

Andy Kim

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Education

2021 – Current

Doctor of Philosophy in Clinical Psychology

Dalhousie University (Halifax, Nova Scotia)

Supervisors: Dr. Sherry Stewart, Dr. Simon Sherry

Dissertation (Committee members: Dr. Janine Olthuis, Dr. Jennifer Stamp)

Title: General and hangover-related depressive and anxiety symptoms: Implications for drinking behaviors and consequences

Defense date (anticipated): July 2026

Comprehensive Research Projects (Chair: Dr. Sean MacKinnon)

1. *Title:* When love hurts: Testing the stress generation hypothesis between depressive symptoms, conflict behaviors, and breakup rumination in romantic couples (supervised by Dr. Sherry Stewart, Dr. Simon Sherry)
2. *Title:* Clarifying the pathway from anxiety sensitivity to binge eating: The mediating role of depressive symptoms in a 3-week, 3-wave longitudinal study of undergraduates (supervised by Dr. Aislin Mushquash, Dr. Sherry Stewart, Dr. Simon Sherry)
3. *Title:* Bridging the gaps: Comparing structural equation models to network analysis models of depression, anxiety, and perfectionism (supervised by Dr. Sean MacKinnon)

2016 – 2020

Bachelor of Arts in Psychology (Honours)

University of British Columbia (Vancouver, British Columbia)

Supervisors: Dr. Luke Clark, Dr. Paul Hewitt, Dr. Kristin Laurin

Graduate Honours and Awards

2025	Brian Dufton Memorial Prize for Psychology Grad Students (\$1000) – APNS
2024 – 2027	Scotia Scholars Award, Doctoral (\$56,250) – Research Nova Scotia
2023 – 2026	Canada Graduate Scholarship, Doctoral (\$115,000) – SSHRC
2023 – 2025	President's Award (\$15,000) – Dalhousie University
2023, 2024	QEII Foundation Diversity in Health Care Bursary (\$1500) – QEII Foundation
2022 – 2023	Canada Graduate Scholarship, Master's (\$17,500) – SSHRC
2022 – 2023	Scotia Scholars Award, Master's (\$10,000) – ResearchNS
2022	Diversity in Psychology Bursary (\$1000) – APNS
2022	D.O Hebb Post-Graduate Prize (\$1000) – Dalhousie University
2021 – 2023	Nova Scotia Graduate Scholarship, Master's (\$20,000) – Dalhousie University
2021 – 2022	Maritime Spor Support Unit Award, Master's (\$10,000) – MSSU

Undergraduate Honours and Awards

2020	Suedfeld Scholar Award (\$500) – Psi Chi UBC Chapter
2020	Undergraduate Student Research Award (\$7968) – NSERC

2019	Pat and Betty Love Scholarship in Arts (\$1000) – University of British Columbia
2019	Quinn Research Assistantship (\$7571) – University of British Columbia
2017, 2019	Trek Excellence Scholarship (\$1500) – University of British Columbia
2017, 2019	VKCSF Scholarship (\$2000) – Van Korean Canadian Scholarship Foundation
2017	Student Scholarship in Arts (\$1000) – University of British Columbia

Clinical Experience

1. CRUX Psychology (Jul 2024 – Current)
 - Delivered evidence-based therapy and diagnostic assessments to community adults, addressing post-traumatic stress disorder (PTSD), obsessive-compulsive disorder (OCD), body-focused repetitive behaviors (BFRB), borderline personality disorder (BPD), attention-deficit/hyperactivity disorder (ADHD), autism, depression, stress, generalized anxiety, health anxiety, social anxiety, death anxiety, panic attacks, eating disorders, perfectionism, pornography, cannabis, alcohol, and cocaine addictions, psychosis, anger management, assertiveness, and interpersonal problems.
 - Served as an interpreter for Korean-speaking assessment clients and trained a psychometrist in the administration and interpretation of a wide range of psychoeducational assessments
2. Addictions and Prevention Treatment – Canadian Armed Forces (May 2024 – Dec 2024)
 - Delivered evidence-based therapy for military personnel with substance use challenges, facilitated abstinence-focused group therapy sessions, and conducted comprehensive diagnostic assessments for substance use disorders.
3. Coastal Psychology (May 2024 – Dec 2024)
 - Delivered evidence-based therapy for clients in the community with eating disorders.
4. Centre for Psychological Health – Dalhousie University (Sep 2023 – Jul 2024)
 - Delivered evidence-based therapy to community adults for anxiety, depression, ADHD, PTSD, BFRB, psychological inflexibility, and addictions. Completed comprehensive assessments for ADHD, learning disability, intellectual disability, and other mental health diagnoses. Supervised a first-year PhD student in conducting adult psychoeducational assessments
5. Forensic Sexual Behavior Program – Nova Scotia Mental Health and Addictions (May 2022 – Sep 2022)
 - Conducted risk assessments for adult sexual offenders.
6. UniVenture, PreVenture, and OpiVenture Program – Dalhousie University (Sep 2023 – Current)
 - Led 90-minute workshops for undergraduates, high school students, and community members, focusing on personality traits related to substance use.
7. Adult Intervention Practicum – Dalhousie University (Jan 2023 – May 2023)
 - Administered the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders to clients.
8. Adult Assessment Practicum – Dalhousie University (May 2022 – Jul 2022)
 - Conducted psychoeducational assessments for adult clients with ADHD and social anxiety disorder.
9. Child Assessment Practicum – Dalhousie University (Jan 2022 – Jun 2022)
 - Conducted psychoeducational assessments for children with learning disabilities.

Peer-Reviewed Journal Publications

1. Olthuis, J. V., Connell, E. M., **Kim, A. J.**, & Stewart, S. H. (2025). Anxiety sensitivity and posttraumatic stress symptoms among public safety personnel: A longitudinal analysis. *Psychological Trauma: Theory, Research, Practice, and Policy*. <https://psycnet.apa.org/record/2026-85046-001>

2. Whitewolf, T., Sherry, S. B., Rodriguez, L. M., **Kim, A. J.**, Deacon, S. H., & Stewart, S. H. (in press). *Prospective impacts of co-rumination on depression, anxiety, and relationship satisfaction within adult romantic couples. Journal of Social and Clinical Psychology.*
3. **Kim, A. J.**, Sherry, S. B., Kruisselbrink, L. D., Lambe, L. J., Watt, M. C., Olthuis, J. V., Verster, J. C., & Stewart, S. H. (2025). Anxiety and depression during hangover are associated with alcohol-related problems among emerging adults. *Canadian Journal of Addiction, 16*(3), 35. <https://doi.org/10.1097/CXA.0000000000000248>
4. **Kim, A. J.**, Sherry, S. B., Kruisselbrink, L. D., Lambe, L. J., Watt, M. C., Olthuis, J. V., Verster, J. C., & Stewart, S. H. (2025). Does ruminating about the previous night's drinking during a hangover predict changes in heavy episodic drinking? A two-wave, 30-day prospective study. *Psychology of Addictive Behaviors.* <https://doi.org/10.1037/adb0001056>
5. Išerić, E., Boogaard, A. S., Bruce, G., Iversen, J. M., Karadayian, A., **Kim, A. J.**, Kruisselbrink, D., Mackus, M., Merlo, A., Stock, A.-K., Urbański, J., van der Weij, B. R. C., & Verster, J. C. (2025). Proceedings of the 13th Alcohol Hangover Research Group Meeting in Dresden, Germany. *Proceedings, 122*(1), 2. <https://doi.org/10.3390/proceedings2025122002>
6. Ilie, A., **Kim, A. J.**, Desroches, D., Keys, E., Sherry, S. B., Stewart, S. H., Deacon, S. H., & Corkum, P. V. (2025). COVID-19 Stress and Family Well-Being: The Role of Sleep in Mental Health Outcomes for Parents and Children. *Children, 12*(8), 962. <https://doi.org/10.3390/children12080962>
7. Verster, J. C., Merlo, A., Zijlstra, M. N., Weij, B. R. C. van der, Boogaard, A. S., Schulz, S. E., Balikji, J., **Kim, A. J.**, Stewart, S. H., Sherry, S. B., Garssen, J., Bruce, G., & Devenney, L. E. (2025). Predictors of immune fitness and the alcohol hangover: Survey data from UK and Irish adults. *Data, 10*(4), Article 4. <https://doi.org/10.3390/data10040049>
8. **Kim, A. J.**, & Mackinnon, S. P. (2024). Bridging the gaps: Comparing structural equation models to network analysis models of depression, anxiety, and perfectionism. *International Journal of Personality Psychology, 10*, 77–88. <https://doi.org/10.21827/ijpp.10.41687>
9. Kiani, P., Hendriksen, P. A., **Kim, A. J.**, Garssen, J., Verster, J. C. (2024). Comparative analysis of the clinical presentations of individuals who test positive or negative for SARS-CoV-2: Results from a test street study. *Viruses, 16*(7). <https://doi.org/10.3390/v16071031>
10. **Kim, A. J.**, Sherry, S. B., Mackinnon, S. P., Lee-Baggle, D., Wang, G. A., Stewart, S. H., Antony, M. M., & Hahn, C. (2024). When love hurts: Testing the stress generation hypothesis between depressive symptoms, conflict behaviors, and breakup rumination in romantic couples. *Journal of Social and Clinical Psychology, 43*(2), 180–206. <https://doi.org/10.1521/jscp.2024.43.2.180>
11. **Kim, A. J.**, Sherry, S. B., Mackinnon, S. P., Kehayes, I.-L., Smith, M. M., & Stewart, S. H. (2024). Perceived pressure for perfection within friendships triggers conflict behaviors, depressive symptoms, and problematic drinking: A longitudinal actor–partner interdependence model. *Journal of Psychoeducational Assessment, 07342829241230710*. <https://doi.org/10.1177/07342829241230710>
12. **Kim, A. J.**, Stewart, S. H., Sherry, S. B., McGrath, D. S., Mushquash, C. J., Olthuis, J. V., & Mushquash, A. R. (2024). Clarifying the pathway from anxiety sensitivity to binge eating: The mediating role of depressive symptoms in a 3-week, 3-wave longitudinal study of undergraduates. *Eating Behaviors, 101843*. <https://doi.org/10.1016/j.eatbeh.2024.101843>
13. **Kim, A. J.**, Merlo, A., Mackus, M., Bruce, G., Johnson, S. J., Alford, C., Sherry, S. B., Stewart, S. H., & Verster, J. C. (2023). Depression, anxiety, and stress among hangover-sensitive and hangover-resistant drinkers. *Journal of Clinical Medicine, 12*(8), 2766. <https://doi.org/10.3390/jcm12082766>
14. **Kim, A. J.**, Sherry, S. B., Stewart, S. H., Smith, M. M., Popowich, A. D., & Mushquash, A. R. (2023). Perfectionistic concerns and binge eating in mother-daughter dyads: An actor-partner interdependence model. *Eating Behaviors, 48*, 101702. <https://doi.org/10.1016/j.eatbeh.2023.101702>
15. Basso, N. L., Lambe, L. J., **Kim, A. J.**, Rodriguez, L. M., Deacon, H., Nogueira-Arjona, R., Sherry, S. B., Abbass, A., & Stewart, S. H. (2023). Effects of mandatory homeschooling during COVID-19 on conflict in romantic couples. *Journal of Family Psychology, 37*(2), 275–281. <https://doi.org/10.1037/fam0001052>

16. **Kim, A. J.**, Smith, M. M., Sherry, S. B., Rodriguez, L. M., Meier, S. M., Nogueira-Arjona, R., Deacon, H., Abbass, A., & Stewart, S. H. (2022). Depressive symptoms and conflict behaviors: A test of the stress generation hypothesis in romantic couples during the COVID-19 pandemic. *Journal of Social and Clinical Psychology, 41*(6), 517–540. <https://doi.org/10.1521/jscp.2022.41.6.517>
17. Otis, E., **Kim, A. J.**, Stewart, S. H., Sherry, S. B., & Yakovenko, I. (2022). Changes in sports gambling behaviour during the COVID-19 pandemic in Canada. *Frontiers in Psychiatry, 13*. <https://doi.org/10.3389/fpsyt.2022.1018234>
18. **Kim, A. J.**, Murch, W. S., Limbrick-Oldfield, E. H., Ferrari, M. A., MacDonald, K. I., Fookien, J., Cherkasova, M. V., Spering, M., & Clark, L. (2022). Do pupillary responses during authentic slot machine use reflect arousal or screen luminance fluctuations? A proof-of-concept study. *PLOS ONE, 17*(7), e0272070. <https://doi.org/10.1371/journal.pone.0272070>
19. **Kim, A. J.**, Sherry, S. B., Nealis, L. J., Mushquash, A. R., Lee-Baggley, D., & Stewart, S. H. (2022). Do symptoms of depression and anxiety contribute to heavy episodic drinking? A 3-wave longitudinal study of adult community members. *Addictive Behaviors, 130*, 107295. <https://doi.org/10.1016/j.addbeh.2022.107295>
20. **Kim, A. J.**, Sherry, S. B., Shannon, T., Kehayes, I.-L., & Stewart, S. H. (2022). A matter of perspective: The convergent and incremental validity of informant-reported drinking motives. *Drug and Alcohol Review, 41*(3), 588–593. <https://doi.org/10.1111/dar.13381>

Manuscripts Submitted or In Preparation

1. Fujiwara, S., Sherry, S. B., Rostampour, R., **Kim, A. J.**, Kruisselbrink, L. D., Lambe, L. J., Watt, M. C., & Stewart, S. H. (2025). *Anxiety sensitivity dimensions and the alcohol hangover experience: Longitudinal associations with hangover-related anxiety and depression* [Manuscript submitted for publication].

Conference Presentations

1. **Kim, A. J.**, Sherry, S. B., Kruisselbrink, L. D., Lambe, L. J., Watt, M. C., Olthuis, J. V., Verster, J. C., & Stewart, S. H. (2026, February). *Does ruminating about the previous night's drinking during a hangover predict changes in heavy episodic drinking? A two-wave, 30-day prospective study*. Paper accepted for a long talk at the Australasian Mathematical Psychology Conference, Singapore.
2. Mackinnon, S. P. & **Kim, A. J.** (2025). *Comparing structural equation models to network analysis models of depression, anxiety, and perfectionism*. Paper presented at the 2025 Convention of the Canadian Psychological Association (CPA), St. Johns, NFLD, Canada.
3. Connell, E., Olthuis, J.V., **Kim, A. J.**, & Stewart, S.H. (2025). *Anxiety sensitivity as a risk factor for posttraumatic stress disorder in first responders: A cross-lagged panel model*. Poster to be presented at the 86th Annual Canadian Psychological Association (CPA), St. John's, NFLD, Canada.
4. Fujiwara, S., Rostampour, R., **Kim, A. J.**, Sherry, S. B., & Stewart, S. H. (2025). *Is anxiety sensitivity related to alcohol hangover experiences: AS subfactors and their unique associations with hangover-related anxiety, depression and overall hangover severity*. Poster presented at the Science Atlantic Undergraduate Psychology Conference, Fredericton, NB, Canada.
5. Whitewolf, T., **Kim, A. J.**, Sherry, S. B., DeGrace, S., & Stewart, S. H. (2025). *Impacts of co-rumination within adult romantic relationships on depression, anxiety, and relationship satisfaction*. Poster presented at the Science Atlantic Psychology Undergraduate Student Research Conference 2025, Fredericton, NB, Canada.
6. Ilie, A., **Kim, A. J.**, Desroches, D., Keys, E., Sherry, S. B., Stewart, S., Deacon, H., & Corkum, P. (2025). *COVID-19 Stress and Family Well-Being: The Role of Sleep in Mental Health Outcomes for Parents and Children*. Canadian Sleep Society (CSS) National Conference, Montreal, QC, Canada.
7. Malik, I., **Kim, A. J.**, Sherry, S.B., Stewart, S. H., Smith, M., Popowich, A., & Mushquash, A. (2023). *Perfectionistic concerns and binge eating in mother-daughter dyads: An actor-partner interdependence model*. Poster presented at the Canadian Psychological Association (CPA) National Conference, Toronto, ON, Canada.

8. **Kim, A. J.**, Sherry, S. B., Mackinnon, S. P., Kehayes, I.-L., Smith, M. M., & Stewart, S. H. (2023). *Perceived peer pressure for perfection leads to conflict behaviors, depressive symptoms, and problematic drinking: Implications for CBT interventions*. Presented in an open paper symposium titled “Peer effects and bullying” at the 10th World Congress of Cognitive and Behavioral Therapies in Seoul, South Korea, June 1-4, 2023.
9. **Kim, A. J.**, Stewart, S.H., DeGrace, S., Atasoy, P., Barrett, S., Carleton, N., Cosman, T., Cousijn, J., Keough, M., O’Connor, R., Romero-Sanchiz, P., Rudnick, A., Tibbo, P., Wardell, J., Wiers, R., & Yakovenko, I. (2023). *Do trauma cue exposure and/or PTSD symptom severity intensify selective approach bias toward cannabis cues in regular cannabis users with trauma histories?* Presented in an open paper symposium titled “Mechanisms of PTSD” at the 10th World Congress of Cognitive and Behavioral Therapies in Seoul, South Korea, June 1-4, 2023.
10. **Kim, A. J.**, Merlo, A., Mackus, M., Bruce, G., Johnson, S. J., Alford, C., Sherry, S. B., Stewart, S. H., Verster, J. C. (2023). *A rough morning: Exploring the relationship between anxiety, depression, and alcohol hangovers*. Presented as a talk at the 13th Alcohol Hangover Research Group Meeting in Dresden, Germany, April 20-22, 2023.
11. **Kim, A. J.**, Sherry, S. B., Smith, M. M., Rodriguez, L. M., Meier, S. M., Nogueira-Arjona, R., Deacon, H., Abbass, A., & Stewart, S. H. (2022). *Depressive symptoms and relationship conflict: A test of the stress generation hypothesis in romantic couples during the COVID-19 pandemic*. Presented in a symposium titled “Antecedents and consequences of romantic conflict during the COVID-19 pandemic: implications for homeschooling, depressive symptoms, and gambling problems” at the 83rd Annual Canadian Psychological Association (CPA) National Convention in Calgary, AB, Canada, June 17-19, 2022.
12. **Kim, A. J.**, Lambe, L. J., Basso, N. L., Rodriguez, L. M., Sherry, S. B., Deacon, H., Nogueira-Arjona, R., Meier, S., Abbass, A., & Stewart, S. H. (2022). *The effects of mandatory homeschooling on couples’ conflict during the COVID-19 pandemic*. Presented in a symposium titled “Antecedents and consequences of romantic conflict during the COVID-19 pandemic: implications for homeschooling, depressive symptoms, and gambling problems” (Discussant: Simon B. Sherry) at the 83rd Annual Canadian Psychological Association (CPA) National Convention in Calgary, AB, Canada, June 17-19, 2022.
13. Otis, E., **Kim, A. J.**, Stewart, S.H., Sherry, S., & Yakovenko, I. (2022). *Changes in Sports Gambling Behaviour During the COVID-19 Pandemic in Canada*. Poster presented at the 32nd Annual Psychiatry Research Day Conference, Halifax, NS, Canada.
14. **Kim, A. J.**, & Rodriguez, L.M. (2021). *Drinking together facilitates more positive outcomes in emerging adults*. Presented in a symposium titled “Close Relationships to Alcohol Consumption Associations in Emerging Adulthood: Lights and Shadows” at the 10th Society of Emerging Adulthood (SSEA) Conference held virtually due to COVID-19, November 4-6, 2021.
15. **Kim, A. J.**, Sherry, S. B., Stewart, S. H., Smith, M. M., Popowich, A. D., & Mushquash, A. R. (2023). *Perfectionistic concerns and binge eating in mother-daughter dyads: Recommendations for individual and family-based CBT interventions*. Poster presentation at the 10th World Congress of Cognitive and Behavioral Therapies in Seoul, South Korea, June 1-4, 2023.
16. **Kim, A. J.**, Sherry, S. B., Nealis, L. J., Mushquash, A., Lee-Baggley, D., & Stewart, S. H. (2022). *Do symptoms of depression and anxiety contribute to heavy episodic drinking? A 3-wave longitudinal study of adult community members*. Poster presentation at the Department of Psychiatry 32nd Annual Research Day (Dalhousie University) in Halifax, NS, Canada, October 21, 2022.
17. Basso, N. L., Lambe, L. J., **Kim, A. J.**, Sherry, S., & Stewart, S.H. (2022). *Effects of child age, family size, and gender on homeschooling parents’ conflict*. Poster presented at the Science Atlantic Psychology Conference, Antigonish, NS, Canada.
18. **Kim, A. J.**, Sherry, S. B., Smith, M. M., Rodriguez, L. M., Meier, S. M., Nogueira-Arjona, R., Deacon, H., Abbass, A., & Stewart, S. H. (2021). *Locked in here with you: A test of the stress generation hypothesis in romantic couples during the COVID-19 pandemic*. Poster presentation at the Department of Psychiatry 31st Annual Research Day (Dalhousie University) held virtually due to COVID-19, Nov 12, 2021.

19. **Kim A. J.**, Heltzel G., & Laurin, K. (2020). *Reactions to co-partisans who seek to understand shared opponents: A case of pluralistic ignorance*. Poster presentation at the Multidisciplinary Undergraduate Research Conference in Vancouver, BC, Canada, May 20-21. <https://doi.org/10.17605/osf.io/5x3yt>

Teaching Experience

Jan 2024-May 2024	Teaching Assistant (n = 100) <i>Course:</i> PSYO 3280 Personality Psychology, Dalhousie University <i>Professor:</i> Dr. Sean Mackinnon
May 2024	Invited Guest Lecture (n = 100) <i>Lecture Title:</i> Personality Risk Factors for Substance Use <i>Course:</i> PSYO 3280 Personality Psychology, Dalhousie University <i>Professor:</i> Dr. Sean Mackinnon
Sep 2023	Invited Guest Lecture (n = 80) <i>Lecture Title:</i> Panic Disorder, Agoraphobia, and Obsessive-Compulsive Disorder <i>Course:</i> PSYC 367 Intro to Psychopathology, St Francis Xavier University <i>Professor:</i> Dr. Laura Lambe
Sep 2023-Dec 2023	Teaching Assistant (n = 100) <i>Course:</i> PSYO 3280 Personality Psychology, Dalhousie University <i>Professor:</i> Dr. Simon Sherry
Sep 2022-Dec 2022	Teaching Assistant (n = 30) <i>Course:</i> PSYO 2000 Methods in Experimental Psychology, Dalhousie University <i>Professor:</i> Dr. Erin Sparks
Sep 2021-May 2023	Co-supervision of undergraduate students (n = 2) <i>Description:</i> Served as a co-supervisor of senior undergraduate students, alongside Drs. Sherry Stewart and Simon Sherry, to conduct research projects examining homeschooling effects on parental conflict during the COVID-19 pandemic and the longitudinal impacts of cannabis use on cognitive functioning.

Service

Sep 2023-Sep 2024	In-house practica committee member, Dalhousie University
Sep 2022-Sep 2023	In-house convention committee member, Dalhousie University
Sep 2021-Sep 2022	Colloquium/social committee member, Dalhousie University
Sep 2018-Sep 2019	Red Frogs Crew Member, University of British Columbia
May 2018-May 2019	Hospital Front Desk Attendant, University of British Columbia