

## Emma A. Kannard

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### EDUCATION

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**Bachelor of Arts**, University of North Texas, Denton, TX

Dec. 2019

*Major:* Psychology (GPA: 4.0)

*Minor:* Counseling (GPA: 4.0)

*Second Minor:* Spanish (GPA: 3.67)

*Cumulative GPA:* 3.86

*Magna Cum Laude*

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### RESEARCH EXPERIENCE

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*Laboratory:* Mood and Psychopathology (MAP) Laboratory

Aug. 2020 – Present

*Director:* Camilo Ruggero, Ph.D., University of North Texas, Denton, TX

*Position:* **Laboratory Coordinator**

*Grants:*

- Development of Negative Valence Measures (**1R56 MH122537-01**), April 2020 – *Present*. National Institute of Mental Health (NIMH)
- The North-Texas-20 (**1D40HP33372-01-00**), September 2019 – *Present*. U.S. Health Resources and Services Administration (HRSA)

*Responsibilities:*

- Fulfill full-time grant compensated position overseeing several aspects of multiple projects for both Dr. Camilo Ruggero as well as Dr. Jennifer Callahan of the Evidence-based Training and Competencies Research Lab
- Collaborate in the development of the Hierarchical Taxonomy of Psychopathology (HiTOP) manual
- Code articles based on specific inclusion and exclusion criteria to be included meta-analyses
- Identify sources of external funding for research and training opportunities and apply for grants
- Mentor undergraduate research assistants in professional development and personal research projects
- Design and implement a multilingual (English/Spanish) website compiling local and national mental health resources to be accessed by the community

*Laboratory:* Teen Stress and Alcohol Research (St.A.R.) Laboratory

Oct. 2018 – Sept. 2020

*Director:* Heidemarie Blumenthal, Ph.D., University of North Texas, Denton, TX

*Position:* **Research Assistant**

*Studies:*

- A Controlled Test of Interpersonal Rejection, Social Anxiety, and Alcohol Use among Female Adolescents (**R15AA026079**), Summer 2018 – *Present*. National Institute of Mental Health (NIMH)
- Effect of Trauma-Related Stress During Acute Alcohol Intoxication on Driving-Related Risky Decision-Making (**F31AA027142**), Spring 2019 – Spring 2020. National Institute of Alcohol Abuse and Alcoholism (NIAAA)

- Modeling marijuana use willingness and problems as a function of social rejection and social anxiety among adolescents (**F31DA041105**), Summer 2018 – Spring 2019. National Institute on Drug Abuse (NIDA)

*Responsibilities:* Assisted in implementing, piloting, and conducting three laboratory-based experimental studies concerning social anxiety, depression, alcohol use, marijuana use, post-traumatic stress disorder, adolescent development, and emerging adulthood:

- Administered protocol to adolescent participants for a 4-hour study involving collection of physiological data, conducting a vividness training exercise, administering a social rejection task, and obtaining salivary samples to assess cortisol/alpha amylase levels
- Piloted and administered protocol to adult participants for a 3.5-hour study involving conducting a medical screener, an alcohol administration procedure, a simulated driving task, and a re-imagining of a recorded autobiographic script form of past-lived traumatic or neutral-control events
- Conducted telephone screenings with community participants involving sensitive information (i.e., recent major depressive episodes/lifetime alcohol use disorder; recent substance use history; trauma history) and scheduled for laboratory visits

**Recruitment Team Coordinator**

May 2019 – Sept. 2020

*Responsibilities:*

- Led a 10-15-person team in weekly meetings, scheduled and assigned recruitment events, and created new recruitment approaches
- Organized and participated in community events to recruit difficult-to-reach adolescents (e.g. marijuana and alcohol use reporting) and adults (trauma exposed and alcohol use reporting) for laboratory-based experimental studies
- Maintained databases tracking team members' activities
- Contacted businesses, schools, and community leaders to organize recruiting events
- Coordinated trainings for new members on recruitment procedures
- Organized community events that promote mental health destigmatizing and awareness

**Social Media Coordinator**

Dec. 2018 – May 2019

*Responsibilities:*

- Maintained an active social media presence on multiple media platforms
- Implemented new ways to increase social media appeal (e.g. weekday themes for routine posts, online recruitment efforts, RA of the week, etc.)
- Informed the community on current laboratory-based research study opportunities
- Cultivated community engagement and interaction with followers

**Data Team Member**

Nov. 2018 – May 2019

*Responsibilities:*

- Entered recruitment and participant data for two adolescent studies and one adult study into SPSS on a weekly basis
- Pre-processed physiological data from BioPac MP150 and imported it into SPSS for analyses

**Transcription Team Member**

Nov. 2018 – Feb. 2020

*Responsibilities:*

- Transcribed and peer reviewed audio recordings of participant qualitative data
- Conducted reliability checks of audio-recordings of the SCID-5-RV

**Recruitment Team Member**

Oct. 2018 – May 2019

*Responsibilities:*

- Advertised studies in 10-20 local businesses on a weekly basis (e.g. administering fliers)
- Participated in a minimum of 3 community events each month to recruit participants
- Recognized as team's most effective recruiter – December 2018
- Spearheaded fundraising and lab involvement in the 2019 local National Eating Disorders Association (NEDA) walk
  - Team awarded recognition for most funds donated

**MANUSCRIPTS IN PREPARATION**

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Bennett, C. B., Ruggero, C. J., & **Kannard, E.** (2020). *Common Strategies for Regulating Emotions Across the Hierarchical Taxonomy of Psychopathology (HiTOP) Model*. Manuscript in preparation.

Herrera, C., Callahan, J., & **Kannard, E.** (2020). *Elucidating the effects of pre-treatment expectation measures on therapeutic outcomes: A meta-analysis*. Manuscript in preparation.

**RESEARCH AND CONFERENCE PRESENTATIONS**

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\*Denotes undergraduate mentee

\*\*Conference adapted to a virtual format due to the COVID-19 pandemic

12. **Kannard, E.**, Hanes, J., Vrotsos, K., Lee, C., Arno, C., & Blumenthal, H. (2020). *Gender and racial differences in the moderating role of coping on anxiety and substance use outcomes* [Poster presentation]. Poster submitted for presentation to the 9<sup>th</sup> annual convention for the Collaborative Perspectives on Addiction, Portland, OR, United States.
11. Watson, M., Ramadan, B., **Kannard, E.**, & Blumenthal, H. (2020). *Panic Symptoms may predict subsequent alcohol and cigarette use among adolescents* [Poster presentation]. Abstract submitted to the 67<sup>th</sup> annual convention for the Southwestern Psychological Association, San Antonio, TX, United States.
10. \*Qazi, M., **Kannard, E.**, Potts, A., Molloy, M., & Ruggero, C. (2020, November 6). *The role of mindfulness in the relationship between negative affect and avoidance* [Poster presentation]. The 10<sup>th</sup> annual Psychology Research Fair, University of North Texas, Denton, TX, United States.\*\*
9. \*Molloy, M., Potts, A., **Kannard, E.**, Baldino, G., Corral, G., Sommer, M., & Ruggero, C. (2020, November 6). *Neuroticism and health outcomes in World Trade Center first responders* [Poster presentation]. The 10<sup>th</sup> annual Psychology Research Fair University of North Texas, Denton, TX, United States.\*\*
8. Hasan, F., Ramadan, B., **Kannard, E.**, & Blumenthal, H. (2020, November 19-22). *Social support as a protective factor for risky drinking motives for adolescents with anxious attachment* [Poster presentation]. The 54<sup>th</sup> annual convention for the Association of Behavioral and Cognitive Therapies, Philadelphia, PA, United States.\*\*
7. **Kannard, E.**, Ramadan, B., Hinojos, A., Lee, C., Hanes, J., & Blumenthal, H. (2020, August 6-8). *Peer support's role in adolescent female perceptions of parent relationships and generalized anxiety* [Poster presentation] The 128<sup>th</sup> annual convention for the American Psychological Association, Washington D.C., United States.\*\*

6. Hanes, J., Kearns, N., Lucke, H., **Kannard, E.**, Cloutier, R., & Blumenthal, H. (2020, June 22-24). *The effects of coping-style on alcohol craving post PTSD-relevant stress induction* [Poster presentation]. The 43<sup>rd</sup> annual convention for the Research Society on Alcoholism, New Orleans, LA, United States.\*\*
5. **Kannard, E.**, Ramadan, B., Hinojos, A., Lee, C., Hanes, J., & Blumenthal, H. (2020, April 3-5). *Perceptions of interpersonal relationships and the correlation to female adolescent social anxiety* [Oral research presentation]. The 66<sup>th</sup> annual convention for the Southwestern Psychological Association, Frisco, TX, United States.\*\*
4. Ramadan, B., Blumenthal, H., Kearns, N., Hinojos, A., Rafiuddin, H., & **Kannard, E.** (2020, March 19-21). *The role of anxiety sensitivity in clarifying racial/ethnic differences in problematic alcohol use among underage college students* [Poster presentation]. The biennial convention for the Society for Research on Adolescents, San Diego, CA, United States.\*\*
3. Hinojos, A., Lee, C., Carey, C., **Kannard, E.**, Kearns, N., Cole, D., & Blumenthal, H. (2019, November 19-21). *Social anxiety and the intersection of biological sex and race among bisexual-identifying emerging adults* [Poster presentation]. The 53<sup>rd</sup> annual convention for the Association of Behavioral and Cognitive Therapies - Anxiety Special Interest Group, Atlanta, GA, United States.
2. Lee, C., Hinojos, A., Kearns, N., Carey, C., **Kannard, E.**, & Blumenthal, H. (2019, November 19-21). *The role of sexual orientation in the relationship between depressive symptoms and prescription drug misuse* [Poster presentation]. The 53<sup>rd</sup> annual convention for the Association for Behavioral and Cognitive Therapies – Forensic Issues and Externalizing Behaviors Special Interest Group, Atlanta, GA, United States.
1. Primous, S., **Kannard, E.**, & Rafiuddin, H. (2019, April 8). *Naming deficits in aphasia* [Research presentation]. The Teen St.A.R. Laboratory, University of North Texas, Denton, TX, United States.

## **PSYCHOLOGICAL ASSESSMENT EXPERIENCE**

The Structured Clinical Interview for DSM-5 (SCID-5-RV)

Module F. Anxiety Disorders

Module A. Mood Disorders

Module E. Substance Use Disorders

Mini International Neuropsychiatric Interview (MINI)

Timeline Followback (TLFB) for past 90-day alcohol and marijuana use

Clinician Administered PTSD Scale for DSM-5 (CAPS-5)

Primary Care PTSD Screen (PC-PTSD)

## **INVITED PRESENTATIONS**

### **Guest Speaker**

Sept. 2020

Psi Chi International Honor Society in Psychology

- Invited to present information to members about research opportunities, reasons to get involved in research, and how to best utilize a gap year

### **Oral Research Presentation**

April 2020

Perceptions of Interpersonal Relationships and the Correlation to Female Adolescent Social Anxiety

- Granted the Psi Chi Regional Research Award (\$400)
- Awarded at the 66<sup>th</sup> annual convention for the Southwestern Psychological Association, Frisco, TX\*\*
- Scheduled to be presented at the 67<sup>th</sup> annual convention for the Southwestern Psychology Association, San Antonio TX

### **Cultural Competency Workshop**

April 2019

Habitat for Humanity of Denton County

- Developed and conducted an interactive workshop and presentation on cultural competency for Habitat for Humanity staff. Topics included: defining cultural competency and its importance; understanding cultural differences; overcoming language barriers, biases, and stereotypes

### **Student Success Panel**

Aug. 2019

University of North Texas

- Invited to serve as a panel member to provide advice to and answer questions from incoming Psychology freshman class of ~400 students.

## **EXTRACURRICULAR & VOLUNTEER ACTIVITIES**

### **President of Psi Chi International Honor Society in Psychology**

April – Dec. 2019

*Chapter:* University of North Texas

- Led and organized bi-weekly general body meetings for potential incoming and current members of the organization to engage in discussion and learn about topics within the field of Psychology
- Led and organized bi-weekly officer meetings with a prepared agenda
- Created a detailed manual to serve as a living document and training tool for future officers
- Coordinated with local figures to come speak at general body meetings
- Delegated responsibilities to fellow officers

### **Victim Advocate**

Aug. 2018 – May 2019

Denton County Friends of the Family, Denton, TX

- Provided services and advocated for women who are victims of domestic violence or sexual assault
- Organized events at outreach center
- Provided childcare to trauma-exposed children at local emergency shelter

### **Note-Taker**

Aug. 2019 – Dec. 2019

Office of Disability Accommodations, University of North Texas

- Recorded detailed notes of each class session for an advanced psychology course to be used as an aid for students with a disability
- Awarded a letter of commendation upon completion

## **PROFESSIONAL AFFILIATIONS**

American Psychological Association Student Member

Aug. 2020 – Present

Association for Behavioral and Cognitive Therapies Student Member

Nov. 2019 – Present

- Conducted co-review of abstract submissions for 2020 conference

Member of Psi Chi International Honor Society in Psychology

Dec. 2018 – Present

## **HONORS AND AWARDS**

<b>Psi Chi Regional Research Award</b> , Southwestern Psychological Association (\$400)	Jan. 2020
<b>Voertman-Ardoin Scholarship in Liberal Arts</b> , University of North Texas (\$2,000)	May 2019
<b>UNT Scholarship for Continuing Students</b> , University of North Texas (\$1,000)	2018-19
<b>President's List</b> (Honor Roll 4.0 GPA)	2018-19
<b>UNT Excellence Scholarship</b> , University of North Texas (\$5,000)	2017-18
<b>Summer UNT Tuition Grant</b> (\$1,500)	May 2017
<b>Dean's List</b> (Honor Roll 3.5 GPA and above)	2016-17
<b>First Year Student of the Month</b> , National Residence Hall Honorary	Aug. 2016

## **TRAININGS COMPLETED**

<b>Evidence Based Behavioral-Practice</b>	Sept. 2020
<ul style="list-style-type: none"> <li>• EBBP Process</li> <li>• Introduction to Systemic Reviews</li> <li>• Searching for Evidence</li> <li>• Critical Appraisal</li> <li>• Randomized Controlled Trials</li> <li>• Shared Decision-Making with Individual Clients</li> <li>• Collaborative Decision-Making with Communities</li> <li>• Stakeholder Dialogue about Evidence Based Practice</li> <li>• Implementation of Evidence-Based Practices</li> </ul>	
<b>Department of Family Protective Services</b>	Oct. 2019
Trauma and Trauma Informed Care	
<b>University of North Texas Risk Management Services</b>	Aug. 2019
<ul style="list-style-type: none"> <li>• Bloodborne Safety Training</li> <li>• Biosafety Level II Training</li> <li>• Laboratory Waste Safety Training</li> </ul>	
<b>Collaborative Institutional Training Initiative (CITI)</b>	Oct. 2018
Social & Behavioral Research	
<b>National Institute of Health (NIH)</b>	Oct. 2018
Protecting Human Research Participants,	
<b>Texas Department of Family and Protective Services</b>	Oct. 2018
Reporting Suspected Abuse or Neglect of a Child: A Guide for Professionals	

## **SOTWARE EXPERIENCE**

**IBM Statistical Package for the Social Science (SPSS)**

- Analysis of data for recruitment activities and personal/poster projects
- Enter and check data for over 100 participants and multiple different databases
- Clean data for several databases
- Run analyses for independent and collaborative research projects
  - T-tests
  - Correlations
  - ANOVA
  - Bivariate logistic regression
  - Cross-lagged panel analyses
  - Linear regression

**BioPac MP150**

- Affix participants to electrocardiogram and galvanic skin response electrodes to measure heart rate and skin conductance
- Monitor live readings of physiological data to flag spikes and abnormalities

**Qualtrics**

- Design, create and distribute surveys
- Export data to SPSS
- Monitor participant progress

**Redcap**

- Design, create and distribute surveys

**Microsoft Excel****RELEVANT COURSEWORK**

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<b>Advanced Psychology</b>	Abnormal Psychology Developmental Psychology Social Psychology Intro to Perception & Cognition	Personality History and Systems Sexual Behavior
<b>Statistics and Research Methods</b>	Elementary & Probability Statistics Experimental Methods	Quantitative Methods
<b>Counseling</b>	Principles of Counseling I & II Diversity and Cultural Awareness Group Processes in Helping Relationships	Interpersonal Skills Micro-Counseling Therapeutic Play
<b>Advanced Spanish</b>	Spanish for Social Services Conversation for Non-Native Speakers	Spanish Grammar

**PROFESSIONAL REFERENCES**

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**Heidemarie Blumenthal, Ph.D.**, Associate Professor  
 Director of Teen St.A.R. Laboratory  
 University of North Texas

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Associate Director of Clinical Training  
University of North Texas

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University of North Texas

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