

Sophia H. Blyth

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EDUCATION

Expected

June 2031 **Doctor of Philosophy in Clinical Psychology (Joint Doctoral Program)**

San Diego State University & University of California, San Diego

NIAAA T32 Predoctoral Fellowship

Mentor: Dr. William E. Pelham, III

May 2023 **Bachelor of Arts in Psychology, *Summa Cum Laude***

Harvard University

Minor: Ethnicity, Migration, Rights

GPA: 4.0

Honors Thesis: *Stigma and Social Identity in Adolescents with an Alcohol or Other Drug Use Disorder*

Thesis Committee: Dr. Jill Hooley, Dr. Emily Hennessy, and Dr. Mayron Piccolo

MANUSCRIPTS

Blyth, S. H., Haq, R., Menon, S., King, B., Torres Quesada, G., Borodje, D., Johnson, B., Harding, J. M., Vandekar, S., & Ward, H. B. (2025). Evidence for safety and tolerability of transcranial magnetic stimulation for substance use disorders. *Brain Stimulation*, 18(6), 2043–2049. <https://doi.org/10.1016/j.brs.2025.11.002>

Ward, H. B., **Blyth, S. H.**, & Kast, K. (2025). Rewiring recovery: Patient-centered neuromodulation interventions for substance use disorders that meet people where they are. *Transcranial Magnetic Stimulation*, 4. <https://doi.org/10.1016/j.transm.2025.100179>

Bello, D., Jones, M., Gadiyar, I., Artim, L., **Blyth, S. H.**, Brady, R. O., Vandekar, S., & Ward, H. B. (2025). Symptom Provocation and Clinical Response to rTMS: Systematic Review and Meta-Analysis. *JAMA Psychiatry*, June 4. <https://doi.org/10.1001/jamapsychiatry.2025.0792>

Ward, H., **Blyth, S.**, Vandekar, S., Rogers, B., Yildiz, G., Clementz, B., ... & Brady, R. (2025). Independent Validation and Network Engagement of a Psychosis-Specific, Personalized rTMS Target for Nicotine Dependence. *Biological Psychiatry*, 97(9), S48-S49. <https://doi.org/10.1016/j.biopsych.2025.02.133>

Blyth, S. H., Cruz Bosch, C., Raffoul, J. J., Chesley, J., Johnson, B., Borodje, D., Sagarwala, R., Masters, R., Brady, R. O., Jr, Vandekar, S., & Ward, H. B. (2024). Safety of rTMS for Schizophrenia: A Systematic Review and Meta-analysis. *Schizophrenia bulletin*. Advance online publication. <https://doi.org/10.1093/schbul/sbae158>

- Blyth, S.H.**, Polick, C., Kim, L., Eason, S., Rubenstein, D., Thompson, S., Drummond, T., Ward, H. B., & Young, J.R. (2024). Noninvasive Brain Stimulation for Opioid Use Disorder: An Update of the Literature. *Current Behavioral Neuroscience Reports*. 2025; 12(1):8. <https://doi.org/10.1007/s40473-024-00293-8>
- Blyth, S. H.**, Pietrzak, A., Avila Rodriguez, W., Litt, M. D., Kelly, J. F., & Hennessy, E. A. (2024). A qualitative examination of addiction disclosure and stigma among recovering adolescents. *Addiction Research & Theory*, 1-8. <https://doi.org/10.1080/16066359.2024.2431598>
- Yarrell, S. A. *, **Blyth, S. H. ***, Moussa-Tooks, A. B., Rogers, B. P., Huang, A., Woodward, N. D., Heckers, S., Brady, R. O., & Ward, H. B. Cerebellar-Frontal Connectivity Predicts Negative Symptom Severity Across the Psychosis Spectrum. *Biological Psychiatry: Cognitive Neuroscience & Neuroimaging*. In Press. *Co-First Authorship.
- Hennessy, E. A., Jurinsky, J., Cowie, K., Pietrzak, A. Z., **Blyth, S.**, Krasnoff, P., ... Kelly, J. F. (2024). Visualizing the Influence of Social Networks on Recovery: A Mixed-Methods Social Identity Mapping Study with Recovering Adolescents. *Substance Use & Misuse*, 59(9), 1405–1415. <https://doi.org/10.1080/10826084.2024.2352618>
- Blyth, S. H.**, Zabik, N. L., Krosche, A., Prisciandaro, J. J., & Ward, H. B. (2024). rTMS for Co-occurring Psychiatric and Substance Use Disorders: Narrative Review and Future Directions. *Current Addiction Reports*, 11(2), 342–351. <https://doi.org/10.1007/s40429-024-00542-6>
- Blyth, S. H.**, Cowie, K., Jurinsky, J., & Hennessy, E. A. (2023). A qualitative examination of social identity and stigma among adolescents recovering from alcohol or drug use. *Addictive Behaviors Reports*, 18, 100505. <https://doi.org/10.1016/j.abrep.2023.100505>
- This manuscript was featured in Massachusetts General Hospital's Advances in Motion: <https://advances.massgeneral.org/neuro/journal.aspx?id=2582>.*
- Jurinsky, J., Cowie, K., **Blyth, S.**, & Hennessy, E. A. (2023). “A lot better than it used to be”: A qualitative study of adolescents’ dynamic social recovery capital. *Addiction Research & Theory*, 31(2), 77–83. <https://doi.org/10.1080/16066359.2022.2114076>

MANUSCRIPTS UNDER REVIEW

- Ward, H. B., **Blyth, S. H.**, Vandekar, S., Rogers, B. P., Yildiz, G., Connolly, J. G., ... & Brady, R. O. (2025). Defining and Engaging a Novel rTMS Target for Nicotine Craving in Psychotic Disorders. *medRxiv*, 2025-09.
- Bello, D., **Blyth, S. H.**, Rabin, R., Addington, J., Bearden, C. E., Cadenhead, K., ... & Ward, H. B. (2025). Cannabis and Tobacco Co-Use Predicts Psychosis in Clinical High Risk Cohorts. *medRxiv*, 2025-09.

Blyth, S. H., Hill, L. D., Huang, A., Woodward, N. D., Rogers, B. P., Vandekar, S., & Ward, H. B. Youth Alcohol and Marijuana Use is Associated with Triple-Network Resting-State Network Connectivity. *Under Review*.

Blyth, S. H., Sublett, B., Cornely, R. M., Wimbiscus, M., Saad, M., Lineaweaver, W., & Ward, H. B. Socioeconomic and Psychiatric Risk Factors Associated with Self-Inflicted and Assault-Related Gunshot Wounds to the Face. *Under Review*.

CONFERENCE PRESENTATIONS

Blyth, S., Kim, L., Huang, A., Woodward, N., Rogers, B., Vandekar, S., & Ward, H. B. (2024, October). *Adolescent Substance Use is Associated with Resting-State Network Connectivity, Psychiatric Symptoms, and Cognitive Performance* [Poster]. 2024 Society for Research in Psychopathology Annual Meeting, Montreal, Canada.

Hennessy, E. A., **Blyth, S.,** Pietrzak, A. Z., Litt, M., Johnson, B. T., & Kelly, J. F. (2023, June). Using social identity maps for data collection with recovering adolescents: Results from a pilot feasibility study. In *ALCOHOLISM-CLINICAL AND EXPERIMENTAL RESEARCH* (Vol. 47, pp. 555-555). 111 RIVER ST, HOBOKEN 07030-5774, NJ USA: WILEY.

Blyth, S., Pietrzak, A., & Hennessy, E. (2023, March 4). *IDENTITY AND STIGMA IN ADOLESCENTS WITH ALCOHOL OR OTHER DRUG USE DISORDERS* [Poster]. 2023 Eastern Psychological Association Annual Meeting, Boston, MA, United States.

Blyth, S., Jurinsky, J., Cowie, K., & Hennessy, E. (2022, March 5). *STIGMA AND SOCIAL IDENTITY IN ADOLESCENTS WITH ALCOHOL OR DRUG USE DISORDERS* [Poster]. 2022 Eastern Psychological Association Annual Meeting, New York, New York, United States.

PEER REVIEW

Reviewer, Current Behavioral Neuroscience Reports (2025)

Reviewer, Journal of Adolescent Health (2025)

RESEARCH POSITIONS

Clinical Research Assistant

May 2023 – June 2025

Department of Psychiatry and Behavioral Sciences, Vanderbilt University Medical Center

Principal Investigator: Heather Ward, MD

<https://www.vumc.org/heatherwardlab/welcome-ward-lab>

Responsibilities:

- Operated as lead research assistant for a NIH-funded clinical trial of repetitive transcranial magnetic stimulation (rTMS) for nicotine dependence in individuals with and without schizophrenia and schizoaffective disorder
- Recruited individuals with primary psychotic disorders from Vanderbilt outpatient clinic and community mental health centers
- Applied individualized, network-targeted rTMS withBrainsight neuronavigation in daily and accelerated (multiple sessions/day) schedules

- Performed clinical interviews of psychiatric symptoms
- Administered various cognitive tasks, including MATRICS, Face-Scene Binding Task, Auditory Continuous Performance Task, and Change Detection Task
- Ran participants through structural and functional MRI, including in-scanner assessments of nicotine cue-induced craving (PsychoPy) and cognitive performance (gradual continuous performance task)
- Monitored and reported study progress, safety data, and results to IRB, FDA and independent data safety monitor
- Supervised and mentored undergraduate and graduate research assistants
- Analyzed quantitative data in R Quantitative Software and cognitive data in MatLab Programming Software

Research Assistant

January 2021 - April 2023

Mass General Brigham, Recovery Research Institute

Principal Investigator: Emily Hennessy, PhD

Responsibilities:

- Assisted with study piloting a mapping tool to assess social networks of 30+ adolescents in recovery from substance use disorders
- Developed two qualitative codebooks to assess adolescents' recovery capital and substance use stigma
- Conducted study visits to interview adolescents and facilitate the completion of their social network map
- Recruited 30+ adolescents and obtained informed consent from participants and their caregivers
- Conducted recruitment visits to recovery high schools and led adolescent focus groups
- Analyzed qualitative data on NVivo Qualitative Software and quantitative data on R

HONORS AND AWARDS

Sophia Freund Prize

2023

Awarded annually to the students in the senior class of Harvard College who are graduating summa cum laude with the highest grade point average.

John Harvard Scholar

2020, 2021, 2022

Awarded to top 5% of the class.

Detur Book Prize

2020

Awarded to sophomores who attained high academic standing in their first three semesters.

VOLUNTEER EXPERIENCE

Advocacy Director

September 2022 - April 2023

Youth2Youth Homeless Shelter

- Directed weekly shelter shifts, cared for 15+ guests and directed 10 volunteers each night.

- Led weekly meetings with guests to gather feedback about shelter resources and implement changes.
- Connected guests with advocacy opportunities, such as Massachusetts Shelter and Housing Alliance Speakers' Bureau, and organized routine outings for guests with community partners.

**Addiction Consultant for Ketchikan Indian Community
Harvard Kennedy School**

January 2022 – May 2022

- Consulted for the Ketchikan Tribal Council and President to plan for development of first addiction treatment center with evidence-based practices and community involvement.
- Co-authored report for KIC about how to use governmental funds and funds from opioid companies to develop a culturally-informed treatment center.

Staff Director

January 2022 - May 2022

Youth2Youth Homeless Shelter

- Directed weekly shelter shifts and hired and trained 40+ staff to direct and supervise guests in the shelter.
- Ran weekly meetings and individual check-ins with 10 directors to ensure staff accountability.

Case Management Director

April 2021 - August 2021

Youth2Youth Homeless Shelter

- Managed all guest cases and communicated regularly with external providers to acquire housing, jobs, and behavioral health supports for guests.
- Trained, managed, and ran weekly meetings to oversee a team of 8 case managers.

Case Manager

November 2019 - April 2020

Harvard Square Homeless Shelter

- Met one-on-one with guests weekly to discuss their goals.
- Communicated with external providers to acquire housing, jobs, and behavioral health supports for guests.

RELEVANT COURSEWORK

PSY 1901 Methods of Behavioral Research

PSY 14 Cognitive Neuroscience

PSY 18 Abnormal Psychology

PSY 971 Contemporary Issues in Psychology: Intensive Cross-level Analyses

PSY 1900 Introduction to Statistics for the Behavioral Sciences

PSY 1845 Stigma, Discrimination, and Health

PSY 1201 Your Brain on Drugs: Psychopharmacology

PSY 1816 Broken Brains: Mechanisms and Markers of Mental Illness

PSY 980AC Mood Disorders

ANTHRO 1900 Counseling as Colonization? Native American Encounters with the Clinical Psy-ences