

Samuel T. Murphy

Curriculum Vita

Address: Department of Psychology
Mississippi State University
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Starkville, MS 39762

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Academic Positions

2025 - Current **Assistant Professor of Psychology**
Mississippi State University | Department of Psychology, Starkville, MS

Education

2025 ***Ph.D. in Clinical Psychology***
The Ohio State University | Department of Psychology, Columbus, OH
Advisor: Daniel R. Strunk

2020 ***M.A. in Psychology***
The Ohio State University | Department of Psychology, Columbus, OH
Advisor: Daniel R. Strunk

2017 ***B.S. in Psychology / B.S. in Sociology***
Montana State University | Bozeman, MT
Summa Cum Laude

2015 ***A.A. in Psychology / A.A. in Social Science / A.A. in Liberal Studies***
Solano Community College | Fairfield, CA

Additional Training

2024-2025 ***Predocctoral Internship***
University of Kansas Medical Center - Underserved Populations Track
Kansas City, KS

Publications in Peer-Reviewed Journals

Murphy, S. T., Cheavens, J. S., & Strunk, D. R. (2024). The friends and family for mental health program: A pilot study of a cognitive behavioral therapy skills intervention for rural adults. *Rural and Remote Health, 24*, 9066. <https://doi.org/10.22605/RRH9066>

Murphy, S. T., Bailey, B., & Strunk, D. R. (2024). Promoting skill use in skill enhanced cognitive behavioral therapy: A case example. *Journal of Clinical Psychology, 80*, 912-927. <https://doi.org/10.1002/jclp.23634>

Murphy, S. T., Bailey, B., Cooper, A. A., & Strunk, D. R. (2023). Do clients learn specific skills from cognitive versus behavioral interventions for depression?. *Cognitive Therapy and Research, 47*, 614-620. <https://doi.org/10.1007/s10608-023-10382-9>

- Murphy, S. T.,** Vittorio, L. N., & Strunk, D. R. (2023). Vindicating pollyanna? An experimental test of cognitive restructuring and positive thinking interventions. *Psychotherapy Research, 33*, 696-703. <https://doi.org/10.1080/10503307.2022.2152397>
- Vittorio, L. N., **Murphy, S. T.,** Braun, J. D., & Strunk, D. R. (2022). Socratic questioning promotes cognitive change to achieve depressive symptom reductions. *Behavioral Research and Therapy, 150*, 104035. <https://doi.org/10.1016/j.brat.2022.104035>
- Murphy, S. T.,** Garcia R, A., Cheavens J. S., & Strunk, D. R. (2022). The therapeutic alliance and dropout in cognitive behavioral therapy of depression. *Psychotherapy Research, 32*, 995-1002. <https://doi.org/10.1080/10503307.2021.2025277>
- Murphy, S. T.,** Cheavens J. S., & Strunk, D. R. (2022). Evidence for framing effects in an analogue study of cognitive behavioral therapy strategies. *Journal of Clinical Psychology, 78*, 1046-1057. <https://doi.org/10.1002/jclp.23302>
- Murphy, S. T.,** Bailey, B., Bartels, C. G., Vittorio, L.N., Whelen, M. L., Zhou, R. J., & Strunk, D. R. (2021). Skill enhanced cognitive behavioral therapy: Protocol for a randomized trial comparing standard and skill enhanced cognitive behavioral therapy for depression. *International Journal of Clinical Trials, 8*. <https://doi.org/10.18203/2349-3259.ijct20214107>
- Ezawa, I.D., **Murphy, S.T.,** Whelen, M.L. & Strunk, D. R (2021). When are therapists' efforts to bring about cognitive change effective? Considering interpersonal vulnerabilities as contextual factors. *International Journal of Cognitive Therapy, 14*, 623–638. <https://doi.org/10.1007/s41811-021-00117-7>
- Murphy, S. T.,** Cheavens, J. S., & Strunk, D. R. (2021). Development and initial validation of the styles of emotion regulation questionnaire. *Personality and Individual Differences, 181*, 111050. <https://doi.org/10.1016/j.paid.2021.111050>
- Murphy, S. T.,** Cooper, A. A., Hollars, S. N., & Strunk, D. R. (2021). Who benefits from a cognitive vs. behavioral approach to treating depression? A pilot study of prescriptive predictors. *Behavior Therapy, 52*, 1433-1448. <https://doi.org/10.1016/j.beth.2021.03.012>
- Whelen, M. L., **Murphy, S. T.,** & Strunk, D. R. (2021). Re-evaluating the alliance-outcome relationship in the early sessions of cognitive behavioral therapy of depression. *Clinical Psychological Science, 9*, 515-523. <https://doi.org/10.1177/2167702620959352>
- Murphy, S. T.,** Cheavens, J. S., & Strunk, D. R. (2020). Overcoming a poor early response with cognitive behavioral therapy skills. *Cognitive Therapy and Research, 44*, 1177-1185. <https://doi.org/10.1007/s10608-020-10140-1>
- Greene, K, M., Hedstrom, A, M., & **Murphy, S. T.** (2019). Driving/riding after alcohol and marijuana use among young adults: Is residing with family protective? *Traffic Injury Prevention, 20*, 679-684 <https://doi.org/10.1080/15389588.2019.1641597>
- Greene, K. M., **Murphy, S. T.,** & Rossheim, M. E. (2018). Context and culture: Reasons young adults drink and drive in rural America. *Accident Analysis & Prevention, 121*, 194-201. <https://doi.org/10.1016/j.aap.2018.09.008>

Chapter

Strunk, D. R., & Murphy, S. T. (2024). Are theory-specific treatment factors responsible for psychotherapeutic change? In F. T. L. Leong, J. L. Callahan, J. Zimmerman, M. J. Constantino, & C. F. Eubanks (Eds.), *APA handbook of psychotherapy: Evidence-based practice, practice-based evidence, and contextual participant-driven practice* (pp. 25–42). American Psychological Association. <https://doi.org/10.1037/0000354-003>.

Manuscripts under review

Murphy, S. T., Cheavens, J. S., & Strunk, D. R. (2025). *Leveraging Informal Caregiving Skills to Reach Rural Contexts: A Randomized Trial of the Friends and Family for Mental Health Program*. Manuscript under review.

Murphy, S. T., Ezawa, I. D., Pfeifer, B. J., & Strunk, D. R. (2025). *Disproportionality of depressive reactions and the process of change in cognitive behavioral therapy: Evidence of moderation and a psychometric evaluation of the PDR-SR*. Manuscript in preparation.

Manuscripts in preparation

Murphy, S. T., & Strunk, D. R. (2025). *The competencies in cognitive therapy scale – 10: A brief measure of cognitive therapy skills*. Manuscript in preparation.

Murphy, S. T., Cheavens, J. S., & Strunk, D. R. (2025). *Cognitive reactivity to interpersonal situations as a moderator of skill gains*. Manuscript in preparation.

Grants and Awards

2024	Cynthia Belar Internship Applicant Scholarship from the Association of Psychology Postdoctoral and Internship Centers.
2023	Psychology Summer Graduate Student Research Excellence Award from The Ohio State University.
2022	Matrix Award for Excellence in the Practice of Clinical Psychology from Matrix Psychological Services Inc.
2022	Psychology Summer Graduate Student Research Excellence Award from The Ohio State University.
2022	Alumni Grants for Graduate Research and Scholarship from The Ohio State University, \$5,000.
2021	Mamie Phipps Clark Diversity Research Grant from Psi Chi, The International Honor Society in Psychology, \$1,500.
2019	Graduate Student Conference Presentation Travel Award from The Ohio State University.
2018	University Fellowship from the Ohio State University.

Presentations

Murphy, S. T. & Strunk, D. R. (2024, November). *The effect of skill practice on gains in interpersonal skill: Considering skillfulness and negative thinking in interpersonal contexts as moderators* [Poster presentation]. Association for Behavioral and Cognitive Therapies, Philadelphia, PA, United States.

Murphy, S. T., Cheavens, J. S., Strunk, D. R. (2023, November). The friends and family for mental health program: A pilot study of a cognitive behavioral therapy skills intervention for rural adults. In D. R. Strunk (Chair), *Sharing and leveraging the lessons of CBT: Understanding how CBT works and using that understanding to inform interventions* [Symposium]. Association for Behavioral and Cognitive Therapies, Seattle, WA, United States.

Murphy, S. T. & Strunk, D. R. (2021, November). *A brief measure of cognitive therapy skills for use in research and clinical practice* [Poster presentation]. Association for Behavioral and Cognitive Therapies, Philadelphia, PA, United States.

Murphy, S. T., Cheavens, J. S., Strunk, D. R. (2021, April). *Intervention framing and the use of cognitive behavioral therapy strategies* [Oral presentation]. Hayes Graduate Research Forum, Columbus, OH, United States.

Murphy, S. T., Cheavens, J. S., Strunk, D. R. (2020, November). *Poor early symptom reduction is okay: An examination of cognitive behavioral therapy skills developments* [Poster presentation]. Association for Behavioral and Cognitive Therapies, Philadelphia, PA, United States.

Murphy, S. T., & Strunk, D. R. (2020, August). *Managing rumination: A test of cognitive vs. mindfulness interventions* [Poster presentation]. American Psychological Association, Washington, DC, United States.

Murphy, S. T., Cheavens, J. S., & Strunk, D. R. (2020, February). *Can we overcome a poor early response to treatment? An analysis of the role of early improvements in cognitive behavioral skills* [Poster presentation]. Hayes Graduate Research Forum, Columbus, OH, United States.

Murphy, S. T., Cheavens, J. S., Strunk, D. R. (2019, November). *The styles of emotion regulation questionnaire: Measure development* [Poster presentation]. Association for Behavioral and Cognitive Therapies, Atlanta, GA, United States.

Murphy, S. T., Cheavens, J. S., & Strunk, D. R. (2019, March). *Styles of emotion regulation* [Oral presentation]. Hayes Graduate Research Forum, Columbus, OH, United States.

Teaching Experience

Undergraduate Courses (at The Ohio State University):

Psychology of Abnormal Psychology
AU 22 SP 23 AU 23 SP 24