

Rachel Walsh

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APPOINTMENTS

2025-Present **Massachusetts General Hospital/Harvard Medical School**, Boston, MA
Postdoctoral Research Fellow
NHLBI T32 Training Program in Sleep, Circadian, and Respiratory Neurobiology
Research Advisors: Richard Liu, Ph.D. & Taylor Burke, Ph.D.

EDUCATION

2024-2025 **Massachusetts General Hospital/Harvard Medical School**, Boston, MA
Clinical Fellow in Psychology
Doctoral Internship, Cognitive-Behavioral Scientist Track
Research Advisors: Richard Liu, Ph.D. & Taylor Burke, Ph.D.

2019-2025 **Temple University**, Philadelphia, PA
Ph.D., Clinical Psychology
Quantitative Sciences Concentration
Advisor: Lauren Alloy, Ph.D.
GPA: 4.00

2019-2022 **Temple University**, Philadelphia, PA
M.A., Clinical Psychology
Advisor: Lauren B. Alloy, Ph.D.
GPA: 4.00

2011-2015 **Carnegie Mellon University**, Pittsburgh, PA
B.S., Psychology
College and University Honors
Science and Humanities Scholar
Advisor: Anna Fisher, Ph.D.
Cumulative GPA: 3.65, Major GPA: 4.00

GRANTS & FELLOWSHIPS

2024-2025 **Sleep Research Society Foundation Small Research Grant**
Sleep disturbance and emotion dysregulation among adolescents during inpatient psychiatric hospitalization
Role: Principal Investigator
Amount Awarded: \$5,000

2023-2024 **P.E.O. International Scholar Award**
Sleep and Circadian Rhythms as Predictors of Suicidal Ideation
Role: Principal Investigator
Amount Awarded: \$20,000

- 2019-2024 **National Science Foundation Graduate Research Fellowship**
Leveraging Mobile Health (mHealth) Technologies to Predict Adolescent Risky Behaviors
 Role: Principal Investigator
 Amount: \$146,000
- 2019-2024 **University Fellowship, Temple University**
 Amount Awarded: \$150,000
- 2014 **Carnegie Mellon University Small Undergraduate Research Grant (SURG)**
Instruction-Driven Changes in Semantic Organization
 Role: Principal Investigator
 Amount Awarded: \$500

HONORS AND AWARDS

- 2025 **Society of Biological Psychiatry Travel Fellowship Award (\$2000)**
Recognition for excellence in scholarly activity; received funding to attend annual meeting and participate in specialized professional development programming.
- 2024 **Temple University Shipley Research Prize (\$1000)**
Awarded to one psychology graduate student in recognition of an outstanding independent research project.
- 2023 **Esther Garrett Edgerton Endowed Scholar**
Distinction awarded to top 13 of 110 P.E.O. scholars for outstanding accomplishments.
- 2023 **Scholarship, Beck Institute (\$500)**
Selected from over 600 applicants to attend the Student and Early Career Professional Workshop: CBT for Depression and Suicide.
- 2023 **Graduate Student Highlight**
Featured in Temple University's College of Liberal Arts' Academic Affairs "AcademiX" newsletter.
- 2023 **Scholarship, University of Pittsburgh Center for Sleep & Circadian Science (\$1300)**
Received funding to attend the Sleep and Circadian Workshop in Indispensable Methods (SWIM).
- 2021-2023 **Temple University Faculty Commendation for Excellence in Coursework, Research, Clinical Work, and Professionalism**
Awarded Fall 2021, Spring 2022, Fall 2022, Spring 2023.
- 2021 **Professional Development Award, APA Division 53 (\$375)**
Awarded by the Society of Clinical Child and Adolescent Psychology (SCCAP) in recognition of innovative work.
- 2019-2022 **Temple University Department of Psychology Travel Award (\$600)**
Awarded 2019, 2020, 2021, and 2022.

2014	1st Place Poster, Carnegie Mellon University Psychology Department
2013	Psi Chi, the International Honor Society in Psychology
2013	Rho Lambda, the National Sorority Leadership Recognition Society
2013	Grand Challenge Winner, Organic Chemistry Molecular Design Competition
2012	Dean's List, Carnegie Mellon University

PEER REVIEWED PUBLICATIONS AND CHAPTERS

1. Maddox, M.A., **Walsh, R. F. L.**, Smith, L. T., Olino, T., Zee, P. C., Nusslock, R., & Alloy, L. B. (in press). Reward Sensitivity, Pubertal Development, and Circadian Rhythms: A Window into Adolescent Risk for Depressive Symptoms. *Journal of Youth and Adolescence*.
2. **Walsh, R. F. L.**, Maddox, M. A., Smith, L. T., Olino, T., Zee, P., Nusslock, R., & Alloy, L. B. (2025). Sleep regularity in adolescents: Associations with sleep parameters and prospectively occurring substance use and depression. *Journal of Sleep Research*. <https://doi.org/10.1111/jsr.14468>
3. Pollak, O. H., Sheehan, A. E., **Walsh, R. F. L.**, Stephenson, A. R., Zell, H., Mayes, J., Lawrence, H. R., Bettis, A. H., & Liu, R. T. (2024). Assessment of suicidal thoughts and behaviors in adults: A systematic review of measure psychometric properties and implications for clinical and research utility. *Clinical psychology review*, 112, 102464. <https://doi.org/10.1016/j.cpr.2024.102464>
4. Liu, R. T., Bettis, A. H., Lawrence, H. R., **Walsh, R. F. L.**, Sheehan, A. E., Pollak, O. H., Stephenson, A. R., Kautz, M. M., & Marlowe, R. M. (2024). Measures of Suicidal Thoughts and Behaviors in Children and Adolescents: A Systematic Review and Recommendations for Use in Clinical and Research Settings. *Assessment*, 10731911241249438. <https://doi.org/10.1177/10731911241249438>.
5. Liu, R. T., Hamilton, J. L., Boyd, S. I., Dreier, M. J., **Walsh, R. F. L.**, Sheehan, A. E., Turnamian, M. R., Workman, A. R. C., & Jorgensen, S. L. (2024). A systematic review and Bayesian meta-analysis of 30 years of stress generation research: Clinical, psychological, and sociodemographic risk and protective factors for prospective negative life events. *Psychological bulletin*, 10.1037/bul0000431. Advance online publication. <https://doi.org/10.1037/bul0000431>.
6. **Walsh, R. F. L.**, Maddox, M. A., Smith, L. T., Liu, R. T., & Alloy, L.B. (2024). Social and circadian rhythm dysregulation and suicide: A systematic review and meta-analysis. *Neuroscience and biobehavioral reviews*, 158, 105560. <https://doi.org/10.1016/j.neubiorev.2024.105560>.
7. Sheehan, A. E., **Walsh, R. F. L.**, & Liu, R. T. (2024). Racial and ethnic trends in mental health service utilisation and perceived unmet need in the USA. *Journal of epidemiology and community health*, 78(4), 228–234. <https://doi.org/10.1136/jech-2023-220683>.
8. **Walsh, R. F. L.**, Klugman, J., Moriarity, D. P., Titone, M. K., Ng, T. H., Goel, N., & Alloy, L. B. (2024). Reward sensitivity and social rhythms during goal-striving: An ecological momentary assessment investigation of bipolar spectrum disorders. *Journal of affective disorders*, 344, 510–518. <https://doi.org/10.1016/j.jad.2023.10.114>

9. Burke, T. A., Bettis, A. H., **Walsh, R. F. L.**, Levin, R. Y., Lawrence, H. R., Sheehan, A. E., Liu, R. T. (2023). Nonsuicidal Self-Injury in Preadolescents. *Pediatrics*, 152(6), e2023063918. <https://doi.org/10.1542/peds.2023-063918>.
10. Smith, L. T., **Walsh, R. F. L.**, Goel, N., & Alloy, L. B. (2023). Social jetlag and trajectories of mood symptoms and reward responsiveness in individuals at low-risk, high-risk, and with bipolar spectrum disorders: An ecological momentary assessment study. *Psychiatry research*, 329, 115499. <https://doi.org/10.1016/j.psychres.2023.115499>.
11. Alloy, L. B.; Stephenson, A. R.; Smith, L.T.; **Walsh, R. F. L.**; Maddox, M. A.; Adogli, Z. V.; Grehl, M. M.; Chat, I. K-Y. (in press). Mood Disorders. In J. E. Maddux & B. A. Winstead (Eds.), *Psychopathology: Foundations for a Contemporary Understanding* (2nd ed.).
12. Alloy, L. B., **Walsh, R. F. L.**, Smith, L. T., Maddox, M. A., Olino, T. M., Zee, P. C., & Nusslock, R. (2023). Circadian, Reward, and Emotion Systems in Teens prospective longitudinal study: protocol overview of an integrative reward-circadian rhythm model of first onset of bipolar spectrum disorder in adolescence. *BMC psychiatry*, 23(1), 602.
13. Moriarity, D. P., Grehl, M. M., **Walsh, R. F. L.**, Roos, L. G., Slavich, G. M., & Alloy, L. B. (2023). A systematic review of associations between emotion regulation characteristics and inflammation. *Neuroscience and biobehavioral reviews*, 150, 105162. <https://doi.org/10.1016/j.neubiorev.2023.105162>.
14. **Walsh, R. F. L.**, Smith, L. T., Klugman, J., Titone, M. K., Ng, T. H., Goel, N., & Alloy, L. B. (2023). An examination of bidirectional associations between physical activity and mood symptoms among individuals diagnosed and at risk for bipolar spectrum disorders. *Behaviour research and therapy*, 161, 104255.
15. Liu, R.T. L., Kautz, M. M., **Walsh, R. F. L.**, Pollak, O. H., Clayton, M. G., & Stephenson, A. R. (in press). Suicide and depression: Epidemiology, theory, assessment, and treatment. In Pettit, J.W., and Olino, T.M. (Eds.), *APA Handbook of Depression*, Washington, DC: American Psychological Association Press.
16. **Walsh, R. F. L.**, Smith, L. T., Titone, M. K., Ng, T. H., Goel, N., & Alloy, L. B (2022). The Relationship between Physical Activity States and Depressive Symptoms: Using ambulatory assessment to characterize day-to-day associations among individuals with and without bipolar spectrum disorder. *Depression and anxiety*, 39(12), 835–844. <https://doi.org/10.1002/da.23290>.
17. Alloy, L. B., Chat, I. K. Y., Grehl, M., Kautz, M. K., Dunning, E. E., Adogli, Z. V., Smith, L. T., **Walsh, R. F. L.**, & Stephenson, A. R. (2022). Affective Disorders. In G. J. G. Asmundson (Eds.), *Comprehensive Clinical Psychology* (2nd ed.). New York, NY: Elsevier.
18. Liu, R. T., **Walsh, R. F. L.**, Sheehan, A. E., Cheek, S. M., & Sanzari, C. M. (2022). Prevalence and Correlates of Suicide and Nonsuicidal Self-injury in Children: A Systematic Review and Meta-analysis. *JAMA psychiatry*, 79(7), 718–726.
19. Lawrence, H. R., Burke, T. A., Sheehan, A. E., Pastro, B., Levin, R. Y., **Walsh, R. F. L.**, Bettis, A. H., & Liu, R. T. (2021). Prevalence and correlates of suicidal ideation and suicide attempts in preadolescent children: A US population-based study. *Translational psychiatry*, 11(1), 489.

20. **Walsh, R. F. L.**, Sheppard, B., Cui, L., Brown, C., Van Meter, A., & Merikangas, K. R. (2020). Comorbidity and patterns of familial aggregation in attention-deficit/hyperactivity disorder and bipolar disorder in a family study of affective and anxiety spectrum disorders. *Journal of Psychiatric Research*, 130, 355-61.
21. **Walsh, R. F. L.**, Sheehan, A. E., & Liu, R. T. (2021). Suicidal thoughts and behaviors in preadolescents: Findings and replication in two population-based samples. *Depression and anxiety*, 38(1), 48–56. <https://doi.org/10.1002/da.23087>
22. Liu, R. T., Rowan-Nash, A., Sheehan, A. E., **Walsh, R. F. L.**, Sanzari, C. M., Korry, B. J., & Belenky, P. (2020). Reductions in anti-inflammatory gut bacteria are associated with major depressive disorder in a sample of young adults. *Brain, Behavior, and Immunity*, 88, 308-324.
23. Liu, R. T., **Walsh, R. F. L.**, Sheehan, A. E., Cheek, S. M., & Carter, S. (2020). Suicidal Ideation and Behavior Among Sexual Minority and Heterosexual Youth: 1995-2017. *Pediatrics*, 145(3).
24. Liu, R. T., Sheehan, A. E., **Walsh, R. F. L.**, Sanzari, C. M., Cheek, S. M., & Hernandez, E. M. (2019). Prevalence and correlates of non-suicidal self-injury among lesbian, gay, bisexual, and transgender individuals: A systematic review and meta-analysis. *Clinical Psychology Review*, 74.
25. Liu, R. T., **Walsh, R. F. L.**, & Sheehan, A. E. (2019). Prebiotics and probiotics for depression and anxiety: A systematic review and meta-analysis of controlled clinical trials. *Neuroscience and Biobehavioral Reviews*, 102, 13-23.
26. Sheehan, A. E., **Walsh, R. F. L.**, & Liu, R. T. (2018). Racial and ethnic differences in mental health service utilization in suicidal adults: A nationally representative study. *Journal of Psychiatric Research*, 107, 114-119.
27. **Walsh, R. F. L.**, Sheehan, A. E., & Liu, R. T. (2018). Prospective prediction of first lifetime onset of suicidal ideation in a national study of substance users. *Journal of Psychiatric Research*, 107, 28-33.
28. **Walsh, R.**, Schweinfurth, L., & Dickerson, F. (2015). Smoking and smoking cessation treatment among hospitalized psychiatric patients. *Psychiatric Services*, 66(4), 442-443.

Publications under review

1. Weires, E. M., Edershile, E. A., Goel, D., **Walsh, R. F. L.**, Burke, T. A., & Liu, R. T. Real-time prediction of passive and active suicidal ideation in an adolescent clinical sample: Ecological momentary assessment of interpersonal risk factors and mediating mechanisms.
2. **Walsh, R. F. L.**, Bisgay, A., Stephenson, A. R., Goel, N., & Alloy, L. B. Concurrent and prospective relationships between caffeine consumption and mood symptoms among young adults at-risk and diagnosed with bipolar spectrum disorders.
3. **Walsh, R. F. L.**, Sheehan, A. E., Burke, T. A., & Liu, R. T. Psychiatric predictors of first-onset suicidal thoughts and behaviors during preadolescence: Longitudinal associations in a US population-based study.

4. Smith, L.T., Maddox, M.A., **Walsh, R. F. L.**, Klugman, J., Goel, N., & Alloy, L.B. Test of the reward/circadian rhythm dysregulation model of bipolar spectrum disorders at a micro time scale using multilevel moderated mediation.
5. Smith, L.T., **Walsh, R. F. L.**, Bishop, O. C., Maddox, M.A., Nusslock, R., & Alloy, L.B. Social/Circadian Rhythm Dysregulation and Reward Sensitivity: A Systematic Review and Meta-Analysis of Cross-Sectional and Prospective Relationships.

OTHER PEER-REVIEWED WORK

1. Spandorfer, J., & **Walsh, R. F. L.** (2021). National Science Foundation Graduate Research Fellowship Program Advice. *PCSAS Newsletter*.

CONFERENCE PRESENTATIONS & INVITED TALKS

1. **Walsh, R. F. L.** (2024, June). Improving the Prediction and Prevention of Adolescent Suicide: Understanding the Role of Sleep and Circadian Rhythms. *Presentation at the P.E.O. Pennsylvania State Chapter's Annual Convention*.
2. **Walsh, R. F. L.**, (2020, March). An Introduction to Self-Injurious Thoughts and Behaviors: Prevalence, Trends, and Understanding Risk. *Guest lecturer at University of Miami for the undergraduate course "Abnormal Psychology."*
3. **Walsh, R. F. L.**, Sheehan, A. E., & Liu, R. T. (2020, June). Suicidal thoughts and behaviors in preadolescent children: Findings and replication in two population-based samples. *Presentation at the first annual meeting of the Youth Suicide Research Consortium, virtual*.

CONFERENCE SYMPOSIA

1. **Walsh, R. F. L.**, Smith, L. T., Klugman, J., Titone, M. K., Ng, T. H., Goel, N., & Alloy, L. B. (2024). Physical activity and mood symptoms: Bidirectional associations among individuals diagnosed and at-risk for bipolar spectrum disorders. In K. Szuhany (Chair), *Adapting exercise interventions to increase community engagement, engage vulnerable populations, and utilize innovative assessment methods*. Annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
2. Liu, R. T., **Walsh, R. F. L.**, Sheehan, A.E., Cheek, S., & Sanzari, C. M. (2023). Suicide and non-suicidal self-injury in preadolescent children: A meta-analysis of prevalence and correlates. In A. Millner and C. Oppenheimer (Chairs), *Responding to the alarming rise of suicide in youth under the age of 12*. Biannual meeting of the Society for Research on Child Development, Salt Lake City, UT.
3. Moriarity, D.P., Grehl, M., **Walsh, R. F. L.**, Roos, Lydia, & Alloy, L.B. (2022). A Systematic Review of the Relationships between Emotion Regulation Characteristics and Inflammation: Towards Integrated Immunocognitive Models of Psychopathology Risk. In H. Zainal and M. Newman (Chairs), *Frontiers in Transdiagnostic Perspectives: Exploring Immune and Endocrine Markers as Potential Missing Links in Common Mental Disorders*. Annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
4. Liu, R. T., **Walsh, R. F. L.**, Sheehan, A.E., Cheek, S., Sanzari, C. M. (2021). Preadolescent suicidal and non-suicidal self-injury: Emerging insights on prevalence and markers of risk. Biannual

meeting of IASR/AFSP International Summit on Suicide Research, virtual.

5. Liu, R. T., Sheehan, A. E., **Walsh, R. F. L.**, Cheek, S. M., & Carter, S. M. (2020). Temporal trends in suicidal thoughts and behaviors among LGB and heterosexual youth. Annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

POSTER PRESENTATIONS

1. Smith, L.T., Maddox, M.A., **Walsh, R.F.L.**, Goel, N., & Alloy, L.B. *Test of the reward circadian rhythm (RCR) dysregulation model of bipolar spectrum disorders at a micro time scale: Using ecological momentary assessment to detect event-related social rhythm disruptions*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
2. Maddox, M. A., **Walsh, R. F. L.**, Zee, P., Nusslock, R., & Alloy, L.B. (November 2024). *Reward sensitivity, circadian rhythms, and pubertal development*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
3. **Walsh, R. F. L.**, Maddox, M. A., Smith, L. T., Martin, G., Zee, P., Nusslock, R., & Alloy, L.B. (November 2024). *Sleep regularity in adolescents: Associations with actigraphy-based sleep indices and prospective substance use and depression*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
4. Smith, L.T., **Walsh, R.F.L.**, Goel, N., & Alloy, L.B. (August 2024). *Investigating the impact of social jetlag on trajectories of mood symptoms across levels of reward sensitivity*. Poster presented at the annual meeting of the American Psychological Association, Seattle, WA.
5. Maddox, M. A., **Walsh, R. F. L.**, Alloy, L. B. (June 2024). *Social rhythm regularity and mood: Two forms of impulsivity with differential moderating effects*. Poster presented at the annual meeting of Sleep, Houston, TX.
6. **Walsh, R. F. L.**, Maddox, M. A., Smith, L. T., Liu, R. T., & Alloy, L.B. (November 2023). *Circadian and social rhythms and suicide: A meta-analysis and systematic review*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Seattle, WA.
7. Nina C. Kougan, N. C., **Walsh, R. F. L.**, Seitz, K R., Anderson, Z., Alloy, L. A., & Nusslock, R. (September 2023). *Sex differences in the relationship between reward responsiveness and suicidal ideation in adolescents*. Poster presented at the annual meeting of the Society for Research in Psychopathology, St. Louis, MO.
8. **Walsh, R. F. L.**, Bisgay, A. T., Stephenson, A. R., Goel, N., & Alloy, L. B. (November 2022). *Concurrent and Prospective Relationships between Self-Reported Caffeine Consumption and Mood Symptoms among Young Adults At-Risk and Diagnosed with Bipolar Spectrum Disorders*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
9. Smith, L. T., **Walsh, R. F. L.**, Goel, N., & Alloy, L. B. (November 2022). *Social jetlag and trajectories of mood symptoms and reward responsiveness in individuals at low-risk, high-risk, and with bipolar spectrum disorders: An ecological momentary assessment study*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

10. **Walsh, R. F. L.**, Smith, L. T., Goel, N., & Alloy, L. B. (September 2022). *Harnessing Actigraphy-Derived Sleep Parameters and Dim Light Melatonin Onset to Predict Mood Symptoms in Young Adults Diagnosed and At-Risk for Bipolar Spectrum Disorder*. Poster presented at the annual meeting of the Society for Research in Psychopathology, Philadelphia, PA.
11. Cifone, A., **Walsh, R. F. L.**, Goel, N., Alloy, L. B. (September 2022). *Bidirectional relationship between mental and physical energy: Cross-domain reactivity in bipolar disorder*. Poster presented at the annual meeting of the Society for Research in Psychopathology, Philadelphia, PA.
12. Smith, L., Bishop, O., **Walsh, R. F. L.**, Olino, T., Goel, N., & Alloy, L. B. (September 2022). *Testing measurement invariance of common indicators of sleep health between individuals with and without bipolar spectrum disorders*. Poster presented at the annual meeting of the Society for Research in Psychopathology, Philadelphia, PA.
13. **Walsh, R. F. L.**, Smith, L. T., Goel, N., & Alloy, L. B. (May 2022). *Physical Activity States and Bipolar Spectrum Disorders: Investigating the Relationship Between Sedentary and Vigorous Activity and Mood Symptoms*. Poster presented at the annual meeting of the Society of Biological Psychiatry, virtual.
14. **Walsh, R. F. L.**, Smith, L. T., Goel, N., & Alloy, L. B. (March 2022). *Circadian phase and mood disorders: Does mood disorder subtype differentially impact the relationship between reward system activation and circadian phase?* Poster presented at the annual meeting of the American Psychopathological Association. New York, NY.
15. Smith, L. T., **Walsh, R. F. L.**, Goel, N., & Alloy, L. B. (March 2022). *The relationship between social jetlag and daily depressive symptoms in individuals with and at risk for bipolar spectrum disorders*. Poster presented at the annual meeting of the American Psychopathological Association. New York, NY.
16. **Walsh, R. F. L.**, Sheehan, A. E., Bettis, A. H., & Liu, R. T. (November 2021). *An evaluation of state and trait associations between suicide and executive functioning among preadolescents: A nationally representative study*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, virtual.
17. **Walsh, R. F. L.**, Titone, M. K., Ng, T. H., Goel, N., & Alloy, L. B. (September 2021). *Investigating physical activity levels and mood symptoms in bipolar spectrum disorders: An ecological momentary assessment study*. Poster presented at the annual meeting of the Society for Research in Psychopathology, virtual.
18. **Walsh, R. F. L.**, Moriarity, D. P., Ng, T. H., Titone, M. K., Goel, N., & Alloy, L. B. (April 2021). *Reward Sensitivity and Social Rhythm Disruption During Goal-Striving: A Phase-Temporal Approach to Ecological Momentary Assessment Data*. Poster presented at the annual meeting of the Society of Biological Psychiatry, virtual.
19. Titone, M. K., Ng, T. H., Moriarity, D. P., **Walsh, R. F. L.**, Goel, N., & Alloy, L. B. (April 2021). *Impulsivity and sleep and circadian rhythm disturbance predict next-day mood symptoms in a sample at high risk for bipolar disorder: An EMA study*. Poster presented at the annual meeting of the Society of Biological Psychiatry, virtual.
20. **Walsh, R. F. L.**, Sheehan, A. E., & Liu, R. T. (2020, November). *Suicidal thoughts and behaviors in preadolescent children: Findings and replication in two population-based samples*. Poster

presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, virtual.

21. Liu, R. T., Sheehan, A. E., **Walsh, R. F. L.**, Sanzari, C. M., Cheek, S. M., & Hernandez, E. M. (2020, November). *Prevalence and correlates of non-suicidal self-injury among lesbian, gay, bisexual, and transgender individuals: A systematic review and meta-analysis*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, virtual.
22. **Walsh, R. F. L.**, Sanzari, C. M., Sheehan, A. E., & Liu, R. T. (2019, November). *Temporal Trends in Peer Victimization among Sexual Minority and Heterosexual Adolescents*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
23. Sanzari, C.M, **Walsh, R. F. L.**, Sheehan, A.E., & Liu, R.T. (2019, November). *Temporal trends in adolescent treatment utilization for disordered eating from 2004 through 2017: A nationally representative study*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
24. Sheehan, A.E., Sanzari, C.M., **Walsh, R. F. L.**, & Liu, R.T. (2019, November). *Mental Health Service Utilization by Race/ethnicity in a Nationally Representative Sample from 2004 to 2016*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
25. **Walsh, R. F. L.**, Sanzari, C. M., Sheehan, A. E., & Liu, R. T. (2019, October). *Temporal Trends in Peer Victimization among Sexual Minority and Heterosexual Adolescents*. Poster presented at Chapel Hill Conference on Depression, Bipolar Disorder, and Suicidality, Chapel Hill, NC.
26. Sanzari, C. M., **Walsh, R. F. L.**, Sheehan, A. E., & Liu, R. T. (2019, March). *Temporal trends in adolescent treatment utilization for disordered eating from 2004 through 2017: A nationally representative study*. Poster presented at the annual Mind Brain Research Day at Brown University, Providence, RI.
27. **Walsh, R. F. L.**, Sheehan, A. E., & Liu, R. T. (2018, November). *Prospective Prediction of First Lifetime Onset of Suicidal Ideation in a National Study of Substance Users*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.
28. Sheehan, A. E., **Walsh, R. F. L.**, & Liu, R. T. (2018, November). *Racial and ethnic differences in mental health service utilization in suicidal adults: A nationally representative study*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.
29. **Walsh, R. F. L.**, Sheehan, A. E., & Liu, R. T. (2018, March). *Prospective Prediction of First Lifetime Onset of Suicidal Ideation in a National Study of Substance Users*. Poster presented at the annual Mind Brain Research Day at Brown University, Providence, RI.
30. Trout, Z. M., Hernandez, E. M., Cheek, S. M., Gerlus, N., Sheehan, A. E., **Walsh, R.**, & Liu, R. T. (2017, November). *A behavioral and cognitive neuroscience perspective on impulsivity, suicide, and non-suicidal self-injury: Meta-analysis and recommendations for future research*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

31. **Walsh, R.**, Baez, L., Van Meter, A., Cui, L., & Merikangas, K. R. (2017, May). *Seasonal variation of activity in mood disorders*. Poster presented at National Institute of Health's Post-baccalaureate Poster Day, Bethesda, MD. *These authors contributed equally.
32. **Walsh, R.**, Sheppard, B., Cui, L., Brown, C., & Merikangas, K. R. (2016, November). *Comorbidity and patterns of familial aggregation of attention-deficit/hyperactivity disorder and mood disorders: Results from the NIMH family study*. Poster presented at the Neuroscience of Youth Depression Conference, Chapel Hill, NC.
33. **Walsh, R.**, Sheppard, B., Cui, L., Brown, C., & Merikangas, K. R. (2016, October). *Comorbidity and patterns of familial aggregation of attention-deficit/hyperactivity disorder and mood disorders: Results from the NIMH family study*. Poster presented at the annual meeting of the American Academy of Child and Adolescent Psychiatry. New York, NY.
34. **Walsh, R.**, Shou, H., Cui, L., & Merikangas, K. R. (2016, September). *Mobile technologies and mood disorders: Methods and findings from actigraphy*. Poster presented at the National Institute of Mental Health Intramural Research Program Fellows' Annual Scientific Training Day, Bethesda, MD.
35. **Walsh, R.**, Zhang, J., Gehrman, P., Cui, L., & Merikangas, K. R. (2016, June). *Familial aggregation and comorbidity of insomnia with mood and anxiety disorders in the NIMH family study of mood spectrum disorders*. Poster presented at the Johns Hopkins University Sleep and Circadian Research Day, Baltimore, MD.
36. **Walsh, R.**, Cui, L., & Merikangas, K. R. (2016, May). *Substance abuse: A complication of bipolar disorder?* Poster presented at National Institute of Health's Post-baccalaureate Poster Day, Bethesda, MD.
37. **Walsh, R.**, Sheppard, B., Cui, L., Brown, C., & Merikangas, K. R. (2016, March). *Familial aggregation and comorbidity of insomnia with mood and anxiety disorders in the NIMH family study of mood spectrum disorders*. Poster presented at the annual meeting of the American Psychopathological Association. New York, NY.
38. **Walsh, R.**, Unger, L., & Fisher, A. (2015, May). *Instruction-Driven Changes in Semantic Organization*. Poster presented at the Meeting of the Minds: Carnegie Mellon University's Undergraduate Research Symposium. Pittsburgh, PA.
39. **Walsh, R.**, Schweinfurth, L., Dickerson, F. (2014, August). *Cigarette smoking and smoking cessation treatment among patients admitted to Sheppard Pratt adult inpatient programs and day hospitals: A chart review study*. Poster presented at the Johns Hopkins School of Medicine Summer Internship Program Poster Session, Baltimore, MD.
40. Cheung, S., Jahan, N., Khirawi, S., Schneider, B., & **Walsh, R.** (2014, May). *Got Morality? Exploring the effects of emotion and the awareness of its source on moral judgments*. Poster presented at Carnegie Mellon University's Psychology Department Poster Session, Pittsburgh, PA.

RESEARCH EXPERIENCE

2019-2025 **Mood and Cognition Lab**
Department of Psychology, Temple University

*Graduate Student Researcher**Principal Investigator: Lauren B. Alloy, Ph.D.*

- Responsible for designing, implementing, and overseeing EMA and actigraphy aspects of an NIH-funded study investigating the role of circadian rhythms in the onset and course of bipolar spectrum disorder.
 - Lead the collection and cleaning of actigraphy data. Manage a team of undergraduates and post-baccalaureate research assistants.
 - Supervise collection and storage of dim-light melatonin onset (DLMO) data.
- Conduct diagnostic assessments (SCID-V, SADS) and life stress interviews (Life Events Interview) with adolescents in two NIH-funded studies:
 - Circadian Rhythms, Emotions, and Stress in Teens (CREST)
 - Reward and Immune Systems in Emotion (RISE)
- Graduate student lead on risk assessment training and safety planning. Provide trainings to undergraduate
- Clean and organize data for analysis in R.
- Execute independent research projects using secondary data analysis.

2017-2019**Adolescent Mood and Behavior Lab****Department of Psychiatry and Human Behavior, Brown University, Providence, RI***Clinical Research Assistant**Supervisors: Richard Liu, Ph.D. and Anthony Spirito, Ph.D.*

- Screen, recruit, and conduct assessments for a longitudinal study investigating impulsivity and life stress in relation to self-injurious thoughts and behaviors in an inpatient sample of adolescents.
- Administer structured and semi-structured interviews with adolescents and caregivers.
 - Kiddie-Schedule for Affective Disorders and Schizophrenia (K-SADS); UCLA Life Stress Interview; Columbia-Suicide Severity Rating Scale (C-SSRS); Self-Injurious Thoughts and Behaviors Interview (SITBI); Suicide Intent Scale (SIS); Children's Depression Rating Scale (CDRS); Mini-International Neuropsychiatric Interview for Children and Adolescents (MINI Kid)
- Lead meetings to objectively code stressful life events obtained during the UCLA Life Stress Interview as part of a coding team and train newer members in the coding system.
- Administer, train, and supervise research staff on computerized neurocognitive and behavioral tasks related to implicit self-harm cognitions, negative self-referential information processing, cognitive and behavioral impulsivity, and risk taking.
 - Mirror Tracing Task (MTT), Cambridge Neuropsychological Test Automated Battery (CANTAB), Diagnostic Assessment of Nonverbal Accuracy (DANVA), Self-Referential Encoding Task SRET), Implicit Association Task (IAT), Stop Signal Task (SST), Delay Discounting Task (DDT), Stoplight Task, and Competitive Reaction-Time Task (CRT).
- Execute all aspects of a study protocol for a clinical trial investigating the potential for transcranial direct current brain stimulation (tDCS) to modulate impulsivity in suicidal adolescents.
 - Responsible for EEG preparation, EEG monitoring, task administration pre- and post-stimulation, as well as the administration of tDCS targeting left orbitofrontal cortex and right inferior frontal gyrus.
- Coordinated all study procedures for a longitudinal study examining the role of the gut microbiome in depression that examined whether pro-inflammatory processes mediated the relationship between gut dysbiosis and depression.
- Set up infrastructure for an intensive longitudinal study on associations between sleep, neurocognitive functioning, and short-term risk for suicidal thoughts and behaviors.
 - Create EMA protocol in MetricWire.

- Program an electronic version of the MINI-Kid diagnostic interview in REDCap.

**2015-2017 Section of Developmental Genetic Epidemiology
National Institute of Mental Health, Bethesda, MD**

Intramural Research Training Award (IRTA) Fellow

Principal Investigator: Kathleen Merikangas, Ph.D.

- Responsible for all study protocols for a longitudinal multi-generational community-based family study of affective spectrum disorders investigating patterns of familial aggregation and co-aggregation with other mental and physical health conditions.
- Administered semi-structured diagnostic interview (DIAS: Diagnostic Interview for Affective Spectrum Disorders) to assess DSM-IV disorders.
- Administered bio-behavioral tasks such as olfactory assessments, computerized neuropsychological testing, and tests of endothelial function to identify endophenotypes of affective spectrum disorders.
- Responsible for the collection of actigraphy and ecological momentary assessment (EMA) data.
- Coordinated mMarch (mobile Motor Activity Research Consortium for Health), an international 18-site study of motor activity using mobile technology.
- Completed advanced coursework in epidemiology, neurobiology, and behavior psychology at Foundation for Advanced Education in the Sciences (FAES).

**2012-2015 Cognitive Development Laboratory
Carnegie Mellon University, Pittsburgh, PA**

Undergraduate Research Assistant

Principal Investigator: Anna Fisher, Ph.D.

- Completed a senior honors thesis examining the effects of instruction on children's semantic organization. Wrote thesis proposal, obtained IRB approval, designed study, created study stimuli, collected, analyzed, and presented data.
- Collected data for several studies of selective and sustained attention, decision making, inductive reasoning, generalization, and semantic learning.
- Gained extensive research experience with pre-school and elementary-aged children at on-campus research preschool and in schools in the community.
- Coded videos evaluating selective sustained attention among pre-school students for study examining how classroom environment affects learning.

**2014-2015 Developmental and Behavioral Pediatrics Division
University of Pittsburgh Medical Center, Pittsburgh, PA**

Clinical Psychology Extern

Principal Investigator: Robert Noll, Ph.D.

- Assisted with a randomized clinical trial evaluating a computer-based problem-solving skills training (PSST) intervention designed to decrease depression and anxiety in parents of children recently diagnosed with cancer.

**2014 Stanley Research Group at Sheppard Pratt Health Systems
Johns Hopkins School of Medicine, Baltimore, MD**

Summer Research Intern

Principal Investigators: Faith Dickerson, Ph.D., M.P.H; Robert Yolken, M.D.

- Independently conducted and published an electronic medical record study examining associations between smoking and smoking cessation treatment among hospitalized psychiatric patients.

- Assisted full-time research staff with study assessments for a clinical trial investigating the potential for probiotics to prevent hospitalization for mania.

CLINICAL EXPERIENCES

2023 – 2024 The Corporal Michael J. Crescenz VA Medical Center

Philadelphia, VA

Interventionist

Supervisors: Philip Gehrman, Ph.D., Elaine Boland, Ph.D., Elizabeth Klingaman, Ph.D.

- Interventionist on clinical trial evaluating the use of Cognitive Behavioral Therapy for Insomnia (CBT-I) to improve functional outcomes in veterans with psychosis.
- Implemented 10-week CBT-I study protocol incorporating traditional elements of CBT-I (stimulus control and sleep restriction), as well as study-specific interventions targeting psychotic symptoms, cognitive challenges, and motivational deficits.
- Served as a therapist for the “Health and Wellness” active control condition. Provided psychoeducation on a variety of health-related topics such as nutrition, exercise, substance use, and emotional well-being.

2019-Present

Mood and Behavior Lab

Massachusetts General Hospital / Harvard Medical School

Boston, MA

Clinical Assessor

Supervisors: Richard Liu, Ph.D., Taylor Burke, Ph.D.

- Conducted remote assessments for several studies examining trajectories of risk for self-injurious thoughts and behaviors among psychiatrically hospitalized adolescents.
- Assessment Measures: CSSR-S, SITBI, SIQ Jr., PASIS, CASA
- Conducted risk assessments and developed safety plans with teens.

2023

The Selective Mutism, Anxiety, and Related Disorders Treatment (SMART) Center

Jenkintown, PA

Therapist

Supervisors: Elisa Shipon-Blum, M.D., Jennifer Brittingham, L.P.C.

- Group therapy facilitator at CommuniCamp, a four-day intensive therapy for youth with selective mutism.
- Used Social Communication Anxiety Treatment, an evidence-based approach, to increase social engagement, verbal communication and promote social confidence among adolescents.
- Implemented behavior therapy and cognitive behavioral therapy techniques to challenge cognitions relevant to selective mutism and facilitate behavioral experiments and exposures.

2022-2023

Drexel University Center for Family Intervention Science (CFIS)

College of Nursing and Health Professions, Philadelphia, PA

Psychology Extern

Supervisors: Guy Diamond, Ph.D., Ashley King, Ph.D.

- Provided attachment-based family therapy (ABFT) to help strengthen families

impacted by domestic violence. Conducted individual sessions with parents and children as well as family sessions.

- Attended 30+ hours of didactic training on the theory and implementation of the five tasks that comprise attachment-based family therapy (relational reframe, adolescent alliance, parent alliance, repairing attachment, promoting autonomy).
- Developed curriculum and led parenting group therapy to help mothers impacted by domestic violence support their children and foster resilience. Provided psychoeducation on topics such as how trauma impacts children across different developmental stages, emotion labeling, affect regulation, and limit setting.
- Facilitated discussions on intergenerational processes and how the norms within the family of origin shape parenting practices.

2022-2023

Children's Hospital of Philadelphia (CHOP) Sleep Center

Department of Pulmonology and Sleep Medicine, Philadelphia, PA

Psychology Extern

Supervisors: Jodi Mindell, Ph.D., Melisa Moore, Ph.D., Melanie Franklin, Ph.D.

- Conducted initial/follow-up assessments and consultation with youth (age 3 months – 21 years) and their families presenting with behavioral and medical sleep disorders.
- Collaborated with an interdisciplinary team (including pulmonology, psychiatry, psychology, nursing, and social work) to develop case conceptualizations and treatment plans.
- Provided families with psychoeducation and recommendations for sleep-related difficulties (e.g., behavioral insomnia of childhood, delayed circadian phase, insufficient sleep, poor sleep hygiene, narcolepsy, restless legs).
- Formulated and implemented short-term interventions for anxiety and depression for clients in which a primary mental health disorder was exacerbating sleep problems.

2020-2023

Psychological Services Center (PSC)

Temple University, Philadelphia, PA

Graduate Student Clinician

Intervention Supervisors: Margaret Sayers, Ph.D., Thomas Olino, Ph.D., Robert Fauber, Ph.D., Jay S. Efran, Ph.D.

- Provided over 350 hours of psychotherapy to clients from the greater Philadelphia area as an individual, group, and couples' therapist.
- Implemented interventions using techniques from a variety of evidence-based modalities (e.g., cognitive behavior therapy, dialectical behavior therapy, acceptance and commitment therapy, motivational interviewing) as an individual therapist for adolescent and adult clients with a variety of presenting problems such as internalizing and externalizing psychopathology, personality disorders, body-focused repetitive disorders, health-related stressors, and adjustment disorders.
- Founded adult and adolescent DBT skills groups. Selected content for session curricula. Taught DBT skills (mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness) as the lead skills coach for two groups and served as support staff for two groups.

- Worked as a couples therapy for dyads with relationship distress using principals from Integrative Behavioral Couples Therapy (e.g., empathetic joining, unified detachment).
- Administered and scored assessments of clients' symptom severity distress and functioning to monitor progress and track therapeutic outcomes.
- Composed biannual written reports containing case conceptualizations, presenting concerns, relevant history, treatment plan, progress, and therapy goals.

Assessment Supervisor: Tania Giovannetti, Ph.D., ABPP-CN

- Conducted and scored cognitive and comprehensive neuropsychological assessments with children and adults seeking evaluations for a variety of presenting concerns.
- Completed 11 integrative testing cases.
 - Experience administering the following assessments:**
 - *General Intellectual Functioning:* KBIT-2, WAIS-IV, WISC-V, WIPPSI-IV
 - *Achievement:* WIAT-III, WIAT-IV, WRAT-4
 - *Attention/Executive Functioning:* BRIEF-2, CPT-3, D-KEFS
 - *Memory:* BVM-T-R, CVLT-R, WMS-IV (Symbol Span), WRAML-2
 - *Visuospatial/Visuomotor:* Beery VMI-6
 - *Behavior, Personality, and Emotional Functioning:* Barkley-Murphy Symptoms Scale, BDI-II, CBCL, STAI, SCARED, SCID, NICHQ Vanderbilt, YSR
- Interpreted scores and conceptualized cases.
- Composed written reports communicating presenting concerns, testing results, diagnoses, and recommendations.
- Provided neuropsychological feedback to clients and their support team.
- Provide peer supervision for other students' integrative and school testing cases.

CLINICAL WORKSHOPS AND TRAININGS

2023	CBT for Depression and Suicide. Training by Robert Hindman, Ph.D. The Beck Institute.
2022	Motivational Interviewing: Effective Strategies for Engaging Individuals and Supporting Behavior Change. Training by Melanie Bennett, Ph.D. The University of Maryland School of Medicine.
2022	Introduction to Attachment-Based Family Therapy. Training by Guy Diamond, Ph.D. & Ashley King, Ph.D. Drexel University Center for Family Intervention Science.
2021	Dialectical Behavior Therapy with Sexual and Gender Minority People: A Live Demonstration. Training by Jeffrey M. Cohen, Psy.D., Colleen A. Sloan, Ph.D., & Cindy Chang, Psy.M.
2021	Motivational Interviewing: Conversations about Change. Training by Jimmy Portner, LISW-S, LICDC-CS.

- 2020 Introduction to Acceptance and Commitment Therapy. Training by Kate Deatrich, Psy.D. & Rachel Steen, LPC. The Pennsylvania Chapter of the Association for Contextual Behavioral Science.
- 2020 The Unified Protocols for Transdiagnostic Treatment of Emotional Disorders in Children and Adolescents. Training by Jill Ehrenreich-May, Ph.D. The University of Miami.

AD HOC REVIEWER

Anxiety, Stress, and Coping
BMC Psychiatry
BMC Public Health
Clinical Psychological Science
Depression and Anxiety
European Psychiatry
JAMA Pediatrics
Journal of Adolescence
Journal of Affective Disorders
The Journal of Clinical Psychiatry

Nature Mental Health
Nature Scientific Reports
NPP-Digital Psychiatry and Neuroscience
Pediatrics
Psychiatry Research
Psychological Medicine
SLEEP
Sleep Advances

TEACHING EXPERIENCE

2013-2015 Teaching Assistant

85-320, Research Methods in Developmental Psychology
 Carnegie Mellon University, Pittsburgh, PA
 Instructor: *Anna Fisher, Ph.D.*

- Assisted faculty in teaching upper-level research methods classes for four semesters.
- Helped 45 students develop and operationalize novel research projects.
- Oversaw statistical analyses and SPSS lab courses.
- Formulated and graded assignments; hosted office hours.
- Supervised students collecting data at on-campus research preschool.

2015 Teaching Assistant

85-241, Social Psychology
 Carnegie Mellon University, Pittsburgh, PA
 Instructor: *Vicki Helgeson, Ph.D.*

- Assisted professor in teaching class of 100 students.
- Organized and conducted exam review sessions, graded assessments, held office hours.

LEADERSHIP & COMMUNITY OUTREACH

2021-2023 Executive Board Member

Society for a Science of Clinical Psychology (SSCP)

- Elected to serve a two-year student representative term on the board of SSCP, an organization that promotes the integration of research and practice in the field of clinical science.
- Coordinated all aspects relevant to student awards (organized, advertised, and

reviewed submissions).

- Developed, coordinated, and disseminated several independent initiatives based on student feedback such as a guide to academic twitter and Q&A with internship directors.
- Led campus representative sub-committee.

2019-2023

Undergraduate Outreach Arm Leader

Psychology Graduate Students for Inclusivity

- Active member of graduate student organization at Temple University that addresses issues related to diversity and inclusion in the psychology department and clinical psychology field more generally.
- Co-lead Undergraduate Outreach Committee by overseeing meetings and coordinating initiatives.
- Provided professional development seminars for individuals underrepresented in psychology to provide information about careers in clinical psychology and demystify the application process.

2021-2022

Student Awards Representative

Temple University

- Selected by psychology faculty to curate and disseminate monthly announcements with student award opportunities for graduate students in the department.
- Manage the department calendar with award deadlines and application requirements.

2019-2020

Class Representative

Temple University

- Serve as a liaison between graduate students and faculty
- Attend monthly meetings to communicate student concerns.

2020-

Graduate Student Mentor;

Project SHORT

- Provide mentorship to graduate school applicants from underrepresented and socioeconomically disadvantaged backgrounds.
- Conduct mock interviews, provide feedback on application materials, review personal statements.

2020-

Graduate Student Mentor

APA Division 53

- Mentor post-baccalaureate research assistant on the graduate school application process.
- Provide feedback on personal statement, CV, and other application materials.

2015-2016

The National Institutes of Health Academy Certificate Program

- Selected to participate in year-long enrichment program to learn about health disparities.
- Engaged in roundtable discussions on the role of violence and addiction in health inequity, diversity workshops, and volunteer activities.

2015-2016

Curiologie in the Classroom

- Volunteered with outreach program teaching STEM to middle school students in under-served districts of Washington, D.C.

2010-2017

Group Leader

Camp Acorn; Allendale, New Jersey

- Facilitated social and recreational program for individuals with multiple disorders including autism, Down syndrome, cerebral palsy.
- Utilized adaptive techniques to manage behaviors and engage campers in activities, such as hand-over-hand and scaffolding.
- Employed behavior management techniques such as positive reinforcement and token boards.

PROFESSIONAL AFFILIATIONS

American Psychological Association

Association for Behavioral and Cognitive Therapies

Association for Psychological Science

Philadelphia Psychology Network

Psi Chi International Honor Society in Psychology

Sleep Research Society

Society for a Science of Clinical Psychology

Society of Clinical Child and Adolescent Psychology Division 53