

## Shannon A. Smith

*Curriculum Vitae*

Shannon.Smith2@unt.edu

### RESEARCH INTERESTS

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My research interests include the use of interdisciplinary methods to assist in the creation and implementation of early intervention and prevention methods for addictive behaviors (e.g., substance use & disordered eating) in at risk groups. I am particularly interested in the harm reductionist approach and the applied side of research. It is my belief that interdisciplinary research and collaboration are crucial for successful transdisciplinary application of evidence-based practices to create change.

### EDUCATION

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| 2022-2024* | <b>Master of Science</b> , Interdisciplinary Studies,<br>Psychology, Rehabilitation Counseling, & Biology<br>University of North Texas, Denton, TX |
| 2018-2022  | <b>Bachelor of Science</b> , Psychology, <i>Cum Laude</i><br>University of North Texas, Denton, TX<br>Minor: Drug Abuse and Addiction              |

### ACADEMIC AWARDS & HONORS

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| 2023-2024 | <b>Dr. Betty Berkeley Graduate Award</b><br>University of North Texas      |
| FA 2023   | <b>Toulouse Graduate Student Travel Grant</b><br>University of North Texas |
| SP 2022   | <b>Graduate Honor: <i>Cum Laude</i></b><br>University of North Texas       |
| 2018-2019 | <b>UNT Scholarship</b><br>University of North Texas                        |

### RESEARCH EXPERIENCE

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<b>Teen Stress and Alcohol Research Lab (Teen StAR),</b> <i>Principle Investigator:</i> Heidemarie Blumenthal, Ph.D. University of North Texas June 2022-Present	June 2022 – Present
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**A Controlled Test of Interpersonal Rejection, Social Anxiety, and Alcohol Use among Female Adolescents (R15 AA026079-01):**

Study Responsibilities: Assisted in the closing and finalizing of the study. Conducted active and passive community-based recruitment of vulnerable populations. Conducted confirmation and follow-up phone calls. Data entry, cleaning, and validity checks in SPSS. Organization and archiving of lab files and materials per university and IRB guidelines.

General Lab Responsibilities: Helping fellow graduate student with the start-up of their dissertation including literature review assistance, getting quotes and information about Fitbit products, communication with university IT department, and help with understanding institution purchasing policy and procedure. Assisting with the review and editing of graduate student's F31. Conducting literature reviews for poster presentation. Establishing communication and facilitating networking among other departments and disciplines across campus and around the community. Cross team collaborations with S.T.R.E.S.S. Lab.

### **Collaborative Work**

*Principle Investigator:* Ateka Contractor, Ph.D.,  
Study of Traumatic Experiences, Signs and Symptoms Lab (S.T.R.E.S.S.)  
University of North Texas, Denton Texas  
December 2022 – October 2023

### **Examination and Refinement of a Novel Treatment for Posttraumatic Stress Disorder Processing of Positive Memories Technique (PPMT) (R15 MH129773-A1):**

Study Responsibilities (Saliva Team): Prepared take home kits for participants to collect saliva samples pre- and post- treatment to assess changes in cortisol and alpha-amylase levels. Co-wrote protocol for the transfer and weighing of samples ensuring biosafety protocol was met and followed. Facilitated pick-up and drop-off of new bio-hazard sharps boxes with university reps. Unpacked participant saliva kits including: weighing samples, notating any abnormalities (e.g., color, specimens in the sample), and organizing samples by participant and treatment type in boxes in the negative 80°C freezer to be stored for late analyses.

### **Translational Addictions Research Consortium (TARC),** October 2022 – Present

*Principle Investigator:* Donald Dougherty, Ph.D.  
University of North Texas, Denton, TX  
November 2022-Present

### **Piloting Deposit Contracts to Increase Accessibility of a Contingency Management Intervention to Reduce Problematic Drinking (1R21AA029659-01):**

Study Responsibilities: Assisting in implementing, piloting, and navigating the nature of recruitment and retention among heavy drinkers looking to reduce drinking behaviors. Contacted prospective participants. Used problem solving skills to assess what is and is not working for recruitment. Created new ideas and plans for recruitment and protocol to be discussed with PI and added to IRB protocol.

*Study ended*

**Improving Remote Breathalyzer Procedures used by Clinicians and Researchers to Remotely Monitor Alcohol Use (1R21AA029641-01A1):**

Study Responsibilities: Assisting in participant recruitment, scheduling, and screening for the study. Conducting drug/pregnancy tests during screening. Installing SCRAM bracelet on participants during enrollment visits. Registering participants with Soberlink devices via smart phone app and connecting their account with our study database for data storage and collection.

Assisting with participant bloodspots during weekly visits, including bringing bloodspots to the negative 80°C freezer to be stored for later analyses. Messaging participants daily feedback texts for their daily samples.

**Validation of a Novel Wearable Alcohol Detection Device**

Study Responsibilities: Pilot testing using two new transdermal alcohol devices: SOBRsafe wrist monitor and SOBRcheck desktop device. Verifying milliliter dose of Everclear before administration to participants. Monitoring participant behavior in lab after administration. Breathalyzing and conducting SOBRcheck scans every fifteen minutes until BrAC reached 0.000% two times. Recording breathalyzer readings and time of samples for multiple participants at once.

General Lab Responsibilities: Maintaining a clean and organized work environment. Organization and creation of data spreadsheets to be shared with collaborating teams. Creating shared files with community resources for recruitment events. Regular data uploads for NIH progress tracking. Training new research assistants on various study protocols, running participants, data entry, community recruitment processes. Data entry, cleaning, and validity checks across all studies. Organizing and creating REDCap to help filter and track participant progress. Importing Qualtrics data into REDCap. Conducting accuracy checks on Dräger breathalyzer devices. Tracking lab inventory and coordinating purchasing with administrative personnel as needed. Use of passive and active recruitment strategies to reach vulnerable populations.

Recruitment, Social Media, and Web Design Lead: Responsible for creating and maintaining recruitment assignments and events for undergraduate/post-bac research assistants. Creating and organizing new contact methods to assist in participant recruitment and retention. Established lab social media presence to encourage community engagement. Responsible for updating and editing the lab website with new information as needed and keeping local resources up to date.

**MANUSCRIPTS IN PREPARATION**

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Note: \*Graduate student co-author/mentee \*\*Undergraduate student/post-Bacc co-author/mentee

**Smith, S.A.\***, Thompson, L.\*, Cloutier, R., & Blumenthal, H. (2023). Rejection concern and cannabis coping motives: the moderating role of insomnia among adolescents. Manuscript in preparation.

## PEER-REVIEWED POSTER PRESENTATIONS

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Note: \*Graduate student co-author/mentee \*\*Undergraduate student/post-Bacc co-author/mentee

6. Watson, M. K.\*, Tazi, K. Y.\*, Thompson, L.\*, Doyle, S. M.\*\*, **Smith, S. A.\***, & Blumenthal, H. (April 2023). *Investigating the Link Between Parenting Styles, Social Anxiety, and Adolescents' Desire to Drink Alcohol*. Poster submitted to the annual meeting of the Society for Research in Psychopathology

5. Tazi, K. Y.\*, Watson, M. K.\*, Thompson, L.\*, **Smith, S. A.\***, Doyle, S. M.\*\*, & Blumenthal, H. (April 2023). *Examining the relationship between parenting and adolescent psychopathology using a cluster-analytic approach*. Poster submitted to the annual meeting of the Society for Research in Psychopathology.

4. Tazi, K. Y.\*, Watson, M. K.\*, Thompson, L.\*, Doyle, S. M.\*\*, **Smith, S. A.\***, & Blumenthal, H. (April 2023). *Trauma exposure and psychopathology as factors influencing adolescents' perceived parenting quality: A cluster analysis*. Poster submitted to the annual meeting of the Society for Research in Psychopathology.

3. **Smith, S. A.\***, Watson, M. K.\*, Tazi, K. Y.\*, Thompson, L.\*, Doyle, S. M.\*\*, & Blumenthal, H. (2023) *Investigating the Link Between Adolescents' Happiness with Parenting and the Desire to Drink Alcohol*. Poster submitted for presentation at the 57<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies - General Poster Sessions, Seattle, WA, United States.

2. Tazi, K. Y.\*, Watson, M. K.\*, Thompson, L.\*, **Smith, S. A.\***, Doyle, S. M.\*\*, & Blumenthal, H. (May 2023) *Teens and their parents: A cluster-analytic approach to understanding perceived parenting quality, psychopathology, and risk-taking*. Poster accepted to the 57<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies - General Poster Sessions, Seattle, WA, United States.

1. **Smith, S.A.\***, Thompson, L.\*, Doyle, S.M.\*\*, Cloutier, R., & Blumenthal, H. (May 2023). *Rejection Concern and Cannabis Coping Motives: The Moderating Role of Insomnia Among Adolescents*. Poster accepted to the 57<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies - General Poster Sessions, Seattle, WA, United States.

## PROFESSIONAL DEVELOPMENT

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September 13<sup>th</sup>, 2023

### **Drug Policies in Portugal**

University of North Texas, Denton, TX

Webinar Wednesday

Sponsored by UNT Recovery to Practice

*Presenter: Rachita Sharma Ph.D., LPC-S, CRC*

- September 6<sup>th</sup>, 2023      **Supporting Neurodivergent Persons**  
University of North Texas, Denton, TX  
Webinar Wednesday  
Sponsored by UNT Recovery to Practice  
*Presenter: Jordan Smelley*
- June 20<sup>th</sup> 2023      **Fitbit & Research Webinar**  
*Presenter: Megan Considine*  
Fitbit Health Solutions
- June 2023 – Present      **Powerful Pens Visible Voices**  
University of North Texas Health Science Center, Fort Worth, TX  
Write to Change the World Workshop Series  
Sponsored by UNTHSC to participate and expand writing skills.
- June 14<sup>th</sup> – 15<sup>th</sup> 2023      **Write to Change the World 2-Day Intensive**  
*Hosted by: The OpEd Project*  
*Presenters: Angela Wright & Stephanie Drenka*  
Zoom workshop
- May 24<sup>th</sup> 2023      **Mental Health Awareness for Leaders**  
University of North Texas System  
*Presenter: Eric Antes, LCPC - ComPsych*  
Learn how to support individuals struggling with stress, anxiety, depression, and other mental health concerns.
- March 8<sup>th</sup> – 9<sup>th</sup> 2023      **External Funding Workshop**  
University of North Texas, Denton, TX  
Grad Workshop Series  
Worked toward finding new external funding opportunities and writing grant proposals.
- October 29<sup>th</sup> 2022      **Community Advocacy and Prevention Education**  
Abigail's Arms, Cooke County, TX Family Crisis Center  
Community Education Presentation  
Empowering families to live free from violence. Educating, advocating, and supporting community members.

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## PROFESSIONAL AND ACADEMIC MEMBERSHIPS

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- 2023-Present      **The OpEd Project**  
Member
- 2023-Present      **NAADAC, The Association for Addiction Professionals**

	Student Affiliate
2023-Present	<b>Texas Association for Addiction Professionals</b> <i>Wichita Falls/North Texas</i> Student Affiliate
2022-Present	<b>Association for Behavioral and Cognitive Therapies</b> Student Affiliate <i>Addictive Behaviors Special Interest Group</i> <i>Attention-Deficit/Hyperactivity Disorder (ADHD) Special Interest Group</i> <i>Child and Adolescent Anxiety Special Interest Group</i> <i>Eating Disorders and Eating Behaviors Special Interest Group</i>
2022-Present	<b>Psi Chi, International Honor Society in Psychology</b> Member
2019-Present	<b>American Psychological Association</b> Student Affiliate

## **COMPLETED TRAININGS**

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Note: \*Expiration date

July 2025*	<b>Collaborative Institutional Training Initiative (CITI)</b> <ul style="list-style-type: none"><li>• Social &amp; Behavioral Research – Basics/Refresher</li><li>• Good Clinical Practice for Clinical Trials with Investigational Drugs and Biologics (ICH Focus)</li></ul>
February 2024*	<b>Collaborative Institutional Training Initiative (CITI)</b> <ul style="list-style-type: none"><li>• Shipping and Transport of Regulated Biological Materials</li></ul>
September 2024*	<b>Collaborative Institutional Training Initiative (CITI)</b> <ul style="list-style-type: none"><li>• Basic Introduction to Biosafety</li><li>• Emergency and Incident Response to Biohazard Spills and Release</li><li>• Initial Biosafety Training</li><li>• OSHA Bloodborne Pathogens</li><li>• Personal Protective Equipment</li><li>• Responsible Conduct of Research (RCR)</li></ul>

## **ACADEMIC & COMMUNITY SERVICE**

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October 2022	<b>Community Advocacy and Prevention Education Training</b>
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Abigail's Arms, Cooke County, TX  
Family Crisis Center, Community Education Presentation

SP 2018-2020

**The Big Event**

University of North Texas, Denton TX  
Environmental cleanup at local Denton Country parks

March 2019

**Eaglethon**

University of North Texas, Denton TX  
Raising awareness and funds for families of Cooks Children's  
Hospital

FA 2018-2019

**Make a Difference Day**

University of North Texas, Denton TX  
Environmental cleanup at local Denton County Parks

August 2017

**Natural Disaster Relief – Hurricane Harvey**

Clear Springs High School, League City TX  
Creating care packages for impacted families, making and  
delivering pizzas to first responders and displaced families

**REFERENCES**

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Heidemarie  
Blumenthal, Ph.D.

**Professor**  
University of North Texas  
*Psychology*  
Teen Stress and Anxiety Research Lab  
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