

AVANI SHAH, M.S.W., M.A.

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**Teaching Interests:** clinical courses, statistics/research methods, and aging

**Research Interests:** access to mental health care, and interventions for depression, memory, and aging in context of health

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**EDUCATION**

PhD Candidate  
Tuscaloosa, AL  
2006 to present  
All classes complete.

University of Alabama  
Clinical Psychology (Geropsychology Specialty)  
**Dissertation:** Efficacy of an Audio-Based  
Cognitive-Behavioral Treatment for Depression  
in Older Adults

Master's of Arts in Psychology  
Tuscaloosa, AL  
2003-2006

University of Alabama  
**Thesis:** Older Adults Attitudes Towards  
Depression Screening: Exploring A Brief  
Educational Intervention

Master's in Social Work  
Tuscaloosa, AL  
1998-2000

University of Alabama  
Planning & Management Specialty

Honors Psychology Program  
Birmingham, AL  
1997-1998

University of Alabama at Birmingham  
**Honor's Thesis:** Video Feedback Therapy for  
Anosognosia in Patients with Hemiplegia

Bachelor of Arts  
Tuscaloosa, AL  
1994-1997

University of Alabama  
**Major:** Psychology  
**Minor:** Spanish

## HONORS & AWARDS

2007-2009 Hartford Foundation Dissertation Fellowship Recipient (\$70,000)-

2007 Outstanding Service Award at the University of Alabama

2007 Charlie Rickard Clinical Service Award

2006 License Tag Fellowship Recipient (\$10,000)

2004 Summer Training on Aging Research Topics in Mental Health (National Institute on Mental Health) Fellowship Recipient (\$7,000)

1998 Alumni Association Graduate Scholarship Recipient (\$5,000)

## PUBLICATIONS

Shah, A., Coates, A., & Scogin, F. (2007). Clinical research with older adults. In D. McKay (Ed.), *Handbook of research methods in abnormal and clinical psychology* (pp. 427-446). Thousand Oaks, CA: Sage Publications.

Scogin, F., & Shah, A. (2006). Screening older adults for depression in primary care settings. *Health Psychology, 25*, 674-676.

Shah, A., Wolfsen, H.C., Hemminger, L., Shah, A., & DeVault, K. (2006). Changes in Esophageal Motility after Porfimer Sodium Photodynamic Therapy for Barrett's Dysplasia and Mucosal Carcinoma. *Diseases of the Esophagus, 19*, 355-359.

### In preparation

Wharton, T., Shah, A., & Scogin, F. (in preparation) The Pike's Peak Model: A Clinical Example.

Shah, A., Scogin, F., Allen, B., & Brodsky, S. (in preparation). Adapting Psychotherapy in Vascular Depression: A Case Report.

Coates, A., Shah, A., Moss, K., & Scogin, F. (in preparation). Social Workers as Cognitive Behavioral Therapists.

## RESEARCH EXPERIENCES

### Ongoing Research

**Dissertation Research:** Efficacy of an Audio-Based Cognitive-Behavioral Therapy for Older Adults with Depression

Principal Investigator funded for 2 years through the Hartford Doctoral Fellowship (\$70,000).

Dissertation Chairperson: Forrest Scogin, PhD

Validating the Dysfunctional Attitudes Scale for Older Adults (DAS-OA)

Shah, A., Scogin, F., & Floyd, M.

Sensitivity and Specificity of the Five-Item Geriatric Depression Scale

Shah, A., Scogin, F.

Implicit Cognitive Therapy for Depression

Shah, A., DeCoster, J., Macleod, C., Scogin, F.

### Prior Research

2004-2006

Attitudes Towards Depression Screening

**Thesis:** Older adults attitudes towards depression screening in primary care settings: Exploring a brief educational intervention.

Summer 2004

Cerebrovascular Risk, Depression, Cognition (UA START-MH)

August 2003-August 2004

Graduate Research Assistant (UA)

Spring 1998

Quality of Housing Survey Supervisor (HUD & UAB)

Fall 1998

Welfare Program Evaluation (TANF & Birmingham Works & UA)

August 1997 – May 1998

Video-Feedback Therapy for Anosognosia (UAB)

**Honors Thesis:** Efficacy of video-feedback therapy on anosognosia in hemiplegic patients

Fall 1997

Semantic Memory and Aging Undergraduate Research Assistant (UA)

Spring 1997 Negative Priming and Mental Retardation Undergraduate Research Assistant (UA)

**TEACHING EXPERIENCE**

Fall 2004	Teaching Assistant: Elementary Statistics
Spring 2007	Instructor: Introduction to Psychology
August 2007-May 2008	Graduate Teaching Assistant: ANOVA & Regression
January 2009-May 2009	Instructor: Psychology of Aging

**CLINICAL EXPERIENCES**

June 2008-September 2008	Home-Based Primary Care Extern at the Veterans Administration Medical Center (unpaid) Gainesville, FL; St. Augustine, FL, Lake City, FL
August 2006–May 2007	Geropsychology Therapist (unpaid) Mary Starke Harper Center Tuscaloosa, AL
August 2005–September 2006	Geropsychology Primary Care Therapist Capstone Rural Health Center, Whatley Health Services Clinic Parrish, AL; Oakman, AL
September-December 2005	Co-leader of Pain Management Group (unpaid) UA Psychology Clinic Tuscaloosa, AL
June 2004-June 2007	Practicum Student (unpaid) UA Psychology Clinic Tuscaloosa, AL
June 2004-June 2005	Therapy Practicum (unpaid) BEAT non-profit Tuscaloosa, AL
December 2001-July 2003	Parenting Program Director Family Nurturing Center Jacksonville, FL

- May 2000- May 2001                      Adolescent Case Manager  
Department of Youth Services  
Chalkville, AL
- Spring 2000                                Social Work Internship  
East Tuscaloosa Family Resource Center  
Tuscaloosa, AL
- Spring 1999                                Medical Social Work Internship  
UAB Spain Rehabilitation Center  
Birmingham, AL

### **POSTER PRESENTATIONS**

Shah, A., Payne, K., Hilgeman, M., Snarks, M., Wharton, T., & Scogin, F. (2006). Premature attrition from mental health services in primary care settings. Poster Presentation at the Rural Health Research Conference (Tuscaloosa, Alabama).

Shah, A., Scogin, F., & Morthland, M. (2004). Exploring the relation between cerebrovascular risk factors, depressive symptoms, and activity restriction. Poster presented at NIMH Student Mentoring Conference, San Diego, California.

Shah, A., Scogin, F., & Morthland, M. (2005). Exploring the relation between cerebrovascular risk factors, depressive symptoms, and activity restriction. Poster presented at Gerontological Student Mentoring Conference, Tybee Island, Georgia.

Shah, A., Scogin, F., Morthland, F., & Moss, K. (2008). Path analysis of cerebrovascular risk factors, depressive symptoms, physical disability and cognitive status in older adults. Poster presented at the Gerontological Society of America Conference, National Harbor, Maryland.

Morthland, M., Shah, A., & Scogin, F. (2008). Technological advances in treating depression in older adults. Poster presented at the Gerontological Society of America Conference, National Harbor, Maryland.

### **PAPER PRESENTATIONS**

Wharton, T., Shah, A., & Scogin, F. (2007). Innovative Practices in Geropsychology Education. Paper presented at the Gerontological Society of America Conference, San Francisco, California.

Shah, A., Scogin, F., & Shah, A. (2006). Efficacy of a Brief Educational Intervention on Attitudes Towards Depression Screening: Public Policy Implications. Paper presented at the Gerontological Society of America Conference, Dallas, Texas.

Shah, A., & Mennemeier, M. (1999). Video-Feedback Therapy for Anosognosia in Hemiplegic Patients. Paper presented at the University of Alabama Student Research Conference, Tuscaloosa, Alabama.

### **VOLUNTEER ACTIVITIES**

April 20, 2009	Guest Speaker for the Mental Health Association Workshop
2005-present	Statistics Consultant for Stat-help.com
2005-2007	Alabama Student Gerontological Society of America
2005	Hurricane Katrina Volunteer Red Cross and Psychology Department
January 2005-May 2005	Parent Educator Child Abuse Prevention Services
June 2004-June 2005	Parent/ Child Therapist at BEAT nonprofit

### **LANGUAGES**

I am fluent in English, Spanish, Hindi, and Gujarati.

### **PROFESSIONAL ORGANIZATIONS/ HONORARY ORGANIZATIONS**

Student Affiliate American Psychological Association (Division 12-2; 12)

Gerontological Society of America Student Member

Society for Social Work Research

2003 Treasurer for Alabama Student Gerontological Society of America

PSI CHI Honor Society

Sigma Pi Delta Spanish Honor Society

Golden Key Honor Society

Phi Beta Kappa Honor Society

## REFERENCES

Forrest Scogin, PhD  
Associate Professor  
Department of Psychology  
University of Alabama  
(205)-348-1924  
[fscogin@ua.edu](mailto:fscogin@ua.edu)

Kathleen Bolland, PhD  
Assistant Dean of Educational Programs and Student Services  
School of Social Work  
University of Alabama  
(205)-348-9419  
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Sheila Black, PhD  
Associate Professor  
Department of Psychology  
University of Alabama  
(205)-348-0613  
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