

**Colin Xu**  
**CURRICULUM VITAE**  
University of Idaho

**NAME:** Colin Xu

**UPDATED:** August 2025

**RANK OR TITLE:** Assistant Professor

**DEPARTMENT:** Psychology & Communication

**ADDITIONAL AFFILIATION:** Bioinformatics and Computational Biology

**EMAIL:** [colinxu@uidaho.edu](mailto:colinxu@uidaho.edu)

**OFFICE ADDRESS:** Office 204, Student Health Center, 831 Ash St, Moscow, ID 83843

## EDUCATION

### Degrees:

PhD, Psychology, University of Pennsylvania, 2022

M.A, Psychology, University of Pennsylvania, 2017

B.A, Honours Psychology, University of British Columbia, 2015

## EXPERIENCE

### Academic Appointments:

Assistant Professor, Psychology, University of Idaho, 2024-present

Assistant Professor, Psychology, College of Idaho, 2023-2024

Dean's Teaching Fellowship for Excellence, University of Pennsylvania, 2022-2023

### Consulting:

Statistical Consultant, Restoring Invisible and Abandoned Trials (RIAT) Project. Reanalysis of the Sequenced Treatment Alternatives to Relieve Depression (STAR\*D) Study. 2019-2022.

## RESEARCH AND SCHOLARSHIP

### Peer Reviewed Journal Articles:

(\*students mentored by Dr. Xu)

Kim, T., **Xu, C.**, Amsterdam, J. (2025). Comparison of effectiveness and side effects of selegiline transdermal system versus oral monoamine oxidase inhibitors and tricyclic antidepressants for treatment-resistant depression. *Journal of Affective Disorders*, 376, 47-51  
<https://doi.org/10.1016/j.jad.2025.02.003>

Kim, T. & **Xu, C.** (2024). Not all types of depressed patients who persist with their antidepressant treatment improve in side effect complaints: A comparison of treatment completers and dropouts in the STAR\*D trial. *Acta Psychiatrica Scandinavica*, 151(2): 152-162.  
<https://doi.org/10.1111/acps.13764>

Amsterdam, J., & **Xu, C.** (2023). Multi-trial, aggregated, individual participant data mega-analysis of short-term antidepressant versus mood stabilizer monotherapy of bipolar type II major depressive episode. *Bipolar Disorders*, 26(3), 255-264. <https://doi.org/10.1111/bdi.13378>

**Xu, C.**, \*Miao, L., \*Turner, D., & DeRubeis, R. (2023). Urbanicity and depression: A global meta-analysis. *Journal of Affective Disorders*, 340, 299-311.  
<https://doi.org/10.1016/j.jad.2023.08.030>

- Pigott, H. E., Kim, T., **Xu, C.**, Kirsch, I., & Amsterdam, J. (2023). What are the treatment remission, response and extent of improvement rates after up to four trials of antidepressant therapies in real-world depressed patients? A reanalysis of the STAR\* D study's patient-level data with fidelity to the original research protocol. *BMJ open*, 13(7), e063095. <http://doi.org/10.1136/bmjopen-2022-063095>
- Bredemeier, K., Larsen, S., Shivakumar, G., Grubbs, K., McLean, C., Tress, C., Rosenfield, D., DeRubeis, R., **Xu, C.**, Foa, E., Morland, L., Pai, A., Tsao, C., Crawford, J., Weitz, E., Mayinaja, L., Feler, B., Wachsman, T., Lupo, M., Hooper, V., ... Thase, M. (2022). A comparison of prolonged exposure therapy, pharmacotherapy, and their combination for PTSD: What works best and for whom; study protocol for a randomized trial. *Contemporary Clinical Trials*, 119, 106850. <https://doi.org/10.1016/j.cct.2022.106850>
- Kim, T. T., **Xu, C.**, & DeRubeis, R. J. (2022). Mapping Female Patients' Judgments of Satisfaction to Hypothetical Changes in Depression Symptom Severity. *Behavior Therapy*, 53(2), 392-399. <https://doi.org/10.1016/j.beth.2021.10.003>
- Kim, T. T., **Xu, C.**, & Derubeis, R. J. (2022). Patients' judgments of the importance of treatment-induced reductions in symptoms of depression: The role of specific symptoms, magnitudes of change, and post-treatment levels. *Psychotherapy Research*, 32(3), 404-413. <https://doi.org/10.1080/10503307.2021.1938731>
- Xu, C.**, \*Gelberg, H., & DeRubeis, R. J. (2021). Emotion regulation strategy correlates with discrete state emotion in major depression. *Anxiety, Stress, & Coping*, 1-12. <https://doi.org/10.1080/10615806.2021.2015578>
- Khazanov, G. K., **Xu, C.**, Hollon, S. D., DeRubeis, R. J., & Thase, M. E. (2021). Adding cognitive therapy to antidepressant medications decreases suicidal ideation. *Journal of Affective Disorders*, 281, 183-191. <https://doi.org/10.1016/j.jad.2020.12.032>
- DeRubeis, R. J., Zajecka, J., Shelton, R. C., Amsterdam, J. D., Fawcett, J., **Xu, C.**, ... & Hollon, S. D. (2020). Prevention of recurrence after recovery from a major depressive episode with antidepressant medication alone or in combination with cognitive behavioral therapy: a Phase 2 randomized clinical trial. *JAMA Psychiatry*, 77(3), 237-245. <https://doi.org/10.1001/jamapsychiatry.2019.3900>
- Dunn, B. D., German, R. E., Khazanov, G., **Xu, C.**, Hollon, S. D., & DeRubeis, R. J. (2020). Changes in positive and negative affect during pharmacological treatment and cognitive therapy for major depressive disorder: A secondary analysis of two randomized controlled trials. *Clinical Psychological Science*, 8(1), 36-51. <https://doi.org/10.1177/2167702619863427>
- Khazanov, G. K., **Xu, C.**, Dunn, B. D., Cohen, Z. D., DeRubeis, R. J., & Hollon, S. D. (2020). Distress and anhedonia as predictors of depression treatment outcome: a secondary analysis of a randomized clinical trial. *Behaviour Research and Therapy*, 125, 103507. <https://doi.org/10.1016/j.brat.2019.103507>
- Kim, T., Dufour, S., **Xu, C.**, Cohen, Z., Sylvia, L., Deckersbach, T., DeRubeis, R., Nierenberg, A. Predictive modeling for response to lithium and quetiapine in bipolar disorder. (2019). *Bipolar Disorders* 21, 428-436. <https://doi.org/10.1111/bdi.12752>
- Kim, T., **Xu, C.**, Amsterdam, J. D. (2019). Relative effectiveness of tricyclic antidepressant versus monoamine oxidase inhibitor monotherapy for treatment-resistant depression. *Journal of Affective Disorders* 250, 199-203. <https://doi.org/10.1016/j.jad.2019.03.028>

#### Book Chapters:

Fung, K., **Xu, C.**, Glazier, B. L., Parsons, C. A., Alden, L. E. (2016). Research in Clinical Psychology: Social Exclusion in Clinical Samples. P. Riva & J. Eck (Eds.) *Social Exclusion: Psychological Approaches to Understanding and Reducing Its Impact*. Springer. [https://doi.org/10.1007/978-3-319-33033-4\\_8](https://doi.org/10.1007/978-3-319-33033-4_8)

#### Conference Presentations:

(\*students mentored by Dr. Xu)

- Xu, C. \*Kim, C., \*Candido, K., \*Salerni, I., \*Ruseva, A. (2024, November). Imposter phenomenology, rejection sensitivity, and reactions to achievement and social failures. Poster presentation at Association for Behavioral and Cognitive Therapies, 2024, Philadelphia, PA.
- Hao, Y., Xu, C., Kweon, H., Farah, M.J. (2023, November). Amygdala reactivity in depression: false positives, states and traits. Poster presentation at Society for Neuroscience Conference 2023, Washington, DC.
- Xu, C., Amsterdam, J. D. (2023, May). Multi-trial, Individual-Participant Data Mega-analysis of Short-term Antidepressant vs. Mood Stabilizer Monotherapy of Bipolar Type II Major Depressive Episode. Poster presented at American Psychiatric Association Annual Meeting 2023, San Francisco, California.
- Xu, C. Kim, T., DeRubeis, R. J. (2022, March). Using Patients' Perspectives to Assess Change, Or Improve the Current Methods in Assessing Change, from Treatment for Depression. Symposium discussion presented at Anxiety and Depression Association of America Conference 2022, Denver, Colorado.
- Xu, C. DeRubeis, R.J. (2018, June). Change in Patient Compensatory Skills in the Prevention of Relapse of Depression. Panel discussion at the North American Society for Psychotherapy Research Conference 2018, Snowbird, Utah.
- Xu, C. DeRubeis, R.J. (2018, June). Measuring clinical change: strengths and limitations of existing methods. Panel discussion presented at Society for Psychotherapy Research Conference 2018, Amsterdam, Netherlands.
- Xu, C. Kim, T., DeRubeis, R.J. (2018, June). A comparison of treatment selection approaches for personalizing treatment for psychological disorders. Brief paper presented at Society for Psychotherapy Research Conference 2018, Amsterdam, Netherlands.
- Xu, C. Kim, T., DeRubeis, R.J. (2018, June). Prognostic modeling versus moderator modeling: A comparison of two methods in generating differential predictions. Poster presented at Treatment Selection Idea Lab 2018, London, United Kingdom.
- Xu, C., DeRubeis, R.J., Hollon, S.D. (2017, June). Changes in Utilization of Different Coping Styles before and after Cognitive Therapy for Depression. Poster presented at Society for Psychotherapy Research Conference 2017, Toronto, ON.
- Xu, C., DeRubeis, R.J., Hollon, S.D. (2017, May). Expectations for Treatment in a Trial of Antidepressants vs Combination Therapy: Prediction of Remission and Recovery. Poster presented at Association for Psychological Science Convention 2017, Boston, MA.
- Xu, C., Fung, K. Alden, L.E. (2015, May). The effect of 5-HTTLPR and adra2b polymorphisms on emotional recognition ability. Poster presented at Association for Psychological Science Convention 2015, New York, NY.

#### FUNDING

##### Grants and Contracts Awarded:

Department of Defense – University of Idaho (U of I) Research Partnership Initiative in 2025-2028  
H.R. 2882 with Uniformed Services University

“Machine learning models to improve diagnostic screening of PTSD”

Total award amount:

Total award amount requested as site PI: \$604,134

(Role: Site PI)

Department of Defense – University of Idaho (U of I) Research Partnership Initiative in 2025-2028  
H.R. 2882 with Uniformed Services University

“Predicting psychiatric risk in servicemember families during deployment and reunion”

Total award amount:

Total award amount requested as site PI: \$204,441

(Role: Site PI)

American Psychological Foundation – Walter Katkovsky Research Grant Grant 2018- 2019

“Identifying the contributions of therapeutic processes in combination treatment of antidepressants with cognitive behavioral therapy for depression”

Total Award Amount: \$20,000

(Role: Grant author, PhD research assistant; PI: Robert DeRubeis)

#### **Under Review:**

National Institutes of Health – CMCI Pilot Grant

Total award amount: \$70,402

(Role: PI)

Submitted  
2025

#### **Grant Applications – Not Awarded:**

Department of Defense – University of Idaho (U of I) Research Partnership Initiative in Submitted  
H.R. 2882 with Uniformed Services University 2025

“Predicting psychiatric risk in servicemember families during deployment and reunion”

Total amount requested: \$204,441

(Role: Site PI)

## **TEACHING**

#### **Areas of Specialization:**

Abnormal Psychology

#### **Courses Taught:**

University of Idaho

PSYC 101 – Introduction to Psychology

2025 –

PSYC 311 – Abnormal Psychology

2024 –

The College of Idaho

PSYC 100 – General Psychology

2023-2024

PSYC 370 – Health Psychology

2024

PSYC 400 – Analysis of psychological data

2024

PSYC 404 – Abnormal Psychology

2023

University of Pennsylvania:

PSYC 1462 – Abnormal Psychology	2020-2023
PSYC 4463 – Research Experience in Clinical Psychological Data Analysis	2023
PSYC 3461 – The Science of Depression and Anxiety (Seminar)	2022

**Students Advised:****Graduate Committee Member:***University of Idaho*

Grant Billings (PhD, Psychology)	Expected 2025
Sara Schumacher (PhD, Nutrition)	Ongoing
Maxx Antush (PhD, Movement Sciences)	Ongoing
Sharon DeChenne (PhD, Nutrition)	Ongoing

**Independent Study Students:***University of Pennsylvania*

Lucille Miao	2018-2021
Devon Turner	2018-2020
Haley Gelberg	2018-2019
Suh Jung (Rylee) Park	2017-2019
Meaghan Lee	2018-2019
Alisia Escobar	2018-2019
Rachel Aboodi	2018
Heejoo Kim	2018
Syed Aajmain	2017-2018
Rigoberto Colon	2017

**Honors and Awards:**

Dean's Teaching Fellowship for Excellence, University of Pennsylvania, 2022

**SERVICE****Departmental committees:**

Graduate Program Committee, 2024-present  
 Communications Program Committee, 2024-present

**Journal Peer Reviewer:**

Journal of Affective Disorders, 2025  
 Nature Cities, 2025  
 Contemporary Clinical Trials, 2025  
 Community Mental Health Journal, 2024  
 Nature Scientific Reports, 2024  
 Cognitive Therapy and Research, 2023

**Research Outreach / Public Engagement:**

Xu, Colin & Kim, Thomas. No, Your Patients Are Not Wrong: Sometimes Antidepressant Side Effects Do Not Get Better. Cover article in *Psychiatric Times*, 42(4). April 2025.  
<https://www.psychiatrictimes.com/view/no-your-patients-are-not-wrong-sometimes-antidepressant-side-effects-do-not-get-better>

Dolan, Eric. Study challenges assumption of universal improvement in antidepressant side effects. *Psypost*. November 19, 2024.  
<https://www.psypost.org/study-challenges-assumption-of-universal-improvement-in-antidepressant-side-effects/>

Wilton, Page. UI professor researches antidepressant side effects. Nov 1, 2024.  
<https://www.uiargonaut.com/2024/11/01/ui-professor-researches-long-term-antidepressant-side-effects/>

Luten, Christine. U of I researcher challenges beliefs about antidepressant side effects. October 30, 2024. <https://www.uidaho.edu/news/news-articles/news-releases/2024/103024-sideeffects>

Pigott, E., Kim, T., Xu, C., Kirsch, I., Amsterdam, J. “STAR\*D’s cumulative remission rate and why it still matters.” Cover article in Psychiatric Times, 41 (3). March 2024.  
<https://www.psychiatrictimes.com/view/star-d-s-cumulative-remission-rate-and-why-it-still-matters>

Miller, John J. “Exploring the STAR\*D Controversy”. Cover article in Psychiatric Times, 41 (3). March 2024. <https://www.psychiatrictimes.com/view/exploring-the-star-d-controversy>

Miller, John J. “STAR\*D Dethroned?”. Cover article in Psychiatric Times, 40 (12). December, 2023. <https://www.psychiatrictimes.com/view/star-d-dethroned>

Moser, Eric. “Five takeaways on urbanicity and depression research.” Penn Today. October 25th, 2023.  
<https://penntoday.upenn.edu/news/psychology-five-takeaways-urbanicity-and-depression-research>

Podcast interview for Deutsche Welle, Science Unscripted. “Sadness and the city”. September 29, 2023. <https://www.dw.com/en/mental-health-depression-30-more-likely-in-a-city/audio-66952505>

## PROFESSIONAL DEVELOPMENT

### Certificates:

Proposal Development Academy, University of Idaho,	2025
CETLI Teaching Certificate, Center for Excellence in Teaching, Learning, and Innovation, University of Pennsylvania,	2018