

CURRICULUM VITAE

SARAH ELIZABETH STOECKL

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[ResearchGate Profile](#) | [Google Scholar Profile](#)

EDUCATION

Bachelor of Science **Washington University in St. Louis, St. Louis, MO**
2021 *Psychological & Brain Sciences* | GPA: 3.7, obtained while working full-time
Senior Thesis: “User Personality & Chatbot Acceptance”

HONORS & AWARDS

2020-2021 Dean’s Honor List, College of Arts & Sciences, Washington University in St. Louis
2017-2021 Dean’s UHC Scholarship, Washington University in St. Louis
2020 Alpha Sigma Lambda Honor Society, Washington University in St. Louis
2020 Psi Chi International Honors Society, Washington University in St. Louis
2020 Emerging Leader Academy, American Psychological Association
2020 Emerging Leader, Focus St. Louis
2019 Gateway to Success Technology Grant, Washington University in St. Louis

ACADEMIC SERVICE & MEMBERSHIPS

05-12/2021 American Psychological Association, Campus Ambassador
01-12/2021 Washington University, COVID-19 & Social Determinants of Health, Working Group Member
01-12/2021 Washington University in St. Louis, Campus Diversity Collective, Leader
2017-2021 Washington University in St. Louis, Open LGBTQIA+, Group Leader
2017-2021 Washington University in St. Louis, Women in Computer Science, Mentor
2018 Washington University, Commission on Diversity and Inclusion, LGBTQIA+ Committee Member

RESEARCH PUBLICATIONS, POSTERS, & TALKS

PEER-REVIEWED MANUSCRIPTS

Stoeckl, S. E., Torres-Hernandez, E., Camacho, E., & Torous, J. (2023). Assessing the Dynamics of the Mental Health Apple and Android App Marketplaces. *Journal of technology in behavioral science*, 1–8. Advance online publication. <https://doi.org/10.1007/s41347-023-00300-x>

Boucher, E., Honomichl, R., Ward, H., Powell, T., **Stoeckl, S. E.**, & Parks, A. (2022). The effects of a digital well-being intervention on older adults: retrospective analysis of real-world user data. *JMIR Aging*, 5(3), e39851. <https://doi.org/10.2196/39851>

Montgomery, R. M., Boucher, E. M., Honomichl, R. D., Powell, T. A., Guyton, S. L., Bernecker, S. L., **Stoeckl, S. E.**, & Parks, A. C. (2021). The effects of a digital mental health intervention in adults with cardiovascular disease risk factors: analysis of real-world user data. *JMIR Cardio*, 5(2), e32351. <https://doi.org/10.2196/32351>

Boucher, E. M., Harake, N. R., Ward, H. E., **Stoeckl, S. E.**, Vargas, J., Minkel, J., Parks, A. C., & Zilca, R. (2021). Artificially intelligent chatbots in digital mental health interventions: a review. *Expert Review of Medical Devices*, 18(sup1), 37–49. <https://doi.org/10.1080/17434440.2021.2013200>

PEER-REVIEWED MANUSCRIPTS UNDER REVIEW

Ward, H., Vlisides-Henry, R., Miles, C, **Stoeckl, S.E.**, Boucher E.M. *Effect of a digital well-being program on perceived stress and rumination in adolescents aged 13 to 17: a randomized controlled trial*. Manuscript submitted for publication.

Stoeckl, S.E., Boucher E.M., Kackloudis, G., Harake, N.R., Vargas, J., Weiner, L., Dietz, A. *Digital therapeutics as a mechanism for improving mental health support for people living with chronic disease: a perspective*. Manuscript submitted for publication.

CONFERENCE PRESENTATIONS

Stoeckl, S.E., Vlisides-Henry, R, Boucher EM. (2023, April). *Race-based differences in engagement and outcomes in a digital mental health intervention*. [Poster]. Anxiety and Depression Association of America Conference, Washington D.C., United States.

Boucher EM, Lake, J, Schleider, J, Campellone, T, Seixas, A. (2023, April). Digital Mental Health Interventions for Adolescents: Leveraging Technology to Address the Increasing Need for Mental Health Care in Youth. Boucher EM, **Stoeckl, S.E.**, (Chairs) *From science and technology to evidence-based practice: enhancing access through integration*. [Symposium]. Anxiety and Depression Association of America Conference, Washington D.C., United States.

Boucher E.M., Ward HE, Miles, C, Honomichl, R. D., **Stoeckl, S.E.** (2022, November). *Effects of a digital program on perceived stress and rumination in adolescents aged 13-17 years*. [Poster]. Association for Behavioral and Cognitive Therapies 56th Annual Convention, New York, NY, United States.

Stoeckl, S.E., Hernandez, E, Camacho, E; Torous, J. (2022, August). *Assessing the dynamics of the mental health apple and android marketplaces*. [Poster]. American Psychological Association Convention, Minneapolis, MN, United States.

Boucher E.M., Harake N.R., Ward HE, **Stoeckl S.E.** (2022, May). *Agreeable and conscientious, but not open-minded: breadth and intensity of user's impressions of an artificially intelligent chatbot*. [Poster]. Association for Psychological Sciences Convention, Chicago, IL, United States.

Stoeckl, S.E. & Torous, J. (2022, March). *Dynamics of mental health app landscape*. [Conference Session]. Fifteenth Workshop on Costs and Assessment in Psychiatry, Mental Health Services, Economics, Policy Research. Venice, Italy.

Montgomery, R. M., Boucher, E. M., Honomichl, R. D., Powell, T. A., Guyton, S. L., Bernecker, S. L., **Stoeckl, S.E.**, & Parks, A. C. (2022, February). *The effects of a digital mental health intervention in adults with cardiovascular disease risk factors: analysis of real-world user data*. [Poster]. Society for Personality and Social Psychology Convention, San Francisco, CA, United States.

CONFERENCE PRESENTATIONS – PROGRAMMING & DATA MANAGEMENT (selected)

Stoeckl, S.E. (2021, April). *Advancing the use of digital health technologies for data capture & improved clinical trials*. [Poster]. Clinical Research Training Center Research Training Symposium and Poster Session. Washington University in St. Louis, St. Louis, MO, United States.

Stoeckl, S.E. (2020, February). *REDCap in clinical research. building a learning health care system: from lab to laptop*. [Conference Session]. Institute of Clinical & Translational Sciences 3rd Annual Symposium, St. Louis, MO, United States. <https://icts.wustl.edu/building-a-learning-health-care-system-from-lab-to-laptop>

Stoeckl, S.E., Torbitzky, S., Klein, S. (2020, September). *Creative uses of REDCap for digital health*. [Conference Session]. REDCapCon 2020. REDCap annual convention, virtual. <https://projectredcap.org/about/redcapcon>

Stoeckl, S.E., Klein, S. (2018, Sept) *Clinical study design best practices in REDcap*. [Poster]. REDCapCon 2018. Chicago, IL, United States.

- Stoeckl, S.E.**, Alaly, M. (2010, June) *Diversity Panel: Women in tech*. [Conference Session]. Devopsdays 2010. Mountain View, CA, United States.
- Stoeckl, S.E.**, Johnson, M. (2009, October) *Building your programming portfolio*. [Conference Workshop]. Tech Week LA. Los Angeles, CA, United States.
- Stoeckl, S.E.**, Alaly, M. (2008, October) *Women in wearables*. [Conference Session]. Web 2.0 Expo. San Francisco, CA, United States.
- Stoeckl, S.E.**, Barron, S. (2008, October) *Consulting in tech: where to start*. [Conference Session]. Tech Week LA. Los Angeles, CA, United States.

RESEARCH EXPERIENCE

05/2023-Present

University of California - Irvine

Digital Mental Health Specialist

- California Mental Health Services Authority (CalMHSA) implementation core, evaluation of Help@Hand Project, a multi-county collaborative and activities project to improve mental health care access and delivery throughout California using mobile mental health technologies
- Collaborate with members of the Help@Hand team across the Schools of Social Ecology, Medicine, and Information and Computer Science.
- Manage projects and track workflows and deliverables
- Managing databases and coordinating data from external sources
- Assisting in the development of research protocols and materials, and preparing reports
- Data analysis and preparing scientific outputs

PI: Stephen Schueller, PhD

03/2023-Present

Liquid Amber

Research Consultant

- Assess and report on the clinical feasibility of disease areas and therapeutic approaches to ensure alignment with business objectives.
- Conduct comprehensive literature reviews concerning psychological and behavioral health topics, leveraging research skills to support stakeholders across medical, behavioral science, and product teams.
- Produce high-quality deliverables, such as reports and presentations, to articulate research findings and key insights that sustained leadership decision-making.

Founder: Acacia Parks, PhD

06/2021-03/2023

Twil Therapeutics (formerly Happify Health)

Research Assistant, Research Strategy: August 2021-March 2023

Research Intern, Digital Therapeutics: June 2021-August 2021

- Interfaced with the Research Strategy Senior Director and other key internal stakeholders regarding strategic planning for organizational research and the development of research plans and deliverables.
- Managed research studies investigating digital mental health products including digital wellness and digital therapeutics (DTx) from start to finish- encompassing design, planning, and execution.
- Gained experience in numerous methodological approaches and study types spanning quantitative, qualitative, mixed methods, randomized control trials, observational studies, real-world evidence studies, retrospective studies, reviews and perspective studies, product research, user research, and usability studies.

- Orchestrated cross-functional collaboration with product, digital, therapeutic sales, marketing, and regulatory affairs teams to complete deliverables within deadlines and align with business goals.
- Functioned as the research team representative for regulatory affairs, maintaining up-to-date knowledge of policies and changes to uphold compliance.
- Worked with internal and external stakeholders to develop research plans and deliverables.
- Internal and external communication of findings through data reports, written reports, presentations, and manuscripts.

Senior Director of Research Strategy: Eliane Boucher, PhD

Previous Supervisor: Rob Montgomery, MS, Research Scientist

09/2021-01/2023

Division of Digital Psychiatry, Beth Israel Deaconess Medical Center, Harvard University
Research Intern

- Conducted evaluation of over 100 applications with MindApps, using Excel and Python to monitor app changes over time, perform analysis to determine trends, and assess software as a medical device (SaMD), mobile medical applications (MMA), software in a medical device (SiMD), and wellness products.
- Created and instituted a large quantity of stock code and formulas for data analysis, enabling re-use by other colleagues and future personnel to attain significant time savings and bolster operational efficiencies.
- Analysis of apps falling under FDA Digital Health regulatory policies, including software as a medical device (SaMD), mobile medical applications (MMA), software in a medical device (SiMD), and general wellness products.
- System design & data analysis suggestions & improvements
- Utilized written and verbal communication skills to disseminate findings through Harvard webinar, international presentation, poster, and first-author paper.
- Functioned as a leader for Research Assistants, providing mentorship, coaching, and advice with statistical analysis and computer science tools.
- Conveyed system design and data analysis suggestions for both the department and project.

Director: John Torous, MD MBI

12/2021-06/2022

Found Health

Research Consultant

- Performed research for a company providing behavioral change and weight loss programs, conducting literature reviews and writing reports to convey evidence-based insights on eating behavior, obesity, weight loss, and behavior change to key internal stakeholders to support decision-making.
- Helped create an infrastructure for the science department, building materials including presentations, templates, spreadsheets, and databases to support project planning and management.

Chief Science Officer: Acacia Parks, PhD

01/2021-06/2021

Washington University in St. Louis, Department of Psychological and Brain Sciences, Emotion and Mental Health Lab

Independent Study – Research Assistant

- Supported Principal Investigator writing a chapter on emotion dysregulation as a predictor for major depressive disorder, conducting a comprehensive literature review and synthesizing information to deliver valuable discernments.
- Worked on a study of social network use, mental health, and social and emotional well-being, using Qualtrics and Excel

- Conducted data cleaning and management while writing code that automated future survey scoring to generate time savings.
- Honed written and verbal communication skills, relaying findings and presenting problems and solutions to facilitate project progress.
- Demonstrated teamwork and collaboration by regularly attending and contributing to project meetings.

Principal Investigator: Renee J Thompson, PhD | Supervisor: Natasha Bailen, PhD

2017-2021

Washington University School of Medicine, Division of Geriatrics and Nutritional Sciences

Clinical Research Coordinator

- Coordinated an industry study, a VA collaborative study, two NIH studies, and four federally sponsored longitudinal studies of metabolism, aging, eating behavior, and weight-loss.
- Acted as lead research coordinator of two industry studies with Type 1 diabetics and medication adherence and a NIH study on diet change and weight loss.
- Prepared protocols, informed consents, and SOPs; study set up, including IRB submissions and management, and recruiting and enrolling participants; monitored participant adherence and progress, and served as the study point of contact.
- Oversaw participant visits, performing testing procedures including semi-structured and structured interviews, surveys, and questionnaires, including psychological (BDI, BAI, RSE, and IWQOL) and physical (obtaining vitals, clinical measures, and phlebotomy)
- Nurtured cross-functional collaboration with nurses, physicians, clinicians, administrators, monitors, and funding organizations to meet deadlines, uphold scope of studies, and safeguard regulatory compliance.
- Handled study data entry and data collection, ensuring quality and accuracy to facilitate better outcomes, primarily using real-time electronic data capture.
- Earned an additional role as the Clinical Research Coordinator, handling dual roles simultaneously through exceptional time management and organization.

Division Chief: Samuel Klein, MD | Supervisor: Sally Torbitsky, BSN, RN

2015-2021

Washington University School of Medicine, Division of Geriatrics and Nutritional Sciences

Clinical Research Data Coordinator

- Provided clinical informatics support, including clinical research data management for every study in the division throughout the research life cycle – using REDCap, Excel, Python, SQL, and R
- Designed, built, tested, and maintained study databases, interfacing with investigators, clinicians, clients, and vendors to capture needs regarding data collection and analysis.
- Orchestrated digitization, converting existing paper records and documentation to electronic files and systems.
- Developed and revised digital study tools for electronic data capture (EDC) and automated data transfer– primarily using REDCap, Python, and HTML.
- Organized and executed team training on research practices, study protocols, and digital study tools.
- Oral and written presentations and reports communicating participant progress and research trends, including managing weekly project meeting.

Division Chief: Samuel Klein, MD

Special Projects

- Redesigned and developed research grants database and helped manage grants from pre to post-award; managed data, including data queries and reporting; and trained staff –

using Access, Excel, and Python

- Redesigned and maintained Division of Geriatrics & Nutritional Sciences website; <https://gns.wustl.edu> – using WordPress and HTML
- Migrated division data to new Epic EMR system – using Epic, Excel, and Python
- Provided Epic EMR Implementation training as Peer Trainer, Physician Trainer, At-the-Elbow Staff Member, Super User, and Division Contact
- Acted as Epic1 Research Operational Owner Liaison between Epic1 Research team and operational owners across Washington University School of Medicine.

PROFESSIONAL EXPERIENCE

2008-present

Freelance

Computer Programmer

- Operated as a freelance computer programmer for over a dozen companies on a freelance and project-based basis.
- Developed database for fundraising and grant management for Jazz St. Louis using Raiser's Edge, SQL, and MS Access; additionally, trained employees on data entry, queries, and maintenance.
- Developed open software development kit and performed API troubleshooting for Pebble Technology Corporation with JSON and Python.
- Design and development of an e-commerce website for Wilson's Fitness, creating a database for inventory and membership, utilizing Shopify, HTML 5, MySQL, and Python.
- Used SQL and Python to conduct database development and maintenance for Solyndra Energy.

2010-2013

Fitness Ridge – Malibu

Wellness Coach & Manager

- Served as a wellness coach, providing planning, guidance, and accountability for clients making behavioral changes to improve overall health and wellbeing.
- Organized and managed group lectures, creating content as well as utilizing public speaking and communication skills to maintain engagement and ensure participant understanding.
- Developed participant pre/ post interviews and testing, and built a database to analyze participant progress, with reports of participant trends, including psychological and physical outcomes
- Established online support groups and in-person meetups in six cities across the United States, sustaining continued support and sense of community after the program was over.
- Managed the wellness department and associated programs with 15 full-time employees, handling scheduling, conducting internal audits on performance, overseeing customer service, and conveying mentorship and guidance to staff to stimulate professional growth.

2008-2010

Watts Community Center

Community Educator / Manager, Part-Time

- Coordinated community programs, services, and outreach efforts.
- Developed relationships with community groups to discover and promote issues affecting the community.
- Managed training programs for parents, tutors and educators, and community members

TEACHING EXPERIENCE

01-05/2022

Washington University in St. Louis, Psychological & Brain Sciences

Teaching Assistant, Developmental Psychology

- Provided course support by supporting lecture preparation, leading online discussion,

developing exams, grading assignments, and grading exams.

08/2021-05/2022

Washington University in St. Louis, Center for Teaching and Learning

Academic Mentor

- Planned, facilitated, and led study and mentoring sessions for core psychology and computer science courses.

SERVICE & LEADERSHIP

2017-present

Cancer Support Helpline

Provide guidance, resources, and support to cancer patients or their loved ones with a variety of needs, including short-term cancer coping assistance, treatment decision planning, distress screening, and general resources and information.

2020-present

Donate:code

Help non-profits build projects that were otherwise too expensive – *using Python*

2020-2021

CoronaTrace

Automated, private, and decentralized COVID contact tracing using GPS-logs– *using Python & GIS*

09/2020-01/2021

BJC/WUSM, OnCore for Clinical Research, Working Group Member

Working group for the use of OnCore for clinical research data

01-05/2020

St. Andrew's Resources for Seniors: Gap Analysis and Intervention, Team Leader

Provided a gap analysis and developed an intervention to increase employment and decrease stigma.

2017-2020

Wellness Champion, Washington University School of Medicine

04/2017

Data Rescue WUSTL, Data Refuge, & Environmental Data & Governance Initiative

Identified, backed-up, and helped preserve federal data resources of public interest – *using Python*

PROFESSIONAL AFFILIATIONS

2022-present

Anxiety and Depression Association of America (ADAA)

2022-present

Association for Behavioral and Cognitive Therapies (ABCT)

2022-present

International Society for Research on Internet Interventions (ISRII)

2021-present

Society for Behavioral Medicine (SBM)

2021-present

American Psychological Society (APS)

2017-present

American Psychological Association (APA)

CERTIFICATIONS AND TRAINING

CLINICAL

Prospera

Digital Affect Regulation Training Certificate

Missouri Institute for Mental Health

Motivational Interviewing

Screening, Brief Interventions & Referral for Treatment Training

Suicide Lifeguard

Missouri Department of Mental Health

Adult Mental Health First Aid

Missouri Suicide Prevention Network

Suicide Prevention Training

St. Louis School of Phlebotomy

Certified Phlebotomist

US Department of Veterans Affairs

Prevention & Management of Disruptive behavior

Washington University in St. Louis

Mind Body Stress Reduction (MBSR) – *Mindfulness Basics, Beyond the Basics, Mindfulness Momentum*

MBSR & Diversity, Equity & Inclusion (DEI) – *Uncovering Implicit Bias Through Mindfulness, Staying in Difficult Conversations Through Mindfulness, Mindful Connections*

Compassion Cultivation Training (CCT)

RESEARCH

American Psychological Association

Qualitative Research Training Series

Science Training Sessions: The Collection and Analysis of Intensive Longitudinal Data

Barnett International, Cambridge Innovation Institute

Key Considerations in Medical Writing: The Clinical Study Protocol, Investigator’s Brochure, Informed Consent Form, and Adverse Events

Collaborative Institutional Training Initiative

Good Clinical Practice (GCP) Certification – *Social & Behavioral Best Practices, Clinical Trials, Drugs & Devices, U.S. FDA Focus*

Clinical Research Coordinator Certification

EPIC

Research Data Coordinator

Division Trainer

National Institute of Health (NIH)

Introduction to Clinical Research Principles

Statistical and Computational Tools for Reproducible Data Science

NIH Big Data to Knowledge Initiative (BD2K), Fundamentals of Data Science

US Department of Veteran’s Affairs

Government Ethics & Essentials

SRS Safety Training

Bloodborne Pathogens

IATA Hazardous Materials Training

Washington University in St. Louis, Human Research Protection Office

HIPPA Training

Fundamentals of Human Subjects Research

Washington University in St. Louis, Institutional Review Board

New Projects & Study Initiation Training, Modification and Continuing Review

Washington University in St. Louis, Institute for Informatics (I2)

Bioinformatics & Open Specimen, Health Communication & Health Literacy, OnCore for Researchers, Python for Clinical Research, REDCap Data Scientist

Washington University in St. Louis, Research Education & Information (REI)

Program for the Ethical and Responsible Conduct of Science and Scholarship (PERCSS), Specialized Training for Administrators of Research (STAR) Certification