

CURRICULUM VITAE

Michelle Colder Carras, Ph.D.
3375 Ellicott Center Dr., Unit 1675
Ellicott City, MD 21041

PROFESSIONAL DATA

phone: +1 410-598-9444
email: michelle@carrasandco.com
Pronouns: she/her

Dr. Colder Carras is a public health scientist specializing in mental health and psychiatric epidemiology. She trained in the Department of Mental Health at the Johns Hopkins Bloomberg School of Public Health, where she received her PhD in 2015. Since then she has held academic and consulting industry positions. Her research focuses primarily on video games, digital technologies, and mental health. She uses a variety of evidence development methods to conduct original research including statistical and epidemiological modeling, systematic review and evidence synthesis, and qualitative and mixed methods studies. She has teaching experience in the areas of developmental psychopathology, psychiatric epidemiology, statistics, public health informatics, and data for health.

PROFESSIONAL EXPERIENCE

Health Science Consultant
2019-present

Carras Colder Carras, LLC
Ellicott City, Maryland, USA

- CEO and founder of a consulting firm specializing in medical and public health expert consulting, working with nonprofit, legal and government partners.
- Advise legal clients on research related to video games and online media. Discuss state of the research, major players, strengths and weaknesses of scientific literature. Conduct systematic reviews and provide research reports tailored to each client.
- Co-coordinate revisions for a massively open online course around data for health funded by the Bloomberg Philanthropies *Data for Health Initiative*. Revise online content, facilitate translation into French and Spanish, and design new courses on digital health.

Assistant Scientist
4/2023-10/2023

Department of Mental Health
Johns Hopkins Bloomberg School of Public Health
Baltimore, Maryland, USA

- Co-investigator, *Digital Wellbeing in Saudi Arabia* project. Led day-to-day research activities for a multi-million dollar, multi-year grant, privately sponsored project to inform development of an intervention to promote digital wellbeing in Saudi Arabia. Built relationships with stakeholders, implemented research activities, coordinated tasks and deliverables for an international team. Developed framework for future research on digital wellbeing, conducted and supervised research activities on systematic reviews, stakeholder engagement, and AI evidence synthesis, and drafted

three papers.

- Represented lived experience researcher advocates in multiple projects related to mental health services research. Educated institutional stakeholders on participatory research practices, collaborated with statisticians, epidemiologists and clinicians to refine research approaches and outcomes for projects, and acted as a liaison with stakeholder groups to refine best practices for collaboration and communication.

**Associate Faculty
2020-2023**

Department of International Health
Johns Hopkins Bloomberg School of Public Health
Baltimore, Maryland, USA

- Led grantmaking activities to develop a new partnership, culminating in a multi-million dollar, multi-year project to evaluate digital wellbeing in Saudi Arabia. Recruited team members from multiple international organizations, directed project activities, provided thought leadership, and conducted startup scientific activities for the project. Co-wrote and revised budget and proposal with PI.
- Lead educator for a massively open online course around data for health funded by the Bloomberg Philanthropies *Data for Health Initiative*. Developed lecture content and managed relationships with over 60 subject matter experts from World Health Organization, US Centers for Disease Control and Prevention, and international NGO partners. Created learning objectives and assessment questions for 40 lectures. Developed monitoring and evaluation plan and created feedback survey to inform quality improvement.
- Managing team member for a WHO-sponsored project to define assessment criteria for digital health interventions for the WHO Digital Clearinghouse. Conducted systematic review of previous assessment frameworks and helped develop use cases, functional and non-functional requirements, scoring system, and other elements of assessment criteria.
- Co-investigator and game development task leader, *Uttar Pradesh Health System Strengthening* project. Led a team to clarify and revise game design and create an approach to meeting technical and subject matter content needs. Supervised student research assistants in identifying and organizing game content and developing an evaluation plan.
- Co-investigator on *Public health program evaluation of an online social connection and crisis intervention for veterans*, a CDC-Foundation supported program evaluation that examined online connectedness and mental health during the pandemic.

**Assistant Professor
2018-2019**

Behavioural Science Institute
Games for Emotional and Mental Health Lab
Radboud University, Nijmegen, Netherlands

- Served as one of five senior members of a research lab devoted to the study of video games and social media for the promotion and protection of emotional and mental health.
- Helped develop curriculum for Games as Digital Solutions masters track within the Behavioral Sciences Institute.
- Coordinated the course *Developmental Psychopathology* for research masters' students, including planning guest lectures, updating course materials, developing rubrics; translated course materials to English in preparation for co-teaching bachelor's-level *Social and Emotional Problems*.

**NIH Training Fellow, Psychiatric
Epidemiology (NIMH), Drug
Dependence Epidemiology (NIDA),**

Department of Mental Health
Johns Hopkins Bloomberg School of Public Health
Baltimore, Maryland, USA

**Child Mental Health Services and
Service Systems (NIMH)
2011-2017**

- Conducted major multidisciplinary projects using quantitative, qualitative, and mixed methods research to answer questions about mental health and video game play.
- Developed new collaborations with the Veterans Health Administration and led the *Veterans' Use of Video Games* study, resulting in international presentations and media coverage
- Completed certificate in public health informatics in the Department of Health Policy and Management.
- Worked as a research assistant on projects with the World Health Organization (evidence synthesis), the American Association of Suicidology (suicide prevention research agenda setting), as well as projects on pharmacoepidemiology and Internet and media use in clinical settings.

**Volunteer mental health advocate
1993-present**

Various

- Currently co-lead a listserv devoted to improving the infrastructure for lived experience-led research in mental health. Coordinate group projects including a bibliography of lived experience-authored mental health research, maintain a website, foster and moderate community discussions, and identify and disseminate funding and research opportunities.
- Held multiple nonprofit management roles at local, state, and national levels while raising children including Secretary of the Board, Program Coordinator, Peer Mentor and public speaker (National Alliance on Mental Illness (NAMI) Maryland and NAMI-Howard County Maryland), Policy Intern (Mental Health America), Secretary of the Board (Federation of Families for Children's Mental Health-Western New York). Helped create new chapters of national organizations; formed relationships between new organizations and other stakeholders; created and updated organizational policies and procedures; hired employees; developed strategies to increase membership; provided education to the community, including mental health providers and facilities; secured funding; and created written educational materials.
- As an ad-hoc patient representative for the US Food and Drug Administration, contributed to advisory committee meetings for two medical devices and contributed written public comments. Received training in drug and medical device regulatory processes. Compared evidence for medical device safety and efficacy to requirements for device regulatory classification.

**Reference specialist
1991-1993**

Welch Medical Library/
Department of Pediatrics
Johns Hopkins University School of Medicine
Baltimore, Maryland USA

- As a paraprofessional medical reference library specialist, provided medical library reference services to clinical staff and researchers at two medical libraries.
- Supported clinical rounds by conducting literature searches and providing relevant medical literature.
- Organized reference materials physically and using reference management software.
- Created a new database of departmental and divisional medical libraries at Johns Hopkins.

Freelance writer Various
1988-2010 Remote

- Created evidence-based content for multiple medical, mental health, and wellbeing websites.
- Conducted research and wrote short articles to strict organizational specifications.
- Proposed new content based on landscape analysis and personal subject-specific expertise.

Special Educator The William S. Baer School,
1988-1989 Baltimore, Maryland USA

- Created individualized lesson plans for children with severe and profound disabilities
- Worked in a cross-disciplinary setting to promote children's physical and intellectual development using exercises from physical and occupational therapy as well as educational materials

EDUCATION AND TRAINING

Postdoctoral Research Fellow NIMH Psychiatric Epidemiology Training Program,
2015-2017 Department of Mental Health
Johns Hopkins Bloomberg School of Public Health
Baltimore, Maryland USA

Ph.D. Department of Mental Health
12/2015 Johns Hopkins Bloomberg School of Public Health
Baltimore, Maryland USA

Predocotrinal Training Fellow Drug Dependence Epidemiology (NIDA)
2011-2015 Child Mental Health Services and Service Systems (NIMH)
Department of Mental Health
Johns Hopkins Bloomberg School of Public Health
Baltimore, Maryland USA

MHS Student, Mental Health Department of Mental Health
(transferred into PhD program) Johns Hopkins Bloomberg School of Public Health
Baltimore, Maryland USA

Master's Student, Psychology Southern Methodist University
1987-1988 Dallas, Texas USA

B.A. in Psychology Johns Hopkins University
1987 Baltimore, Maryland USA

HONORS AND AWARDS

- Winner, International Society for Research on Internet Interventions Throwdown (as part of Team Nena), October 2017
- Postdoctoral Training Fellow, NIMH Psychiatric Epidemiology, 2015-2017
- Training Fellow, NIDA Drug Dependence Epidemiology, 2013-2015
- Training Fellow, NIMH Child Mental Health Services and Service Systems, 2011-2013.
- Individual Leadership Award, Howard County Commission on Disability Issues, 2010.

PROFESSIONAL ACTIVITIES

Participation on Advisory Panels

- National Science Foundation review panel (2024, 2022, 2020)
- Austrian Science Fund review panel (analogous to NSF) (2021)

Society Memberships and Leadership

- American Association of Suicidology (2019-2021, 2024-present)
- American Public Health Association (2024-present)
- Association for Computing Machinery-Special Interest Group: Computers in Human Interaction (SIGCHI) (2020-present)
- International Society for Research on Internet Interventions (2024-present)
- International Society for the Study of Behavioral Addictions (2018, 2024-present)

EDITORIAL AND OTHER PEER REVIEW ACTIVITIES

Journal Peer Review Activities

American Journal of Epidemiology	International Communications Association
Archives of Disease in Childhood	Irish Journal of Psychological Medicine
Behaviour and Information Technology	Journal of Clinical Psychiatry
Child and Adolescent Mental Health	Journal of Medical Internet Research
Computers in Human Behavior	Multimodal Technologies and Interaction
Evaluation and the Health Professions	New Media and Society
Frontiers in Psychiatry	PCI Registered Reports
Frontiers in Psychology	PLOS One
Global Mental Health	Psychiatry Research
Hawaii International Conference on System Sciences	Royal Society Open Science
Health Expectations	Social Science and Medicine

Proposal Reviews

- National Science Foundation ad-hoc reviewer (2023)
- Review of fellowship proposal for the Center for Advanced Internet Studies in Germany (2022)
- Review of colleagues' EU Innovational Research Incentives Scheme Vidi proposals, (2018-2019), Radboud University, Nijmegen, Netherlands
- Review of NRSA proposals for Department of Mental Health (2015-2017), Johns Hopkins Bloomberg School of Public Health, Baltimore, Maryland.

PEER-REVIEWED PUBLICATIONS

Saquib, N., Saquib, J., AlSalhi, A., **Colder Carras, M.**, Labrique, A. B., Al-Khani, A. M., Chamsi Basha, A., & Almazrou, A. (2023). The associations between family characteristics and problematic Internet use among adolescents in Saudi Arabia. *International Journal of Adolescence and Youth*, 28(1), 2256826. <https://doi.org/10.1080/02673843.2023.2256826>

Jones, N., Callejas, L., Brown, M., **Colder Carras, M.**, Croft, B., Pagdon, S., Sheehan, L., Oluwoye, O., & Zisman-Ilani, Y. (2023). Barriers to Meaningful Participatory Mental Health Services

Research and Priority Next Steps: Findings from a National Survey. *Psychiatric Services*, 74(9), 902-910. <https://ps.psychiatryonline.org/doi/full/10.1176/appi.ps.20220514>.

Saquib, J., Saquib, N., **Colder Carras, M. C.**, AlSalhi, A., Labrique, A. B., Rajab, A. M., Al Jundi, S., & Almazrou, A. (2022). Individual-level correlates of problematic internet use among adolescents: A nationally representative study in Saudi Arabia. *Psychiatry Research Communications*, 2(4), 100078. <https://doi.org/10.1016/j.psycom.2022.100078>

Colder Carras, M., Machin, K., Brown, M., Marttinen, T.-L., Maxwell, C., Frampton, B., Jackman, M., & Jones, N. (2022). Strengthening review and publication of participatory mental health research to promote empowerment and prevent co-optation. *Psychiatric Services*, 74(2), 166-172. <https://ps.psychiatryonline.org/doi/full/10.1176/appi.ps.20220085>

Phalen, P., Miller, R., Frampton, B., Jones, N., Machin, K., Rose, D., Stewart, H., & **Carras, M. C.** (2022). Peer support for discharge from inpatient mental health care. *The Lancet Psychiatry*, 9(7), 541–542. [https://doi.org/10.1016/S2215-0366\(22\)00101-8](https://doi.org/10.1016/S2215-0366(22)00101-8)

Stavropoulos, V., Vassallo, J., Burleigh, T. L., Gomez, R., & **Colder Carras, M.** (2022). The role of internet gaming in the association between anxiety and depression: A preliminary cross-sectional study. *Asia-Pacific Psychiatry*, 14(2), e12474. <https://doi.org/10.1111/appy.12474>

Colder Carras, M., Stavropoulos, V., Motti-Stefanidi, F., Labrique, A., & Griffiths, M. D. (2021). Draconian policy measures are unlikely to prevent disordered gaming. *Journal of Behavioral Addictions*, 10(4), 849–853. <https://doi.org/10.1556/2006.2021.00075>

Colder Carras, M., Bergendahl, M., & Labrique, A. B. (2021). Community Case Study: Stack Up's Overwatch Program, an Online Suicide Prevention and Peer Support Program for Video Gamers. *Frontiers in Psychology*, 12. <https://doi.org/10.3389/fpsyg.2021.575224>

Jones, N., Atterbury, K., Byrne, L., **Carras, M.**, Brown, M., & Phalen, P. (2021). Lived Experience, Research Leadership, and the Transformation of Mental Health Services: Building a Researcher Pipeline. *Psychiatric Services*, 72(5), 591-593. <https://doi.org/10.1176/appi.ps.202000468>

Shi, J., **Colder Carras, M.**, Potenza, M. N., & Turner, N. E. (2021). A Perspective on Age Restrictions and Other Harm Reduction Approaches Targeting Youth Online Gambling, Considering Convergences of Gambling and Videogaming. *Frontiers in Psychiatry*, 11. <https://www.frontiersin.org/articles/10.3389/fpsyg.2020.601712>

Colder Carras, M., Shi, J., Hard, G., & Saldanha, I. J. (2020). Evaluating the quality of evidence for gaming disorder: A summary of systematic reviews of associations between gaming disorder and depression or anxiety. *PLOS ONE*, 15(10), e0240032. <https://doi.org/10.1371/journal.pone.0240032>

Colder Carras, M., Carras, M., & Labrique, A. B. (2020). Stakeholders' Consensus on Strategies for Self- and Other-Regulation of Video Game Play: A Mixed Methods Study. *International Journal of Environmental Research and Public Health*, 17(11). <https://doi.org/10.3390/ijerph17113846>

Mahmood, S., Hasan, K., **Colder Carras, M. C.**, & Labrique, A. (2020). Global Preparedness Against COVID-19: We Must Leverage the Power of Digital Health. *JMIR Public Health and Surveillance*, 6(2), e18980. <https://doi.org/10.2196/18980>

Colder Carras, M., Kalbarczyk, A., Wells, K., Banks, J., Kowert, R., Gillespie, C., & Latkin, C. (2018). Connection, meaning, and distraction: A qualitative study of video game play and mental health recovery in veterans treated for mental and/or behavioral health problems. *Social Science & Medicine* (1982), 216, 124–132. <https://doi.org/10.1016/j.socscimed.2018.08.044>

van Rooij, A. J., Ferguson, C. J., **Colder Carras, M.**, Kardefelt-Winther, D., Shi, J., Aarseth, E., ... Przybylski, A. K. (2018). A weak scientific basis for gaming disorder: Let us err on the side of caution. *Journal of Behavioral Addictions*, 7(1), 1–9. <https://doi.org/10.1556/2006.7.2018.19>

Colder Carras, M., Van Rooij, A. J., Spruijt-Metz, D., Kvedar, J., Griffiths, M. D., Carabas, Y., & Labrique, A. (2017). Commercial Video Games as Therapy: A New Research Agenda to Unlock the Potential of a Global Pastime. *Frontiers in Psychiatry*, 8, 300.
<https://doi.org/10.3389/fpsy.2017.00300>

Colder Carras, M., & Kardefelt-Winther, D. (2018). When addiction symptoms and life problems diverge: a latent class analysis of problematic gaming in a representative multinational sample of European adolescents. *European Child & Adolescent Psychiatry*, 27(4), 513–525.
<https://doi.org/10.1007/s00787-018-1108-1>

Colder Carras, M., Mojtabai, R., & Cullen, B. (2018). Beyond social media: A cross-sectional survey of other Internet and mobile phone applications in a community psychiatry population. *Journal of Psychiatric Practice*, 24(2), 127–135. <https://doi.org/10.1097/PRA.0000000000000297>

Colder Carras, M.C., Porter, A. M., van Rooij, A. J., King, D., Lange, A., Carras, M., & Labrique, A. (2017). Gamers' insights into the phenomenology of normal gaming and game "addiction": A mixed methods study. *Computers in Human Behavior*, 79, 238–246.
<https://doi.org/10.1016/j.chb.2017.10.029>

Colder Carras, M.C., Van Rooij, A. J., Van de Mheen, D., Musci, R., Xue, Q.-L., & Mendelson, T. (2017). Video gaming in a hyperconnected world: A cross-sectional study of heavy gaming, problematic gaming symptoms, and online socializing in adolescents. *Computers in Human Behavior*, 68, 472–479. <https://doi.org/10.1016/j.chb.2016.11.060>

Kardefelt-Winther, D., Heeren, A., Schimmenti, A., van Rooij, A., Maurage, P., **Colder Carras, M.,** ... Billieux, J. (2017). How can we conceptualize behavioural addiction without pathologizing common behaviours? *Addiction*, 112(10), 1709–1715. <https://doi.org/10.1111/add.13763>

Aarseth, E., Bean, A. M., Boonen, H., **Colder Carras, M.,** Coulson, M., Das, D., ... Van Rooij, A. J. (2016). Scholars' open debate paper on the World Health Organization ICD-11 Gaming Disorder proposal. *Journal of Behavioral Addictions*, 6(3), 267–270. <https://doi.org/10.1556/2006.5.2016.088>

Griffiths, M. D., van Rooij, A. J., Kardefelt-Winther, D., Starcevic, V., Király, O., Pallesen, S., ... Demetrovics, Z. (2016). Working towards an international consensus on criteria for assessing internet gaming disorder: a critical commentary on Petry et al. (2014). *Addiction (Abingdon, England)*, 111(1), 167–175. <https://onlinelibrary.wiley.com/doi/abs/10.1111/add.13057>

Colder Carras, M., Mojtabai, R., Furr-Holden, C. D., Eaton, W., & Cullen, B. A. M. (2014). Use of mobile phones, computers and internet among clients of an inner-city community psychiatric clinic. *Journal of Psychiatric Practice*, 20(2), 94–103.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5699472/>

Claassen, C. A., Pearson, J. L., Khodyakov, D., Satow, P. M., Gebbia, R., Berman, A. L., ... Insel, T. R. (2014). Reducing the burden of suicide in the U.S.: the aspirational research goals of the national action alliance for suicide prevention research prioritization task force. *American Journal of Preventive Medicine*, 47(3), 309–314.

Takayanagi, Y.; Spira, A.; Bienvenu, O.J.; Hock, R; **Colder Carras, M.,** Eaton, W; Mojtabai, R. (2014) Antidepressant Use and Lifetime History of Mental Disorders in a Community Sample: Results from the Baltimore Epidemiological Catchment Area Study. *J Clin Psychiatry*. 2015 Jan;76(1):40-4.

Jones, C., Scholes, L., Johnson, D., Katsikitis, M., & **Carras, M.** (2014). Gaming well: links between videogames and flourishing mental health. *Developmental Psychology*, 5, 260.

Pennebaker, J. W., **Colder, M.,** & Sharp, L. K. (1990). Accelerating the coping process. *Journal of Personality and Social Psychology*, 58(3), 528–537. (as Michelle Colder)

Articles, Editorials, and other publications not peer reviewed

Colder Carras, M., Qureshi R., Aldayel F., Date M., Thurl J. (2024) AI generation of evidence summaries. *Manuscript in preparation.*

Colder Carras M., Aljuboori D., Shi J., Date M., Karkoub F., García Ortiz K., Abreha F., Thurl J. (2024) Digital wellbeing in context: A rapid systematic review of prevention interventions among young people. *Under consideration at Frontiers in Psychology.*

Colder Carras M., Aljuboori D., Shi J., Date M., Karkoub F., García Ortiz K., Abreha F., Thurl J. (2023). Rapid review of prevention interventions to promote digital wellbeing and prevent problematic digital media and technology use in young people. PROSPERO registered protocol at https://www.crd.york.ac.uk/prospero/display_record.php?RecordID=444387

Colder Carras M., Perepezko K., Bergendahl M., Kunz C., Carras M., Labrique A.B. “Instead, you're going to a friend”: Evaluation of a gaming community-developed online peer-delivered crisis prevention intervention. Under revision with *Psychiatric Services*, 2023.

Colder Carras M., Perepezko K., Bergendahl M., Kunz C., Carras M., Labrique A.B. Community-based online peer-support and crisis intervention: A mixed methods public health evaluation. (2022) *JMIR Preprints*. <https://preprints.jmir.org/preprint/41367>

Colder Carras M., Perepezko K., Carras M., Labrique A.B. (2021) Evaluating Stack Up’s Overwatch Program: A New Form of Community-Based Digital Peer Support. *Report submitted to Stack Up leadership.*

Colder Carras M., Hard G., Shi J. Evaluating the quality of evidence for internet gaming disorder and associations with depression or anxiety: A review of systematic reviews. *PROSPERO registered protocol at* https://www.crd.york.ac.uk/prospero/display_record.php?RecordID=90651

Colder Carras, M., Foreman, A., & Pinkham, B. (In preparation). Increasing impact of online interventions by targeting existing digital communities. *Drafted white paper of the American Association of Suicidology Technology Committee.*

Colder Carras, M. (2018). Psychiatric nosology should be informed by multiple stakeholder perspectives. Commentary in 2016 Behavioral Addiction: open definition development. *Center for Open Science project*. <https://doi.org/10.17605/OSF.IO/Q2VVA>

Labrique, A., Carabas, Y., **Colder Carras, M.**, & Lee, B. Y. (2016, August 2). Pokémon GO! — Pandemic or Prescription? The Public Health Perspective. *Global Health Now* <http://www.globalhealthnow.org/news/pok-mon-go-pandemic-or-prescription-the-public-health-perspective>

Colder Carras, M. (2016). Adverse Events Associated with Electroconvulsive Therapy: What Can We Learn from Reports to the FDA? *Public comment to the Food and Drug Administration*. <https://www.regulations.gov/comment/FDA-2014-N-1210-2715>

Agarwal, S., Rosenblum, L., Goldschmidt, T., **Carras, M.**, Goal, N., & Labrique, A. B. (2016). Mobile Technology in Support of Frontline Health Workers: A comprehensive overview of the landscape, knowledge gaps and future directions. *Johns Hopkins University Global mHealth Initiative*. http://media.wix.com/ugd/f85b85_cc8c132e31014d91b108f8dba524fb86.pdf

Colder Carras M. (2016). Theorycrafting and the phenomenology of psychiatric disorder. *Fostering Rationality in Games and Health Research*. <http://froghrblog.blogspot.com/2016/02/theorycrafting-and-phenomenology-of.html>.

Colder Carras, M. (2015). Video game play, social interactions and friendship quality in adolescents: A latent class analysis [Ph.D., The Johns Hopkins University.] <http://search.proquest.com/dissertations/docview/1858804552/abstract/E291D26362C54FB6PQ/5>

Colder Carras, M. (2015). Re: Plenty of moustaches but not enough women: cross sectional study of medical leaders. *The BMJ*. Retrieved from <http://www.bmj.com/content/351/bmj.h6311/rr-2>

Johnson, D., Jones, C., Scholes, L., & **Colder Carras, M.** (2013). *Videogames and wellbeing: A comprehensive review*. Melbourne: Young and Well Cooperative Research Center. <https://docplayer.net/8721728-Videogames-and-wellbeing-a-comprehensive-review.html>

Chapters

Colder Carras, M., Bergendahl, M., & Labrique, A. B. (2021). Stack Up's Overwatch Program: Online Connectedness and Crisis Intervention for Military/Veteran Video Gamers. In D. France, S. Springer, J. Jernigan, N. Jernigan, & C. Jachimiec (Eds.), *Case study series: Applications of the public health approach to suicide prevention for the military affiliated population*. American Association of Suicidology. <https://suicidology.org/wp-content/uploads/2021/04/MilVet-Case-Studies.pdf>

Colder Carras M., Kowert R., Quandt T. (2018). Psychosocial Effects of Gaming. In: *The Oxford Handbook of Cyberpsychology*. <https://psycnet.apa.org/record/2019-37368-028>

Jones, C., Scholes, L., Johnson, D., Katsikitis, M., & **Carras, M.** (2014). Videogames: Dispelling myths and tabloid headlines that videogames are bad. In G. Sim, J. Read, M. Horton, & D. Fitton (Eds.), *Proceedings of the 28th International BCS Human Computer Interaction Conference (HCI 2014)* (pp. 52–61). British Computer Society Learning and Development Ltd. <https://eprints.qut.edu.au/82544/>

Open Science Projects

Shi, J., **Colder Carras, M.**, Thrul, J., Alomairah, S., Abreha, F., Karkoub, F., Aljuboori, D. Rapid Review of Interventions for Adolescents' Use of Digital Technologies. *Center for Open Science project*. <https://osf.io/5fe3z/>

Colder Carras, M., Thrul, J., Shi, J., Abreha, F., Alomairah, S., Kaufman, M., van Rooij, A., Tuijnman, A. Aljuboori, D. Digital wellbeing in Saudi Arabia. *Center for Open Science project*. <https://osf.io/b2wkm/>

Colder Carras, M., & Carras, M. (2020, March 7). COVID-19 knowledgebase for real-time public engagement. *Center for Open Science project*. <https://doi.org/10.17605/OSF.IO/B62YZ>

Billieux, J., Blaszczynski, A., Professor, **Colder Carras, M.**, Edman, J., Heeren, A., Kardefelt-Winther, D., ... van Rooij, A. J. (2019, October 24). 2016 Behavioral Addiction: open definition development. *Center for Open Science project* <https://doi.org/10.17605/OSF.IO/Q2VVA>

Van Rooij, A. J., Ferguson, C. J., **Carras, M. C.**, Kardefelt-Winther, D., Shi, J., & Przybylski, A. K. (2018). 2018 A weak scientific basis for gaming disorder: Let us err on the side of caution. *Center for Open Science project*. <https://osf.io/m3wyb/>

Przybylski, A. K., Van Rooij, A. J., **Carras, M. C.**, & Kardefelt-Winther, D. (2016). 2016 Scholars' Open Letter to the World Health Organization on Gaming Disorder Proposal. <https://doi.org/10.17605/OSF.IO/26HWB>

Carras, M. C., & Kardefelt-Winther, D. (2017). A latent class analysis of problematic gaming in a representative multinational sample of European adolescents. <https://osf.io/ec2j3/>

PRESENTATIONS AND MEDIA

Invited Seminars

Colder Carras, M. (2023, November). *The role of video games in helping veterans with PTSD*. Presentation to Accenture.

Colder Carras, M. (2021, November). *Veterans and video games*. Presentation to American Institute of Research (AIR).

Colder Carras, M. (2021, February). *Internet gaming: Risks and opportunities*. Victoria University, Melbourne, Australia.

Colder Carras, M. (2020, October). *Preventing Behavioral Addictions: A Population Approach*. Monash University, Melbourne, Australia.

Colder Carras, M. (2020, March) *Commercial video games and public health: opportunities and challenges*. The Johns Hopkins University-Global mHealth Initiative (JHU-GmI) Digital Health seminar, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD.

Colder Carras, M. (2019, February). *Are video games a public health threat?* Children, Media and Health; Department of Health, Behavior, and Society, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD.

Colder Carras M. (2019, February). *The role of video games in psychiatric treatment and prevention: Is the cake a lie?* Johns Hopkins University Department of Psychiatry Weekly Research Conference, Baltimore, MD.

Colder Carras M. (2018, February). *Questioning “addiction”: An epistemological approach to understanding problematic gaming*. Trimbos Institute, Utrecht, Netherlands.

Colder Carras, M. (2017, May). *Video gaming and mental health recovery*. Veterans Affairs VISN 5 Mental Illness Research, Education and Clinical Center Meeting, Baltimore VA Medical Center, Baltimore, MD.

Scientific meetings

Footitt, T. A., Stavropoulos, V., Brown, T., Zarate, D., & **Carras, M.** (2023, August). *Modelling Online Flow associations with Gaming Disorder behaviors: A network analysis approach*. ICBA 2023, South Korea. <https://akjournals.com/view/journals/2006/12/Supplement-1/article-p1.xml>

Colder Carras, M., Dowd, B., Dymand-Kannis, L., & Stavropoulos, V. (2022, June). *Cross-addiction risk typologies and their connection with COVID-19 anxiety: A latent class profiling approach*. International Conference on Behavioral Addictions, Nottingham, UK. http://icba.mat.org.hu/2022/docs/icba2022_abstracts.pdf

Shi, J., Zarate, D., **Colder Carras, M.**, Stavropoulos, V., & Turner, N. (2022, June). *Impact of COVID-19 on helpline calls for activities related to technology overuse in Ontario, Canada*. ICBA 2022, United Kingdom. <https://akjournals.com/view/journals/2006/11/Supplement-1/article-p1.xml>

Colder Carras, M., Bergendahl, M., & Labrique, A. B. (2020, December). *Meeting them where they are: Leveraging online communities for crisis intervention and mental health support*. Global Digital Health Forum (GDHF). <https://osf.io/7zgwD>

Colder Carras, M., Hodent, C., Kowert, R., & Rusch, D. *Ethical Immersion*. (2020, October) The International Game Summit on Mental Health (TIGS).

- Colder Carras, M.,** Brown, M., Foreman, A., Bergendahl, M., & Crouse, D. (2020, April). *Meeting them where they are: Challenges and successes in turning online community support into formal suicide prevention*. American Association of Suicidology.
- Colder Carras, M.** (2018, June 27). Video games and mental health recovery. US Department of Veterans Affairs, VA Capitol Health Network conference Operation HEAL: Suicide prevention through video games and social media, Baltimore, MD. <https://osf.io/kj2eb>
- Colder Carras, M.,** Foreman, A., Pinkham, B., Bergendahl, M., Boccamazzo, R., & Dunlap, K. (2018, April). *Suicide prevention in gaming communities*. American Association of Suicidology 52nd Annual Conference, Denver, Colorado.
- Colder Carras, M.,** Kalbarczyk, A., Wells, K., Banks, J., Kowert, R., Koonce, C., & Latkin, C. (2018, April). *Walkers and credit card warriors: A qualitative study of self-regulation strategies and problematic gaming in veterans*. Presented at the International Conference on Behavioral Addictions, Cologne, Germany. <https://akjournals.com/view/journals/2006/7/Supplement-1/article-p1.xml>
- Colder Carras, M.,** Van Rooij, A. J., Spruijt-Metz, D., Kvedar, J., Griffiths, M. D., Carabas, Y., & Labrique, A. (2018, February). *Improving methodological practice in the study of commercial video games as therapy*. Presented at Games for Mental Health in the Lowlands, Katholieke Universiteit Leuven, Leuven, Belgium.
- Colder Carras, M.,** Van Rooij, A. J., Spruijt-Metz, D., Kvedar, J., Griffiths, M. D., Carabas, Y., & Labrique, A. (2017, October). *Commercial video games as therapy: A new research agenda to unlock the potential of a global pastime*. Poster presented at the International Society for Research on Internet Interventions, Berlin, Germany. <https://osf.io/a4hzx>
- Colder Carras, M.,** Kalbarczyk, A., Wells, K., Banks, J., Kowert, R., & Latkin, C. (2017, October). *"Idle hands are the devil's workshop": A qualitative study of video game use by veterans with mental and behavioral health problems*. International Society for Research on Internet Interventions, Berlin, Germany <https://osf.io/2hde7>
- Colder Carras, M.,** & Mendelson, T. (2017, February). *Is it just a phase? Transitions in problematic gaming among adolescents*. Presented at the International Conference on Behavioral Addictions, Haifa, Israel. <https://akjournals.com/view/journals/2006/6/Supplement-1/2006.6.issue-Supplement-1.xml>
- Colder Carras, M.,** Van Rooij, A. J., Van De Mheen, D., Musci, R., Xue, Q.-L., & Mendelson, T. (2016, June). *Friendships matter: A cross-sectional latent class analysis of game addiction symptoms and online social interactions*. Presented at the International Communications Association Game Studies Preconference, Tokyo, Japan.
- Colder Carras, M.,** & Kardefelt Winther, D. (2016, March). *Disentangling risk and harm: How to distinguish healthy engagement from problematic gaming behavior*. Presented at the International Conference on Behavioral Addictions, Geneva, Switzerland. <https://akjournals.com/view/journals/2006/5/Supplement-1/article-p1.xml>
- Colder Carras, M.,** Noorani, T., & Carras, M. (2014, May). *Games, drugs and the user experience: Comparing use, misuse and self-regulation in a social and political context*. Presented at the International Communications Association Preconference: Beyond the pixels, Seattle, WA.
- Colder Carras, M.** (2012). *Game on: Young people in online microsystems*. Presented at the Leadership Education in Adolescent Health (LEAH), Johns Hopkins University School of Medicine, Baltimore, Maryland, USA.

Presentations to policymakers and other stakeholders

Colder Carras M., Perepezko K., Bergendahl M., Labrique A. (2020, December 8). Meeting them where they are: Leveraging online communities for crisis intervention and mental health support. Part of *COVID and Crisis Intervention: Digital Tools and Approaches*. Global Digital Health Forum (online).

Colder Carras, M. (2020, October 6). Benefits of video games and gaming communities. Presented at a teleconference hosted by the USO.

Colder Carras M. (2020, February). Funding video game research. Presented at industry membership teleconference.

Colder Carras M. (2018, December). *Video gaming and public health*. Presented at the World Health Organization Dialogue with Gaming Industry, Geneva, Switzerland. <https://osf.io/v93f7>

Colder Carras, M., Coulson, M., Lopez Fernandez, O., Montag, C., & Steinkuehler, C. (2018, May). *Arguments for and against the inclusion of Gaming Disorder*. Presented at the industry-sponsored Brains and Games conference that took place in Geneva during the 71st World Health Assembly, Geneva. Switzerland.

Presentations to community populations

Colder Carras, M., & Bergendahl, M. (2020, May 21). *Research in online communities: An interactive workshop on privacy and human subjects research considerations*. Mental Health Un-Conference, Virtual Ability Island, Second Life. <https://virtualability.org/mental-health-symposia/mental-health-symposium-2020/>

Colder Carras, M., Bergendahl, M., Boccamazzo, R., Dunlap, K., & Kowert, R. (2020, March 1). *We got your back: How gaming communities improve health*. PAX East, Boston, Massachusetts.

Colder Carras, M. (2019, April). *Video games, social interactions, and mental health: Benefits and problems*. Presented at Mental Health in the 21st Century: Digital Destruction or Support? The Sojourner Auditorium, Virtual Ability Island, Second Life®. Retrieved from <https://virtualability.org/wp-content/uploads/2019/05/MHS-2019-Transcript-Carras.pdf>

Colder Carras, M., Van Rooij, A. J., & Bowman, N. D. (2019, April). *Life in a Digital Environment*. Presented at Mental Health in the 21st Century: Digital Destruction or Support? The Sojourner Auditorium, Virtual Ability Island, Second Life®. Retrieved from <https://virtualability.org/wp-content/uploads/2019/05/MHS-2019-Transcript-Panel.pdf>

Colder Carras, M., Porter, A. M., & Carras, M. (2018, January). *The Gamers' Voice in Game "Addiction" Research*. Presented at the MAGfest (Music and Gaming Festival), Washington, D.C.

Colder Carras, M., & Carras, M. (2017, September). *Insights Needed: Video Gaming & the Goldilocks Principle*. Panel presented at the Escape Velocity, Washington, D.C., US.

Colder Carras, M., Labrique, A. B., Porter, A. M., Lange, A., & Carras, M. (2016, February). *Crowdsourcing research in games for health: Science needs you!* Presented at the MAGfest (Music and Gaming Festival), Washington, D.C.

Colder Carras, M., Hazard, C., Peterschmidt, L., & Tarsa, B. (2016, February). *Ethics of digital game research and design*. Presented at the MAGfest, Washington, DC.

*Media Dissemination*Traditional Media

Campo, N. (2022, February 25). How to Get Mental Health Support—On Social Media. *Wired*. <https://www.wired.com/story/how-to-get-mental-health-support-online-social-media/>

Campo, N. (2021, December 23). “Tetris” Helps My Stress and Anxiety Fall Away. *Wired*. <https://www.wired.com/story/tetris-helps-stress-anxiety/>

Miller, A. (2021, October 20). How Video Games Are Saving Those Who Served. *Wired*. <https://www.wired.com/story/video-games-therapy-veterans-ptsd-treatment/>

Miller, A. (2021, July 2). The Games Done Quick Marathon Is More Important Than Ever. *Wired*. <https://www.wired.com/story/games-done-quick-gdq-more-important-than-ever/>

Gregory, S. (2020, April 22). Don’t Feel Bad if Your Kids Are Gaming More Than Ever. *Time*. <https://time.com/5825214/video-games-screen-time-parenting-coronavirus/>

Park, A. (2019, May 29). “Gaming Disorder” Is Now an Official Medical Condition, According to the WHO. *Time*. <https://time.com/5597258/gaming-disorder-icd-11-who/>

Keilman, J. (2018, September 10). Video game streamers find another way of connecting to audiences: Giving out personal advice. *The Chicago Tribune*. <http://www.chicagotribune.com/news/ct-met-video-games-streamers-mental-health-20180823-story.html>

McDaniels, A. K. (2017, June 2). Research offers mixed messages on the impact of social media on adolescent emotional health. *Baltimoresun.com*. <http://www.baltimoresun.com/health/bs-hs-social-media-teens-20170526-story.html>

Social Media, Podcasts, Blog Posts, Videos

When Their Service Ends, Veterans Are Finding a New Community in Gaming. (2021, June 8). Task & Purpose. <https://taskandpurpose.com/make-the-call-mental-health/when-their-service-ends-veterans-are-finding-a-new-community-in-gaming/>

Patel, D. (2021, January 6). Michelle Colder Carras on Veterans, Video Games, and Public Health. Retrieved January 6, 2021, from <https://www.listennotes.com/podcasts/ethical-tech/michelle-colder-carras-on-ytgAfdPMxeF/>

Howard, B. (2020, December 4). *Associations Between Gaming Disorder and Depression or Anxiety Are Unclear, New Study Finds*. Johns Hopkins Bloomberg School of Public Health. <https://www.jhsph.edu/departments/international-health/news/associations-between-gaming-disorder-and-depression-or-anxiety-are-unclear-new-study-finds.html>

Brinkhof, T. (2020, October 18). Leveling up: Can video games treat mental illness? *Input*. <https://www.inputmag.com/features/leveling-up-can-video-games-treat-mental-illness>

USO To Host 24-Hour Military Game Streaming Fundraiser—Gameindustry.com. (2020, October 7). *Game Industry News*. <https://www.gameindustry.com/news-industry-happenings/uso-to-host-24-hour-military-game-streaming-fundraiser/>

Gaming may help for better mental health. (2020, June 15). *AnimationXpress*. <http://www.animationxpress.com/index.php/latest-news/gaming-may-help-for-better-mental-health>

Feder, S. (2020, January 28). Wuhan coronavirus causing interest in Plague game to reduce anxiety—Business Insider. <https://www.businessinsider.com/wuhan-coronavirus-causing-interest-in-plague-game-reduce-anxiety-2020-1>

- Parayil, T., & Montalvo, J. (2020, April 25.). How does playing more video games during lockdown affect health? The Johns Hopkins News-Letter. Retrieved October 12, 2020, from <https://www.jhunewsletter.com/article/2020/04/how-does-playing-more-video-games-during-lock-down-affect-health>
- Tantibanchachai, C. (2019, June 21). “Gaming disorder” is now a medical condition, but not all experts agree with that designation. The Hub. <https://hub.jhu.edu/2019/06/21/video-game-addiction-gaming-disorder-medical-condition/>
- Richman, Michael. (2019, May 30). Can video games help in mental health recovery? Retrieved November 18, 2019, from Vantage Point website: <https://www.blogs.va.gov/VAntage/60938/can-video-games-help-mental-health-recovery/>
- Richman, Mike. (2019, May 22). Study: Video games can help Veterans recover from mental health challenges. Retrieved November 18, 2019, from Department of Veterans Affairs Office of Research and Development website: <https://www.research.va.gov/currents/0519-Video-games-can-help-Veterans-recover-from-mental-health-challenges.cfm>
- Haelle, T. (2019, January 31). Don’t Hate the Player: Controversy Over Gaming as Mental Disorder Levels Up. Retrieved February 1, 2019, from Psychiatry Advisor website: <https://www.psychiatryadvisor.com/home/topics/general-psychiatry/dont-hate-the-player-controversy-over-gaming-as-mental-disorder-levels-up/>
- Lopez, G. (2018, December 6). Video game addiction is real, rare, and poorly understood. Retrieved December 6, 2018, from Vox website: <https://www.vox.com/science-and-health/2018/12/6/18050680/video-game-addiction-gaming-disorder-who>
- Johns Hopkins Bloomberg School of Public Health. (2018, November 21). Video Games: Personal Medicine for Vets. Retrieved December 6, 2018, from Global Health NOW website: <https://www.globalhealthnow.org/2018-11/video-games-vets>
- Chen, A. (2018, June 19). Here’s why experts are skeptical of the ‘gaming disorder’ diagnosis. The Verge. <https://www.theverge.com/2018/6/19/17479318/gaming-disorder-who-psychology-video-games-science>
- Harrison Belz, K. (2017). Mind games: Hitting restart on the public health conversation around gaming. *Hopkins Bloomberg Public Health*, (Summer 2017), 14. <https://magazine.jhsph.edu/2017/mind-games>
- Cooke, C. (2017, June 9). Heavy video game play can be part of a healthy social life, research shows. Retrieved June 9, 2017, from The Hub website: <https://hub.jhu.edu/magazine/2017/summer/social-gaming-part-of-healthy-adolescence/> [permalink http://www.webcitation.org/6r6G4xbw4](http://www.webcitation.org/6r6G4xbw4)
- Micu, A. (2017, January 16). Heavy video gaming in teens could point to depression, if it’s always playing alone. Retrieved November 13, 2017, from ZME Science website: <https://www.zmescience.com/medicine/mind-and-brain/video-games-depression/>
- Desmon, S. (2017, January 13). Your kid’s video game addiction may be perfectly normal. Retrieved December 7, 2018, from Futurity website: <https://www.futurity.org/video-game-addiction-1334942-2/>

TEACHING

Doctoral Thesis Committee

- Co-supervisor for PhD Candidate Trent Footitt (2021-present), Royal Melbourne Institute of Technology, Melbourne, Australia
- External thesis reviewer for PhD Candidate Amanda Barreto Cavalcanti (2019), University of the Sunshine Coast, Queensland, Australia

Course Instruction

Lead educator

*Johns Hopkins Bloomberg School of Public Health/Coursera
2022, 2024*

Data to Advance Population Health: Global Perspective
Emerging Approaches for Measuring Population Health
Civil Registration and Vital Statistics (launching April 2024)

Developed course content and coordinated lectures for three massively open online courses (MOOCs) for Coursera. Managed relationships with over 60 subject matter experts from World Health Organization, US Centers for Disease Control and Prevention, and international NGO partners. Created learning objectives and assessment questions for 40 lectures. Developed monitoring and evaluation plan and created feedback survey to ensure course met its objectives. Currently developing new content for new courses on digital health and facilitate translation of existing courses into two languages.

Course coordinator

Radboud University, 2018-2019

Coordinated the course *Developmental Psychopathology* for research masters' students, including updating course materials, setting up online learning environment (Brightspace), revising and delivering lecture on psychosis, coordinating guest lecturers and their content, creating grading rubrics, and grading using Osiris and TurnItIn.

Teaching assistant

Department of Mental Health, Johns Hopkins Bloomberg School of Public Health

Selected by course instructors to assist with grading and instruction in graduate courses (1) Statistics for Psychosocial Research and (2) Psychiatric Epidemiology. Revised and presented lectures about scale development, eating disorders, and media use and mental health using interactive technologies such as PollEverywhere; supervised instructional labs; and held office hours to provide additional instructional support.

RESEARCH GRANT PARTICIPATION

Digital wellbeing in Saudi Arabia. February 2023-July 2025. Saudi Aramco.

PI: Johannes Thrul. Funding: \$2,537,078

Objective: The long-term goal of the proposed work is to prevent problematic internet, social media, and video game use (also called *problematic digital media use*) use among adolescents and

young adults in Saudi Arabia.
Role: Co-investigator

Advanced computational approaches for integrating data to assess effect heterogeneity. Nov 2021-October 2024, PCORI

PI: Elizabeth Stuart. Funding: \$749,779.00

Objective: This work will synthesize, extend, and apply methods for identifying effect moderators when multiple studies are available.

Role: Co-investigator

Uttar Pradesh Health Systems Strengthening. July 2022-July 2023. Gates Foundation.

PI: David Peters. Funding: \$3,999,937

Objective: To goal of this project is to provide support to the Uttar Pradesh health system to accelerate progress towards reducing maternal, neonatal and under-5 morbidity and mortality, and improving overall population-level health outcomes.

Role: Co-investigator

Data for Health: Training Course. Jan 2022-March 2024. Bloomberg Philanthropies

PI: Dustin Gibson. Funding: \$6,540,000

Objective: The goal of this course is to introduce students to concepts across several key areas of data for health. The course aims to build leadership capacity to design, advocate for and implement effective data systems and organizational data use.

Role: Co-investigator

Define assessment criteria for digital health interventions in the WHO digital clearinghouse. July 2022-Dec 2022, World Health Organization.

PI: Smisha Agarwal. Funding: \$120,995

Objective: Develop assessment criteria for evaluating digital health interventions for the forthcoming World Health Organization Digital Clearinghouse guided by systematic review and stakeholder-engaged research.

Role: Co-investigator

COVID-19: Describing the US Epidemic Through a Policy and Inequities Lens. May 2020-Dec 2022, Johnson & Johnson Foundation

PI: Alain Labrique. Funding \$584,162

Objective: To understand and characterize the drivers and consequences of the COVID-19 pandemic within the US. Will quantify how COVID-19 is affecting marginalized populations in the US through nationwide surveys.

Role: Co-investigator, January-May 2022

CDC Foundation Coronavirus Response. May 2020-December January 2021. CDC Foundation.

PI: Alain Labrique, JHSPH. Total funding \$72,000

Objective: To conduct a summative public health program evaluation of a veteran-focused suicide prevention program delivered by peers in an online community.

Role: Co-Investigator and project lead

CDC Foundation Veteran Suicide Prevention. January 2018-July 2018. CDC Foundation.

PI: Mathew Bergendahl, Stack Up. Funding: \$25,000

Objective: To conduct a formative public health program evaluation of a veteran-focused suicide prevention program delivered by peers in an online community.

Role: Co-Investigator and project lead

Veterans' Use of Video Games, April 2016-September 2018, Johns Hopkins Military and Veterans Institute

PI: Kurrie Wells (as local site investigator). Funding: \$2,000.

Objective: To assess veterans' subjective experiences associated with video game play with respect to their mental and behavioral health disorders and social functioning

Role: Co-Investigator and project lead

DISCLOSURES

Dr. Colder Carras owns an expert consulting firm and has received consulting fees about scientific research related to video games. She has spoken to the World Health Organization about her research at the request of the Entertainment Software Association (uncompensated).