Psychological Association Press.
2. **Ong, C. W.**, Lee, E. B., & Twohig, M. P. (2018). Hoarding disorder. In A. Maragakis and W. T. O'Donohue (Eds.), *Principle-based stepped care and brief psychotherapy for integrated care settings*. Springer Publishing.
1. Lee, E. B., **Ong, C. W.**, & Twohig, M. P. (2018). Trichotillomania and excoriation disorder. In A. Maragakis and W. T. O'Donohue (Eds.), *Principle-based stepped care and brief psychotherapy for integrated care settings*. Springer Publishing.

Other Work

2. **Ong, C. W.**, Papa, L. A., Reveles, A. K., Smith, B. M., & Domenech Rodríguez, M. M. (2018). *Safe Passages for U: Training Manual*. Logan, UT: Utah State University. <http://dx.doi.org/10.17605/osf.io/45KB6>
1. **Ong, C. W.**, Papa, L. A., Reveles, A. K., Smith, B. M., & Domenech Rodríguez, M. M. (2018). *Safe Passages for U: Participant's Manual*. Logan, UT: Utah State University. <http://doi.org/10.17605/OSF.IO/D5BZ7>

Invited Panels, Talks, & Trainings

Feb 2023	Association for Contextual Behavioral Science PBT SIG panel for <i>Learning PBT</i> book club, <i>online</i> <i>Topic: Current state and future direction of PBT</i>
Dec 2022	Introduction to ACT, <i>online</i> <i>1-hour presentation for the Concord Center</i>
Nov 2022	How to Deliver ACT for Perfectionism, <i>online</i> <i>1.5-hour workshop for the Hawaii Psychological Association</i>
Oct 2022	Mental Health Awareness & Suicide Prevention, <i>University of Toledo</i> <i>1-hour presentation for University of Toledo Athletics</i>
Sep 2022	Professional development panel for psychology graduate students, <i>University of Toledo</i> <i>Topic: Tips for how to be an effective and efficient researcher in graduate school</i>
Jul 2022	Treating Perfectionism with ACT, <i>online</i> <i>2-hour workshop for the New Jersey Association of Cognitive Behavioral Therapists</i>
Apr 2022	Treating Perfectionism with ACT, <i>online</i> <i>1-day training for Juniper Mental Health</i>
Mar 2022	ACT for Perfectionism: Translating Treatment Research to Clinical Practice, <i>online</i> <i>2-hour presentation for the Philadelphia Behavior Therapy Association</i>
Sep 2019	Introduction to ACT and Experiential Workshop, <i>Utah State University</i>

2-day training for professionals and graduate students, co-led with Dr. Michael Twohig

Oct 2018 Acceptance and Commitment Training for (Future) Female Leaders, *Utah State University*
1-day workshop for the Women's Leadership Initiative

Jan 2018 Safe Passages for U, *Utah State University*
1-day cultural competence training, co-led with Alie K. Reveles & Kaylee Litson

Mar 2016 Mind Your Anxiety, *Utah State University*
30-min presentation on anxiety and mindfulness for campus Mental Health Is No Joke week

Selected Conference Presentations

14. Lee, E. B., & **Ong, C. W.** (2023, November). *How to deliver acceptance-enhanced behavior therapy to treat body-focused repetitive behaviors across the lifespan*. Mini workshop conducted at the 57th annual convention of the Association for Behavioral and Cognitive Therapies, Seattle, WA.
13. Spencer, S., Borgogna, N., Hussey, I., Lee, E. B., Luoma, J. B., & **Ong, C. W.** (2023, July). *Questionable research practices within contextual behavioral science: Concerns and potential ways forward*. Panel conducted at the 21st annual Association for Contextual Behavioral Science World Conference, online. [[Recording](#)]
12. **Ong, C. W.**, Barthel, A. L., Hofmann, S. G. (2022, November). The relationship between psychological inflexibility and well-being: A meta-analysis. In N. Bailen (Chair), *Dealing with distress: Transdiagnostic presentation and treatment of dysregulated emotion and coping processes*. Symposium conducted at the 56th annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
11. **Ong, C. W.**, Lee, E. B., Maitland, D., Topper, S., & Williams, C. (2022, June). *Implementing process-based therapy in clinical practice, supervision, and research: Perspectives from different treatment lenses*. Panel conducted at the 20th annual Association for Contextual Behavioral Science World Conference, San Francisco, CA.
10. **Ong, C. W.** (2022, June). What contextual behavioral science and open science have in common. In J. Luoma (Chair), *Open science and reproducibility in contextual behavioral science*. Symposium conducted at the 20th annual Association for Contextual Behavioral Science World Conference, San Francisco, CA.
9. **Ong, C. W.**, Lee, E. B., Levin, M. E., & Twohig, M. P. (2021, November). Examining an online self-help process-based intervention for clinical perfectionism. In L. Sarfan (Chair), *Expanding the evidence base: Transdiagnostic treatments across the lifespan*. Symposium conducted at the 55th annual convention of the Association for Behavioral and Cognitive Therapies, online.
8. **Ong, C. W.**, Krafft, J., Panoussi, F., Petersen, J. M., Levin, M. E., & Twohig, M. P. (2021, November). In-person and online-delivered acceptance and commitment therapy for hoarding disorder: A multiple baseline study. In C. Stamatis (Chair), *Advances in the assessment and treatment of hoarding disorder*. Symposium conducted at the 55th annual convention of the Association for Behavioral and Cognitive Therapies, online.
7. **Ong, C. W.**, Lee, E. B., Levin, M. E., & Twohig, M. P. (2020, June). Examining an online self-help process-based intervention for clinical perfectionism. In L. Capel (Chair), *Investigating acceptance and commitment therapy interventions and processes in obsessive-compulsive and related disorders*. Symposium conducted at the 19th annual Association for Contextual Behavioral Science World Conference, online.
6. **Ong, C. W.**, Pierce, B. G., Petersen, J. M., Barney, J. L., Fruge, J. E., Levin, M. E., & Twohig, M. P. (2020). A psychometric comparison of psychological inflexibility measures: discriminant validity and item

performance. In S. Spencer (Chair), *Empirical innovations in psychometric development and validation of self-report measures of psychological flexibility*. Symposium conducted at the 54th annual convention of the Association for Behavioral and Cognitive Therapies, online.

5. **Ong, C. W.**, Terry, C. L.†, & Twohig, M. P. (2019, November). The effect of defusion versus distraction on letting go of personal possessions. In H. Levy (Chair), *Improving treatments for hoarding disorder: From the laboratory to the clinic*. Symposium conducted at the 53rd annual convention of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
4. **Ong, C. W.**, Lee, E. B., Krafft, J., Terry, C. L.†, Barrett, T. S., Levin, M. E., & Twohig, M. P. (2019, November). A randomized controlled trial of acceptance and commitment therapy for clinical perfectionism. In **C. W. Ong** (Chair), *Using acceptance and commitment therapy for different clinical presentations: Evidence-based adaptations*. Symposium conducted at the 53rd annual convention of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
3. Krafft, J., **Ong, C. W.**, Cruz, R. A., Twohig, M. P., & Levin, M. E. (2019, July). *The function of hoarding in the moment and its relationship to psychological flexibility*. Paper presented at the 26th annual conference of the International OCD Foundation, Austin, TX.
2. **Ong, C. W.**, Hancock, A. S., Lee, E. B., Gillam, R. B., & Twohig, M. P. (2018, November). The effect of acceptance and commitment therapy on neurological activity in clinical perfectionism. In R. J. Jacoby (Chair), *Acceptance and anxiety: Recent advances in the assessment and treatment of anxiety disorders using an ACT framework*. Symposium conducted at the 52nd annual convention of the Association for Behavioral and Cognitive Therapies, Washington, DC.
1. **Ong, C. W.**, Twohig, M. P., Hancock, A. S., Lee, E. B., & Levin, M. E. (2018, July). *Applying acceptance and commitment therapy to perfectionism*. Paper presented at the 25th annual conference of the International OCD Foundation, Washington, DC.

Student Conference Posters (*student co-author)

3. *Sheehan, K., Kuckertz, J. M., Falkenstein, M. J., & **Ong, C. W.** (2023, November). *Who is most impacted by ritualizing during exposure and response prevention?* Poster presented at the 57th annual Association for Behavioral and Cognitive Therapies, Seattle, WA.
2. *Skolnik, A., Fan, K., **Ong, C. W.**, Björgvinsson, T., & Beard, C. (2023, November). *An examination of trauma symptom networks in treatment responders versus non-responders*. Poster presented at the 57th annual Association for Behavioral and Cognitive Therapies, Seattle, WA.
1. *Sheehan, K., Kuckertz, J. M., Falkenstein, M. J., & **Ong, C. W.** (2023, July). *Who is most impacted by ritualizing during exposure and response prevention?* Poster presented at the 28th annual International OCD Foundation Conference, San Francisco, CA.

Teaching & Supervision

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|-----------|------------------------------------------------------------------------------------------------------------------------------------------|
| 2022– | Clinical practicum on process-based therapy, University of Toledo
<i>Instructor & clinical supervisor (doctoral practicum)</i> |
| 2019 | Introduction to Applied Behavioral Science, University of Kansas
<i>Guest lecturer (graduate seminar; topic: Introduction to ACT)</i> |
| 2018–2019 | Abnormal Psychology, Utah State University
<i>Guest lecturer (undergraduate lecture course; topic: OCRDs)</i> |

2017 Behavior Assessment and Intervention, Utah State University
Guest lecturer (undergraduate seminar; topic: Practicing ACT)

Mentoring (Doctoral Students)

2023– Anna Barbano, M.A., *University of Toledo*
 Andrew Kurtz, *University of Toledo*

2022– Adam Mann, M.S., *University of Toledo*
 Kate Sheehan, *University of Toledo*
 Alexa Skolnik, *University of Toledo*

Student Committees

2023– Adam Mann, M.S., *Dissertation Committee Chair, University of Toledo*
 Kate Sheehan, *Thesis Committee Chair, University of Toledo*
 Alexa Skolnik, *Thesis Committee Chair, University of Toledo*
 Andrew Kurtz, *Thesis Committee Chair, University of Toledo*

2022– Anna Barbano, M.A., *Dissertation Committee Chair, University of Toledo*
 Caleb Hallauer, M.A., *Dissertation Committee, University of Toledo*
 Teona Velehorsch, *Thesis Committee, University of Toledo*

2023 Maria Elena Canini, M.A., *Qualifying Exam Committee, University of Toledo*
 Elyse Hutcheson, M.A., *Qualifying Exam Committee, University of Toledo*
 Christopher Jurgens, M.A., *Qualifying Exam Committee, University of Toledo*

Professional Memberships

2023– Scientific Strategic Council, *Association of Contextual Behavioral Science*
 2022– Ohio Psychological Association
 2015– Association for Behavioral and Cognitive Therapies
 2015– Association for Contextual Behavioral Science

Editorial & Review Experience

2022– Guest editor, *Journal of Contextual Behavioral Science*
Special issue topic: The Unification of Psychotherapy: A Process-Based Approach to Assessment and Intervention

2021– Editorial Board, *Journal of Contextual Behavioral Science*
 Equity, Diversity, and Inclusion Subcommittee, *Journal of Contextual Behavioral Science*

2016– Ad hoc reviewer
Behavior Analysis: Research and Practice
Behaviour Research and Therapy
Behavior Therapy
Clinical Case Studies
Cognitive and Behavioral Practice
Cognitive Therapy and Research
Journal of Behavior Therapy and Experimental Psychiatry

Journal of Cognitive Psychotherapy
Journal of Obsessive-Compulsive and Related Disorders
Association for Contextual Behavioral Science World Conference 14

Honors & Awards

2023	Psyche Award for Most Valuable Paper , <i>Journal of Contemporary Psychotherapy</i>
2019	Utah State University Doctoral Student Researcher of the Year, <i>Utah State University</i>
2019	CEHS Doctoral Student Researcher of the Year, <i>Utah State University</i>
2018–2019	Michael Bertoch Scholarship, <i>Utah State University</i>
2017–2018	Walter R. Borg Scholarship and Research Productivity Award, <i>Utah State University</i>
2013	<i>Summa cum laude</i> with highest honors in Psychology, <i>Smith College</i>
2013	William Sentman Taylor Prize in Psychology, <i>Smith College</i>
2013	Ettie Chin Hong '36 Prize in East Asian Languages and Literatures, <i>Smith College</i>
2013	Elected to Phi Beta Kappa, <i>Smith College</i>
2013	Elected to Sigma Xi, <i>Smith College</i>
2011–2012	First Group Scholar, <i>Smith College</i>
2010–2013	Dean's List, <i>Smith College</i>

Clinical Experience

2022–	Director & Clinical Supervisor University of Toledo Psychology Clinic, Toledo, OH
2022	Behavior Therapist CBTeam, Lexington, MA <i>Supervisor: Jason Elias, Ph.D.</i>
2021–2022	Postdoctoral Associate Center for Anxiety and Related Disorders, Boston, MA <i>Supervisors: Todd Farchione, Ph.D., Bethany Shikatani, Ph.D., & Lisa Smith, Ph.D.</i>
2020–2021	Program Therapist Behavioral Health Partial Hospital Program, McLean Hospital, Belmont, MA <i>Supervisors: Kerry Garvey, Ph.D., Stephanie Pinder-Amaker, Ph.D., Elsa Ronningstam, Ph.D., & Jeff Szymanski, Ph.D.</i>
2019–2020	Student Therapist Behavioral Health Clinic, Logan, UT <i>Supervisor: Michael P. Twohig, Ph.D.</i>
2018–2019	Student Therapist Avalon Hills Eating Disorder Specialists (Adolescent Unit), Logan, UT <i>Supervisor: Tera Lensegrav-Benson, Ph.D.</i>
2017–2018	Student Therapist Behavioral Health Clinic, Logan, UT <i>Supervisor: Michael P. Twohig, Ph.D.</i>
2016–2020	Research Therapist & Assessor

ACT Research Group, Utah State University, Logan, UT
 Supervisor: Michael P. Twohig, Ph.D.

2016–2017 Student Therapist
 Psychology Community Clinic, Logan, UT
 Supervisors: Susan L. Crowley, Ph.D., & Sara Boghosian, Ph.D.

Media

7. Richardson, J. (Host). (2023, May 10). Perfectionism & anxiety w/ Dr Clarissa Ong (No. 84) [Audio podcast episode]. In *Well, Hello Anxiety*.
<https://podfollow.com/1585382774/episode/acde348abad67ef6745c384a325d35ff62dbfa15/>
6. Shipper, D., Ong, C. W., & Twohig, M. P. (2022, May 28). Perfectionism: Why and how to beat it. A guide to doing great work without fixating on flawlessness. *Every*.
<https://every.to/superorganizers/perfectionism-why-and-how-to-beat-it>
5. Sorensen, D. (Host). (2022, May 11). Anxiety and perfectionism with Clarissa Ong (No. 250) [Audio podcast episode]. In *Psychologists Off the Clock*. <https://offtheclockpsych.com/250-anxiety-and-perfectionism-clarissa-ong/>
4. Subermoney, N. (Host). (2022, March 31). How to overcome perfectionism (No. 15) [Video podcast episode]. In *Become Your Own Therapist*. <https://www.youtube.com/watch?v=YGwSt9QD4Ik>
3. Ralph, S. (Host). (2022, March 27). Dr Clarissa Ong and Dr Michael Twohig – OCD and The Anxious Perfectionist (No. 322) [Audio podcast episode]. In *The OCD Stories*.
<https://theocdstories.com/episode/anxious-perfectionist-322/>
2. Maier, J. (Host). (2021, April 19). Episode #12: Clarissa Ong (No. 12) [Audio podcast episode]. In *Anomalous Mind*. <https://podcasts.apple.com/us/podcast/episode-12-clarissa-ong/id1550294416?i=1000517901720>
1. Zurita Ona, P. (Host). (2020, October 24). Dr. Z. with Clarissa Ong (No. 9) [Audio podcast episode]. In *Playing It Safe*. <https://podcasts.apple.com/us/podcast/dr-z-with-clarisa-ong/id1513662923?i=1000495916382>