

FREYA WHITTAKER, B.A.

1 (603) 892-1163 | freya.whittaker@oregonstate.edu

EDUCATION

Ph.D.	Oregon State University, Psychology	Anticipated June 2027
M.A.	Oregon State University, Psychology	Anticipated June 2024
B.A.	Dickinson College, Psychology & French <i>Summa Cum Laude</i> Honors in Psychology Honors in French & Francophone Studies	2017–2021
Study Abroad	Danish Institute for Study Abroad Copenhagen, DK	2019

HONORS AND AWARDS

Oregon Lottery Graduate Scholarship	2023
Awarded on the basis of outstanding academic merit	
Oregon State University Provost Distinguished Graduate Scholarship	2022
Awarded for outstanding academic achievement and promise	
Phi Beta Kappa	2021
Academic Honor Society	
Caroline Heath Kennedy French Literature Prize	2021
For excellent French Honors thesis	
Pi Delta Phi	2021
National French Honor Society	
Psi Chi	2019
Psychology Honor Society	
Selma K Asbell Award	2019
For exceptional scholastic performance in the study of French	
Benjamin and Portia Hosler Scholarship	2019
For overall undergraduate academic achievement	
James G Stemler Study Abroad Scholarship	2019
Funding for semester abroad in Copenhagen, DK	
Alpha Lambda Delta	2017
National First-Year Honor Society	

PUBLICATIONS

Whittaker, F., & Kingston, S. (2022). Stress, social support, and substance use in the COVID-19 pandemic. *Translational Issues in Psychological Science*, 18, 1-17.
<https://doi.org/10.1037/tps0000322>

Bradford, D. E., Dev, A. S., DeFalco, A., **Whittaker, F.**, Timpano, K. A. (in press). Increasing ecological validity in neuropsychopharmacology research on the relationship between alcohol use and uncertain stressors. *Neuropsychopharmacology*.

MANUSCRIPTS UNDER REVIEW & IN PREPARATION

Whittaker, F. & Gammoh, S. (under review). Fear Appeals and Health-Related Anxiety: Implications for Message Framing in Health Communications.

Guardino, C., **Whittaker, F.**, Williams, E., Franchini, M. (under review). Resilience Resources, Coping, and Health Outcomes in College Students during the Covid-19 Pandemic.

Whittaker, F., Elhusseini, S., Loskot, T., Thomas, F., Finley, E., Lagdamen, J., La Bash, H., Monson, C., & Wiltsey Stirman, S. (in preparation). Comparing and Evaluating Methods of Coding Qualitative Interviews in Implementation Research.

LaBash, H., **Whittaker, F.**, Elhusseini, S., Monson, C., & Wiltsey Stirman, S. (in preparation). Combinations of facilitators and barriers that result in successful and unsuccessful CPT implementation across US and Canadian healthcare systems.

Bradford, D.E., **Whittaker, F.**, DeFalco, A., Sant'Ana, S.J., Starr, M.J., & Curtin, J.J. (in preparation). Alcohol increases the subjective value of uncertain rewards in a reward decision-making task: Behavioral and electrocortical correlates.

PRESENTATIONS AND INVITED TALKS

Whittaker, F. *Stress, Social Factors, and Health Outcomes in the Age of COVID-19*. (2023, September). Invited talk to be presented for Rotary Club of Greater Corvallis, Corvallis, OR.

Whittaker, F., DeFalco, A., Tognoli, M.I., Gilmore, E., & Bradford, D.E. (2023, September). *A refined dark enhanced startle task*. Poster to be presented at the 63rd annual Society for Psychophysiological Research, New Orleans, LA.

DeFalco, A., **Whittaker, F.**, Dooley, C., Curtin, J.J., Bradford, D.E. (2023, September). Spirited away: alcohol may dull error monitoring and encourage risky choices. Poster to be presented at the 63rd annual Society for Psychophysiological Research, New Orleans, LA.

Whittaker, F. (2023, June). *Navigating diversity in the classroom: considerations for teaching team members*. Invited talk presented at training for Oregon State University Teaching Assistants, Corvallis, OR.

La Bash, H., **Whittaker, F.**, Elhusseini, S., Mallard-Swanson, K., Lagdamen, J., Masina, T., Song, J., Aajmain, S., Loskot, T., Liebman, R., Lane, J., Finley, E., Shields, N., Monson, C., & Wiltsey Stirman, S. (2022, September). *Use of a novel method to identify combinations of*

facilitators and barriers that result in successful and unsuccessful CPT implementation across US and Canadian healthcare systems. Poster presented at Society for Implementation Research Collaboration, San Diego, CA.

Mallard-Swanson, K., Wiltsey Stirman, S., Monson, C., Haine-Schlagel, R., Miller, C., Liebman, R., La Bash, H., & **Whittaker, F.** (2022, September). *A comparison of continuous quality improvement and fidelity-based learning collaboratives for Cognitive Processing Therapy*. Poster presented at Society for Implementation Research Collaboration, San Diego, CA.

Loskot, T., **Whittaker, F.**, Thomas, F., Lagdamen, J., Mustchler, C., Kannan, K., Burdo, J., Finley, E., Monson, C., & Wiltsey-Stirman, S. (2021, December). *Therapist perspectives on multi-level factors influencing cognitive processing therapy implementation across three healthcare systems*. Poster presented at the 14th Annual Conference on the Science of Dissemination and Implementation in Health, Virtual.

Whittaker, F. (2021, April). *Stress, Social Support, and Substance Use in the COVID-19 Pandemic*. Poster presented at Dickinson College All Sciences Research Symposium.

Whittaker, F., Williams, E., Dionisos, V., Shah, P., & Guardino, C. (2021, March). *Coping, Perceived Stress, and Mental Health Outcomes During the COVID-19 Pandemic.* Poster presented at Eastern Psychological Association 2021 Virtual Conference.

Whittaker, F. (2019, December). *Food Insecurity and Social Psychiatry Treatment Outcomes*. Poster presented at Danish Institute for Study Abroad Student Research Symposium, Copenhagen, Denmark.

RESEARCH EXPERIENCE

Graduate Research Assistant, Biology and Emotion of Addiction
via Experimental and Reproducible Science (BEAVERS) Lab

Supervisor: Daniel Bradford, PhD.

Oregon State University, Corvallis, OR

- Collect, process and analyze electromyography (EMG) and electroencephalography (EEG) psychophysiological data
- Design novel experimental tasks to assess effects of drugs on psychophysiological responses to laboratory stressors.
- Program experimental tasks using Psychophysics Toolbox in MATLAB
- Supervise undergraduate student theses

Research Assistant, Fidelity, Adaptation, Sustainability, and Training (FAST) Lab July 2021 – Sept 2022

Supervisor: Shannon Wiltsey Stirman, PhD.

Stanford University/ National Center for PTSD, Palo Alto, CA

- Coordinated a multisite, NIMH-funded study designed to disseminate and evaluate the efficacy of Written Exposure Therapy (WET) in VA clinics

- Coordinated a NIMH-funded study comparing Consolidated Framework for Implementation Research (CFIR) ratings of interview transcripts vs. ratings of interview recordings
- Rated Cognitive Processing Therapy (CPT) sessions for treatment protocol fidelity, and working alliance to support projects aimed at evaluating the sustainability of CPT implementation programs at VA sites, and testing innovative methods to assess fidelity of CPT delivery in routine mental healthcare settings
- Prepared and submitted materials for IRB review
- Cleaned and analyzed quantitative data in R

Psychology Honors Thesis

Aug 2020 – May 2021

Stress, Social Support, and Substance Use Behaviors in the COVID-19 Pandemic

Advisor: Sharon Kingston, PhD.

Dickinson College, Carlisle, PA

- Designed and executed a study investigating the extent to which greater stress and social isolation resulting from the COVID-19 pandemic were associated with increased substance use
- Performed literature reviews to develop novel hypotheses and evaluate measurement instruments
- Collected, analyzed, and interpreted quantitative data

French Honors Thesis

Aug 2020 – May 2021

Representations of Female Madness in 19th Century French Literature

Advisor: Adeline Soldin, PhD.

Dickinson College, Carlisle, PA

- Read and analyzed the portrayal of female mental illness and emotional distress in French literature of the 19th and early 20th centuries
- Demonstrated the broader implications of these portrayals in reflecting and shaping contemporary stereotypes about women
- Produced significant literary analysis (55 pages) in French

Research Assistant, Stress, Resilience, and Health Lab

Aug 2020 – May 2021

Supervisor: Christine Guardino, PhD.

Dickinson College, Carlisle, PA

- Quantified target outcome variables and developed hypotheses in a longitudinal study investigating the impact of the COVID-19 pandemic on undergraduate students' mental and physical health
- Conducted literature searches and assisted in the preparation of manuscripts for conferences and peer-reviewed journals
- Performed statistical analyses (e.g., regression, correlations), scored and managed quantitative data in SPSS

Research Assistant, Improving Outcomes for Children of Caregivers with Substance Use Disorders

Jan 2020 – May 2021

Supervisor: Sharon Kingston, PhD.

Dickinson College, Carlisle, PA

- Developed instruments to evaluate effectiveness of a community-based intervention for children impacted by caregiver substance use disorder
- Collected, managed, scored, and analyzed data from interviews with adults and children
- Prepared reports and presentations for local professionals, funding sources, and peer-reviewed journals

Independent Research

Sept 2019 – Dec 2019

Nutritional Access and Social Psychiatry Treatment Outcomes

Advisor: Eleftherios Saftis, M.A.

Danish Institute for Study Abroad, Copenhagen, DK

- Designed and developed a correlational study on the extent to which a healthful, nutrient-dense diet was associated with more positive outcomes of psychological interventions in the Danish welfare state-funded social psychiatry network
- Collected, coded, and analyzed both qualitative and quantitative data
- Conducted literature searches and review
- Created poster presentation of independent research to communicate findings and implications to stakeholders and the general public

TEACHING AND MENTORING

Instructor of Record, Department of Psychology

March 2023 –

PSY 202: General Psychology

Oregon State University, Corvallis, OR

- Generate and present lectures to classes of 50 students
- Design course, materials, assignments, etc. based on desired student learning outcomes and undergraduate psychology program requirements
- Assess student work through grading written assignments

Student Mentor, Project SHORT

Jan 2023 –

- Provide one-on-one mentorship about application and assimilation to graduate programs to incoming and prospective students from low-income backgrounds
- Lead programming to support Project SHORT's goal of shrinking socioeconomic gaps and increasing diversity in medical and graduate school

Undergraduate Mentor, OSU STEM Leaders Program

Jan 2023 –

Oregon State University, Corvallis, OR

- Involved a first-year undergraduate from an underrepresented background in research experiences and guided their growth as a researcher
- Facilitated mentee's application to additional research and professional development experiences

Graduate Teaching Assistant, Department of Psychology

Sept 2022 – March 2023

PSY 202: General Psychology

Oregon State University, Corvallis, OR

- Assessed student work through grading written assignments

- Created exams, study guides, presentations, and other teaching materials
- Presented lectures to classes of 300+ students

Teaching Assistant, Department of Psychology

Aug 2020 – Dec 2020

PSY 120: Introduction to Health Psychology

Dickinson College, Carlisle, PA

- Supervised and facilitated class discussions based on course content
- Instructed students in applying and differentiating between course concepts
- Supported teaching activities as a liaison between instructor and 41 undergraduate students

Statistics Tutor, Department of Psychology

Jan 2019 – May 2020

Dickinson College, Carlisle, PA

- Worked with 7 undergraduate students individually to facilitate an understanding of statistical logic and analyses in psychological research
- Developed student competencies in SPSS and statistical computer programming

OTHER RELEVANT EXPERIENCE

Student Interviewer, Dickinson College Office of Admissions
Carlisle, PA

Aug 2020 – May 2021

- Conducted evaluative interviews with prospective undergraduate students to assess interpersonal factors that contribute to undergraduate admission outcomes
- Maintained professionalism with prospective students and families
- Adhered to strict confidentiality protocols regarding details of students' admission materials and decisions

Summer Data Assistant, University of Massachusetts Med. School
Worcester, MA

June 2020 – Aug 2020

- Worked with Director/ PI for the University of Massachusetts Medical School's MassAHEC (Area Health Education Center) Network
- Learned and used federal software to complete data entry and analysis
- Coordinated and performed data entry for the federal Annual Performance Report (USDHHS/HRSA Grant #U77HP03016), making zero errors

Clinical Psychology Practicum Student

Aug 2019 – Dec 2019

Danish Institute for Study Abroad, Copenhagen, DK

- Observed, assessed, and interviewed mental health service users to inform intervention planning
- Applied cognitive behavioral and psychodynamic approaches to psychotherapeutic support in a welfare-funded community mental health center

SERVICE

Co-Reviewer, *Biological Psychiatry*

Co-Reviewer, *Psychophysiology*

Co-Reviewer, *International Journal of Psychophysiology*

Committee Member, Project SHORT Planning Committee January 2023 –
Project SHORT

Committee Member, Diversity and Outreach Student Subcommittee. Oct 2022 –
Society for Psychophysiological Research

Title IX Peer Educator January 2019 – May 2020
Dickinson College Office of Title IX

SKILLS AND COMPETENCIES

Technical Skills

MATLAB	Intermediate
Python	Novice
Qualtrics	Advanced
R	Intermediate
REDCap	Advanced
SPSS	Advanced

Foreign Languages

French	Advanced Reading Proficiency
	Advanced Writing Proficiency
	Intermediate Speaking Proficiency

REFERENCES

Dr. Daniel Bradford

Assistant Professor, Oregon State University

Phone: (334) 333-5277

Email: daniel.bradford@oregonstate.edu

Dr. Shannon Wiltsey Stirman

Associate Professor, Stanford University / Principal Investigator, National Center for PTSD

Phone: (215) 459-4200

Email: sws1@stanford.edu

Dr. Christine Guardino

Assistant Professor, Dickinson College

Phone: (717) 245-8373

Email: guardinc@dickinson.edu

Dr. Sharon Kingston

Associate Professor, Dickinson College

Phone: (717) 245-1076

Email: kingstos@dickinson.edu