

ZACHARY JONES

Indiana University Indianapolis

Cardiometabolic Behavioral Medicine Laboratory

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EDUCATION

Doctoral Student in Clinical Psychology

Indiana University Indianapolis

Mentor: Jesse C. Stewart, PhD

Bachelor of Arts in Psychology with Honors

May 2024

Bachelor of Arts in Spanish with Honors

May 2024

Indiana University Purdue University - Indianapolis

RESEARCH EXPERIENCE

Indiana University Indianapolis

Indianapolis, IN

Graduate Research Assistant

(Aug 2024 – Present)

- Screening and recruitment of participants over the phone to verify eligibility for the SHADES Mechanistic Trial.
- Assisting in pre-treatment visits and conducting biobehavioral measurements, including heart rate variability and impedance cardiography.

Indiana University Purdue University - Indianapolis

Indianapolis, IN

Undergraduate Research Assistant, Psychology

(July 2022 – July 2024)

- Attending weekly lab meetings to discuss ongoing projects.
- Assisting graduate students with an ongoing manuscript on eating behavior phenotypes and research.
- Learning biobehavioral measurement techniques (e.g. heart rate variability, impedance cardiography)

Senior Honors Thesis, Psychology

(August 2023 – May 2024)

- Examining the effect of individual sleep parameters on inflammatory biomarkers
- Analyzing data collected from an R01 grant using SPSS.
- Drafting a manuscript of results with intent to publish in journals related to psychosomatic medicine and present at international conferences, such as Society for Neuroscience

Life Health Sciences Intern

(August 2021 – July 2022)

- Researched the needs of international medical graduates practicing in the US with a focus on communication, relationship building, social needs, and ethics.
- Developed and submitted an IRB protocol.
- Constructed a survey in Qualtrics to be distributed via national listservs.
- Analyzed qualitative survey data by coding respondent answers and identifying 4 common themes.
- First author on submitted manuscript.
- Presented a final poster of results collected thus far.

CTSI Summer Research Program Intern

(May 2021 – July 2021)

- Attended daily professional development presentations from leading experts where I learned how to develop a manuscript, how to read journal articles, and how to present.
- Participated in weekly lab meetings and presented an article to discuss weekly.
- Presented a final research slideshow with the help of the PI summarizing their ongoing research in 17p loss cancers.

PUBLICATIONS

Jones, Z.M., (2024). Understanding Bias in Hospital Communication: A Study of Operator Bias Towards Hispanic Callers. *Journal of Student Research at Indiana University East* 6(2).

Jones, Z.M., Schuiling, M., Wu, W., Yoon, J., Ambily, G., Stewart, J. Systemic Inflammation as a Moderator of the Effectiveness of Modernized Collaborative Care for Depression: eIMPACT Trial (in progress)

Jones, Z.M., Stewart, J. Individual Sleep Parameters and Their Relation to Cardiovascular Disease Biomarkers (in progress)

Jones, Z.M., Salih, Z., Khurana, P. (2024). Exploring and Comparing Needs of International Medical Graduates in US Healthcare Systems. *Academic Medicine* (submitted)

PRESENTATIONS

Jones, Z.M., (2024). Understanding Bias in Hospital Communication: A Study of Operator Bias Towards Hispanic Callers. Presentation given at the Indiana University East Student Research Day, Richmond, IN (virtual)

Jones, Z.M., (2021). Target Immunotherapy for 17p Loss Cancers. Presentation given at the CTSI Summer Research Symposium, Indianapolis, IN (virtual)

POSTERS

Jones, Z.M., Schuiling, M.D., Wu, W., Yoon, J., Ambily, G.B., Stewart, J.C. (2025, March). Systemic Inflammation as a Moderator of the Effectiveness of Modernized Collaborative Care

for Depression: eIMPACT Trial. Citation Poster to be presented at the 82nd Annual Scientific Meeting of the Society for Biopsychosocial Science and Medicine, Seattle, WA.

Jones, Z.M., Stewart, J. (2024). Individual Sleep Parameters and Their Relation to Cardiovascular Disease Biomarkers. Poster presented at the IUPUI Department of Psychology Capstone Poster Session, Indianapolis, IN.

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. Poster presented at the 2023 Annual Scientific Meeting of the American Psychosomatic Society, San Juan, Puerto Rico.

Jones, Z.M., (2022). Exploring and Comparing Needs of International Medical Graduates in US Healthcare Systems. Updated poster presented at the Undergraduate Research Opportunity Program Summer Showcase, Indianapolis, IN

Jones, Z.M., (2022). Exploring and Comparing Needs of International Medical Graduates in US Healthcare Systems. Poster presented at the Life Health Sciences Showcase, Indianapolis, IN

GRANTS & SCHOLARSHIPS

IUPUI Honors College Chancellor's Scholar (\$8,000 / year)	2020 - 2024
School of Science, Dean's Scholar (\$2,500 / year)	2020 - 2024

CLINICAL EXPERIENCE

Indiana University Health Indianapolis, IN
Switchboard Operator (September 2023 – July 2024)

- Articulated clear and concise information, facilitating seamless communication between various hospital departments, resulting in improved patient care and satisfaction.
- Responded to inquiries and concerns with patience and a patient-centric approach.
- Displayed exceptional empathy and patience when dealing with distressed or anxious callers, reassuring them and addressing their concerns with a compassionate demeanor.

Technician-Unit Secretary, Medical Progressive Care Unit (January 2022 – September 2023)

- Developed strong communication and interpersonal skills through daily interactions with patients, their families, and the healthcare team.
- Effectively communicated important information, providing emotional support to patients in distress.
- Acquired valuable experience in crisis management by assisting healthcare professionals during high-stress situations, demonstrating the ability to remain calm, focused, and empathetic in emergencies.

LEADERSHIP & VOLUNTEER

IUPUI Paw's Pantry	2023 – 2024
Psychology Undergraduate TA	2023 – 2024
IU Social Outreach Clinic	2021 – 2022
American Red Cross	2020 – 2021

PROFESSIONAL AFFILIATIONS

American Psychological Association (Graduate Affiliate)	2024 - Present
American Psychological Association (Undergraduate Affiliate)	2022 - 2024
Psi Chi, The International Honors Society in Psychology	2022 - 2024

RESEARCH CERTIFICATIONS

2024	CITI Good Clinical Practice
2024	Human Research - Social/Behavioral Researchers
2024	Human Research - Biomedical Researcher
2024	Social and Behavioral Responsible Conduct of Research