

CONTACT

INFORMATION

Del Re Data Consulting
Statistical Consulting Services
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EMPLOYMENT

Del Re Data & Statistical Consulting, San Diego, CA (2009-)

- Design and develop interactive statistical applications (e.g., compute.es), Real-World Evidence (RWE) dashboards, and customized predictive models to support clinical and organizational research.
- Implement reproducible, code-driven workflows (R, Quarto, SQL) that process complex clinical datasets into publication-ready tables, automated reports, and accurate data visualizations.
- Provide advanced methodological consulting and data analysis, specializing in longitudinal modeling, mixed-effects models, and meta-analysis, for universities, hospitals, and international research teams.

Research Psychologist (remote), Kassel, Germany & Zürich, Switzerland (2020-)[Department of Psychology, University of Kassel/Zürich](#)

- Lead and involved in several psychotherapy research projects, mostly focused on therapeutic alliance, therapist effects, and statistical methodology.
- Contribute to several phases of study life-cycle including initial research ideas, data and statistical analyses, and co-authoring published reports in peer-reviewed journals.
- Provide additional statistical support as needed.

Research Psychologist, San Diego, CA (2018-2020)[Health and Behavioral Sciences, Navy Health Research Center \(NHRC\)](#)

- Involved in multiple epidemiological research projects focused on psychological resilience and readiness among active duty military. Contribute to all phases of study life-cycle including initial research ideas, grant-writing, preparing IRB protocols, data analysis, and reporting of findings in multiple formats (co-authoring white papers and published reports in peer-reviewed journals). Consult as statistician for multiple PI's and provide in-house statistical support and presentations/workshops for NHRC staff.

**Health Services Program Analyst/Co-Investigator, Palo Alto, CA
(2013-2017)**

Office of Mental Health Operations, U.S. Department of Veterans Affairs

- Involved in (and took lead on) multiple program evaluation/research projects, epidemiological, and quality improvement studies examining areas of mental health/substance abuse, and healthcare utilization. Contributed to all phases of study life-cycle including grant-writing, preparing IRB protocols, data analysis, and reporting of findings in multiple formats. Designed, developed and implemented quality metrics, decision support tools, reports and dashboards utilized by VA providers and administrators nation-wide.
- Supervisors: Jodie Trafton, PhD & Alex Harris, PhD

EDUCATION

Health Services Research Postdoctoral Fellow, Palo Alto, CA (2011 - 2013)

Center for Health Care Evaluation, Department of Veterans Affairs & School of Medicine, Stanford University

- Mentors: Alex Harris, PhD & John Finney, PhD

University of Wisconsin-Madison, Madison, WI

PhD, Counseling Psychology, August 2011

- Dissertation topic: *Mindfulness Practice Quality: An important consideration in mindfulness intervention outcome.*
- Advisor: Bruce E. Wampold, PhD

University of New Mexico, Albuquerque, NM

MA, Counselor Education, December 2004

- Advisor: Markus P. Bidell, PhD
- Area of Study: Community/Agency Counseling

BA, University Studies, June 2002

**APPS &
DASHBOARDS**

12. **Del Re, A. C. (2026).** Outcomes Predictive Suite. A HIPAA-compliant predictive analytics software featuring three phases: the Predictive Blueprint (generates predictive coefficients by session based on historical clinic data with A-Priori, Machine Learning, and Hybrid models), the Trajectory Tracker (calculates session-by-session

success probabilities based off of the Predictive Blueprint coefficients to evaluate active patient trajectories), and the Visual Dashboard (visualizes session-by-session probabilities of treatment success, and other metrics). [\[link\]](#)

11. **Del Re, A. C. (2025).** Empirical Predictive Engines. An interactive statistical application utilizing longitudinal mixed-effects models for real-world evidence (RWE) tracking and outcome prediction. [\[link\]](#)
10. **Del Re, A. C. (2026).** PQM: Practice Quality Mindfulness Tracker. A mobile application designed to measure and evaluate meditation practice quality based on the Practice Quality-Mindfulness scale. [\[link\]](#)
9. **Del Re, A. C. (2025).** compute.es: Effect Size Calculator. An open-access statistical web application based on the compute.es R package for computing effect sizes (d, g, r, OR). [\[link\]](#)
8. **Del Re, A. C. (2025).** Stanford C-Score Ranking Tool. An interactive application that computes composite citation impact scores based on the Ioannidis ranking methodology. [\[link\]](#)
7. **Del Re, A. C. (2025).** Veloz: Language Acquisition via Language Islands. An interactive psycholinguistic tool implementing audio-lingual techniques to facilitate language retention. [\[link\]](#)
6. **Del Re, A. C. (2025).** Interactive Slang Explorer. A data visualization tool mapping the cultural context and regional variations of colloquial MX Spanish. [\[link\]](#)
5. **Del Re, A. C. (2015).** Budget for VHA Grants: Calculate salary needs. Developed in R Shiny. [\[link\]](#)
4. **Del Re, A. C. (2015).** Mental Health Provider Survey for VHA. Developed in Microsoft's Report Builder.
3. **Del Re, A. C. (2015).** Veteran Satisfaction for VHA. Developed in Microsoft's Report Builder.
2. Baldwin, S. A. & **Del Re, A. C. (2015).** Open Access Family Therapy Meta-Analysis Web Applications in R. Developed in R Shiny. [\[link\]](#)
1. Baldwin, S. A. & **Del Re, A. C. (2015).** Open Access Working Alliance Meta-Analysis Web Applications in R. Developed in R Shiny. [\[link\]](#)

70. Flückiger, C., **Del Re, A. C.** & Wampold, B. E. (2026). Illusory comparative treatment effects of psychotherapies obtained under null hypothesis using data from an RCT [Letter to the Editor]. *World Psychiatry*.
69. Wu, Y. K., Watson, H. J., **Del Re, A. C.** , Finch, J. E., Hardin, S. L., Dumain, A. S., ... & Baker, J. H. (2025). Reply to Keeler, J. L.; Steinhäuser, J. L. Comment on “Wu et al. Peripheral Biomarkers of Anorexia Nervosa: A Meta-Analysis. *Nutrients* 2024, 16, 2095”. *Nutrients*, 17(17), 2874.
68. Zvorsky, I., Kulpa, J., Mechtler, L.L., Ralyea, C.C., Lombardo, J., **Del Re, A. C.** & Bonn-Miller, M.O. (2024). Urinalysis and perceived effects following two-week use of a commercial broad spectrum cannabidiol product. *Experimental and Clinical Psychopharmacology*.doi:10.1037/pha0000747
67. Flückiger, C. & **Del Re, A. C.**. (2024). Do some theory-specific psychotherapies outperform others (relative efficacy)? A stepwise approach to contextualizing the results of randomized controlled trials with direct psychotherapy comparisons. 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. 7-24). American Psychological Association. doi:10.1037/0000354-002
66. Wu, Y. K., Watson, H. J., **Del Re, A. C.** , Finch, J. E., Hardin, S. L., Dumain, A. S., ... & Baker, J. H. (2024). Peripheral Biomarkers of Anorexia Nervosa: A Meta-Analysis. *Nutrients*, 16(13), 2095. doi:10.3390/nu16132095
65. Flückiger, C., Munder, T., **Del Re, A. C.** & Solomonov, N.. (2023). Strength-based methods - A narrative review and comparative multilevel meta-analysis of positive interventions in clinical settings. *Psychotherapy Research*, 33:7, 856-872, doi:10.1080/10503307.2023.2181718
64. Flückiger, C., Munder, T., **Del Re, A. C.** & Solomonov, N.. (*In Press*). Strength- and Resilience-based Methods. In Hill & Norcross' *Psychotherapy Skills and Methods that Work*. New York, NY: Oxford University Press.
63. **Del Re, A. C.**, Flückiger, C. & Goldberg, S. (2022). Mindfulness Practice Quality: The PQ-M Scale. In: Medvedev, O.N., Krägeloh, C.U., Siegert, R.J., Singh, N.N. (eds) *Handbook of Assessment in*

62. Flückiger, C. & **Del Re, A. C.** (2023). Do some theory-specific psychotherapies outperform others (relative efficacy)? A stepwise approach to contextualizing the results of randomized controlled trials with direct psychotherapy comparisons. In the *APA-Handbook of psychotherapy*. New York, NY: Oxford University Press.
61. Flückiger, C., Carratta, K., **Del Re, A. C.**, Probst, G., Visla, A., Gomez Penedo, J. M. & Wampold, B. E. (2022). The relative efficacy of bona fide cognitive behavioral therapy and applied relaxation for generalized anxiety disorder at follow-up: A longitudinal multilevel meta-analysis. *Journal of Consulting and Clinical Psychology*.
60. **Del Re, A. C.**, Flückiger, C., Horvath, A., Wampold, B. E. (2021). Examining therapist effects in the alliance-outcome relationship: A multilevel meta-analysis. *Journal of Consulting and Clinical Psychology*. doi:10.1037/ccp0000637
59. Walter, K. H., Otis, N. P., **Del Re, A. C.**, Kohen, C. B., Glassman, L. H., Ober, K. M., & Hose, M. K. (2021). The National Veterans Summer Sports Clinic: Change and Duration of Psychological Outcomes. *Psychology of Sport and Exercise*, 101939.
58. Miller, S. D., Chow, D., Wampold, B. E., Hubble, M. A., **Del Re, A. C.**, Maeschalck, C., & Bargmann, S. (2020). To be or not to be (an expert)? Revisiting the role of deliberate practice in improving performance. *High Ability Studies*, 31(1), 5-15.
57. Boltz, J., **Del Re, A. C.**, Koenig, H., Schmied, E., McRoy, R. M. & Yablonsky, A. M. (2020). Caregiver Health: An Epidemiological Study of Active Duty Parents with Special Needs Children. *Military Behavioral Health*.
56. Tannenbaum, K., Boltz, J., **Del Re, A. C.**, Carino, S. R. & Yablonsky, A. M. (2020). Short-Term Impact of a Stress Management Course on Shipboard Sailors. *NHRC Whitepaper*.
55. Flückiger, C., Rubel, J., **Del Re, A. C.**, Horvath, A., Wampold, B. E., ... Barber, J. P. (2020). The reciprocal relationship between alliance and early treatment symptoms: A two-stage individual participant data meta-analysis. *Journal of Consulting and Clinical Psychology*.
54. Van Horn, D., Goodman, J., Lynch, D., Bonn-Miller, M., Thomas, T., **Del Re, A. C.**, Babson, K. & McKay, J. (2020). The predictive

validity of the Progress Assessment, a clinician administered instrument for use in measurement-based care approaches to substance use disorders. *Psychiatry Research*

53. Flückiger, C., **Del Re, A. C.**, Wlodech, D., Horvath, A., Solomonov, N. & Wampold, B. E. (2020). Assessing the alliance-outcome association adjusted for patient characteristics and treatment processes: A meta-analytic summary of direct comparisons. *Journal Of Counseling Psychology*.
52. Belding, J. N., Koenig, H. G., McAnany, J. M., **Del Re, A. C.**, Bonkowski, J.F. & Thomsen, C.J. (2020). In the trenches of military epidemiological research: Lessons learned from large-scale archival data projects. *SAGE Research Methods Cases: Medicine & Health*.
51. Flückiger, C., **Del Re, A. C.**, Wampold, B. E. & Horvath, A. O. (2019). The alliance in adult psychotherapy. In J. C. Norcross' *Psychotherapy relationships that work: Volume 1: Evidence-Based Therapist Contributions*. New York, NY: Oxford University Press.
50. Rehahn-Sommer, S., Kämmerer, A., Flückiger, C., **Del Re, A. C.**, Horvath, A. O., & Wampold, B. E. (2019). Prophylaxe von Belastungsreaktionen bei Psychotherapeutinnen: Risikofaktoren erkennen und Resilienz stärken. *Psychotherapeutenjournal*, 4, 365-372.
49. Miller, S. D., Chow, D., Wampold, B. E., Hubble, M. A., **Del Re, A. C.**, Maeschalck, C., & Bargmann, S. (2018). To be or not to be (an expert)? Revisiting the role of deliberate practice in improving performance. *High Ability Studies*.
48. Flückiger, C., **Del Re, A. C.**, Barth, J. Hoyt, W. T., Levitt, H., Munder, T., Spielmans, G. I., Swift, J. K., Visla, A., Wampold, B. E. (2018). Considerations of how to conduct meta-analyses in psychological interventions. *Psychotherapy Research*. doi:10.1080/10503307.2018.1430390
47. Hoyt, W. T. & **Del Re, A. C.** (2018). Effect size calculation in meta-analyses of psychotherapy outcome research. *Psychotherapy Research*.
46. Flückiger, C., **Del Re, A. C.**, Wampold, B. E. & Horvath, A. O. (2018). The working alliance in psychotherapy *Psychotherapy Research*.
45. Taylor, J., Carr-Lopez, S., Robinson, A., Malmstrom, R., Duncan, K., Maniar, A., **Del Re, A. C.** & Carmichael, J. M. (2017). Determinants of treatment eligibility in veterans with hepatitis C viral infection. *Clinical therapeutics*, 39(1), 130-137.

44. Wampold, B. E., Flückiger, C., **Del Re, A. C.**, Yulish, N. E., Frost, N. D., Pace, B. T. & Hilsenroth, M. J. (2017). In pursuit of truth: A critical examination of meta-analyses of cognitive behavior therapy. *Psychotherapy Research*, 27(1), 14-32.
43. Baldwin, S. A. & **Del Re, A. C.** (2016). Open Access Meta-Analysis for Psychotherapy Research. *Journal of Counseling Psychology*, 63(3), 249.
42. Flückiger, C. & **Del Re, A. C.** (2016). The sleeper effect between psychotherapy orientations: a strategic argument of sustainability of treatment effects at follow-up. *Epidemiology and Psychiatric Sciences*. doi:10.1017/S2045796016000780
41. **Del Re, A. C.** & Flückiger, C. (2016). Meta-analysis. In Norcross, John C. (Ed); VandenBos, Gary R. (Ed); Freedheim, Donald K. (Ed); Olatunji, Bunmi O. (Ed), *APA handbook of clinical psychology: Theory and research* (Vol. 2). APA handbooks in psychology., (pp. 479-491). Washington, DC: American Psychological Association APA, xii, 525 pp. doi:10.1037/14773-022
40. Brennan, P. L., **Del Re, A. C.**, Henderson, P. T., & Trafton, J. A.(2016). Healthcare system-wide implementation of opioid-safety guideline recommendations: the case of urine drug screening and opioid-patient suicide-and overdose-related events in the Veterans Health Administration. *Translational Behavioral Medicine*, 1-8.
39. Flückiger, C., **Del Re, A. C.** & Wampold, B. E. (2016). The Sleeper Effect: Artifact or Phenomenon—A brief comment on "Are the Parts as Good as the Whole? A Meta-Analysis of Component Treatment Studies (Bell, Marcus & Goodlad, 2015)". *Journal of Consulting and Clinical Psychology*. doi:10.1037/a0037220
38. **Del Re, A. C.** (2015). A Practical Tutorial on Meta-analysis in R. *The Quantitative Methods for Psychology*, 11(1), 37-50.
37. Blodgett, J. C., **Del Re, A. C.**, & Maisel, N. C. (2015). précis. *The Brown University Psychopharmacology Update*.
36. Flückiger, C., Horvath, A. O., **Del Re, A. C.**, & Symonds, D. (2015). Wie wichtig ist die Arbeitsallianz in der Psychotherapie? Eine meta analytische übersicht.
35. Flückiger, C., Horvath, A. O., **Del Re, A. C.**, Symonds, D. & Holzer, C. (2015). Bedeutung der Arbeitsallianz in der Psychotherapie. *Psychotherapeut*, 60(3), 187-192.

34. Flückiger, C., Horvath, A. O., **Del Re, A. C.**, Symonds, D. & Holzer, C. (2015). Importance of working alliance in psychotherapy. Overview of current meta-analyses. *Psychotherapeut*, 60(3), 187-192.
33. **Del Re, A. C.**, Frayne, S. M. & Harris, A.H.S. (2014). Anti-obesity Medication Use Across the Veterans Health Administration: Patient-level Predictors of Receipt. *Obesity*. doi:10.1002/oby.20810
32. Harris, A.H.S., Bowe, T., **Del Re, A. C.**, Finlay, A.K., Oliva, E., Rubinsky, A. (2014). Quasi-Experimental Effects of Extended Release Naltrexone in US Veteran Health Administration Patients with Alcohol Use Disorders. *ACER*
31. Flückiger, C., Holtforth, M. G., **Del Re, A. C.** & Lutz, W. (2014). Exploration von Resilienzen und Ressourcen bei Veränderungssprüngen. *Persönlichkeitsstörungen*.
30. Flückiger, C., **Del Re, A. C.**, Munder, T., Heer, S. & Wampold, B. E. (2014). Enduring effects of evidence-based psychotherapies in depression and anxiety versus treatment as usual at follow-up: A longitudinal meta-analysis. *Clinical Psychology Review*, 34, 367-375. doi:10.1016/j.cpr.2014.05.001
29. Goldberg, S. B., **Del Re, A. C.**, Hoyt, W. T. & Davis, J. M. (2014), The secret ingredient in mindfulness interventions? A case for practice quality over quantity. *Journal of Counseling Psychology*.
28. Blodgett, J. C., **Del Re, A. C.**, Maisel, N. C. & Finney, J. W. (2014). A meta-analysis of topiramate for alcohol use disorders. *ACER*.
27. **Del Re, A. C.**, Maciejewski, M. & Harris, A.H.S. (2013). MOVE! Weight Management Program Across the Veterans Health Administration: Patient- and Facility-level Predictors of Utilization. *BMC Health Services Research*. doi:10.1186/1472-6963-13-511
26. **Del Re, A. C.**, Spielman, G. I., Flückiger, C. & Wampold, B. E. (2013). Efficacy of New Generation Antidepressants: Differences seem Illusory. *PLoS ONE* 8(6): e63509. doi:10.1371/journal.pone.0063509
25. **Del Re, A. C.**, Maisel, N. C., Blodgett, J. C. & Finney, J. W. (2013). Intention-to-Treat Analyses and Missing Data Approaches in Pharmacotherapy Trials for Alcohol Use Disorders. *BMJ Open*.
24. **Del Re, A. C.**, Maisel, N. C., Blodgett, J. C. & Finney, J. W. (2013). The declining efficacy of naltrexone pharmacotherapy for alcohol use disorders over time: A multivariate meta-analysis. *Alcoholism: Clinical and Experimental Research*. doi:10.1111/acer.12067

23. **Del Re, A. C.**, Gordon, A. J., Lembke, A. & Harris, A.H.S. (2013). Utilization of Topiramate to Treat Alcohol Use Disorders in the Veterans Health Administration *Addiction Science & Clinical Practice*. doi:10.1186/1940-0640-8-12
22. **Del Re, A. C.**, Maisel, N. C., Blodgett, J. C., Wilbourne, P. & Finney, J. W. (2013). Placebo group improvement in trials of pharmacotherapies for alcohol use disorders: A multivariate meta-analysis examining change over time. *Journal of Clinical Psychopharmacology*. doi:10.1097/JCP.0b013e3182983e73
21. Babson, K. A., **Del Re, A. C.**, Bonn-Miller, M. & Woodward, S. (2013). The Comorbidity of Sleep Apnea and Mood, Anxiety, and Substance Use Disorders among Obese Military Veterans within the Veterans Health Administration. *Journal of Clinical Sleep Medicine*.
20. Flückiger, C., **Del Re, A. C.**, Horvath, A. O., Symonds, D., Ackert, M. & Wampold, B. E. (2013). Substance Use Disorders and Racial/Ethnic Minorities Matter: A Meta-Analytic Examination of the Relation Between Alliance and Outcome. *Journal of Counseling Psychology*, 60, 610-616. doi:10.1037/a0033161
19. Panos, S. E., **Del Re, A. C.**, Thames A. D., Arentsen, T., Patel, S., Castellon, S. A., Singer, E. J. & Hinkin, C. H. (2013). The impact of neurobehavioral features on medication adherence in HIV: Evidence from longitudinal models. *AIDS Care: Psychological and Socio-medical Aspects of AIDS/HIV*. doi:10.1080/09540121.2013.802275
18. Budge, S.L., Moore, J.T., **Del Re, A. C.**, Nienhaus, J.B., Baardseth, T.P. & Wampold, B.E. (2013). The effectiveness of treatments for personality disorders: A meta-analysis of direct comparisons.
17. Flückiger, C., Holtforth, M. G., **Del Re, A. C.** & Lutz, W.(2013). Working along sudden gains - Responsiveness on small and subtle early changes and exceptions. *Psychotherapy*.
16. Panos, S. E., Hinkin, C. H., Singer, E. J., Thames, A. D., Patel S., Sinsheimer, J. S., **Del Re, A. C.**, Gelman, B., Morgello, S., Moore, D. J. & Levine, A. J. (2013). Apolipoprotein-E genotype and human immunodeficiency virus-associated neurocognitive disorder: Modulating effects of older age and disease severity. *Neurobehavioral HIV Medicine*.
15. Baardseth, T. P., Goldberg, S. B., Pace, B. T., Minami, T., Wislocki, A. P., Frost, N. D., Siddiqui, J. R., Lindemann, A. M., Kivlighan, D. M., **Del Re, A. C.**, Laska, K. M. & Wampold, B. E. (2013). Cognitive-Behavioral Therapy versus Other Therapies: Redux. *Clinical Psychology Review*.

14. Wampold, B. E., Budge, S. L., Laska, K. M., **Del Re, A. C.**, Baardseth, T. P., Flückiger, C., Gunn, W., Imel, Z. E., Benish, S., & Miller, S. D. (2013). Division 29 News: New Name and New Website! *Psychological Bulletin*, 131, 427-433.
13. **Del Re, A. C.**, Flückiger, C., Wampold, B. E. & Horvath, A. O. (2012). Therapist effects in the alliance-outcome relationship: A restricted maximum likelihood meta-analysis. *Clinical Psychology Review*, 32, 642-649.
doi:10.1016/j.cpr.2012.07.002
12. **Del Re, A. C.**, Flückiger, C., Goldberg, S. & Hoyt W. T. (2012). Monitoring Mindfulness Practice Quality: An Important Consideration in Mindfulness Practice. *Psychotherapy Research*, 23(1), 54-66.
doi:10.1080/10503307.2012.729275
11. Flückiger, C., **Del Re, A. C.**, Wampold, B. E. & Horvath, A. O. (2012). The therapeutic alliance in the context of empirically supported treatments: A longitudinal meta-analysis. *Journal of Counseling Psychology*, 59(1), 10-17.
doi:10.1037/a0025749
10. Horvath, A.O., **Del Re, A. C.**, Flückiger, C. & Symonds, D. (2012). L'alleanza nella psicoterapia individuale. In J. C. Norcross' *Quando la relazione psicoterapeutica funziona*. Via Leon Pancaldo, Roma: Sovera Edizioni.
9. Flückiger, C., **Del Re, A. C.**, Wampold, B. E., Symonds, D., & Horvath, A. O. (2011). How central is the alliance in psychotherapy? A multilevel longitudinal meta-analysis.
8. Wampold, B. E., Budge, S. L., Laska, K. M., **Del Re, A. C.**, Baardseth, T. P., Flückiger, C., Minami, T., Kivlighan, M. & Gunn, W. (2011). Evidence-based treatments for depression and anxiety versus 'treatment as usual.' *Psychotherapy in Australia*, 18(4), 68-77.
7. Thames, A. D., Panos, S., **Del Re, A. C.**, Schembari, B., Levine, A. J., Castellon, S. A., & Hinkin, C. H. (2011). Longitudinal Changes in Medication Adherence Among HIV-Infected Adults: A Hierarchical Linear Modeling Approach. *Clinical Neuropsychologist*, 25(4), 570-570.
6. Horvath, A.O., **Del Re, A. C.**, Flückiger, C. & Symonds, D. (2011). The alliance. In J. C. Norcross' *Psychotherapy relationships that work*. New York, NY: Oxford University Press.
5. Horvath, A.O., **Del Re, A. C.**, Flückiger, C. & Symonds, D. (2011). The working alliance in psychotherapy *Psychotherapy Research*.

4. Flückiger, C., **Del Re, A. C.**, Znoj, H., Wampold, B. E., Järg, U. & Caspar, F. (2011). Valuing patient's perspective and the effects on the therapeutic alliance: A randomized controlled adjunctive instruction. *Journal of Counseling Psychology*.
3. Wampold, B. E., Budge, S. L., Laska, K. M., **Del Re, A. C.**, Baardseth, T. P., Flückiger, C., Kivlighan, M. & Gunn, W. (2011). Evidence-based treatments for depression and anxiety: Are they more effective than treatment-as-usual? *Clinical Psychology Review*.
2. Horvath, A.O., **Del Re, A. C.**, Flückiger, C. & Symonds, D. (2010). Alliance in individual psychotherapy. In J. C. Norcross (Eds.), *Evidence-Based Therapy Relationships (Vol. National Registry of Evidence-based Programs and Practices pp. 3)*. Available from <http://www.nrepp.samhsa.gov/Norcross.aspx>
1. Wampold, B. E., Imel, Z. E., Laska, K. M., Benish, S. G., Miller, S. D., Flückiger, C., **Del Re, A. C.**, Baardseth, T. P. & Budge, S. (2010). Determining what works in the treatment of PTSD. *Clinical Psychology Review*, 30(8), 923-933.
doi:10.1016/j.cpr.2010.06.005

STATISTICAL SOFTWARE

6. **Del Re, A. C.** (2013). RcmdrPlugin.MA: Graphical User Interface for Meta-Analysis in R.
<http://cran.r-project.org/web/packages/RcmdrPlugin.MA>
5. **Del Re, A. C.** (2011). compute.es: Compute Effect Sizes.
<http://CRAN.R-project.org/package=compute.es>
4. **Del Re, A. C.** & Hoyt, W. T. (2010). MAc: Meta-Analysis with Correlations.
<http://CRAN.R-project.org/package=MAc>
3. **Del Re, A. C.** & Hoyt, W. T. (2011). MAd: Meta-Analysis with Mean Differences.
<http://CRAN.R-project.org/package=MAd>
2. **Del Re, A. C.** (2010). RcmdrPlugin.MAc: Meta-Analysis with Correlations (MAc) Rcmdr Plug-in. [*Deprecated*]
1. **Del Re, A. C.** (2011). RcmdrPlugin.MAd: Meta-Analysis with Mean Differences (MAd) Rcmdr Plug-in. [*Deprecated*]

4. Hoyt, W. T. & **Del Re, A. C.** (*revise*). Comparison of methods for aggregating dependent effect sizes in meta-analysis. *Research Synthesis Methods*.
3. Boden, M., Babson, K. A., **Del Re, A. C.** & Bonn-Miller (*in submission*). The Comorbidity of Sleep Apnea and Medical Disorders among Obese Military Veterans.
2. Hoyt, W. T., **Del Re, A. C.** & Larson, D. O. (*revise*). The efficacy of grief treatment revisited: A meta-analysis. *Psychology Bulletin*
1. Panos, S.E., Hinkin, C.H., Singer, E.J., Thames, A.D., Patel, S., Sinsheimer, J.S., **Del Re, A. C.**, Valdes-Sueiras, M., Levine, A.J. (*submitted*). Older age and disease severity augment the effect of APOE on cognitive functioning in HIV+ adults. *Journal of Neurovirology*.

WORKSHOPS

7. **Del Re, A. C.** (2017, May). Meta-analysis for psychology researchers: A practical application of meta-analytic procedures in R. *Invited 2-day workshop at the University of Zurich, Zurich, Switzerland*.
6. **Del Re, A. C.** (2013, May). Meta-analysis for psychotherapy researchers: A practical application of basic and advanced meta-analytic procedures using the graphical user interface for meta-analysis in R. *Invited 2-day workshop at the University of Zurich, Zurich, Switzerland*.
5. **Del Re, A. C.** (2012, June). Meta-analysis for psychotherapy researchers: A practical application of basic and advanced meta-analytic methods. *Pre-conference workshop at the Society for Psychotherapy Research, Virginia, USA*.
4. **Del Re, A. C.** (2011, September). Introduction to meta-analysis for psychology researchers: A practical application of basic and advanced meta-analytic procedures. *Invited half-day workshop at the University of Louisville, Louisville, KY*.
3. **Del Re, A. C.** (2011, September). Meta-analysis for psychology researchers: A practical application using the MAd meta-analysis package in R. *Invited half-day workshop at the University of Wisconsin-Madison, Madison, WI*.

2. **Del Re, A. C.** (2011, September). Introduction to meta-analysis for psychology researchers: A practical application using the MAd meta-analysis package in R. *Invited half-day workshop at the University of Wisconsin-Madison, Madison, WI.*
1. **Del Re, A. C.** & Flückiger, C. (2011, June). Meta-analysis for psychotherapy researchers: A practical application of basic and advanced meta-analytic procedures. *Pre-conference workshop at the Society for Psychotherapy Research, Bern, Switzerland.*

PRESENTATIONS

34. **Del Re, A. C.** (2018, May). Meta-analysis: What, when, why. *Presentation at NHRC, San Diego, CA*
33. **Del Re, A. C.** (2017, May). Experience working as a health services researcher in VHA. *Guest colloquium at University of Zurich, Zurich, Switzerland.*
32. Horvath, A. O., **Del Re, A. C.**, Flückiger, C. (2016, June). Integration across professional domains: The helping relationship. *Presented at the Society for the Exploration of Psychotherapy Integration. Trinity College, Dublin, Ireland.*
31. Harris, A.H.S., Bowe, T., **Del Re, A. C.**, Finlay, A.K., Oliva, E., Rubinsky, A. (2014, October). Quasi-Experimental Effects of Extended Release Naltrexone in US Veteran Health Administration Patients with Alcohol Use Disorders. *Paper presented at the Addiction Health Services Research Conference, Boston, MA, USA.*
30. Hoyt, W. T., **Del Re, A. C.**, Larson, D. (2013, July). Effects of analytic choices on conclusions in meta-analysis. *Poster at American Psychological Association annual conference, Honolulu, HI, USA.*
29. **Del Re, A. C.** (2013, May). Enhancing positive outcomes in psychotherapy: The patient and provider contribution. *Guest colloquium at University of Zurich, Zurich, Switzerland.*
28. **Del Re, A. C.**, & Finney, J. (2012, June). Placebo group improvement in trials of pharmacotherapies for alcohol use disorders: A multivariate meta-analysis examining change over time. *Symposium at the Society for Psychotherapy Research, Virginia Beach, VA, USA.*
27. **Del Re, A. C.**, & Finney, J. (2012, June). Placebo group improvement in trials of pharmacotherapies for alcohol use disorders: A multivariate meta-analysis examining change over time. *Poster at Research Society on Alcoholism, San Francisco, CA, USA.*

26. Panos, S. E., Hinkin, C.H., Thames, A.D., **Del Re, A. C.**, Patel, S.M., Valdes-Sueiras, M., Mathisen, G., Donovan, S., Singer, E.J., & Levine, A. J. (2012). Longitudinal effects of APOE e4 on HIV-Associated Neurocognitive Dysfunction. *Poster presented at the Annual Meeting of the International Neuropsychological Society.*
25. Panos, S. E., Hinkin, C.H., Thames, A.D., **Del Re, A. C.**, Patel, S.M., Valdes-Sueiras, M., Mathisen, G., Donovan, S., Singer, E.J., & Levine, A. J. (2012). Cross-section effects of APOE E4 by Discrete Neurocognitive Domain. *Poster presented at the 40th Annual Conference of the International Neuropsychological Society.*
24. **Del Re, A. C.**, Flückiger, C., Horvath, A. O., Hoyt, W. T., & Symonds, D. (2011, June). Methods in meta-analyses: Handling within-study dependencies at the moderator level. *Symposium at the Society for Psychotherapy Research, Bern, Switzerland.*
23. Flückiger, C., **Del Re, A. C.**, Horvath, A. O., & Symonds, D. (2011, June). Treatment and Design as Moderators of the Relationship of the Alliance and Outcome: A Multilevel Longitudinal Meta Analysis. *Symposium at the Society for Psychotherapy Research, Berne, Switzerland.*
22. Horvath, A. O., **Del Re, A. C.**, Flückiger, C., & Symonds, D. (2011, June). The complex world of alliance assessments: Will the real alliance please stand up? *Symposium at the Society for Psychotherapy Research, Berne, Switzerland.*
21. **Del Re, A. C.**, Hoyt, W. T. (2011, June). A New Look at the Evidence: Grief Counseling is Effective. *9th International Conference on Grief and Bereavement in Contemporary Society, Miami, FL, USA.*
20. Thames, A.D., Panos, S., **Del Re, A. C.**, Schembari, B., Levine, A.J., Castellon, S.A. & Hinkin, C.H. (2011, June). Longitudinal Changes in Medication Adherence among HIV-Infected Adults: A Hierarchical Linear Modeling Approach. *Presented at the 2011 annual meeting of the American Academy of Clinical Neuropsychology, Washington DC, USA.*
19. Panos, S. E., **Del Re, A. C.**, Thames A. D., Levine, A. J., Streiff, V., Castellon, S., & Hinkin, C. H. (2011, June). Predictors of longitudinal medication adherence: Evidence from an integrative model. *Poster presented at the 9th annual meeting of the American Academy of Clinical Neuropsychology, Washington, DC.* Abstract in *The Clinical Neuropsychologist*, 25(4), p. 556.

18. **Del Re, A. C.** (2011, March). Therapist effects in the alliance/outcome relationship: A restricted maximum likelihood meta-analysis. *Grand Rounds presentation at Long Beach VAHCS, Long Beach, CA, USA.*
17. **Del Re, A. C.** (2011, March). Mindfulness practices for VA patients and treatment providers. *In-service presentation for Long Beach VAHCS medical and clinical staff, Long Beach, CA, USA.*
16. **Del Re, A. C.,** Flückiger, C., Horvath, A. O., & Symonds, D. (2010, June). Therapist effects in the alliance/outcome relationship: A meta-analysis. *Symposium at the Society for Psychotherapy Research, Asilomar, CA, USA.*
15. Flückiger, C., **Del Re, A. C.,** Horvath, A. O., & Symonds, D. (2010, June). The Relation of the alliance and outcome: An international perspective. *Symposium at the Society for Psychotherapy Research, Asilomar, CA, USA.*
14. Horvath, A. O., **Del Re, A. C.,** Flückiger, C., & Symonds, D. (2010, June). The Therapeutic Alliance. *Symposium at the Society for Psychotherapy Research, Asilomar, CA, USA.*
13. Baardseth, T., & **Del Re, A. C.** (2010, June). The relative efficacy of psychotherapeutic treatments for anxiety disorders. *Symposium at the Society for Psychotherapy Research, Asilomar, CA, USA.*
12. Horvath, A. O., **Del Re, A. C.,** Flückiger, C., & Symonds, D. (2010, June). Alliance Research 1976-2010. *Invited Address at the University do Minho (Braga, Portugal).*
11. Flückiger, C., Znoj, H., Caspar, H, **Del Re, A. C.** (2010, June). Developing the therapeutic relationship - A randomized controlled process-study. *Paper presentation at the International Federation for Psychotherapy World Congress, KKL Lucerne, Switzerland.*
10. **Del Re, A. C.** (2010, March). Self-awareness and ethical decision-making. *Invited lecture to ethics course for doctoral counseling psychology program at University of Wisconsin-Madison, Madison, WI, USA.*
9. **Del Re, A. C.** (2010, February). Self-awareness and ethical decision-making. *Invited lecture to ethics course for doctoral counseling psychology program at University of Wisconsin-Madison, Madison, WI, USA.*
8. **Del Re, A. C.** (2010, January). Self-awareness and ethical decision-making. *Invited lecture to ethics course for doctoral counseling psychology program at University of Wisconsin-Madison, Madison, WI, USA.*

7. **Del Re, A. C.** (2008, November). Mindfulness techniques for stress reduction. *Invited presentation for School of Veterinary Medicine at University of Wisconsin-Madison, Madison, WI, USA.*
6. **Del Re, A. C.** (2008, October). The art of forgiveness through mindfulness meditation. *Presentation at the University of Wisconsin Paul P. Carbone Comprehensive Cancer Center's Seventh Annual Symposium, Advances in Multidisciplinary Cancer Care, Madison, WI, USA.*
5. **Del Re, A. C.** (2008, April). Coping with stress as a student of veterinary medicine. *Invited presentation for School of Veterinary Medicine at University of Wisconsin-Madison, Madison, Wisconsin.*
4. **Del Re, A. C.** (2008, March). Integrating awareness and ethics in psychology. *Invited lecture to ethics course for doctoral counseling psychology program at University of Wisconsin-Madison, Madison, WI, USA.*
3. **Del Re, A. C.** (2008, February). Empirical support for Mindfulness-Based Stress Reduction. *Invited lecture to ethics course for doctoral counseling psychology program at University of Wisconsin-Madison, Madison, Wisconsin.*
2. **Del Re, A. C.** (2008, January). Why self-awareness is important for ethical decision-making. *Invited lecture to ethics course for doctoral counseling psychology program at University of Wisconsin-Madison, Madison, WI, USA.*
1. **Del Re, A. C.**, Clark, L. L., Dvorscek, M. J., Estrada, Y., Gloria, A. M., Howard, C. M., Killinger, S. L., Lin, M. M., & Siewert, J. J. (2006, April). Doctoral students' perceptions of support in APA-accredited counseling psychology programs: An exploratory study. *Paper presented at the meeting of the Great Lakes Regional Counseling Psychology Conference, West Lafayette, IN, USA.*

MEDIA INTERVIEWS

1. **Del Re, A. C.** (2013, June). Win the War in Your Belly. Fight back against microscopic marauders sabotaging your weight-loss efforts. *Mens Health Magazine*. <http://www.menshealth.com/weight-loss/win-war-gut>.

PROFESSIONAL
ACTIVITIES

Peer Review ([publons](#))

- **Co-editor for Special Section on Meta-Analysis in Psychotherapy Research (2017-2018)**
- **Advisory Editorial Board of Psychotherapy Research (2016 - 2019)**
- **Ad Hoc Reviewer (2010 -)**
 - Clinical Psychology Review
 - Preventive Medicine
 - BMC Psychiatry
 - Journal of Counseling Psychology
 - Addiction
 - Behavior Research Methods
 - Psychotherapy Research
 - Group Dynamics
 - Methods in Ecology and Evolution
 - The Quantitative Methods for Psychology

TEACHING
EXPERIENCE

University of Wisconsin-Madison, Counseling Psychology Department

Teaching Assistant/Lab Instructor

- Meta-Analysis in the Social Sciences Summer 2009 & 2010
 - Weekly guest lecturer and lab instructor for doctoral students learning fundamental procedures for conducting fixed- and random-effects meta-analyses.
 - Co-created statistical programs, files, scripts, and syntax in R, excel, and SPSS to assist students in conducting their meta-analysis projects.
 - Supervisor: [William T. Hoyt](#), PhD
- Multiple Regression and Correlation Fall 2009
 - Weekly guest lecturer and lab instructor for regression methods to doctoral students in the social sciences.
 - Co-created statistical programs, files, scripts, and syntax in R, excel, and SPSS used for learning MR/C formulas and analyzing data sets .
 - Supervisor: [William T. Hoyt](#), PhD
- Theory and Practice of Interviewing 2006 & 2007
 - Created syllabus and provided instruction to advanced undergraduates in interviewing, communication, and counseling theory and skills.
 - Supervisors: Alberta Gloria, PhD; Teresa Bear, PhD

University of Wisconsin-Madison, School of Veterinary Medicine

Teaching Assistant/Lab Instructor

- Art of Clinical Communication Fall 2008
 - Co-taught, with a psychologist and veterinarian, a communication skills course designed to assist advanced veterinary students' effectively manage interpersonal communication with clients.
 - Supervisor: Corissa Lotta, PhD; Ruthanne Chun, DVM

CLINICAL EXPERIENCE

VA Long Beach Healthcare System, Long Beach, California (*40 hours/wk*)

Pre-doctoral internship

August 2010 to August 2011

- Conducted psychological assessments and individual and group psychotherapy with military veterans in five specialized rotations: *PTSD & Mindfulness, Home-Based Primary Care, Spinal Cord Injury, Smoking Cessation & Weight Loss, and Neuropsychology*.
- Supervisors: John Huang, PhD; Angela Lau, PhD; Barry Rabin, PhD; Linda Mona, PhD; Jeffery Webster, PhD

Waisman Laboratory for Brain Imaging and Behavior

William S. Middleton Memorial VA Medical Center

UW Health, Integrative Medicine, Madison, Wisconsin (*5 hours/wk*)

Mindfulness in Psychotherapy and Research Practicum

September 2007 to May 2010

- Co-facilitated Mindfulness-Based Cognitive Therapy and Mindfulness-Based Stress Reduction groups with a medically-based outpatient population.
- Created a practice quality measure, now added as a standard clinical measure at UW Integrative Medicine.
- Supervisors: Donal MacCoon, PhD; Carmen Alonso, PhD; Katherine Bonus, MA

UW Madison School of Veterinary Medicine, Madison, Wisconsin (*8 hours/wk*)

Advanced Practicum

September 2008 to May 2009

- Provided individual therapy to veterinary students and support for veterinary hospital clients. Clinical work involved short-term grief counseling, decision-making assistance around euthanasia, and anxiety management.
- Co-led weekly clinical communication rounds for oncology staff in the veterinary hospital and acted as a consultant for interpersonal concerns that emerged with clients in day-to-day clinical work.
- Supervisor: Corissa Lotta, PhD

UW Madison Counseling Psychological Training Clinic, Madison, Wisconsin (8 hours/wk)

Assistant Director

September 2008 to May 2009

- Assisted in the organizing and promoting of a new psychotherapy training clinic for the department of counseling psychology.
- Created clinic brochure, intake forms, and assisted in selection of outcome systems for tracking client progress in therapy.
- Supervisor: Teresa Bear, PhD

Supervisor-in-Training

Spring 2008

- Provided weekly individual and group supervision focused on the clinical and professional development of first year Master's students in Counseling Psychology.
- Supervisor: Mary Lee Nelson, PhD

Group Practicum Counselor

Spring 2007

- Led a weekly interpersonal process group composed of undergraduate students.
- Supervisor: William Hoyt, PhD

Wisconsin Psychiatric Institute and Clinics, Madison, Wisconsin (20 hours/wk)

Foundational Practicum

September 2006 to August 2007

- Conducted weekly intakes, individual therapy, and facilitated a Dialectical Behavioral Therapy Group with an outpatient psychiatric population.
- Supervisor: Alan Gurman, PhD; Pauline Thome, PhD

Turquoise Lodge Alcohol and Drug Treatment Hospital, Madison, Wisconsin (20 hours/wk)

Masters-level Internship

2004

- Administered ASI assessments and conducted weekly individual and group therapy in an inpatient drug and alcohol treatment hospital with a diverse adult population.
- Supervisor: Gene Coffield, PhD

RELATED
PROFESSIONAL
EXPERIENCE

Body Evolution, Santa Fe, New Mexico (30 hours/wk)

Personal Fitness Trainer (Self-Employed)

May 1998 to May 2002

- Created and ran a personal fitness training and nutrition consultation business.

- Conducted individual and group health training sessions with an integrated mind and body focus, tailored to clients' personal goals.
- Competed in and won several bodybuilding competitions, including Mid-USA & New Mexico titles.

Basic Rights New Mexico, Santa Fe, New Mexico (*5 hours/wk*)

Human Rights Advocate

May 2003 to May 2004

- Involved in political campaign planning and advocacy work to uphold the New Mexico anti-discrimination laws for the lesbian, gay, bisexual, and transgendered community.

ADDITIONAL
EDUCATION

- Make Money with Machine Learning, *machinelearning.io*, 2020, 10-Week Web Training.
- Introduction to Machine Learning, *Stats Camp*, 2019, 5-Day Intensive Training, Abq, NM.
- Python: Intermediate Training, *pluralsight.com*, 2017, 12 hour Web Training.
- Python: Beginner Training, *pluralsight.com*, 2017, 8 hour Web Training.
- Querying Microsoft SQL Server 2014, *360Training.com*, 2016, 40 hour Live Web Training.
- SAS SQL 1: Essentials, *SAS Institute*, 2013, Live Web Training.
- SAS Statistical Programming 1: Essentials, *SAS Institute*, 2012, San Francisco, CA.
- SAS Statistical Programming 2, *SAS Institute*, 2012, San Francisco, CA.
- Workshop: Multi-level modeling using the 'lme4' package for the R statistical software program, *2010 UserR International Conference*, Gaithersburg, Maryland.
- Workshop: A crash course in efficient R programming, *2010 UserR International Conference*, Gaithersburg, Maryland.
- Workshop: Introduction to the R Statistical Computing Environment (2-day intensive), Madison, Wisconsin.
- Professional training in Acceptance and Commitment Therapy (2-day intensive), Nashville, Tennessee.
- Professional training in Mindfulness-Based Cognitive Therapy (5-day intensive), Rhinebeck, New York.
- Professional training in Mindfulness-Based Stress Reduction (7-day intensive), Watsonville, California.
- Professional training in Dialectical Behavioral Therapy, Madison, Wisconsin.

AWARDS

- **APA Division 17 Outstanding Graduate Student Award** nominee

PROFESSIONAL
AFFILIATIONS

- **Rothney Award** for doctoral research
- **Advanced Opportunity Fellowship** for doctoral studies
- American Psychological Association - Division 5 (Evaluation, Measurement, & Statistics)
- Society for Psychotherapy Research