

PUBLICATIONS:

Gross, M. (under contract, in preparation). Mindfulness approaches to athlete well-being. *Mental Health in the Athlete: Modern Perspectives and Novel Challenges for the Sport Medicine Provider*. New York, NY: Springer

Gross, M., Wolanin, A. T., Pess, R., Hong, E. (2017). Socially desirable responding of mental health symptoms by athletes in the context of sport medicine interactions. *Journal of Clinical Sport Psychology*.

Gross, M., Moore, Z. E., Gardner, F. L., Wolanin, A. T., Marks, D. R., & Pess, R. (2016). An Empirical Examination comparing the Mindfulness-Acceptance-Commitment (MAC) Approach and Psychological Skills Training (PST) for the Mental Health and Sport Performance of Student Athletes. *International Journal of Sport & Exercise Psychology*.

Wolanin, A. T. & **Gross, M.** (2016). Mindfulness- and Acceptance-based approaches for college student-athletes. In Block-Lerner, J. & Cardaciotto, L. (Eds.) *The Mindfulness-informed educator: Building acceptance and psychological flexibility in higher education*. New York, NY: Routledge.

Wolanin, A. T., Hong, E., Marks, D. R., Panchoo, K., & **Gross, M.** (2016). Prevalence of Clinically Elevated Depressive Symptoms in College Athletes and Differences by Gender and Sport. *British Journal of Sport Medicine*.

Wolanin, A. T., **Gross, M.**, & Hong, E. (2015). Depression in athletes: Prevalence and Risk Factors. *Current Sport Medicine Reports*, 14(1), 56-60.

Moore, Z. E., Gardner, F. L., & **Gross, M.** (under contract, in preparation). *A multidisciplinary approach to the complete psychological care of the athlete*. New York, NY: Springer.

PROFESSIONAL PRESENTATIONS:

Gross, M. & Wolanin, A. T. (2017). Mindfulness-based interventions in sport: Empirical support and Effective implementation. *Presentation given as part of symposium on mindfulness interventions in sport at the 2017 annual conference for the American Psychological Association (APA)*.

Gross, M. & Wolanin, A. T. (2015). Mindfulness- and acceptance-based approaches with student-athletes: Acceptability, feasibility, and challenges. *Poster presented at the 2015 annual conference for the Association of Applied Sport Psychology*

Gross, M., Moore, Z. E., Gardner, F. L., & Pess, R. (2014). Using the Mindfulness-Acceptance-Commitment program for enhancing behavioral health and athletic performance among student athletes. *Presentation given as part of symposium on acceptance and mindfulness-based interventions with special populations in higher education at the 2014 annual conference for the Association of Behavioral and Cognitive Therapies*.

Gross, M., Moore, Z. E., Gardner, F. L., Wolanin, A. T., & Pess, R. (2014). Mindfulness-Acceptance-Commitment (MAC) program for the prevention of mental and behavioral health issues among student-athletes. *Poster presented at the 2014 annual conference for the Association for Applied Sport Psychology*.

Pess, R., Wolanin, A. T., **Gross, M.**, & Marks, D. R. (2014). Measuring experiential avoidance and mindfulness in an athlete population. *Poster presented at the 2014 annual conference for the Association for Behavioral and Cognitive Therapies*.

Wolanin, A. T. & **Gross, M.** (2013). The role of injuries and concussions in collegiate athlete well-being and depression. *Presentation given as part of symposium on clinical issues in sport at 2013 annual conference for the Association for Applied Sport Psychology*.

Gross, M. & Zito, M. (2012). Mindfulness-Acceptance and Traditional CBT Approaches to performance enhancement: Similarities, differences, and future directions. *Workshop presented at 2012 North Atlantic Sport Psychology Conference.*

Gross, M., Wolanin, A. T., & Zultanky, A. (2012). Prevalence of depression in college athletes: Identification, mechanisms, and need for services. *Presentation given as part of symposium on clinical issues in sport at 2012 annual conference for the Association for Applied Sport Psychology.*

Gross, M., Wolanin, A. T., & McCarthy, J. (2013). Athletic injury, depression, and rehabilitation: The role of experiential avoidance. *Poster presented at the 2013 annual conference for the Association for Behavioral and Cognitive Therapies.*

Gross, M., Gardner, F. L., & Autera, J. (2012). The Mindfulness-Acceptance-Commitment (MAC) approach for high school student athletes: A preliminary investigation of its effectiveness as a prevention program. *Poster presented at the 2012 annual conference for the Association for Applied Sport Psychology.*

Gross, M., Gardner, F. L., Moore, Z. E., Kowarz, K., Autera, J., & Surowiec, K. (2011). Comparing the eating behavior and related psychological processes of athletes and non-athletes. *Poster presented at the 2011 annual conference for the Association for Behavioral and Cognitive Therapies.*

MEDIA ARTICLES AND PRESENTATIONS:

Catching Z's: The Millennials Guide to Mindfulness Podcast: Mindfulness in Sport and Life (August, 7, 2017, Episode 016)

Bridging the Gap Podcast, Using the Mindfulness-Acceptance-Commitment approach in sport (Feb. 2, 2017)

Gross, M. (2016). Mindful eating with Dr. Mike Gross. Living Plate, IThrive75Blog. Retrieved from <http://livingplate.com/blog/mindful-eating-with-dr-mike-gross/>

Gross, M. & Brumage, M. (2015). In The Moment. *Training & Conditioning Magazine*, XXV(9). Momentum Media Sports Publishing. Retrieved from http://training-conditioning.com/_ezines/tc2509/#p=24

Etzel, E. F., McAlarnen, M., **Gross, M.**, Dieffenbach, K. (2015). Mindfulness for the Elite Coach. *Olympic Coach*, 26(3). Retrieved from <http://www.teamusa.org/About-the-USOC/Athlete-Development/Coaching-Education/Coach-E-Magazine.aspx>