

# Anna Catherine Cichocki, B.A.

415-446-8254 | anna.cichocki@u.northwestern.edu

## EDUCATION

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**2019-present**    **Ph.D. Student, Clinical Psychology, Northwestern University,** Evanston, IL  
Research Mentor: Dr. Robin Nusslock, Ph.D.

**2016**            **Bachelor of Arts, Biology, Whitman College,** Walla Walla, WA  
Minor: Psychology  
Thesis: *The Characterization of Differential Protein Regulation in Meningioma Malignancy* (Research Advisor: Dr. Manuel Ferreira, M.D., Ph.D., University of Washington, Seattle, WA; Thesis Advisor: Dr. Leena Knight, Ph.D., Whitman College, Walla Walla, WA)

## RESEARCH EXPERIENCE

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### Northwestern Affective & Clinical Neuroscience Lab

**2019-Present**    **Clinical Psychology Ph.D. Student**  
Northwestern University, Evanston, IL  
Mentors: Dr. Robin Nusslock, Ph.D.

I process and analyze resting-state fMRI, task-based fMRI, and structural MRI using FreeSurfer, AFNI, FSL, R. I independently conduct KSADS and SCID interviews for children, adolescents and their parents. I actively manage data and help develop NIH-funded research studies and MRI protocols. I manage, train and oversee a team of 5 undergraduate research assistants. I am currently work on studies investigating neural mechanisms of depression, anxiety, bipolar disorder and inflammation in adolescents and young adults as well as the effects of early life stress on neurodevelopment and behavioral outcomes in adolescents and young adolescents.

### Stanford Neurodevelopment, Affect, and Psychopathology Lab

**2017-2019**      **Lab Manager**  
**2016-2017**      **Research Coordinator**  
Stanford University, Stanford, CA  
Mentors: Dr. Ian H. Gotlib, Ph.D.; Dr. Tiffany Ho, Ph.D.; Dr. Kathryn Humphreys, Ph.D.

I independently operate the 3T GE MR scanner and run participant sessions for infant, child, adolescent and adult studies. I conduct KSADS interviews for children, adolescents and their parents. I actively manage data, process MRI data (resting state and task fMRI and sMRI, using FreeSurfer, AFNI, FSL, R), and help develop MRI protocols. I coordinate lab sessions and participant correspondence, including recruitment, screening, scheduling, consent, questionnaire and cognitive task administration, data collection, and data organization. I am currently work on studies investigating neural mechanisms of depression and inflammation in adolescents and the effects of early life stress and maternal depression on neurodevelopment and behavioral outcomes in infants and young adolescents.

### The Evolution of Neurological Disorders and Diseases Project

**2015-2016**      **Researcher**  
Whitman College, Walla Walla, WA  
Principal Investigator: Dr. Paul Yancey, Ph.D.

A self-motivated review paper project researching how neurophysiology and biology of neurological disorders, specifically depression, anxiety disorders, Autism Spectrum Disorders, schizophrenia, and ADHD, have evolved over time and how that has influenced current treatment approaches according to current literature.

### UW Neurological Surgery Skull Base Tumor Lab

**2015**            **Research Intern**  
University of Washington Medical Center, Seattle, WA  
Mentors: Dr. Manuel Ferreira, M.D., Ph.D.; Dr. Carolina Parada, Ph.D.

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I worked on research focused on the protein compositions of meningioma tumors at various stages of malignancy. I contributed to this research through doing cell cultures, electrophoresis, and western blots in a wet lab setting. Additionally, I assisted in lab management and grant editing processes.

## UCSF Medical Center Women's Health and Sciences

2014

### Clinical Research Intern

University of California San Francisco Medical Center, San Francisco, CA

Mentor: Dr. Vanessa Jacoby, M.D.

I assisted in participant sessions, participant recruitment and screening, and supervised follow up aspects of a past study for research focused on fibroid and BRCA1/2 treatment. I additionally completed data entry, study advertisement, clinical meetings, and form/questionnaire/newsletter creation.

## AWARDS AND HONORS

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- 2015**      **Neurological Surgery Summer Student Program Award**, University of Washington, UW Medical Center NSSP Summer Presentations in August 2015.
- 2015**      **Ron Witten Scholar Award**, Whitman College, for academic achievement.
- 2015**      **Stephen Riddell Scholar Award**, Whitman College, for academic achievement.
- 2014**      **Whitman Summer Research Scholar Award**, Scientific Research Category, for research at UCSF Medical Center in Summer of 2014.
- 2014**      **Carroll L. Zimmerman Scholarship Award**, Whitman College, for academic achievement in Science.
- 2013-2016**      **Academic Distinction**, Whitman College, for academic achievement awarded for the previous semester based on GPA.
- 2013-2014**      **Undergraduate Academic Honors**, Whitman College, for academic achievement for the entire year based on superior GPA.
- 2012-2016**      **Pearson Achievement Merit Scholar Award**, Whitman College, for high academic excellence and achievement in college preparatory work.
- 2012-2016**      **Disney Scholars Program Award**, Walt Disney Company, for academic achievement, extracurricular activities, community service, and demonstrated leadership.

## PEER-REVIEWED PUBLICATIONS

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### Publications

1. Ho, T.C., **Cichocki, A.C.**, Gifuni, A.J., Camacho, M.C., Ordaz, S.J., Singh, M.K., & Gotlib, I.H. (2018). Reduced dorsal striatal gray matter volume predicts implicit suicidal ideation in adolescents. *Social Cognitive and Affective Neuroscience*, Volume 13, Issue 11, 8 November 2018, Pages 1215-1224, <https://doi.org/10.1093/scan/nsy089>
2. Fischer, A.S., Ellwood-Lowe, M.E., Colich, N. L., **Cichocki, A.C.**, Ho, T.C., & Gotlib, I.H. (2019). Reward-circuit biomarkers of risk and resilience in adolescent depression, *Journal of Affective Disorders*, Volume 246, Pages 902-909, <https://doi.org/10.1016/j.jad.2018.12.104>
3. Camacho, M.C., King, L.S., Ojha, A., Garcia, C.M., Sisk, L.S., **Cichocki, A.C.**, Humphreys, K.L., Gotlib, I.H. (in prep). Cerebral blood flow in 5- to 8-month-olds: Regional tissue maturity is associated with infant affect. *Dev Sci*. 2020; 23:e12928. <https://doi.org/10.1111/desc.12928>

### Under Review and In Preparation

1. Chiang, J., **Cichocki, A.C.**, Nusslock, R., Miller, G. (under review). Relationships Among Socioeconomic Status, Dorsolateral Prefrontal Cortex Volume, and Insulin Sensitivity in Early Adolescence.

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2. **Cichocki, A.C.**, Damme, K.S.F., Young, K.S., Craske, M.G., Bookheimer, S.Y., Zinbarg, R.E., & Nusslock, R. (in prep). Relationships between Fronto-limbic Volumes and Tri-level Symptoms of Depression and Anxiety.
3. **Cichocki, A.C.**, Craske, M.G., Bookheimer, S.Y., Zinbarg, R.E., Miller, G. & Nusslock, R. (in prep). Stress and trajectories of reward-related neural structure across adolescence and young adulthood.

### PROFESSIONAL PRESENTATIONS

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#### *Talks*

1. **Cichocki, A.C.**, Nusslock, R. (2021) Relationships between Fronto-limbic Volumes and Tri-level Symptoms of Depression and Anxiety. Talk presented at the Clinical Psychology Departmental Proseminar. Northwestern University, Evanston, IL
2. Camacho, M.C., King, L.S., Ojha, A., Garcia, C., Sisk, L.M., **Cichocki, A.C.**, Humphreys, K.L., Gotlib, I.H. (submitted) Infant Temperament and Cerebral Blood Flow: Neural Correlates of Early Irritability. Talk to be presented at the 2019 Biennial meeting of the Society for Research in Child Development. Baltimore, MD.
3. **Cichocki, A.C.**, Parada, C., Busald, T. Ferreira, M. (2016, April) The Characterization of Differential Protein Regulation in Meningioma Tumor Malignancy. Talk presented at the annual Whitman College Undergraduate Conference. Walla Walla, WA.
4. **Cichocki, A.C.**, Catterall, R., Parada, C.A., Ferreira, M. (2015, August) Characterization of Differential Protein Regulation in Meningioma Aggressiveness. Talk presented at the annual University of Washington Medical Center NSSP Summer Program. Seattle, WA.

#### *Posters*

1. **Cichocki, A.C.**, Damme, K.S.F., Carroll, A.L., Young, K.S., Craske, M.G., Bookheimer, S.Y., Zinbarg, R. & Nusslock, R. (2021, April) Relationship between Frontostriatal-amygdala Volume and Tri-level Symptoms of Depression and Anxiety. Poster presented at the 76th annual meeting of the Society of Biological Psychiatry. Virtual Conference.
2. **Cichocki, A.C.**, Tanda, N., Damme, K.S.F., Young, K.S., Craske, M.G., Bookheimer, S.Y. Zinbarg, R.E., & Nusslock, R. (May, 2020). Neuroanatomical differences associated with lifetime history of depression, anxiety, and comorbid depression-anxiety. Poster accepted for presentation at the 32nd annual meeting of the Association for Psychological Science, Chicago, IL.
3. **Cichocki, A.C.**, Tanda, N., Ozturk, S., Damme, K.S.F., Carroll, A.L., Armstrong, C.C., Young, K.S., Craske, M.G., Bookheimer, S.Y., Zinbarg, R.E., Nusslock, R. (April, 2020). Relationship between threat- and reward-related brain structure and symptom dimensions of anxiety and depression Poster presented at the 74th annual meeting of the Society of Biological Psychiatry, New York, NY.
4. **Cichocki, A.C.**, Ho, T.C., Humphreys, K.L., King, L.S., Camacho, M.C., Colich, N.L., & Gotlib, I.H. (2019, May) Sensitive periods of stress predict nucleus accumbens volume in adolescents. Poster to be presented at the 2019 Biennial meeting of the Society for Research in Child Development. Baltimore, MD.
5. **Cichocki, A.C.**, Ho, T.C., Camacho, M.C., Gotlib, I.H., (2018, May) Putamen Gray Matter Volume Predicts Implicit but not Explicit Measures of Suicidality in Young Adolescents. Poster presented at the 73rd annual meeting of the Society of Biological Psychiatry. New York, NY.
6. Fischer, A.S., Ellwood-Lowe, M.E., **Cichocki, A.C.\***, Ho, T.C., Colich, N. L., Gotlib, I.H. (2018, May). Looking on the Bright Side: Reward Processing Biomarkers of Resilience to Adolescent Depression. Poster presented at the 73rd annual meeting of the Society of Biological Psychiatry. New York, NY.

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7. **Cichocki, A.C.**, Colich, N.L. King, L.S., Humphreys, K.L., Ho, T.C Ordaz, S.J., & Gotlib, I.H. (2017, May). Sex Moderates the Longitudinal Association between Neglect and Nucleus Accumbens Activation During Anticipation of Reward. Poster presented at the 72<sup>nd</sup> annual meeting of the Society of Biological Psychiatry. San Diego, CA.

\* indicates presenter when not first-author

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## CLINICAL SKILLS

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### Clinical Assessment

- Structured clinical interview trained and experience administering:
  - Structured Clinical Interview for DSM-IV and DSM-5 (SCID) with young adults through older adults in clinic and research settings.
  - Kiddie Schedule for Affective Disorders and Schizophrenia (K-SADS) interviews (DSM-IV), for children and adolescents.
  - Children's Depression Rating Scale (CDRS) for children and adolescents.
  - Self- Injurious Thoughts and Behaviors Interview (SITBI)
  - Columbia-Suicide Severity Rating Scale (C-SSRS) interview with children, adolescents and young adults.
  - Traumatic Events Screening Inventory (TESI) interview trained with children, adolescents and young adults.
  - Structured Interview for Psychosis-Risk Syndromes (SIPS) with young adults.
  - The Negative Symptom Inventory—Psychosis Risk (NSI-PR) with young adults.
- Experience administering and interpreting self-report measures including a battery of anxiety and depression measures, MMPI-II, and Shipley.
- Experience writing integrative clinical reports in the clinic setting for young adults through older adults.

### Relevant Coursework

Psych 495-Clinical Assessment, Clinical Psych 401, 402, 403- Psychological Assessment I, II, and III, Clinical Psych 475 – Neuropsychological Assessment, Psych Assessment Practicum, Anxiety: Assessment & Treatment Practicum, Depression: Assessment & Treatment Practicum.

### Direct Client Facing Experience

- Aug 2020-present**     **Assessment Practicum:** Experience in clinic and research settings administering the above interviews and measures. This includes a weekly group supervision and experience writing integrative reports and diagnostic evaluations and recommendations for adults.
- Aug 2020-present**     **Adult CBT Practicum:** Weekly therapy and case management experience using Cognitive Behavioral Therapy (CBT) approaches with adults ages 20yr-60yr. This includes weekly group supervision.
- Aug 2021-present**     **Child CBT Practicum:** Weekly therapy and case management experience using Cognitive Behavioral Therapy (CBT) approaches with children and adolescents, ages 15yr+. This includes weekly group supervision.

## RESEARCH SKILLS

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*Data Collection (Age 1mo.-60yrs.)*

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## Structured clinical interview experience in research settings

- Fully trained and experience administering SCID (DSM-IV, DSM-5), Kiddie Schedule for Affective Disorders and Schizophrenia (K-SADS) interviews (DSM-IV), Children's Depression Rating Scale (CDRS), Self-Injurious Thoughts and Behaviors Interview (SITBI), Columbia-Suicide Severity Rating Scale (C-SSRS), Structured Interview for Psychosis-Risk Syndromes (SIPS), and The Negative Symptom Inventory - Psychosis Risk (NSI-PR) interviews.
- Traumatic Events Screening Inventory (TESI) interview trained

## Certified to fully operate 3T GE MR scanners (over 350 scans completed)

- Experience using structural MRI, DWI, BOLD fMRI, ASL, MRS, and MUX sequence acquisitions.
- Experience in setting up and optimizing MR sequences for participants ages 1 month - 60 years.

## Psychophysiological and immunoassay measures

- ECG, EMG, and Respiration (BIOPAC systems)
- Whatman paper and HemaSpot Blood collection methodologies
- Hair collection for cortisol assays
- Saliva sampling for hormone, DNA, and cortisol assays

## Cognitive and behavioral assessments

- Laboratory Assessments: Dot Probe, Digit Span, N-back, Implicit-Association Test, Trier Social Stress Test, Speech battery, Still-Face Paradigm, and numerous other cognitive control tasks.
- Experience Sampling Methods using smartphones (active and passive data)
- Proficient in Qualtrics Survey Software, REDCap, and MetricWire research tools
- Sleep and activity monitoring (Actigraphy) through Philips Actiwatch Spectrum Plus devices and software

## ***Data Preprocessing, Analysis, and Programing Experience***

- MRI processing in FreeSurfer, AFNI, and FSL
- Psychophysiological signal processing in ANSLAB and AcqKnowledge
- Extensive experience with E-prime, SPSS and all Microsoft applications
- Proficiency in shell scripting (bash/tcsh), R, MATLAB

## ***Lab Managerial Experience***

- Mentoring experience with 14 post-baccalaureate research staff, 20+ undergraduate research assistants
- Extensive experience training research assistants on data management, data processing pipelines, participant sessions, research software, and research methodologies
- IRB and NIMH Data Archive project submissions and renewals
- Participant safety protocol creation and implementation: MRI anomaly reports, Child Protective Services reports, safety plans for potential self-harm

## **TEACHING AND MENTORING EXPERIENCE**

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**2019-present**      **Teaching assistant**, Northwestern University, Evanston, IL

**2016-2018**      **SAT/ACT Tutor**, Compass Education Group, Bay Area, CA

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Private tutor to students for high school entrance exams (SAT and ACT) and AP tests. Additionally, tutor to 8<sup>th</sup> graders for high school entrance exams.

**2016-2017**

**Relationship Development Intervention (RDI) Behavioral Aide**, Therapeutic Approach to Growth, Bay Area, CA

Behavioral aide to children with autism spectrum disorder in the classroom using RDI methods to assist in behavior guidance and support for parents.

**2106.**

**Buddy Program Mentor**, Whitman College, Walla Walla, WA

Served as a one-on-one mentor to adults and adolescents with autism, down syndrome, fetal alcohol syndrome, and other developmental disabilities.

**2016.**

**Advanced Student Enrichment Tutor**, Whitman College, Walla Walla, WA

Tutored high school students in math and science.

**2014.**

**Green Park Tutor**, Green Park Elementary School, Walla Walla, WA

Mentored elementary school students in an after-school program. Duties include tutoring and coaching.

### OTHER SKILLS

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**Current**

C-SSRS assessment certified, ADAPT Lab, Northwestern University

**Current**

SIPS Interview assessment certified, ADAPT Lab, Northwestern University

**Current**

American Heart Association Training CPR/AED/First Aid certified for infants, children, and adults.

**Current**

Blood borne pathogens training, Stanford University

**Current**

Mandated reporter training, Northwestern University



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## REFERENCES

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**Dr. Carolina A. Parada, Ph.D.**

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**Dr. Vanessa L. Jacoby, M.D.**

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**Dr. Christopher S. Wallace, Ph.D.**

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