

J. Allison He, M.S.

Curriculum Vitae

804 University Ave
Syracuse University
Syracuse, NY 13210
☎ (760) 587 8300
✉ jhe09@syr.edu
<http://www.allisonhe.com>

Education

- 2011-present **Ph.D. Clinical Psychology**, Syracuse University, *Syracuse, NY*. (APA Accredited). GPA: 3.8
Dissertation: Improving the Longitudinal Assessment of ADHD and Exploring Latent Growth Curve Trajectories of ADHD Symptoms in Referred and Non-Referred Samples. *Proposed September 2015*.
Qualifying Exam: Cognitive Behavioral Therapy for Attention Deficit / Hyperactivity Disorder (ADHD) in College Students: A Critical Review of the Literature. *Passed May 2015*.
- 2014 **M.S. Clinical Psychology**, Syracuse University, *Syracuse, NY*.
Master's thesis: Investigating the Role of Social Environmental Stress and Implicit Motives in Predicting Salivary Alpha-Amylase Reactivity to the Social Competence Interview. *Defended March 2014*.
- 2011 **B.A. Psychology**, *minor in Business Administration*, Brandeis University, *Waltham, MA*.
Magna cum laude, highest honors in psychology.

Publications

- He, J.A., Sense, F., & Antshel, K.M. (2015). Developing a University-Wide Primary Prevention Intervention for Prescription Stimulant Misuse and Diversion in College Students. *The ADHD Report*, 23(1), 1-8.
- He, J.A., Antshel, K.M., Biederman, J., & Faraone, S.V. (Revisions invited at *Journal of Attention Disorders*). Do Personality Traits Predict Functional Impairment and Quality of Life in Adult ADHD? A Controlled Study.
- He, J.A., & Antshel, K.M. (Under review at *Cognitive and Behavioral Practice*). Cognitive Behavioral Therapy for Attention Deficit / Hyperactivity Disorder (ADHD) in College Students: A Critical Review of the Literature.
- Fiksdal, A.S., Thoma, M.V., He, J.A., Gianferante, D., & Rohleder, N. (Under review at *Biological Psychology*). Threat appraisals predict cortisol responses to repeated psychosocial stress in low but not high subjective social status individuals.
- He, J.A., Fiksdal, A.S., & Rohleder, N. (Under preparation). Subjective social status and interleukin-6, approaching the SES-health gradient from a different angle.

Presentations & Published Abstracts

- He, J.A., Wagner, K.S., Antshel, K.M., Biederman, J., Faraone, S.V. (2015). Functional impairment in ADHD: What matters more, symptoms or personality? *American Professional Society of ADHD and Related Disorders*, Washington, D.C. *Poster Award Finalist*.
- He, J.A., Raj, M., Talamantes, J.U., Koo, K.Y., Canavatchel, A.R., Franco, D.J., Ewart, C.K. (2014). Childhood exposure to violence and the salivary alpha amylase response to the social competence interview. *American Psychosomatic Society*, San Francisco, CA. *Poster*.
- Elder, G.J., Parekh, M., He, J.A., Schoolman, J.H., LaFont, S.R., Fitzgerald, S.T., Ewart, C.K. (2014). Social support and cardiovascular stress: the positive perception of social support buffers against stress of negative interactions with support providers in the natural environment.

- American Psychosomatic Society, San Francisco, CA. Citation Poster Award.*
- Schoolman, J.H., Elder, G.J., Velasquez, H.A., Parekh, M., **He, J.A.**, S.R. LaFont, ST, Fitzgerald, Ewart, C.K. (2014). Self-Reported Depressive Symptoms Predict Metabolic Syndrome in Adults. *American Psychosomatic Society, San Francisco, CA. Poster.*
- Parekh, M., Elder, G.J., **He, J.A.**, Schoolman, J.H., S.R. LaFont, Fitzgerald, S.T., Ewart, C.K. (2014). Does transcendence striving buffer the cardiovascular stress of social interaction in persons with hypertension? *American Psychosomatic Society, San Francisco, CA. Poster.*
- Lafont, S.R., Elder, G.J., Parekh, M., Schoolman, J.H., **He, J.A.**, Fitzgerald, S.T., Ewart, C.K. (2014) Dissipated striving predicts increased hypertension risk in persons with symptoms of depression. *American Psychosomatic Society, San Francisco, CA. Poster.*
- Devine, J.K., Grey, S.J., **He, J.A.**, Wolf, J.M. (2013). Can napping protect against negative inflammatory and health effects of poor sleep? *Psychoneuroimmunology International Society, Stockholm, Sweden. Poster.*
- Devine, J.K., Grey, S.J., **He, J.A.**, Wolf, J.M. (2013). Why Do You Nap? Influences of Sleep Behavior and Napping on Mental and Physical Health. *International Society for Psychoneuroendocrinology, Leiden, Netherlands. Poster.*
- He, J.A.**, Velasquez, H.A., Fitzgerald, S.T., Raj, M., Elder, G.J., Parekh, M., Schoolman, J.H., Ewart, C.K. (2013). Higher Perceived Neighborhood Disorder and Lower Subjective SES Predict Higher Metabolic Syndrome Risk. *American Psychosomatic Society, Miami, Florida. Poster.*
- Elder, G.J., Parekh, M., Schoolman, J.H., **He, J.A.**, Ewart, C.K. (2013). Implicit Agonistic Motives Moderate the Strength of the Longitudinal Relationship between Diastolic Reactivity in Youth and Adulthood. *American Psychosomatic Society, Miami, Florida. Citation Poster Award.*
- He, J.A.**, Thoma, M.V., Fiksdal, A., Geiger, A., Lerman, M., Rohleder, N. (2012). Beyond the SES Health Gradient: Subjective Social Status Predicts a Higher IL-6 Response to Acute Stress. *Society for Psychophysiological Research, New Orleans, Louisiana. Poster.*
- He, J.A.**, Thoma, M.V., Fiksdal, A., Lerman, M., Rohleder, N. (2012). Lower subjective social status predicts increased acute stress-induced inflammatory disinhibition. *American Psychosomatic Society, Athens, Greece. Paper Talk.*
- He, J.A.**, Elder, G.J., Schoolman, J.H., Parekh, M., Ewart, C.K. (2012). Adverse Cardiovascular Effects of Exposure to Neighborhood Disorder and Violence are Increased by Agonistic Striving. *Society for Behavioral Medicine, New Orleans, Louisiana. Meritorious Poster Award.*
- Fiksdal, A.S., **He, J.A.**, Johnson, J. Rene, K., Thoma, M.V., Rohleder, N. (2012). Threat appraisals predict cortisol responses to an acute psychosocial stressor in low but not high subjective social status individuals. *American Psychosomatic Society, Athens, Greece. Citation Poster Award.*
- He, J.A.**, Wolf, J.M., Robsman, L., Wong, J., Ellman, R., Rohleder, N. (2011). Inverse association of subjective social status with peripheral inflammation in female, but not male college students. *American Psychosomatic Society, San Antonio, TX. Poster.*
- Thoma, M.V., Berman, E.R., Gray, S.J., **He, J.A.**, Lerman, M., Nichols, K.M., Specker, M.F., Wang, D., Wolf, J.M., Rohleder, N. (2011). Relationship of the diurnal rhythm of heart rate variability with plasma interleukin-6 and salivary alpha-amylase. *American Psychosomatic Society, San Antonio, TX. Poster.*
- He, J.A.**, (2010). Subjective social status as a predictor of health outcomes in college-aged women. *UCLA Psychology Undergraduate Research Convention (PURC), Los Angeles, CA. Poster.*

Research Experience

August 2014- Present **Syracuse University, Syracuse Lead Study**
Research Supervisors: Craig K. Ewart, PhD; Brooks B. Gump, PhD

Environmental toxicants pose grave health risks for children and adults alike. The Syracuse Lead Study aims to examine the impact that such toxicants (i.e., lead) have on the health of black and white children ages 9 - 11 who live in the Syracuse area. I conducted standardized, semi-structured qualitative interviews with primary caregivers and their children. Interview topics included chronic stressors and coping strategies. I also contributed to grant writing, data cleaning, data analysis, and manuscript preparation.

May 2014-
Present

Syracuse University, *Developmental Psychopathology Clinical Research Center*

Research Supervisor: Kevin M. Antshel, PhD

Investigating and understanding the heterogeneity of Attention deficit / hyperactivity disorder (ADHD) across the lifespan is an important clinical goal. In the Developmental Psychopathology lab, I work on research projects related the heterogeneity of ADHD to further explore mediators and moderators of treatment outcomes. I also participate in psychodiagnostic assessments at the affiliated SUNY-Upstate Medical University ADHD Clinic.

June 2014-
May 2015

Syracuse VA Medical Center, *Center for Integrated Health (CIH)*

Research Supervisors: Jennifer Funderburk, PhD; Stephen Maisto, PhD.

Addressing depression and suicidality in veterans is a principal goal of many psychiatric and psychotherapeutic treatment plans. As a Health Science Specialist at the Syracuse VA Medical Center, I applied my clinical and assessment skills to an RCT of behavioral activation for depression and suicidality in the VA primary care setting.

Aug 2013-May
2014

Syracuse University, *Polycystic Ovarian Syndrome Study*

Research Supervisor: Craig K. Ewart, PhD.

Polycystic Ovarian Syndrome (PCOS), a complex endocrine disorder of uncertain etiology, is the most commonly diagnosed endocrine disorder diagnosed in women of reproductive age. PCOS is associated with elevations in several psychiatric symptoms, including depression and anxiety, and reduced quality of life. The aims of this study were to examine the change in stress hormones of women with PCOS in response to a standardized stress interview and to examine possible relationships between perceived quality of life, body esteem, and self-compassion.

Aug 2011-May
2014

Syracuse University, *Project Heart*

Research Supervisor: Craig K. Ewart, PhD.

Cardiovascular disease remains the #1 cause of death in the United States. Through a series of longitudinal studies (Project Heart) spanning over 20 years, the Ewart lab has been studying determinants of CVD risk in low-income, largely minority populations. Currently we are examining relationships between biomarkers of health (e.g., interleukin-6, c-reactive protein, blood lipids) and development of metabolic syndrome and other indices of risk for CVD. I supervised a team of 6 undergraduate research assistants in implementing my MS Thesis project, an exploration of how perceived neighborhood disorder and community status affect the sympathetic adrenal medullary (SAM) axis response to stress, by assessing the biomarkers salivary cortisol and salivary amylase before, during, and after a standardized stress interview.

Jan 2009-May
2011

Brandeis University, *Health and Aging Study*

Research Supervisor: Nicolas Rohleder, PhD.

The relationship between stress and health is nearly undisputed, but the specific pathways that link acute or chronic stress to detrimental health outcomes remain unknown. The Brandeis Health Study, supported by a grant from the American Federation of Aging Research, aimed to elucidate these relationships. During my tenure here, I received experimental training in psychoneuro-immunology and endocrinology lab techniques for

saliva and blood assays of in-vitro hormone and immune responses, and the Trier Social Stress Test (TSST) paradigm. I interacted with participants ages 18-65 years old. My honors thesis, "Looking beyond the SES-Health gradient: does subjective social status play a role in acute stress-induced peripheral inflammation?" written under the advisement of Dr. Nicolas Rohleder, earned me the distinction of receiving highest departmental honors upon graduation.

Clinical Experience

2015 - Present **Syracuse University**, Group *Co-Facilitator*, Incredible Years (IY)

The Incredible Years group (IY) at Syracuse University is a 12-week evidence-based intervention that focuses on preventing and treating behavior problems as well as promoting social and emotional competence in school-age children by training parents in behavioral parent management skills. I have served as a co-facilitator for this behavioral parent training group.

Clinical Practicum Supervisors

Kevin M. Antshel, PhD; Amy Olszewski, PhD

2014-2015 **SUNY-Upstate Medical University**, *Clinician*, Pediatric ADHD Clinic

The SUNY-Upstate Attention Deficit / Hyperactivity Disorders Program is a nationally recognized center for the assessment and treatment of ADHD. Children and adolescents referred to this program for evaluation undergo a comprehensive protocol of behavior rating scales, interviews, and psychological testing. As part of the multidisciplinary team (psychiatry and pediatrics), I administered psychological tests including the WISC-V, interviewed parents about school functioning and administered the K-SADS-PL to parents.

Clinical Practicum Supervisors

Kevin M. Antshel, PhD; George Starr, MD

2014 - Present **Syracuse University**, Group *Co-Facilitator*, Social Skills Training group (SST)

The Social Skills Training group (SST) at Syracuse University is a 10-week CBT intervention that focuses on conversation skills and social problem solving skills for children with autism spectrum disorders (ASDs) and common comorbid disorders. I have co-facilitated the children's group and led the parent group.

Clinical Practicum Supervisors

Kevin M. Antshel, PhD; Amy Olsewski, PhD

2013- 2014 **Syracuse University**, Group *Co-Facilitator*, CBT for ADHD

The CBT for ADHD group at Syracuse University is a semester-long CBT intervention that targets executive dysfunction through a variety of modules, including psychoeducation about ADHD, skills training in time management, organization and planning, and overcoming procrastination. An outside-of-session activity was also reviewed at each group meeting. As a group co-facilitator, I consulted two manuals—Mary Solanto's *Cognitive-behavioral therapy for adult ADHD: Targeting executive dysfunction* and Steve Safren's *Mastering your Adult ADHD: A CBT program therapist guide* for guidance and materials to use during group sessions.

Clinical Practicum Supervisor

Kevin M. Antshel, PhD; Amy Olsewski, PhD

2013-Present **Syracuse University**, *Therapist*, Psychological Services Center

The Psychological Services Center (PSC) provides assessment and counseling services for students, faculty, and staff at Syracuse University as well community members from greater Syracuse. I work with children, adolescents and adults with a wide range of presenting problems. I conduct clinical and diagnostic interviews for intake evaluations, administer symptom inventories, provide short-term and long-term outpatient individual psychotherapy, implement interventions from an eclectic range of theoretical perspectives, including cognitive-behavioral therapy (using Coping Cat for children), interpersonal therapy, and psychodynamic therapy; I also prepare case reports and case presentations. I receive weekly individual and group supervision and participate in staffing meetings and case conferences.

Clinical Practicum Supervisors

Afton Kapuscinski, PhD; Joseph Himmelsbach, PhD; Steve Maisto, PhD; Thomas Krisher, PsyD; Robbi Saletsky, PhD; Deborah Pollack, PhD; Kevin M. Antshel, PhD

2013-Present **Syracuse University**, *Neuropsychological Assessment Consultant*, Psychological Services Center

The Psychological Services Center (PSC) provides neuropsychological evaluations for students, faculty, and staff at Syracuse University as well members from the greater Syracuse community. I conduct clinical and diagnostic interviews for ADHD, specific learning disorders, and dementia as well as individuals with chronic medical conditions (e.g., diabetes, PKU). I administer symptom inventories, measures of executive functioning, attention, memory, intelligence, spatial organization to both children and adults. I prepare reports and conduct feedback sessions with clients to provide diagnostic impressions, recommendations, and additional referrals as needed. I also consult with primary care physicians in the community as well as campus student offices (e.g., Office of Disability Services, University Health Services) regarding diagnosis and treatment plans. I receive supervision on a case-by-case basis.

Clinical Practicum Supervisors

Kevin M. Antshel, PhD; Larry M. Lewandowski, PhD

2013-2014 **SUNY Upstate Medical University**, *Diagnostic Consultant*, Inpatient Psychiatric Unit

I provided neuropsychological and psychodiagnostic assessments and prepared reports for adolescents and adults on the inpatient psychiatric unit who are referred for psychological testing.

Clinical Practicum Supervisor

Kevin M. Antshel, PhD

Summer 2010 **Spring Harbor Hospital**, *Psychiatric Technician*, Glickman Family Center for Child and Adolescent Psychiatry

Spring Harbor Hospital provides inpatient services for individuals experiencing acute mental illness. In the adolescent unit of the hospital, I was trained in crisis intervention, de-escalation, and physical containment techniques. I engaged with adolescents who were in crisis and practiced maintaining a supportive and structured milieu by implementing treatment plans and facilitating group therapy and community meetings. I was also able to shadow psychiatrists and social workers during intake interviews with both adolescents and adult patients.

Clinical Practicum Supervisors

Supervision Experience

- 2015- Present **Syracuse University**, *Peer Supervisor*, Psychological Services Center (PSC)
The Psychological Services Center (PSC) is a training clinic at Syracuse University that provides assessment and counseling services for students, faculty, and staff as well as community members from the greater Syracuse community. As a peer supervisor, I provide weekly, direct, one-on-one clinical supervision of school and clinical doctoral students on both assessment (e.g., therapy intake and psychodiagnostic evaluations) and therapy cases. I discuss referral questions, intake reports, assessment batteries, and testing results; I also review and edit psychological assessment reports, progress notes, and treatment plans. This practicum is a tiered supervised experience wherein I also receive weekly supervision and didactic training on supervision from licensed clinical psychologists.

Clinical Practicum Supervisors

Afton Kapuscinski, PhD; Kevin M. Antshel, PhD

Teaching Experience

Graduate

- Summer 2013 **Syracuse University**, *Instructor*, PSY 395: Abnormal Psychology
Advanced undergraduate course on psychology with an attached recitation section. I led a small seminar course in abnormal psychology. I was responsible for constructing a syllabus, selecting a textbook, assigning readings, updating Blackboard, preparing lectures, and grading all coursework.
- 2012-2013 **Syracuse University**, *TA*, Allport Project: Undergraduate Enrichment Program.
The Allport Project is designed to foster student development and help students gain fundamental research and applied skills in preparation for graduate study or careers in allied fields. I advised and mentored undergraduate students, evaluated undergraduate research proposals for Allport Research Grants, interviewed students for clinical internship placement sites, and helped plan and facilitate the Psychology Department Poster Session. Apart from committing 15 hours to office hours each week, I also planned evening undergraduate enrichment seminars on topics such as GRE prep, personal statement workshops, careers in psychology and getting involved in research.
- Spring 2013 **Syracuse University**, *Graduate Research Mentor*, PSY 495: Advanced Research Experience Credit in Clinical Health Psychology.
Advanced undergraduate course in research experience. I supervised and mentored 6 undergraduate students working on research addressing the relationships between stress hormones, coping strategies, and health outcomes. I also helped my students successfully apply for several undergraduate research grants (for a total of \$5800 to date) and prepare posters for the Syracuse University 20th Annual Poster Session sponsored by the Department of Psychology.
- Fall 2012 **Syracuse University**, *Graduate Research Mentor*, PSY 295: Research Experience in Clinical Health Psychology

Introductory undergraduate course in research experience. I supervised and mentored 4 undergraduate students in the Ewart lab, all of whom were either first generation college students or members of traditionally underrepresented minority groups.

Fall 2011 **Syracuse University**, TA, PSY 205: Foundations of Human Behavior.
Introductory undergraduate course on psychology with an attached recitation section. I led 4 weekly recitation sections of 20 students each in gaining an understanding of the broad study of psychology. I was responsible for constructing a syllabus, prepping for exams, grading all coursework, and managing a grade book for 80 students.

Undergraduate

Spring 2011 **Brandeis University**, TA, PSY 34: Adolescence and the Transition to Maturity.

Fall 2010 **Brandeis University**, TA, PSY 205: Statistics for the Psychological Sciences.

2009-2011 **Brandeis University Student Support Services Program (SSSP)**, *Private Tutor*.

2009-2011 **Brandeis University Group Study (BUGS)**, *Peer Tutor*.

Fellowships & Awards

2014 Psychology Department Conference Travel Award - \$400

2013 Psychology Department Conference Travel Award - \$400

2012 Graduate Student Organization (GSO) Travel Grant - \$450

2012 Psychology Department Award for Master's Thesis Research - \$1,000

2011 Elliot Aronson Prize for Excellence in Psychological Research - \$150

2010 Jerome A. Schiff Undergraduate Research Fellowship - \$2,000

2010 Hiatt Center World of Work Fellowship - \$3,000

2010 Dean's Award for Honors Thesis Research - \$150

Service

2015 Ad-Hoc Reviewer, *Psychiatry Research*

2014 Ad-Hoc Reviewer, *Journal of Adolescent Health*

2014 Member, Clinical Psychology Faculty Search Committee, Syracuse University

2013-Present Reviewer, American Psychosomatic Society Annual Meeting

2011-Present Member, Psychology Action Committee (PAC), Syracuse University
Elected Co-President for the Fall 2015 – Spring 2015 term.

2012 Member, Curriculum Coordinator Search Committee, Syracuse University

Professional Affiliations

2015- American Professional Society of ADHD and Related Disorders (APSARD)

2013- American Psychological Association (APA)

Div 53:

2013-2015	Women in Science and Engineering (WISE)
2013-	Society for Psychophysiological Research (SPR)
2012-	Society for Behavioral Medicine (SBM)
2011-	American Psychosomatic Society (APS)
2010-	Psi-Chi International Honor Society

Skills

Computer Windows and Mac OSX proficient, Mplus, SPSS 20, Graphpad Prism 5, Omnigraffle, Pages, Keynote, Endnote

Assessment Selected Clinical Assessments and Instruments:

Cognitive

- Wechsler Intelligence Scale for Children - 4th ed. (**WISC-IV**)
- Wechsler Intelligence Scale for Children - 5th ed. (**WISC-V**)
- Wechsler Individual Achievement Test - 3rd ed. (**WIAT-III**)
- Wechsler Adult Intelligence Scale - 4th ed. (**WAIS-IV**)
- Rey-Osterreith Complex Figure Test (**ROCF**)
- Stroop Color Word Test
- Test of Memory Malingering (**TOMM**)
- Montreal Cognitive Assessment (**MOCA**)
- Gordon Diagnostic Systems – Continuous Performance Task (**GDS**)
- California Verbal Learning Test - 2nd ed. (**CVLT-II**) & Children's version (**CVLT-C**)

Psychiatric

- Kiddie-SADS-Present and Lifetime version (K-SADS-PL)
- Minnesota Multiphasic Personality Inventory – 2nd ed. (MMPI-II)
- Behavior Assessment Scale for Children – 2nd ed. (BASC-2)
- Structured Clinical Interview for DSM-IV Axis I Disorders (SCID-I) Clinical Trials Version
- WHO Adult ADHD Self-Report Scale (ASRS)
- Barkley Symptom Scales – Current and Childhood (Other Report)
- Alcohol Use Disorders Identification Test (AUDIT)
- Cannabis Use Disorders Identification Test (CUDIT)
- Beck Anxiety Inventory (BAI)
- Beck Depression Inventory (BDI)
- Perceived Stress Scale (PSS)
- Autism Spectrum Quotient (AQ)