

CAROLINE E. LEE, B.A.

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EDUCATION

May 2019 **Bachelor of Arts in Psychology**
 Hendrix College, Conway, AR
Summa Cum Laude, with Distinction in Psychology
 Overall GPA: 3.95
 Psychology GPA: 4.0

CURRENT POSITION

May 2019- **Research Assistant**, Teen Stress and Alcohol Research Lab, University of North Texas
 Present *Advisor: Heidemarie Blumenthal, Ph.D.*

Studies:

- Ran participants through an F31 AA027142-01 funded 3.5-hour procedure including a medical screener, an alcohol administration procedure, a simulated driving task, and a re-imagining of a recorded autobiographic script of neutral or traumatic events in order to assess the impact of trauma exposure and alcohol intoxication on risk-taking behavior.
- Ran adolescent participants through an R15 AA026079 funded 4-hour procedure involving affixing participants for physiological assessment of acute stress responding (i.e., electrocardiogram for heart rate and galvanic skin response for skin conductance via BioPac MP150), conducting a Cyberball rejection task, the International Affective Picture System, obtaining salivary samples, and administration of the SCID-5-RV for mood, anxiety, and substance use disorders in adolescent participants as well as the Mini International Neuropsychiatric Interview for parent participants.

Recruitment:

- Conducted telephone screenings with hard to reach community participants (i.e., substance-using adolescents and trauma-exposed substance-using adults).
- Assessed recent substance use history, trauma history, major depressive episodes and alcohol use disorder by using the SCID-5 with community members.
- Recruited participants for experimental studies by dropping off flyers at businesses in the community.
- Assisted in social media advocacy for mental health and related programming.

Data:

- Entered participant data weekly in SPSS databases.
 - Downloaded and entered raw data from Inquisit Experiment Programs into Microsoft Excel. Entered Timeline Follow Back substance use data from experimental studies into Microsoft Excel.
 - Edited syntax in SPSS for various studies; dummy coded variables.
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CLINICAL WORK EXPERIENCE

- Oct. 2019-
July 2020 **Qualified Mental Health Professional**, Denton County MHMR, Psychiatric Crisis Clinic
- Worked 40 hours weekly at non-profit psychiatric crisis walk-in clinic.
 - Conducted risk of harm assessments for members of the community from diverse and underserved backgrounds, particularly LGBTQ individuals and those experiencing homelessness.
 - Assessed suicidal and homicidal ideations, substance use, psychotic symptoms, depression, anxiety, biopsychosocial factors, mental health history, and other potential risk factors with clients.
 - Assessed strengths, needs, and suicide severity by completing the Columbia Suicide Severity Scale and Adult/Child Needs and Strengths Assessment for each client.
 - Provided treatment recommendations and collaborated with local hospitals to facilitate treatment with an emphasis on trauma-informed care.
- Aug. 2019-
Oct. 2019 **Clinic Assistant**, Denton County MHMR, Psychiatric Crisis Clinic
- Triage incoming clients to assess risk of harm and determine eligibility for full risk of harm screening.
 - Met individually with clients to determine recent suicidality, homicidal ideations, and deterioration of mental health.
 - Managed client appointments and maintained thorough documentation through Streamline.
 - Answered telephones and provided appropriate community referrals.

RESEARCH EXPERIENCE

Research Coordinator:

- Sept. 2018-
May 2019 **Independent Research Project Coordinator**, Hendrix College, Dept. of Psychology
Advisor: Lindsay Kennedy, Ph.D.
- Examined the relationships between self-compassion, mindfulness, and disordered eating behavior by utilizing data from a campus-wide survey.
 - Performed statistical analyses in SPSS in order to test hypotheses that shame and guilt mediate the relationship between mindfulness and impairment from disordered eating behavior as well as self-compassion and disordered eating related impairment.
- Aug. 2017-
Dec. 2017 **Independent Research Project Coordinator**, Hendrix College, Dept. of Psychology
Advisor: Sara Taylor, Ph.D.
- Evaluated the role of self-affirmations on test anxiety by generating hypotheses, designing an experimental procedure, running 45 participants through a laboratory study, and analyzing data in SPSS.

Research Assistant:

- Dec. 2018-
May 2019 **Research Assistant**, Cognitive Psychology Lab, Hendrix College, Dept. of Psychology
Advisor: Ruthann Thomas, Ph.D.
- Designed a cognitive psychology study and ran participants through a lab procedure involving administration of Guilford's Alternative Uses task and the Compound Remote Associates task.
 - Assisted in designing experimental stimuli and procedures in order to examine the role of recollecting change in knowledge neglect.

- May 2018- **Research Assistant**, Hendrix College, Dept. of Psychology
 May 2019 *Advisor: Sara Taylor, Ph.D.*
- Studied the effects of an eight-week mindfulness-based intervention on stress and well-being.
 - Prepared study materials and assisted with study design and implementation.
 - Organized, coded, and entered all participant data; assisted with data analyses in SPSS.
 - Conducted literature review on anxiety and depression and how mindfulness interventions can potentially contribute to the attenuation of symptoms.
- May 2018- **Research Assistant**, Hendrix College, Dept. of Psychology
 May 2019 *Advisor: Lindsay Kennedy, Ph.D.*
- Designed an educational stress-reduction intervention for incoming college freshmen.
 - Assisted in development of pre- and post-test surveys in order to measure stress, well-being, and self-efficacy.
- June 2017- **Research Assistant**, Ohio State University, Comprehensive Cancer Center
 Aug. 2017 *Advisors: Dr. John Boyd, MD, Ph.D. & Erin Hertlein, Ph.D.*
- Designed and performed experiments in order to investigate the role of the gene BCL3 on migration of leukemic cells.
 - Conducted extensive literature searches in order to troubleshoot experimental procedures.
 - Maintained detailed records of daily laboratory experimental procedures.

PUBLISHED MANUSCRIPTS

Taylor, S., Kennedy, L., Lee, C., & Waller, E. (2020). Common humanity in the classroom: Increasing self-compassion and coping self-efficacy through a mindfulness-based intervention. *Journal of American College Health, 17*(6). <https://doi.org/10.1080/07448481.2020.1728278>

SUBMITTED MANUSCRIPTS

Lee, C., Henderson, H., & Kennedy, L. Mindfulness, self-compassion, and disordered eating: The mediating role of shame and guilt. Manuscript submitted for publication to *Eating and Weight Disorders*.

Lee, C. Waller, E., Kennedy, L., & Taylor, S. Testing the effectiveness of a brief stress and coping intervention in first-year college students. Manuscript submitted for publication to the *Psi Chi Journal of Psychological Research*.

MANUSCRIPTS IN PREPARATION

Lee, C., Carey, C., & Blumenthal, H. (*in prep*). Depression and prescription drug misuse: Differences among bisexual and heterosexual individuals.

Henderson, H., Lee, C., & Kennedy, L. (*in prep*). Do self-compassion and mindfulness moderate the relationship between mental health and mental illness in college students?

POSTERS AND PRESENTATIONS

13. 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 [Conference presentation]. 10th annual University of North Texas Psychology Research Fair, Denton, TX.
12. Lee, C., & Kennedy, L. (2021, April 9-11). *Mindfulness, self-compassion, and disordered eating: The mediating role of shame and guilt* [Conference presentation]. Southwestern Psychological Association Convention, San Antonio, TX.
11. Kannard, E., Ramadan, B., Hinojos, A., Lee, C., Hanes, J., & Blumenthal, H. (2021, April 9-11). *Perceptions of interpersonal relationships and the correlation to female adolescent social anxiety* [Conference presentation]. Southwestern Psychological Association Convention, San Antonio, TX.
10. Lee, C., Ramadan, B., Kelm, H., Smart, A., & Blumenthal, H. (2020, November 19-22). *Depression, anxiety sensitivity, and drinking motives in an adolescent sample* [Conference presentation]. Association for Behavioral and Cognitive Therapies Convention, conference held virtually due to COVID-19.
9. Smart, A., Ramadan, B., Lee, C., Kelm, H., Harris, T., & Blumenthal, H. (2020, November 19-22). *The role of parental psychological control in self-consciousness and adolescent social anxiety* [Conference presentation]. Association for Behavioral and Cognitive Therapies Convention, conference held virtually due to COVID-19.
8. Kannard, E., Ramadan, B., Hinojos, A., Lee, C., Hanes, J., & Blumenthal, H. (2020, August 6-9). *Peer support's role in adolescent female perceptions of parent relationships and generalized anxiety* [Conference presentation]. American Psychological Association Convention, conference held virtually due to COVID-19.
7. Lee, C., Hinojos, A., Kearns, N. T., Carey, C., Kannard, E., & Blumenthal, H. (2019, November 21-24). *The role of sexual orientation in the relationship between depressive symptoms and prescription drug misuse* [Conference presentation]. Association for Behavioral and Cognitive Therapies, Forensic Issues and Externalizing Behaviors Special Interest Group, Atlanta, GA.
6. Hinojos, A., Lee, C., Carey, C., Kannard, E., Cole, D., Kearns, N. T., & Blumenthal, H. (2019, November 21-24). *Social anxiety and the intersection of biological sex and race among bisexual identifying emerging adults* [Conference presentation]. Association for Behavioral and Cognitive Therapies, Anxiety Special Interest Group (Atlanta, GA, 2019).
5. Lee, C., Waller, E., Kennedy, L., & Taylor, S. (2019, February 7-9). *Using mindfulness-based stress reduction as a teaching tool* [Conference presentation]. Society for Personality and Social Psychology Convention, Portland, OR, 2019.
4. Waller, E., Lee, C., Taylor, S., & Kennedy, L. (2019, February 7-9). *Assessing a 30-minute stress and coping module in a college classroom* [Conference presentation]. Society for Personality and Social Psychology Convention, Portland, OR, 2019.
3. Henderson, H., Lee, C., & Kennedy, L. (2019, February 7-9). *Does self-compassion moderate the relationship between mental health and mental illness in college students?* [Conference presentation]. Society for Personality and Social Psychology Convention, Portland, OR, 2019.
2. Lee, C., Chen, T., Hertlein, E., & Byrd, J. (2018, April 4-7). *Effects of BCL3 on migration in chronic lymphocytic Leukemia*. [Conference presentation]. National Conference on Undergraduate Research, Edmond, OK.
1. Lee, C., Rudman, S., & Waller, E. (2017, April 21-23). *Buffering an academic threat: the effect of self-affirmations on test anxiety*. [Conference presentation]. Arkansas Symposium for Psychology Students, Conway, AR.

VOLUNTEER EXPERIENCE

- Feb. 2016-
Aug. 2017 **Crisis Counselor**, Crisis Text Line
- Completed a 30-hour training program that covered specific skills such as good contact techniques as well as issues like self-harm, suicide, body image, depression, bullying, and LGBTQ issues.

- Responded to messages and offered support to individuals in crisis via an online platform, including assessing risk, actively listening, and empathizing with the user with the aim of moving them from a state of crisis to calm.

- May 2016-
Aug. 2016 **Hospital Volunteer**, SERV Program at Texas Health Resources Hospital Dallas
- Completed 100 hours of volunteer service in the Emergency Department, conducting rounds on patients and collaborating with hospital staff in order to meet patient needs and maintain patient comfort.
 - Shadowed physicians in psychiatry, radiology, cardiology, and anesthesiology.

LEADERSHIP EXPERIENCE

- Aug. 2017-
May 2019 **Committee on Gender and Sexuality**, Secretary
- Assisted in coordinating campus-wide engagement and programming in order to foster understanding and acceptance of issues relating to gender, sexuality, sexual health, and working to rid campus of sexual harassment and assault.
- Aug. 2017-
May 2018 **Psychology Club**, Treasurer
- Planned various psychology and professional development events.
 - Managed Psychology Club funds.
- Aug. 2016-
May 2018 **Ethics in STEM**, Vice President
- Coordinated events and facilitated discussions regarding ethical issues in science fields.

HONORS

- Feb. 2019 **Competitive Odyssey travel award** to present psychological research at a national conference (\$1000)
- 2016-2018 **Dean's List**, awarded to students who, completing no fewer than four whole credit courses in the semester, received no grade other than an A.
Semesters: Spring 2016, Fall 2016, Spring 2017, Fall 2017, Spring 2018, Fall 2018

ASSESSMENT EXPERIENCE

SCID-5: Structured Clinical Interview for DSM-V
 Module A. Mood Disorders
 Module F. Anxiety Disorders
 Module E. Substance Use Disorders

MINI: Mini International Neuropsychiatric Interview
 TLFB: Timeline Follow-back for Alcohol and Cannabis Use
 CANS: Child and Adolescent Needs and Strengths Assessment
 ANSA: Adult Needs and Strengths Assessment
 CSSRS: Columbia Suicide Severity Rating Scale
 GAU: Guilford's Alternative Uses Test
 CRA: Compound Remote Associates Test

TRAINING COMPLETED

First Aid and CPR Certification, Sept. 2019

Texas Health and Human Services, Oct. 2019

- Co-Occurring Psychiatric and Substance Use Disorders

Risk Management Training Required for Direct Contact with Biological Data, June 2019

- Laboratory Waste Training
- Blood borne Pathogen Safety Training Program
- Biosafety Level Two Safety Training Program

National Institute of Health, June 2019

- Protecting Human Research Participants

Department of Family Protective Services, June 2019

- Reporting Suspected Abuse or Neglect of a Child

Collaborative Institutional Training Initiative (CITI), June 2019

- Social and Behavioral Research
- Responsible Conduct of Research

PROFESSIONAL MEMBERSHIPS

Oct. 2019- Association for Behavioral and Cognitive Therapies Post-Baccalaureate Member
Present

- Conducted co-review of abstract submissions for 2020 conference

Oct. 2019- Southwestern Psychological Association Student Member
Present

Apr. 2018- Psi Chi Psychological Honor Society Student Member
Present

Aug. 2018- Society for Personality and Social Psychology Student Member
Present

Mar. 2018- Tri Beta Biological Honor Society Student Member
Present