

Curriculum Vitae

Anita Adams

University of Kentucky

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Education

PhD in Clinical Psychology - University of Kentucky 2018 – Present

Concentration: Health Psychology (certificate earned May 2022)

Mentor: Suzanne Segerstrom, PhD, MPH

Dissertation: Development of the Trait Response to Emotion Dimensional Measure for Use in Minoritized Populations.

M.S. in Clinical Psychology – University of Kentucky September 2020

Mentor: Suzanne Segerstrom, PhD, MPH

Thesis: Structure and Demographic Correlates of Individual Trait Responses to Emotion.

B.A. - North Carolina State University May 2016

Valedictorian of NC State's Class of 2016

Majors: Psychology and English-Creative Writing

Minors: Cognitive Science, Spanish, and Health, Human Values, and Vaccinations

Cumulative GPA: 4.0; Psychology GPA: 4.0

Honors Capstone Project: Dzek and Jill Learn What to Feel: Emotions in Russian and American Picture Books.

Publications

Tipsworth, J. M., Southward, M. W., **Adams, A. M.**, Brake, C. A., & Badour, C. L. (2023). Daily associations between trauma-related mental contamination and use of specific coping strategies: Results of a daily monitoring study. *Journal of Interpersonal Violence*, 38(7-8), 5699-5720.

Chentsova-Dutton, Y., Leontyeva, A., Halberstadt, A. G., & **Adams, A. M.** (2021). And they all lived unhappily ever after: Positive and negative emotions in American and Russian picture books. *Emotion*, 21(8), 1585-1598.

Clasey, J. L., **Adams, A. M.**, Geiger, P. J., Segerstrom, S. C., & Crofford, L. J. (2020). Estimation of cardiorespiratory fitness without exercise testing: Cross-validation in midlife and older women. *Women's Health Reports*, 1, 584-591.

Manuscripts under review or revision

McCann, J. P., **Adams, A. M.**, Tipsword, J. M., Semcho, S. A., Flores, J., Hood, C. O., & Badour, C. L. (*under review*). Daily associations between PTSD symptoms and motives for non-medical prescription opioid use.

Adams, A. M., Smith, G. T., Widiger, T. A., & Segerstrom, S. C. (*under revision*). Structure and demographic correlates of individual trait responses to emotions.

Manuscripts in preparation

Adams, A. M., Meyr, K., & Segerstrom, S. C. (in prep – *close to submission*). Early life experiences and coping with the COVID-19 pandemic.

Adams, A. M. & Segerstrom, S. C. (in prep – *close to submission*). A piece of the adversity puzzle: A systematic review of trait responses to emotion and early life adversity.

Adams, A. M., & Segerstrom, S. C. (in prep). Is COVID-19 “over?”: A multilevel model of COVID-19 protective behaviors and conscientious in older adults.

Adams, A. M., Lawrence, K., Eisenlohr-Moul, T., & Segerstrom, S. C. (in prep). Socioeconomic context (SEC) and later life events.

Adams, A. M., Ward, S., & Segerstrom, S. C. (in prep). Optimism, purpose in life, and negative affect in midlife and older adults.

Adams, A. M. (in prep). Development of the trait response to emotion dimensional measure for use in minoritized populations.

Presentations and Conferences

Hanson, K. R., Hamm, J. M., Garcia, O. G., **Adams, A. M.**, & Duggan, K. A. (2024, October). *Dynamics between trait neuroticism and self-reported general health during the acute stages of the COVID-19 pandemic: A longitudinal analysis* [Symposium Talk]. Annual meeting of the American Public Health Association, Minneapolis, MN.

Adams, A. M., Meyr, K., & Segerstrom, S. C. (2024, March). *How well did you cope with COVID?: Early life adversity influences coping strategies during the COVID-19 pandemic* [Poster session]. American Psychosomatic Society conference, Brighton, United Kingdom.

Adams, A. M. & Segerstrom, S. C. (2024, February). *Validation of the trait response to emotion multidimensional structure* [Poster session]. Society for Personality and Social Psychology, San Diego, CA.

Adams, A. M. & Segerstrom, S. C. (2023, July). *A piece of the adversity puzzle: A systematic review of trait responses to emotion and early life adversity* [Poster session]. Association for Research in Personality conference, Evanston, IL.

Adams, A. M., & Segerstrom, S. C. (2023, March). *Is COVID-19 “over?”: A multilevel model of COVID-19 protective behaviors and conscientiousness in older adults* [Poster session]. American Psychosomatic Society conference, San Juan, Puerto Rico.
***Poster received a Citation Poster award, indicating that it was one of the top 50 posters at the conference.**

Adams, A. M., Meyr, K., & Segerstrom, S. C. (2023, February). *Early life experiences and coping with the COVID-19 pandemic* [Data-blitz talk]. Society for Personality and Social Psychology, Atlanta, GA.

Tipsword, J. M., Southward, M. W., **Adams, A. M.**, Brake, C. A., & Badour, C. L. (2022, November). *Daily associations between trauma-related mental contamination and use of specific coping strategies among women with a history of sexual trauma* [Poster session]. 38th annual meeting of the International Society for Traumatic Stress Studies, Atlanta, GA.

Adams, A. M., & Segerstrom, S. C. (2022, March). *COVID-19 protective behaviors and conscientiousness in older adults* [Poster session]. American Psychosomatic Society, Long Beach, CA.

Adams, A., Smith, G. T., Widiger, T. A., & Segerstrom, S. C. (2021, February). *Multidimensional structure and demographic correlates of trait responses to emotion* [Poster session]. Society for Personality and Social Psychology virtual conference.

Adams, A., Smith, G. T., Widiger, T. A., & Segerstrom, S. C. (2020, December). *Demographic correlates of trait responses to emotion* [Poster session]. American Psychosomatic Society virtual conference.

Adams, A., Smith, G. T., Widiger, T. A., & Segerstrom, S. C. (2020, March). *Response to emotional experience: A multidimensional scaling study in diverse adults* [Poster session]. “Achieving Health Equity: Opportunities for Psychosomatic Medicine” the 78th Annual Meeting of the American Psychosomatic Society, Long Beach, CA. *Conference cancelled.*

Leontyeva, A., Chentsova-Dutton, Y., Halberstadt, A., & **Adams, A.** (2019, March). *Are emotions costly in a harsh world?* [Poster session]. Emotions preconference session at the Society for Affective Science, Boston, MA.

Leontyeva, A., Chenstova-Dutton, Y., Halberstadt, A., **Adams, A.**, & Rinker, D. (2019, March). *Negative emotions in Russian and American children’s books* [Poster session]. Society for Affective Science, Boston, MA.

Leontyeva A., Chentsova-Dutton, Y., Halberstadt, A., **Adams, A.**, & Rinker D. (2018, March). *Emotions in children's books across two cultures* [Poster session]. Advances of Cultural Psychology of the Society of Personality and Social Psychology, Atlanta, GA.

Grants

**I co-drafted all grants indicated in this section*

Successfully funded:

Title: Meeting of Social-Personality Psychologists Conducting Intersectionality Research

Application: Society for Personality and Social Psychology Community Catalyst Grant

Role: Co-director, **Project period:** September 2023-February 2024

Result: Funded (\$2000)

- Awarded to support personality and social psychologists at all levels. This financial support is intended to assist SPSP members from underrepresented groups in their efforts to develop and host meetings to build community and develop professional skills.

Title: Self-Regulation and Brain and Cognitive Health in Older Adults (3R01AG026307-12S1)

Application: NIH NIA Diversity Supplement

Role: Trainee, **Project period:** January 2019-March 2024

Result: Funded (\$18,387/year)

- Supports the development of my independent research career in personality development and healthy aging.

Submitted but not awarded:

Title: Development of the Trait Response to Emotion Dimensional Measure for Use in Majority and Minoritized Populations

Application: NIMH Mental Health Research Dissertation Grant to Enhance Workforce Diversity

Role: PI, **Project period:** April 2023-May 2025

Result: Scored, did not receive funding (Score: 45)

- This award would have provided salary support, as well as financial support for research infrastructure, including participant payments, for my dissertation study. The application was competitive and thus was discussed and scored; I chose to not re-apply because other funds are available for completion of the project.

Title: Development of the Trait Response to Emotion Dimensional Measure for Use in Majority and Minoritized Populations

Application: APA Dissertation Research Award

Role: PI, **Project period:** May 2023 – May 2025

Result: Did not receive funding

- This award would have provided financial support for research infrastructure, including participant payments, for my dissertation study. The application was

competitive but ultimately was not funded; I chose to not re-apply because other funds are available for completion of the project.

Clinical Research Experience

Thought, Stress, and Immunity Study Research Assistant August 2019 – October 2022
University of Kentucky

Supervisors: Suzanne Segerstrom, PhD, MPH & Mary Beth McGavran, PhD

- Conducted unstructured clinical interviews and neuropsychological and psychological assessments with research participants in a longitudinal research study dedicated to studying the effects of aging over time on health outcomes.
- Maintained rapport with a large caseload of research participants to reduce study attrition.

Clinical Psychology Graduate Research Assistant August 2018 – March 2024

University of Kentucky, NIH Diversity Supplement Awardee: 3R01AG026307-12S1

Supervisor: Suzanne Segerstrom, PhD, MPH

- Conduct independent research projects investigating emotion-based personality trait development, adverse childhood experiences, and trauma-related outcomes for future publication.
- Provide mentorship to undergraduate research assistants interested in pursuing graduate school and careers in clinical psychology.

Clinical Experience

Eastern State Hospital August 2022 – June 2023

Supervisor: Lindsay Jasinski, PhD

- Conducted psychological evaluations and testing (e.g., PAI, RBANS, WASI-II) to determine competency to stand trial, ability to live independently, and guardianship rights for inpatient populations with severe mental illness.
- Administered brief therapy interventions and behavior plans for patients with severe mental illness, traumatic brain injury, and intellectual development disability.
- Provided consultation to psychiatrists, nursing, and social work members for treatment planning and discharge recommendations.

Bluegrass Health Psychology August 2021 – June 2022

Supervisor: Jonathan Cole, PhD, ABPP

- Conducted psychological evaluations and testing (e.g., MMPI, PAI) to determine psychological fitness for treatments for chronic pain and insomnia and risk assessments for opiate abuse.
- Utilized biofeedback to treat patients with chronic pain and other health conditions.
- Administered brief behavioral interventions for patients with chronic pain, pre- and post-bariatric surgical concerns, and insomnia.

University of Kentucky Dentistry - Orofacial Pain Clinic

July 2020 – June 2021

University of Kentucky

Supervisor: Ian Boggero, PhD

- Administered brief behavioral interventions to address orofacial pain and sleep concerns.
- Conducted initial intakes to assess patient needs and treatment options.
- Provided consultation to dental residents and staff for treatment planning and intervention administration.

Dialectical Behavior Therapist

January 2021 – August 2022

Dialectical Behavior Therapy Clinic, University of Kentucky

Supervisor: Shannon Sauer-Zavala, PhD

- Provided group and individual DBT therapy services to community members in the Lexington area to teach effective emotion regulation, distress tolerance, and interpersonal skills.
- Conducted intake interviews for diagnosis of borderline personality disorder and screening for potential DBT clients.
- Wrote integrative reports to diagnose clients and determine appropriate therapy options.
- Conducted coaching calls and suicide risk assessments for clients in distress to reorient them to effective skill use.

Jesse G. Harris Jr. Psychological Services Center Student Therapist Sept 2019 – Aug 2022

University of Kentucky

Supervisor: Shannon Sauer-Zavala, PhD

- Provided individual and group integrative therapy services to community members in the Lexington area.
- Utilized information (e.g., family and trauma history, social support, demographics, culture) for personalized case conceptualization, diagnosis, and treatment planning.
- Wrote clinical notes for individual clients.

University of Kentucky Counseling Center Practicum

August 2019 – March 2020

University of Kentucky

Supervisors: Amber Carter, PsyD & Olivia Szlachta, MA

- Provided individual therapy to University of Kentucky undergraduate and graduate students with symptoms of depression, anxiety, and trauma using cognitive-behavioral, interpersonal, and family-systems orientations.
- Provided interpersonal process group therapy services to University of Kentucky undergraduate students to help with practicing social skills to increase social connections with others and with learning to emotionally introspect.
- Utilized information (e.g., family and trauma history, social support, demographics, culture) for personalized case conceptualization, diagnosis, and treatment planning.
- Conducted initial intakes, provided referrals, and completed suicide risk assessments.
- Wrote clinical notes for individual and group clientele.
- Developed case presentations about different clients and therapeutic approaches.

Personality Assessment

January 2019 – May 2019

University of Kentucky

Supervisor: Cristina Crego, PhD

- Administered the Minnesota Multiphasic Personality Inventory, Second Edition, Restructured Form (MMPI-2-RF), NEO Personality Inventory (NEO-PI-R/3) and Personality Assessment Inventory (PAI) in a semester-long practicum.
- Administered, scored, reported results, and provided feedback, using standard and Finn methods, to undergraduate students and a psychiatric inpatient.
- Conducted clinical interviews for all assessments.

Intelligence Assessment

August 2018 – December 2018

University of Kentucky

Supervisor: Gregory Smith, PhD & Cristina Crego, PhD

- Administered the Wechsler Adult Intelligence Scale, Fourth Edition (WAIS-IV) and Wechsler Intelligence Scale for Children, Fifth Edition (WISC-V) in a semester-long practicum.
- Administered, scored, reported results, and provided feedback for the WAIS-IV to undergraduate students and a psychiatric inpatient.
- Administered and scored the WISC-V to an elementary school child, reported results, and provided feedback to the school guidance counselor and the child's parents.
- Conducted clinical interviews for all assessments.

Teaching Experience

Teaching Assistant

January 2024 – Present

University of Kentucky Psychology Department

Supervisor: Angel Armenta, PhD

- Created and gave statistic lab lectures to a small group of 28 students in an undergraduate statistics course.
- Taught undergraduate students how to use statistical software, including SPSS and G*Power.
- Created test questions, and graded tests and weekly assignments/homework.

Teaching Assistant

January 2024 – Present

University of Kentucky Psychology Department

Supervisor: Chana Akins, PhD

- Created and graded weekly assignments and papers.
- Assisted professor in creation of course content.

Lecturer

December 2020 – January 2021

University of Kentucky Psychology Department

Supervisor: Rachel Farr, PhD

- Adapted a semester-long Developmental Psychology course for a 6-week Winter Intersession semester.
- Created, recorded, and presented lectures for 35 students for an online Developmental Psychology course.
- Created and graded test and quiz questions, writing assignments, and discussion board posts.
- Assisted students with any questions or issues with the course.

Teaching Assistant

August 2014 – December 2014

North Carolina State University Psychology Department

Supervisor: John Begeny, PhD

- Created and gave lectures about psychological concepts to a small group of 25 students in an Introduction to Psychology course.
- Led class discussions about psychological topics within course readings, movies viewed in class, and various media sources.
- Created test questions and graded tests and weekly/final papers.
- Participated in weekly TA meetings to discuss lecture materials and led discussion for assigned lecture topics.
- Assisted students with any questions or issues with the course.

Honors & Scholarships

American Psychological Foundation National Register Internship Travel Scholarship June 2024

[Awarded to a select few national interns to alleviate internship moving costs.]

Excellence in Clinical Performance, UKY Psychology Department May 2022, May 2023

[This is the top clinical psychology department award for current PhD students.]

Citation Poster Award, American Psychosomatic Society March 2023

Valedictorian of NC State's Class of 2016 May 2016

Outstanding Academic Achievement in the Psychology Department May 2016

[Awarded to one undergraduate in the psychology department annually.]

Spring Symposium Best Presentation in Psychology, NC State April 2016

University-Endorsed Rhodes Fellowship Nominee, NC State August 2015

University-Endorsed Marshall Fellowship Nominee, NC State August 2015

IMSD Highest GPA Recipient May 2013 – May 2016

University Honors Program, NC State August 2013 – May 2016

Dean's List, NC State [for GPAs ≥ 3.5] August 2012 – May 2016

Certifications

Understanding and Addressing Racial Trauma Certification September 2023 - Present

Crisis Prevention Institute Certification August 2022 – Present

American Heart Association CPR Certification August 2022 – Present

Clinical Suicidology Certification October 2020 - Present

Preventative Strategies & Physical Interventions Certification July 2017 – July 2018

Research Phlebotomy Certification February 2017

CITI Biomedical Research Certification January 2017 – January 2027

CITI Good Clinical Practice Certification January 2017 – Present

CITI Social/Behavioral Research Certification September 2016 – Present

Professional Affiliations

Association for Research in Personality 2023 – Present

American Psychological Association 2023 - Present

Society for Personality and Social Psychology	2019 - Present
American Psychosomatic Society	2019 - Present
Kentucky Psychological Association	2019 - Present
Phi Beta Kappa	2016 – Present
National Alliance on Mental Illness (NAMI)	2015 – Present
Phi Kappa Phi	2013 – Present
Psi Chi International Honor Society	2013 – Present
NIH Initiative for Maximizing Student Diversity (IMSD)	2013 – 2016

Service Work and Advocacy

Member, American Psychosomatic Society Antiracism Taskforce	2024 – Present
[Dedicated to creating antiracist bylaws and procedures within APS.]	
Chair, American Psychosomatic Society Diversity and Equity Group	2022-Present
[Creates equitable opportunities and programming for diverse trainees within APS.]	
Member, American Psychosomatic Society Emerging Leaders	2022-Present
[Dedicated to promoting trainee interests and opportunities within APS.]	
Co-chair, University of Kentucky Student Burnout Committee	2021 – 2022
[Collected data and advocated to reduce clinical graduate student burnout.]	
President, University of Kentucky Clinical Psychology Advocacy Group	2019 – 2021
Member, University of Kentucky Clinical Psychology Advocacy Group	2018 – 2019
[Conducted mental health presentations and participated in community service projects.]	