

Matthew D. Schuiling

Curriculum Vitae

Cardiometabolic Behavioral Medicine Laboratory

Department of Psychology
Indiana University Indianapolis (IUI)

402 N. Blackford Street, LD 119

Indianapolis, IN 46202

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He/him/his

EDUCATION and TRAINING

Doctoral Candidate in Clinical Psychology (*Ph.D. expected 2027*)

Indiana University Indianapolis (IU Indianapolis, previously IUPUI)

Mentor: Jesse C. Stewart, PhD; Cardiometabolic Behavioral Medicine Lab

Dissertation: Examining the Role of Insomnia in Social Disconnection and Diseases of Aging (*in progress*)

Preliminary Examination, Defended 2025

Indiana University Indianapolis (IU Indianapolis, previously IUPUI)

Mentor: Jesse C. Stewart; Cardiometabolic Behavioral Medicine Lab

Project: Behavioral-Social Rhythms and Mental and Physical Health Outcomes: A Systematic Review

M.S. Clinical Psychology, Clinical Health Psychology Emphasis (2023)

Indiana University-Purdue University Indianapolis (IUPUI), Indiana

Mentor: Jesse C. Stewart, PhD; Cardiometabolic Behavioral Medicine Lab

Thesis: 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

Post-Baccalaureate Research (2019-2021)

Northwestern University Feinberg School of Medicine, Illinois

Mentors: Jason C. Ong, PhD & Jennifer Mundt, PhD; Behavioral Sleep Medicine Lab

Clinical Research Coordinator: Acceptance and Self-Compassion Enhancing Narcolepsy Treatment (ASCENT)

B.A. Psychology and Biology (2019)

Hope College, Michigan (Magna Cum Laude)

CLINICAL EXPERIENCE

Gastroenterology Pediatric Psychology, Riley Children's Hospital Outpatient Center, August 2025—Present
Indianapolis, IN

Supervisor: Scott T. Wagoner, Ph.D., HSPP

- Provide individual therapy, consultation, and co-therapy to children and adolescents referred by gastroenterology providers for concerns including chronic abdominal pain, rumination, cyclical vomiting syndrome, encopresis, inflammatory bowel disease, and feeding issues
- Deliver evidence-based interventions including cognitive behavioral therapy (CBT), motivational interviewing, Children's Health and Illness Recovery Program (CHIRP), mindfulness-based approaches, and behavioral parent training
- Conduct intake assessments, collaborate with GI medical teams, and provide integrated care within an embedded specialty clinic in an academic medical center
- Work with youth presenting with co-morbid conditions such as anxiety, depression, ADHD, Autism Spectrum Disorder, and adjustment disorders

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- Perform chart reviews, documented encounters in the electronic health record, and participate in weekly individual supervision with a pediatric psychologist

Grant Title: Strengthening Hearts by Addressing DisruptEd Sleep (SHADES) Mechanistic Trial, IU Indianapolis, February 2023—Present

Cardiometabolic Behavioral Medicine Laboratory, PI: Jesse C. Stewart, Ph.D.

Supervisor: Kendra Stewart, Ph.D., HSPP

- Conduct in-person and telehealth sleep psychoeducation sessions with adult research participants with sleep difficulties in active control arm of a randomized clinical trial
- Administer and score brief assessments to determine symptom severity
- Administer and score SCISD- R

Neuropsychology Clinic, IU School of Medicine Psychiatry Department, November 2024—July 2025 Indianapolis, IN

Supervisor: Daniel F. Rexroth, PsyD.

- Conducted neuropsychology assessments (e.g., WMS-IV, WAIS-IV, MMSE, Wisconsin Card Sorting Task, MMPI-2) for adult patients with cognitive concerns including Alzheimer's Disease, other dementia, traumatic brain injury, and malingering
- Engaged in intake interviews and feedback sessions
- Administered, scored, and interpreted all given assessments
- Wrote integrated reports that were distributed to patient and medical team

Behavioral Sleep Medicine, Indiana University Health, July 2024—July 2025 Indianapolis, IN

Supervisor: Yelena Chernyak, Ph.D., DBSM, HSPP

- Provided in-person and telehealth consultations and evidence-based interventions (e.g., cognitive behavioral therapy for insomnia, CPAP desensitization, hypnotic medication weaning, nightmare rescripting) to adult patients with sleep difficulties
- Provided CBT-I psychoeducation to new patients and assessed readiness to undergo CBT-I
- Conducted pre-surgical evaluations for Inspire Upper Airway Stimulation device in collaboration with the sleep medicine and otorhinolaryngology service line
- Administered and scored brief assessments to determine symptom severity (e.g., ISI, ESS)
- Triage patients and provided referrals for general mental health care and other specialty care services
- Performed chart reviews and wrote SOAP notes in the electronic health record

Raphael Health Center, July 2023—June 2024 Indianapolis, IN

Supervisor: Rachel Zeigler, PsyD.

- Provided behavioral health services in an integrated medical setting for both children and adults, collaborating with medical doctors, dentists, and optometrist to provide full-person care
- Completed warm handoffs with a multidisciplinary team to provide short-term interventions for depression and anxiety, and to address health behaviors such as medication adherence, smoking cessation, and substance use disorders
- Provided long-term psychotherapy for individuals undergoing Medication-Assisted Treatment (MAT) receiving treatment for opioid use disorder, stimulant use disorder, and alcohol use disorder.
- Worked within a community health center where the majority of patients were uninsured and underserved

IUPUI Mental Health Center, August 2022—May 2023

Indiana University Purdue University Indianapolis Department of Psychology, Indianapolis, IN

Supervisor: Deanna Barthlow, PhD, HSPP

- Conducted intake interviews with undergraduate and graduate students at IUPUI seeking therapeutic services for a variety of psychological disorders (e.g., anxiety, depression, sleep concerns, ADHD) and assessment for diagnostic clarification (e.g., ADHD and learning disabilities)
- Provided evidence-based psychotherapy services (e.g., CBT, ACT, and DBT) in person
- Administered test batteries with instruments including the WAIS-IV, WISC-V, MMPI-2, and Conners computerized tasks
- Wrote integrated reports to summarize the patients' presenting problems, our diagnostic impressions, and recommendations and conducted feedback sessions with clients to discuss report

Grant Title: eIMPACT-DM Pilot Trial, Depression Treatment to Reduce the Excess Diabetes Risk of People with Depression and Prediabetes, January 2021—December 2022

Cardiometabolic Behavioral Medicine Laboratory

Mentor: Dr. Jesse C. Stewart, PhD.

- Led the active control condition of the study
- Provided psychoeducation about diabetes and cardiovascular disease
- Completed telehealth phone calls with participants
- Screened for depression symptoms
- Implemented suicidal ideation protection protocol as appropriate
- Worked within a multidisciplinary team for assessment visits

PEER-REVIEWED PUBLICATIONS

Williams, M.K., Shell, A.L., Wu, Wei., MacDonald, K.L., Callahan, C.M., Nurnberger, J.I., Crawford, C. A., **Schuiling, M.D.**, & Stewart, J. C. (in press). Longer-Term Effects of Modernized Collaborative Care for Depression on Multiple Mental Health Factors (eIMPACT): A Randomized Controlled Trial. *Journal of Affective Disorders*.

Schuiling, M.D., Wu, W., Polanka, B.M., Shell, A.L., Williams, M.K., Crawford, C.A., MacDonald, K.L., Nurnberger, J.I., Callahan, C.M., Stewart, J.C. (2025). Effect of Depression Treatment on Subjective Sleep Components Among Primary Care Patients: Data from the eIMPACT Trial. *Journal of Mood and Anxiety Disorders*.

Crawford, C.A., Carson, I.W., Polanka, B.M., Williams, M.K., Higgins, A.B., **Schuiling, M.D.**, Stewart, J.C. (2024). Associations Between Sexual Orientation Dimensions and Cardiometabolic Diseases Data from the National Epidemiologic Survey on Alcohol and Related Conditions-III (NESARC-III). *Psychosomatic Medicine*.

Mundt, J.M., Zee, P.C., **Schuiling, M.D.**, Hakenjos, A.J., Victorson, D.E., Fox, R.S., Dawson, S.C., Rogers, A.E., Ong, J.C. (2024). Development of a Mindfulness-Based Intervention for Narcolepsy: A Feasibility Study. *Sleep*.

Schuiling, M.D., Shell, A.L., Callahan, C.M., Nurnberger, J.I., 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. (2024). 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*.

Mundt, J.M., **Schuiling, M.D.**, Warlick, C., Dietch, J.R., Wescott, A.B., Hagenaaers, M.A., Furst, A., Khorramdel, K., Baron, K.G. (2023). Behavioral and psychological treatments for NREM parasomnias: A systematic review. *Sleep Medicine*.

Schuiling, M.D., Ong, J.C., Zee, P.C., Hakenjos, A.J., Victorson, D.E., Fox, R.S., Rogers, A.E., Mundt, J.M. (2023). Effect of a Mindfulness-Based Intervention on Hypersomnia Symptom Severity in Participants with Narcolepsy: A Preliminary Report, *Sleep*, Volume 46, Issue Supplement 1, May 2023, Pages A265–A266

Ong, J.C. & **Schuiling, M.D.** (2021). Cognitive and behavioral treatments for hypersomnia. Adapting Cognitive Behavioral Therapy for Insomnia, chapter 5.
978-0-12-822872-2 B978-0-12-822872-2.00018-9

Rozema, N., **Schuiling, M.D.**, Thompson, S.O., Griffin, G.D. (2019). The oral microbiome: Health benefits, disease, and neurodegeneration. *Journal of Oral Biology*, 6 (2).

MANUSCRIPTS UNDER REVIEW

Williams, M.K., Crawford, C.A., **Schuiling, M.D.**, Shell, A.L., MacDonald, K.L., Bateman, D.R., Johnson, I.R., Gupta, M.D., Hirsh, A.T., Stewart, J.C. Modernized Collaborative Care for Depression: Impact on Psychological Risk and Protective Factors for Diabetes Among Sociodemographically Diverse Primary Care Patients. *Manuscript under review*.

Crawford, C.A., Shell, A.L., Lipuma, T.C., **Schuiling, M.D.**, Williams, M.K., Stewart, J.C. Effect of Modernized Collaborative Care for Depression on Individual Depressive Symptoms: Data from the eIMPACT Trial. *Manuscript under review*.

MANUSCRIPTS IN PREPARATION

Schuiling, M.D., Minor, K.S., Mosher, C.E., Stewart, J.C. (*finalizing submission*). Behavioral-Social Rhythms and Mental and Physical Health Outcomes: A Systematic Review.

Crawford, C.A., **Schuiling, M.D.**, MacDonald, K.L., Stewart, J.C. (*drafting*). Evaluating Stepped-Care CBT-I on Cardiovascular Risk Biomarkers: Rationale, Design, and Protocol for the Strengthening Hearts by Addressing DisruptEd Sleep (SHADES) Mechanistic Trial.

Stewart, J.C., Bateman, D.R., MacDonald, K.L., Considine, R.V., Saha, C., Shell, A.L., Crawford, C.A., Williams, M.K., **Schuiling, M.D.**, & Saeed, Z.I. (*drafting*). Effect of modernized collaborative care for depression on depressive symptoms and diabetes risk biomarkers: Primary results of eIMPACT-DM pilot trial.

Schuiling, M.D., Keirns, N.G., MacDonald, K.L., Williams, M.K., Bateman, D.R., Stewart, J.C. (*drafting*). Effect of Modernized Collaborative Care for Depression on Diabetes-Relevant Health Behaviors: eIMPACT-DM Pilot Trial.

Yoon, J., **Schuiling, M.D.**, Jones, Z.M., Crawford, C.A., Ambily, G., Stewart, J. (*in progress*). Effect of Successful Depression Treatment on Depressive Symptoms and Cardiovascular Disease Risk Biomarkers: A Secondary Analysis from the eIMPACT Randomized Controlled Trial.

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

ORAL PRESENTATIONS

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- Stewart, J.C., Bateman, D.R., MacDonald, K.L., Considine, R.V., Saha, C., Shell, A.L., Crawford, C.A., Williams, M.K., **Schuiling, M.D.**, & Saeed, Z.I. (2025, March). Effect of modernized collaborative care for depression on depressive symptoms and diabetes risk biomarkers: Primary results of eIMPACT-DM pilot trial. Paper presented at the 82nd annual meeting of the Society for Biopsychosocial Science and Medicine, Seattle, WA.
- Crawford, C.A., Shell, A.L., Lipuma, T.C., **Schuiling, M.D.**, Williams, M.K., Stewart, J.C. (2024, March). Effect of Modernized Collaborative Care for Depression on Individual Depressive Symptoms: Data from the eIMPACT Trial. Paper to be presented at the 81st Annual Scientific Meeting of the American Psychosomatic Society, Brighton, United Kingdom.
- Schuiling, M.D.**, Shell, A.L., Crawford, C.A., Williams, M.K., Lipuma, T.C., Stewart, J.C. (2024, March). Effect of Modernized Collaborative Care for Depression on Incident Cardiovascular Disease Events: Results of the eIMPACT Trial. Paper presented at the 2024 Society of Behavioral Medicine Annual Meeting and Scientific Sessions, Philadelphia, PA.
- 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.
- Mundt, J. M., Zee, P. C., **Schuiling, M. D.**, Hakenjos, A. J., Victorson, D. E., Fox, R. S., Rogers, A. E., & Ong, J. C. (2022, June). Development of a mindfulness-based intervention for narcolepsy: A feasibility study. In J. M. Mundt (Chair), *Innovations in behavioral sleep medicine: Interventions for narcolepsy, sleep apnea, and REM sleep behavior disorder*. Clinical workshop presented at the 36th Annual Meeting of the Associated Professional Sleep Societies, Charlotte, NC.
- 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.
- 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.
- Ong, J. & **Schuiling, M.** (2020, April). *Doing research remotely: Mobile behavioral interventions for sleep/wake disorders*. Presentation given at Neurology Department meeting, Northwestern University Feinberg School of Medicine, Chicago, Illinois.
- Reimink, R., Froelich, K., **Schuiling, M.**, Clyde, D. (2019, June). *Battling Swimmer's Itch: Training, Techniques, Technology*. Presentation given to the Three Lakes Association, Alden, Michigan.
- Clayton, K., Hayden, A., **Schuiling, M.**, Witvliet, C. O., Griffin, G. (2019, May). *How I am study: Accountability in relationships*. Talk given as a Science Department Colloquium, Hope College, Holland, Michigan.

POSTER PRESENTATIONS

- Schuiling, M.D.**, Keirns, N.G., MacDonald, K.L., Williams, M.K., Bateman, D.R., Stewart, J.C. (2025, March). *Effect of Modernized Collaborative Care for Depression on Diabetes-Relevant Health Behaviors: eIMPACT-DM Pilot Trial*. Citation Poster to be presented at the 82nd Annual Scientific Meeting of the Society for Biopsychosocial Science and Medicine, Seattle, WA.
- Lipuma, T.C., Williams, M.K., **Schuiling, M.D.**, 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.
- 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.
- Schuiling, M.D.**, Ong, J.C., Zee, P.C., Hakenjos, A.J., Victorson, D.E., Fox, R.S., Rogers, A.E., Mundt, J.M. (2023, July). *Effect of a Mindfulness-Based Intervention on Hypersomnia Symptom Severity in Participants with Narcolepsy: A Preliminary Report*. Poster to be presented at the 37th Annual Meeting of the Associated Professional Sleep Societies, Indianapolis, IN.
- Mundt, J. M., **Schuiling, M.D.**, Warlick, C., Wescott, A.B., Hageraars, M., Furst, A., Baron, K.G. (2023, July). *Systematic Review of Behavioral Treatments for NREM Parasomnias*. Poster to be presented at the 37th Annual Meeting of the Associated Professional Sleep Societies, Indianapolis, IN.
- 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)*. Poster to be 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 to be presented at the 2022 Annual Scientific Meeting of the American Psychosomatic Society, Long Beach, CA.
- Hayden, A., Clayton, K., **Schuiling, M.D.** (2020, April). *Why is accountability a struggle for some and not others? Empathy is key*. Poster accepted at the annual meeting of Midwestern Psychological Association, Chicago, Illinois (cancelled due to COVID-19). Presented virtually at the Celebration of Undergraduate Research and Creative Activity, Hope College, Holland, Michigan.
- Hayden, A., Clayton, K., **Schuiling, M.D.** (2020, April). *Different mindsets impact the willingness to be accountable to a real-life supervisor*. Poster accepted at the annual meeting of Midwestern Psychological Association, Chicago, Illinois (cancelled due to COVID-19). Presented virtually at the Celebration of Undergraduate Research and Creative Activity, Hope College, Holland, Michigan.
- Clayton, K., Hayden, A., **Schuiling, M.**, Witvliet, C.O., Griffin, G. (2019, April). *The psychophysiology of accountability*. Poster presented at the Celebration of Undergraduate Research & Creative Activity, Hope College, Holland, Michigan.

Schuiling, M.D & Ramsay, I. (2019, March). *Tryptophan gene cloning and homological study in Saccharomyces cerevisiae and Schizosaccharomyces pombe*. Poster presented at the Hope College Molecular Biology Department Showcase, Hope College, Holland, Michigan.

Schuiling, M.D & Murray, K.G. (2017, November). *Isolation and identification of fungistatic compounds from Phytolacca americana and Phytolacca rivinoides*. Poster presented at the Midstates Consortium for Math and Science, Washington University, St. Louis, Missouri.

RESEARCH EXPERIENCE

Graduate Research Coordinator, IUI, February 2023—present

Grant Title: Strengthening Hearts by Addressing Disrupted Sleep (SHADES) Mechanistic Trial (PI: Jesse C. Stewart, PhD)

Objective: The primary objective of this randomized controlled trial is to evaluate the effects of cognitive behavioral therapy for insomnia on changes in biomarkers of candidate cardiovascular disease mechanisms.

- Leading REDCap databases programming and implementation
- Designing procedures for collecting objective sleep parameters via Fitbit Inspire 3 devices and integration with the Fitabase platform
- Administering the SCISD-R to assess insomnia
- Implementing suicidal ideation protection protocol as appropriate
- Conducting pre-treatment visits with multidisciplinary team at a research hospital
- Measuring heart rate variability via Mindware impedance cardiograph
- Leading active control treatment delivery arm
- Data cleaning, scoring, and management

Graduate Research Assistant, IUPUI, August 2021—December 2022

Grant Title: eIMPACT-DM Pilot Trial, Depression Treatment to Reduce the Excess Diabetes Risk of People with Depression and Prediabetes (PI: Jesse C. Stewart, PhD)

Objective: eIMPACT-DM is a pilot randomized controlled trial aimed at investigating the utility of a modernized depression treatment (eIMPACT) in reducing excess diabetes mellitus of depressed primary care patients and identifying associated mechanistic pathways.

- Led data scoring and statistical analysis for primary results of the pilot trial
- Managed IRB documentation & REDCap data collection
- Recruited and screened participants for eligibility
- Assessed basic cognitive functioning, medical and psychiatric status, and depression status
- Obtained informed consent and authorization
- Implemented suicidal ideation protection protocol as appropriate
- Worked within a multidisciplinary team for assessment visits
- Monitored participant flow
- Cleaned, scored, and managed data

Clinical Research Coordinator, Northwestern University FSM, November 2019—August 2021

Grant Title: ASCENT, Awareness and Self-Compassion Enhancing Narcolepsy Treatment Behavioral Sleep Medicine Laboratory

Mentor: Dr. Jason C. Ong, PhD.

- Coordinate all aspects of an NIH-funded clinical trial
- Develop protocols, consent documents, and manual of operations
- Create and manage data collection instruments in REDCap
- Lead recruitment, screening, consent, and neuropsychological testing for all participants
- Organize and run meetings with IRB, DSMB, clinical staff, and multi-site research team

Field/Laboratory Biologist, Freshwater Solutions LLC, June 2019—August 2019

Mentor: Ronald Reimink, M.A.

- Investigated the prevalence and infection rate of cercarial dermatitis (swimmer's itch) and enteric bacteria in Northern Michigan Lakes
- Performed DNA isolation and qPCR on parasite-specific DNA
- Presented research at meetings of the Three Lakes Association to educate community on risk and prevention of swimmer's itch

Research Assistant, Hope College Psychology/Biology Departments, January 2019—May 2019

Mentor: Charlotte Vanoyen-Witvliet, Ph.D.

- Investigated the psychophysiological pathway of human accountability
- Utilized saliva collection, DNA extraction, isolation, purification, and amplification via qPCR to determine trait empathy
- Analyzed heart rate variability on a subset of participants
- Performed SPSS analysis, data cleaning, and reverse scoring of study data

Student Research Consultant, Hope College Career Development Center, September 2017—May 2018

Mentor: Dale Austin, M.A.

- Developed and distributed surveys to area businesses on the role critical thinking plays in their hiring process
- Collected responses from over 80% of businesses contacted
- Developed the curriculum for a critical-thinking certification course in cooperation with the Michigan Colleges Alliance
- Co-led focus groups investigating students' experiences with the course

Field/Laboratory Research Assistant, Hope College Biology Department, December 2016—December 2017

Mentor: Greg Murray, Ph.D.

- Identified and isolated *Isoamericanin A* as the primary chemical defense tactic utilized in *Phytolacca rivinoides* seeds
- Explored the life cycle of endemic species of the Monteverde Cloud Forest in Costa Rica
- Cataloged the reproductive viability and sexuality of over 500 plants
- Collected and analyzed data using SPSS to determine life expectancies and species trends

TEACHING EXPERIENCE

Ethics and Diversity in Psychology (PSY203) Graduate Co-Instructor, IUPUI, Fall 2022—Spring 2023

Co-Lecturer: Peggy Stockdale, PhD

Responsibilities: Developed curriculum for first-time class, assisted in the creation and recording of lectures, constructed eight quizzes according to Bloom's taxonomy, managed a team of five undergraduate student group discussion leaders, graded ethical decision-making papers and personal diversity reflection papers, fielded student questions and emails.

Research Methods (PSY311) Graduate Teaching Assistant, IUPUI, Spring 2022

Lecturer: Debora Herold, PhD

Responsibilities: Grading research methods homework, providing feedback on research proposals, posters for poster sessions, and research reports, fielding student questions and emails, holding office hours.

Statistics (PSY305) Graduate Teaching Assistant, IUPUI, Fall 2021

Lecturer: Dr. Tina Chen, PhD

Responsibilities: Grading statistics homework, assisting in lecture discussion and group-work time, fielding student questions and emails, holding office hours.

Social Psychology Writing Assistant, Hope College, January 2019—May 2019

Mentor: Chuck Green, PhD

Responsibilities: Taught students how to effectively write APA-style research papers, advised students on conducting their own psychology research, performed data analysis for students with Dr. Green and investigated the findings for all research projects, edited and provided feedback on students' assignments for how to improve their work.

AWARDS and HONORS

IU Indianapolis Open Access Publication Scholarship (\$1,350, May 2025)

Graduate and Professional Education Grant (\$500, March 2024)

Psychology Departmental Travel Grant (\$750, March 2024)

IUPUI University Travel Fellowship (\$1,000, March 2024)

Sleep Research Society Trainee Merit Award (\$100, June 2023)

APS Scholars Award (Best Trainee Abstract in its Area) (\$1,000, March 2023)

Graduate and Professional Education Grant (\$500, March 2023)

Psychology Departmental Travel Grant (\$500, March 2023)

IUPUI University Travel Fellowship (\$1,000, March 2022)

Graduate and Professional Education Grant (\$500, March 2022)

Psychology Departmental Travel Grant (\$700, March 2022)

Hope College Biology Departmental Award: DeKruif Scientific Writing Award (May 2019)

Hope College Chapter SIGMA XI Senior Research Award, Hope College (April 2019)

Mortar Board National Honor Society for College Seniors (2018-2019)

City of Holland Sustainability and Quality of Life Research Award (April 2017)

Hope College Dean's List (7/8 semesters)

Hope College Presidential Scholarship, (8/8 semesters)

WORKSHOPS and TRAINING

Systematic Reviewing and Meta-Analysis with R (2025)

Ekin Secinti, PhD

Eli Lilly and Company

Evidence Based Eating Disorders Treatment Workshop (2025)

Alicia Deogracias-Schleich, PhD; Jon Richardson, PsyD

IU Health Charis Center for Eating Disorders

Cognitive Processing Therapy/Prolonged Exposure Therapy/Narrative Exposure Therapy (2024)

Michelle Miller, PhD; Tori Powers, PhD; Kendra Hinton-Froese, PhD

Dialectical Behavioral Therapy (DBT) Workshop (2023)

Tamika Zapolski, PhD

Indiana University Indianapolis

Trauma Informed Care Workshop Member (2023)

Indiana Department of Health

Monthly Seminar with Various Speakers

Core Self Reclamation Therapy Workshop (2023)

SueAnne Piliero, PhD
Fierce Love Inc.

Psychosocial Pre-Surgical Evaluations for Gender Affirming Care (March 2023)

Dr. Nicole Hollingshead, PhD
The Ohio State University

Sleep Wearables Workshop (April 2022)

Dr. Michael Grandner, PhD
University of Arizona Sleep and Health Research Program

Write Winning NIH Grant Proposals (April 2022)

Dr. John D. Robertson, PhD
Indiana University School of Medicine

BREATHE: Improving Well-Being and Reducing Burnout (April 2022)

Dr. Gary Morse, PhD
University of Missouri; Places for People, Inc.

Collaborative Institutional Training Initiative (CITI) (2019)

Current certifications in Biomedical Research, Responsible Conduct of Research, and
Social/Behavioral/Educational Research

ADMINISTERED ASSESSMENTS

Boston Diagnostic Aphasia Examination (BDAE)
Boston Naming Test
Brief Visuospatial Memory Test
California Verbal Learning Test (CVLT-3)
Category Fluency (Animals, Fruits, Vegetables)
Clock Drawing Test
Conners Continuous Auditory test of Attention (CATA)
Conners Continuous Performance Test (CPT-3)
Constructional Praxis Recall
Controlled Oral Word Association Test (COWAT)
Finger Tapping Test
Grooved Pegboard Test
IU Token Test
Judgement of Line Orientation Test (JLO)
Letter Fluency Test (CFL, FAS)
Mini Mental State Examination (MMSE)
Minnesota Multiphasic Personality Inventory (MMPI-2/MMPI-RF)
Repeatable Battery for the Assessment of Neuropsychological Status (RBANS)
Rey Auditory Verbal Learning Test
Rey Complex Figure Test and Recognition Trial
Stroop Color and Word Test
Test of Memory Malingering (TOMM)
Trail Making Test A&B
Wechsler Adult Intelligence Scale-4 (WAIS-IV)
Wechsler Intelligence Scale for Children-4 (WISC-IV)
Wechsler Test of Adult Reading

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Wisconsin Card Sorting Test

Wechsler Memory Scale-4 (WMS-IV)

PROFESSIONAL AFFILIATIONS

Society for Biopsychosocial Science and Medicine (formerly APS), January 2022—Present

The Society of Behavioral Medicine, September 2023—Present

Sleep Research Society, January 2023—Present

Psi Chi National Honor Society, Inducted in 2019

Mortar Board National Honor Society, Inducted in 2018