

# Robert D. Vlisides-Henry

## Curriculum Vitae

University of Utah, Department of Psychology, 380 South 1530 East, Room 502,  
Salt Lake City, UT 84112 | [robert.vlisideshenry@psych.utah.edu](mailto:robert.vlisideshenry@psych.utah.edu) | he/him/his

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### EDUCATION

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- Doctoral Candidate      Clinical Psychology, specialization in Clinical Child and Family  
UNIVERSITY OF UTAH, Salt Lake City, UT  
Dissertation: *Using smartphone-based digital phenotyping to characterize prenatal maternal emotion dysregulation*  
Proposal: May 2021  
Defense: Spring 2022 (anticipated)
- Preliminary Exam Paper: *Digital phenotyping of perinatal mental health: Implications for intervention and prevention through a developmental psychopathology lens*  
Passed: April 2021
- M.S. (2019)      Psychology  
UNIVERSITY OF UTAH, Salt Lake City, UT  
Thesis: *Like mother like daughter (or son): Prenatal exposure to maternal stress and emotion dysregulation as predictors of newborn neurobehavior*
- B.A. (2017)      Psychology and Biology (*Magna Cum Laude*)  
Minor: Neuroscience  
HOPE COLLEGE, Holland, MI

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### RESEARCH and CLINICAL INTERESTS

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Developmental Psychopathology; Emotion Regulation and Dysregulation; Lifespan Transitions; Digital Phenotyping; Methodology; Meta-Science and Best Practices; Longitudinal Modeling; Dynamical Systems; Biomarkers (e.g., Respiratory Sinus Arrhythmia); Self-Harm/Suicide; Behavioral Assessment and Interventions

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### HONORS

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All-Around Commendation (Research, Teaching, & Service), Dept of Psychology, University of Utah (2021)  
Commendation for Service, Dept of Psychology, University of Utah (2019)  
Commendation for Research, Dept of Psychology, University of Utah (2019)  
Graduate Student Travel Assistance Award, University of Utah (2019)  
Junior Scientist Fellowship, APAGS and Psi Chi (2018)  
Clayton Research Fellowship, University of Utah (2018)  
Sigma Xi, Hope College (2017)  
Phi Beta Kappa (2017)  
Psi Chi Regional Research Award, Midwestern Psychological Association (2017)  
Kay Wilson Officer Team Leadership Award, Psi Chi (2016)  
Hope College Dean's List, 7 semesters  
Phage Genomics Honors Research Student, Howard Hughes Medical Inst. (2013–2014)  
Presidential Scholarship, Hope College (2013–2017)

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## GRANT FUNDING

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2018	Maternal stress and emotion dysregulation as predictors of newborn neurobehavior <b>(\$500 total costs)</b> <i>PI: Vlisides-Henry</i>	Student Pilot Grant, University of Utah Consortium for Families and Health Research
2018	Prenatal exposure to maternal stress and emotion dysregulation <b>(\$500 total costs)</b> <i>PI: Vlisides-Henry</i>	Student Grant Competition, APSSC
2016	The impact of grit and self-consciousness on peripheral physiology <b>(\$5,000 total costs)</b> <i>PI: Henry</i>	Undergraduate Summer Research Grant, PSI CHI and CUR
2015	Embodying virtue: A review of the positive psychology and psychophysiology literature <i>PI: Root Luna</i> <i>Student Investigator: Henry</i>	Frost Center for Social Science Research, Hope College

## FELLOWSHIP APPLICATIONS

	<b>Predoctoral National Research Service Award (F31), NIMH</b> <i>Digital phenotyping of prenatal maternal emotion dysregulation as a predictor of newborn neurobehavior</i>
2021	PI: Vlisides-Henry Impact score: 26   Percentile: 19

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## PUBLICATIONS

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\*Data collection and/or analysis plan pre-registered on the Open Science Framework

17. Crowell, S. E., Kaliush, P. R., & **Vlisides-Henry, R. D.** (in press). Borderline Personality Disorder (BPD) Compass is a promising complementary intervention to Dialectical Behavior Therapy. *Personality Disorders: Theory, Research, and Treatment*.
16. Gao, M., Speck, B., Ostlund, B. O., Neff, D., Shakiba, N., **Vlisides-Henry, R. D.**, Kaliush, P. R., Molina, N. C., Thomas, L., Raby, K. L., Conradt, E., & Crowell, S. E. (in press). Early developmental foundations of the physiological dynamics between mothers and infants: The role of newborn neurobehavior. *Child Development*.
15. Huberty, J. L., Puzia, M. E., Green, J., **Vlisides-Henry, R. D.**, Larkey, L., Irwin, M. R., & Laird, B., Vranceanu, A.-M. (in press). A mindfulness meditation mobile app improves depression and anxiety in adults with sleep disturbance: Analysis from a randomized controlled trial. *General Hospital Psychiatry*. <https://doi.org/10.1016/j.genhosppsych.2021.09.004>
14. Kaliush, P. R., Terrell, S., **Vlisides-Henry, R. D.**, Lin, B., Neff, D., Shakiba, N., Conradt, E., & Crowell, S. E. (in press). Influences of adversity across the lifespan on respiratory sinus arrhythmia during pregnancy. *Developmental Psychobiology*.

13. Gao, M. M., Ostlund, B., Brown, M., Kaliush, P., Terrell, S., **Vlisides-Henry, R. D.**, Raby, L., Crowell, S.E., & Conradt, E. (in press). Prenatal maternal transdiagnostic, RDoC-informed, predictors of newborn neurobehavior: Differences by sex. *Development and Psychopathology*.  
<https://doi.org/10.1017/S0954579420002266>
12. **Vlisides-Henry, R. D.**, Cinader, M., & Griffin G. D. (2021). Determining the oxytocin receptor rs53576 genotype in human cell lines. *Academia Letters*, Article Number 3271. <https://doi.org/10.20935/AL3271>
11. Huberty, J. L., Puzia, M. E., **Vlisides-Henry, R. D.**, Larkey, L., Irwin, M. R., & Laird, B., Vranceanu, A.-M. (2021). Effects of a meditation mobile app on depression and anxiety in adults with sleep disturbance: A randomized controlled trial. *Annals of Behavioral Medicine*, 55, S174.
10. **Vlisides-Henry, R. D.**, Gao, M., Thomas, L., Kaliush, P. R., Conradt, E., & Crowell, S. E. (2021). Digital phenotyping of emotion dysregulation across lifespan transitions to better understand psychopathology risk. *Frontiers in Psychiatry*, 12, 618442. <https://doi.org/10.3389/fpsyt.2021.618442>
9. Loughheed, J. P., **Vlisides-Henry, R. D.**, & Crowell, S. E. (2021). Advancing models and methods of emotional concordance. *Biological Psychology*, 162, 108112.  
<https://doi.org/10.1016/j.biopsycho.2021.108112>
8. \***Vlisides-Henry, R. D.**, Deboeck, P. R., Grill-Velasquez, W., Mackey, S., Ramadurai, D. K. A., Urry, J. O., Neff, D., Terrell, S., Gao, M., Thomas, L., Conradt, E., & Crowell, S. E. (2021). Behavioral and physiological stress responses: Within-person concordance during pregnancy. *Biological Psychology*, 159, 108027. <https://doi.org/10.1016/j.biopsycho.2021.108027>
7. Huberty, J. L., Green, J., Puzia, M. E., Larkey, L., Laird, B., Vranceanu, A.-M., **Vlisides-Henry, R. D.**, & Irwin, M. R. (2021). Testing a mindfulness meditation mobile app, Calm, for the treatment of daytime symptoms in adults with sleep disturbance: a randomized controlled trial. *PLOS ONE*, 16(1), e0244717.  
<https://doi.org/10.1371/journal.pone.0244717>
6. Kaliush, P. R., Gao, M., **Vlisides-Henry, R. D.**, Thomas, L. R., Butner, J. E., Conradt, E., & Crowell, S. E. (2021). Perinatal foundations of personality pathology from a dynamical systems perspective. *Current Opinion in Psychology*, 37, 121–128. <https://doi.org/10.1016/j.copsy.2020.12.003>
5. Witvliet, C. V. O., Root Luna, L. M., **Vlisides-Henry, R. D.**, & Griffin, G. D. (2020). Consecutive reappraisal strategies strengthen and sustain empathy and forgiveness: Utilizing compassion and benefit finding while holding offenders accountable. *Journal of Positive Psychology*, 15(3), 362–372.  
<http://doi.org/10.1080/17439760.2019.1615104>
4. **Vlisides-Henry, R. D.** (2019). *Like mother like daughter (or son): Prenatal exposure to maternal stress and emotion dysregulation as predictors of newborn neurobehavior* (Publication No. 22584991) [Master's thesis, University of Utah]. ProQuest Dissertations Publishing.
3. \*Ostlund, B. D., **Vlisides-Henry, R. D.**, Crowell, S. E., Raby, K. L., Terrell, S., Brown, M., Tinajero, R., Shakiba, N., Monk, C., Shakib, J. H., Buchi, K. F., & Conradt, E. (2019). Intergenerational transmission of emotion dysregulation: Part II. Developmental origins of newborn neurobehavioral risk for psychopathology. *Development and Psychopathology*, 31(3), 833–846.  
<http://doi.org/10.1017/S0954579419000440>
2. Witvliet, C. V. O., Root Luna, L. M., VanderStoep, J. V., **Vlisides-Henry, R. D.**, Gonzalez, T., & Griffin, G. D. (2019). OXTR rs53576 and gender predict trait gratitude through empathy. *Journal of Positive Psychology*, 14(4), 417–426. <http://doi.org/10.1080/17439760.2018.1460689>

1. Pope, W. H., Bowman, C. A., Russell, D. A., Jacobs-Sera, D., Asai, D. J., Cresawn, S. G., Jacobs Jr., W. R., Hendrix, R. W., Lawrence, J. G., Hatfull, G. F., the members of Science Education Alliance Phage Hunters Advancing Genomics and Evolutionary Science [including **Henry, R. D.**], the members of Phage Hunters Integrating Research and Education, & the members of Mycobacterial Genetics Course. (2015). Whole genome comparison of a large collection of mycobacteriophages reveals a continuum of phage genetic diversity. *eLife*, 4, e06416. <http://doi.org/10.7554/elife.06416>
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#### MANUSCRIPTS UNDER REVIEW and IN PREPARATION

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- \***Vlisides-Henry, R. D.**, Terrell, S., Santana, M., Molina, N., Kaliush, P. R., Gao, M., Conradt, E., Raby, K. L., Dorn, U. P., Smid, M. C., & Crowell, S. E. (under review). Predicting newborn birth outcomes with prenatal maternal health features: A machine learning approach.
- Vlisides-Henry, R. D.**, Baucom, B. R. W., & Crowell, S. E. (in prep). Aligning observational coding methods with the open science movement.
- Conradt, E., Priddy, S., **Vlisides-Henry, R. D.**, Kaliush, P. R., Ostlund, B. D., Terrell, S., Saenz, C., Crowell, S. E., Smid, M., Shakib, J. H., & Garland, E. (in prep). Prenatal exposure to opioids and maternal dysregulated mood: Associations with maternal physiology and newborn neurobehavior.
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#### GUEST EDITED JOURNAL SPECIAL ISSUES

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1. Crowell, S. E., **Vlisides-Henry, R. D.**, & Loughheed, J., P. (Eds.). (2021). Biological, emotional, and behavioral concordance: Multi-level, multi-person approaches to health across the lifespan [Special issue]. *Biological Psychology*.
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#### BOOK CHAPTERS

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5. Crowell, S. E., Kaliush, P. R., **Vlisides-Henry, R. D.**, Molina, N. (in press). Dialectical Behavior Therapy for personality disorders. In R. D. Feinstein (Ed.), *Personality disorders: Multi-theoretical viewpoints*. Oxford.
  4. Crowell, S. E., **Vlisides-Henry, R. D.**, & Kaliush, P. R. (2020). Emotion generation and regulation as multilevel transdiagnostic constructs. In T. P. Beauchaine & S. E. Crowell (Eds.), *Oxford handbook of emotion dysregulation* (pp. 85–98). Oxford.
  3. **Vlisides-Henry, R. D.**, Crowell, S. E., Kaufman, E. A., & Lin, B. (2020). Social processes and dyadic designs. In A. G. C. Wright & M. N. Hallquist (Eds.), *Cambridge handbook of research methods in clinical psychology* (pp. 337–349). Cambridge.
  2. Kaliush, P. R., **Vlisides-Henry, R. D.**, & Crowell, S. E. (2020). Complexity and transactions: Author rejoinder to commentaries on assessment of mechanisms in personality disorders. In Lejuez, C. W. & Gratz, K. L. (Eds.), *Cambridge handbook of personality disorders* (pp 396–398). Cambridge.
  1. Crowell, S. E., Kaliush, P. R., & **Vlisides-Henry, R. D.** (2020). Assessment of mechanisms in personality disorders. In C. W. Lejuez & K. L. Gratz (Eds.), *Cambridge handbook of personality disorders* (pp. 375–388). Cambridge.
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#### CONFERENCE PRESENTATIONS

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31. **Vlisides-Henry, R. D.**, Terrell, S., Santana, M. L., Raby, K. L., Dorn, U., Gao, M., Parisa Kaliush, P. R., Smid, M., Conradt, E., & Crowell, S. E. (2021, April 7–9). *Machine learning reveals that prior pregnancy experiences, race/ethnicity, and emotion dysregulation predict newborn health outcomes* [Flash talk paper presentation]. Society for Research in Child Development Virtual Biennial Meeting.
30. Kaliush, P. R., Isenhour, J., Brown, M., **Vlisides-Henry, R. D.**, Gao, M., Raby, K. L., Conradt, E., & Crowell, S. E. (2021, April 7–9). Parenting among women with and without SITB histories: A call for transdiagnostic perinatal health care. In S. E. Crowell & S. O'Grady (Chairs), *Self-injurious thoughts and behaviors in understudied samples across the lifespan: Implications for transdiagnostic interventions* [Symposium]. Society for Research in Child Development Virtual Biennial Meeting.
29. Brown, M. A., Gao, M., Santana, M. L., Neff, D., **Vlisides-Henry, R. D.**, Tao, M., Crowell, S. E., Raby, K. L., & Conradt, E. (2021, April 7–9). Emotionally dysregulated mothers give birth earlier and receive less social support over time during coronavirus pandemic. In H. Gustafsson & E. Sullivan (Chairs), *Maternal perinatal mental health in the context of the COVID-19 pandemic* [Symposium]. Society for Research in Child Development Virtual Biennial Meeting.
28. Shakiba, N., Crowell, S. E., Raby, K. L., Ostlund, B., Terrell, S. Brown, M., Kaliush, P. R., **Vlisides-Henry, R. D.**, Speck, B., Neff, D., & Conradt, E. (2021, April 7–9). Testing competing models of the intergenerational transmission of emotion dysregulation. In K. Rudd & N. Bush (Chairs), *A multisystem perspective for understanding the role of physiological regulation in child development* [Symposium]. Society for Research in Child Development Virtual Biennial Meeting.
27. Conradt, E., Priddy, S., **Vlisides-Henry, R. D.**, Kaliush, P. R., Ostlund, B., Terrell, S.; Saenz, C., Crowell, S. E., Smid, M., & Garland, E. (2021, April 7–9). Prenatal exposure to opioids and maternal dysregulated mood: Associations with maternal physiology and newborn neurobehavior. In A. Tabachnick & M. Labella (Chairs), *Effects of prenatal substance exposure and postnatal environment on autonomic physiology: From pregnancy to adolescence* [Symposium]. Society for Research in Child Development Virtual Biennial Meeting.
26. **Vlisides-Henry, R. D.**, Crowell, S. E., Butner, J., Terrell, S., Neff, D., Shakiba, N., Ostlund, B. D., & Conradt, E. (2020, July 6–9). *Intrapersonal dynamics: Physiological-behavioral coordination as a marker of prenatal emotion dysregulation* [Poster presentation]. International Congress of Infant Studies Biennial Meeting, Glasgow, Scotland, United Kingdom [Presented virtually due to COVID-19].
25. Terrell, S., Conradt, E., Brown, M., Olavson, K., Santana, M., **Vlisides-Henry, R. D.**, Smid, M. C., & Crowell, S. E. (2020, July 6–9). *Prenatal maternal emotion dysregulation has indirect effects on newborn growth and health through psychotropic medication usage* [Poster presentation]. International Congress of Infant Studies Biennial Meeting, Glasgow, Scotland, United Kingdom [Presented virtually due to COVID-19].
24. Kaliush, P. R., Conradt, E., Raby, K. L., Neff, D., **Vlisides-Henry, R. D.**, Terrell, S., & Crowell, S. E. (2020, June 26–27). *Mental health experiences and suicidal thoughts among pregnant women with histories of self-injurious behaviors* [Oral presentation]. International Society for the Study of Self-Injury Annual Conference, Vienna, Austria [Presented virtually due to COVID-19].
23. **Vlisides-Henry, R. D.**, Kaliush, P. R., Crowell, S. E., Ostlund, B. D., Brown, M., Shakiba, N., Terrell, S., Smid, M. C., & Conradt, E. (2019, November 21–24). Maternal prenatal anxious behavior predicts newborn outcomes: Implications for maternal and neonatal health care. In S. N. Hellberg & J. S. Abramowitz (Chairs), *Advances in perinatal mental health: extending the reach of cognitive-behavioral science to an understudied, vulnerable population* [Symposium]. Association for Behavioral and Cognitive Therapies Annual Convention, Atlanta, GA, United States.

22. Crowell, S. E., Butner, J., Neff, D., Terrell, S., Kaliush, P. R., **Vlisides-Henry, R. D.**, Brown, M., & Conradt, E. (2019, March 21–23). Emotion dysregulation across generations: Mother-infant dynamics and risk transmission. In J. Loughheed (Chair), *Dynamic approaches to parent-child interactions from infancy to adolescence* [Symposium]. Society for Research in Child Development Biennial Meeting, Baltimore, MD, United States.
21. **Vlisides-Henry, R. D.**, Ostlund, B. D., Terrell, S., Brown, M., Conradt, E., & Crowell, S. E. (2019, March 21–23), *Pregnant women's self-reported emotion dysregulation predicts newborn neurobehavior* [Poster presentation]. Society for Research in Child Development Biennial Meeting, Baltimore, MD, United States.
20. Neff, D., Brown, M., Terrell, S., Ostlund, B. D., Kaliush, P. R., **Vlisides-Henry, R. D.**, Crowell, S. E., & Conradt, E. (2019, March 21–23). *Prenatal programming of the infant sympathetic nervous system* [Poster presentation]. Society for Research in Child Development Biennial Meeting, Baltimore, MD, United States.
19. Allen, A. K., Ostlund, B. D., Terrell, S., Brown, M., Kaliush, P. R., **Vlisides-Henry, R. D.**, Crowell, S. E., & Conradt, E. (2019, March 21–23). *Maternal borderline personality disorder and physiologic stress responding during the third trimester of pregnancy* [Poster presentation]. Society for Research in Child Development Biennial Meeting, Baltimore, MD, United States.
18. Kaliush, P. R., Crowell, S. E., **Vlisides-Henry, R. D.**, Terrell, S., & Conradt, E. (2018, November 15–18). Self-injury, suicidality, and psychopathology in pregnancy: Psychophysiological response patterns to a baby cry stressor. In K. James and A. Tsypes (Chairs), *Using cutting-edge approaches to advance our understanding and treatment of self-harming thoughts and behaviors* [Symposium]. Association for Behavioral and Cognitive Therapies Annual Convention, Washington, DC, United States.
17. **Vlisides-Henry, R. D.**, Ostlund, B. D., Conradt, E., & Crowell, S. E. (2018, June 30–July 3). *Associations between maternal emotion dysregulation during pregnancy and newborn neurobehavior* [Poster presentation]. International Congress of Infant Studies Biennial Meeting, Philadelphia, PA, United States.
16. **Henry, R. D.**, & Root Luna, L. M. (2017, July 13–16). *Reflecting on grit: The physiological markers of self-consciousness and a gritty personality* [Poster presentation]. Fifth World Congress on Positive Psychology, Montréal, Québec, Canada.
15. **Henry, R. D.**, Gonzalez, T., Moffat, S., Miller, M., Perkins, E., Johnson, E., Witvliet, C. V. O., Griffin, G., Root Luna, L. M., VanderStoep, J. (2017, April 21). *Genetics, gender, and gratitude* [Poster presentation]. Annual Hope College Celebration of Undergraduate Research and Creative Performance, Holland, MI, United States.
14. Pikaart, K., Cinader, M., Gonzalez, T., Greene, K., **Henry, R. D.**, Moffat, S., Nyugen, A., Zhang, T., Griffin, G. (2017, April 21). *Investigating the influence of oxytocin receptor genotype on receptor sensitivity – An in vitro study* [Poster presentation]. Annual Hope College Celebration of Undergraduate Research and Creative Performance, Holland, MI, United States.
13. Bernal, N. J., Collins, J., Van Eyl, A., Loker, R., **Henry, R. D.**, Root Luna, L. M., Giannini, H., & Witvliet, C. V. O. (2017, April 20–22). *Flourishing and the unity of virtues* [Poster presentation]. Midwestern Psychological Association Annual Meeting, Chicago, IL, United States.
12. Gonzalez, T., Johnson, E., Moffat, S., **Henry, R. D.**, Perkins, E., Miller, M., Werkema, C., Griffin, G., Witvliet, C. V. O., & Root Luna, L. M. (2017, April 20–22) *Genotypic variations of the oxytocin receptor influence forgiveness traits* [Poster presentation]. Midwestern Psychological Association Annual Meeting, Chicago, IL, United States.

11. **Henry, R. D.**, Perkins, E., Miller, M., Moffat, S., Werkema, C., Witvliet, C. V. O., Root Luna, L. M., & Griffin, G. (2017, April 20–22). *Flourishing after an offense: How compassion and benefit-finding work together to promote forgiveness and well-being* [Poster presentation]. Midwestern Psychological Association Annual Meeting, Chicago, IL, United States.
10. **Henry, R. D.**, & Root Luna, L. M. (2017, April 20–22). *Does grit crack under pressure? Trait grit, primed self-awareness, and the influence on physiology* [Poster presentation]. Midwestern Psychological Association Annual Meeting, Chicago, IL, United States. **\*\*Psi Chi Regional Research Award Winner\*\***
9. Werkema, C., Miller, M., Perkins, E., **Henry, R. D.**, Moffat, S., Witvliet, C. V. O., Griffin, G., & Root Luna, L. M. (2017, April 20–22). *If the person who offended you walked into the room right now, what would you do?* [Poster presentation]. Midwestern Psychological Association Annual Meeting, Chicago, IL, United States.
8. **Henry, R. D.**, & Root Luna, L. M. (2017, January 19–21). *Don't look at me! The impact of grit and self-consciousness on peripheral physiology* [Poster presentation]. Society of Personality and Social Psychology Annual Convention, San Antonio, TX, United States.
7. **Henry, R. D.**, Bernal, N. J., Richie, F., Snyder, A., Root Luna, L. M., & Witvliet, C. V. O. (2016, May 5–7). *Adaptive regulation strategies in response to transgression rumination: Analysis of written responses following acceptance or reappraisal training* [Poster presentation]. Midwestern Psychological Association Annual Meeting, Chicago, IL, United States.
6. Snyder, A., Richie, F., **Henry, R. D.**, Bernal, N. J., Root Luna, L. M., & Witvliet, C. V. O. (2016, May 5–7). *Coping with an interpersonal transgression: The impact of brief reappraisal, acceptance, and rumination inductions on forgiveness and short-term emotions* [Poster presentation]. Midwestern Psychological Association Annual Meeting, Chicago, IL, United States.
5. Black, A., Gonzalez, T., **Henry, R. D.**, Milad, M., Miller, M., Moffat, S., Perkins, E., Ryan, M., Werkema, C., Witvliet, C. V. O., Griffin, G., & Root Luna, L. M. (2016, April 15). *Oxytocin receptor gene variation and forgiveness: A study of traits and states* [Poster presentation]. Annual Hope College Celebration of Undergraduate Research and Creative Performance, Hope College, Holland, MI, United States.
4. **Henry, R. D.**, Root Luna, L. M., & Witvliet, C. V. O. (2016, April 15). *Embodied virtues: A review of peripheral physiological associations with human strengths* [Poster presentation]. Annual Hope College Celebration of Undergraduate Research and Creative Performance, Hope College, Holland, MI, United States.
3. **Henry, R. D.**, Root Luna, L. M., & Witvliet, C. V. O. (2015, September 11). *Embodied virtues and peripheral psychophysiology: A review of the physiological correlates of human strengths and virtues* [Poster presentation]. Annual Arts and Humanities and Social Sciences Summer Collaborative Showcase, Hope College, Holland, MI, United States.
2. Root Luna, L. M., & **Henry, R. D.** (2015, June 18). *Virtues and psychophysiology: What do we know?* [Poster presentation]. Annual Research Day for Prospective Students, Hope College, Holland, MI, United States.
1. Alexander, C., Deeg, C., DeGlopper, K., Dorn, S., Ensink, E., Gager, C., **Henry, R. D.**, Masiak, A., May, R., Moffat, S., Schaar, C., Sellers, L., Trentadue, K., & Stuke, J. (2014, April 11). *Isolation of 32 mycobacteriophages and genomic analysis of the novel mycobacteriophage, roscoe* [Poster presentation]. Annual Hope College Celebration of Undergraduate Research and Creative Performance, Holland, MI, United States.



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## ACADEMIC TALKS

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4. **Vlisides-Henry, R. D.** (2019, October 4). *An introduction to machine learning*. Developmental Psychology Brownbag Series, University of Utah, Salt Lake City, UT, United States.
3. Buelow, M. T., **Henry, R. D.**, Root Luna, L. M., & Miller, T. (2017, April 20–22). *Awards, grants, and leadership: How to increase your involvement with Psi Chi*. Midwestern Psychological Association Annual Meeting, Chicago, IL, United States.
2. **Henry, R. D.** (2016, June 9). *How grit and self-consciousness influence physiology*. Annual research day for prospective students, Hope College, Holland, MI, United States.
1. Black, A., **Henry, R. D.**, Milad, M., Miller, M., Moffat, S., Perkins, E., & Witvliet, C. V. O. (2016, April 15). *Forgiveness: A study of strategies and genetics*. PSY 390 Department Colloquium, Hope College, Holland, MI, United States.

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## COMMUNITY OUTREACH and MEDIA ENGAGEMENT

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7. **Vlisides-Henry, R. D.**, Bautista, L., Vehar, J., Wyant-Stein, K. (2021, March 19). *Psychology as a science and profession at the University of Utah* [Outreach presentation]. SLC School District—Math, Engineering, Science Achievement (MESA) Program, Salt Lake City, UT, United States.
6. Kaliush, P. R., & **Vlisides-Henry, R. D.** (2020, August 8). *Recognizing and responding to childhood trauma: A call to action* [Webinar]. Goals of a Feather, St. Lucia.
5. **Vlisides-Henry, R. D.**, Barhorst-Cates, E., Campbell, M. S., & Geerling, D. (2018, October 26). *Psychology as a hub science and our own research* [Outreach presentation]. SUCCESS Academy High School, St. George, UT, United States.
4. **Vlisides-Henry, R. D.** (for St. George News). (2018, September 24). Successful outreach visit from university psychology department prompts more visits to rural schools [Press release]. *St. George News*. <http://www.cedarcityutah.com/news/archive/2018/09/24/prc-successful-outreach-visit-from-university-psychology-department-prompts-more-visits-to-rural-schools/#.W6kr3RNKh-U>
3. **Vlisides-Henry, R. D.**, Castro, S., Nicora, G. L., Padilla, L., & Simms, M. (2018, May 11). *Psychology as a hub science and our own research* [Outreach presentation]. SUCCESS Academy High School, Cedar City, UT, United States.
2. **Vlisides-Henry, R. D.**, Nicora, G. L., Stefanucci, J. (2018, February 8). *University of Utah department of psychology outreach* [Outreach presentation]. Utah Rural Schools Association Board Quarterly Meeting, Utah State Capitol, Salt Lake City, UT, United States.
1. **Henry, R. D.** (Featured Guest), & Martin, R. C. (Host). (2017, April 20–22). Live from the 2017 Midwestern Psychological Association conference (No. 38) [Audio podcast episode]. In *Psychology and stuff*. University of Wisconsin–Green Bay Psychology Department. [blog.uwgb.edu/uwgbpsych/episode38/](http://blog.uwgb.edu/uwgbpsych/episode38/)

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## RESEARCH EXPERIENCE

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08/17 –	<b>Graduate Research Assistant, Dept. of Psychology</b>
Present	University of Utah, Salt Lake City, UT



Primary Supervisors: Sheila E. Crowell, Ph.D., & Elisabeth Conradt, Ph.D.

Responsibilities: Assisting with multiple NIMH-funded research projects (R21MH109777; R01MH119070) on the intergenerational transmission of emotion dysregulation. I have collected clinical interview, physiological, and self-report data. Led the project's heart rate variability data collection and processing team. Trained undergraduates in physiological data collection as well as observational coding and clinical interviewing. More recently began serving as a statistical consultant for our project's longitudinal R01 study to assist graduate students and PIs with manuscript preparation.

**Undergraduate Research Assistant, Dept. of Neuroscience**

Hope College, Holland, MI

Primary Supervisor: Gerald Griffin, Ph.D.

08/16 – 05/17 Responsibilities: Collected and analyzed saliva samples for an internally funded project via molecular biology wet lab procedures. Developed and published a novel procedure for genotyping the OXTR rs53576 single nucleotide polymorphism.

**Undergraduate Research Assistant, Dept. of Psychology**

Hope College, Holland, MI

Primary Supervisors: Lindsey Root Luna, Ph.D., & Charlotte Witvliet, Ph.D.

06/15 – 05/17 Responsibilities: With internal grant funding, conducted a literature review on psychophysiology and positive virtues. Helped PIs coordinate psychophysiology and genetics research by collecting and cleaning data from undergraduate participants (e.g., skin conductance, heart rate, saliva samples) and overseeing training of junior undergraduates. Aggregated qualitative data on participants' written responses. Worked with PIs and students to aggregate and present data at local and regional conferences.

**Undergraduate Research Assistant, Dept. of Biology**

Hope College, Holland, MI

Primary Supervisor: Virginia McDonough, Ph.D.

08/13 – 01/15 Responsibilities: Assisted PI in their research on the molecular biology of the mycobacteriophage vix80 gene product via wet lab procedures (e.g., pipetting, electrophoresis, PCR, mini-prep, western blots).

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**CLINICAL EXPERIENCE**

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**Graduate Trainee, Trauma, Stress, & Resilience Team**

Utah Center for Evidence Based Treatment, Salt Lake City, UT

Primary Supervisor: Shelle Welty, Psy.D.

05/21 – Present Responsibilities: Primarily conducting intake interviews and empirically supported treatments for trauma (e.g., CPT, Prolonged Exposure) and significant life stress. Secondarily supervised by Dialectical Behavior Therapy (DBT) consultation team and administering comprehensive DBT (i.e., individual, phone coaching, & skills groups) to children, adolescents, and young adults.

Face-to-face hours accrued, as of Oct 15, 2021 (telehealth): 153.5

Face-to-face hours accrued, as of Oct 15, 2021 (in-person): 21.5

**Graduate Trainee, Anxiety & Mood Disorders Team**

Utah Center for Evidence Based Treatment, Salt Lake City, UT

05/20 – 05/21

Primary Supervisor: Karli Meredith, Ph.D.

Responsibilities: Primarily provided empirically supported individual and group therapies (e.g., CBT, ACT) and intake interviews for patients across the lifespan with a variety of mood and anxiety disorders, as well as insomnia, ADHD, and chronic pain. Secondarily supervised by Trauma, Stress, & Resilience consultation team and administered trauma-specific therapies for adolescents and adults (e.g., CPT, Prolonged Exposure).

Face-to-face hours accrued (all telehealth): 257.5

**Graduate Trainee, Pediatric Girls Unit**

Utah State Hospital, Provo, UT

Primary Supervisor: Jennifer Morrill, Ph.D.

08/19 – 04/20 Responsibilities: Conducted comprehensive psychological assessments for inpatient adolescent females. Batteries consisted of a clinical interview, neuropsychological and intellectual testing, and personality measures.

Face-to-face hours accrued: 30

Comprehensive reports written: 5

**Graduate Trainee, Forensic Unit**

Utah State Hospital, Provo, UT

Primary Supervisor: Brian Bitting, Ph.D.

08/19 – 12/19 Responsibilities: Shadowed forensic psychologists as they conducted competency to stand trial evaluations for severely mentally ill adults. Contributed to didactic meetings (journal clubs).

Face-to-face hours accrued: 6.25

Competency to Stand Trial reports written (non-comprehensive): 1

**CBT Practicum Trainee, University Counseling Center**

University of Utah, Salt Lake City, UT

Primary Supervisor: David Rozek, Ph.D.

08/18 – 05/19 Responsibilities: Provided individual evidence-based therapy for university students with various presenting problems, including mood, anxiety, and developmental disorders.

Face-to-face hours accrued: 21

**Assessment Practicum Trainee, University Counseling Center**

University of Utah, Salt Lake City, UT

Primary Supervisor: Sommer Thorgusen, Ph.D.

08/18 – 05/19 Responsibilities: Conducted psychological assessments for university students with learning and intellectual disabilities, attention deficits, and internalizing and externalizing disorders. Administered, scored, and interpreted cognitive and personality assessments and prepared comprehensive psychological reports. Provided feedback to students.

Face-to-face hours accrued: 36

Comprehensive reports written: 5

09/17 –  
Present

**Research Study Clinical Interviewer**

University of Utah, Salt Lake City, UT

Primary Supervisor: Sheila E. Crowell, Ph.D.

Responsibilities: Conducted semi-structured and structured interviews with pregnant and postnatal participants. Interviews included aspects of the SCID for major depression and borderline personality, the Lifetime Suicide Attempt Self-injury Interview (L-SASI), and the UCLA Life Stress Interview (LSI).

Face-to-face hours accrued, as of Oct 15, 2021 (telehealth): 79.25

Face-to-face hours accrued, as of Oct 15, 2021 (in-person): 51

**Undergraduate Intern Psychometrist**

Pine Rest Mental Health Center, Grand Rapids, MI

04/16 – 09/16 Responsibilities: Evaluated patients prior to seeing a licensed clinician by administering and scoring a series of brief measures of intelligence, personality, and psychopathology.

**Counseling Center Volunteer**

Holland Free Health Clinic, Holland, MI

01/15 – 08/15 Responsibilities: Coordinated clinicians' schedules, screened potential patients over the phone via a series of questions about their concerns, and served as a liaison between clinicians and administration.

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**STATISTICAL and METHODOLOGICAL WORKSHOPS**

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07/21 *Group Iterative Multiple Model Estimation (GIMME)*, Pittsburgh Summer Methodology Series, 2-Day Online Workshop  
Instructor: K. M. Gates, Ph.D.

05/21 – 06/21 *Designing Simulations for Power Analysis (and Other Things): A Hands-on Workshop Series Using R*, SREE, 4-Day Online Workshop  
Instructors: J. E. Pustejovsky, Ph.D., & L. W. Miratrix, Ph.D.

07/19 – 08/19 *Machine Learning: Uncovering Hidden Structure in Data*, ICPSR, 5-Day Workshop, University of California, Berkeley  
Instructor: C. Hare, Ph.D.

05/18 *Dynamical Systems Analysis*, ICPSR, 5-Day Workshop, University of Utah  
Instructors: J. Butner, Ph.D., & B. R. W. Baucom, Ph.D.

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**CLINICAL WORKSHOPS and TRAININGS**

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11/21 *Clinical Foundations Gottman Method Couples Therapy*, Gottman Institute  
Instructors: J. Gottman, Ph.D., & J. S. Gottman, Ph.D.

08/20 *Telepsychology Best Practices 101*, American Psychological Association  
Instructor: M. Maheu, Ph.D.

09/18 *Adolescent Self-Harm and Practice Skills*, University of Utah  
Instructors: D. Mitchell, L.C.S.W., & M. Riquino, L.C.S.W.

08/18 *Motivational Interviewing*, University Counseling Center, University of Utah  
Instructor: G. Lord, Psy.D.

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**LICENSURES and CERTIFICATIONS**

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Gottman Method Couple Therapy: Level 1& 2 Certification	Gottman Institute (Online)
Adult First-Aid/CPR/AED Certification	American Red Cross
Good Clinical Practice Course	Citi Program
Biomedical Responsible Conduct of Research Course	Citi Program
Social/Behavioral Research Course	Citi Program

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**TEACHING EXPERIENCE**

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05/20 – 08/20	Instructor, PSY 2010 <i>Psychology as a Science &amp; Profession</i> Department of Psychology, University of Utah (synchronous online course)
08/19 – 12/19	Graduate Teaching Assistant, PSY 6611 <i>Principles and Techniques of Assessment</i> Department of Psychology, University of Utah
01/19 – 05/19	Graduate Teaching Assistant, PSY 3010 <i>Research Methods</i> Department of Psychology, University of Utah
03/13/18	<u>Guest lecture</u> : Clinical Psychology: A Graduate Student's Perspective, PSY 2010 <i>Orientation to Psychology as a Science and Profession</i> Department of Psychology, University of Utah
12/04/17	<u>Guest lecture</u> : Depression, Bipolar Disorder, Self-Injury, and Suicide, PSY 1010 <i>General Psychology</i> Department of Psychology, University of Utah
08/17 – 12/17	Graduate Teaching Assistant, PSY 1010 <i>General Psychology</i> (asynchronous online course) Department of Psychology, University of Utah
08/16 – 12/16	Undergraduate Teaching Assistant, PSY 370 <i>Behavior Disorders</i> Department of Psychology, Hope College
01/16 – 05/17	Writing Fellow, PSY 370 <i>Behavior Disorders</i> Department of Psychology & Klooster Writing Center, Hope College
09/15 – 05/17	Tutor, MATH 210 <i>Introduction to Statistics</i> Academic Success Center, Hope College
01/14 – 05/15	Academic Coach TRIO Upward Bound, Hope College

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**RELEVANT WORK EXPERIENCE**

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1/21 – Present	Junior Statistical Consultant Department of Psychology, University of Utah
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01/20 – 04/20      Statistical Consultant & Data Analyst  
Calm.com, Inc.

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## **SERVICE and MENTORSHIP**

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### **Graduate Service while at University of Utah**

04/2021      Selection Committee Member, Nancy Klekas Outstanding Service Award  
2020 – 2021      Student Representative, Clinical Training Committee  
2020 – Present      Mentor for the Peer Graduate Student Mentorship Program  
2018 – Present      Diversity Graduate School Application Advisory,  
Mentor for Undergraduate Students  
04/11/2018      Poster Evaluator, Undergraduate Research Symposium  
2018 – Present      Psychology Department Outreach Subcommittee Leader  
2017 – Present      Psychology Department Diversity Committee

### **Extramural Graduate Service**

03/16/2021      Virtual Panelist, Psychology Academic Showcase for Prospective Students,  
Hope College  
10/28/2020      Virtual Panelist, Graduate Panel for Clinical Psychology,  
Hope College  
02/27/2019      Graduate Student Panelist, Abnormal Psychology Course,  
Westminster College  
02/22/2019      Graduate Student Panelist, Neuroscience Lecture Series,  
Weber State University

### **Undergraduate Service while at Hope College**

2016 – 2017      Psychology Club and Psi Chi Chapter President  
2015 – 2016      Psychology Club and Psi Chi Chapter Vice President

### **Ad hoc reviewer**

*Advances in Methods and Practices in Psychological Science*  
*Journal of Family Psychology*  
*Journal of Clinical Child and Adolescent Psychology*  
*Biological Psychology*  
*Physiology and Behavior*  
*Developmental Psychobiology*  
*The Oxford Handbook of Emotion Dysregulation*, Ch. 17: Emotion dysregulation and externalizing disorders

### **Mentorship while at University of Utah**

<sup>†</sup>Accepted into graduate school

Michael Tao, *Undergraduate Research Opportunity Program (UROP) Student*

*Project Title:* Pregnancy during a pandemic: Investigating impact of COVID-19 related stress on neonatal outcomes.

Joshua Urry, *Research Assistant; Honors Thesis Student*

*Project Title:* The mediating role of coping behaviors in the relation between partner relationship quality and infant stress signs

Dinesh K. A. Ramadurai<sup>†</sup>, *Research Assistant*

Accepted into the University of Utah Molecular Biology PhD program  
Wendy G. Velasquez, *Research Assistant*  
Shantavia Mackey, *Research Assistant*

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## PROFESSIONAL AFFILIATIONS

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Society for a Science of Clinical Psychology (SSCP)  
Association for Behavioral and Cognitive Therapies (ABCT)  
International Congress on Infant Studies (ICIS)  
Society for Research in Child Development (SRCD)  
University of Utah Consortium for Families & Health Research (C-FAHR)  
American Psychological Association (APA)  
    Society of Clinical Psychology (APA, Division 12)  
    Society of Child and Adolescent Psychology (APA, Division 53)  
Association for Psychological Science (APS)  
Psi Chi National Honors Society  
TriBeta National Honors Society  
Phi Beta Kappa

## QUANTITATIVE SKILLSET

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Advanced abilities in linear regression, factor analysis, multilevel modeling, structural equation modeling, longitudinal modeling (e.g., growth curve modeling, latent change score models), missing data analyses, and data visualization. Strong abilities in machine learning and power analysis (e.g., simulations).

Software/Programming: High proficiency in R/R Studio and SPSS. Strong proficiency in Mplus and HLM. Intermediate proficiency in SQL and Python.