

Banan Ramarushton, M.S.

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Curriculum Vitae

EDUCATION

- May 2024 (Expected) **Doctor of Philosophy**, Behavioral Science, University of North Texas, Denton, TX
Minor: Research Methodology, Measurement, and Statistics
Dissertation: Vine of the soul: The potential of ayahuasca for reducing depression, anxiety, and stress among ceremony participants and the role of rumination
- 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 takes a biopsychosocial approach to understanding substance use behaviors. Through the employ of a variety of methodological and statistical techniques, my work considers key biological (e.g., neurological and developmental influences), cognitive (e.g., motivation, repetitive negative thinking), and social (e.g., social stress, cultural influences) factors related to substance use, with an emphasis on identifying transdiagnostic factors amenable to early intervention as well as individual and contextual factors linked to safe and successful recreational and therapeutic use.

PEER-REVIEWED MANUSCRIPT ACTIVITY (former name: Ramadan; *denotes equal contributions by authors)

Published Peer-reviewed Manuscripts

- Zamboanga, B. L., **Ramarushton, B.**, Thompson, L., Blumenthal, H., McClain, P., & CURES collaborators. (in press). Examining the Factor Structure and Correlates of Motives to Drink before Attending a Virtual Social Event during COVID-19 among University Students. *Substance Use and Misuse*.
- 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. (in press). Business as usual? Drinking games participation among college students before and during an academic pandemic (COVID-19) year. *Journal of American College Health*.
- Ramarushton, B.**, Blumenthal, H., Slavish, D.C., Kaminski, P.L., & Ramadan, T., Lewis, S. (in press). Psychological control relates to coping-related drinking motives via social anxiety among adolescents: A cross-sectional mediation analysis. *Alcohol*.
- 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.
- 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.

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. (under review). The party's not over: Living situation, perceived party norms, and drinking games behavior among college students during the pandemic (COVID-19). *Journal of American College Health*.
- Griffith, E.L., **Ramarushton, B.**, Davis, K.P., Contractor, A.A., & Boals, A. (under review). Relations between trauma-based subgroups and posttrauma health outcomes: A latent class analysis. *Journal of Traumatic Stress*.
- ***Ramarushton, B.**, *Zamboanga, B. L., Thompson, L., Walukevich-Dienst, K., Griffith, E.L., McClain, P., Blumenthal, H., & CURES collaborators. (under review). The more, the merrier! A latent class analysis of college student drinkers and drinking game behaviors during an academic pandemic year. *Translational Issues in Psychological Science*.
- 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.

Manuscripts Under Review

- Ramarushton, B.**, Ramarushton, J., Boals, A., Ryals, A., & Blumenthal, H. (under review). The therapeutic potential of psychedelics on reducing rumination: A narrative review and future directions for research.
- Ramarushton, B.**, Thompson, L., Slavish, D.C., Knapp, A.A., Blumenthal, H. (under review). Short-term prospective and reciprocal relations between social anxiety symptoms and sleep quality among community-recruited adolescents.
- 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.

PEER-REVIEWED POSTER/ PAPER/SYMPOSIA PRESENTATIONS (*denotes student mentee)

28. **Ramarushton, B.** Cantu, K., Jones, C., Zamboanga, B. L., McClain, P., & Blumenthal, H. (2023). *Time since last used LSD and past-year psychopathology: Results from a national survey*. Poster abstract submitted to the Collaborative Perspectives on Addictions Conference, Denver, CO.
27. Zamboanga, B. L., Duryea, P. R., McClain, P., McChargue, D. E., **Ramarushton, B.**, & Thompson, L. (2023). *Masculine Drinking Norms and Alcohol Protective Behavioral Strategies among Diverse College Men*. Poster abstract submitted to the Collaborative Perspectives on Addictions Conference, Denver, CO.
26. **B. Ramarushton** (Chair), *Cognitive, emotional, and behavioral correlates of pregaming and alcohol-related consequences* [Symposium]. Submitted for presentation at the annual meeting of the Collaborative Perspectives on Addiction, Denver, Colorado.
25. 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.
24. 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.
23. 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.
22. 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.
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. 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.

19. 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.
18. 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.
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. **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.
14. 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.
13. 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.
12. 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.
11. 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.
10. 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.
9. 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.
8. **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.
7. 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.
6. 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.
5. 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.
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. 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.
1. **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.

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.

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	4.6	PSYC 4520.002	100	69% (high)	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 provided by the University as compared 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)
- 2019-2021 **R15 AA026079-01** (NIH/NIAAA, \$431,312)
A Controlled Test of Interpersonal Rejection, Social Anxiety, and Alcohol Use among Female Adolescents
Role: Graduate Research Assistant
PI: Heidemarie, B.
- 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)
- 2021-2022 **710US-1309** (Canopy Growth USA LLC, \$139,556)
A Combined Phase Change Test of the Safety and Effects of CHI-556 and CHI-557 on Relaxation
Role: Graduate Research Assistant
Team: Heidemarie, B. (Co-PI); Slavish, D. C. (Co-PI); Contractor, A. A. (Co-I)
- 2021-2022 **710US-1310** (Canopy Growth USA LLC, \$139,357)
A Combined Phase Change Test of the Safety and Effects of CHI-559 and CHI-558 on Sleep
Role: Graduate Research Assistant
Team: Heidemarie, B. (Co-PI); Slavish, D. C. (Co-PI); Contractor, A. A. (Co-I)

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: *Google Forms, 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)

ASSOCIATION MEMBERSHIP

American Psychological Association (APA); Division 50 member

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)

PROFESSIONAL REFERENCES

Dr. Heidemarie Blumenthal (primary graduate advisor)

affiliation: University of North Texas

email: heidemarie.blumenthal@unt.edu

Dr. Byron L. Zamboanga

affiliation: University of Arkansas

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Dr. Adriel Boals

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