



APDA

AMERICAN PSYCHOPATHOLOGICAL ASSOCIATION

ANNUAL MEETING

March 16-19, 2026 - Boston Park Plaza

THANK YOU!

With sincere appreciation, we thank the members and volunteers who generously contributed their time, expertise, and leadership in service of the Society during 2025–2026. Our committee members, abstract reviewers, and Giving Tuesday contributors play a vital role in advancing our mission, strengthening our programs, and supporting our community. We are deeply grateful for their dedication, professionalism, and commitment to excellence.

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Giving Tuesday Contributors

- Jim and SB Anthony
- Stephen Gilman
- Maria Kovacs
- Roberto Lewis-Fernandez
- Michael Lyons
- Alison Merikangas
- Dost Ongur
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Scientific Program

March 16 -19, 2026

The fruits of the “affect revolution” in conceptualizing, understanding, and intervening in psychopathology

Starting in the early 1980’s, affect-related processes have increasingly taken center stage in the research of those disciplines that seek to understand human behavior. As Dukes et al., (2021) noted in their commentary in *Nature Human Behavior*, this trend has been evident whether we look at NIH funding, research publications, or “emotion” content in research on cognitive or behavioral processes. My use of the phrase “affect revolution” to refer to this still ongoing movement is not meant to imply an overthrow of a previous conceptual paradigm; instead, it is a colorful way to call attention to the central roles of affect construct in how we think about and study human behavior. The amount of affect-focused research is actually quite remarkable given the lack of agreement on the definition of key words and constructs. Cross-disciplinary efforts are seeking to identify the nature/components of affect; research has been blooming on how people experience, regulate and manage emotion and mood in various contexts; and studies proliferate on the roles of such constructs in typical psychological adjustment and in psychopathology. Various features of affect experience have been studied across the life-span both in psychological and neuroimaging laboratories, as well as in daily-life settings, and in typical as well as atypical populations. Although the causative factors are yet to be fully established, there is evidence that some features or components of affect processes (e. g., regulation, dynamic characteristics) can go awry, and when they do so, this can be detected across various psychiatric disorders (i. e., the dysfunctions are transdiagnostic). Atypical affect processes also can act as risk factors for various psychopathologies and psychiatric disorders. In the clinical arena, affect-process-focused treatments have proliferated, including those that use behavioral targets and intervention methods and those that focus on and seek to alter neural underpinnings of psychopathology. The presentations at our 2026 APPA meeting reflect a small and partial sampling of current research directions and help to address what has been learned as the consequence of the “affect revolution.” What is the current status of affect in our conceptualization of human behavior? Did

research across the past several decades yield novel findings about the relationship of affect processes, affect experience, and psychopathology and their context? Do we have a better understanding of the course and outcomes of major psychiatric disorders like depression, schizophrenia, or substance-use-related conditions? Importantly, while the presentations provide some answers, they also reveal that researchers continue to vary in how they define and employ affect-related constructs in their research designs and conceptual frameworks. Time will tell whether the “let there many flowers bloom “application of affective science principles is the best path to improve our understanding of psychopathology.

Maria Kovacs, PhD, APPA President, 2026



Monday, March 16, 2026

Time	Event
3:30 – 7:00pm	<p>Pre-Conference Program (Avenue 34) Chair: Dr. James C. Anthony Registration for the Annual Meeting Required</p> <p>The Pre-Conference Program is a short, focused session held before the annual meeting that supports trainees and early career- scholars through research presentations, mentorship, and networking with senior faculty.</p>

Tuesday, March 17, 2026

Time	Event
7:30 – 8:30am	Registration (Avenue 34) Breakfast (The Square)
7:30 – 8:30am	Nominations Committee Meeting (Franklin) Program Committee Meeting (Whittier)
8:30 – 8:45am	<p>Session 1: Opening Comments and Keynote Addresses (Avenue 34) Chair: Dr. Maria Kovacs</p>
8:45 – 9:15am	<p>Dr. Joseph LeDoux, New York University “What Happened to the Mental in Mental Disorders?: A One-Hundred-Year Story About Emotion and Mental Health”</p>
9:15 – 9:45am	<p>Dr. Deanna Barch, Washington University in St. Louis (Zubin Award Lecture) “The Emotional Brain”</p>
9:45 – 10:15am	General Discussion / Q&A
10:15 – 10:30am	Break (The Square)
10:30 – 10:35am	<p>Session 2: How Do We Measure Joy and Despair? Methodologic Challenges (Avenue 34) Chair: Dr. Cathy Widom</p>
10:35 – 11:00am	<p>Dr. Kristin Naragon-Gainey, University of Western Australia “Definitional Quandaries”</p>
11:00 – 11:25am	<p>Dr. Karen Quigley, Northeastern University “Insights on the Multimodal Features of Emotion When Features do not Align as Expected”</p>
11:25 – 11:50am	<p>Dr. Lauren Bylsma, University of Pittsburgh “Context and the Measurement of Affect: Challenges to Validity”</p>
11:50 – 12:10pm	General Questions / Q&A
12:10 – 1:30pm	Lunch (on your own)

1:30 – 1:35pm	Session 3: What Drives the Affective Engine?: Select Processes/Mechanisms (Avenue 34) Chair: Dr. Dost Öngür
1:35 – 2:00pm	Dr. Shelley Warlow , Dartmouth University “Positive Affect: Reward-liking Versus Reward-wanting and its Implications for Psychopathology”
2:00 – 2:25pm	Dr. Kristin Naragon-Gainey , University of Western Australia “Decentering from Emotion: Distancing Without Disengagement”
2:25 – 2:50pm	Dr. Karen Quigley , Northeastern University “My Heart Aches for You: Emotions and the Story of Interoceptive, Exteroceptive and Brain Signals”
2:50 – 3:10pm	General Discussion / Q&A
3:10 – 3:40pm	Break (The Square)
3:40 – 3:55pm	Session 4: Award Ceremony and Lectures + Selected Submitted Talks (Avenue 34) Chair: Dr. Alison Merikangas
3:55 – 4:20pm	Presentation of the Hoch Award to Dr. Matthew Nock Presentation of the Zubin Award to Dr. Deanna Barch Presentation of the Hamilton Award to Dr. Maria Kovacs
4:20 – 4:45pm	Robins-Guze Award and Lecture: Dr. Leah Richmond-Rakerd , University of Michigan “Psychopathology and Later-Life Health: Insights from Nationwide Registers”
4:45 – 5:10 pm	Breslau-Murphy Award and Lecture: Dr. Erin Dunn , Purdue University “Childhood Adversity and Depression: Identifying Opportunities to Reduce Risk and Promote Resilience Across the Life Course”
5:10 – 5:55pm	Flash Talks Chair: Dr. Linda Cottler
5:10 – 5:25pm	Flash Talk 1: Rachel Slimovitch , Boston University “Perceived Impact of Suicide Attempt Exposure and Subsequent Withdrawn/Depressed Symptoms in Adolescents”
5:25 – 5:40pm	Flash Talk 2: Dr. Sarah McKetta , Columbia University “Restrictive Abortion Policy Climate is Associated with Increased Depression Symptoms Among Women in the United States: Findings from a 25-Year Longitudinal Study”

5:40 – 5:55pm	Flash Talk 3: Dr. Daniel Hagen , Northwell Health “Clinical and Socio-demographic Characteristics of Atypical Depression: A Population-based Study” General Discussion / Q&A
6:00 – 7:30pm	Poster Session (The Square)

Wednesday, March 18, 2026

Time	Event
7:30 – 8:30am	Registration (Avenue 34) Breakfast (The Square)
7:30 – 8:30am	Mentoring Roundtable (Pre-Registration Required) (Whittier)
7:30 – 8:30am	Diversity, Equity, Inclusion, Accessibility & Belonging (DEIAB) Committee Meeting (Franklin)
8:30 – 8:35am	Session 5: Normative Experience and Regulation of Affect and How They Go Awry (Avenue 34) Chair: Dr. Henning Tiemeier
8:35 – 9:00am	Dr. Iris Mauss , University of California, Berkeley “The Web of Emotion Experience”
9:00 – 9:25am	Dr. Renee Thompson , Washington University in St. Louis “The ‘Whys’ and ‘Hows’ of Emotion Regulation”
9:25 – 9:50am	Dr. Tabea Springstein , University of California, Riverside “The Role of Context in Emotional Aging”
9:50 – 10:10am	General Discussion / Q&A
10:10 – 10:40am	Break (The Square)
10:40 – 10:45am	Session 6: Does Affect Propel Suicidality and Self-Harm? (Avenue 34) Chair: Stephen Gilman
10:45 – 11:10am	Dr. Matthew Nock , Harvard University (Hoch Award Lecture) “Suicide as Escape from Negative Affect”
11:10 – 11:35am	Dr. Katherine Dixon-Gordon , University of Massachusetts Amherst “The Many Roles of Affect in Self-Injury”
11:35 – 12:00pm	Dr. Shirley Wang , Yale University “Using Digital and Computational Methods to Capture and Model the Complex Dynamics of Suicidal Thoughts and Behaviors”
12:00 – 12:20pm	General Discussion / Q&A
12:20 – 1:50pm	Lunch (on your own)
12:20 – 1:50pm	Membership Committee Meeting (Franklin)

1:50 – 1:55pm	Session 7: Affect in Mood Disorders (Avenue 34) Chair: Dr. Anna Van Meter
1:55 – 2:20pm	Dr. Lauren Bylsma , University of Pittsburgh “Experience and Regulation of Emotion in Depressive Disorders”
2:20 – 2:45pm	Dr. Robin Nusslock , Northwestern University “Mood Disorders are not Primarily Disturbances of Affect”
2:45 – 3:10pm	Dr. Shirley Yen , Harvard Medical School “Harnessing Attention to Increase Positive Affect as a Mechanism”
3:10 – 3:30pm	General Discussion / Q&A
3:30 – 4:00pm	Break (The Square)
4:00 – 4:05pm	Session 8: Affect in Anxiety Disorders & PTSD (Avenue 34) Chair: Dr. Roberto Lewis-Fernandez
4:05 – 4:30pm	Dr. Michelle Newman , Penn State University “Emotional Contrast is the Mechanism of Generalized Anxiety Disorder”
4:30 – 4:55pm	Dr. Bunmi Olatunji , Vanderbilt University “The Psychopathology of Disgust in Obsessive-Compulsive Disorder”
4:55 – 5:20pm	Dr. Blair Wisco , University of North Carolina at Greensboro “Affective Processes in Posttraumatic Stress Disorder”
5:20 – 5:40pm	General Discussion / Q&A
5:45 – 6:30pm	Presentation of Poster Awards (Dr. Alison Merikangas) The State of the APPA and the APPA Annual Business Meeting (Dr. Maria Kovacs, Chair) (Avenue 34)
6:30 – 8:00pm	President’s Reception (All Invited) (The Square)

Thursday, March 19, 2026

Time	Event
7:30 – 8:30am	Registration (Avenue 34) and Breakfast (The Square)
7:30 – 8:30am	Early Career Roundtable (Franklin)
8:30 – 8:35am	Session 9: Closing Keynote Address (Avenue 34) Chair: Dr. Maria Kovacs
8:35 – 9:05am	Dr. Daniela Schiller , Icahn School of Medicine at Mount Sinai “‘The Human Affectome’: What it is and Why it is Important”
9:05 – 9:25am	General Discussion / Q&A

9:25 – 9:30am	Session 10: Affect in Addiction and in Psychosis/Severe Mental Disorders (Avenue 34) Chair: Dr. William Narrow
9:30 – 9:55am	Dr. Marc Potenza , Yale School of Medicine “Roles for Positive and Negative Affective States in Substance and Behavioral Addictions”
9:55 – 10:20am	Dr. Gregory Strauss , University of Georgia “‘Through a Glass Darkly:’ Understanding Emotion Regulation in Psychosis”
10:20 – 10:45am	Dr. Tina Gupta , University of Oregon “The Face of Risk: Blunted Affect in Youth at Risk for Psychosis”
10:45 – 11:05am	General Discussion / Q&A
11:05 – 11:35am	Break (The Square)
11:35 – 11:40am	Session 11: Nonpharmacological Interventions Birthed by the Affect Revolution (Avenue 34) Chair: Dr. Helen Wilson
11:40 – 12:05pm	Dr. Douglas Mennin , Teachers College, Columbia University “Emotion Regulation Therapy”
12:05 – 12:30pm	Dr. Joan Camprodón-Giménez , Harvard Medical School “Interventional Psychiatry Approaches for the Treatment (and Understanding) of Affective Psychopathology and Pathophysiology”
12:30 – 12:55pm	Discussant: Dr. Jay Fournier , Ohio State University “The Changing Landscape of Nonpharmacological Treatments in the Era of the Affect Revolution”
12:55 – 1:15pm	General Discussion / Q&A
1:15 – 1:30pm	Closing Remarks & Transfer of APPA Presidency (Avenue 34) Dr. Stephen Gilman, Past-President Dr. James C. Anthony, President-Elect Dr. Maria Kovacs, President

Funding

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With deep appreciation, APPA thanks the ***Child Mind Institute*** for its generous contribution in support of conference attendees. Their commitment reflects a shared dedication to advancing research, collaboration, and professional development within our community.