



Dr. Randi McCabe, BSc, MA, PhD

Research Work

Dr. Randi McCabe is a Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University. She is Psychologist-in-Chief and Interim Director of Mood and Anxiety Services and Senior's Mental Health at St. Joseph's Healthcare Hamilton. Dr. McCabe's research has focused on anxiety disorders assessment as well as the development and evaluation of novel cognitive behavioural therapy (CBT) interventions for a range of disorders. She is the lead developer of the Diagnostic Assessment Research Tool (DART) for DSM-5 (McCabe et al., 2017). Current research projects include validation of the DART screening tool and the DART interview, examination of the relationship between cannabis use and anxiety, and enhancing learning using neuromodulation in OCD. She has published over 100 peer reviewed papers and chapter as well as 8 books.

Most Recent Accomplishments

1. Led development of the Diagnostic Assessment Research Tool (DART) for DSM-5. The DART is a semi-structured diagnostic interview for researchers and clinicians to efficiently and effectively establish presenting diagnoses according to the DSM-5 criteria. Validation studies of the DART screening tool and the DART interview are currently underway.
2. Recent publication of the workbook: *Cognitive behavioral therapy for anxiety and depression during pregnancy and beyond: How to manage symptoms and maximize well-being*. Co-authored with Drs. Green, Frey, and Donegan and published by Routledge. This workbook disseminates an effective CBT program for women experiencing mood and anxiety symptoms during the perinatal period.