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CURRICULUM VITAE
BRIDGET JULIA SHOVESTUL, B.A.

Department of Clinical and Social Sciences in Psychology, University of Rochester
Meliora Hall | Rochester, NY 14627
Email: bshovest@ur.rochester.edu

EDUCATION

2018-Present **University of Rochester**, Rochester, NY
Ph.D Student in Clinical Psychology
Primary Advisor: David Dodell-Feder, Ph.D

May, 2016 **University of Maryland**, College Park
Bachelor of Arts, Psychology
Minor: Human Development and Quantitative Methodology
GPA: 3.987/4.0, Summa Cum Laude

HONORS AND AWARDS

2016 – Present **NIH Academy Program Awardee**

Selected to participate in a year-long honors program focused on health disparities.

2015 - Present **Phi Kappa Phi National Honor Society**

The nation's oldest and most selective, all-discipline honor society for UMD's top ranked 7.5 percent of students

2015 - Present **Adele H. Stamp Chapter of the Mortar Board National Honor Society**

Honor society that selects members based on exemplification of excellence in Leadership, Service, and Scholarship

2014 - 2016 **Tau Sigma National Honor Society**

Academic honor society designed to recognize academic excellence of transfer students in UMD's top 20 percent

2014 - 2016 **Psi Chi, Psychology National Honor Society**
Collaborate with faculty members in the psychology department and discuss ongoing research in related fields

2013 - 2016 **Dean's List Academic Honors**
Awarded to students who complete the semester with a GPA of 3.5 or greater

RESEARCH EXPERIENCE

2016 - Present **Intramural Research Training Award Fellow**
National Institute of Mental Health, Experimental Therapeutics and Pathophysiology Branch, Bethesda, MD
Supervised by Carlos Zarate, Jr., M.D., Lawrence Park, M.D., and Elizabeth Ballard., Ph.D

- Assist in the 2017 launching and coordination of a clinical trial investigating the neuropharmacodynamics of repeat, acute ketamine administration in patients with major depressive disorder (MDD) and healthy volunteers
- Assist in the coordination of a clinical trial investigating the effects of intravenous alcohol as potential biomarkers of ketamine's rapid antidepressant effects in major depressive disorder
- Administer 7 and 3 Tesla magnetic resonance imaging (MRI) and magnetoencephalography (MEG) scans on depressed patients and healthy controls
- Utilize MATLAB to conduct source localization and extraction on MEG data
- Place electrodes and administer and electroencephalograms (EEG) on depressed patients and healthy controls
- Administer a fear-potentiated startle paradigm while recording electromyography and skin conductance with depressed patients and healthy controls
- Analyze human blood and cerebral spinal fluid for markers of depression and neural inflammation using ELISA and Mutliplex assays
- Conduct literature reviews and perform statistical analyses using programs, such as R, SPSS, and Graph Pad

2015 - 2016 **Undergraduate Research Assistant**
Maryland Psychotherapy Clinic and Research Lab, College Park, Md
Supervised by Clara Hill, Ph.D.

- Transcribed and coded over 200 therapist-administered psychotherapy sessions with low income patients from the community to investigate the efficacy of various therapy techniques
- Administered roughly 200 surveys to patients following therapy sessions and analyzed quantitative data on the therapeutic alliance and efficacious therapy techniques

2015-2016 **Conte Research Scholar**
Maryland Psychiatric Research Center, Catonsville, Md
Supervised by Deanna Kelly, Pharm.D., BCPP

- Worked on a research project examining the relationship of kynurenic acid and inflammatory markers to symptoms and clinical variables in schizophrenia
- Conducted statistical analyses using R and SPSS software
- Presented my significant findings to NIMH at summer research symposium

2014-2015 **Undergraduate Research Assistant**
Child Stress and Emotions Lab, College Park, Md

Supervised by Lea Dougherty, Ph.D.

- Recruited 100 subjects, conducted interviews, administered cognitive tasks with children participants, and ran SPSS regression analyses
- Certified as "inter-rater reliable" in coding parental interviews, utilizing the Five Minute Speech Sample (FMSS), a paradigm used to help predict onset of psychopathology in children

PUBLICATIONS

Shovestul B.J, Glassman M**.**, Rowland L.M., McMahon R.P., Lui F., Kelly D.L. (January, 2017). Pilot study examining the relationship of childhood trauma, perceived stress, and medication use to serum kynurenic acid and kynurenine levels in schizophrenia. *Schizophrenia Research*. http://dx.doi.org/10.1016/j.schres.2016.12.026

Niciu, M.J., **Shovestul, B.J**., Jaso, B.A., Farmer, C.A., Brutsche, N.E., Park, L.T, Ballard, E. D., Zarate Jr., C.A. (May, 2018). Features of dissociation differentially predicts antidepressant response to ketamine in treatment-resistant depression. doi: 10.1016/j.jad.2018.02.049.

Kadrui, B., Farmer, C.A., **Shovestul, B.J**, Moaddel, R., Deng, Z.D., Teixeira, A.L., Yuan, P., Machado-Vieira, R., Gold, P.W., Zarate Jr., C.A. (submitted). Kynurenine Pathway and Mood Disorders: An Intersection of Monoaminergic, Glutamatergic, and Immune Response.

Kadrui, B., **Shovestul, B.J**, Graves, M.C., Gold, P.W., Zarate Jr., C.A (final prep). Alternative Non-NMDA Receptor Mechanisms of Antidepressant Actions of Ketamine as Novel Therapeutics Toward Next Generation Antidepressant.

Ballard, E. D., **Shovestul, B.J.,** Farmer, C.A., Machado-Vieira, R., Vande Voort J., Park, L.T, Zarate Jr., C.A. (in prep). Symptom Trajectories in the Months Before and After a Suicide Attempt: Investigation from STEP BD.

POSTER PRESENTATIONS

Kadrui, B., Deng, Z.D., Farmer, C.A., Yuan, P. Ballard, E. D., **Shovestul, B.J**., Gold, P., Zarate Jr., C.A. (May, 2018). Ketamine Modulates Kynurenine Pathway in Mood Disorders: A Longitudinal Structural Equation Model. Poster Presentation. *Society of Biological Psychiatry Annual Meeting*, New York, New York.

Kadrui, B., **Shovestul, B.J**., Farmer, C.A., Deng, Z.D., Yuan, P. Ballard, E. D., Zarate Jr.,C.A.(April, 2018). Kynurenine Pathway and Mood Disorder: Where does Immunology Meet Psychiatry? Poster Presentation. *Anxiety and Depression Association of America Annual Conference,* Washington, D.C.

Niciu, M.J., **Shovestul, B.J.,** Jaso, B.A., Farmer, C.A., Park, L.T, Ballard, E. D., Zarate Jr., C.A. (December, 2017). Features of dissociation differentially predicts antidepressant response to ketamine in treatment-resistant depression. Poster Presentation. *American College of Neuropsychopharmacology Conference*, Palm Springs, CA.

Shovestul B.J., Ballard E.D., Park L., Luckenbaugh, D.A., Machado-Vieira R., Vande Voort J., Zarate Jr., C.A. (November, 2017). Clinical Symptom Trajectories in the Months Before and After a Suicide Attempt: Investigation from STEP-BD. Poster Presentation. *Association of Behavioral and Cognitive Therapies Annual Meeting*, San Diego, CA.

Niciu, M.J., **Shovestul, B.J**., Jaso, B.A., Farmer, C.A., Park, L.T, Ballard, E. D., Zarate Jr., C.A. (September, 2017). Features of dissociation differentially predicts antidepressant response to ketamine in treatment-resistant depression. Poster Presentation. *NIMH DIRP Fellows' Scientific Training Day*, Leesburg, VA.

Kadrui, B., **Shovestul, B.J**., Farmer, C.A., Graves, M.C, Deng, Z.D., Yuan, P. Ballard, E. D., Zarate Jr., C.A. (September, 2017). Kynurenine Pathway and Mood Disorders: An Intersection of Monoaminergic, Glutamatergic, and Immune Response. *NIMH DIRP Fellows' Scientific Training Day,* Leesburg, VA.

Shovestul B.J., Richards E.R., Dickinson A.M., Ballard E.B., Innis R.B., Zarate Jr., C.A. (September, 2017). CSF vs. Plasma: Are they Interchangeable? Poster Presentation. *NIMH DIRP Fellows' Scientific Training Day*, Leesburg, VA.

Hughes C.P., Richards E.R., Ballard E.B., **Shovestul B.J**., Dickinson A.M., Innis R.B., Zarate Jr., C.A. (August 2017). Investigating the Potential Link between Inflammation in the Brain and Suicidal Ideation. Poster Presentation. *NIMH Summer Student Poster Day*, Bethesda, MD.

Shovestul B.J., Jaso B., Luckenbaugh, D.A., Park L., Niciu, M.N., Zarate Jr., C.A. (May, 2017). Associations between Specific Dissociative Symptoms and Symptom Subsets and Anti-Depressant Response to Ketamine. Poster

Presentation. *Society of Biological Psychiatry Annual Meeting,* San Diego, CA.

Shovestul B.J., Kadrui B., Zarate Jr., C.A. (May, 2017). Ketamine Attenuates the Kynurenine Pathway in Bipolar Patients. Poster Presentation, *NIH OITE Postbac Poster Day,* Bethesda, MD.

Shovestul B.J., Glassman M., Rowland L.M., McMahon R.P., Lui F., Kelly D.L. (May, 2017). Pilot study examining the relationship of childhood trauma, perceived stress, and medication use to serum kynurenic acid and kynurenine levels in schizophrenia. Poster Presentation, *University of Maryland, Baltimore Department of Psychiatry Research Day,* Baltimore, MD.

Shovestul B.J., Kadrui B., Deng Z., Zarate Jr., C.A. (April, 2017). Ketamine Modulates Quinolonic Acid and Kynurenic Acid but not Kynurenine in Bipolar Patients. Poster Presentation, *NINR Symptom Science Research Symposium*, Bethesda, MD.

Shovestul B.J., Glassman M., Rowland L.M., McMahon R.P., Lui F., Kelly D.L. (March, 2017). Pilot study examining the relationship of childhood trauma, perceived stress, and medication use to serum kynurenic acid and kynurenine levels in schizophrenia. Poster Presentation, *International Congress on Schizophrenia Research Meeting*, San Diego, CA.

CLINICAL EXPERIENCE

2016 – Present **Patient Interaction and Observation**
National Institutes of Health

- Perform over 100 telephone interview screens with treatment-resistant depression and bipolar patients and gather medical, psychiatric, and family history information
- Daily interactions with patients and clinical staff to schedule medication tapering, aid in patient pre-procedure diet selection, and organize standard treatment and patient discharge dates
- Shadow physicians during patient consents, psychiatric history interviews, diagnostic assessments, and experimental ketamine and alcohol infusions
- Attend weekly patient rounds and daily nursing reports
- Administer neuropsychological testing and clinical rating scales to medication free patients in every protocol within the lab:

  Assessment Measures: Wechsler Abbreviated Scale of Intelligence–Second Edition (WASI-II), State-Trait Anxiety Inventory (STAI),

Morris Water Maze, Emotional Stroop Task, the Trails Making Task, The Emotional Expression Multimorph Task, Suicide Implicit Association Task (IAT), Balloon Analogue Risk Task (BART), Groove Pegboard Test

2015 – 2016 **Patient Interaction and Clinical and Rating Scale Administration**
Maryland Psychiatric Research Center
Treatment Research Program, Catonsville, Md

- Established rapport with 15 individuals with schizophrenia in a protocol recruiting patients from Spring Grove Psychiatric Hospital
- Participated in group therapy, cooking courses, and anger management classes with patients
- Conducted diagnostic interviews and assessments under the supervision of a clinical psychologist
- Administered and scored clinical assessments under the supervision of a clinical psychologist:

  Semi-structured Interviews: Structured Clinical Interview for DSM-IV Disorders (SCID-I)
  Assessment Measures: Brief Psychiatric Ratings Scale (BPRS), Childhood Trauma Questionnaire (CTQ), Scale for Assessment of Negative Symptoms (SANS), Clinical Global Impression (CGI), Perceived Stress Scale (PSS)

2014-2015 **Support Counselor**
Help Center, College Park, Md

- Received one semester of training on peer counseling and helping skills
- Offered phone counseling to university students who called the "H-E-L-P" telephone line
- Provided student callers with emotional support, coping skills, and university resources

2014 **Bay Ridge Program Intern**
Arundel Lodge, Edgewater, Md
Supervised by Leon Fossett, B.A

- Interfaced with 10 patients in an out-patient program for severely mentally-ill adult patients with schizophrenia and bipolar disorder
- Organized community field trips for patients and formulated lesson plans to promote daily living skills for patients
- Worked closely with staff to monitor patient progress and participate in consultations regarding patient discharge

TEACHING AND LEADERSHIP EXPERIENCE

2017 **Teaching Assistant**
National Institute of Health, Bethesda, Md

- Assisted in development of the "Current Trends in the Neurobiology of Mental Illness" course
- Aided in the creation of the course syllabus and organization of the class
- Scheduled over 20 NIH principal investigators to serve as guest speakers
- Developed questions for final exam and assigned grades to students

2016 **Psychology Peer Mentor**
Department of Psychology, College Park, Md

- Serviced a Psychology Department booth at open houses for incoming freshman where general information was provided about the academic major
- Answered questions about the Psychology major for new students at transfer and freshmen orientations
- Lead weekly workshops for new psychology majors and supplied information regarding class requirements, course difficulty, and estimated time of graduation

2013-2016 **Social Chair**
Active Minds, University of Maryland, College Park

- Organized meetings, lead community activities, and created fundraisers to raise awareness on mental health stigma

July 2014 **Service Worker**
High Hopes for Haiti**,** St. Marc, Haiti

- Provided work in major cleanup efforts of the city and facilitated the building of a school for orphaned teenagers

RESEARCH METHODS AND TECHNICAL SKILLS

- Computer: Proficient with Presentation software, Clinical Trials Database, Clinical Research Information System
- Behavioral: collection, organization, and analysis of clinical data using statistical software
- Neuroimaging Data Acquisition:
    - Structural and functional MRI methods (Siemens software), including MP-RAGE, proton density imaging, resting state, and magnetic resonance spectroscopy (MRS)
    - MEG and EEG source analysis and source extraction
- Psychophysiology: Collection and processing of respiration and pulse rate data during 7-T fMRI and MEG scans

SOFTWARE & PROGRAMS UTILIZED

SPSS	MATLAB
Graph Pad	Linux
R Statistical Computing	Qualtrics

Biopac/AcqKnowledge	SpectroPeek
AFNI	Inquisit
NoMachine	Microsoft Office (Excel, PowerPoint, and Word)

CAREER DEVELOPMENT & TRAINING

November 11-15, 2017	Society for Neuroscience Conference
January-Present	NIH Academy Program Diversity Workshops
November 2016	Data Quality Management and Human Subjects Research Training
October 2016	CIT Technology Training Program for Statistics *SPSS: ANOVA & SPSS: Regression Courses*
October 2016	NIH Annual Ethics Training
July 2016	Responsible Conduct of Research Training
June 2016	MRI Human Safety Course Completion
June 2016	CPR (Cardiopulmonary Resuscitation) Certified