

# Rachel Michele Kaplan

THE UNIVERSITY OF SOUTHERN MISSISSIPPI, SCHOOL OF PSYCHOLOGY

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## EDUCATION

- 08/2022 – present      **Doctoral Student**, Clinical Psychology (APA accredited), Child Concentration  
University of Southern Mississippi, Hattiesburg, Mississippi  
*Advisor*: Stephanie Smith, Ph.D.  
Lab: Childhood Neurodevelopmental Disorders
- May 2021      **Master of Science**, Applied Developmental Psychology  
University of New Orleans, New Orleans, Louisiana  
GPA: 3.94  
Thesis: *The complexities of crankiness and cortisol: Exploring the association between irritability, cortisol reactivity, and psychopathology.*  
Advisor: Sarah R. Black, Ph.D.  
Lab: Biological and Environmental Risk for Affective Disorders (BE-RAD)
- 01/2012 – 05/2016      **Bachelor of Science**, Psychology  
Highest Honors  
Salem State University, Salem, Massachusetts  
GPA: 3.97  
Major GPA: 4.00  
Honors Thesis: *What is this thing called happiness? An integrative assessment of happiness across several demographic variables.*
- 01/2012 – 05/2016      **Bachelor of Arts**, Philosophy  
Salem State University, Salem, Massachusetts  
GPA: 3.97  
Major GPA: 3.97  
Capstone: *Internalizing tech: Implications of augmented intelligence.*

## PUBLICATIONS

- Black, S. R., Evans, M., Aaron, L., Brabham, D., & **Kaplan, R. M.** (2021). Covariance between parent and child symptoms before and during the COVID-19 pandemic, *Journal of Pediatric Psychology*. Advance online publication. doi: 10.1093/jpepsy/jsab086
- Aaron, L., Brabham, D. R., **Kaplan, R. M.\***, Evans, M. L., & Black, S. R. (submitted). The Family Stress Model in the time of COVID-19.
- **Kaplan, R. M.**, Black, S. R., Dougherty, L. R., & Klein, D. N. (In preparation). *The complexities of crankiness and cortisol: Exploring the association between irritability, cortisol reactivity, and child depression symptoms.*

\* First two listed authors share co-first authorship

## **CONFERENCES & PRESENTATIONS**

- **Kaplan, R. M.**, Black, S. R., Dougherty, L. R., & Klein, D. N. (2021, April). *Sex and Cortisol Reactivity Moderate the Association Between Irritability and ADHD Symptoms in Early Childhood*. Poster presented at the biennial meeting of the Society for Research in Child Development, virtual.
- Aaron, L., Brabham, D., **Kaplan, R. M.**, Evans, M., & Black, S. R. (2021, April). *The Family Stress Model during the COVID-19 quarantine*. "Flash talk" presented at the biennial meeting of the Society for Research in Child Development, virtual.
- Black, S. R., Evans, M., Aaron, L., Brabham, D., & **Kaplan, R. M.** (2020, November). *Covariance between parent and child symptoms before and during the COVID-19 pandemic*. Poster presented at the Annual InnovateUNO Research Symposium at the University of New Orleans, New Orleans, LA, virtual.
- **Kaplan, R. M.**, Black, S. R., Dougherty, L. R., & Klein, D. N. (2020, February). *Investigating parental psychopathology as a potential moderator between early childhood cortisol reactivity and irritability in middle childhood and early adolescence*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Parenting and Family Dynamics Preconference, New Orleans, LA.
- Aaron, L., Brabham, D. R., **Kaplan, R. M.**, & Black, S. R. (2020, February). *Adversity and adrenocortical attunement in pre-adolescence*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Parenting and Family Dynamics Preconference, New Orleans, LA.
- Black, S. R., Aaron, L., Brabham, D. R., & **Kaplan, R. M.** (2020, February). *Physiological attunement in mother- versus father-child dyads*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Parenting and Family Dynamics Preconference, New Orleans, LA.
- **Kaplan, R. M.**, Black, S. R., Dougherty, L. R., & Klein, D. N. (2019, November). *The complexities of crankiness and cortisol: Exploring the relationship between irritability, cortisol reactivity, and psychopathology*. Poster presented at the Annual InnovateUNO Research Symposium at the University of New Orleans, New Orleans, LA.
- **Kaplan, R. M.** (2016, May). *What is this thing called happiness? An integrative assessment of happiness across several demographic variables*. Poster presented at the 19th Annual Undergraduate Research Symposium at Salem State University, Salem, MA.
- Principal student organizer for the 2016 North Shore Undergraduate Philosophy Conference at Salem State University.
- **Kaplan, R. M.** (2015, May). *Does setting sway your smile? The influence of functional space on smile reciprocity*. Poster presented at the 18th Annual Undergraduate Research Symposium at Salem State University, Salem, MA.

## **RESEARCH EXPERIENCE**

- 08/2022 – Present      **Graduate Research Assistant – *Childhood Neurodevelopmental Disorders Lab***, School of Psychology, The University of Southern Mississippi  
Mentor/PI: Stephanie D. Smith, Ph.D.
- 08/2022 – Present      *The Development of New Technology to Promote the Fidelity and Sustainability of a Universal Preventive Intervention in Real-World Educational Settings*  
Project: Developing, refining, and testing the feasibility of technology to support teacher implementation of the Good Behavior Game (GBG) in classroom settings.
- 02/2019 – 06/2022      **Graduate Research Assistant – *Biological and Environmental Risk for Affective Disorders (BERAD) Lab***, Department of Psychology, University of New Orleans  
Mentor/PI: Sarah R. Black, Ph.D.
- 10/2021 – Present      Working Title: Adverse Childhood Experiences (ACEs) project  
**Co-investigator**, Department of Psychology, University of New Orleans  
 Lab: Biological and Environmental Risk for Affective Disorders (BERAD), Sarah Black, Ph.D. (PI)  
 • Collaborated in research design  
 • Substantially contributed to measure selections, especially for irritability, coping, and emotion regulation and dysregulation measures  
 • Co-wrote IRB application
- 10/2021 – Present      Working Title: Irritability Latent class analysis (LCA)  
**First-Author**, Department of Psychology, University of New Orleans  
 Lab: Biological and Environmental Risk for Affective Disorders (BERAD), Sarah Black, Ph.D. (PI)  
 • Generated research question  
 • Using Latent Class Analysis (LCA) to investigate irritability, a transdiagnostic and heterogeneous symptom  
 • Using parent and child report of irritability in child
- 06/2020 – Present      Working Title: Meta-Analysis Lauren Aaron & Rachel Kaplan (Meta-LARK)  
**Co-Author**, Department of Psychology, University of New Orleans  
 Lab: Biological and Environmental Risk for Affective Disorders (BERAD), Sarah Black, Ph.D. (PI)  
 • Co-created study design and research question  
 • Supervise research assistants in project-related tasks  
 • Literature review and discussion writer  
 • Systematically searched PubMed for relevant literature
- 04/2019 – Present      Study Title: Kids and Adults Together (KAT)  
**Co-Investigator**, Department of Psychology, University of New Orleans  
 Lab: Biological and Environmental Risk for Affective Disorders (BERAD), Sarah Black, Ph.D. (PI)  
 Role: Salivary Biosciences Lead  
 • Collaborated in study design, measure selections, and implementation  
 • Responsible for assaying and analyzing salivary samples and data  
 • Administer Structured Clinical Interview (SCID-5) to adult participants  
 • Supervise undergraduate research assistants  
 • Participant recruitment

- Wrote protocol for saliva collection procedures
- Continuously update protocols for COVID-19 safety procedures
- Train and lead team of undergraduate research assistants in the wet lab
- Attend monthly clinical group supervision meetings
- Co-wrote IRB application with PI

03/2020 – 10/2020	<p><u>Study Title:</u> Psychological Effects of Living In COVID-19 Afflicted NOLA (PELICAN)</p> <p><b>Co-Investigator,</b> Department of Psychology, University of New Orleans            Lab: Biological and Environmental Risk for Affective Disorders (BERAD), Sarah Black, Ph.D. (PI)            Lab: Stress, Cognition, and Affective Neuroscience (SCAN), Elliott Beaton, Ph.D. (PI)            Role: Project Manager</p> <ul style="list-style-type: none"> <li>• Collaborated in study design, measures used, and online implementation</li> <li>• Co-led initial and follow-up participant recruitment</li> <li>• Co-wrote IRB application with PI</li> </ul>
08/2018 – 05/2019	<p><b>Graduate Research Assistant – Autism, Brain, and Language (ABL) Lab,</b>            Department of Psychology, University of New Orleans  <u>PI:</u> Tracey Knaus, Ph.D.</p>
09/2018 – 05/2019	<p><u>Study Title:</u> Neural Changes in Language Processing Associated with Transcranial Direct Current Stimulation in Adolescents with Autism Spectrum Disorder</p> <p><b>Co-Investigator,</b> Department of Psychology, University of New Orleans            Lab: Autism, Brain, Language (ABL), Tracey Knaus, Ph.D. (PI)</p> <ul style="list-style-type: none"> <li>• Assessments administered: Oral and Written Language Scales (OWLS-II), Kaufman Brief Intelligence Test (KBIT), Almlil Handedness Assessment</li> <li>• Utilized Transcranial Direct Current Stimulation (tDCS)</li> </ul>
01/2018 – 04/2018	<p><b>Data Maintenance,</b> Families in Transition Lab, Laura Scaramella (PI), Department of Applied Developmental Psychology, University of New Orleans</p> <ul style="list-style-type: none"> <li>• Cross-reference previously coded data in excel with raw data from participant surveys to ensure accuracy and consistency of data.</li> </ul>
01/2016 – 04/2016	<p><b>Honors Independent Research in Psychology,</b> Department of Psychology, Salem State University</p> <p><u>Title:</u> <i>What is this thing called happiness? An integrative assessment of happiness across several demographic variables.</i></p> <p><u>Committee:</u> Joanna Gonsalves, Ph.D., Anne Noonan, Ph.D., &amp; Michael Mulnix, Ph.D.</p> <ul style="list-style-type: none"> <li>• Designed research study, measures, implementation, analyses</li> <li>• Used both quantitative and qualitative analyses</li> <li>• Proposed, composed, and defended research to committee</li> </ul>
09/2015 – 12/2015	<p><b>Senior Seminar in Philosophy,</b> Department of Philosophy, Salem State University</p> <p><u>Capstone project:</u> <i>Internalizing tech: Implications of augmented intelligence.</i></p> <ul style="list-style-type: none"> <li>• Researched chosen topic and created applicable philosophical questions</li> <li>• Developed philosophical arguments surrounding subject matter via a literature review, peer discussion and review, and deep evaluation of materials</li> <li>• Lead discussions on selected papers related to philosophical topic of choice</li> <li>• Participated in term-paper peer-review</li> <li>• Presented conference draft to peers</li> </ul>

09/2014 – 05/2015

**Directed Research in Psychology, Honors thesis**, Department of Psychology, Salem State University

Title: *Does setting sway your smile? The influence of functional space on smile reciprocity.*

Advisor: Sophia Evett, Ph.D.

- Designed study, measures, and analyses
- Wrote IRB application
- Wrote final APA-formatted paper

## **CLINICAL EXPERIENCE**

10/2021 – Present

**Pro Bono Assessment Services**, Southeast Louisiana Legal Services (SLLS)

Supervisor: Madison Silverstein, Ph.D., LA psych license 1558

Supervisor: Sarah Black, Ph.D., LA psych license 1507

- Administer pro bono intelligence testing for SLLS clients
- Assist in report writing for legal use

09/2021 – Present

**Therapy Services**, Garden District Mental Health

Supervisor: Madison Silverstein, Ph.D., LA psych license 1558

Supervisor: Kelly Bolger, Ph.D., LA psych license 1368

- Provide CBT-based individual therapy to adults with ADHD, depression, and anxiety

01/2021 – Present

**Psychometrician**, Garden District Mental Health

Supervisor: Madison Silverstein, Ph.D., LA psych license 1558

Supervisor: Kelly Bolger, Ph.D., LA psych license 1368

- Administer psychoeducational and psychological assessments to children, adolescents, and adults
- Assist in report writing and interpretation
- Engage in weekly individual supervision to discuss assessment and therapy cases

12/2020 – Present

**Clinical Interviewer**, University of New Orleans

Supervisor: Sarah Black, Ph.D., LA psych license 1507

- Administer structured clinical interviews on adults as part of the KAT study
- Attend monthly clinical group supervision meetings

## **TEACHING EXPERIENCE**

01/2022 – 05/2022

**Instructor of Record**, Department of Psychology, University of New Orleans

Course: Introduction to Psychology (PSYC 1000)

- Designed lectures and course flow
- Lecture undergraduate students three times/week
- Provide a general introduction to the scientific study of the behavior of organisms
- Grade all assignments

08/2021 – 12/2021

**Teaching Assistant**, Department of Psychology, University of New Orleans

Course: Personality Psychology (PSYC 4510/5510), asynchronous online

Instructor: Gilda Reed, Ph.D.

- Grade weekly assignments

08/2021 – 12/2021

**Teaching Assistant**, Department of Psychology, University of New Orleans

Course: Introduction to Research Methods and Experimental Design (PSYC 3300), asynchronous online

*Instructor:* Crista Murray, Ph.D.

- Grade assignments
- Assist instructor with course design changes as a result of Hurricane Ida

01/2021 – 05/2021

**Teaching Assistant**, Department of Psychology, University of New Orleans

Course: Clinical Psychology (PSYC 4550/5550), asynchronous online

*Instructor:* Sarah R. Black, Ph.D.

- Graded weekly essay assignments

08/2020 – 12/2020

**Teaching Assistant**, Department of Psychology, University of New Orleans

Course: Personal Adjustment (PSYC 1500)

*Instructor:* Ade Marais, M.S.

- Assisted in grading
- Wrote evidentiary reports of cheating for Student Accountability Director
- Attended appeals meetings related to student cheating on behalf of instructor of record

01/2020 – 05/2020

**Teaching Assistant**, Department of Psychology, University of New Orleans

Course: Mood Disorders (PSYC 4540/5540)

*Instructor:* Sarah Black, Ph.D.

- Co-designed restructuring of course from in-person to online format to conform with COVID-19 regulations and maintained virtual classroom
- Gave one-hour guest lecture on sex and gender differences in depressive disorders
- Designed exam questions and graded course assignments (e.g., case studies)
- Attended all lectures and assisted in co-teaching style

01/2019 – 05/2019

**Teaching Assistant**, Department of Psychology, University of New Orleans

Course: Adolescent Psychology (PSYC 2120)

*Instructor:* Gilda Reed, Ph.D.

- Graded weekly assignments

01/2019 – 05/2019

**Teaching Assistant**, Department of Psychology, University of New Orleans

Course: Psychopathology (PSYC 4530, 5530)

*Instructor:* Gilda Reed, Ph.D.

- Graded weekly assignments

08/2018 – 12/2018

**Teaching Assistant**, Department of Psychology, University of New Orleans

Course: Statistics for Social Sciences (PSYC 2310)

*Instructor:* Lauren Aaron, M.A.

- Gave one-hour guest lecture on reliability and validity
- Oversaw several SPSS labs

08/2018 – 12/2018

**Teaching Assistant**, Department of Psychology, University of New Orleans

Course: Introduction to Research Methods and Experimental Design (PSYC 3300)

*Instructor:* Jay Matherne, Ph.D.

- Assisted students with study designs, APA formatting, and editing

01/2017 – 09/2017

**SPSS Guidance**, Matas Library of the Health Sciences, Tulane University

- Gave individual instruction to multiple residents in the Tulane Hospital Department of Dermatology

01/2013 – 05/2013

**Teaching Assistant**, Department of Philosophy, Salem State University

Course: Critical Reasoning (PHL-125, two sections)

*Instructor*: Mandy Lobraico, M.A.

- Held weekly study sessions with students
- Assisted students with final papers and presentation projects via designated feedback sessions

## **TECHNICAL SKILLS**

### **Statistics**

- IBM SPSS
- SAS (familiar)
- R Programming
- Mplus
- FreeSurfer software (familiar)

### **Devices**

- Functional Near-Infrared Spectroscopy (fNIRS)
- Transcranial Direct Current Stimulation (tDCS)
- Empatica E4 wristband
- Bio Tek plate spectrophotometer
- Hair cortisol procedures

### **Assessments**

- K-SADS (Kiddie Schedule for Affective Disorders and Schizophrenia) for DSM-5 (P/L)
- Structured Clinical Interview for DSM-5
- Oral and Written Language Scales (OWLS-II)
- Kaufman Brief Intelligence Test (KBIT)
- Almli Handedness Assessment
- Weschler Adult Intelligence Scale (WAIS-IV)
- Weschler Intelligence Scale for Children (WISC-V)
- Weschler Individual Achievement Test (WIAT-III)
- Nelson-Denny Reading Test
- Test of Variables of Attention (TOVA)
- Woodcock-Johnson IV Test of Achievement

### **Measures**

- Beck Depression Inventory (BDI)
- Children's Depression Inventory (CDI)
- Beck Anxiety Inventory (BAI)
- Affective Reactivity Index (ARI)
- Screen for Child Anxiety Related disorders (SCARED)
- State/Trait Anxiety Inventory (STAI)
- Family Assessment Device (FAD)
- Puberty Development Scale (PDS)
- Early Adolescent Temperament Questionnaire (EQ)
- Children's Report on Parent Behavior (CRPBI)
- Brief Irritability Test (BITe)
- Child Behavior Checklist (CBCL)
- Emotion Regulation Questionnaire (ERQ)
- Pediatric Symptoms Checklist (PSC)
- Mood and Feelings Questionnaire (MFQ)
- Regulation of Emotions Questionnaire (REQ)

- Philadelphia Adverse Childhood Experience (ACE) Survey
- Brown ADD Scales
- Revised Child Anxiety and Depression Scale (R-CADS)
- Conners Rating Scales
- Regulation of Emotions Questionnaire (REQ)
- PTSD Checklist for DSM-5 (PCL-5)

#### **Additional**

- Behavioral coding
- Qualtrics software
- Online learning management software (Moodle, Canvas)
- Endnote reference manager
- Technical/Protocol Writing
- Microsoft Suite

### **PROFESSIONAL TRAINING & CERTIFICATIONS**

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|---------|--|
| 05/2019 | <ul style="list-style-type: none"> <li>• Institute for Interdisciplinary Salivary Bioscience Research (IISBR) “Spit Camp I: Salivary Analyte Basics &amp; Lab Training”</li> </ul> |
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### **PROFESSIONAL SERVICE**

- |                   |   |
|-------------------|---|
| 07/2019 – Present | <ul style="list-style-type: none"> <li>• Ad hoc reviewer for: <i>Assessment, Developmental Psychobiology, Hormones and Behavior</i></li> </ul>  |
| 09/2019 – 03/2020 | <p>Greater Community Outreach: New Orleans Public Libraries (NOPL)</p> <ul style="list-style-type: none"> <li>• Collaborating with health literacy librarian for NOPL</li> <li>• Co-designing an interactive series on mental health for families implemented in January 2020</li> </ul>  |
| 01/2020 – Present | <p>University of New Orleans Outreach: Undergraduate Psychology Majors</p> <p><u>Committee</u>: Undergraduate Outreach</p> <p><u>Role</u>: Director</p> <ul style="list-style-type: none"> <li>• Designing specialized graduate student office hours program to initiate better undergraduate professionalism and career planning, and more intra-departmental community. Expected implementation: Spring 2022 (delayed start due to COVID-19 pandemic, associated quarantine procedures, and Hurricane Ida)</li> </ul>   |
| 05/2021 – Present | <p>Scholars Committed to Opportunities in Psychological Education (SCOPE) mentorship program for BIPOC</p> <p>Loyola University New Orleans, Auburn University, and Emory University</p> <p><u>Role</u>: Mentor and Breakout Group Leader</p> <ul style="list-style-type: none"> <li>• Mentored an undergraduate psychology student by providing academic/career advice, assisting with networking, and providing feedback on graduate application materials</li> <li>• Co-lead five participants through discussions and activities and answer participant questions along the way Topics included searching for a psychology graduate program, creating a CV, writing a personal statement, interviewing, disparities in mental health and education, self-care, and the GRE</li> </ul> |
| 08/2021 – Present | <p>Scholars</p>   |



## **PROFESSIONAL EXPERIENCE**

10/2016 – 11/2017

### **Rudolph Matas Library of the Health Sciences at Tulane University**

Position: Library technician, Circulation and Information Services Department.

- Superb interpersonal and research skills are crucial for this position
- Supervision, hiring, and training of the library's student employees from the School of Medicine and the School of Public Health
- Circulation tasks, such as charging and discharging library materials, placing items on hold or ordering through ILLiad, and helping with directional, technological, and/or miscellaneous problems
- Finding the appropriate materials for patrons
- Forming positive rapport with students, staff, and faculty; managing course and general medical reserves.

*Supervisor:* Keith Pickett, M.L.I.S., Research Support, Web Resources, and Education.

11/2009 – 08/2011

### **Framingham Heart Study at Boston University**

Position: Research and Administrative Assistant.

- This position demanded reliability, punctuality, and the ability to critically problem solve and multi-task under pressure (i.e. time sensitive deadlines for grant submissions).
- Maintained publications database for FHS contracts and grants
- Updated CVs for investigators
- Edited grant applications, medical journal submissions, and FHS newsletter
- Assisted investigators with publication related matters, such as obtaining copyright permissions from publishers and finding copies of obscure publications
- Created bibliographies for grant submissions
- Ordered supplies and machines for office and research labs and initiated work orders for repairs and maintenance.

*Principal Investigator:* **Vasan Ramachandran**, M.D., Director, Framingham Heart Study, Chief, Section of Preventive Medicine and Epidemiology, Department of Medicine, Boston University School of Medicine.

05/2007 – 12/2010

### **Raven Scholarly Used Books**

Position: Assistant Manager.

- This position required online research skills and a comprehensive knowledge of books from a wide range of genres, most specifically academic subjects (i.e. philosophy, jurisprudence, psychology, classics, physics, politics, and history).
- Responsible for the entire store during shift
- Gained authority to make discretionary decisions related to general management
- Answered questions related to myriad book genres and publishing
- Alphabetized and organized books
- Went above and beyond to assist customers and maintained professional and amicable relationships with regulars, many of whom were Harvard University and MIT professors.