The Center for the Study and Treatment of Anxious Youth (CSTAY) is a research lab emphasizing a cognitive behavioral approach to childhood anxiety disorders. CSTAY seeks to integrate clinical service, research, and training. Current topics include CBT approaches to social anxiety, separation anxiety, generalized anxiety, and obsessive compulsive disorder. Additionally, the use of technology (mobile phone, computer applications) to CBT treatment for anxiety disorders in youth. There is considerable interest in using the Multi-dimensional Anxiety Scale for Children-2 (MASC-2) the Screen for Child Anxiety Related Emotional Disorders (SCARED), emotional regulation paradigms, and interpretation of threat stimuli. CSTAY makes use of vertical teams where lab members hold varying levels of responsibilities for on-going projects. Lab members are expected to focus their dissertation around a CBT conceptualization of childhood anxiety disorders. Applicants should submit a letter of interest, their vita, and a brief writing sample.

Below is a brief sample of projects completed since Fall 2011


Friedberg, R.D., Pacholec, N.M., & Tamas, M.T. (2013, May). *The role of developmental theory in psychiatry training*. Presentation to be delivered as part of the symposium The importance of developmental issues in psychiatric and pediatric training, In R.D. Friedberg, & M.T. Tamas (Chairs), Annual meeting of the American Psychiatric Association, San Francisco, CA.


