

# FREYA WHITTAKER, B.A.

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## EDUCATION

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

## HONORS AND AWARDS

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

## PUBLICATIONS

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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*.

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#### MANUSCRIPTS UNDER REVIEW & IN PREPARATION

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**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.

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#### PRESENTATIONS AND INVITED TALKS

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**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 63<sup>rd</sup> 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 63<sup>rd</sup> 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 14<sup>th</sup> 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 19<sup>th</sup> 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 19<sup>th</sup> and early 20<sup>th</sup> 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

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### **TEACHING AND MENTORING**

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**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

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### OTHER RELEVANT EXPERIENCE

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**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

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### SERVICE

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**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

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#### SKILLS AND COMPETENCIES

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##### 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

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## REFERENCES

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**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