

Kinjal K. Patel, M.S.

(she/her/hers)

Curriculum Vitae

CONTACT INFORMATION

Old Dominion University
Mills Godwin Building
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Norfolk, VA 23508

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EDUCATION

- 2027 **Doctor of Philosophy, Clinical Psychology**
(expected) Virginia Consortium Program in Clinical Psychology, Norfolk, VA
(APA-accredited Clinical Psychology PhD Program including Old Dominion University and Norfolk State University)
Dissertation: *A multi-method investigation of developmentally informed and proximal risk factors for self-injurious thoughts in high-risk adolescents*
Advisor: Catherine R. Glenn, Ph.D.
- 2023 **Master of Science in Psychology**
Old Dominion University, Norfolk, VA
Thesis: *Nightmares and self-injury among high-risk adolescents: Examining the role of emotion regulation*
Advisor: Catherine R. Glenn, Ph.D.
- 2019 **Bachelor of Science in Psychology**
Second Major in Exercise and Sports Science
University of North Carolina at Chapel Hill, Chapel Hill, NC

PROFESSIONAL HONORS & AWARDS

- 2025 **Eileen O'Neill Outstanding Consortium Service Award**
Virginia Consortium Program in Clinical Psychology
Awarded to one graduate student for excellent service contributions to the Virginia Consortium Program in Clinical Psychology
Award: \$200
- 2024 **Future Directions Fellows Program**
Future Directions Forum – Journal of Clinical Child and Adolescent Psychology
Division 53 of the American Psychological Association
Honorarium provided to defray travel costs to attend the Future Directions Forum
Award: \$400
- 2024 **College of Sciences Outstanding MS Thesis Award**
Old Dominion University

Awarded to one graduate student in the College of Sciences at Old Dominion University
Award: \$300

2023 **Alumni Association's Outstanding Scholar Fellowship Award**
Old Dominion University
Awarded to two graduate students across Old Dominion University
Award: \$1,500

2023 **Professional Development Award**
Society of Clinical Child and Adolescent Psychology
Division 53 of the American Psychological Association
Award: \$375

2023 **Student Engagement/Enrollment Services Graduate Travel Award**
Old Dominion University
Award: \$500

2016-2019 **Dean's List**
University of North Carolina at Chapel Hill

GRANTS & FELLOWSHIPS

2025-2026 **Elizabeth Munsterberg Koppitz Child Psychology Graduate Student Fellowship**
American Psychological Foundation
Project Title: *Examining mechanisms linking sleep problems to suicide risk in adolescents: A real-time monitoring study*
Total Direct Costs: \$23,900
Funds provided stipend support for graduate student time to conduct dissertation study
Role: **Principal Investigator**

2025 **Routh Dissertation Grant**
Society of Clinical Child and Adolescent Psychology
Division 53 of the American Psychological Association
Project Title: *Examining mechanisms linking sleep problems to suicide risk in adolescents: A real-time monitoring study*
Total Direct Costs: \$2,500
Funds used for advanced statistical trainings required for dissertation analyses and conference presentation costs
Role: **Principal Investigator**

2025 **Graduate Summer Award Program**
Old Dominion University
Competitive funding program to support graduate student scholarship and research

Award: \$3,000

PEER-REVIEWED PUBLICATIONS

Published

- Patel, K. K.**, Mournet, A. M., Luce, A. J., Auad, E. C., Liu, R. T., Kleiman, E. M., & Glenn, C. R. (2025). Nightmares and self-injurious thoughts among clinically acute adolescents: Examining negative affect as a potential mechanism. *Journal of Affective Disorders*, 381, 532–540. <https://doi.org/10.1016/j.jad.2025.04.054>
- Patel, K. K.**, Kearns, J. C., Foti, D., Pigeon, W. R., Kleiman, E. M., & Glenn, C. R. (2025). Anhedonia Links Sleep Problems and Suicidal Thoughts: An Intensive Longitudinal Study in High-Risk Adolescents. *Research on Child and Adolescent Psychopathology*, 53(3), 331–347. <https://doi.org/10.1007/s10802-024-01275-w>
- Garrisi, K., Tsai, A. P., **Patel, K. K.**, Gruhn, M., Giletta, M., Hastings, P. D., Nock, M. K., Rudolph K. R., Slavich, G. M., Prinstein, M. J., Miller, A. B., Sheridan, M. A. (2024). Early Exposure to Deprivation or Threat Moderates Expected Associations Between Neural Structure and Age in Adolescent Girls. *Child Maltreatment*. <https://doi.org/10.1177/10775595241301746>
- Miller, A. B., Jenness, J., Elton, A., Pelletier-Baldelli, A., **Patel, K.**, Bonar, A., Martin, S., Dichter, G., Giletta, M., Slavich, G., Rudolph, K., Hastings, P., Nock, M., Prinstein, M. J., Sheridan, M. (2024). Neural markers of emotion reactivity and regulation before and after a targeted social rejection: Differences among girls with and without suicidal ideation and behavior histories. *Biological Psychiatry*. <https://doi.org/10.1016/j.biopsych.2023.10.015>
- Rodriguez-Thompson, A. M., Miller, A. B., Wade, M., Meyer, K. M., Machlin, L., Bonar, A. S., **Patel, K. K.**, Giletta, M., Hastings, P. D., Nock, M. K., Rudolph K. D., Slavich, G. M., Prinstein, M. J., Sheridan, M. A. (2024). Neural correlates of p-factor in adolescence: Cognitive control with and without enhanced positive affective demands. *Biological psychiatry: Cognitive neuroscience and neuroimaging*, S2451-9022(23)00076-9. <https://doi.org/10.1016/j.bpsc.2023.03.012>
- Patel, K. K.**, Sheridan, M. A., Bonar, A. S., Giletta, M., Hastings, P. D., Nock, M. K., Rudolph K. D., Slavich, G. M., Prinstein, M. J., Miller, A. B. (2023). A preliminary investigation into cortical structural alterations in adolescents with nonsuicidal self-injury. *Psychiatry Research: Neuroimaging*, 336, 111725. <https://doi.org/10.1016/j.psychresns.2023.111725>
- Machlin, L., Egger, H. L., Stein, C. R., Navarro, E., Carpenter K.L.H., Goel, S., **Patel, K. K.**, Copeland W. E., Sheridan, M. A. (2023). Distinct Associations of Deprivation and Threat with Alterations in Brain Structure in Early Childhood. *Journal of the American Academy of Child and Adolescent Psychiatry*, S0890-8567(23)00061-8. <https://doi.org/10.1016/j.jaac.2023.02.006>

Pelletier-Baldelli, A., Sheridan, M. A., Glier, S. R., Rodriguez-Thompson, A., Gates, K. M., Martin, S. M., Dichter, G. S., **Patel, K. K.**, Bonar, A. S., Giletta, M., Hastings, P. D., Nock, M. K., Slavich, G. M., Rudolph, K. D., Prinstein, M. J., Miller, A. B. (2022). Social Goals in Girls Transitioning to Adolescence: Associations with Psychopathology and Brain Network Connectivity. *Social Cognitive Affective Neuroscience*, nsac058. <https://doi.org/10.1093/scan/nsac058>

Sheridan, M. A., Mukerji, C. E., Wade, M., Humphreys, K. L., Garrisi, K., Goel, S., **Patel, K.**, Fox, N. A., Zeanah, C. H., Nelson, C. A., & McLaughlin, K. A. (2022). Early deprivation alters structural brain development from middle childhood to adolescence. *Science Advances*, 8(40), eabn4316. <https://doi.org/10.1126/sciadv.abn4316>

Machlin, L., Gruhn, M. A., Miller, A. B., Milojevich, H. M., Motton, S., Findley, A. M., **Patel, K.**, Mitchell, A., Martinez, D. N., Sheridan, M. A. (2021). Predictors of family violence in North Carolina following initial COVID-19 stay-at-home orders. *Child Abuse & Neglect*, 105376. <https://doi.org/10.1016/j.chiabu.2021.105376>

Under Review

Patel, K. K., Edershile, E. A., Luce, A. J., Auad, E. C., Liu, R. T., Kleiman E. M., Glenn, C. R. (under review). Examining associations between negative affect arousal dimensions and self-injurious thoughts: Findings from two real-time monitoring studies with psychiatrically acute adolescents.

Edershile, E. A., **Patel, K. K.**, Mournet, A. M., Liu, R. T., Glenn, C. R., Kleiman E. M. (under review). A real-time examination and comparison of differentiation among suicidal thinking and affect items.

Bonar, A. S., Carolus A. E., Miller, A. B., Alvarez, G., Pelletier-Baldelli, A., Martin, S., **Patel, K. K.**, Giletta, M., Hastings, P. D., Nock, M. K., Slavich, G. M., Rudolph, K. D., Prinstein, M. J., Lindquist K. A., Sheridan, M. A. (under review). Childhood Threat Exposure and Low Emotional Awareness Predict Neural Correlates of Emotion Regulation in Adolescent Girls.

Esposito, E. C., **Patel, K. K.**, Hull, S., Johnson, C. N., Patel, M. A., & Glenn, C. R. (under review). Evidence base update of psychosocial treatments for self-injurious thoughts and behaviors in youth: 2018-2024. *Journal of Clinical Child and Adolescent Psychology*.

Santee, A. C., DeLap, G. A., **Patel, K. K.**, Carolus, A. E., Glenn, C. R., Starr, L. R. (under review). Does Stress Exposure Predict Blunted Negative Emotion Differentiation Among Adolescents? An Examination Across Two Adolescent Samples.

Murgueitio, N., McLaughlin, K. A., Machlin, L., Sokolik, M., Swarna, P., **Patel, K. K.**, Propper, C. B., Sullivan, R. M., Sheridan, M. A. (under review). Early life threat and disruptions in caregiver buffering of fear conditioning in early childhood.

In Preparation

Patel, K. K., Edershile, E. A., Bettis, A. H., Auad, E. C., Luce, A. J., Liu, R. T., Kleiman E. M., Glenn, C. R. (in preparation). Emotion regulation strategy use among clinically acute adolescents: A trait-level and state-level examination.

Patel, K. K., Bettis, A. H., Pigeon, W., Liu, R. T., Kleiman, E. M., Glenn, C. R. (in preparation). Clarifying pre-sleep and post-sleep mechanisms linking sleep problems and suicidal thoughts: A multi-method real-time monitoring investigation in high-risk adolescents.

Glenn, C. R., Johnson, C. N., Luce, A. J., Auad, E. A., **Patel, K. K.**, Wilcox, N., Kniola, D., Steelesmith, D., Dutta, S. (in preparation). Examining demographic and socioeconomic risk and protective factors for suicidal thoughts and behaviors among middle school and high school students in the state of Virginia.

Johnson, C. N., Dutta, S., Auad, E. A., Luce, A. J., **Patel, K. K.**, Wilcox, N., Kniola, D., Glenn, C. R., (in preparation). Exploring the impact of identity-based bullying on suicidal thoughts and behaviors among middle and high-school aged youth in Virginia.

Kleiman, E. M., Glenn, C. R., **Patel, K. K.**, Edershile, E. A., Pigeon, W. R., Liu, R. T. (in preparation). A two-study evaluation of the Brief Ruminative Response Scale – Sleep Diary (BRRS-SD), a daily-diary measure of brooding rumination before sleep.

PEER-REVIEWED CONFERENCE PRESENTATIONS

Patel, K. K., Mournet, A. M., Luce, A. J., Auad, E. C., Liu, R. T., Kleiman, E. M., & Glenn, C. R. (2025, November). *Nightmares and Self-Injurious Thoughts Among Adolescents Following Acute Psychiatric Care: Examining Negative Affect as a Potential Mechanism*. In C. Glenn (Chair) Leveraging Real-Time Monitoring Designs to Clarify Mechanisms for Suicide Risk and Protection among Vulnerable Young People [Symposium]. Paper presentation at the 2025 IASR/AFSP International Summit on Suicide Research.

Patel, K. K., Mournet, A. M., Luce, A. J., Auad, E. C., Liu, R. T., Kleiman, E. M., Glenn, C. R. (2025, June). *Nightmares and self-injurious thoughts among high-risk adolescents: Examining negative affect as a potential mechanism*. Poster presentation at SLEEP 2025 Meeting, Seattle, WA.

Patel, K. K., Kearns, J. C., Foti, D., Pigeon, W., Kleiman, E. M., Glenn, C. R. (2025, June). *Anhedonia links sleep problems and suicidal thoughts: An intensive longitudinal study in high-risk adolescents*. Poster presentation at SLEEP 2025 Meeting, Seattle, WA.

Popowski S., **Patel, K. K.**, Cheung, Y., Kim, K. Y. A, Glenn, C. R., Van Orden, K. A., Meyerhoff, J. (2025, June). *Measuring Self-Injurious Thoughts and Behaviors: Developing a Continuous Summary Score Using the SITBI*. Poster presentation at the 2025 Society for Digital Mental Health. [Conference online]

Patel, K. K., Edershile, E. A., Luce, A. J., Auad, E. C., Liu, R. T., Kleiman E. M., Glenn, C. R.

- (2025, April). *Examining proximal associations between negative affect arousal dimensions and self-injurious thoughts in high-risk adolescents*. Paper presentation at the 2025 Suicide Research Symposium. [Conference online]
- Patel, K. K.,** Kleiman, E. M., Glenn, C. R. (2024, November). *The impact of age on negative emotion dynamics and suicidal thoughts in high-risk youth: Findings from a real-time monitoring study*. Poster presentation at the 2024 Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.
- Patel, K. K.,** Kearns, J. C., Foti, D., Kleiman, E. M., Glenn, C. R. (2024, July). *Examining anhedonia as a mechanism linking insomnia and next-day suicidal thoughts: An intensive longitudinal study in high-risk youth*. Poster presentation at the 2024 Journal of Clinical Child and Adolescent Psychology Future Directions Forum, Columbus, OH.
- Patel, K. K.,** Kleiman, E. M., Glenn, C. R. (2024, April). *Investigating negative emotion dynamics and suicidal thoughts in high-risk adolescents*. Poster presentation at the 2024 Annual Meeting of the Society for Research on Adolescence, Chicago, IL.
- Bonar, A. S., Carolus, A. E., Alvarez, G. A., Miller, A. B., Gruhn, M., Robertson, M. M., Rodriguez-Thompson A., Martin S., **Patel, K. K.,** Giletta, M., Hastings, P. D., Nock, M. K., Slavich, G. M., Rudolph, K. D., Prinstein, M. J., Lindquist K. A., Sheridan, M. A. (2023, September). *Examining the effects of childhood threat exposure and emotional clarity on amygdala-prefrontal connectivity in youth*. Poster presentation at the annual Flux 2023 Developmental Cognitive Neuroscience Congress, Santa Rosa, CA.
- Patel, K. K.,** Kleiman, E. M., Glenn, C. R. (2023, May). *Negative affect is associated with self-injurious thoughts: A real-time monitoring study with high-risk adolescents*. Poster presentation at the 2023 Association for Psychological Science Convention, Washington, DC.
- Luce, A. J., **Patel, K. K.,** Klonsky, E. D., Glenn, C. R. (2023, May). *Examining the Relationship Between Facets of Emotion Regulation and Non-Suicidal Self-Injury*. Poster presentation at the 2023 Association for Psychological Science Convention, Washington, DC.
- Pelletier-Baldelli, A., Sheridan, M. A., Rudolph, M. D., Martin, S., Srabani, E., **Patel, K. K.,** Bonar, A. S., Giletta, M., Hastings, P. D., Nock, M. K., Rudolph K. D., Slavich, G. M., Prinstein, M. J., Miller, A. B. (2023, April). *Neurodevelopmental Processes Supporting Peer Evaluation: Associations Between Brain Network Connectivity and Pubertal Timing, Pubertal Status, Hormones, and Age*. Poster presentation at the 2023 Society of Biological Psychiatry, San Diego, CA.
- Patel, K. K.,** Kleiman, E. M., Kearns, J. C., Glenn, C. R. (2023, April). *Sleep Problems and Self-Injurious Thoughts Among High-Risk Adolescents: Exploring the Role of Negative Affect Intensity*. Poster presentation at the 2023 Annual Meeting of the Society for Research on Adolescence, San Diego, CA.

- Sheridan, M. A., Wade, M., Humphreys, K. L., Garrisi, K., Mukerji, C. E., **Patel, K.**, Fox, N., Zeanah, C., Nelson, C. A., McLaughlin, K. A. (2023, March). *Prefrontal Cortex Structure Shaped by Early Institutionalization is Associated with Externalizing Psychopathology and Cognitive Capacity*. Paper presentation at the 2023 Biennial Meeting of the Society for Research in Child Development, Salt Lake City, UT.
- Redic, M., Machlin L., Sheridan, M. A., **Patel, K. K.**, Giletta, M., Hastings, P. D., Nock, M. K., Rudolph K. R., Slavich, G. M., Prinstein, M. J., Martin, S., Miller, A. B. (2022, November). *Associations between whole-brain neural activation during social evaluation and peer victimization in adolescent girls*. Poster presentation at the 2022 Society for Neuroscience Conference, San Diego, CA.
- Martin, S., Gruhn, M., Pelletier-Baldelli, A., Sheridan, M. A., **Patel, K. K.**, Giletta, M., Hastings, P. D., Nock, M. K., Rudolph K. R., Slavich, G. M., Prinstein, M. J., Miller, A. B. (2022, November). *Childhood Threat Exposure Moderates Cortisol Reactivity in Response to Stress and ACC Activation during Cognitive Reappraisal in Adolescent Girls*. Poster presentation at the 2022 Society for Neuroscience Conference, San Diego, CA.
- Auad, E. C., **Patel, K. K.**, Glenn, C. R. (2022, November). *Exploring the Relationship Between Parental Bonding, Self-Derogation, and Nonsuicidal Self-Injury in Adolescents*. Poster presentation at the 2022 Association for Behavioral and Cognitive Therapies Annual Convention Student Special Interest Group Session, New York City, NY.
- Kearns, J. C., Glenn, C. R., Kleiman, E. M., **Patel, K. K.**, Conwell, Y., Alpert-Gillis, L. J., Pigeon, W. R. (2022, November). *Examining Cognitive and Affective Mechanisms Linking Sleep Problems to Suicidal Thinking Among High-Risk Adolescents*. Paper presentation at the 2022 Association for Behavioral and Cognitive Therapies Annual Convention, New York City, NY.
- Tsai, A. P., Garrisi, K., **Patel, K.**, Berman, I., Rodriguez-Thompson, A., Giletta, M., Hastings, P. D., Nock, M. K., Rudolph K. R., Slavich, G. M., Somerville, L. H., Prinstein, M. J., Miller, A. B., Sheridan, M. A. (2022, September). *Early childhood adversity and alterations in cortical thickness and surface areas in female adolescents*. Poster presentation at the annual Flux 2022 Developmental Cognitive Neuroscience Congress, Paris, France.
- Pelletier-Baldelli, A., Martin, S. M., Sheridan, M. A., Gates, K., **Patel, K. K.**, Bonar, A. S., Giletta, M., Hastings, P. D., Nock, M. K., Rudolph K. R., Slavich, G. M., Somerville, L. H., Prinstein, M. J., Miller, A. B. (2022, September). *The associations among puberty, brain development, and internalizing symptoms in girls transitioning to adolescence: A combined multivoxel pattern and brain network approach*. Poster presentation at the annual Flux 2022 Developmental Cognitive Neuroscience Congress, Paris, France.
- Patel, K. K.**, Kleiman, E. M., Kearns J. C., Glenn, C. R. (2022, June). *Exploring emotion*

regulation mechanisms linking nightmares to self-injury among high-risk adolescents.
 Poster presentation at the 2022 Society for Ambulatory Assessment Conference.
 [Conference online]

Patel, K. K., Kleiman, E. M., Kearns J. C., Glenn, C. R. (2022, May). *Nightmares and Self-Injury Among High-Risk Adolescents: Examining the Role of Emotion Regulation.* Poster presentation at the 2022 Association for Psychological Science Convention, Chicago, IL.

Pelletier-Baldelli, A., Martin, S. M., Somerville, L. H., Sheridan, M. A., Urban, C., **Patel, K.,** Giletta, M., Hastings, P. D., Nock, M. K., Rudolph K. R., Slavich, G. M., Prinstein, M. J., Miller, A. B. (2022, May). *The influence of puberty and age on brain functioning during a social observation fMRI task.* Poster presentation at the 2022 Social and Affective Neuroscience Society. [Conference online]

Alvarez, G. M., Robertson, M. M., Martin, S., Bonar, A. S., Giletta, M., Hastings, P. D., Nock, M. K., **Patel, K.,** Rudolph, K. R., Slavich, G. M., Somerville, L. H., Prinstein, M. J., Sheridan, M. A. (2022, April). *Neuroimmune differences by adversity exposure type in adolescent girls.* Poster presentation at the 2022 Meeting of the American Psychosomatic Society, Long Beach, CA.

Garrisi, K., Tsai, A. P., **Patel, K.,** Giletta, M., Hastings, P. D., Nock, M. K., Rudolph K. R., Slavich, G. M., Somerville, L. H., Prinstein, M. J., Sheridan, M. A., Miller, A. B. (2022, March). *Examining the relationship between exposure to threat or deprivation and cortical thickness and surface area in youth.* Poster presentation at the 2022 Biennial Meeting of the Society for Research on Adolescence, New Orleans, LA.

Martin, S., Pelletier-Baldelli, A., Sheridan, M. A., **Patel, K.,** Giletta, M., Hastings, P. D., Nock, M. K., Rudolph K. R., Slavich, G. M., Somerville, L. H., Prinstein, M. J., Miller, A. B. (2022, March). *Amygdala Activation and Emotional Regulation in Early- and Post-Pubescent Girls.* Poster presentation at the 2022 Biennial Meeting of the Society for Research on Adolescence, New Orleans, LA.

Carolus, A., Davis, M., Bonar, A., Rodriguez-Thompson, A., Giletta, M., Hastings, P. D., Nock, M. K., Prinstein, M. J., Rudolph K. R., Slavich, G. M., Somerville, L. H., **Patel, K.,** Miller, A. B., Sheridan, M. A. (2021, November). *Emotional Awareness: Associations with Deprivation and Threat.* Poster presentation at the 2021 Harvard Women in Psychology's Annual Trends in Psychology Summit (TiPS). [Conference online]

Patel, K., Pollak, O. H., Sheridan, M. A., Giletta, M., Hastings, P. D., Nock, M. K., Rudolph K. R., Slavich, G. M., Somerville, L. H., Prinstein, M. J., Miller, A. B. (2021, September). *Testing the comparative predictive validity of neural structure versus suicidal ideation history for prediction of Suicide Stroop Task performance.* Poster presentation at the annual Flux 2021 Developmental Cognitive Neuroscience Congress. [Conference online]

Pelletier-Baldelli, A., Sheridan, M. A., Glier S., Rodriguez-Thompson, A., **Patel, K.,** Giletta, M.,

- Hastings, P. D., Nock, M. K., Rudolph K. R., Slavich, G. M., Somerville, L. H., Prinstein, M. J., Miller, A. B. (2021, September). *Unique neural profiles underlying social motivation and psychopathology in adolescent girls*. Poster presentation at the annual Flux 2021 Developmental Cognitive Neuroscience Congress. [Conference online]
- Motton, S., Furlong, S., Robertson, M., **Patel, K.**, Mitchell, A., Martinez, D., Howell, T., Sheridan, M. A. (2021, September). *Examining patterns of alpha EEG asymmetry and dimensions of early adversity: a preregistration*. Poster presentation at the annual Flux 2021 Developmental Cognitive Neuroscience Congress. [Conference online]
- Lurie, L., McLaughlin, K. A., Gruhn, M., Humphreys, K., **Patel, K.**, Zeanah C. H., Fox, N. A., Nelson, C. A., Sheridan, M. A. (2021, September). *Early caregiving quality may mitigate the impact of severe psychosocial deprivation on neural development in previously institutionalized children*. Poster presentation at the annual Flux 2021 Developmental Cognitive Neuroscience Congress. [Conference online]
- Miller A. B., Jenness, J., **Patel, K.**, Bonar, A., Giletta, M., Hastings, P., Nock, M., Rudolph, K., Slavich, G., Somerville, L., Prinstein, M., Sheridan, M. (2021, April). *Neural Correlates of Emotion Reactivity and Regulation and Suicidal Ideation and Behavior Among Girls*. Paper presentation at the 2021 Biennial Meeting of the Society for Research in Child Development. [Conference online]
- Gruhn, M., Machlin, L., Egger, H., Stein, C., Carpenter, K., **Patel, K.**, Copeland, W., Sheridan, M. (2021, April). *A Dimensional Examination of Childhood Adversity and Neurodevelopment in ADHD*. Poster presentation at the 2021 Biennial Meeting of the Society for Research in Child Development. [Conference online]
- Furlong, S., McLaughlin, K. A., Woodburn, M., **Patel, K.**, Fox, N. A., Zeanah C. H., Nelson, C. A., Sheridan, M. A. (2021, April). *Early-Life Institutionalization and Structural Covariance: Data from the Bucharest Early Intervention Project*. Poster presentation at the 2021 Biennial Meeting of the Society for Research in Child Development. [Conference online]
- Motton, S., Gruhn, M., Machlin, L., **Patel, K.**, Mitchell A., Martinez, D., Milojevich, H., Sheridan, M. (2021, March). *Child Mental Health during the COVID-19 Pandemic: The Indirect Effect of Caregiver Employment on Child Depression Symptoms*. Poster presentation at the 2021 Anxiety and Depression Association of America Conference. [Conference online]
- Patel, K.**, Sheridan, M. A., Robertson, M. M., Bonar, A., Giletta, M., Hastings, P. D., Nock, M. K., Rudolph K. R., Slavich, G. M., Somerville, L. H., Prinstein, M. J., Miller, A. B. (2020, September). *Behavioral and structural neural correlates of non-suicidal self-injury in adolescent girls*. Poster presentation at the annual Flux 2020 Developmental Cognitive Neuroscience Congress. [Conference online]
- Machlin, L., Egger, H. L., Stein, C. R., Carpenter K.L.H., Goel, S., **Patel, K.**, Copeland, W. E.,

Sheridan, M. A. (2020, September). *Distinct Associations of Deprivation and Threat with Alterations in Brain Structure in Early Childhood*. Poster presentation at the annual Flux 2020 Developmental Cognitive Neuroscience Congress. [Conference online]

Rodriguez-Thompson, A., Miller, A. B., Machlin, L., Bonar, A., **Patel, K.**, Giletta, M., Hastings, P. D., Nock, M. K., Rudolph K. R., Slavich, G. M., Somerville, L. H., Prinstein, M. J., Sheridan, M. A. (2020, September). *Examining the impact of adversity on adolescent psychopathology and the role of cognitive control and reward learning interactions*. Poster presentation at the annual Flux 2020 Developmental Cognitive Neuroscience Congress. [Conference online]

RESEARCH EXPERIENCE

2021-

Graduate Student Researcher

Youth Risk and Resilience Laboratory, Old Dominion University
Lab Director: Catherine R. Glenn, Ph.D.

Project: Clarifying proximal mechanisms linking interpersonal stressors to suicidal behavior in youth: A multi-informant real-time monitoring study (R01MH124899)

MPIs: Evan M. Kleiman, Ph.D. (Rutgers University), Catherine R. Glenn, Ph.D. (Old Dominion University), & Richard T. Liu, Ph.D. (Massachusetts General Hospital)

- Screened and recruited adolescents and their caregivers via phone and in emergency mental health settings.
- Administered and scored clinical interviews as part of NIMH funded multi-site study examining the links between interpersonal negative life events and short-term risk for self-injurious thoughts and behaviors in adolescents (ages 12-18) and their caregivers after discharge from acute psychiatric care for suicide risk.
- Participated in safety monitoring procedures of a high-risk adolescent sample over a 28-day ecological momentary assessment (EMA) follow-up period during which self-injurious thoughts and behaviors were assessed multiple times daily, using MetricWire EMA software.
- Leveraged research infrastructure of R01 grant to investigate a distinct and novel set of aims focused on pre-sleep and post-sleep mechanisms implicated in suicide risk among clinically acute adolescents using a multi-method sleep assessment approach, including wrist actigraphy (dissertation project).
- Primary assessments: Columbia-Suicide Severity Rating Scale (C-SSRS), Suicide Risk Assessment and Formulation, Mini-International Neuropsychiatric Interview for Children/Adolescents (MINI-Kid) Parent Version

Project: Digital Cognitive-Behavioral Therapy for Insomnia (dCBT-I) to Reduce Suicide Risk among Youth Following Discharge from Acute Hospitalization (R34MH123590)

MPIs: Evan M. Kleiman, Ph.D. (Rutgers University) & Catherine R. Glenn, Ph.D. (Old Dominion University)

- Screened and recruited adolescents and their caregivers via phone and in emergency mental health settings for a NIMH-funded randomized control trial
- Completed post-treatment follow-up interviews as part of a NIMH-funded randomized control trial testing a digital cognitive behavioral therapy for insomnia intervention among adolescents (ages 14-18) recently discharged from acute psychiatric care for suicide risk.
- Primary assessments: Columbia-Suicide Severity Rating Scale (C-SSRS), Suicide Risk Assessment and Formulation

2017-2021

Project Coordinator

Child Imaging Research on Cognition and Life Experiences Laboratory
University of North Carolina at Chapel Hill
Lab Directors: Margaret A. Sheridan, Ph.D. & Adam Bryant Miller, Ph.D.

Projects: Neural Underpinnings of Emotion Regulation in Youth (R01MH107479-S1) & Testing the Predictive Power of Neural Connectivity: Suicidal Ideation in Youth Exposed to Maltreatment (K01MH116325)

- Managed a longitudinal fMRI study investigating the neural correlates of suicidal thoughts and behaviors and biological responses to interpersonal stress in adolescents (ages 9-16)
- Administered and scored clinical interviews assessing psychopathology and self-injurious thoughts and behaviors in adolescents.
- Acquired, processed, and analyzed fMRI neuroimaging data along with concurrent behavioral task data.
- Primary assessments: Self-Injurious Thoughts and Behaviors Interview (SITBI), Mini-International Neuropsychiatric Interview for Children/Adolescents (MINI-Kid) Child/Parent Version

Project: Do Dimensions of Adversity Differentially Predict Neural Development and Psychopathology in Young Children? (R01MH115004)

- Managed a study examining the effects of early childhood deprivation and threat on psychopathology and brain development in youth (ages 4-7)
- Administered and scored clinical interviews assessing experiences of deprivation/threat, psychopathology and self-injurious thoughts and behaviors in youth.
- Acquired psychophysiology, electroencephalography, and biological specimen data, along with a battery of cognitive and socio-emotional tasks.
- Primary assessments: Self-Injurious Thoughts and Behaviors Interview (SITBI), Mini-International Neuropsychiatric Interview for Children/Adolescents (MINI-Kid) Parent Version, Multi-Dimensional Neglect Behavior Scale – Interview, Violence Exposure Scale – Revised for Children

CLINICAL EXPERIENCE

2025- **Consultation-Liaison Inpatient Psychology/Psychiatry Service**

2023-2024 **Children's Hospital of The King's Daughters**
Norfolk, Virginia
Clinical Supervisor: Dr. Lynn Page, Ph.D.

Responsibilities:

- Conducted chart reviews to gather relevant patient information prior to initial assessments and subsequent encounters.
- Participated in medical rounds on medical-psychiatry/mental health evaluation service, and interacted with physicians, nursing staff, and social work team.
- Collaborated and communicated with the medical team upon receiving psychology/psychiatry consults.
- Performed brief intake assessments to evaluate patients' psychological/mental health service needs, followed by brief, targeted interventions if indicated.
- Maintained ongoing communication with the medical team regarding patient status and progress.
- Informed parents and caregivers about next steps in care, discharge planning, and available services.
- Collaborated with allied health professionals, including occupational therapy, physical therapy, and speech therapy teams to help optimize patient prognosis.
- Attended group supervision sessions with medical social work teams (e.g., cystic fibrosis, nephrology).
- Updated electronic medical records and chart documentation with detailed notes on patient encounters and interventions.

2024- **Alicia's Place Private Practice**
Chesapeake, Virginia
Clinical Supervisor: Dr. Annie Levin, Psy.D.

Responsibilities:

- Provided individual therapy to child/adolescent clients using a person-centered approach alongside CBT, DBT skills, and the Unified Protocol to address anxiety, depression, and emotional dysregulation.
- Implemented structured treatment protocols including Parent Child Interaction Therapy (PCIT) to address behavioral concerns in young children.
- Maintained timely and accurate documentation in the electronic health record system, including case notes, initial assessments, treatment updates, transfer/termination summaries, and referrals.
- Adapted treatment strategies to meet the needs of neurodiverse youth with co-occurring conditions (e.g., ASD, ADHD), using flexible, developmentally appropriate interventions.
- Performed initial assessment intake sessions with child/adolescent and caregiver, conceptualized assessment battery, administered clinical and cognitive assessments, scored and interpreted psychological testing data.
- Integrated assessment results, formulated diagnostic considerations and case conceptualization, created treatment recommendations, and provided feedback to parents.

2023-2024 **Outpatient Psychology Mental Health Clinic – Norfolk
Children’s Hospital of The King’s Daughters**

Norfolk, Virginia

Clinical Supervisor: Dr. James Paulson, Ph.D.

Responsibilities:

- Delivered evidence-based individual and family therapy to youth and their caregivers via outpatient telehealth services.
- Implemented structured treatment protocols including Exposure and Response Prevention, Habit Reversal Training, and Family-Based Treatment to address obsessive-compulsive disorder, trichotillomania, and feeding/eating concerns.
- Coordinated care with multidisciplinary providers (e.g., psychiatry) within the CHKD system to ensure continuity and integration of services.
- Maintained timely and accurate documentation in the electronic health record system, including case notes, initial assessments, treatment updates, transfer/termination summaries, and referrals.
- Adapted treatment strategies to meet the needs of neurodiverse youth with co-occurring conditions (e.g., ASD, ADHD), using flexible, developmentally appropriate interventions.

2022-2023 **Psychological Services at Virginia Beach City Public Schools**

Virginia Beach, Virginia

Clinical Supervisor: Dr. Lisa Conway-Sugden, Psy.D.

Responsibilities:

- Provided individual therapy to high-school aged students approved for emotional disability services, using a person-centered approach alongside CBT, DBT skills, and the Unified Protocol to address anxiety, depression, and emotional dysregulation.
- Employed play therapy, psychodynamic sand tray, social skills training, and anger management strategies with elementary-aged students.
- Conducted treatment planning aligned with IEP and 504 plan goals.
- Conducted risk assessments and consulted in Special Education Committee Evaluation meetings regarding psychological services.
- Collaborated with teachers and parents to address student behavioral and academic concerns.
- Administered cognitive, academic, personality, and behavioral assessments to determine eligibility for academic accommodations; authored comprehensive psychological reports.
- Maintained detailed documentation, including case notes, intake assessments, and termination summaries.
- Supported the summer Supportive Therapeutic Education Program across elementary, middle, and high school settings by facilitating group activities, leading process groups, and delivering individualized behavioral support.

2022 **Outpatient Psychology Mental Health Clinic – Landstown
Children’s Hospital of The King’s Daughters**
Virginia Beach, Virginia
Clinical Supervisor: Dr. Nicole Kreiser Wells, Ph.D.

Responsibilities:

- Performed initial intake sessions with child/adolescent and caregiver.
- Conceptualized assessment battery, administered clinical and cognitive assessments, scored and interpreted psychological testing data.
- Integrated assessment results, formulated diagnostic considerations and case conceptualization, created treatment recommendations, and provided feedback to parents.
- Conducted chart reviews prior to intake sessions and documented clinical impressions and testing outcomes in the electronic health record to maintain appropriate and timely documentation within an integrated healthcare system.

CLINICAL TRAININGS & WORKSHOPS

2025	Bridging Divides: Ethically Navigating Differences in Clinical and Professional Settings Hannah Jones, Psy.D. Virginia Consortium Program in Clinical Psychology Workshop
2024	Supervision and Consultation in Clinical Psychology Jennifer Flaherty, Ph.D. Virginia Consortium Program in Clinical Psychology Workshop
2024	Ethical Considerations in Managing Difficult Conversations in Clinical Practice & Supervision Carol A. Falender, Ph.D. Virginia Consortium Program in Clinical Psychology Workshop
2023	Collaborative Assessment and Management of Suicidality – Foundational Training Certification CAMS-Care, David Jobes, Ph.D.
2023	Unified Protocols for Transdiagnostic Treatment of Emotional Disorders in Children and Adolescents Training Seminar Jill Ehrenreich-May, Ph.D.
2023	Working with Transgender and Gender Diverse Clients: A Clinical and Ethical Primer for Mental Health Kerry McGregor, Psy.D. Virginia Consortium Program in Clinical Psychology Workshop
2022	Nonviolent Crisis Intervention Training Crisis Prevention Institute

Children's Hospital of The King's Daughters

- 2022 **Ethical and Cultural Issues in Treating Borderline Personality Disorder**
Jennifer Cheavens, Ph.D.
Virginia Consortium Program in Clinical Psychology Workshop
- 2021 **Virginia State Department of Social Services Mandated Reporter Training**

MENTORSHIP & TEACHING EXPERIENCE

Research Mentorship

- 2021- Supervised and mentored 2 full-time project coordinators on clinical research tasks (e.g., assessment administration) and professional development activities (e.g., conference submissions, graduate school applications). Directly supervised 4+ undergraduate research assistants on literature review tasks and wrist actigraphy data cleaning.
- 2019-2021 Supervised and mentored 15+ undergraduate research assistants on multiple tasks including study protocol, data cleaning, and data analysis. Provided professional development opportunities via journal clubs and workshops.

Peer Mentorship

- 2024- **Peer Mentor Supervisor**
Virginia Consortium Program in Clinical Psychology
Supervisors: Andrew Franklin, Ph.D., Jennifer Flaherty, Ph.D. & Kimberly Gamble, Psy.D.
- Responsibilities:* Facilitated vertical supervisory practicum team meetings with junior graduate students. Conducted regular individual meetings with first- and second-year students to provide peer supervision surrounding clinical and professional development. Provided feedback for mock intake interviews, assessment data interpretation, preparation for comprehensive examinations, integrated reports, and case presentations. Presented didactics on supervision and consultation models and implemented these models in practice.

Teaching Assistantships

- 2025 **Clinical Assessment-Personality and Individual Differences (Graduate-level)**
Supervisor: Catherine Glenn, Ph.D., *Old Dominion University*
- Adulthood and Aging (Undergraduate-level)**
Supervisor: Ashley Doane, Ph.D., *Old Dominion University*
- 2024 **Child Psychopathology (Undergraduate-level)**
Supervisor: Ashley Doane, Ph.D., *Old Dominion University*
- Psychopathology (Undergraduate-level)**
Supervisor: Cathy Lau-Barraco, Ph.D., *Old Dominion University*

2023 **Psychopathology (Undergraduate-level)**
Drugs & Behavior (Undergraduate-level)
 Supervisor: Cathy Lau-Barraco, Ph.D., *Old Dominion University*

Social Psychology (Undergraduate-level)
 Supervisor: Elaine Murphy, Ph.D., *Old Dominion University*

2022 **Social Psychology (Undergraduate-level)**
 Supervisor: Jennifer Muth, M.S., *Old Dominion University*

SERVICE TO CLINICAL PSYCHOLOGY PHD PROGRAM

2021- **Inclusion Diversity Equity and Accountability (IDEA) Committee**
 Virginia Consortium Program in Clinical Psychology

2024-2025 **Student Representative**
 Virginia Consortium Program in Clinical Psychology

2022-2023 **Student Representative**
 Virginia Consortium Program in Clinical Psychology

EDITORIAL AND REVIEWING EXPERIENCE

Ad Hoc Journal Reviewer (*under supervision of Catherine R. Glenn, Ph.D.)

Assessment* [2]

Clinical Psychological Science* [3]

Development and Psychopathology* [1]

Journal of Adolescence* [1]

Journal of Affective Disorders* [1]

Journal of Clinical Child and Adolescent Psychology* [4]

Journal of Child Psychology and Psychiatry – Advances* [1]

Journal of Psychopathology and Clinical Science* [1]

Journal of Sleep Research* [1]

Pediatrics* [1]

Suicide and Life-Threatening Behavior* [1]

PROFESSIONAL AFFILIATIONS

2022- Society for a Science of Clinical Psychology, Student Member

2022- Society of Clinical Child and Adolescent Psychology, Student Member