

Banan Ramarushton, M.S.

Email: BananRamarushton@my.unt.edu

Curriculum Vitae

EDUCATION

- May 2024 (Expected) **Doctor of Philosophy**, Behavioral Science, University of North Texas, Denton, TX
Minor: Research, Measurement, and Statistics
Dissertation: Daily Diaries Assessing Psychological Wellness Among Ayahuasca Ceremony Participants
- August 2021 **Master of Science**, Psychology, University of North Texas, Denton, TX
Thesis: Investigating the Role of Parenting in the Link between Social Anxiety and Coping-related Drinking Motives among Adolescents
- August 2019 **Bachelor of Science**, Psychology, University of Texas at Arlington, Arlington, TX
Minor: Biology

STATEMENT OF RESEARCH INTEREST

My research focuses on key transdiagnostic factors in psychopathology and addictive processes, with an emphasis on cognitive features amenable to intervention (e.g., repetitive negative thinking, risky motives for substance use). My work investigates various developmental influences across the life course, including significant facets of adolescent development (e.g., puberty, parenting styles) and unique psychosocial influences on university students (e.g., party norms, drinking game behaviors). I am currently investigating the therapeutic potential of psychedelics, particularly in ayahuasca ceremony within shamanic and neo-shamanic traditions.

TEACHING PHILOSOPHY

My teaching philosophy is rooted in the humanistic approach. I believe that each student possesses an innate desire for self-actualization, and the role of the teacher is to serve as a guide, providing scaffolding strategies and responses as the student masters competency over educational material. I practice mindful speech and use inclusive real-world examples to cultivate a non-judgmental atmosphere in the classroom for the purpose of encouraging introspection and active discussion among students of diverse backgrounds and life experiences. My classroom activities facilitate application of psychological theories, phenomena, and concepts to students' own lives so students can benefit from course content to meet their highest potential as fully-functioning members of society.

PEER-REVIEWED MANUSCRIPT ACTIVITY *(former name: Ramadan)*

Published Peer-reviewed Manuscripts

- Bilsky, S., Blumenthal, H., **Ramadan, B.**, Lewis, S., & Leen-Feldner, E. W. (2022). Pediatric Psychotropic Polypharmacy: An Evaluation of the Correlates and Prevalence Across Assessment Cycles in the National Health and Nutrition Examination Survey. *Journal of Child and Adolescent Psychopharmacology*, 32(8), 416-425.
- Lui, P. P., *Tsong, Y., *Pham, S., ***Ramadan, B.**, Quezada, L., Del Rio, M., & Zamboanga, B. L. (2020). Explaining the alcohol immigrant paradox: Perspectives from Mexican American adults. *Journal of Latinx Psychology*, 9(2), 109–124.
- Ramarushton, B.**, Griffith, E.L., Messman, B.A., Contractor, A.A., Slavish, D.C., Zamboanga B.L., & Blumenthal, H. (2023). Latent Profiles of Posttraumatic Stress Disorder Symptoms and Sleep Disturbances: Associations with Drinking to Cope Motives Among College Students. *Journal of Psychiatric Research*, 167, 37-45.
- Zamboanga, B. L., Blumenthal, H., **Ramarushton, B.**, Napper, L. E., Hurlocker, M. C., Ford, K., Bacon, M., Madson, M.B., & Harm Reduction Research Team. (2023). What pandemic? A multisite study of drinking motives and drinking games participation among college students during a pandemic (COVID-19) academic year. *Addictive behaviors*, 138, 107560.

Manuscripts Revise and Resubmit

- Ford, K., Zamboanga B. L., Bacon, M., **Ramarushton, B.**, Van Hedger, K., Blumenthal, H., Hurlocker, M. C., & Madson, M. B., and The Harm Reduction Team. (2023). The party's not over: Living situation, perceived party norms, and drinking games behavior among college students during the pandemic (COVID-19). *Manuscript invited for re-submission to Journal of American College Health*.

- Griffith, E.L., **Ramarushton, B.**, Davis, K.P., Contractor, A.A., & Boals, A. (2022). Relations between Trauma-Based Subgroups and Posttrauma Health Outcomes: A Latent Class Analysis. *Manuscript invited for re-submission to Journal of Traumatic Stress.*
- Ramarushton, B.**, Blumenthal, H., Slavish, D.C, Kaminski, T.L, & Ramadan, T. (2022). Psychological control relates to coping-related drinking motives via social anxiety among adolescents: A cross-sectional mediation analysis. *Manuscript invited for re-submission to Alcohol.*
- Zamboanga, B. L., **Ramarushton, B.**, Blumenthal, H., Thompson, L., Ham, L. S., Bartholomew, J. B., Schwartz, S. J., Harkness, A., Subrahmanyam, K., McClain, P., Regan, P., & Michikyan, M. (2023). Business as Usual? Drinking Games Participation among College Students Before and During an Academic Pandemic (COVID-19) Year. *Manuscript invited for re-submission to Journal of American College Health.*
- Zamboanga, B. L., **Ramarushton, B.**, Thompson, L., Blumenthal, H., McClain, P., & CURES collaborators. (2023). Motives to Drink before a Virtual Social Event during COVID-19 among University Students: a brief report. *Manuscript invited for re-submission to Addictive Behaviors.*
- Manuscripts Under Review*
- Ramarushton, B.**, Thompson, L., Slavish, D.C., Knapp, A.A., Blumenthal, H. (under review). Social Anxiety and Sleep among Adolescents: A Random Intercepts- Cross Lagged Panel Analysis.
- Thompson, L.M., Slavish, D.C., Messman, B.A., Dietch, J.R., Kelly, K., Ruggero, C., Taylor, D.J., **Ramarushton, B.**, & Blumenthal, H. (under review). Alcohol use predicts longer but more fragmented sleep: A daily diary study of alcohol, sleep, and PTSD in nurses. *Manuscript submitted for publication to Sleep Medicine.*
- Zamboanga, B. L., Newins, A. R., Walukevich-Dienst, K., Merrill, J. E., **Ramarushton, B.**, Kim, S. Y., Perrotte, J. K., & Lui, P. P. (under review). Motives to play drinking games and their relevance to drinking game behaviors and consequences in a national sample of university students in the United States: A replication study. *Manuscript submitted for publication.*
- Manuscripts in Preparation*
- Lui, P. P., **Ramarushton, B.**, Blumenthal, H., & Madson, M. B. (in progress). Drinking motives and protective behavioral strategies: Ethnic differences in alcohol use outcomes.
- Ramarushton, B.**, Blumenthal, H., Ryals, A., Boals, A. (in progress). The Therapeutic Potential of Psychedelics on Reducing Rumination: A Comprehensive Narrative Review.
- Zamboanga, B. L.*, **Ramarushton, B.***, Thompson, L., Walukevich-Dienst, K., Griffith, E.L., McClain, P., Blumenthal, H., & CURES collaborators. (in progress). The More, The Merrier! A Latent Class Analysis of College Student Drinkers and Drinking Game Behaviors during an Academic Pandemic Year.
- *denotes equal contributions by authors

PEER-REVIEWED POSTER/ PAPER/SYMPOSIA PRESENTATIONS

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25. Baker, A., Hall, M., **Ramadan, B.**, Hasan, F., Lewis, S., & Blumenthal, H. (2021). *Primary Caregiver Anxiety Sensitivity and Offspring Social Anxiety: Relative Role of Parent- and Child-Reported Anxious Rearing Practices.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies – Parenting and Families Special Interest Group, New Orleans, LA.
24. Baker, A., **Ramadan, B.**, & Blumenthal, H. (2021). *The Role of Pubertal Development in the Link between Anxious Rearing and Social Anxiety among Adolescents.* Poster presented at the annual meeting of Harvard Women in Psychology's Trends in Psychology Summit, Cambridge, MA.
23. Ford, K., Zamboanga, B. L., **Ramadan, B.**, Blumenthal, H., Hurlocker, M. C., & Madson, M. B. (2022). *Who was Most at Risk for Playing Drinking Games During a Pandemic (COVID-19) Academic Year? A Multisite College Alcohol Study.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York City, NY.
22. Hasan, F., **Ramadan, B.**, Kannard, E., & Blumenthal, H., (2020). *Social Support as a Protective Factor for Risky Drinking Motives for Adolescents with Anxious Attachment.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies – Addictive Behaviors Special Interest Group, Virtual Meeting.
21. Henderson, R. M., Ramadan, B., Ledesma, A., Gentea, F., Hanes, J., & Blumenthal, H. (2022). *Rape Myth Acceptance and Coping Strategies.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York City, NY.
20. Kannard, E., **Ramadan, B.**, Hinojos, A., Lee, C., Hanes, J., Blumenthal, H. (2020). *Peer Support's Role in Adolescent Female Perceptions of Parent Relationships and Generalized Anxiety.* Poster presented at the annual meeting of the American Psychological Association, Virtual Meeting.

19. Kannard, E., **Ramadan, B.**, Hinojos, A., Lee, C., Hanes, J., Blumenthal, H. (2020). *Perceptions of Interpersonal Relationships and the Correlation to Female Adolescent Social Anxiety*. Paper presented at the annual meeting of the Southwestern Psychological Association, Virtual Meeting.
18. Lee, C., **Ramadan, B.**, Kelm, H., Smart, A., & Blumenthal, H. (2020). *Depression, Anxiety Sensitivity, and Drinking Motives in an Adolescent Sample*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies Convention, Virtual Meeting.
17. Mann, E., Gournay, L. R., Bilsky, S., Blumenthal, H., **Ramadan, B.**, Lewis, S., & Leen-Feldner, E. W. (2021). *Pediatric Psychotropic Polypharmacy: An Evaluation of the Correlates and Prevalence across Assessment Cycles in the National Health and Nutrition Examination Survey*. Poster presented at the annual meeting of the Anxiety and Depression Association of America, Virtual Meeting.
16. O'Banon, M., **Ramarushton, B.**, Thompson, L., Rodriguez-Keklak, K., Baker, A., Lewis, S., Blumenthal, H. (2022), *Emotional Suppression, Family Cohesion, and School Refusal among Adolescents*. Poster presented at the annual meeting of the Society for Research on Adolescence, San Diego, CA.
15. Pham, S., Lui, P. P., **Ramadan, B.**, Blumenthal, H., & Madson, M. B. (2020). *Drinking motives and protective behavioral strategies: Ethnic differences in alcohol use outcomes*. Poster presented at the annual meeting of the Collaborative Perspectives on Addiction, Virtual Meeting.
14. **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 presented at the annual meeting of the American Psychological Association, Virtual Meeting.
13. **Ramadan, B.**, Blumenthal, H., Kearns, N., Hinojos, A., Rafiuddin, H., Kannard, E. (2020). *The Role of Anxiety Sensitivity in Clarifying Racial/Ethnic Differences in Problematic Alcohol Use among Underage College Students*. Poster presented at the annual meeting of the Society for Research on Adolescents, Virtual Meeting.
12. **Ramadan, B.**, Blumenthal, H., Slavish, D., Hasan, F., Baker, A., Hall, M., & Stucky, V. (2021). *Social Anxiety and Sleep Disturbance in Adolescence*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies – Behavioral Sleep Medicine Special Interest Group, New Orleans, LA.
11. 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*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies Convention, Virtual Meeting.
10. 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*. Poster presented at the University of North Texas Psychology Department Research Fair.
9. Smart, A., Baker, A., **Ramadan, B.**, Watson, M., & Blumenthal, H. (2020). *The Role of Parental Acceptance in Adolescent Negative Affect and Trauma Symptomology*. Poster presented at the annual meeting of the Southwestern Psychological Association, San Antonio, TX.
8. Thompson, L., Ledesma, A., Gentea, F., O'Banon, M., **Ramarushton, B.**, & Blumenthal, H. (2022). *Hyperarousal symptoms, sleep quality, and cannabis use coping motives among emerging adults*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York City, NY.
7. Thompson, L., **Ramadan, B.**, Hanes, J., Baker, A., Hall, M., Stucky, V., & Blumenthal, H. (2021). *Relationship between Voluntary Disengagement Coping and Sleep Problems among Trauma-exposed Adolescents*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies – Behavioral Sleep Medicine Special Interest Group, New Orleans, LA.
6. Thompson, L., **Ramarushton, B.**, & Blumenthal, H. (2023). *Mistake Rumination and Sleep Quality Among Adolescent Girls*. Poster presented at the annual meeting of the Society for Research on Adolescence, San Diego, CA.
5. Watson, M., **Ramadan, B.**, & Blumenthal, H. (2020). *Gender Differences in Pain-Related Fears and Subsequent Non-Medical Prescription Drug Use Among Adolescents*. Poster presented at the University of North Texas Psychology Department Research Fair.
4. Watson, M., **Ramadan, B.**, Kannard, E., & Blumenthal, H. (2020). *Investigating the Link Between Panic Symptoms, Parenting, and Substance Use Among Adolescents*. Poster presented at the annual meeting of the Southwestern Psychological Association annual convention, San Antonio, TX.
3. 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 presented at the annual meeting of the Association for Behavioral and Cognitive Therapies– Addictive Behaviors Special Interest Group, Virtual Meeting.
2. Zamboanga, B. L., **Ramarushton, B.**, McClain, P., Bacon, M., Williams, E., Thompson, L., Blumenthal, H., and the COVID-19 University Research on Education and Sustainability (CURES) Study Group (2023). *Motives to drink*

before a virtual social event during COVID-19: The pre-zooming motives inventory. Poster presented at the annual meeting of the Collaborative Perspectives on Addictions, Albuquerque, NM.

- Zamboanga, B., **Ramadan, B.**, Blumenthal, H., Ford, K., Hurlocker, M., Shelton, D., Bacon, M., & Madson, M. B. (2022). *Drinking Motives and Perceived COVID Threat as Correlates of Drinking Games Participation during a Pandemic Academic Year among College Students: A Multisite Study*. Poster presented at the annual meeting of the Research Society on Alcohol, Orlando, FL.

TEACHING EXPERIENCE

Table 1

Relevant Teaching Experience at the University of North Texas 2019-Present

Instructor of Record						
<i>Course Title</i>	<i>Term</i>	<i>Evaluation Score</i>	<i>Course #</i>	<i>N</i>	<i>Response Rate</i>	<i>Modality</i>
General Psychology I	Fall, 2020	4.9	PSYC 1630.006	64	72% (very high)	In-person
Psychology of Women	Spring, 2021	4.6	PSYC 3490.001	89	75% (very high)	Online
Personality	Fall, 2023	In progress	PSYC 4520.002	100	In progress	In-person
Invited Guest Lecturer						
<i>Course Title</i>	<i>Term</i>					
Introduction to Psychology	Fall, 2019					
Health Psychology	Spring, 2020					
Experimental Methods	Spring, 2022					
Teaching Assistant						
<i>Course Title</i>	<i>Term</i>					
Health Psychology	Fall, 2019 and Spring, 2020					
Developmental Psychology	Fall, 2020					
Introduction to Industrial Organizational Psychology	Summer, 2022					
Personality	Spring, 2023					
Psychology of the Offender	Spring, 2023					
Sexual Behavior	Summer, 2023					

Note. The evaluation score is out of a possible of 5 points, with 0 being the lowest and 5 being the highest score. *N*= final number of students enrolled in the course. The response rate is the proportion of students in the class who completed course evaluations; “very high” is provided by the University as it compares to response rates in other University courses.

GRADUATE HONORS, AWARDS, AND EXTERNAL FUNDING

February 2020	Psychology Department First Year Travel Grant (University of North Texas, \$200)
August 2020	The American Psychological Association of Graduate Students 2020 Virtual Convention Grant (APAGS, \$125)
October 2021	Graduate Student Support Grant (University of North Texas, \$100)
May 2022	Ladenberger Honor Student in Psychology Award (University of North Texas, \$1,500)

AD-HOC JOURNAL REVIEWER

- Journal of Adolescent Health
- Journal of Traumatic Stress
- Addiction Research & Theory
- Journal of Ethnicity in Substance Abuse

STATISTICAL EXPERTISE

Statistical analysis software: *IBM SPSS, R, Microsoft Excel, SAS, MPLUS*

Participant and patient tracking: *SonaSystems*

Research hardware and software: *Inquisit, BIOPAC*

Data collection and management: *Qualtrics, Survey Monkey, Redcap*

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

Cannabis Use Disorder

TRAININGS IN GOOD STANDING

Texas Department of Family and Protective Services (DFPS)

Reporting Suspected Abuse or Neglect of a Child training

National Institute of Health, Protecting Human Research Participants, Collaborative Institutional Training Initiative (CITI)

Social & Behavioral: Research - Basic/Refresher training

Good Clinical Practice: Clinical Trials with Investigational Drugs and Biologics (ICH Focus)

Responsible Conduct of Research (RCR)

University of North Texas Risk Management Services

Bloodborne Safety Training

Biosafety Level 1 and 2 Training

Laboratory Waste Safety Training

UNT FERPA Basics and FERPA in the Virtual World

Cyberservice Security Training

UNT Policies & Title IX Training

ASSOCIATION MEMBERSHIP

American Psychological Association (APA)

American Psychological Association of Graduate Students (APAGS)

Society for Research on Adolescents (SRA)

Association for Behavioral and Cognitive Therapies (ABCT)

UNT Graduate Association of Students in Psychology (GASP)

Elected Behavioral Science Student Representative (2021-2023)

UNT Psychology Advocates for Social Change (PASC)