**Curriculum Vitae**

**Anita Adams**

University of Kentucky

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**Education**

PhD in Clinical Psychology - University of Kentucky (expected 2025) 2018 – Present

**Concentration:** Health Psychology (certificate earned May 2022)

**Mentor:** Suzanne Segerstrom, PhD, MPH

**M.S. in Clinical Psychology – University of Kentucky** September 2020

**Mentor:** Suzanne Segerstrom, PhD, MPH

**B.A. - North Carolina State University** May 2016

Valedictorian of NC State’s Class of 2016

Majors: Psychology and English-Creative Writing

Minors: Cognitive Science, Spanish, and Health, Human Values, and Vaccinations

Cumulative GPA: 4.0; Psychology GPA: 4.0

Honors Capstone Project:“Dzek and Jill Learn What to Feel: Emotions in Russian and American Picture Books.”

**Grants**

NIH Diversity Supplement ($18,387/year) January 2019 – March 2023

Grant #: 3R01AG026307-12S1

* Awarded to high school students, undergraduate students, post-baccalaureate and master’s degree holders, graduate (predoctoral) and health professional students, individuals in postdoctoral training, and investigators developing independent research careers to support the research training of those who are members of an underrepresented group. Funds came from the National Institute of Health (NIH).

CHASS Research Award ($1110) December 2013

* Awarded to a small number of undergraduate students who wish to engage in independent research and/or scholarship in a significant and meaningful way within the College of Humanities and Social Sciences at North Carolina State University. Funds came from the North Carolina State Foundation, which is dedicated to supporting undergraduate student research projects and opportunities.

**Publications**

Tipsword, J. M., Southward, M. W., **Adams, A. M.,** Brake, A., & Badour, C. L. (in press). Daily associations between experiences of trauma-related mental contamination and use of specific coping strategies: Results of a daily monitoring study. *Journal of Interpersonal Violence.*

Chentsova-Dutton, Y., Leontyeva, A., Halberstadt, A. G., & **Adams, A. M.** (2021). And they all lived unhappily ever after: Positive and negative emotions in American and Russian picture books. *Emotion, 21*(8), 1585-1598.

Clasey, J. L., **Adams, A. M**., Geiger, P. J., Segerstrom, S. C., & Crofford, L. J. (2020). Estimation of cardiorespiratory fitness without exercise testing: Cross-validation in midlife and older women. *Women's Health Reports, 1*, 584-591.

**Adams, A. M.,** Smith, G. T., Widiger, T. A.,& Segerstrom, S. C. (under review). Structure and demographic correlates of individual trait responses to emotions.

**Adams, A. M.** & Segerstrom, S. C. (in prep). More to outcomes than meets the eye?: A systematic review of trait responses to emotion and adverse childhood experiences.

**Adams, A. M.,** & Segerstrom, S. C. (in prep). Is COVID-19 “over?”: A multilevel model of COVID-19 protective behaviors and conscientious in older adults.

**Adams, A. M.,** Ward, S., & Segerstrom, S. C. (in prep). Optimism, purpose in life, and negative affect in midlife and older adults.

**Adams, A. M.,** Lawrence, K., Eisenlohr-Moul, T., & Segerstrom, S. C. (in prep). Socioeconomic context (SEC) and later life events.

**Adams, A. M.**, Meyr, K., & Segerstrom, S. C. (in prep). Early life experiences and coping with the COVID-19 pandemic.

McCann, J. P., **Adams, A. M.,** Tipsword, J. M., Semcho, S. A., Flores, J., Hood, C. O., & Badour, C. L. (in prep). Understanding daily associations between PTSD symptoms and motives for non-medical prescription opioid use.

**Presentations and Conferences**

***National Conferences***

**Adams, A. M.,** Meyr, K., & Segerstrom, S. C. (2023, February). *Early life experiences and coping with the COVID-19 pandemic.* Data blitz accepted for presentation at the Society for Personality and Social Psychology, Atlanta, GA.

Tipsword, J. M., Southward, M. W., **Adams, A. M**., Brake, C. A., & Badour, C. L. (2022, November). *Daily associations between trauma-related mental contamination and use of specific coping strategies among women with a history of sexual trauma.* Poster accepted for presentation at the 38th annual meeting of the International Society for Traumatic Stress Studies, Atlanta, GA.

**Adams, A. M.,** & Segerstrom, S. C. (2022, March). *COVID-19 protective behaviors and conscientiousness in older adults.* Poster presented at the American Psychosomatic Society, Long Beach, CA.

**Adams, A.,** Smith, G. T., Widiger, T. A., & Segerstrom, S. C. (2021, February). *Multidimensional structure and demographic correlates of trait responses to emotion.* Poster presented at the Society for Personality and Social Psychology virtual conference.

**Adams, A.,** Smith, G. T., Widiger, T. A., & Segerstrom, S. C. (2020, December). *Demographic correlates of trait responses to emotion.* Poster presented at the American Psychosomatic Society virtual conference.

**Adams, A.,** Smith, G. T., Widiger, T. A., & Segerstrom, S. C. (2020, March). *Response to emotional experience: A multidimensional scaling study in diverse adults.* Poster presentation to be given at “Achieving Health Equity: Opportunities for Psychosomatic Medicine” the 78th Annual Meeting of the American Psychosomatic Society, Long Beach, CA. *Conference cancelled*.

Leontyeva, A., Chentsova-Dutton, Y., Halberstadt, A., & **Adams, A.** (2019, March). *Are emotions costly in a harsh world?* Poster presented at preconference session at the Society for Affective Science, Boston, MA.

Leontyeva, A., Chenstova-Dutton, Y., Halberstadt, A., **Adams, A.,** & Rinker, D. (2019, March). *Negative emotions in Russian and American children’s books.* Poster session presented at the Society for Affective Science, Boston, MA.

Leontyeva A., Chentsova-Dutton, Y., Halberstadt, A., **Adams, A.**, & Rinker D. (2018, March). *Emotions in children's books across two cultures*. Poster session presented at the Advances of Cultural Psychology of the Society of Personality and Social Psychology, Atlanta, GA.

Oertwig, D., Riquelme-Mella, E. H., **Adams, A. M.**, & Halberstadt, A.G. (2017, April). *Beliefs about emotion regulation among Mapuche and non-Mapuche Chilean parents and teachers.* In Halberstadt, A.G. & Friedlmeier, W. (Chairs). Socialization of emotion regulation: Goals and practices around the world. Symposium presented at the Society for Research in Child Development, Austin, TX.

**Adams, A. M.,** Halberstadt, A. G., & Chentsova, Y. (2015, November). “*Dzek and Jill learn what to feel: Emotions in picture books across Russian and American culture.* Poster presented at the Annual Biomedical Research Conference for Minority Students, Seattle, WA.

Bohanek, J. G., **Adams, A. M.,** Leon, E. D., & Halberstadt, A. G. (2015, March). *Mother-child reminiscing and children’s emotion understanding.* Poster presented at the Society for Research in Child Development Conference, Philadelphia, PA.

**Adams, A. M.,** Castro, V. L., & Halberstadt, A. G. (2014, November). *And they all lived happily ever after”: Emotions, emotion regulation, and “happy endings” in American children’s books.* Poster presented at the Annual Biomedical Research Conference for Minority Students, San Antonio, TX.

Rogers, M. L., MacCormack, J. K., Castro, V. L., **Adams, A. M.,** & Halberstadt, A. G. (2014, April). *Mother’s maladaptive emotion regulation strategies mediate between maternal emotion beliefs & children’s socioemotional skills.* Poster presented at the Society for Affective Science Conference, Bethesda, MD.

***Regional and Local Conferences***

Sheehan, M., Tansey, S., Mayo, J., **Adams, A. M.,** Van Valkenburgh, B., & Richards, J. (2017, October). *Monitoring and improving the safety and efficiency of admissions to UNC inpatient psychiatry units from the ED*. Poster presented at the 2017 Quality Expo for the University of North Carolina Hospital, Chapel Hill, NC.

**Adams, A. M.,** Littlejohn, T., & Lucas, S. (2016, April). *"Dzek and Jill learn what to feel": Emotions in picture books across Russian and American culture*. Poster presented at the North Carolina State University Spring Research Symposium, Raleigh, NC.

**Adams, A. M.,** & Shepherd, M. (2015, April). *Sleep inefficiency in relation to personality and emotional reactivity*. Presented at the Carolina Psychology Conference, Raleigh, NC.

**Adams, A. M.,** & Halberstadt, A. G. (2014, July). *“Everything is going to be okay, Billy!”: Emotions in American children’s books.* Poster presented at the North Carolina State University Summer Research Symposium, Raleigh, NC.

**Adams, A. M.,** Brochu, H., Griffin, J., Leon, E. D., & Lozada, F. (2014, April). *Mothers’ coping strategy goals for their 3rd grade children: A mixed methods approach*. Poster presented at the Southwest Psychological Association Conference, San Antonio, TX.

**Clinical Research Experience**

**Thought, Stress, and Immunity Study Research Assistant** August 2019 – October 2022

University of Kentucky

Supervisor: Suzanne Segerstrom, PhD, MPH & Mary Beth Mcgavran, PhD

* Conducted unstructured clinical interviews and neuropsychological and psychological assessments with research participants in a longitudinal research study dedicated to studying the effects of aging over time on health outcomes.
* Maintained rapport with a large caseload of research participants to reduce study attrition.

**Clinical Psychology Graduate Research Assistant** August 2018 - Present

University of Kentucky

Supervisor: Suzanne Segerstrom, PhD, MPH

* Conduct independent research projects investigating emotion-based personality trait development, adverse childhood experiences, and trauma-related outcomes for future publication.
* Provide mentorship to undergraduate research assistants interested in pursuing graduate school and careers in clinical psychology.

**Research Study Coordinator** January 2017 – June 2018

The University of North Carolina at Chapel Hill – Psychiatry Department

Supervisors: Crystal Schiller, PhD & David Rubinow, MD

* Recruited and screened potential research participants for multiple clinical studies, conducted psychological interviews (e.g., Hamilton) to assess psychological symptoms, assessed vitals and side effects of study medications at study visits, drew blood for later processing, labeling, and storage, and dispensed study medications.
* Managed and coordinated staff (e.g., graduate students, work study students, and study physicians).
* Managed and organized study materials and regulatory documents, and entered, managed, and analyzed data for multiple clinical studies.
* Corresponded with the Institutional Review Board (IRB) and other members of the research team and laboratory staff.
* Conducted literature searches and critically evaluated and summarized medical literature for future papers and presentations.

**Psychology Research Experience**

**Research Assistant** August 2013 – December 2016

**Family, Affect, Beliefs & Behaviors Lab**

Supervisor: Amy Halberstadt, PhD

* Led weekly lab meetings as Lab Manager, steered weekly lab discussions, organized weekly lab agendas and documentation of weekly hours, trained and mentored undergraduate lab members in the performance of essential lab duties, and served as liaison between PI/grad students and undergraduate research assistants for division of lab tasks.
* Led a coding team in a two-year long picture book coding project, independently developed coding schemes, templates, and manuals, coded data, trained research assistants on coding tasks, supervised and delegated weekly coding assignments, led weekly reliability meetings, conducted literature reviews, conducted statistical analyses in SPSS, and prepared posters for presentations at national and local conferences.
* Led a translation team with translation of qualitative interviews from Chilean Spanish to English, developed preliminary coding schemes for later data analysis, and compiled, organized, and managed data.
* Coded qualitative data in Dedoose and Word and discussed strategies for reducing codes in weekly Skype meetings.

**Research Assistant** January 2013 – May 2016

**Adult Cognition & Emotion Lab**

Supervisor: Daniel Grühn, PhD

* Led research assistants in three year-long image rating project, trained new research assistants with running the image rating program and the BIOPAC system, organized images in rating system, conducted literature reviews, entered and prepared data, and analyzed data and conducted basic statistical analyses in Excel.
* Conducted a year-long lab experiment with nearly 100 participants, entered, prepared, and analyzed data in BIOPAC and Excel, conducted literature reviews, and prepared and presented findings at local conferences.

**Research Assistant** May 2013 – December 2013

**Memory and Narrative Development Lab**

Supervisor: Lynn Baker-Ward, PhD

* Conducted an experiment in an elementary school in Eastern North Carolina by administering a series of cognitive (e.g., Shape Stroop) and clinical (e.g., WASI II) tests with kindergarten, third, and fifth grade bi- and monolingual children, and organized and entered data in Excel.
* Participated in weekly meetings and helped offer suggestions about expediting data entry and organization.

**Clinical Experience**

**Eastern State Hospital** August 2022 – Present

Supervisor: Lindsay Jasinski, PhD

* Conduct psychological evaluations and testing (e.g., PAI, RBANS, WASI-II, etc.) to determine competency to stand trial, ability to live independently, and guardianship rights for inpatient populations with severe mental illness.
* Administer brief therapy interventions for patient with severe mental illness, traumatic brain injury, and intellectual development disability.
* Implement behavior plans for inpatients with moderate to severe intellectual development disability.
* Provide consultation to psychiatrists, nursing, and social work members for treatment planning and discharge recommendations.

**Bluegrass Health Psychology** August 2021 – June 2022

Supervisor: Jonathan Cole, PhD, ABPP

* Conducted psychological evaluations and testing (e.g., MMPI, PAI, etc.) to determine psychological fitness for treatments for chronic pain and insomnia and risk assessments for opiate abuse.
* Utilized biofeedback technology to treat patients with chronic pain and other health conditions.
* Administered brief behavioral interventions for patients with chronic pain, pre- and post-bariatric surgical concerns, and insomnia conditions.

**University of Kentucky Dentistry - Orofacial Pain Clinic** July 2020 – June 2021

University of Kentucky

Supervisor: Ian Boggero, PhD

* Administered brief behavioral interventions to patients to help manage pain and sleep concerns.
* Conducted initial intakes to assess patient needs and treatment options.
* Provided consultation to dental residents and other staff members for treatment planning and intervention administration.

**Dialectical Behavior Therapist** January 2021 – August 2022

Dialectical Behavior Therapy Clinic, University of Kentucky

Supervisor: Shannon Sauer-Zavala, PhD

* Provided group therapy services to community members in the Lexington area using Dialectical Behavior Therapy to teach effective emotion regulation, distress tolerance, and interpersonal skills.
* Provided individual therapy services to those who are a part of DBT group using a dialectical behavior therapy approach.
* Conducted intake interviews for diagnosis of borderline personality disorder and screening for potential new DBT group members and individual clients.
* Wrote integrative reports to diagnose clients and determine appropriate therapy options.
* Conducted coaching calls and suicide risk assessments for clients in distress to reorient them to effective skill use.

**Jesse G. Harris Jr. Psychological Services Center Student Therapist** Sept 2019 – Aug 2022

University of Kentucky

Supervisor: Shannon Sauer-Zavala, PhD

* Provided individual therapy services to community members in the Lexington area using a cognitive-behavioral approach.
* Utilized a variety of information (e.g., family history, trauma history, social support, culture, demographics, etc.) for case conceptualization, diagnosis, and treatment planning to better tailor therapy approaches and techniques for clients.
* Wrote clinical notes for individual clients.

**University of Kentucky Counseling Center Practicum** August 2019 – March 2020

University of Kentucky

Supervisor: Amber Carter, PsyD & Olivia Szlachta, MA

* Provided individual therapy services to University of Kentucky undergraduate and graduate students using cognitive-behavioral, interpersonal, and family-systems therapy orientation to help manage and treat symptoms of depression, anxiety, and trauma.
* Provided group therapy services to University of Kentucky undergraduate students in an interpersonal process group to help students practice social skills that will increase social connections with others and help students feel more emotionally connected with themselves.
* Utilized a variety of information (e.g., family history, trauma history, social support, culture, demographics, etc.) for case conceptualization and diagnosis to better tailor therapy approaches and techniques for clients.
* Conducted initial intakes under supervision and provided referrals.
* Conducted suicide risk assessments.
* Wrote clinical notes for individual and group clientele.
* Created and presented case presentations about individual clients and about different therapy styles or techniques.

**Personality Assessment** January 2019 – May 2019

University of Kentucky

Supervisor: Cristina Crego, PhD

* Administered the Minnesota Multiphasic Personality Inventory, Second Edition, Restructured Form (MMPI-2-RF), NEO Personality Inventory (NEO-PI-R/3) and Personality Assessment Inventory (PAI) in a semester-long practicum.
* Administered, scored, reported results, and provided feedback, using standard and Finn methods, to undergraduate university students and a psychiatric inpatient.
* Conducted clinical interviews for all assessments.

**Intelligence Assessment** August 2018 – December 2018

University of Kentucky

Supervisor: Gregory Smith, PhD & Cristina Crego, PhD

* Administered the Wechsler Adult Intelligence Scale, Fourth Edition (WAIS-IV) and Wechsler Intelligence Scale for Children, Fifth Edition (WISC-V) in a semester-long practicum.
* Administered, scored, reported results, and provided feedback for WAIS-IV to undergraduate university students and a psychiatric inpatient.
* Administered and scored the WISC-V to an elementary school child, reported results, and provided feedback to school guidance counselor and the child’s parents.
* Conducted clinical interviews for all assessments.

**Additional Clinical Experience**

**Autism Support Specialist** July 2016 – March 2018

The Autism Society of North Carolina

Supervisor: Nina Sherrod

* Provided one-on-one services to individuals with autism ages 5 years through adulthood by teaching them valuable skills to enhance their lives in the areas of social skills, communication, and daily living.
* Provided respite to families of individuals with autism to help foster a relaxed and healthy home environment.

**Psychology Intern** May 2016 – November 2016

* Assisted the Behavioral Mental Health Specialist with daily tasks, such as cognitive and behavioral (e.g., the MMSE) assessments of specific residents.
* Interacted with residents to develop a rapport for future assessment and diagnostic purposes.
* Participated in meetings centered on increasing awareness of staff about specific mental disorders, such as Alzheimer’s.
* Collected data about accomplishments from the psychology sector to be published in a monthly newsletter to the staff.

**Teaching Experience**

**Lecturer** December 2020 – January 2021

University of Kentucky Psychology Department

Supervisor: Rachel Farr, PhD

* Adapted a semester-long Developmental Psychology course for a 6-week Winter Intersession semester.
* Created, recorded, and presented lectures for 35 students for an online Developmental Psychology course.
* Created and graded test and quiz questions, writing assignments, and discussion board posts.
* Assisted students with any questions or issues with the course.

**Teaching Assistant** August 2014 – December 2014

North Carolina State University Psychology Department

Supervisor: John Begeny, PhD

* Created and gave lectures about psychological concepts to a small group of 25 students in an Introduction to Psychology course.
* Led class discussions about psychological topics within course readings, movies viewed in class, and various media sources.
* Created test questions and graded tests and weekly/final papers.
* Participated in weekly TA meetings to discuss lecture materials and led discussion for assigned lecture topics.
* Assisted students with any questions or issues with the course.

**Honors & Scholarships**

Valedictorian of NC State’s Class of 2016 May 2016

Outstanding Academic Achievement in the Psychology Department May 2016

NC State Spring Symposium Best Presentation in Psychology April 2016

University-Endorsed Rhodes Fellowship Nominee August 2015

University-Endorsed Marshall Fellowship Nominee August 2015

IMSD Highest GPA Recipient May 2013 – May 2016

University Honors Program August 2013 – May 2016

Dean’s List August 2012 – May 2016

**Certifications**

Crisis Prevention Institute Certification August 2022 – Present

American Heart Association CPR Certification August 2022 – Present

Clinical Suicidology Certification October 2020 - Present

Preventative Strategies & Physical Interventions Certification July 2017 – July 2018

Research Phlebotomy Certification February 2017

CITI Biomedical Research Certification January 2017 – January 2027

CITI Good Clinical Practice Certification January 2017 – Present

CITI Social/Behavioral Research Certification September 2016 – Present

**Professional Affiliations**

Society for Personality and Social Psychology 2019 - Present

American Psychosomatic Society 2019 - Present

Kentucky Psychological Association 2019 - Present

Phi Beta Kappa 2016 – Present

National Alliance on Mental Illness (NAMI) 2015 – Present

Phi Kappa Phi 2013 – Present

Psi Chi International Honor Society 2013 – Present

Initiative for Maximizing Student Diversity (IMSD) 2013 – 2016

**Skills**

* Clinical interviewing
* Case conceptualization
* Risk assessment
* Diagnosis of psychological disorders
* Implementation of Cognitive Behavioral, Dialectical Behavioral, Interpersonal, Family Systems, Cognitive Processing, Exposure, and brief behavioral intervention strategies
* Clinical note and report writing
* Study coordination, data collection and management skills
* Coordinating large, multidisciplinary research teams
* Time management, attention to detail, and leadership
* Patient and able to work well with others
* Phlebotomy
* Microsoft Office, SPSS, SAS, web-based computer applications, medical record software (e.g., EPIC, Titanium, MedInformatix) and video editing programs (e.g., Sony Vegas Pro and Windows Movie Maker)
* Conversational in Spanish