

Ashlynn J. Smart

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EDUCATION

May 2021 **Bachelor of Arts**, University of North Texas, Denton, TX
Major: Psychology (GPA: 3.8)
Minor: Rehabilitation Studies (GPA: 4.0)
Cumulative GPA: 3.865

HONORS AND AWARDS

Fall 2017-
 Fall 2018 **Dean's List** (Honor Roll 3.5 GPA and above) – 2 semesters

Spring 2018-
 Spring 2020 **President's List** (Honor Roll 4.0 GPA) – 4 semesters

2018-19 **UNT Scholarship for Continuing Students**, University of North Texas (\$1,000)

RESEARCH EXPERIENCE

Laboratory: Teen Stress and Alcohol (St.A.R.) Laboratory
Director: Heidemarie Blumenthal, Ph.D., University of North Texas, Denton, TX

May 2019 -
 Present **Research Assistant**
Responsibilities: Assist in conducting two studies concerning social anxiety, alcohol use, marijuana use, post-traumatic stress disorder, adolescent development, and emerging adulthood:

- Run adolescent participants for a 3-hour study including participant assent and parent consent, conducting a vividness training exercise, a Cyberball rejection task and the International Affective Picture System, and obtaining salivary samples.
- Run adult participants for a 3.5-hour study including participant consent, conducting a medical screener, an alcohol administration procedure, a simulated driving task, and a re-imagining of a recorded autobiographic script form of neutral or traumatic events
- 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
- Complete pilot tests of studies to identify timing and potential problems
- Implementation and piloting of two R-15 grant laboratory-based research studies

May 2020 -
 Present **Recruitment Team Lead/Event Coordinator**

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

- Coordinate and lead a 10-15 person team in weekly meetings and collaboration to schedule recruitment events and create new recruitment approaches (e.g. increasing focus on schools to reach adolescents, organizing presentations at events)
- Maintain databases and spreadsheets on recruitment activities completed by team members
- Contact companies, schools and community leaders to organize recruiting events
- Coordinate and lead trainings 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
- Organize and coordinate with community engagement events that promote mental health awareness [e.g. National Eating Disorder Association (NEDA), Mental Health Awareness Week (MHAW)]

May 2019-
Present

Recruitment Team Member

- Advertise studies in 10-20 local businesses on a weekly basis (e.g. leaving fliers)
- Participate in a minimum of 3 events each month to recruit participants
- Contribute to databases of potential places and events from which to recruit adolescent and adult participants
- Assist in brainstorming potential new efforts to increase recruitment effectiveness
- Train new members on recruitment procedures
- Recognized as team's most effective recruiter

July 2019-
Present

Data Team Member

- Enter recruitment data for two adolescent studies and one adult study (SPSS)
- Pre-process physiological data (BIOPAC) and import it into SPSS for analysis

RESEARCH AND CONFERENCE PRESENTATIONS

Smart, A., Ramadan, B., Lee, C., Kelm, H., Harris, T., & Blumenthal, H. (2020). *The Role of Parental Psychological Control in Self-Consciousness and Adolescent Social Anxiety*. Abstract accepted to the 54th annual Association for Behavioral and Cognitive Therapies Convention (Philadelphia, PA, 2020).

Smart, A., Ramadan, B., Lee, C., Kelm, H., Harris, T., & Blumenthal, H. (2020). *The Role of Parental Psychological Control in Self-Consciousness and Adolescent Social Anxiety*. Abstract submitted to the 10th annual Psychology Research Fair (Denton, TX 2020).

Ramadan, B., Blumenthal, H., Kearns, N., Cole, D., Espinoza, M., **Smart, A.** (2019). *The Role of Anxiety Sensitivity in Clarifying Racial/Ethnic Differences in Drinking Motives among College Students*. Poster accepted to the American Psychological Association Convention, Washington, DC.

Lee, C., Ramadan, B., Kelm, H., **Smart, A.**, & Blumenthal, H. (2020). *Depression, Anxiety Sensitivity, and Drinking Motives in an Adolescent Sample*. Abstract submitted to the 54th annual Association for Behavioral and Cognitive Therapies Convention (Philadelphia, PA, 2020).

Watson, M., Ramadan, B., Carey, C., **Smart, A.**, Baker, A., Blumenthal, H. (2020). *Pain-related fears may predict subsequent alcohol and non-medical prescription drug use among adolescents*. Poster submitted for presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies – Addictive Behaviors Special Interest Group (Philadelphia, PA, 2020).

ASSESSMENT EXPERIENCE

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

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

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

- Major Depressive Disorder
- Panic Disorder
- Social Anxiety Disorder
- Generalized Anxiety Disorder
- Alcohol Use Disorder
- Substance Use Disorder (Cannabis)

Timeline Followback (TLFB) for alcohol and marijuana use

EXTRACURRICULAR & VOLUNTEER ACTIVITIES

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| Fall 2018 - Present | SAAC Member , Student Athlete Academic Counsel <i>Chapter:</i> University of North Texas <ul style="list-style-type: none"> • Membership involves attending bi-weekly meetings and participating in volunteer and community service events. |
| Fall 2017- Present | UNT Track and Field Member Hammer and Discus Thrower |
| Spring 2017- Present | Track and Field Team Captain University of North Texas <ul style="list-style-type: none"> • Membership involves attending monthly meetings and creating and implementing team goals as well as planning community service events. |
| Fall 2017, Spring 2019 | UNT Track Coat Drive Volunteer Gathered hundreds of coats to distribute to homeless in Dallas and Denton Texas |
| Fall 2020 | Denton Rehabilitation and Nursing Joined the people living at the home for a Bingo night |
| Spring 2019 | Sanger ISD Special Education Volunteer Aided teachers and observed classes at each level of the SPED program for Sanger High School |

TRAININGS COMPLETED

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| Oct. 2019 | National Institute of Health , Protecting Human Research Participants |
| Oct. 2019 | Collaborative Institutional Training Initiative (CITI) , Social & Behavioral Research |
| Oct. 2019 | Texas Department of Family and Protective Services , Reporting Suspected Abuse or Neglect of a Child: A Guide for Professionals |
| Aug. 2019 | University of North Texas Risk Management Services <ul style="list-style-type: none"> • Bloodborne Safety Training • Biosafety Level 2 Training • Laboratory Waste Safety Training |
| October 2019 | Department of Family Protective Services , Trauma and Trauma Informed Care |

SOTWARE EXPERIENCE

IBM Statistical Package for the Social Science (SPSS)

- Analysis of data for recruitment activities and personal projects
- Enter and check data for over 100 participants and multiple different databases

Qualtrics

- Export data to SPSS
- Monitor participant progress on Qualtrics

RELEVANT COURSEWORK

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| Advanced Psychology | General Psychology I & II Developmental Psychology Social Psychology Psychology of the Offender | History and Systems Abnormal Psychology Personality Positive Psychology |
| Statistics and Research Methods | Elementary and Probability Statistics Experimental Methods | Quantitative Methods |
| Rehabilitation Studies | Disability and Society Employment Services Addictions | Aspects of Disability Rehab Case Management Micro counseling |
| Counseling | Therapeutic Play | |