

# Curriculum Vitae

## Joseph H. Lancaster

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022 Health and Human Development  
University Park, PA 16802

### EDUCATION

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**The Pennsylvania State University**, University Park, PA 2022 - Present  
Ph.D. in Human Development and Family Studies  
Faculty Advisor: H. Harrington Cleveland III, J.D., Ph.D.  
Cumulative GPA: 4.0

**Cleveland State University**, Cleveland, OH 2020 - 2022  
Master of Arts in Psychology  
Master's Thesis: *Emotion regulation and coping motives: An EMA study of the path between negative affect and craving.*  
Faculty Advisor: Ilya Yaroslavsky, Ph.D.  
Cumulative GPA: 4.0

**Cleveland State University**, Cleveland, OH 2017 - 2020  
Bachelor of Arts in Psychology  
Honors Thesis: *The mediating roles of emotion regulation repertoires in coping motives predicting craving in opioid use*  
Faculty Advisor: Ilya Yaroslavsky, Ph.D.  
Cumulative GPA: 3.82  
Junior/Senior GPA: 4.0  
**Summa Cum Laude**  
Dean's List: Fall 2017 - Spring 2020

### FUNDING & AWARDS

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**NIDA T32 PAMT Predoctoral Fellowship**, Pennsylvania State University 2025 - Present

The Prevention and Methodology Training Program (PAMT) is a two-year fellowship that trains predoctoral and postdoctoral researchers in the integration of substance use prevention science and innovative quantitative methodology. The fellowship was funded by a T32 training grant from the National Institute on Drug Abuse (NIDA; T32DA017629) through the Prevention Research Center at Penn State, providing tuition, health insurance, research-related expenses, and a stipend.  
Total Award Amount: \$64,500.00

**NIDA Conference Travel Award**, Massachusetts General Hospital Spring 2024

A scientific conference travel award intended to support presentations at national conferences that inform the scientific community about recovery community centers and

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how they may support persons seeking or in recovery from substance use disorders. The award was funded by an R24 from the National Institute on Drug Abuse (NIDA; R24DA051988) through the Recovery Research Institute to help defray costs of conference registration, travel, and attendance.  
Total Award Amount: \$1,000.00

**NIH Translational Science Fellowship**, Pennsylvania State University Summer 2023

A summer training program for doctoral and medical students to gain select knowledge and skills in clinical and translational research. The 3-month living stipend was funded by a TL1 from the National Institutes of Health (NIH) through Penn State's Clinical and Translational Science Institute.  
Total Award Amount: \$6,786.00

**Knoll Endowment**, Pennsylvania State University Fall 2022

Endowment in the amount of \$1,000.00

**MPA Graduate Student Paper Award**, Midwestern Psychological Association Spring 2021

Recognized for a paper submission titled, *Avoidant coping may help explain why perceived stress predicts craving*, which fit a multilevel mediation model. Award certificate presented during the MPA Award Ceremony of the 93<sup>rd</sup> annual convention of the Midwestern Psychological Association.

**CSU Graduate Student Research Award**, Cleveland State University Spring 2021

A competitive grant to fund thesis and dissertation research at Cleveland State University. The proposal outlined a study examining changes in dynamic risk for relapse among opioid users across early stages of recovery employing experience sampling over multiple waves of collection.  
Total Award Amount: \$2,500.00

**CSU Undergraduate Research Award**, Cleveland State University Fall 2019

The proposal sought funding for research examining momentary risk factors for sobriety lapses among those with substance use disorders participating in mutual help groups such as 12-step programs. Findings were disseminated at various psychology research conferences.  
Total Award Amount: \$1,000.00

**Kurt and Tammie Packer Scholarship in Health**, Cleveland State University Fall 2019

Academic scholarship in the amount of \$5,000.00

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### RESEARCH INTERESTS

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Substantive	Quantitative
<ul style="list-style-type: none"><li>• Addiction recovery processes</li><li>• Sustained recovery management</li></ul>	<ul style="list-style-type: none"><li>• MLM</li><li>• TVEM</li><li>• Time Series</li><li>• Dynamical Systems</li></ul>

### PUBLICATIONS

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#### In Print/Press

**Lancaster, J.,** Brick, T., & Cleveland, H. (2025). The effects of dynamic recovery identity on lapse risk and the role of daily recovery meetings. *The International Journal of Drug Policy*, *145*, 104941. <https://doi.org/10.1016/j.drugpo.2025.104941>

**Lancaster, J.,** Apsley, H., Brick, T., & Cleveland, H. (2025). A within-person investigation of recovery identity following substance use disorder: Examining the impact of recovery-focused social contexts. *Frontiers in Public Health*, *13*, 1534432. <https://doi.org/10.3389/fpubh.2025.1534432>

Apsley, H., **Lancaster, J.,** Ren, W., Brick, T., & Cleveland, H. (2025). Experiences at recovery community centers predict holistic recovery outcomes: A daily diary assessment of RCC helpfulness, meaningfulness, and recovery identity. *Frontiers in Public Health*, *12*, 1476441. <https://doi.org/10.3389/fpubh.2024.1476441>

**Lancaster, J.,** Apsley, H., Brick, T., Ren, W., & Cleveland, H. (2024). The day-level effects of recovery community center attendance on indicators of recovery wellbeing and risk. *Journal of Substance Use and Addiction Treatment*, *165*, 209459. <https://doi.org/10.1016/j.josat.2024.209459>

Apsley, H., Ren, W., **Lancaster, J.,** Brick, T., & Cleveland, H. (2024). Recovery community center visits and activities: A description using a daily diary approach. *Alcoholism Treatment Quarterly*, 1-10. <https://doi.org/10.1080/07347324.2024.2415595>

#### Under Review

Freet, S., Brick, T., Deneke, E., Stankoski, D., Wasserman, E., Ballard, S., Kong, L., Raja-Khan, R., Nyland, J., Arnold, A., Krishnamurthy, V., Fernandez-Mendoza, J., Cleveland, H., Nunes, E., Foster, K., Scioli, A., Ayaz, H., Paul, P., **Lancaster, J.,** Ren, W., Grigson, P., Bunce, S.

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(submitted). Use of a GLP-1 receptor agonist shows promise for reducing craving in opioid use disorder. *Science*.

### In Preparation

Apsley, H., Knapp, K., **Lancaster, J.**, Brick, T., Cleveland, H. (in preparation). Daily experiences with employment as a predictor of meaningfulness in addiction recovery.

### PRESENTATIONS

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#### Research Talks

**Lancaster, J.**, Wen, R., Brick, T., & Cleveland, H. (2025, April 3-5). Social contexts as moderators of the same-day effects of recovery identity on meaningfulness. In Cleveland (Chair), *Studying daily recovery: Sampling strategies and predictors of engagement and wellbeing* [Symposium]. Collaborative Perspectives on Addiction 2025 Conference, Providence, RI.

Apsley, H., Ren, W., Kile, E., **Lancaster, J.**, Brick, T., & Cleveland, H. (2025, April 3-5). Daily life of parents in recovery: Parenting experiences as predictors of same-day meaningfulness. In Cleveland (Chair), *Studying daily recovery: Sampling strategies and predictors of engagement and wellbeing* [Symposium]. Collaborative Perspectives on Addiction 2025 Conference, Providence, RI.

Kile, E., Apsley, H., Ren, W., **Lancaster, J.**, Brick, T., & Cleveland, H. (2025, April 3-5). Sample acquisition methods and sample characteristics in recovery research In Cleveland (Chair), *Studying daily recovery: Sampling strategies and predictors of engagement and wellbeing* [Symposium]. Collaborative Perspectives on Addiction 2025 Conference, Providence, RI.

Ren, W., Apsley, H., **Lancaster, J.**, Brick, T., & Cleveland, H. (2025, April 3-5). Examining the impact of RCC participation on daily recovery support and social network engagement In Cleveland (Chair), *Studying daily recovery: Sampling strategies and predictors of engagement and wellbeing* [Symposium]. Collaborative Perspectives on Addiction 2025 Conference, Providence, RI.

**Lancaster, J.**, Ren, W., & Cleveland, H. (2023, March 23-25). Within-person effects of recovery community center involvement on sense of meaningfulness and anticipatory anxiety. In Cleveland (Chair), *Piloting of within-person assessment of the impact of recovery community centers on members' lives* [Symposium]. Collaborative Perspectives on Addiction 2023 Conference, Albuquerque, NM.

Knapp, K., **Lancaster, J.**, Ren, W., Cleveland, H. (2023, March 23-25). Protocol compliance and data quality from the within-person assessment of recovery community centers. In Cleveland

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(Chair), *Piloting of within-person assessment of the impact of recovery community centers on members' lives* [Symposium]. Collaborative Perspectives on Addiction 2023 Conference, Albuquerque, NM.

Ren, W., Harrison, E., Apsley, H., Knapp, K., Dolgoff, R., **Lancaster, J.**, & Cleveland, H. (2023, March 23-25). Development and piloting of within-person recovery center data collection materials and protocols. In Cleveland (Chair), *Piloting of within-person assessment of the impact of recovery community centers on members' lives* [Symposium]. Collaborative Perspectives on Addiction 2023 Conference, Albuquerque, NM.

**Lancaster, J.** & Yaroslavsky, I. (2021, May 26-27) *Negative affect explains how emotion regulation deficits relate to drug craving*. [Paper presentation]. Association for Psychological Science 2021 Virtual Convention.

**Lancaster, J.**, Jaworski, K., & Yaroslavsky, I. (2021, April 22-24). *Avoidant coping may help explain why perceived stress predicts craving*. [Paper presentation]. Midwestern Psychological Association 2021 Virtual Conference.

**Lancaster, J.**, Jaworski, K. & Yaroslavsky, I. (2021, April 22-24). *Sobriety commitment as a buffer against stress-related substance use*. [Paper presentation]. Midwestern Psychological Association 2021 Virtual Conference.

**Lancaster, J.**, Stewart, K., McDermott, E., & Yaroslavsky, I. (2020, April 23-25) *Sympathetic arousal and substance use: A mechanistic emotion regulation study*. [Paper presentation]. Midwestern Psychological Association 2020 Conference, Chicago, IL. (Conference Canceled)

Stewart, K., **Lancaster, J.**, Sprock, L. & Yaroslavsky, I. (2020, April 23-25) *Episodic life stress in borderline personality disorder*. [Paper presentation]. Midwestern Psychological Association 2020 Conference, Chicago, IL. (Conference Canceled)

McDermott, E., Bolla, P., **Lancaster, J.**, & Yaroslavsky, I. (2020, April 23-25) *Does PTSD evidence specificity with ER deficits and affective hyper-arousal?* [Paper presentation]. Midwestern Psychological Association 2020 Conference, Chicago, IL. (Conference Canceled)

### Poster Presentations

Apsley, H., Wen, R., **Lancaster, J.**, & Cleveland, H. (2024, May 28-31). *A daily diary assessment of recovery community center experiences and indices of wellbeing among those in recovery from substance use disorders*. [Poster presentation]. Society for Prevention Research 32<sup>nd</sup> Annual Meeting, Washington, DC.

**Lancaster, J.**, Apsley, H., Ren, W., & Cleveland, H. (2024, April 11-13). *The day-level effects of recovery community center attendance on indicators of recovery wellbeing and risk*. [Poster presentation]. Collaborative Perspectives on Addiction 2024 Conference, Denver, CO.

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**Lancaster, J.** & Yaroslavsky, I. (2021, November 18-21). *Emotion regulation repertoires in the relationship between borderline symptoms and craving*. [Poster presentation]. Association for Behavioral Cognitive Therapies 2021 Virtual Conference.

**Lancaster, J.** & Yaroslavsky, I. (2021, November 18-21). *Social support roles in substance use to cope and childhood maltreatment*. [Poster presentation]. Association for Behavioral Cognitive Therapies 2021 Virtual Conference.

**Lancaster, J.** & Yaroslavsky, I. (2021, May 26-27) *Sobriety motivation reduces cravings at low levels of negative affect*. [Poster presentation]. Association for Psychological Science 2021 Virtual Convention.

**Lancaster, J.** & Yaroslavsky, I. (2021, May 26-27) *Maladaptive social strategies connect social anxiety to alcohol consumption*. [Poster presentation]. Association for Psychological Science 2021 Virtual Convention.

**Lancaster, J.** & Yaroslavsky, I. (2020, April 23-25) *Do coping motives predict emotion regulation deficits among opioid users?* [Poster presentation]. Midwestern Psychological Association 2020 Conference, Chicago, IL. (Conference Canceled)

Jaworski, K., **Lancaster, J.**, & Yaroslavsky, I. (2020, November 19-22). *Hopelessness and emotion regulation repertoires predict substance craving*. [Poster presentation] Association for Behavioral Cognitive Therapies 2020 Conference, Philadelphia, PA.

Jaworski, K., **Lancaster, J.**, & Yaroslavsky, I. (2020, November 19-22). *Contributions of dimensions of substance use risk toward substance craving*. [Poster presentation] Association for Behavioral Cognitive Therapies 2020 Conference, Philadelphia, PA.

### MEDIA

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Prevention Research Center. (2024, September 20). "Recovery community centers linked to support factors for substance use recovery." Penn State News. Available at: <https://www.psu.edu/news/research/story/recovery-community-centers-linked-support-factors-substance-use-recovery>.

### PROFESSIONAL EXPERIENCE

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#### Research

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**Research Assistant**  
RCC & RG Projects

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Recovery Research Group  
Department of Human Development and Family Studies  
The Pennsylvania State University  
Fall 2022 - Present

*Research Area:* Investigated daily experiences with Recovery Community Centers (RCCs) for those in recovery from substance use disorders using daily diary methods (RCC project). In a second study (Recovery General or RG project), examined the daily experiences of those in recovery who do not have access the RCCs.

*Responsibilities:* Monitored and reported on intensive longitudinal data during its collection in RCC project (data lead). For the RG project, handled participant recruitment and communication during data collection, including onboarding procedures (contact lead). Contributed to management and analysis of data well as dissemination of findings in both studies.

*Advisor:* H. Harrington Cleveland III, J.D., Ph.D.

### **Research Assistant**

GLP-1 Project  
Real-Time Science Lab  
Department of Human Development and Family Studies  
The Pennsylvania State University  
Spring 2024 – Fall 2024

*Research Area:* Investigated the dampening effects of GLP-1 agonists on drug cravings via placebo-controlled clinical trials in patients at Caron Addiction Treatment Centers. Ecological momentary assessment (EMA) was used to examine the effects of GLP-1 agonists in MAT and non-MAT groups.

*Responsibilities:* Conducted literature review and assisted in preparing manuscripts to disseminate findings from initial stages of the investigation. Conducted the data analysis and drafted the methods and results sections of the primary manuscript.

*Advisor:* Timothy R. Brick, Ph.D.

### **Research Assistant**

Mood and Emotion Regulation Lab  
Department of Psychology  
Cleveland State University  
Fall 2018 - Spring 2022 (**Undergraduate Summer Research Award, Summer 2019**)

*Research Area:* Investigated the role of emotion regulation in internalizing disorders and substance use disorders within interpersonal contexts across several studies to identify potential risk factors and points of intervention in various settings (in-patient, out-patient, in laboratory). Employed a multi-phasic, multi-method approach consisting of measures of attentional deployment and psychophysiology, psychological assessment, self-report measures, and experience sampling.

*Responsibilities:* Engaged in all aspects of research including participant recruitment, management, and retention; protocol execution involving physiological, attentional, and behavioral data collection; as well as deriving autonomic nervous system and attentional

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indices using specialized software (Mindware, AcqKnowledge, Tobii Studio). Other responsibilities included training new team members in study procedures and analyzing and disseminating findings at various psychology research conferences.

*Advisor:* Ilya Yaroslavsky, Ph.D.

### Research Coordinator

Master's Thesis - *Funded through Graduate Student Research Award (PI: Lancaster)*

Department of Psychology

Cleveland State University

Spring 2021 - Spring 2022

*Research Area:* Examined the roles of emotion regulation, using motives, affect and craving in risk for recurrent opioid use with experience sampling methods (EMA) to capture the dynamic nature of the constructs. Incorporated a measurement-burst design (three waves) to examine the effect of emotion on cravings across early recovery.

*Responsibilities:* Prepared a small grant proposal and IRB proposal. Recruited participants. Collected, managed, processed and analyzed data for findings to be disseminated in the form of a Master's Thesis and psychology research conference presentations.

*Advisor:* Ilya Yaroslavsky, Ph.D.

### Research Coordinator

Honors Project - *Funded through Undergraduate Research Award (PI: Lancaster)*

Department of Psychology

Cleveland State University

Summer 2019 - Fall 2020

*Research Area:* Examined the role of emotion regulation in respect to craving in individuals recently sober from opioid problems. Employed Ecological Momentary Assessment (EMA) to capture emotional context related to dynamic risk for opioid use.

*Responsibilities:* Prepared a small grant proposal and assisted with IRB proposal. Recruited participants. Collected, managed, processed and analyzed data for findings to be disseminated in the form of an Honors Thesis and psychology research conference presentations.

*Advisor:* Ilya Yaroslavsky, Ph.D.

### Teaching

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SEMESTER	ROLE	COURSE TITLE	DEPARTMENT & UNIVERSITY
Spring 2025; Summer 2024; Spring 2024	Teaching Assistant	Internship: Advanced Experience & Internship Assignments (HDFS 495)	Human Development and Family Studies, The Pennsylvania State University

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Spring 2025; Fall 2024; Summer 2024; Spring 2024	Teaching Assistant	Introduction to Internship Experience (HDFS 490)	Human Development and Family Studies, The Pennsylvania State University
Fall 2023	Teaching Assistant	Human Development and Family Studies Intervention (HDFS 311)	Human Development and Family Studies, The Pennsylvania State University
Spring 2023	Teaching Assistant	Advanced Infant Development (HDFS 428)	Human Development and Family Studies, The Pennsylvania State University
Fall 2022	Teaching Assistant	Development and Administration of Human Services Programs (HDFS 455)	Human Development and Family Studies, The Pennsylvania State University
Spring 2021; Fall 2020	Teaching Assistant	Introduction to Psychology (PSY 101)	Department of Psychology, Cleveland State University

### Clinical

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#### Addiction Treatment Clinician

McIntyre Center, Parma Heights, OH

Summer 2021 - Spring 2022

*Clinical Roles:* Intensive Outpatient Program (IOP) Lead Counselor. Partial Hospitalization Program (PHP) Assistant Counselor. Driver Intervention Program (DIP) Clinician.

*Responsibilities:* IOP: Select curriculum tailored to client treatment plans. Individual case management, including treatment plan formulation. Documentation of group sessions (progress notes). PHP: Assist in conducting group therapy. Prepare and present lectures (e.g., CBT techniques) to instruct group. DIP: Interview and screen program attendees for substance abuse problems, providing recommendations for follow up substance abuse assessments and treatment. Also trained in administering substance abuse assessments.

*Supervisor:* Brando Tupaz, LPCC-S

### PROFESSIONAL SERVICE

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**Ad Hoc Journal Reviewer:** *Substance Use & Misuse, Frontiers in Public Health – Substance Use Disorders and Behavioral Addictions*