

Aubrey L. Shell, MS

Curriculum Vitae
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Education

Ph.D. Clinical Psychology (Anticipated 2023)

Indiana University-Purdue University Indianapolis (IUPUI)

Emphasis: Clinical Health Psychology

Mentor: Jesse C. Stewart, Ph.D.

Dissertation (defended May 2022): "Effect of depression treatment on somatic depressive symptoms and cardiometabolic biomarkers among people without diabetes."

Pre-doctoral Internship in Clinical Psychology, 2022-2023

Indiana University School of Medicine

Adult Health Psychology Track

M.S. Clinical Psychology, 2019

Indiana University-Purdue University Indianapolis (IUPUI)

Emphasis: Clinical Health Psychology

Mentor: Jesse C. Stewart, Ph.D.

Thesis: "Depressive symptoms and eating behaviors: Do atypical symptoms drive associations with food attentional bias, emotional eating, and external eating?"

B.A. Psychology, 2017

Cedarville University

Pre-doctoral Internship in Clinical Psychology

Indiana University School of Medicine, Adult Health Psychology Track (2022-2023)

Advanced Pain Therapies and Pain Rehab Program (6 months)

Supervisors: Danielle Henderson, PhD, HSPP & Amanda Wakefield, PsyD, HSPP

- Conduct pre-operative psychological evaluations for patients pursuing intrathecal pain pump and spinal cord stimulator
- Facilitate group and individual treatment following a Cognitive Behavioral Therapy (CBT) for Chronic Pain model

Solid Organ Transplant (6 months)

Supervisors: Rachel Holmes, PhD, HSPP & Anahli Patel, PsyD, HSPP

- Conduct pre-transplant psychological evaluations for kidney, pancreas, and liver transplant candidates in both inpatient and outpatient settings

- Provide post-transplant therapeutic services using evidence-based techniques

Advanced Heart and Lung Care (6 months, upcoming)

Supervisor: Yelena Chernyak, PhD, HSPP

- Provide assessment, consultation, individual and group therapy for patients with acute and chronic heart and lung diseases including those who are transplant candidates
- Contribute to heart and lung interdisciplinary team

Adult Behavioral Sleep Medicine (6 months, upcoming)

Supervisor: Yelena Chernyak, PhD, HSPP

- Evaluate and treat sleep concerns including insomnia and hypersomnia following the cognitive-behavioral framework (e.g., CBT-I)
- Conduct pre-operative psychological evaluations for candidates pursuing INSPIRE implant to treat sleep apnea

Adult Outpatient Therapy (12 months)

Supervisors: Victoria Powers, PhD, HSPP and Kendra Hinton-Froese, PhD, HSPP

- Evaluate and treat psychological disorders including but not limited to anxiety, depression, bipolar disorder, and post-traumatic stress disorder (PTSD) using evidence-based techniques

Pediatric Gastrointestinal Psychology (6 months)

Supervisor: Katherine Schwartzkopf, PsyD, HSPP

- Conduct intake interviews for gastrointestinal (GI) concerns including encopresis, abdominal pain, and rumination syndrome
- Facilitate evidence-based behavioral therapy for GI concerns and associated anxiety

Pediatric Pain Psychology (6 months, upcoming)

Supervisor: Amy Williams, PhD, HSPP

- Assess and treat pediatric chronic pain using evidence-based strategies including CBT
- Participate in an interdisciplinary pain management team

Pre-doctoral Practica in Clinical Psychology

Adult Behavioral Sleep Medicine (2021-2022, 12 months)

Indiana University Health, Indianapolis, IN

Supervisor: Yelena Chernyak, PhD, DBSM, HSPP

- Provided virtual consultation and evidence-based treatment for adult sleep concerns including cognitive behavioral therapy for insomnia (CBT-I)
- Experienced individual and group formats

Adult Endocrinology Health Psychology Service (2021, 6 months)

Indiana University Health, Indianapolis, IN

Supervisor: Mary de Groot, PhD, HSPP

- Provided in-person and virtual consultation, assessment (interview and self-report), and treatment (e.g., CBT, DBT) of psychosocial issues to patients with diabetes or other endocrine issues.
- Worked within an integrated outpatient care model alongside physicians and nurses.

Pediatric Behavioral Sleep Medicine (2020, 4 months)

Riley Children's Health, Indianapolis, IN

Supervisor: Kate Lyn L. Walsh, PsyD, HSPP

- Conducted intake interviews with children and their parents seeking therapeutic services for sleep concerns including insomnia and parasomnias.
- Provided evidence-based psychotherapy services (e.g., CBT-I, behavior plans, skills training) both in-person and using video telehealth.

Psychological Assessment (2019-2020, 9 months)

Meridian Psychological Associates, Indianapolis, IN

Supervisor: Kevin L. Rand, Ph.D., HSPP

- Conducted intake interviews with individuals seeking assessment for diagnostic clarification.
- Administered test batteries with instruments including the WAIS-IV, WISC-V, MMPI-2, MCMI-IV, Conners computerized tasks, Rorschach Inkblot Test, and Thematic Apperception Test.
- Wrote integrated reports to summarize the patients' presenting problems, our diagnostic impressions, and recommendations.
- Conducted feedback sessions that included a summary of test results, diagnosis, and treatment recommendations.

Integrated Primary Care (2018-2019, 12 months)

Indiana University Health Physicians Family Medicine Center, Indianapolis, IN

Supervisor: Sarah A. Landsberger, Ph.D., HSPP

- Conducted intake interviews with primary care patients seeking brief psychotherapy services.

- Led psychotherapy using evidenced-based practices (e.g., CBT, ACT, and DBT) for presenting problems including depression, anxiety, and adjustment.

Other Relevant Clinical Experience

Residential Instructor (2016-2017)

Hope Network Behavioral Health Services, Grand Rapids, MI

- Supported adult residents with diagnoses of schizophrenia, depression, bipolar disorder, etc. in their individualized behavior plans
- Led group psychoeducation sessions
- Administered medications, cooked meals, and cleaned residential living areas

Undergraduate Assessment Intern (2016)

Pine Rest Christian Mental Health Services Psychological Consultation Center, Grand Rapids, MI

- Conducted and scored assessments for ADHD (KBIT, Wisconsin, Conner's, PAI, PAI-A, BDEFL, etc.)
- Communicated behavioral observations to clinicians
- Observed clinical interviews, feedback sessions, and electroconvulsive therapy in the outpatient clinic

Refugee Resettlement Case Aid/Undergraduate Intern (2015)

Bethany Christian Services, Grand Rapids, MI

- Assisted resettlement case managers in welcoming refugees, transportation, connecting with community resources, writing case notes, and completing governmental paperwork
- Worked in a variety of facets within the resettlement program (e.g., observing trauma counseling services, facilitating applications and interviews for Department of Health and Human Services)

Peer-Reviewed Journal Articles

Firmin, M. W., **Gillette, A. L.***, Hobbs, T. E., & Wu, D. (2016). Effects of olfactory sense on chocolate craving. *Appetite*, *105*, 700-704.

Shell, A. G., & Firmin, M. W. (2017). Binge eating disorder and substance use disorder: A case for food addiction. *Psychological Studies*, *62*(4), 370-376.

Firmin, M. W., DeWitt, K., **Shell, A. L.**, Smith, L. A., & Zurlinden, T. E. (2019). Technology and culture: Differences between the APA and ACA ethical codes. *Current Psychology*, *38*(6), 1410-1416.

- Firmin, M. W., DeWitt, K., Zurlinden, T. E., Smith, L. A., & **Shell, A. L.** (2019). Differences in competency and qualification requirements between APA and ACA code of ethics. *Journal of Integrated Social Sciences, 9*(1), 39-56.
- Zurlinden, T. E., Firmin, M. W., **Shell, A. L.**, & Grammer, H. W. (2019). The lasting effects of growing up in a military-connected home: A qualitative study of college-aged American military kids. *Journal of Family Studies, 27*(4).
- Shell, A. L.**, Hsueh, L., Vransy, E. A., Clark, D. O., Keith, N. R., Xu, H., & Stewart, J. C. (2020). Depressive symptom severity as a predictor of attendance in the HOME behavioral weight loss trial. *Journal of Psychosomatic Research, 131*(109970).
- Shell, A. L.**, Jackson, R. A., Patel, J. S., Hirsh, A. T., Cyders, M. A., & Stewart, J. C. (2021). Associations of somatic depressive symptoms with food attentional bias and eating behaviors. *Appetite, 167*, 105593.
- Shell, A. L.**, Oglesby, L., Um, M., Stewart, J. C., & Cyders, M. A. (2021). Negative urgency and central adiposity in a community sample: Moderated mediation by depressive symptoms and eating behaviors. *Eating Behaviors, 43*, 101576.
- Shell, A. L.**, Gonzenbach, V., Sawhney, M., Crawford, C. A., & Stewart, J. C. (2022). Associations between affective traits and high-frequency heart rate variability in primary care patients with depression. *Journal of Psychosomatic Research, 161*, 110992.
- Shell, A. L.**, Williams, M. K., Patel, J. S., Vransy, E. A., Considine, R. V., Acton, A. J., & Stewart, J. C. (In Press). Associations of somatic depressive symptoms with body mass index, systemic inflammation, and insulin resistance in primary care patients with depression. *Journal of Behavioral Medicine*.

Manuscripts in Preparation

- Shell, A. L.**, Crawford, C. A., & Stewart, J. C. Depressive disorder subtypes, depressive symptom clusters, and risk for obesity and diabetes: a systematic review and research agenda.
- Shell, A. L.**, Schuiling, M. D., Williams, M. K., Crawford, C. A., MacDonald, K. L., Considine, R. V., Acton, A. J., Cyders, M. A., Hirsh, A. T., & Stewart, J. C. Effect of depression treatment on somatic depressive symptoms and diabetes risk markers among people without diabetes: data from the eIMPACT trial.
- Stewart, J. C., Gupta, S. K., Nurnberger, J. I., Considine, R. V., Gao, S., Kovacs, R. J., MacDonald, K. L., Patel, J. S., Vransy, E. A., Berntson, J., Polanka, B. M., Hsueh, L., **Shell, A. L.**, Rollman, B. L., Callahan, C. M. Effect of modernized collaborative care for depression on depressive symptoms and cardiovascular disease risk markers: Primary results of the eIMPACT randomized controlled trial.

Williams, M. K., **Shell, A. L.**, Wu, W., Crawford, C. A., Schuiling, M. D., MacDonald, K. L., & Stewart, J. C. Effect of modernized collaborative care for depression on overlapping psychological risk and protective factors for cardiovascular disease: data from the eIMPACT trial.

Oral Paper Presentations

- Firmin, M. W., DeWitt, K., **Gillette, A. L.***, Kuhlwein, L. A., & Hobbs, T. E. (2016, March). *Technology and culture: Differences between the APA and ACA ethical codes*. Paper presented at the 32nd Annual Meeting of the National Social Science Association, Las Vegas, NV.
- Shell, A. L.**, Hsueh, L., Vrany, E. A., Clark, D. O., Keith, N. R., Xu, H., & Stewart, J. C. (2018, March). *Depressive symptom severity as a predictor of attendance in the HOME behavioral weight loss trial*. Paper presented at the 76th Annual Scientific Meeting of the American Psychosomatic Society, Louisville, KY.
- Shell, A. L.**, Patel, J. S., Vrany, E. A., Considine, R. V., Acton, A. J., & Stewart, J. C. (2019, March). *Associations of atypical depressive symptoms with insulin resistance in depressed primary care patients*. Paper presented at the 77th Annual Scientific Meeting of the American Psychosomatic Society, Vancouver, BC.
- Schuiling, M. D., Polanka, B. M., **Shell, A. L.**, Williams, M. K., Crawford, C. A., MacDonald, K. L., & Stewart, J. C. (2022, March). *Effect of depression treatment on subjective sleep parameters among primary care patients: data from the eIMPACT trial*. Paper presented at the 2022 Annual Scientific Meeting of the American Psychosomatic Society, Long Beach, CA.
- Stewart, J. C., Williams, M. K., Gupta, S. K., Nurnberger, J. I., Considine, R. V., Gao, S., Wu, W., Kovacs, R. J., MacDonald, K. L., Patel, J. S., Vrany, E. A., Berntson, J., Polanka, B. M., Hsueh, L., **Shell, A. L.**, Rollman, B. L., Callahan, C. M. (2022, March). Delivery and outcomes of modernized collaborative care for depression among primary care patients from a safety net healthcare system: results from the eIMPACT trial. Paper presented at the 2022 Annual Scientific Meeting of the American Psychosomatic Society, Long Beach, CA.
- Williams, M. K., **Shell, A. L.**, Wu, W., Crawford, C. A., Schuiling, M. D., MacDonald, K. L., & Stewart, J. C. (2022, March). *Effect of modernized collaborative care for depression on overlapping psychological risk and protective factors for cardiovascular disease: data from the eIMPACT trial*. Paper presented at the 2022 Annual Scientific Meeting of the American Psychosomatic Society, Long Beach, CA.

Poster Presentations

National Conferences

- Markham, R. L., Arslain, M., & **Gillette, A.*** (2015, February). *Freshman PKs at a Christian college: A qualitative study*. Poster presented at the Ethnographic Qualitative Research Conference, Las Vegas, NV.
- Firmin, M. W., & **Gillette, A.*** (2016, February). *Perceived expectations of Pastors' Kids*. Poster presented at the American Association of Behavioral and Social Sciences Research Conference, Las Vegas, NV.
- Firmin, M. W., DeWitt, K., **Gillette, A.***, Hobbs, T., & Kuhlwein, L. (2016, May). *Implications of APA and ACA ethical code differences pertaining to research*. Poster presented at the 28th Annual Convention of the Association for Psychological Science, Chicago, IL.
- Firmin, M., Hobbs, T., **Gillette, A.***, & Foster, H. (2017, May). *Developmental results of military kids' upbringing: A qualitative analysis*. Poster presented at the 29th Annual Convention of the Association for Psychological Science, Boston, MA.
- Zurlinden, T. E., Firmin, M. W., **Shell, A. L.**, & Grammer, H. W. (2019, August). *Overall positive experience of upbringing and advice for other MKs and military leadership*. Poster presented at the 127th Annual American Psychological Association Convention, Chicago, IL.
- Shell, A. L.**, Jackson, R. A., Patel, J. S., Hirsh, A. T., Cyders, M. A., & Stewart, J. C. (2020, March). *Associations of somatic depressive symptoms with food attentional bias and eating behaviors*. Poster to be presented at the 78th Annual Meeting of the American Psychosomatic Society, Long Beach, CA. Conference canceled.
- Patel, J. S., **Shell, A. L.**, Gupta, S. K., & Stewart, J. C. (2020, March). *Associations of changes in depressive symptom clusters with changes in cardiovascular disease risk following depression treatment: Data from the eIMPACT randomized controlled trial*. Citation poster to be presented at the at 78th Annual Meeting of the American Psychosomatic Society, Long Beach, CA. Conference canceled.
- Shell, A. L.**, Schuiling, M. D., Williams, M. K., Crawford, C. A., MacDonald, K. L., Considine, R. V., Acton, A. J., & Stewart, J. C. (2022, March). *Effect of depression treatment on somatic depressive symptoms and diabetes risk markers among people without diabetes: data from the eIMPACT trial*. Poster presented at the 2022 Annual Scientific Meeting of the American Psychosomatic Society, Long Beach, CA.

Regional Conferences

- Firmin, M. W., DeWitt, K., Kuhlwein, L., **Gillette, A.***, & Hobbs, T. (2016, April). *Relationships and client protection differences in the APA and ACA ethical codes*. Poster presented at the Great Lakes Counseling Psychology Research Conference, Bloomington, IN.
- Firmin, M. W., DeWitt, K., Hobbs, T., Kuhlwein, L., & **Gillette, A.*** (2016, April). *Differences in competency and qualification requirements between the APA and ACA codes of ethics*. Poster presented at the Great Lakes Counseling Psychology Research Conference, Bloomington, IN.
- Gillette, A. L.*** & Firmin, M. W. (2016, April). *Binge eating disorder and substance use disorder: A case for food addiction*. Poster presented at the Great Lakes Counseling Psychology Research Conference, Bloomington, IN.

Local Conferences

- Firmin, M. W., **Gillette, A. L.***, & Hobbs, T. E. (2016, April). *Effects of olfactory sense on chocolate craving*. Poster presented at the Ohio Psychological Association Convention, Columbus, OH.
- Firmin, M. W., Hobbs, T. E., **Gillette, A. L.***, & Foster, H. W. (2016, April). *A qualitative assessment of military kids: Instabilities and constants*. Poster presented at the Ohio Psychological Association Convention, Columbus, OH.
- Shell, A. L.**, Patel, J. S., Vransy, E. A., Considine, R. V., Acton, A. J., & Stewart, J. C. (2019, July). *Associations of atypical depressive symptoms with insulin resistance in depressed primary care patients*. Poster presented at the 5th Annual Indiana University School of Medicine Center for Diabetes and Metabolic Diseases Symposium, Indianapolis, IN.

*Maiden name

Research Experience

Grant Title	Role	Responsibilities	Dates
eIMPACT-DM Pilot Trial: Depression Treatment to Reduce the Excess Diabetes Risk of People with Depression and Prediabetes (PI: Jesse C. Stewart, Ph.D.; NCT04437485)	Project Coordinator	- Managed IRB documentation & REDCap data collection - Coordinated and mentored other research assistants - Screened patients for eligibility - Implemented suicidal ideation protection protocol as appropriate - Worked within a multidisciplinary team for assessment visits - Monitored participant flow - Cleaned, scored, and managed data	2020-2022
Cardiometabolic Behavioral Medicine Lab, IUPUI www.cbmlab.org			

<p>Insomnia in HIV: Studies I and II (PIs: Samir K. Gupta, M.D. & Jesse C. Stewart, Ph.D.; NCT03390114)</p> <p>Cardiometabolic Behavioral Medicine Lab, IUPUI; Indiana Center for AIDS Research; Indiana University Clinical and Translational Sciences Institute</p>	<p>Project Coordinator</p>	<ul style="list-style-type: none"> - Maintained REDCap data collection - Scheduled and facilitated SHUTi treatment delivery - Monitored patient flow through the study - Managed and scored data - Assisted in statistical analyses 	<p>2019-2020</p>
<p>eIMPACT Trial: Modernized Collaborative Care to Reduce the Excess CVD Risk of Older Depressed Patients (PI: Jesse C. Stewart, Ph.D.; NCT02458690)</p> <p>Cardiometabolic Behavioral Medicine Lab, IUPUI</p>	<p>Graduate Research Assistant</p>	<ul style="list-style-type: none"> - Screened patients for eligibility - Implemented suicidal ideation protection protocol as appropriate - Worked within a multidisciplinary team for assessment visits - Monitored participant flow - Cleaned, scored, and managed data 	<p>2017-2019</p>

Supervision and Mentoring Experience

Mentoring Undergraduate Research Assistants (2018-2019)

- Provided supervision for undergraduate students who served as research assistants in the CBM Lab. These students worked on data collection and data management for my M.S. Thesis.
- Co-mentored Rachel A. Jackson's Research Capstone project:
 Jackson, R. A., **Shell, A. L.**, Stewart, J. C., & Defazio, J. (2019, April). *Sleeping less and eating more: Is insomnia symptom severity associated with increased attention to food cues?* Poster presented at IUPUI Student Research and Engagement Day and Capstone Poster Session.

Teaching Experience

Course	Instructor of Record or TA	University	Semester(s)
Statistics Laboratory	Instructor	IUPUI	Fall 2021-Spring 2022
Health Psychology	Instructor	IUPUI	Fall 2019-Spring 2021
Research Methods	TA	IUPUI	Spring 2020
Service-Learning Capstone	TA	IUPUI	2017-2018

Honors, Awards, and Scholarships

IUPUI Elite 50 Award	2022
<i>Top 50 graduate students demonstrating excellence beyond the classroom in campus leadership, scholarly work, and community engagement</i>	
IUPUI Clinical Psychology Clinical Excellence Award	2022
IUPUI School of Science Graduate Teaching Assistant Award	2022
IUPUI Clinical Psychology Service Excellence Award	2020
Research Travel Awards:	2018-2019
<i>2018: Psychology Departmental Travel Grant (\$300) and School of Science Graduate Student Council Travel Grant (\$100)</i>	
<i>2019: Psychology Departmental Travel Grant (\$1,000), IUPUI University Travel Fellowship (\$700), Graduate and Professional Educational Grant (\$500), and School of Science Graduate Student Council Travel Grant (\$400)</i>	
Robert Abbas Psychology Award, Cedarville University	2017
Dolph & Brown Psychology Award, Cedarville University	2016-2017
Ohio Psychological Association Convention Undergraduate Empirical Poster Winner Award	2016
Grand Rapids Community Foundation Meijer Scholarship Award	2014, 2015, 2016
Ronald Reagan Leadership Award	2013
Cedarville University Provost's Scholar Award	2013

Service and Leadership Activities

Chief Intern, IU School of Medicine Clinical Psychology Internship Program (2022-2023)
Student Coordinator of Clinical Psychology Interview Days, IUPUI Clinical Psychology PhD Program (2019-2021)

*Psi Kappa Theta, Cedarville University Psychology Club - **Member** (2013-2014), **Event Planning Committee Member** (2014-2015), **Treasurer** (2015-2016), **President** (2016-2017)*

Professional Affiliations

American Psychosomatic Society (2017-2020)
 American Psychological Association Society for Health Psychology (Div 38; 2019-2020)
 Indiana Psychological Association (2022)

Workshops and Training

Self-Care as a Clinical Psychologist, Gary Morse, PhD (April 2022)

Meta-Analysis Training, Ekin Secinti, MS (May 2021)

Working with Suicidal People: Risk Assessment and Suicide-Specific Interventions, Thomas Ellis, PsyD, ABPP (January 2021)

Motivational Interviewing Workshop, Eric Comstock, MA, LMFT, LCAC (November 2020)

Categorical and Survival Data Analysis, Jaehoon Lee, PhD (September 2019)

Recovery-Oriented Care: From Research to Practice, Hosted by the Sandra Eskenazi Center for Brain Care Innovation (July 2019)

5th Annual Center for Diabetes and Metabolic Diseases Symposium, Indiana University School of Medicine (July 2019)

22nd Annual Mental Health and Addiction Symposium: Bringing Research to Practice, Hosted by Mental Health America of Indiana and Indiana University School of Medicine Department of Psychiatry (June 2019)

Addressing the Obesity Problem in Rural Indiana: New Paradigms, Research, Directions, and Opportunities to Improve Health Outcomes in Indiana Communities, Indiana CTSI Retreat, Indiana University, Bloomington, IN (April 2019)

The Hierarchical Taxonomy of Psychopathology (HiTOP), Susan C. South, Ph.D. and Douglas B. Samuel, PhD (February 2019)

Indiana University Health Obesity Symposium, William Hilgendorf, Ph.D, HSPP, Samer Mattar, M.D., FACS, FRCS, FASMBS, David Allison, PhD (October 2018)

Scientific Writing from the Reader's Perspective, George D. Gopen, PhD, JD (October 2018)

A New Therapy for Each Patient: Evidence-Based Responsiveness, John Norcross, PhD (April 2018)

Motivational Interviewing, Stephen Rollnick, PhD (November 2017)