Daniel Strunk

Associate Professor | Department of Psychology at The Ohio State University

Columbus, OH, US

Psychology expert focusing on depression and cognitive therapy.

Biography

My research focuses on the relationship between cognition and abnormal emotional states, particularly the emotional states characteristic of Major Depressive Disorder. I have worked to address several questions in this domain, including: How do treatments for depression, such as Cognitive Therapy (CT), achieve their effects? What is the role of cognitive change in these treatments? How might treatments be adapted to best suit different patients? What kinds of changes predict resistance to relapse and recurrence following treatment? I have also been addressing more basic questions, such as: what kinds of cognitive biases are evident among depressed people? Thus, my work has focused on three related areas: (1) investigations of how treatments for depression achieve their effects; (2) how treatment strategies for depression can be refined and integrated to better serve depressed patients; and (3) investigations of the nature of cognitive biases associated with depression.

Industry Expertise

Education/Learning

Areas of Expertise

Cognitive Behavioral Therapy, Mechanisms of change, Psychotherapy, Depression Treatment, Cognitive Therapy, abnormal emotional states, Major depressive disorder, Depression, Treatment outcomes, Emotion Regulation

Education

University of Pennsylvania
Ph.D.

Northern Kentucky University
B.A., B.S Philosophy, Psychology

University of Pennsylvania
MA

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