**Michelle K. Williams, M.S.**

Cardiometabolic Behavioral Medicine Laboratory

Department of Psychology

Indiana University-Purdue University Indianapolis (IUPUI)

402 N. Blackford Street, LD 119

 Indianapolis, IN 46202

mw130@iu.edu

**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

**M.S. Clinical Psychology 2022**

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

Emphasis: Clinical Health Psychology

Mentor: Jesse C. Stewart, PhD

Thesis: Longer-Term Mental Health Consequences of COVID-19 Infection: Moderation by Race and Socioeconomic Status

**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

**HONORS & AWARDS**

* President’s Diversity Dissertation Year Fellowship ($25,000), *IUPUI* **2023**
* Diversity Scholar, *American Psychosomatic Society*   **2023**
* University Travel Fellowship ($1,000), *IUPUI* **2023**
* Psychology Departmental Travel Grant ($500), *IUPUI* **2023**
* Graduate and Professional Educational Grant ($500), *IUPUI* **2023**
* Psychology Departmental Travel Grant ($700), *IUPUI* **2022**
* Graduate and Professional Educational Grant ($500), *IUPUI* **2022**
* PFFP Scholar, *Preparing Future Faculty and Professionals (PFFP) program* **2021**
* Honorable Mention, *Ford Foundation Fellowship* **2021**
* Psychology Departmental Research Grant ($1,500), *IUPUI*  **2020**
* Graduate Diversity Fellowship ($25,000), *IUPUI*  **2020**
* Medical Student Summer Research Fellowship,   **2017** *The Lawrence M. Goodman Research**Award*
* 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**
* Presidential Gold Scholarship ($32,000), *University of Florida* **2011**
* Bright Futures Full-Tuition Scholarship, *State of Florida* **2011**

**PEER-REVIEWED PUBLICATIONS**

Shell, A. L., **Williams, M. K.,** Patel, J. S., Vrany, E. A., Considine, R. V., Acton, A. J., & Stewart, J. C. (2022). Associations of somatic depressive symptoms with body mass index, systemic inflammation, and insulin resistance in primary care patients with depression. *Journal of Behavioral Medicine,* 45(6), 882–893. https://doi.org/10.1007/s10865-022-00356-9

Vitus, D., **Williams, M.K.,** Rizk, M., Neubert, J.K., Robinson, M., & Boissoneault, J. (2022). Analgesic effects of alcohol in adults with chronic jaw pain. *Alcoholism: Clinical and Experimental Research,* 00, 1-10*.*[https://doi.org/10.1111/acer.14883](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdoi.org%2F10.1111%2Facer.14883&data=05%7C01%7Cmw130%40iu.edu%7C8dbe10aa126d4d47b3f808da860662b0%7C1113be34aed14d00ab4bcdd02510be91%7C0%7C0%7C637969659263176875%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=gGfY9H%2F9NiNWV04v76BuvHbylU3ikO%2FifpAPwhEilac%3D&reserved=0)

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. *Advances in Medical Education and Practice*, 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*, *30*(6), 862–872. 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](https://doi.org/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**

**Williams, M. K.,** Crawford, C. A., Zapolski, T.C., Hirsh, A.T., & Stewart, J. C. Longer-Term mental health consequences of COVID-19 infection: Moderation by race and socioeconomic status.

**MANUSCRIPTS IN PREPARATION**

Chernyak, Y., Ofner, S., **Williams, M.K.,** Bolarwina, C., Manchanda, S., & Otte, J.L. Patient acceptability of behavioral sleep medicine referrals in an academic center.

Crawford, C.A., **Williams, M.K.,** Shell, A.L., MacDonald, K.L., Considine, R.V., Wu, W., Rand, K.L., & Stewart, J.C. Effect of modernized collaborative care for depression on Brain-Derived Neurotrophic Factor (BDNF) and depressive symptom clusters: Data from the eIMPACT trial.

**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.

**Williams, M. K.,** Zapolski, T.C., Hirsh, A.T., & Stewart, J. C. Depression as a causal risk factor for type 2 diabetes: A critical analysis.

**ORAL PRESENTATIONS**

Crawford, C.A., **Williams, M.K.,** Shell, A.L., MacDonald, K.L., Considine, R.V., & Stewart, J.C. (2023, March). *Effect of modernized collaborative care for depression on Brain-Derived Neurotrophic Factor (BDNF) and depressive symptom clusters: Data from the eIMPACT trial.* Paper presented at the 2023 Annual Scientific Meeting of the American Psychosomatic Society, San Juan, Puerto Rico.

Schuiling, M.D., Shell, A.L., Crawford, C.A., **Williams, M.K.,** Lipuma, T.C., & Stewart, J.C.

(2023, March). *Effect of modernized collaborative care for depression on health behaviors and cardiovascular disease risk factors: results of the eIMPACT trial.* Paper presented at the 2023 Annual Scientific Meeting of the American Psychosomatic Society, San Juan, Puerto Rico.

**Williams, M.K.,** Crawford, C.A., Zapolski, T.C., Hirsh, A.T., & Stewart, J.C. (2023, March). *Longer-Term mental health consequences of COVID-19 infection: Moderation by race and socioeconomic status.* Paper presented at the 2023 Annual Scientific Meeting of the American Psychosomatic Society, San Juan, Puerto Rico.

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 parameter 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, September). *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 11th Scientific Meeting of the International Society for Research on Internet Interventions (ISRII), Pittsburgh, PA.

**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**

Crawford, C.A., Carson, I.W., Polanka, B.M., **Williams, M.K.,** Higgins, A.B., Schuiling, M.D., & Stewart, J.S. (2023, March). *Associations Between Sexual Orientation Dimensions and Cardiometabolic Diseases: Data from the National Epidemiologic Survey on Alcohol and Related Conditions (NESARC-III).* Citation Poster presented at the 2023 Annual Scientific Meeting of the American Psychosomatic Society, San Juan, Puerto Rico.

Lipuma, T.C., Schuiling, M.D., **Williams, M.K.,** Crawford, C.A., Jones, Z.M., Considine, R.V., & Stewart, J.S. (2023, March). *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.

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.

Vitus, D., **Williams, M. K.,** Rizk, M., Robinson, M., Neubert, J. K., & Boissoneault, J. (2021, March). *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, April). *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, November). *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, June). *Promoting resilience in medicine: The effects of a mind body elective on medical student wellness.* Poster presented at Advances in Medical Education, Jacksonville, Fl.

**INVITED PRESENTATIONS**

Cunningham, S.J., Henderson, D., Murphy, P., & **Williams, M.K.** (2023, February).*2022 Fall conference follow-up session: Practical application of the APA practice guidelines.* Seminar presented through the Indiana Psychological Association Webinar Series.

Cunningham, S.J., Henderson, D., Murphy, P., & **Williams, M.K.** (2022, November).*Empirically-supported clinical practice in specialty areas: The quick-start guide to fostering multicultural competency.* Seminar presented at the 2022 Indiana Psychological Association Fall Conference.

**RESEARCH EXPERIENCE**

**Graduate Research Assistant August 2020-present**

*Cardiovascular Behavioral Medicine Laboratory* **Supervisor:** Jesse C. Stewart, PhD

* 2021-present: *Treating Insomnia to Reduce Inflammation In HIV: A Pilot Trial1* (PIs: Samir K. Gupta, MD, MS, Jesse C. Stewart, PhD)
* 2021-present: *Longer-Term Cardiovascular and Psychiatric Consequences of SARS-CoV-2 Infection: Prevalence and Insights into Shared Mechanisms2* (PIs: Subha V. Raman, MD, Jesse C. Stewart, PhD)
* 2020-2022: *eIMPACT-DM Pilot Trial: Depression Treatment to Reduce the Excess Diabetes Risk of People with Depression and Prediabetes3* (PI: 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.1 Develop biopsychosocial questionnaires for patients with a history of COVID-19.2 Assessed depression symptomology, reviewed treatment options, and recruited and screened 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.3 Implement suicidal ideation protocol, as needed.1,2,3 Conduct REDCap programming and trainings.1,2 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. Coded exposure therapy for analysis, aided in cognitive behavioral therapy with exposure response prevention, administered and scored participant psychological assessments, conducted literature reviews, and aided in data management.

**CLINICAL EXPERIENCE**

**Psychology Practicum Student December 2022-present**

*Indiana University Health* *Goodman Hall Neuroscience Center: Indianapolis, Indiana*

**Supervisor:** Daniel F. Rexroth, Psy.D.

Conduct neuropsychology and personality assessments (e.g., WMS, WAIS, MMSE-2, Wisconsin Card Sorting Task, MMPI-2) for adult patients with cognitive concerns. Engage in intake interviews and feedback sessions. Administer, score, and interpret assessments and write clinical reports.

**Psychology Practicum Student June 2022-present**

*Indiana University Health Behavioral Sleep Medicine: Indianapolis, Indiana*

**Supervisor:** Yelena Chernyak, PhD., DBSM, HSPP

Provide in-person and telehealth consultations and evidence-based interventions (e.g., cognitive behavioral therapy for insomnia) to adult patients with sleep difficulties. Administer and score brief assessments to determine symptom severity (e.g., ISI, ESS). Triage patients and provide referrals for general mental health care and other specialty care services. Perform chart reviews and write SOAP notes in Cerner.

**Psychology Practicum Student August 2021-May 2022**

*Indiana University Health Epler Parke Primary Care: Indianapolis, Indiana*

**Supervisor:** Shelley A. Johns, Psy.D., HSPP, ABPP

Provided behavioral health consultations (in-person and via telehealth) to primary care patients with various presenting problems (e.g., depression, anxiety, grief, trauma, insomnia). Provided evidence-based psychotherapy (e.g., cognitive-behavioral therapy, acceptance and commitment therapy). Administered and scored brief assessments to determine psychological symptom severity (e.g., PHQ-9, GAD-7). Performed chart reviews and provided referrals for longer-term mental health care. Wrote SOAP notes in Cerner.

**SUPPLEMENTAL CLINICAL EXPERIENCE**

**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*

Took histories of psychiatric patients and wrote Subject Object Assessment and Plan (SOAP) notes. Collaborated with patients on problem-solving strategies and created treatment plans.

**Medical Student Clinician (Volunteer)** **November** **2015-November 2017**

*Equal Access Clinic: Gainesville, Florida*

Performed histories and physicals on medically underserved patients with a variety of health conditions. Produced write-ups including a treatment plan and presented 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.

**SUPPLEMENTAL WORKSHOPS & TRAINING**

**Clinical Workshop on Dialectical Behavior Therapy 2023**

*With Tamika C.B. Zapolski, Ph.D., IUPUI*

Participated in an intensive 1-day clinical workshop focused on utilizing the principles of Dialectical Behavior Therapy (DBT) and applying DBT skills to behavioral targets to enhance patients' mental health outcomes.

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

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

Participated in a comprehensive 4-day statistical workshop to gain the tools to conduct systematic reviews and meta-analyses using R.

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

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

Participated in a 2-day clinical workshop to gain tools to effectively assess and provide support for patients experiencing suicidal ideation.

**Motivational Interviewing Workshop 2020**

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

Participated in a 3-day clinical workshop to gain a range of tools aimed at assisting patients in discovering and cultivating their intrinsic motivation for change.

**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 for 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 Vivential School (Trujillo, Peru)*

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

**TEACHING EXPERIENCE**

**Invited Speaker January 2023**

*Early Professional Development Seminar in Psychology, IUPUI*

Presented on strategic planning, formulating research ideas, and developing scientific writing skills in a course designed to support the professional development of first-year clinical psychology graduate students.

**Graduate Teaching Assistant Fall 2022-Spring 2023**

*Career Planning for Psychology Majors: IUPUI*

Grade exams and essays related to professional development and career planning. Provide students with feedback on professional development and answer their related questions.

**Graduate Teaching Assistant Spring 2022**

*Ethics and Diversity in Psychology: IUPUI*

Graded exams and essays related to ethics and diversity topics in psychology. Provided students with feedback and answered their related questions.

**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.

**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 to educate and support the Indiana community. Provide diversity consultations for psychologists in Indiana. Educate mental health professionals on methods to improve multicultural competence in clinical work. Work to address mental health disparities in Indiana. Discuss ways to provide mentorship and resources for undergraduate and graduate psychology students. Engage students and psychologists 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*

Served as an on-site media spokesperson for local news outlets 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.

**PROFESSIONAL AFFILIATIONS**

American Psychosomatic Society **2022-present**

Indiana Psychological Association  **2021-present**

American Psychological Association Society for Health Psychology (Div. 38) **2020-2021**

**MANUSCRIPT REVIEWER**

*Global Advances in Health and Medicine* **2021**

**PROFICIENCIES**

**Additional Languages:** Spanish (intermediate)

**Statistical Software:** SPSS, R

**Databases/Platforms:** Qualtrics Survey Suite,REDCap, EPIC, CERNER