

Curriculum Vitae

Timothy Lipuma

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Education

Doctoral Student, Clinical Psychology

Indiana University-Purdue University Indianapolis (IUPUI)

Fall 2022 - Ongoing

MSc, Anatomy and Neuroscience

University College Cork

Spring 2023

NIH PREP Scholar

Virginia Tech

Summer 2020-2021

Bachelor of Science, Clinical Nutrition

University of California, Davis

Spring 2019

Peer-Reviewed Publications

1. Schuiling, M. D., Shell, A. L., Callahan, C. M., Nurnberger, J. I., Jr, MacDonald, K. L., Considine, R. V., Wu, W., Hirsh, A. T., Crawford, C. A., Williams, M. K., **Lipuma, T. C.**, Gupta, S. K., Kovacs, R. J., Rollman, B. L., & Stewart, J. C. Effect of depression treatment on health behaviors and cardiovascular risk factors in primary care patients with depression and elevated cardiovascular risk: data from the eIMPACT trial. *Psychological medicine*, (2024), doi: <https://doi.org/10.1017/S0033291724001429>
2. Boscaini, S., Leigh, S. J., Lavelle, A., García-Cabrero, R., **Lipuma, T.**, Clarke, G., Schellekens, H., & Cryan, J. F. Microbiota and body weight control: Weight watchers within?. *Molecular metabolism* (2022), doi: <https://doi.org/10.1016/j.molmet.2021.101427>
3. Rainville, J.R., **Lipuma, T.**, & Hodes, G.E. Translating the transcriptome: Sex differences in the mechanisms of depression and stress revisited. *Biological Psychiatry* (2021), doi: <https://doi.org/10.1016/j.biopsych.2021.02.003>
4. Lis, D., Jordan, M., **Lipuma, T.**, Smith, T., Schaal, K., & Baar, K. Effects of collagen and vitamin C supplementation on lower limb rate of force development. *International Journal of Sport Nutrition and Exercise Metabolism* (2021), doi: <https://doi.org/10.1123/ijsnem.2020-0313>

Grants

1. **A college student's guide to the brain: Practical and evidence-based tools from neuroscience and psychology**
Multi PI grant: Lipuma, Rainville, Diana
Awarded, funding time course: July 2022 - July 2023
\$1000.00
Virginia Tech Center for Excellence in Teaching and Learning
Role: Principal investigator
The aims of this educational investigation are: (1) characterize undergraduate familiarity and utilization of evidence-based learning techniques, and; (2) determine the impact of a structured education intervention that covers evidence-based learning techniques.
2. **A probiotic strategy for antipsychotic-induced metabolic dysfunction**
Multi-PI grant: Cryan, Clark, O'Connor, Pierce, Schellekens
Awarded, prospective funding time course: October 2022 - October 2025
€369,913.00
Health Research Board (HRB), Ireland
Role: Contributed to grant under supervision of Dr. Schellekens
The aims of this patient-focused investigation are: (1) determine if concomitant administration of antipsychotic with a novel probiotic can ameliorate antipsychotic-induced metabolic dysfunction and weight gain; (2) determine if this concomitant treatment improves antipsychotic adherence; (3) explore if concomitant treatment improves measures of depression, anxiety, psychotic symptoms, self-esteem, body-image, and quality of life, and; (4) determine how shifts in the gut microbiota correlate with these outcomes.

Poster Presentations

1. **Lipuma, T.C.**, Williams, M.K., Schuiling, M.S., Crawford, C.A., Jones, Z.M., MacDonald, K.L., Stewart, J.C., & Considine, R.V. (2025, March). *Associations of depression-related appetite symptoms with cardiometabolic biomarkers in primary care patients with depression*. Poster to be presented at the 82nd annual meeting of the Society for Biopsychosocial Science and Medicine, Seattle, WA.
2. **Lipuma, T.**, Schuiling, M.D., Williams, M.K., Crawford, C.A., Jones, Z.M., Considine, R.V., & Stewart, J.S. (2023). *Associations of Somatic Depressive Symptoms with Inflammation Biomarkers in Primary Care Patients with Depression*. Citation Poster presented at the 2023 Annual Scientific Meeting of the American Psychosomatic Society, San Juan, Puerto Rico.
3. **Lipuma, T.**, Dewhirst, A.G., Booth, J.R., Hong, K., Grandinetti, K.M., Marenick, C.M., Storey, N.L., Telep, N.M., Tsyglakova, M., Rainville, J., and Hodes, G. E. *Naturalistic sleep observation during variable stress in mice*. Poster presented at: 1. Central Virginia Society for Neuroscience; 27 March 2021; Online; 2. Organization for the Study of Sex Differences; 2 May 2021; Online; 3. Mid-Atlantic PREP & IMSD Research Symposium; 18 May 2021; Online

Oral Presentations

Invited Talks

1. *How Model United Nations Made me a Political Scientist: Lessons on Conflict, Justice, and Health Inequalities*. (2023, May). Alumni Presenter for American River College Model United Nations, Online.
2. *Practical, Evidence-based Tools from Neuroscience and Psychology to Succeed in College*. (2021, October) Presenter for pilot education intervention at Virginia Tech, Online.
3. *What is Neuroscience?* (2021, June). Presenter for Virginia Tech's Summer Science Un-Camp program, Online.
4. *Navigating Academia/University: For Transfers, by Transfers*. (2020, August). Alumni Presenter for UC Davis Aggie Transfers Scholars Weekend, Online.

Submitted Talks

1. *Mixed Asian Heritage: A Multiplicity of Identities or "I'm Confused. Are You Amerasian, Cablanasian, Eurasian, Hapa, or Multi-Asian?"* (2016, June). Workshop panelist at the National Conference on Race and Ethnicity (NCORE), San Francisco, CA.

Science Communication

1. Khan, K., Crebbin-Coates, M., **Lipuma, T.**, Robinson, B., Jones, A.M., and Scherr, R.E. Nutrition & health info sheets for consumers - energy drinks. *Department of Nutrition, University of California, Davis* (2019). <https://nutrition.ucdavis.edu/outreach/nutr-health-info-sheets/consumer-energy-drinks>
2. Crebbin-Coates, M., Khan, K., and **Lipuma, T.** Fat around the middle may be influenced by the types of food we eat. *Nutrition Perspectives* (2019). https://nutrition.ucdavis.edu/sites/g/files/dgvnsk426/files/inline-files/2_mar_apr_2019.pdf
3. **Lipuma, T.** Take this class: CHEM 420: Organic chemistry. *American River Current* (2016). <https://www.arcurrent.com/scene/2016/04/25/photo-gallery-organic-chemistry-lab/>

Research Experience

Clinical Psychology PhD Student | Fall 2022 - ongoing

Advisor: Dr. Jesse Stewart

- Conducting secondary analysis of clinical trial data examining associations of depression-related appetite symptoms with biomarkers of cardiometabolic disease risk.
- Undergoing clinical trial research assistant training, including: REDcap database programming, participant screening and recruitment, data scoring, cleaning, management and analysis, grant and manuscript writing.
- Dissertation will examine the relationships between sleep parameters and eating behaviors, eating behaviors and CVD risk biomarkers, and the potential mediation of eating behaviors in the relationships between sleep parameters and CVD risk biomarkers in primary care patients with insomnia (SHADES clinical trial).

Anatomy and Neuroscience Msc Student | Summer 2021 - Fall 2022

Advisors: Dr. Harriet Schellekens, Dr. Jane English

- Completed *in vivo* and discovery metabolomics study investigating therapeutic potential of a probiotic in ameliorating antipsychotic-induced weight gain and metabolic dysfunction, used findings for empirical MSc by Research thesis.
- Assisted in design of human-based, double-blind, placebo-controlled, randomized investigation of the effects of a probiotic on antipsychotic-induced weight gain, cardiometabolic health and psychological outcomes.
- Developed grant writing through several independent and multi-PI collaborative grants, learned to create Gantt charts, CONSORT diagrams, perform power calculations, write background literature reviews, contingency plans, and ethics documents.
- Mentored 4th year undergraduate in final year research project and thesis.

Virginia Tech NIH PREP Scholar | June 2020 - June 2021

Advisor: Dr. Georgia Hodes

- Completed rotation projects in three laboratories, including troubleshooting Qualtrics surveys for parental assessment of child development (Dr. Martha Ann Bell), coding and digitization of psychological surveys related to COVID-19 and mental health (Dr. Pearl Chiu), and a systematic analysis of genes common in mice and humans for psychiatric and neurological conditions (Dr. Georgia Hodes).
- Managed research projects in translational models of depression, investigating the effects of stress on sleep, immune signaling, weight, in addition to an investigation on the relationship between the brain-gut-microbiome axis and the blood-brain-barrier.
- Underwent professional and graduate student development consisting of: coursework in research methods, grant writing, research ethics, graduate journal clubs, leading undergraduate journal clubs, junior research mentorship, training in PRISMA meta-analysis methodologies, storytelling for scientists.

UC Davis Nutrition Intern | February 2018 - June 2020

Advisors: Dr. Keith Baar and Dr. Dana Lis

- Served as team lead for a clinical trial investigating the effect of cocoa epicatechins on the rate of force development, managing all aspects of the trial for the cohort.
- Built skills necessary for clinical investigations through involvement in six clinical trials, scientific writing through manuscript editing, and scientific presentation through poster preparation
- Coordinated recruitment and screening of interns for both research and nutrition projects, mentored more than 10 interns for clinical trials over two years.

Research Internship, University College Dublin | Fall 2018

Advisor: Dr. Aifric O'Sullivan

- Became the first UC Davis clinical nutrition undergraduate to do a research internship at University College Dublin through the University of California Education Abroad Program (UCEAP).
- Completed a literature review on the gut-brain-microbiome axis and presented conclusions to the lab group, covering mechanisms and future directions for the field.
- Shadowed for a longitudinal neurodevelopmental twin study investigating the role of the microbiome on cognition, as well as a study investigating novel food-delivery systems for Vitamin D.

Relevant Employment

Science Success Center Instructional Assistant (IA) | American River College | Fall 2019 - Spring 2020 (IA) , Fall 2015 - Spring 2016 (Student Tutor)

- Taught metacognitive and behavioral study strategies to promote college success.
- Developed student curricula for academic success based on evidence-based strategies from neuroscience and psychology.

Undergraduate Admissions Student Outreach Ambassador | UC Davis | Fall 2017 - Summer 2019

- Provided outreach and peer mentorship to prospective university transfers.
- Gave talks on undergraduate research, study skills, imposter syndrome, and financial aid.
- Built Qualtrics surveys for program assessment and university impact reports.

Beacon Tutor | American River College | Spring 2015 - Spring 2016

- Tutored introductory, general, and organic chemistry.
- Facilitated group study sessions of 2-16 students, encouraging peer teaching, self assessment, and development of study skills.

Leadership and Organizations

Virginia Tech

Neuroscience Postdoctoral Graduate Student Association | October 2020 - December 2022

- Assisted in drafting of a science outreach grant funded by the National Science Policy Network.
- Leading funded project on building COVID-19 vaccine confidence by producing outreach media.
- Contributed to development of staff and faculty focused educational materials related to institutional diversity, equity, and mental health support. .

UC Davis

Recognizing Illness Very Early and Responding (RIVER) Intern | May 2017 - January 2019

- Underwent peer and professional-led training in practices related to preventative health, including motivational interviewing, boosting health literacy, health equity, and developing healthcare provider best practices/approaches.
- Collaborated on building nutrition education materials for low-income elementary schools.

Performance Nutrition Intern | February 2018 - January 2020

- Gave nutrition talks to division I UC Davis athletes centered around evidence-based strategies and dispelling nutrition myths.
- Led cooking sessions with student athletes, communicating the role of dietary omega-3s in brain health.

American River College

American River Current | January 2016 - May 2016

- Served as Staff Writer and Opinion Editor.
- Supervised editorials, guided opinion pieces in unbiased manner, ensured properly sourced and accurate reporting.
- Authored and published local science pieces in an accessible journalistic form.

American River College Life is Worth the Walk Club | January 2013 - May 2016

- Founding President of organization.
- Coordinated with local organizations on mental health initiatives and events.
- Met with California legislators to promote expansion of mental health services.

Honors and Awards

2023 Ford Foundation Fellowship Honorable Mention
2022 IUPUI Graduate and Professional Education Grant
2022 Indiana University-Purdue University Indianapolis Diversity Fellow
2021 Organization for the Study of Sex Differences NIH-Sponsored Travel Award
2018 University of California Education Abroad Promise Award Scholarship
2018 Winter Quarter Dean's List for The College of Agricultural and Environmental Sciences
2016 Alyce Mae Fiedler Beacon Tutor Scholarship
2016 Bayer Employee & Recreations Council Scholarship