

Troy Hubert

CURRICULUM VITAE

University of Kentucky
Kastle Hall, 111C
Lexington, KY, 40504

196 Rosemont Garden
Lexington, KY, 40504
303-815-5575
Troy.Hubert@uky.edu
<https://github.com/Troy-Hubert>

EDUCATION

- 2021 – present **Ph.D. Clinical Psychology | University of Kentucky, Lexington, KY**
- GPA: 4.0
 - *Coursework:* Psychological Statistics 1 & 2, Research Development & Design, Assessment, Psychopathology, Multicultural Psychology.
 - *Master's Thesis:* "Associations between Physical Activity Levels and Physical and Mental Health and Illness in U.S. Military Veterans: Results from the 2019/2020 National Health and Resilience in Veterans Study"
 - *Biostatistics certificate coursework:* Introduction to R programing, Data Visualization and Design, psychometrics.
- 2018 - 2021 **B.A. Psychology | University of Colorado Denver, Denver, CO**
- GPA: 3.98
 - Summa Cum Laud
 - *Honors thesis:* Does voluntary exercise constrain the activity of serotonergic neurons within the dorsal raphe nucleus during inescapable stress?
 - *Honors program coursework:* Honors Research Seminar, Directed Research, and Behavioral Sciences Research: Ethics and Issues.
 - *Relevant coursework:* Research Methods, Statistics, Intro to Neuroscience, Exercise Brain and Behavior, Human Cognition, and Psychology Internship.
- 2016 - 2018 **A.A. Psychology | Arapahoe Community College, Littleton, CO**
- GPA: 3.9
 - *Relevant coursework:* Abnormal psychology, Human Growth and Development, and Human Sexuality.

CLINICAL EXPERIENCE

- 2021 - Current **Graduate Student Therapist & Assessor**
The Harris Center, University of Kentucky, Lexington, KY

Responsibilities:

- Provide individual psychotherapy for clients.
- Draft assessment reports for clients.
- Write treatment plans and therapy notes for all clients.
- Administer neuropsychological and psychodiagnostics testing to clients.

2021 – Current

Graduate Student Therapist, Assessor, and Researcher
Clinic for Emotional Health, University of Kentucky,
Lexington, KY

Responsibilities:

- Psychodiagnostic interviews for research studies (DIAMOND).
- Development of trauma narratives for research studies
- Suicide risk assessment, safety planning, and crisis intervention.

2015 - 2016

Case Manager Intern

Hotel California By the Sea Recovery Center, Costa Mesa, CA

Responsibilities:

- Sit in with one-on-one case management sessions with a total of 25 male and female clients.
- Lead group therapies or helping facilitate group therapy under a case manager with upwards of 30 clients.
- Fill out treatment plans for clients with assistance of case manager.
- Drive clients from outpatient to sober living.
- Participate in phone calls with parents to coordinate treatment plans.
- Conduct drug tests for all male clients.

2015 – 2016

Resident Assistant

PACE Recovery, Huntington Beach, CA

Responsibilities:

- Oversee daily activities for upwards of 7 clients.
- Administration of medication to clients in morning and evening.
- Ensure safe environment for clients throughout their stay.
- Conducting randomized drug tests for clients.

RESEARCH EXPERIENCE

- 2021 – Present **Research Assistant**
 Cognitive Neuroscience and Behavioral Therapy Lab, University of Kentucky
 PI: Thomas Adams, Ph.D.
 Responsibilities:
- Project manager: Exercise and Therapeutic Exposure Research Study.
 - Develop recruitment pipelines to automate screening of participants, progression through study, and scheduling of appointments.
 - Develop recruitment methods to increase community reach of study.
 - Mentor and oversee 5 undergraduates.
 - Clinical intakes (psychodiagnostic interviews) for 2 studies.
 - Acquisition and analysis of psychophysiological data (e.g., Heart Rate variability and Electrodermal Activity).
 - Data analysis (in R and SPSS) in manuscript preparation and conference posters
- 2019 – 2021 **Research Assistant**
 Exercise Behavioral Neuroscience Lab, University of Colorado Denver
 PI: Benjamin Greenwood, Ph.D.
 Responsibilities:
- Dry Lab:
 - Behavior models - voluntary exercise models, fear conditioning, fear extinction, fear relapse, spontaneous recovery, learned helplessness, escapable and inescapable stress, and optogenetics.
 - Cranial surgery—cannula placement, virus injection, drug injection, optogenetic optic fiber placement.
 - Other duties include weighing rats, collecting wheel running and behavioral data, rat handling/transport, perfusions, brain extraction.
 - Wet lab:
 - Tissue staining - Fluorescent *in situ* hybridization; Single, Double, and triple label immunohistochemistry, light and fluorescence.
 - Brain slicing via cryostat.
 - Light and fluorescent cell counting and imaging.
 - Coding macros in ImageJ to process light microscopy imaging.
 - Data entry and analysis via StatView.
 - Trained 6 new students in wet lab protocols.
 - Active in lab meetings where I presented papers, peer reviews, and data.
- 2019 **Research Assistant**

Cognition Lab, University of Colorado Denver

PI: Jason Watson, Ph.D.

Responsibilities:

- Facilitate research studies (DRM recall, DRM recognition, AX- CPT, Eye Tracker, Nature and Fascination) on computers with participants.
- Manage experiments with 8 participants per hour session.
- Trained 3 Research Assistants on study procedures.
- Complete data entry and data analysis on research studies on Google Sheets.

PEER-REVIEWED PUBLICATIONS

- 2023 **Hubert, T.**, Adams T., Pietrzak, R.H. (*In Preparation*) Associations between Physical Activity Levels and Physical and Mental Health and Illness in U.S. Military Veterans: Results from the 2019/2020 National Health and Resilience in Veterans Study
- 2023 **Hubert, T.**, Rippey, C., Fenlon, E., Wild, H., Adams, T. G. (*In Preparation*), The Interactive Effect of Covid Related Stress and Adverse Childhood Experiences on Post Traumatic Stress Disorder Symptoms.
- 2023 Adams, T. G., Kelmendi, B., George, J. R., Forte, J., **Hubert, T.**, Wild, H., Rippey, C., & Pittenger, C. (submitted to *Journal of Behavior Therapy and Experimental Psychiatry*). Frontopolar multifocal transcranial direct current stimulation augments fear extinction learning: A pilot randomized controlled trial.
- 2022 Fenlon, E., Pinciotti, C., Jones, A., Rippey, C., Wild, H., **Hubert, T.**, Tipword, J., Badour, C., Adams, T. (submitted to *Assessment*). Assessment of Obsessive-Compulsive Disorder and Posttraumatic Stress Disorder.
- 2022 Terrill, D., Dellavella C., King B., **Hubert T.**, Wild H., Zimmerman M. (submitted to *Journal of Affective Disorders*). Latent Classes of Symptom Trajectories During Partial Hospitalization for Major Depressive Disorder and Generalized Anxiety Disorder.
- 2022 Tanner, M. K., Davis, J. K. P., Jaime, J., Moya, N. A., Hohorst, A. A., Bonar, K., Abrams, K. A., Jamil, N., Han, R., **Hubert, T. J.**, Brown, N., Loetz, E. C., & Greenwood, B. N. (2022). Duration- and sex-dependent neural circuit control of voluntary physical activity. *Psychopharmacology*, 239(11), 3697–3709.
<https://doi.org/10.1007/s00213-022-06243-0>

- 2022 Thomas AG, Fenlon E, Penn C, **Hubert TJ**, Pietzak RH (2022) Elucidating the Associations between Physical Exercise and Heterogenous Symptoms of Posttraumatic Stress Disorder in U.S. Military Veterans: Results from the 2019-2020 National Health and Resilience in Veterans Study, *Mental Health and Physical Activity*.
- 2020 Moya NA, Tanner MK, Smith AM, Balolia A, Davis JK, Bonar K, Jaime J, **Hubert T**, Silva J, Witworth W, Loetz EC, Bland ST, Greenwood BN. (2020) Acute exercise enhances fear extinction through a mechanism involving central mTOR Signaling, *Neurobiology of Learning and Memory*, 176, 107328. doi: 10.1016/j.nlm.2020.107328

PRESENTATIONS

- 2022 **Hubert T**, Adams T, Pietzak R. Associations of Exercise With Physical and Mental Health in U.S. Veterans: Results from the 2019-2020 National Health and Resilience in Veterans Study. *University of Kentucky, Lexington, April 15, 2022*.
- 2022 **Hubert T**, Adams T, Pietzak R. Paradoxical. Paradoxical Association Between High Levels of Physical Activity and Anxiety in U.S. Veterans: Results from the 2019-2020 National Health and Resilience in Veterans Study. *Anxiety and Depression Association of America, Denver, March 20, 2022*
- 2020 **Hubert T**, Abrams K, Hohorst A, Tanner M. Greenwood B. Neural Mechanisms Underlying Exercise-Induced Stress Resilience in Females. *Honors Seminar Presentation, Denver, CO, October 13, 2020*
- 2020 **Hubert T**, Nguyen M, Whitworth W, Hohorst A, Tanner M. Greenwood B. 3 and 6 weeks of voluntary exercise constrains the activity of the Dorsal Raphe Nucleus following inescapable shock. *Research and Creative Activities Symposium (RaCAS), Denver, CO, May 1, 2020*
- Link to online presentation: <https://bit.ly/3hEkivG>

ABSTRACTS

- 2023 **Hubert TJ.**, Rippey C., Fenlon E., Wild H., Adams TG., (2023). *The Interactive Effect of Childhood Adversity and Covid Related Stress on Ptsd Symptoms and Ptsd Symptom Clusters*. [Poster Presentation]. Anxiety and Depression Association of America, Washington, DC.
- 2023 Rippey, C.S., Fenlon E., Wild, H., **Hubert, T.J.**, & Adams, T.G. (2023). *Covid-related stress is associated with increased anxiety and depression*

- and diminished cognitive functioning among young adults.* [Poster Presentation]. Submitted for presentation at Anxiety and Depression Association of America, Washington, DC
- 2023 Brooks, C., Dahlgren, K., **Hubert, T.**, & Adams, T. G. (2023). *Testing The Interactive Effects of Childhood Trauma and Fear Generalization on Adult Anxiety and Depression: Preliminary Analyses.* [Poster Presentation]. Submitted for presentation at Anxiety and Depression Association of America, Washington, DC
- 2023 Fenlon, E. E., Rippey, C. Wild, H., **Hubert, T. J.**, & Adams, T. G. (2023). *Interactive Effects of COVID-19-Related Stress and Adverse Childhood Experiences on Obsessive-Compulsive Symptoms.* [Poster Presentation]. Submitted for presentation at Anxiety and Depression Association of America, Washington, DC.
- 2022 Terril D, **Hubert T**, Zimmerman, M. Sudden Gains and Treatment Outcomes Among Depressed Individuals In a Partial hospitalization Program. *Anxiety and Depression Association of America, Denver, March 20, 2022*
- 2021 Hohorst AA, Tanner MT, Balolia A, **Hubert TJ**, Benjamin N. Greenwood BN. Estrous Cycle Modulation of Conditioned Fear Extinction and Relapse. *Society for Neuroscience (SFN) meeting, Digital, January 11-13, 2021*
- 2020 Wiseman J, Sprague K., Loetz EC, Hohorst A., Campos K, **Hubert T**, Oleson EB, Greenwood BN. Optogenetic Stimulation of Substantia Nigra To Dorsal Lateral Striatum Pathway During Fear Extinction Prevents Fear Renewal. *Research and Creative Arts Symposium (RaCAS), Denver, CO, May 1-8, 2020*
- 2019 Wiseman J, Sprague K, Loetz EC, Hohorst A, Campos K, **Hubert T**, Oleson EB, Greenwood BN. Optogenetic Stimulation of Substantia Nigra To Dorsal Lateral Striatum Pathway During Fear Extinction Prevents Fear Renewal. *Front Range Neuroscience Group (FRNG) Meeting, Fort Collins, CO, December 10, 2019*

CODING SKILLS

R

- *Data Specific libraries:* Tidyverse, Dplyr, Lubridate, RMarkdown
- *Visualization libraries:* ggplot2
- *Statistical models:* T tests, ANOVA, Linear Regression, Binary Logistic Regression, Multiple Logistical Multinomial Regression

Git

- <https://github.com/Troy-Hubert>
- SPSS
- *Statistical models*: T tests, ANOVA, Linear Regression, Binary Logistic Regression, Multiple Logistical Multinomial Regression
- MatLab
- Visualizations
 - Data analysis
- JavaScript
- *Visualization*: P5.js - Generative Art

ASSISTED IN AD HOC REVIEW

Neurobiology of Learning and Memory
Journal of Anxiety Disorders
Acta Ethologica
Journal of Psychopathology and Behavioral Assessment.

TEACHER ASSISTANTSHIPS

Date	Course	Professor	Class size
2022	Cognitive Psychology	Dr. Andrea Friedrich	33 Students
2022	Introduction to Psychology	Dr. Ray Archer	59 Students
2022	Experimental Psychology	Dr. Steven Arthur	50 Students
	• Two labs		
2021	Experimental Psychology	Dr. Taylor Elsey	50 Students
	• Two labs		
2021	Human Sexuality	Dr. Paula Schmidlein	45 Students
2021	Introduction to Psychology II	Dr. Michael Zinser	50 Students
2020	Introduction to Psychology II	Dr. Michael Zinser	39 Students

GRANTS AND SCHOLARSHIPS

Date	Source and title	Requested	Funded
2021	EUREKA! Scholarship University of Colorado Denver	\$3,000	\$3,000
2020	Undergraduate Research Opportunity Program Grant University of Colorado Denver	\$3,600	\$3,000
2020	Undergraduate Research Opportunity Program Travel Grant University of Colorado Denver	\$3,600	<i>Unfunded</i>

2020	EUREKA! Scholarship University of Colorado Denver	\$7,000	\$7,000
------	---	---------	---------

CERTIFICATIONS

2015	Registered Alcohol and Drug Technician (RADT-1)
------	---

INTERVIEWS

2021	University of Colorado Denver News, <i>Q&A with Undergraduate Psychology Researcher Troy Hubert</i>
------	---

HONORS AND AWARDS

2021	People's Choice Award for RaCAS 2021 biomedical poster presentations
2020	Honorable Mention for RaCAS 2020 biomedical poster presentations
2018 – Present	University of Colorado Denver Dean's List <ul style="list-style-type: none"> • GPA requirements: 3.75 or higher
2016 – 2018	Arapahoe Community College President's List <ul style="list-style-type: none"> • GPA requirements: 4.0
2017	Arapahoe Community College Vice President's List <ul style="list-style-type: none"> • GPA requirements: 3.5 or high

