

Anabel Potts

CURRICULUM VITAE

Email: AnabelPotts@my.unt.edu

EDUCATION

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| May 2025 (Expected) | Doctor of Philosophy, Clinical Psychology University of North Texas Denton, Texas |
| May 2019 | Bachelor of Science, Psychology (GPA: 4.0) Minor in Counseling (GPA: 4.0) University of North Texas Overall GPA: 3.929 Denton, Texas |

Honors Thesis: *Gender Differences in Adolescent Bipolar Disorder* (Defended April 2019)

Chair: Heidemarie Blumenthal, Ph.D.

GRANTS, HONORS, AND SCHOLARSHIPS

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| Fall 2019 – Spring 2023 | Tuition Benefit Program (\$9,802 annual tuition support) |
| Fall 2019 | Flow Health Care Foundation Award (\$5,000) |
| Fall 2019 | UNT Tuition Grant (\$2,000) |
| Fall 2019 | TGS Robert B. Toulouse Scholarship (\$1,000) |
| 2016 – 2019 | UNT TAMS to Eagles Scholarship (\$20,000 annually) |
| 2016 – 2019 | Honors College |
| Fall 2016 – Present | UNT President's List (Honor Roll 4.0 GPA) |
| Fall 2017 – Spring 2018 | UNT Scholarship for Continuing Students (\$1,000) |
| Spring 2016 | UNT Dean's List (Honor Roll 3.5 or above GPA) |
| 2015 | TAMS Tom Weiner Student Life Fund (\$1,000) |
| 2015 | UNT Scholarship for Continuing Students (\$1,000) |
| Fall 2015 | UNT President's List |
| Fall 2014 – Spring 2015 | UNT Dean's List |
| 2014 – 2016 | TAMS Tuition/Fee Scholarship (\$11,000 annually) |
| 2014 – 2016 | Departmental Scholarship Book Non-Disbursing Award (\$1,100 annually) |
| 2014 | Texas Public Education Grant Resident (\$290) |

RESEARCH AND CLINICAL INTERESTS

My research interests include the etiology, risk factors for, and treatment of mood disorders and serious mental illness, with a focus on bipolar disorder. I am also interested in diagnosis and assessment of mood disorders and differential diagnosis across psychopathologies.

RESEARCH EXPERIENCE

Graduate Research Assistant (June 2019 – Present)

Laboratory: Mood and Psychopathology (MAP) Laboratory

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

Responsibilities: Assist in creating studies, conducting analyses, and writing/editing papers:

- Assist in building a Qualtrics measure to assess psychopathology for the Hierarchical Taxonomy of Psychopathology (HiTOP)
- Assist in a literature review on bipolar disorder ecological momentary assessment studies
- Pull data for a review paper on bipolar disorder, affect, and ecological momentary assessment

Research Assistant (May 2016 – May 2019)

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

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

Responsibilities: Assist in conducting six studies concerning social anxiety, alcohol use, marijuana use, post-traumatic stress disorder, adolescent development, and emerging adulthood:

- Run participants for 2.5-hour studies including participant assent and parent consent, conducting a Timeline Followback (TLFB) for alcohol and marijuana use, assisting in semi-structured clinical interviews (e.g., SCID-5), and training participants to complete a video simulated computer task (ASIDE).
- Run participants for a 3-hour study including participant assent and parent consent, conducting a Cyberball rejection task and the International Affective Picture System, and obtaining salivary samples
- Conduct 60 min phone interviews with participants for longitudinal studies on adolescent health behaviors
- Conduct telephone screenings with community participants involving sensitive information (e.g., SCID-5 for recent major depressive episodes/lifetime alcohol use disorder; recent substance use history; trauma history) and schedule for laboratory visits.
- Train new members on procedures
- Editing and providing feedback on Qualtrics surveys and audio scripts used to elicit peer rejection
- Completing pilot tests of studies to identify timing and potential problems

Recruitment Team Leader (May 2018 – Present)

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

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

Compensation: \$10 hourly

Organize and participate in community events and activities to recruit difficult to reach adolescents (e.g. marijuana and alcohol use reporting) for laboratory-based studies

- Coordinate and lead a 10-14 person team in meetings and collaboration to schedule recruitment events and create new recruitment approaches (e.g. increasing focus on schools to reach adolescents, organize presentations at events)
- Maintain databases and spreadsheets on recruitment activities
- Contact companies, schools, and community leaders to organize recruiting events
- Coordinate and lead training for new members on recruitment procedures
- Design and coordinate purchases of marketing materials for recruitment
- Assess effectiveness of recruitment events and recruitment team members and work with the data team to design better approaches to tracking recruitment data
- Create materials to advertise the laboratory and current studies

Recruitment Team Member (April 2017 – May 2018)

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

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

- Advertise studies in local businesses on a weekly basis (e.g. leaving flyers)
- Participate in events to recruit participants
- Contribution to databases of potential places and events from which to recruit adolescent participants
- Train new members on recruitment procedures

Data Team Member (May 2016 – May 2018)

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

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

- Enter participant data for four studies (SPSS)
- Enter recruitment data for three adolescent studies (SPSS)
- Pre-process physiological data (BIOPAC) and importing it into SPSS for analyses
- Transfer and organize physical copies of participant data to electronic copies

CONFERENCE & RESEARCH PRESENTATIONS

Cloutier, R.M., Caitlyn, C., Kearns, N. T., **Potts, A. F.**, Jackson, B., Proenza, H. A., & Blumenthal, H. (2019). *Alcohol and marijuana use willingness as a function of peer rejection and social anxiety*. Poster accepted to the annual Collaborative Perspectives on Addiction Conference, Providence, RI.

*Rafiuddin, H., **Potts, A. F.**, Cloutier, R. M., Proenza, H. A., Kearns, N. T., Carey, C. N., & Blumenthal, H. (2018). *Ethnoracial Disparities in Perceived Treatment Effectiveness among Adolescents with Bipolar Disorder*. Poster accepted to the annual convention of the American Psychological Association, Chicago, IL.

Potts, A. F., Cloutier, R. M., Payne, A., Armour, R., Blumenthal, H. (2018). *Correlates of Gender Differences in Mania Treatment in Adolescent Bipolar I Disorder*.

Poster presented at the 52nd annual convention of the Association for Behavioral and Cognitive Therapies, Washington D.C.

Payne, A., Kearns, N. T., Cloutier, R., Miller, Q., **Potts, A. F.**, & Blumenthal, H. (2018). *PTSD Symptom Severity and Cannabis Use: The Moderating Role of Race/Ethnicity*. Poster presented at the 2nd annual convention of the Research Society on Marijuana, Fort Collins, CO.

Potts, A. F., Cloutier, R. M., Dornbach-Bender, A., Ruggero, C., Blumenthal, H. (2017). *Gender Differences in Adolescent Bipolar 1 Disorder*. Poster presented at the 51st annual convention of the Association for Behavioral and Cognitive Therapies, Bipolar Disorders Special Interest Group, San Diego, CA.

Kearns, N. T., **Potts, A. F.**, Cloutier, R. M., Chambers, D., & Blumenthal, H. (2017). *Alcohol and Cannabis Polysubstance Use: Comparison of Posttraumatic Stress Symptom Profiles*. Poster presented at the 51st annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

Douglas, M., Cloutier, R. M., John, J., **Potts, A. F.**, Holland, E., & Blumenthal, H. (2017). *Influence of weight and sociocultural attitudes on dieting among adolescents*. Poster presented at the 51st annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

Pogue, J.R., Tristan, E., Cloutier, R.M., Gutierrez, S.C., **Potts, A.F.**, Reynolds, B.L., Russo, M.J., Blumenthal, H. (2017). *Electrodermal Activity and Self-reported Anxiety during Real-time Social Stress as a Function of Typical Anxious Symptomatology among Adolescent Girls*. Poster presented at the annual meeting of the Association for Psychological Science, Boston, MA.

Potts, A.F., Chambers, D., Fresnedo, M. (2017). *Acceptance and Commitment Therapy for Bipolar Disorders*. Research presentation for the Teen St.A.R. Lab at the University of North Texas, Denton, TX.

*Denotes undergraduate mentee

CLINICAL EXPERIENCE

Denton County MHMR Guardianship Program (February 2018 – Present; 477.5 hours)

Supervisor: Courtney Carey, M.S., TxCG

DCMHMR is the designated Local Mental Health and Intellectual & Developmental Disabilities Authority for Denton County. The Guardianship Program at DCMHMR employs people to act as guardians for indigent and incapacitated adults in Denton County. Clients have a range of mental health issues including schizophrenia, bipolar disorder, schizoaffective disorder, Alzheimer's disease, dementia, intellectual disability,

Down syndrome, substance use disorders, conduct disorder, depressive disorders, and anxiety disorders among others and a range of physical health problems. Volunteer duties have included:

- Regular visits with 13 different clients of the Guardianship Program to keep them company and engage in various activities of their choice (e.g. talking, reading, GED tutoring, etc.).
- Send detailed reports of visits to the program manager and guardianship specialists
- Check on client well-being and looks for signs of abuse/neglect/mistreatment or distress/discomfort to report to supervisor and the client's guardian.
- Report suspected or client reported abuse/neglect to the Texas Department of Family and Protective Services and the Consumer Rights and Human Services department of Texas Health and Human Services
- Read and take notes on client files prior to meeting them
- Attend court proceedings
- Administrative/organizational duties

ASSESSMENT EXPERIENCE

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

- Major Depressive Disorder
- Alcohol Use Disorder

Mini International Neuropsychiatric Interview (M.I.N.I.) for adult participants

- Major Depressive Episode
- Panic Disorder
- Agoraphobia
- Social Anxiety Disorder (Social Phobia)
- Generalized Anxiety Disorder
- Alcohol Use Disorder
- Substance Use Disorder

SOFTWARE EXPERIENCE

IBM Statistical Package for the Social Science

- Analysis of data for recruitment activities and personal projects
 - Logistic regressions
 - Correlations
 - Descriptive statistics
- Enter and check data for over 100 participants and multiple different databases

BioPac Acqknowledge 4.3

- Pre-process data and import it into SPSS

Qualtrics

- Edit measures for errors and legibility
- Export data to SPSS
- Monitor participant progress on Qualtrics

Inquisit 4

- Completed introductory training/tutorials

WORK EXPERIENCE

UNT Athletics Department Tutor (Fall 2016- Spring 2018)

- Tutor UNT athletes in a variety of subjects, primarily psychology courses (including general, developmental, and quantitative methods), as well as political science and history
- Provide guidance on assignments
- Assist students in creating study plans
- Write reports on student learning and behavior during session

VOLUNTEER EXPERIENCE

Denton County MHMR Angel Tree (November - December 2017)

- Complete organizational and set-up tasks for the Angel Tree Christmas present donation event for DCMHMR clients

Texas Rustlers Small Animal Rescue (June 2016 – Present)

- Provide for animal welfare on a weekly basis (cleaning, feeding, watering, etc.)
- Assist customers in answering questions and showing animals

INVITED PRESENTATIONS

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| 09/2018 | <i>Psychology Research at UNT</i> ; Texas Academy of Mathematics and Science |
| 09/2018 | <i>Gender Differences in Adolescent Bipolar Disorder</i> ; Teen St.A.R. Laboratory |
| 08/2018 | <i>Teen St.A.R. Laboratory Research Opportunities</i> ; Lewisville Municipal Court |
| 04/2018 | <i>Mood Disorder Research Summary</i> ; Teen St.A.R. Laboratory |
| 05/2015 | <i>Duke Talent Identification Program Educational Opportunities</i> ; Texas Academy of Mathematics and Science |

ASSOCIATION MEMBERSHIPS

Association for Behavioral and Cognitive Therapies (ABCT), Student Member, Fall 2017 – Present

- ABCT Bipolar Disorders Special Interest Group, Member, Fall 2017 – Present
- ABCT Child and Adolescent Depression Special Interest Group, Member, Fall 2018 – Present

TRAINING COMPLETED

National Institute of Health

- Protecting Human Research Participants (completed May 2016)

Collaborative Institutional Training Initiative

- Social & Behavioral Research (completed June 2016)

Texas Department of Family and Protective Services

- Reporting Suspected Abuse or Neglect of a Child: A Guide for Professionals (completed June 2016)

University of North Texas Risk Management Services

- Bloodborne Safety Training (completed April 2018)
- Biosafety Level 2 Training (completed April 2018)
- Laboratory Waste Safety Training (completed April 2018)

Texas Health and Human Services

- Volunteer Orientation Training (June 2018)

Texas Department of Aging and Disability Services

- HIPAA Training (July 2018)

RELEVANT COURSEWORK

Advanced Psychology

- Developmental Psychology
- History and Systems
- Social Psychology
- Personality
- Abnormal Psychology
- Sexual Behavior
- Introduction to Perception and Cognition
- Psychophysiology
- Introduction to Learning and Memory
- Special Problems
- Psychology Practicum
- Abnormal Child Psychology
- Positive Psychology

Statistics and Research Methods

- Elementary Problems & Statistics
- Quantitative Methods
- Experimental Methods
- Introduction to Psychological Measurement

Counseling

- Principles of Counseling I and II
- Diversity and Cultural Awareness
- Therapeutic Play
- Interpersonal Skills in Helping Relationships
- Group Process in Helping Relationships

