

**CATHERINE SAPPENFIELD**  
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**EDUCATION**

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**Doctoral Program in Clinical Psychology**

August 2023 - Present

*The University of Georgia*

Mentor: Dr. Brian Bauer

**BA Psychology; BA Hispanic Literatures and Cultures**

May 2021

*The University of North Carolina at Chapel Hill*

GPA: 3.65

Major GPA: 3.80

Honors Thesis: *The Impact of Mattering on Depression and Suicide*

Advisors: *Dr. Barbara Fredrickson and Dr. Michael Prinzing*

**BA Liberal Arts**

Spring 2020

*La Universidad San Francisco de Quito, Ecuador, Direct Enrollment Study Abroad*

GPA: 3.8

**RESEARCH INTERESTS**

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Suicide \* Predicting Acute Suicidality \* Trauma \* Suicide Prevention and Intervention \* Children \* Adolescents \*  
Young Adults \* Depression \* Nonsuicidal Self Injury

**RESEARCH SKILLS**

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Research Electronic Data Capture (REDCap) \* Ecological Momentary Assessment (EMA; Ilumivu) \* SPSS Statistics \*  
Excel \* R \* Institutional Review Board Clearance \* National Institute of Mental Health Data Archive (NDA) \*  
MindWare \* Acqknowledge \* Electronically Activated Recorder (EAR) \* Linguistic Analysis and Word Count (LIWC) \*  
Diagnostic Interviewing \* Proficient Spanish-Speaker

**RESEARCH EXPERIENCE**

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**Clinical Research Assistant**

July 2021 - 2023

*Alpert Medical School of Brown University*

Rhode Island Resilience Lab, Department of Psychiatry and Human Behavior

Supervisor: Nicole Nugent, Ph.D.

**Understanding the Interplay of Social Context and Physiology on Psychological Outcomes in Trauma-Exposed Adolescents (R01MH108641, Nugent)**

- Conducted participant follow ups.
  - Collected **electromyography (EMG)**, **electrocardiogram (ECG)**, and **electrodermal activity (EDA)** psychophysiology data during startle, Dot Probe, and Cyberball paradigms using Acknowledge software.
  - Pitched online **social networking (OSN) data collection** to participants and run data through a novel extraction and anonymization program.
  - Administered mood, anxiety, behavior, and substance use modules from the **Kiddie Schedule for Affective Disorders and Schizophrenia interview (KSADS)** and **Clinician-Administered PTSD Scale interview (CAPS)**.
  - **Risk-assessed** participants for suicide and abuse disclosures and implemented participant **safety planning** procedures.

- Supervised team of 20+ undergraduate research interns.
    - Designed position fliers and sent **recruitment** emails to psychology departments across the state.
    - Interviewed candidates and **onboarded** accepted individuals to Brown's Human Resources department.
    - Created and administered **5-hour training modules** for two different intern tasks each semester.
    - Held **weekly meetings** where individuals voiced questions relating to their tasks and implemented practice exercises to maintain ICC.
    - Performed regular **IRR checks** of undergraduates' REDCap codes using R syntax.
    - Led a **focus group** regarding the creation of a new coding manual and created the project's REDCap framework.
  - Managed **Electronic Audio Recording (EAR)** data.
    - Downloaded EAR data from study devices and packaged the files for undergraduate coders using **R syntax**.
    - **Transcribed and coded** participant Electronic Audio Recording (EAR) data following strict coding procedures.
    - Cleaned and ran transcripts through **Linguistic Inquiry and Word Count (LIWC)** software.
  - Managed **Heart Rate Variability (HRV)** data.
    - Cleaned artifacts from datasets by implementing MindWare cleaning protocols.
    - Created and refined lab wide HRV cleaning and processing manual to be used on this project and others.
    - Trained interns and fellow lab staff on new procedures.
  - Prepared OSN data for **content coding**.
    - Launched a previous RA task in an undergraduate cohort by **solidifying standardized operating procedures**.
    - **Taught interns** to efficiently sort thousands of participant social media messages into conversations and clean using LIWC transcription rules.
  - Submitted personnel and protocol packages as well as continuing reviews and progress reports to maintain **IRB compliance**.
  - Prepared study data for **NIMH's Data Archive**.
  - Maintained annual **Data Safety Monitoring Board** reports.
  - Attended **bi-weekly IRR meetings** to review participants' KSADS and CAPS interviews and corroborate diagnoses across research assistants.
  - Ensured **participant retention** by calling and texting participants and parents to schedule follow ups.
- ∴ **Collaborated on related lab projects.** See below.

### **Cannabis Use Following Trauma Exposure: An Observational Study of the Impact of Acute Stress and Fear Response on Cannabis Outcomes (R01DA054116, Brick & Nugent)**

- Collaborated on **Ecological Momentary Assessment (EMA)** code and troubleshoot mobile application interface.
- Spearheaded project's REDCap structure by uploading Timeline Follow Back surveys from collaborators and creating framework for participant self-report surveys and clinician-administered interviews.
- **Reviewed pool of over 70 applicants** for Clinical Research Assistant position opening.
  - Interviewed top applicants and discussed individuals with PIs.
  - Trained new RA in lab proceedings and relevant tasks.

### **Social Media, Violence, and Social Isolation Among At-Risk Adolescents: Exploring Ground Truth (R01HD104187, Ranney & Nugent)**

- **Modify previous study's EAR protocol** for this study's aims.
  - **Piloted new EAR codebook** with an undergraduate focus group and pitch modifications based on feedback.
  - Developed **new data transfer procedures** with Brown IT to implement REDCap coding capabilities.
  - **Tested new protocol** in first undergraduate coding cohort of the study.

### **Mechanisms of Mindfulness Training to Prevent Hypertensive Disorders of Pregnancy (R01HL157288, Bublitz)**

- **Consulted on best EAR practices** and suggest framework for coding manual and volunteer coding procedures.

### **Undergraduate Research Assistant**

Fall 2020 – May 2021

*The University of North Carolina at Chapel Hill*

UNC School of Education

Supervisor: Dr. Marisa Marraccini, Ph.D.

#### **Understanding School Mental Health Supports for Adolescents with Suicide Risk during COVID-19: Improving Practice During Social Isolation (SRG-0-093-17, Marraccini)**

- **Curated database search syntax** to compile relevant literature for a systematic review and reviewed resulting pool of 3,000 articles.
  - **Trained two fellow lab mates** in the systematic review article inclusion criteria.
- Tested and **provided feedback on REDCap** surveys for parents, adolescents, and school professionals.
- **Compiled and edited a bibliography** for a peer-reviewed journal submission.
- **Attended weekly lab meetings** to help trouble-shoot obstacles in daily lab operations.

### **Undergraduate Research Assistant**

Fall 2019 – May 2021

*The University of North Carolina at Chapel Hill*

Peer Relations Lab, Department of Psychology and Neuroscience

Supervisor: Dr. Mitch Prinstein, Ph.D.

#### **Multilevel Biomarkers for Suicidal Behavior: From Interpersonal Stress to Gene Expression in a Longitudinal Study of Adolescent Girls (R01MH107479, Prinstein)**

- Completed training in **Mindware's Heart Rate Variability** software and achieved >80% interrater reliability.
- Called participants to bolster **study retention**.
- Interfaced with patients at UNC Hospital's Child and Adolescent Inpatient Psychiatry Unit to administer a **pilot NSSI intervention**.
- Attended weekly undergraduate lab meetings to **analyze peer-reviewed journal** articles relating to adolescent suicide and discuss obstacles in daily lab operations.
- Participated in multiple department-wide discussions to understand the roots of **systemic inequality in psychology** and how to push the field towards anti-racism.

#### **Adolescent Girls' Risk for Suicide Across the Menstrual Cycle: Examining Stress and Negative Valence Systems Longitudinally (R01MH122446, Prinstein)**

- Coded participant data from the **Mini International Neuropsychiatric Interview (MINI)** for both parents and teens and data from the **Self-Injurious Thoughts and Behaviors (SITBI)** interview.

### **Summer Undergraduate Research Assistant**

Summer 2020

*Duke Center for the Study of Suicide Prevention and Intervention*

Duke Psychiatry and Behavioral Sciences, School of Medicine

Supervisor: Dr. David Goldston, Ph.D.

#### **Integrated Electronic and Care Manager Support Intervention for Caregivers of Adolescents with Suicide Attempts (SM-16-008, Goldston)**

- Conducted a **literature search** on the impact of trauma on suicide and current suicide rates in the U.S.
- **Transcribed post-training implementation interviews** evaluating suicide prevention tools.
- Attended **weekly lab meetings** to discuss task findings.

## **PEER-REVIEWED PUBLICATIONS**

Prinzing, M.M., **Sappenfield, C.A.**, & Fredrickson, B.L. (2023). What makes me matter? Investigating how and why people feel significant. *The Journal of Positive Psychology*, 18, 995 - 1011.

## **RESEARCH POSTERS AND OTHER PROJECTS**

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- Sappenfield, C.A.**, Prinzing, M.M. (Under Review). *The Impact of Mattering on Depression and Suicide*. [Poster Presentation]. Suicide Research Symposium 2<sup>nd</sup> Annual Meeting. Virtual Format. United States.
- Kim, S., **Sappenfield, C.A.**, Johnson, B.S., Tezanos, K., Huang, J., Arney, M., Nugent, N.R. (Anticipated 2022, December 9). *Psycholinguistic Features of Suicide Risk Identification Among Adolescents Using Text Messages* [Poster Presentation]. Journal of Clinical Child and Adolescent Psychology “Future Directions Forum”. Virtual Conference.
- Johnson, B.S., **Sappenfield, C.A.**, Galione, J., Kaplan, D., Mehl, M.R., Nugent, N.R. (2022, November 12). *Communicative Patterns as Indicators of Post-Traumatic Stress Disorder Symptom Severity in Trauma Exposed Adolescents* [Poster Presentation]. International Society for Traumatic Stress Studies 38<sup>th</sup> Annual Meeting “Trauma as a Transdiagnostic Risk Factor Across the Lifespan”. Atlanta, Georgia, United States.
- Sappenfield, C.A.**, Johnson, B.S., Kaplan, D., Mehl, M.R., Nugent, N.R. (2022, November 10). *Analyzing Linguistic Differences Between Acutely Suicidal versus Non-Suicidal Adolescents in a Trauma-Exposed Sample* [Poster Presentation]. International Society for Traumatic Stress Studies 38<sup>th</sup> Annual Meeting “Trauma as a Transdiagnostic Risk Factor Across the Lifespan”. Atlanta, Georgia, United States.
- Sappenfield, C.A.**, Nugent, N.R. (2022, November 5). *Analyzing the Association Between Reproductive Rights and Adolescent Mental Health*. The Brown Child and Adolescent Behavior Letter, 39: Pages TBD.

## **TEACHING OPPORTUNITIES**

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### **Summer Teaching Assistant**

July 2022

*Brown University*

Summer @ Brown, Department of Psychology

Supervisor: Dr. Soyeong Kim, Ph.D.

### **Culture and Psychology**

- **Moderated weekly discussion boards** to facilitate interaction with class material.
- **Graded and provided detailed feedback** on participation assignments, papers, and project.
- Offered **office hours** to help students to succeed in the class.

## **GRANTS, HONORS, & AWARDS**

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Salisbury Family Senior Thesis Research Award Fall 2020

Psi Chi International Honor Society in Psychology March 2019

Dean’s List, College of Arts and Sciences Fall ‘17, Fall ‘19\*

\*Due to the COVID-19 pandemic, the Dean’s List was not established for Spring 2020, Fall 2020 and Spring 2021.

## **PROFESSIONAL AFFILIATIONS**

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**American Psychological Association** Spring 2022 - Present

Student Member

*Division 53, Society of Clinical Child and Adolescent Psychology*

**American Association of Suicidology** Fall 2022 - Present

Associate Member

**Association for Behavioral and Cognitive Therapies** Fall 2022 - Present

Post-Baccalaureate Member

**International Society for Traumatic Stress Studies** Fall 2022 - Present

Early Career Member

## **COMMUNITY SERVICE**

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### **Crisis Counselor**

March 2021 - Present

#### *Crisis Textline*

- Completed a **30-hour training module** on ladder-up risk assessment, unconditional positive regard, active listening, and resource distribution.
- Act as a **caring and supportive peer** by risk assessing texters' thoughts of suicide, exploring their challenges, and helping them to identify coping mechanisms to bring them relief in times of crisis.
- Logged **over 65 hours** on the platform and have counseled over one hundred individuals in topics such as depression, grief, bullying, and stress.

### **Co-Chair UNC-Chapel Hill Out of the Darkness Campus Walk**

April 2019, 2021

#### *UNC Chapter of the American Foundation for Suicide Prevention*

- Facilitated an annual **campus-wide suicide prevention walk** sponsored by the American Foundation for Suicide Prevention.
- Raised awareness for suicide over **\$10,000 to fund suicide-related research**.
- Recruited **sponsors and walk participants**, secured a venue, and planned the walk route.

### **Meal Delivery Driver**

Summer 2020

#### *TABLE, 501(c)(3) nonprofit, Carrboro, NC*

- Spent five hours per week **packing and delivering meals** to food-insecure children in the Chapel Hill-Carrboro area.

### **President UNC-Chapel Hill Mental Health Ambassadors**

Fall 2018 – 2019

#### *The University of North Carolina at Chapel Hill*

- **Elected by my peers** to serve on one of most prominent student-lead mental health organizations at UNC.
- Organized **weekly meetings** for a student group of 30+ members.
- **Facilitated mental health education events**, implemented stress-relief activities for students during exams, and collaborated with UNC student government on reforms to student mental health policy.

### **English as a Second Language Tutor**

Fall 2017 – 2019

#### *Dive In, Chapel Hill, The University of North Carolina at Chapel Hill*

- **Created and taught English lessons** to local Spanish-speaking adults for two hours each week.
- Provided ESL individuals with **community resources** so they may successfully navigate the Chapel Hill area.

## **ADDITIONAL EXPERIENCES**

### **Intercollegiate Mental Health Conference**

February 2019

#### *Georgia Institute of Technology*

- Selected to attend the **first annual Intercollegiate Mental Health Conference** with UNC Student Government's Mental Health Coalition Leaders after.
- Brainstormed ways to **improve university mental health policies** with nine other major academic institutions.