## Cristina Pinheiro

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# Education

August 2021 — Present University of Kentucky

**Graduate Student**

**Clinical Psychology Graduate Program**

2019 — 2020 University of Kentucky

**Post-Baccalaureate Student**

**Clinical Psychology Graduate Program**

2013 — 2017 University of Kentucky

**Bachelor of Science in Psychology**

**Minor in Neuroscience**

# Publications

Karr, J. E., Hakun, J. G., Elbich, D. B., **Pinheiro, C. N.**, Schmitt, F. A., & Segerstrom, S. C. (2013). Detecting cognitive decline in high-functioning older adults: The relationship between subjective cognitive concerns, frequency of high neuropsychological test scores, and the frontoparietal control network. Advance Online Publication. *Journal of the International Neuropsychological Society*.

Karr, J. E., **Pinheiro, C. N.**, & Harp, J. P. (2023). Performance validity testing on the NIH toolbox cognition battery: Base rates of failed embedded validity indicators in the adult normative sample. *Archives of Clinical Neuropsychology*.

# Research presentationS

**Pinheiro, C.,** Zachariou, V., Rodolpho, B., Hakun, J., Gold, B., Segerstrom, S.(2023, March 8th-11th) Does order matter? An investigation of white matter hyperintensity volume and serial position effects in health elderly adults. [Poster Session] American Psychosomatic Society Annual Meeting, San Juan, Puerto Rico, United States.

**Pinheiro, C.,** Karr, J., Segerstrom, S. (2022, November 2-6) *Time is of the essence: Reliable measurement of heart rate variability in older adults.* [Quantitative Research Methods Poster Session] Gerontological Society of America Annual Meeting, Indianapolis, IN, United States.

**Pinheiro, C.,** Gloger, E., Crofford, L., Segerstrom, S. (2020, March 11-14) *Eudaimonic well-being and heart rate variability among midlife and older women*. [Poster Session] American Psychosomatic Society Annual Meeting, Long Beach, CA, United States. (Conference Cancelled)

**Pinheiro, C.** (2019, July 12) *Thought, Stress, and Immunity Study: Methods and sample characteristics.* Presentation given to Principal Investigator Dr. Suzanne Segerstrom, Co-Principle Investigators Dr. Brian Gold, and Dr. Jonathan Hakun, and study consultant Dr. Peter Gianaros, Lexington, KY, United States.

**Pinheiro, C.,** Scott, A., Segerstrom, S., & Hakun, J.(2018, April 5-7) *Socioeconomic context predicts white matter integrity in healthy older adults.* [Poster Session] National Conference on Undergraduate Research, Edmond, OK, United States.

# Clinical Experience

September 2022 — Current **Therapist at the Jesse G. Harris Psychological Services Center**, supervised by Dr. Mary Beth McGavran, Ph.D., University of Kentucky, Clinical Psychology Graduate Program. Treatments used:

* Mindfulness
* Cognitive behavioral therapy (CBT)
* Dialectical behavior therapy (DBT)
* Acceptance and Commitment Therapy (ACT)

September 2023 — Current **Health Profession Trainee** for the Lexington Veterans Affairs Medical Center, supervised by Dr. Andrea “Ande” Williams, Psy.D., HSPP, Clinical Neuropsychologist and EAGALA Certified Practitioner, Lexington, KY VAMC. Assessments administered:

July 2021 — Current **Graduate Research Assistant** for the Thought, Stress, and Immunity Neuroimaging Sub-study, supervised by Dr. Suzanne Segerstrom, Ph.D., M.P.H., Senior Professor and PI of the Psychoneuroimmunology Lab, University of Kentucky, Department of Psychology. Assessment administered:

* fMRI N-back

July 2022 — August 2023 **Resident at the Orofacial Pain Clinic**, supervised by Dr. Ian Boggero, Ph.D., UK Healthcare Kentucky Clinic, University of Kentucky. Interventions used:

* Brief cognitive behavioral therapy for Insomnia (BBTI)
* Physical self-regulation (PSR)
* Mindfulness
* Postural relaxation
* Diaphragmatic breathing
* Hypnosis

August 2022 — December 2022 **Neuropsychology Assessment Course** taught by Dr. Justin Karr, Ph.D. at the University of Kentucky in the Clinical Psychology Graduate Program. Assessments mastered:

* California Auditory Verbal Learning Test (CAVLT)
* Rey Auditory Verbal Learning Test (RAVLT)
* Trail Making Tests A & B (TMT)
* Delis-Kaplan Executive Function System (D-KEFS)
* Grooved Peg Board Test
* Digit Span
* Rey Complex Figure Test (RCFT)
* Boston Naming Test (BNT)
* Judgment of Line Orientation (JLO)

January 2022 — May 2022 **Personality Assessment Course** taught by Dr. Tom Adams, Ph.D. at the University of Kentucky in the Clinical Psychology Graduate Program. Assessments mastered:

* Mini International Neuropsychiatric Interview (MINI)
* Diagnostic Interview for Anxiety, Mood, and Obsessive-Compulsive and Related Neuropsychiatric Disorders (DIAMOND)
* Structured Clinical Interview for DSM-5 (SCID-5)

August 2021 — December 2021 **Intellectual Assessment Course** taught by Dr. Michelle Martel, Ph.D. at the University of Kentucky in the Clinical Psychology Graduate Program. Assessments mastered:

* Weschler Adult Intelligence Scale, 4th Edition (WAIS-IV)
* Woodcock-Johnson Tests of Achievement, 4th Edition (WJ-IV ACH)

October 2021 **Attention-deficit Hyperactivity Disorder/Learning Disorder Assessment**, supervised by Dr. Michelle Martel, Ph.D., Director of Clinical Training and Tenured Professor in the Clinical Psychology Department, University of Kentucky.

January 2018 — July 2021 **Professional Research Assistant** for the Thought, Stress, and Immunity Sub-study, supervised by Dr. Suzanne Segerstrom, Ph.D., M.P.H., Senior Professor in the Department of Psychology, University of Kentucky.

2018 **Stroke and Spinal Cord Injury Rehabilitation Volunteer**, supervised by Dr. Lumy Sawaki Adams, M.D., Ph.D., Cardinal Hill Endowed Research Chair in Stroke and Spinal Cord Injury Rehabilitation and Associate Professor in the Department of Neurology, University of Kentucky.

# Research Experience

2021 — Present **Graduate** **Research Assistant**

***Healthy Brain Aging Study (Thought, Stress, and Immunity Sub-Study)***

Psychoneuroimmunology Research Lab

University of Kentucky, Lexington, KY

Responsibilities: Recruiting individuals for sub-study, screening individuals for MRI eligibility, screening individuals for Thought, Stress, and Immunity Study eligibility, coordinating meetings with participants, scheduling MRI scans, communicating with Co-PIs on study organization, training participants on fMRI tasks, obtaining informed consent, safety screening for MRI scan, assuring a safe environment near MR safety zones 1–4, assisting radiologic technicians with participant positioning, ensuring safe practices during MRI, communicating with and instructing participants on MRI sequences through intercom, organizing resulting MRI data, coordinating with graduate student interviewers, consulting with study phlebotomists, monitoring lab email account, attending weekly meetings with lab members and principal investigator, attending job talks and guest speaker presentations.

Relevant Training: CITI Course for Clinical Research Coordinator, CITI Course for Social/Behavioral Investigators and Key Personnel, CITI Course for Clinical Trials Involving Investigational Drugs, and University of Kentucky’s Clinical Research Coordinator Course

Supervisor: Suzanne Segerstrom, Ph.D., M.P.H.

2018 — 2021 **Professional Research Assistant** (full-time)

***Healthy Brain Aging Study (Thought, Stress, and Immunity Sub-Study)***

Psychoneuroimmunology Research Lab

University of Kentucky, Lexington, KY

Responsibilities: Recruiting individuals for sub-study, screening individuals for MRI eligibility, screening individuals for Thought, Stress, and Immunity Study eligibility, coordinating meetings with participants, scheduling MRI scans, communicating with Co-PIs on study organization, training participants on fMRI tasks, obtaining informed consent, safety screening for MRI scan, assuring a safe environment near MR safety zones 1–4, assisting radiologic technicians with participant positioning, ensuring safe practices during MRI, communicating with and instructing participants on MRI sequences through intercom, organizing resulting MRI data, coordinating with graduate student interviewers, consulting with study phlebotomists, monitoring lab email account, attending weekly meetings with lab members and principal investigator, attending job talks and guest speaker presentations.

Relevant Training: CITI Course for Clinical Research Coordinator, CITI Course for Social/Behavioral Investigators and Key Personnel, CITI Course for Clinical Trials Involving Investigational Drugs, and University of Kentucky’s Clinical Research Coordinator Course

Supervisor: Suzanne Segerstrom, Ph.D., M.P.H.

2018 — 2021 **Laboratory Technician** (full-time)

***Thought, Stress, and Immunity Study,***

***Healthy Brain Aging Sub-Study, &***

***Daily Activity and Health in the Lives of Adults Women***

Psychoneuroimmunology Research Lab

University of Kentucky, Lexington, KY

Responsibilities: Training incoming research assistants and graduate students on lab tasks, troubleshooting oversight in ECG data using Peltola (2012) protocol in MindWare Software, analyzing ECGs and heart rate variability for irregular R-R intervals, consulting with Dr. Segerstrom and study nurse on unusual ECGs, writing and sending letters notifying participants of irregular ECGs, utilizing the relevant pipeline to analyze white matter hyperintensities from T2-weighted FLAIR images, consulting with Dr. Segerstrom, Dr. Hakun and radiologists on unusual MRIs, writing and sending letters notifying participants of unusual MRIs, utilizing social explorer to determine SEC data on participant’s self-reported lifetime addresses, entering participant’s medications and their corresponding drug class in SPSS, entering lifetime addresses of participant’s in Excel, updating old spreadsheets in SPSS, Excel, and REDCap, attending weekly meetings with lab members and principal investigator, organizing study materials, consulting with project manager on study materials, scoring and entering a wide battery of cognitive tests using SPSS and REDCap including Trail Making Tests A and B, North American Adult Reading Test, Controlled Oral Word Association Task, Letter Number Sequencing, Digit Span, and Rey Auditory Verbal Learning Test. As well as self-report measures such as Behavior Rating Inventory of Executive Function, Geriatric Depression Scale, Physical Activity Scale for the Elderly, Pittsburgh Sleep Quality Index, Louisville Older Person Events Scale, Emotion Regulation Questionnaire, Perceived Stress Scale, Revised Dyadic Adjustment Scale, and NEO Personality Inventory.

Relevant Training: CITI Course for Social/Behavioral Investigators and Key Personnel

Supervisor: Suzanne Segerstrom, Ph.D., M.P.H.

2019, 2021 **Interim Project Manager** (full-time)

***Thought, Stress, and Immunity Study***

Psychoneuroimmunology Research Lab

University of Kentucky, Lexington, KY

Responsibilities: Purchased study gift cards for participant compensation, stored and logged budget information, audited study budget, collecting and depositing custodial account checks, consulted with study interviewers about budget and gift card tracking, updated tracking protocol for future project manager, organized weekly blood draws with phlebotomists, communicated with phlebotomists about blood draw scheduling, reconciled quarterly budget with University Treasury Services, trained incoming project manager, provided IRB continuation information to Dr. Segerstrom, monitored lab email address, backed up lab documents weekly onto external hard drive.

Supervisor: Suzanne Segerstrom, Ph.D., M.P.H.

2015 — 2017 **Undergraduate Research Assistant**

***Thought, Stress, and Immunity Study &***

***Daily Activity and Health in the Lives of Adult Women Study***

Psychoneuroimmunology Research Lab

University of Kentucky, Lexington, KY

Responsibilities: Trained incoming research assistants on lab tasks, stored and transported biological samples, adjusted oversight in ECG data using Peltola (2012) protocol in MindWare Software, attended weekly lab meetings, scored and entered a wide battery of cognitive tests using SPSS and REDCap including Trail Making Test, Controlled Oral Word Association Task, Letter Number Sequencing, Digit Span, and Rey Auditory Verbal Learning Test. As well as self-report measures such as Behavior Rating Inventory of Executive Function, Geriatric Depression Scale, Physical Activity Scale for the Elderly, Pittsburgh Sleep Quality Index, Louisville Older Person Events Scale, Emotion Regulation Questionnaire, Perceived Stress Scale, Revised Dyadic Adjustment Scale.

Relevant Training: CITI Course for Social/Behavioral Investigators and Key Personnel

Faculty Advisor: Suzanne Segerstrom, Ph.D., M.P.H.

2017  **Undergraduate Research Assistant with Independent Project**

***Healthy Brain Aging Sub-Study***

Psychoneuroimmunology Research Lab

University of Kentucky, Lexington, KY

Research Project: Investigated the effects of socioeconomic context (SEC) as a predictor of fractional anisotropy in the genu of the corpus callosum, superior longitudinal fasciculus, and fornix of older adults. Socioeconomic disadvantage in childhood has been associated with decreased performance on measures of executive functioning and smaller brain volumes. The study was particularly interested in the three regions of interest because they are associated with executive functioning and tend to decrease with age. Using an SEC latent variable for childhood (0-18) and adulthood (19-60) results from a hierarchical regression model suggest that adulthood SEC was significantly associated with a higher composite fractional anisotropy.

Responsibilities: Utilized Social Explorer to determine SEC data for every participant’s self-reported lifetime address, trained incoming research assistants on lab tasks, attended weekly lab meetings, stored and transported biological samples, adjusted oversight in ECG data using Peltola (2012) protocol in MindWare Software, coded and entered a wide battery of cognitive tests using SPSS including Trail Making Test, Controlled Oral Word Association Task, Letter Number Sequencing, Digit Span, and Rey Auditory Verbal Learning Test. As well as self-report measures such as Behavior Rating Inventory of Executive Function, Geriatric Depression Scale, Physical Activity Scale for the Elderly, Pittsburgh Sleep Quality Index, Louisville Older Person Events Scale, Emotion Regulation Questionnaire, Perceived Stress Scale, Revised Dyadic Adjustment Scale.

Relevant Training: CITI Course for Social/Behavioral Investigators and Key Personnel

Faculty Advisors: Suzanne Segerstrom, Ph.D., M.P.H., and Mark Prendergast Ph.D.

2016 **Summer Undergraduate Research Assistant** (part-time)

***Thought, Stress, and Immunity Study &***

***Daily Activity and Health in the Lives of Adult Women Study***

Psychoneuroimmunology Research Lab

University of Kentucky, Lexington, KY

Responsibilities: Stored, labeled and transported biological samples, adjusted oversight in ECG data using Peltola (2012) protocol in MindWare Software, trained other RAs on lab tasks, attended weekly lab meetings, scored and entered a wide battery of cognitive tests using SPSS and REDCap including Trail Making Test, Controlled Oral Word Association Task, Letter Number Sequencing, Digit Span, and Rey Auditory Verbal Learning Test. As well as self-report measures such as Behavior Rating Inventory of Executive Function, Geriatric Depression Scale, Physical Activity Scale for the Elderly, Pittsburgh Sleep Quality Index, Louisville Older Person Events Scale, Emotion Regulation Questionnaire, Perceived Stress Scale, Revised Dyadic Adjustment Scale

Relevant Training: CITI Course for Social/Behavioral Investigators and Key Personnel

Supervisor: Suzanne Segerstrom, Ph.D., M.P.H.

# ACKNOWLEDGMENTS AND INVOLVEMENT

2022 — 2023 **Gerontological Society of America Member**

2019 — 2023 **American Psychosomatic Society Member**

2022 — Present **Society for Clinical Psychology (Division 12) Campus Representative**

2021 — Present **Diversity, Equity, and Inclusion Committee Member,** University of Kentucky Department of Psychology

2021 — Present **Student Advocacy Committee Member,** University of Kentucky Department of Psychology

2019 — 2021 **Association for Psychological Science Member**

2017 **NeuroCATS Founder**: Undergraduate student organization with outreach opportunities for neuroscience majors and minors, University of Kentucky

2016 —2017 **Psychology Student Association**, University of Kentucky

2016 — 2017 **Dean’s List**, College of Arts and Sciences, University of Kentucky

# VOLUNTEER EXPERIENCE

2018 **Stroke and Spinal Cord Injury Rehabilitation Volunteer**, advised by Dr. Lumy Sawaki Adams, M.D., Ph.D., Cardinal Hill Endowed Research Chair in Stroke and Spinal Cord Injury Rehabilitation and Associate Professor in the Department of Neurology, University of Kentucky.

2017 — 2019 **Activities Coordinator Volunteer**, Hartland Hills Retirement Home, Lexington, KY.