

Michelle K. Williams, BS

Cardiometabolic Behavioral Medicine Laboratory
Department of Psychology
Indiana University-Purdue University Indianapolis (IUPUI)
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EDUCATION

Doctoral Student in Clinical Psychology **2020-present**

Indiana University-Purdue University Indianapolis (IUPUI), Indianapolis, Indiana

Emphasis: Clinical Health Psychology

Mentor: Jesse C. Stewart, PhD

Medical Student **2015-2018**

University of Florida College of Medicine, Gainesville, Florida

Bachelor of Science **2011-2015**

University of Florida, Gainesville, Florida

Major: Psychology Minor: Educational Studies

SUPPLEMENTAL COURSEWORK & TRAINING

Systematic Reviewing and Meta-analysis with R **2021**

With Ekin Secinti, M.S., IUPUI (Online)

Completed a 4-day statistical workshop to gain the tools to conduct a systematic review and meta-analysis using R.

Working with Suicidal People: Risk Assessment and Suicide-Specific Interventions **2021**

With Thomas E. Ellis, Psy.D, ABPP, IUPUI (Online)

Completed a 2-day clinical workshop to gain tools to assess and assist patients experiencing suicidal ideation.

Motivational Interviewing Workshop **2020**

With Eric Comstock, M.A., LMFT, LCAC, IUPUI (Online)

Completed a 3-day clinical workshop to gain tools to help clients find and build their motivation for change.

Magnetic Resonance Safety Training **2019**

Advanced Magnetic Resonance Imaging and Spectroscopy Facility (Gainesville, Florida)

Completed training in MRI Integrated Safety Management to ensure safety and quality work within magnetic fields.

The Biology of Resilience: Training Certificate **2019**

National Child Advocacy Center (online)

Earned a certificate from the National Child Advocacy Center for the successful completion of a training for effective interventions in trauma and toxic stress.

Interviewing Children with ADHD **2019**

National Child Advocacy Center (online)

Completed online course on forensic interviewing strategies for children with ADHD.

Child Abuse 101 **2019**

National Child Advocacy Center (online)

Completed online course on the dynamics of child abuse and how to properly handle disclosure.

Intermediate Spanish Language **2016**

Peru Vivencial School (Trujillo, Peru)

Completed an intensive month-long course in conversational Spanish while living and learning in Peru.

Study Abroad **2014**

Richmond: The American International University (London, England)

Completed a 6-week academic studies program including coursework in the creative and visual arts.

Duke University Summer Medical and Dental Education Program

2013

Duke University (Durham, North Carolina)

Completed an intensive summer enrichment program at Duke University School of Medicine that encompassed scholarly reading, analysis, and discussions, essay writing, ethics and healthcare policy, science coursework and patient interactions. Received a diploma and stipend after successful completion of the program.

HONORS & AWARDS

- PFFP Scholar, *Preparing Future Faculty and Professionals (PFFP) program* 2021
- Honorable Mention, *Ford Foundation Fellowship* 2021
- Psychology Departmental Research Grant (\$1,500), *IUPUI* 2020
- IUPUI Graduate Diversity Fellowship 2020
- Medical Student Summer Research Fellowship, *The Lawrence M. Goodman Research Award* 2017
- International Volunteer Certificate, *Peru Vivential* 2016
- Graduated Cum Laude, *University of Florida* 2015
- Summer Medical and Dental Education Scholar, *Duke University* 2013
- Dean's List, *University of Florida* 2012
- University of Florida Presidential Gold Scholarship 2011
- Bright Futures Full-Tuition Scholarship 2011

PEER-REVIEWED PUBLICATIONS

Butcher, M.R., Thompson, K.M., **Williams, M.K.**, Cooke, B.K., Merlo, L.J. (2021). Assessment of Student Perspectives on Improving Wellness in Medical School: Qualitative Results from a Cross-Sectional Survey of Medical Students in Florida. *Adv Med Educ Pract*, 12, 1067-1079. <https://doi.org/10.2147/AMEP.S323332>

Ferguson, E., Vitus, D., **Williams, M.K.**, Anderson, M., LaRowe, L., Ditre, J. W., Stennett, B., & Boissoneault, J. (2021). Sex differences in associations between delay discounting and expectancies for alcohol analgesia. *Experimental and Clinical Psychopharmacology*. Advance online publication. <https://doi.org/10.1037/pha0000517>

Williams, M. K., Butcher, M. R., & Merlo, L. J. (2021). Letter in Reply [Response to Letter]. *Advances in medical education and practice*, 12, 1283–1284. <https://doi.org/10.2147/AMEP.S346817>

Williams, M. K.*, Vitus, D.*, Ferguson, E., Stennett, B., Robinson, M., & Boissoneault, J. (2021). Acute Tolerance to the Analgesic Effects of Alcohol. *Journal of studies on alcohol and drugs*, 82(3), 422–430. *These authors contributed equally to this work.

Polles, A. G., **Williams, M. K.**, Phalin, B. R., Teitelbaum, S., & Merlo, L. J. (2020). Neuropsychological impairment associated with substance use by physicians. *Journal of the Neurological Sciences*, 411, 116714. doi:10.1016/j.jns.2020.116714

Williams, M. K., Estores, I. M., & Merlo, L. J. (2020). Promoting Resilience in Medicine: the effects of a mind–body medicine elective to improve medical student well-being. *Global Advances in Health and Medicine*, 9, 2164956120927367. doi:10.1177/2164956120927367

Williams, M. K., Greene, W. M., Leitner, S. A., & Merlo, L. J. (2020). Medical student spirituality and substance use. *Journal of Addiction Medicine*, 14(6), e316–e320. doi:10.1097/ADM.0000000000000686

MANUSCRIPTS UNDER REVIEW

Shell, A. L., **Williams, M. K.**, Patel, J. S., Vransy, E. A., Considine, R. V., Acton, A. J., & Stewart, J. C. Associations of Somatic Depressive Symptoms with Body Mass Index, Systemic Inflammation, and Insulin Resistance in Primary Care Patients with Depression. Submitted to *Annals of Behavioral Medicine*.

MANUSCRIPTS IN PREPARATION

Williams, M.K., Shell, A.L., Wu, W., MacDonald, K.L., Callahan, C.M., Nurnberger, J.I., Crawford, C.A., Schuiling, M.D., 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.

PRESENTATIONS

Vitus, D., **Williams, M. K.**, Rizk, M., Robinson, M., Neubert, J. K., & Boissoneault, J. (2021). *Acute alcohol intake increases discriminability of noxious pressure in an experimental facial pain paradigm*. Poster presented at Collaborative Perspectives on Addiction (CPA) Meeting, Virtual Format.

Vitus, D., Stennett, B., Ferguson, E., **Williams, M.K.**, Robinson, M., Nixon, S. J., & Boissoneault, J. (2020). *A quantitative sensory testing study of acute tolerance to the analgesic effects of alcohol*. Poster presented at Collaborative Perspectives on Addiction (CPA) Meeting, San Diego, CA. (Conference canceled).

Bruce, C., **Williams, M.K.**, Rousseau, C., Estores, I., & Merlo, L.J. (2018). *Promoting Resilience in Medicine: the effects of a mind body elective on medical student wellness (Update)*. Poster presented at the Association of American Medical Colleges Annual Meeting, New Orleans, LA.

Williams, M.K., & Merlo, L.J. (2018). *Promoting Resilience in Medicine: the effects of a mind body elective on medical student wellness.* Poster presented at Advances in Medical Education, Jacksonville, Fl.

Williams, M.K., & Merlo, L.J. (2018). *Promoting Resilience in Medicine: the effects of a mind body elective on medical student wellness.* Poster presented at UF College of Medicine Celebration of Research Day, Gainesville, Fl.

RESEARCH EXPERIENCE

Graduate Research Assistant

August 2020-present

Cardiovascular Behavioral Medicine Laboratory

Supervisor: Jesse C. Stewart, PhD

- 2020-present: *eIMPACT-DM Pilot Trial: Depression Treatment to Reduce the Excess Diabetes Risk of People with Depression and Prediabetes*¹ (PI: Jesse C. Stewart, PhD)
- 2021-present: *Longer-Term Cardiovascular and Psychiatric Consequences of SARS-CoV-2 Infection: Prevalence and Insights into Shared Mechanisms*² (PIs: Subha V. Raman, MD, Jesse C. Stewart, PhD)
- 2021-present: *Treating Insomnia to Reduce Inflammation In HIV: A Pilot Trial*³ (PIs: Samir K. Gupta, MD, MS, Jesse C. Stewart, PhD)

Conduct research on the relationship between psychosocial factors and cardiometabolic disease, with an emphasis on exploring health disparities. Deliver a technology-based psychological intervention (cognitive-behavioral therapy for insomnia) to patients from HIV outpatient clinics.³ Assess depression symptomology, review treatment options, and recruit and screen participants in collaboration with a healthcare team to provide interventions to depressed patients from Eskenazi Health, one of the nation's largest safety net healthcare systems.¹ Develop biopsychosocial questionnaires for patients with a history of COVID-19.² Implement suicidal ideation protocol, as needed.^{1,2,3} Conduct REDCap programming and trainings.^{2,3} Provide database management.^{1,2,3} Contribute to additional study designs using secondary data analysis for purposes of manuscript publications and conference presentations.

Research Assistant & Study Coordinator

October 2019-August 2020

Center for Pain Research and Behavioral Health

Supervisor: Jeff Boissoneault, Ph.D.

Conducted research applying psychophysics to understand pain perception and examine the relationship between pain and alcohol use in patients with chronic pain. Led project investigating the acute analgesic effects of alcohol on patients with chronic orofacial pain. Screened participants, analyzed anatomical regions, performed qualitative sensory testing, and administered assessments for depression, anxiety, resiliency, and typical drinking behavior.

Research Assistant**August-December 2016 | March-October 2019***University of Florida Department of Psychiatry***Supervisor:** Lisa J. Merlo, Ph.D., M.P.E

Completed all required HIPAA and IRB trainings. Assisted with research projects related to well-being and impairment among healthcare professionals and trainees (i.e., wellness, burnout, substance use, mental health). Assisted with coding and secondary analysis of existing quantitative and qualitative data. Performed literature reviews; developed annotated bibliographies; contributed to writing, editing, and formatting papers for publication. Assisted with creation of charts, figures, and PowerPoint/poster presentations. Completed administrative tasks as directed.

Medical Student Summer Research Fellow**Summer 2017***University of Florida College of Medicine***Advisor:** Lisa J. Merlo, Ph.D., M.P.E

Completed 10-week paid summer research fellowship between the first and second years of medical school. Project assessed the effect of participation in an elective course in mind-body medicine on medical student wellness and resilience. Worked with mentor to complete both quantitative analyses and thematic analysis of free-response data. Assisted with literature review, preparation of results for conference presentations, and preparation of manuscript for submission.

Research Assistant**September 2012-May 2015***Florida Exposure and Anxiety Research Lab***Supervisor:** Joseph P. H. McNamara, Ph.D.

Completed all required HIPAA and IRB trainings. Examined treatment outcomes in children and adults suffering from obsessive compulsive disorder and other anxiety spectrum disorders. Responsibilities included coding exposure therapy for analysis, aiding in cognitive behavioral therapy with exposure response prevention, participant testing, scoring test measures, literature reviews, and data management.

CLINICAL EXPERIENCE**Psychology Practicum Student****2021-present***Indiana University Health Epler Parke Primary Care: Indianapolis, Indiana***Supervisor:** Shelley A. Johns, Psy.D., HSPP, ABPP

Provide behavioral health consultations (in-person and via telehealth) to primary care patients with various presenting problems (e.g., depression, anxiety, grief, trauma, insomnia). Provide evidence-based psychotherapy (e.g., cognitive-behavioral therapy, acceptance and commitment therapy). Administer and score brief assessments to determine psychological symptom severity (e.g., PHQ-9, GAD-7). Perform chart reviews and provide referrals for longer-term mental health care. Write SOAP notes in Cerner. Attend weekly individual and group supervision meetings.

Child Life Volunteer**September-May 2019***Child Advocacy Center: Gainesville, Florida*

Assisted therapist in the play area by engaging with abused and neglected children awaiting an interview or therapy session. Researched new developments in therapy, psychology, fundraising, and victim advocacy to aid staff in best practices. Contributed to event coordination through the development, implementation, and supervision of fundraisers to support abused and neglected children. Created online campaigns to connect with companies and community members and to promote organizational awareness.

Special Needs Caregiver**January-July 2019***Gainesville, Florida*

Promoted the wellbeing of a young adult with Down Syndrome. Provided support and taught communication skills through academic and recreational activities. Performed behavioral management, organized daily schedule, and ensured safety and achievement of self-care milestones.

Medical Student Clinician (Outpatient Psychiatry Clinic Preceptorship) November 2017*Sarkis Family Psychiatry: Gainesville, Florida*

Responsibilities included taking patient histories, writing Subject Object Assessment and Plan (SOAP) notes, and conversing with psychiatric patients to establish their needs and discuss difficulties and treatment plans.

Medical Student Clinician (Volunteer)**November 2015-November 2017***Equal Access Clinic: Gainesville, Florida*

Duties included performing histories and physicals on medically underserved patients with a variety of health conditions, producing write-ups including a treatment plan, and presenting the cases to the supervising physician.

Health Fair Volunteer, Southwest Advocacy Group**March 2017***Holly Heights: Gainesville, Florida*

Participated in a health promotion community outreach fair. Provided health information on nutrition, diabetes, and hypertension to tackle health disparities in an underserved area.

TEACHING EXPERIENCE

Graduate Teaching Assistant

Fall 2021

Cognition: IUPUI

Graded psychology laboratory assignments and essays. Provided students with feedback and answered their related questions.

English Teacher

Summer 2016

Peru Vivential: Trujillo, Peru

Created lesson plans and taught English classes to underprivileged children and adults in Peru.

Self-Employed Tutor

September 2014-May 2015

Gainesville, Florida

Tutored elementary school children in reading and math to improve their grades and prepare them for middle school.

Mentor

September 2013-May 2014

Black Student Union: Gainesville, Florida

Mentored a college underclassman through the Black Student Union to serve as a role model and guide through the transition from high school to college.

VOLUNTEER EXPERIENCE

Student Representative and Diversity Committee Member

2021-present

Indiana Psychological Association: Fishers, Indiana

Write in an educational series (*PsychBytes*) to inform the general public, psychologists, and psychology graduate students across Indiana about current events and the latest psychology research in an effort to educate and support the Indiana community. Work to address mental health disparities in Indiana. Discuss ways to provide mentorship and resources for undergraduate and graduate psychology students. Engage students in scientific communication through leading discussions at the annual Indiana Psychological Association Fall Conference.

Disaster Services Public Relations Representative**September 2019-August 2020***The American Red Cross: Gainesville, Florida*

Media spokesperson for local news outlets. Performed on-site media relations at disaster scenes. Wrote news stories throughout 7 counties in North Central Florida. Increased awareness of Red Cross Services through community outreach events. Managed database of partnerships throughout North Florida.

Science Fair Judge**November 2018***Howard Bishop Middle School: Gainesville, Florida*

Evaluated and deliberated on middle school student projects in the category of behavioral and social sciences.

Art Workshop Director**January-May 2013***Shands Hospital Arts in Medicine: Gainesville, Florida*

Developed creative arts workshops and became a source of support for adult oncology outpatients undergoing chemotherapy.

Medical Assistant**Summer 2012***SIM Inc: Monrovia, Liberia*

Served as a urologist's aide during a medical mission trip to Liberia. Responsibilities included preparing equipment for surgical procedures and helping to prepare a course for nurses about neonatal care and resuscitation.

PROFESSIONAL AFFILIATIONS

Indiana Psychological Association

2021-present

American Psychological Association Society for Health Psychology (Div. 38)

2020-present**MANUSCRIPT REVIEW***Global Advances in Health and Medicine***2021**

PROFICIENCIES

Statistical Software: SPSS, R

Databases/Platforms: Qualtrics Survey Suite, REDCap, EPIC, Cerner

LANGUAGES

English: Native

Spanish: Intermediate