



Kiran Kaur

Postdoctoral Scholar, Psychiatry

Bio

PROFESSIONAL EDUCATION

- Fellowship, Harvard Medical School/Massachusetts General Hospital (2026)
- PhD, University of Utah , Clinical Psychology (2026)
- MS, California State University, Fullerton , Clinical Psychology (2019)
- BS, University of California, San Diego , Psychology (2015)

STANFORD ADVISORS

- Carolyn Rodriguez, Postdoctoral Faculty Sponsor

Research & Scholarship

LAB AFFILIATIONS

- Carolyn Rodriguez, OCD Research Lab (9/14/2026)

Publications

PUBLICATIONS

- **Exploring the Relationships Among Trauma Exposure, Obsessive-compulsive Disorder Symptoms, and Self-stigma** *JOURNAL OF PSYCHOPATHOLOGY AND BEHAVIORAL ASSESSMENT*
Kaur, K., Hahn, J., Asnaani, A.
2026; 48 (3)
- **An Online Mindfulness-Based Intervention for Tic Disorders: Effect on Comorbid Symptoms** *MOVEMENT DISORDERS CLINICAL PRACTICE*
Kaur, K., Brown, W., Hoepfner, S., Wilhelm, S., Reese, H. E.
2026
- **Is CT for OCD an underutilized intervention? A review of misconceptions and evidence for efficacy** *JOURNAL OF OBSESSIVE-COMPULSIVE AND RELATED DISORDERS*
Kaur, K., Hoepfner, S., Snorrason, I., Jacoby, R., Wilhelm, S.
2026; 49
- **Understanding Emotion Regulation Flexibility and Variability in Daily Life: Findings from a Treatment-Seeking Sample** *COGNITIVE THERAPY AND RESEARCH*
Kaur, K., Asnaani, A., McMahon, T., Park, J., Naragon-Gainey, K.
2025
- **Seeing stress on the horizon: the role of stressor forecasting and affect regulation on daily well-being** *CURRENT PSYCHOLOGY*

Kaur, K., Elsey, J. S., Dutton, S., Lohani, M.

2025; 44 (18): 15301-15314

- **A Person-Specific Emotion Regulation Flexibility Framework: Taking an Integrative Approach** *EMOTION REVIEW*

Kaur, K., Lohani, M., Williams, P., Asnaani, A.

2025; 17 (4): 229-246

- **Moving beyond symptom reduction: A meta-analysis on the effect of exposure therapy for PTSD on quality of life** *JOURNAL OF CLINICAL PSYCHOLOGY*

Kaur, K., Asnaani, A., Levy, H. C., Miller, M. L., Tolin, D. F., McLean, C. P.

2024; 80 (10): 2134-2146

- **Utilizing Community Partnerships to Devise a Framework for Cultural Adaptations to Evidence-Based Mental Health Practice in Diverse Communities** *COGNITIVE AND BEHAVIORAL PRACTICE*

Asnaani, A., Sanchez-Birkhead, A., Kaur, K., Mukundente, V., Napia, E., Tavake-Pasi, F., Villalta, J., Lee, D., Stark, L., Brown, H., Crowell, S.

2022; 29 (4): 831-845

- **Developing an equitable intervention approach for communities of color: mental health and co-occurring physical health concerns in the context of the COVID-19 pandemic** *TRANSLATIONAL BEHAVIORAL MEDICINE*

Chavez, M., Kaur, K., Baucom, K. J. W., Sanchez-Birkhead, A., Sunada, G. R., Mukundente, V., Tavake-Pasi, F., Napia, E., Villalta, J., Asnaani, A.

2022; 12 (9): 919-926

- **Applying Best Practices for Health Disparities Work to Create a Treatment Adaptation Framework for Culturally Diverse Communities: A Mixed-Methods Approach** *JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY*

Kaur, K., Chavez, M., Tacana, T., Sanchez-Birkhead, A., Mukundente, V., Napia, E., Tavake-Pasi, F., Villalta, J., Lee, D., Sunada, G., Stark, L., Crowell, S. E., Asnaani, et al

2022; 90 (10): 734-746

- **Asian Indians in the United States and Posttraumatic Stress Disorder Interventions: A Narrative Literature Review** *TRAUMA VIOLENCE & ABUSE*

Contractor, A. A., Rafiuddin, H. S., Kaur, K., Asnaani, A.

2023; 24 (4): 2395-2411

- **Ensuring interdisciplinary partnerships and commitment to Contextual Behavioral Science (CBS) principles among diverse scholars who serve diverse communities** *JOURNAL OF CONTEXTUAL BEHAVIORAL SCIENCE*

Asnaani, A., Chavez, M., Kaur, K.

2022; 24: 96-101

- **Negative mood regulation expectancies moderate the effect of childhood maltreatment on compulsive buying** *JOURNAL OF CLINICAL PSYCHOLOGY*

Kaur, K., Mearns, J.

2021; 77 (4): 1116-1130