

WHITNEY S. LIVINGSTON

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EDUCATION

- PhD** **Utah State University**, Logan, UT **Expected May 2022**
Psychology, Combined Clinical/Counseling (APA Accredited)
Dissertation title: *Military Sexual Trauma and Suicidal Ideation, Plans, Attempts, and Mortality Among Service Members and Veterans: A Meta-Analysis and Research Study*
Chair: Rebecca K. Blais, PhD
- MS** **Utah State University**, Logan, UT **August 2019**
Psychology, Combined Clinical/Counseling (APA Accredited)
Thesis title: *Depression Mediates the Association of Disordered Eating Behaviors and Sexual Function in Female Service Members and Veterans*
Chair: Rebecca K. Blais, PhD
- BA** **American University**, Washington, DC **May 2014**
Psychology, Awarded with honors, Cum Laude

HONORS AND AWARDS

- Military Suicide Research Consortium Training Travel Award** **April, 2021***
One of thirty selected to participate in a training day and receive feedback from three experts on my proposal to study military sexual trauma and suicide. Awarded \$1,000 in funding for travel to the American Association of Suicidology Annual Conference.
*Scheduled for April 2020, however it was moved to April 2021 due to COVID-19.
- College of Education and Human Services Walter R. Borg Scholarship** **2019**
Utah State University (USU) scholarship recognizing students that demonstrate continuous and outstanding achievement in research productivity. Awarded \$3,250 in funding.
- Society Leadership Program, American Psychological Association Division 19** **2019**
One of eight selected from a pool of Early Career Psychologists and advanced graduate students to participate in an 8-month mentored educational program for improving leadership skills. Awarded \$1,500 in funding for attendance to APA annual conference.
Mentor: Neil Shortland, PhD
- Presidential Doctoral Research Fellow, Utah State University** **2016-Present**
Stipend and tuition remission for four years (approximately \$91,200)
Advisors: Rebecca K. Blais, PhD and Jamison D. Fargo, PhD, MS Epi
- National Institutes of Health (NIH) Intramural Research Training Award (IRTA)** **2014-2016**
Awarded a stipend of \$58,600 over the course of two years to participate in research.
Advisor: Jessica Gill, PhD
- Outstanding Poster Award at NIH Postbaccalaureate Poster Day** **2015**
Top 20% of presenters of 580 Postbaccalaureate IRTA Fellows at NIH

PUBLICATIONS

2020

18. Blais, R. K. & **Livingston, W. S.** (In press). The association of assault military sexual trauma and sexual function among partnered female service members and veterans: The mediating role of depression and sexual self-schemas. *European Journal of Psychotraumatology*. (IF=3.02)
17. Blais, R. K., Zalta, A. K., & **Livingston, W. S.** (In press). Interpersonal trauma and sexual function and satisfaction in women service members/veterans: The mediating role of negative affect. *Journal of Interpersonal Violence*. (IF=3.57)
16. **Livingston, W. S.**, Fargo, J. D., Gundlapalli, A. V., Brignone, E., & Blais, R. K. (2020). Comorbid PTSD and depression diagnoses mediate the association of military sexual trauma and suicide and intentional self-inflicted injury in VHA-enrolled Iraq/Afghanistan veterans, 2004-2014. *Journal of Affective Disorders*, 274, 1184-1190. (5y IF=4.23)
15. Tannahill, H.S., **Livingston, W. S.**, Fargo, J. D., Brignone, E., Gundlapalli, A. V., & Blais, R. K. (2020). Gender moderates the association of military sexual trauma and risk for psychological distress among VA-enrolled veterans. *Journal of Affective Disorders*, 268, 215-220. (5y IF=4.23)

2019

14. Blais, R. K., **Livingston, W. S.**, & Fargo, J. D. (2019). Higher depression severity mediates the association of assault military sexual trauma and sexual function in partnered female service members/veterans. *Journal of Affective Disorders*, 261, 238-244. (5y IF=4.23)
13. Goldberg, S. B., **Livingston, W. S.**, Blais, R. K., Brignone, E., Suo, Y., Lehavot, K., Simpson, T. L., Fargo, J. D., & Gundlapalli, A. V. (2019). A positive screen for military sexual trauma is associated with greater risk for substance use disorders in women Veterans. *Psychology of Addictive Behaviors*, 33, 477-483. (5y IF=3.41)
12. Blais, R. K., Brignone, E., Fargo, J. D., **Livingston, W. S.** & Andresen, F. (2019). The importance of distinguishing between harassment and assault military sexual trauma during screening. *Military Psychology*, 31, 227-232. (5y IF=1.21)
11. Blais, R. K., Monson, C., **Livingston, W. S.**, & Maguen, S. (2019). The association of disordered eating and sexual health with relationship satisfaction in female service members/veterans. *Journal of Family Psychology*, 33, 176-182. (1yr IF=2.23).
10. **Livingston, W. S.**, Brignone, E., Fargo, J. D., Gundlapalli, A. V., Maguen, S., & Blais, R. K. (2019). VHA-enrolled homeless veterans are at increased risk for eating disorder diagnoses. *Military Medicine*, 184, e71-e75. (1yr IF=0.78).
9. Rusch, H. L., Rosario, M., Levison, L. M., Olivera, A., **Livingston, W. S.**, Wu, T., & Gill, J. M. (2019). The effect of mindfulness on sleep quality: A systematic review and meta-analysis of randomized controlled trials. *Annals of the New York Academy of Sciences*, 1445, 5-16. (1yr IF=4.28).

2017

8. Martin, C., Kim, H., Yun, S., **Livingston, W. S.**, Fetta, J., Mysliwiec, V., Baxter, T., & Gill, J. (2017). Circulating miRNA associated with posttraumatic stress disorder in a cohort of military combat veterans. *Psychiatry Research*, 251, 261-265. (1yr IF=2.22).
7. **Livingston, W. S.**, Gill, J. M., Cota, M. R., Olivera, A., O'Keefe, J. L., Martin, C., & Latour, L. L. (2017). Differential gene expression associated with meningeal injury in acute mild traumatic brain injury. *Journal of Neurotrauma*, 34, 853-860. (1yr IF=4.38).
6. Gill, J., Merchant-Borna, K., Jeromin, A., **Livingston, W. S.**, & Bazarian, J. (2017). Acute plasma Tau relates to prolonged return to play after concussion. *Neurology*, 88, 595-602. (1yr IF=8.17)

2016

5. Cho, Y. E., Latour, L. L., Kim, H., Turtzo, L. C., Olivera, A., **Livingston, W. S.**, Wang, D., Martin, C., Lai, C., Cashion, A., & Gill, J. (2016). Older age results in differential gene expression after mild traumatic brain injury and is linked to imaging differences at acute follow-up. *Frontiers in Aging Neuroscience*, 8, 168. (1yr IF=4.35).

2015

4. **Livingston, W. S.**, Rusch, H. L., Nersesian, P. V., Baxter, T., Mysliwicz, V., & Gill, J. M. (2015). Improved sleep in military personnel is associated with changes in the expression of inflammatory genes and improvement in depression symptoms. *Frontiers in Psychiatry, 6*, 59. (1yr IF=4.35).
3. Barr, T., **Livingston, W. S.**, Guardado, P., Baxter, T., Mysliwicz, V., & Gill, J. (2015). Military personnel with traumatic brain injuries and insomnia have reductions in PTSD and improved perceived health following sleep restoration: A relationship moderated by inflammation. *Annual Review of Nursing Research, Special Issue on Traumatic Brain Injuries, 33*, 249-266. (1yr IF=0.75).
2. Gill, J. M., Merchant-Borna, K., Lee, H., **Livingston, W. S.**, Olivera, A., Cashion, A., Wang, D., & Bazarian, J. J. (2015). Sports-related concussion results in differential expression of inflammatory genes in peripheral blood during the acute and sub-acute period. *The Journal of Head Trauma Rehabilitation, 31*, 269-276. (1yr IF=3.32).

2014

1. Heinzelmann, M., Lee, H., Rak, H., **Livingston, W.**, Barr, T., Baxter, T., Scattergood-Keeper, L., & Gill, J. (2014). Sleep restoration is associated with reduced plasma c-reactive protein and depression symptoms in military personnel with sleep disturbance after deployment. *Sleep Medicine, 15*, 1565-70. (5yr IF=3.71).

PUBLISHED ABSTRACT

1. Gill, J., **Livingston, W.**, & Latour, L. (2015). Meningeal injury detected by contrast enhanced fluid attenuated inversion recovery images and differential gene expression. *Journal of Neurotrauma, 32*, A-1-A 152.

MANUSCRIPTS UNDER REVIEW

1. **Livingston, W. S.**, Fargo, J. D., & Blais, R. K. (2020). *Depression mediates the association of disordered eating behaviors and sexual function in female service members and veterans.* Manuscript submitted for publication.

NATIONAL PRESENTATIONS

2019

4. **Livingston, W. S.**, Fargo, J. D., & Blais, R. K. (2019, November). *Depression mediates the association of assault-related military sexual trauma and poor sexual function in female service members and veterans.* Oral presentation at the annual meeting of the International Society for Trauma and Stress Studies, Boston, M.A.

2018

3. **Livingston, W. S.**, Brignone, E., Fargo, J. D., Gundlapalli, A. V., Maguen, S., & Blais, R. K. (2018, November). *Veterans Affairs-enrolled homeless veterans are at increased risk for eating disorder diagnoses.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, D.C.
2. **Livingston, W. S.**, Fargo, J. D., Gundlapalli, A. V., & Blais, R. K. (2018, November). *PTSD and depression diagnoses mediate the association of military sexual trauma and suicidal ideation in Veterans Affairs-enrolled Iraq/Afghanistan veterans.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, D.C.

2017

1. **Livingston, W. S.** & Blais, R. K. (2017, August). *Military sexual trauma and eating disordered behavior relates to higher sexual dysfunction in female military personnel and veterans.* Poster presented at the annual meeting of the American Psychological Association, Washington, D.C.

LOCAL, REGIONAL, DIVISION PRESENTATIONS

2019

9. **Livingston, W. S.** (2019, August). *Increasing engagement of Division 19 Student Chapter Members and supporting their transition to Early Career Psychologists*. Oral presentation presented at the annual meeting for Division 19 Society for Military Psychology during the American Psychological Association National Conference, Chicago, IL.
8. **Livingston, W. S.,** Fargo, J. D., & Blais, R. K. (2019, April). *Depression mediates the association of disordered eating behaviors and sexual function in female service members and veterans*. Oral presentation at Utah State University's Student Research Symposium, Logan, UT.

2017

7. **Livingston, W. S.,** Brignone, E., Fargo, J. D., Gundlapalli, A. V., Maguen, S., & Blais, R. K. (2017, April). *Homelessness and eating disorders among a sample of OEF/OIF recently returned U. S. veterans*. Oral presentation at Utah State University's Student Research Symposium, Logan, UT.

2015

6. **Livingston, W. S.,** Lejbman, T., Olivera, A., French, L. M., Mysliwicz, V., Gill, J. M. (2015, October). *Peripheral concentrations of Amyloid- β and Tau are increased in military personnel who sustain a traumatic brain injury during deployment*. Poster presented at National Institute of Nursing Research's 30th Annual Symposium, Bethesda, MD.
5. **Livingston, W. S.,** Gill, J. M., Cota, M. R., Destefano, J. L., Latour, L. L. (2015, April). *Evidence of meningeal injury detected by contrast enhanced FLAIR images and differential gene expression*. Presented at NIH's Postbac Poster Day, Bethesda, MD. Awarded Outstanding Poster for this presentation.
4. **Livingston, W. S.,** Rusch, H. L., Nersesian, P. V., Baxter, T., Mysliwicz, V., Gill, J. M. (2015, April). *Improved sleep in military personnel is associated with changes in the expression of inflammatory genes and improvement in depression symptoms*. Poster presented at the 10th Annual Amygdala, Stress and PTSD Conference: Of Mice and Man, Walter Reed National Military Medical Center, Bethesda, MD.
3. **Livingston, W. S.,** Gill, J. M., Cota, M. R., Destefano, J. L., Latour, L. L. (2015, March). *Evidence of meningeal injury detected by contrast enhanced FLAIR images and differential gene expression*. Poster presented at The National Capital Area Traumatic Brain Injury Research Symposium, Bethesda, MD.

2014

2. Rusch, H. L., Shvil, E., Szanton, S.L., **Livingston, W. S.,** Neria, Y., Gill, J. M. (2014, September). *Greater mastery is associated with psychological resistance and recovery in assaulted women and related to maintenance of physical health*. Poster presented at the 2014 annual National Institute of Health Research Festival: The Era of the Brain, Bethesda, MD.
1. **Livingston, W. S.,** Merchant-Borna, K., Lee, H., Guardado, P., Cashion, A., Wang, D., Bazarian, J. J., Gill, J. M. (2014, September). *Sports-related concussions result in reduced expression of inflammatory cytokines and increased expression of inflammatory regulator gene CCR2 during the acute and sub-acute period*. Poster presented at the 2014 National Advisory Council for Nursing Research, Bethesda, MD.

RESEARCH EXPERIENCE

Veterans Affairs (VA), Research Assistant:

May 2016-Present

Advisor: Previously Adi V. Gundlapalli, MD, PhD, currently Harrison Weinstein, PhD
VA Salt Lake City Health Care System, Salt Lake City, UT

- Researched military sexual trauma (MST), suicidal behavior, and homelessness among veterans.
- Analyzed administrative data with R statistical software through VA's VINCI workspace.
- Discussed research with an interdisciplinary team and presented data at national conferences.

USU, Research Assistant: Military Social Science Lab **Aug 2016-Present**

Advisors: Rebecca K. Blais, PhD and Jamison D. Fargo, PhD, MS Epi

USU, Combined Clinical/Counseling Psychology Doctoral Program, Logan, UT

- Researched MST-related mental health diagnoses and sexual function among female service members and veterans.
- Created a research collaboration with the PTSD Clinical Team at the VA Salt Lake City Health Care System to examine data related to MST and suicide risk.
- Completed statistical analyses in SPSS and R statistical software.

NIH Postbaccalaureate IRTA Fellow: Brain Injury Unit **Jan 2014-May 2016**

Advisor: Jessica Gill, PhD

NIH, National Institute of Nursing Research, Bethesda, MD

- Administered Stroop task to patients with TBI while they were in the MRI, prescreened patients for longitudinal TBI study, proposed novel TBI study, observed patient during Structured Clinical Interview for DSM Disorders, organized and recorded data for PTSD scales such as Clinician Administered PTSD Scale and PTSD Checklist, and collected and processed blood and saliva.
- Collaborated with other NIH institutes and military research centers to publish journal articles, draft protocols, organize data, and perform statistical and genomic data analysis using statistical software, SPSS, and genomic data analysis software.

Capstone **Aug 2013-May 2014**

Advisor: Bryan Fantie, PhD

American University, Washington, DC

- Hypothesis-driven conception and design of PTSD study. Completed coding of interactive drone operation simulation using SuperLab.

Research Intern: Clinical Psychophysiology and Psychopharmacology Laboratory **Jan-May 2012**

Advisor: Connie Duncan, PhD

Walter Reed National Military Medical Center, Bethesda, MD

- Aided research assistants in practicing administration of the SCID, electroencephalography, and event-related brain potential measures, and organized testing material.

Research Intern **Sep-Dec 2011**

Advisor: Alan Berman, PhD, ABPP

American Association of Suicidology, Washington, DC

- Investigated grade-school reports on suicide victims, compiled grant reviews for the Military Suicide Research Consortium, and researched grant opportunities for three projects.

CLINICAL EXPERIENCE

Doctoral Trainee at Utah Center for Evidence Based Treatment **May 2020-present**

Supervisor: Kimberly Applewhite, PsyD

Utah Center for Evidence Based Treatment

Direct contact hours: 126; Total hours: 261

- Provide Dialectical Behavior Therapy (DBT), Cognitive Behavioral Therapy, and Acceptance and Commitment Therapy for individual and group therapy.
- Co-lead the Addictive Behaviors DBT Group and DBT Adult Group.
- Developed a Sexual Trauma Processing Group, which is currently in the recruitment stage.
- Created mindfulness resources for individuals with anxiety or sleep difficulties.

Student Therapist at Integrated Behavioral Health Clinic

Aug 2018-Aug 2020

Supervisor: Scott DeBerard, PhD

USU Health and Wellness Clinic

Direct contact hours: 315; Total hours: 690

- Provided brief, 30-minute evidence-based psychological treatments to clients with diverse mental health difficulties, such as eating disorders, depression, anxiety, skin picking, self-harm, suicidality, insomnia, sexual dysfunction, and childhood sexual abuse.
- Administered and reported outcome measures.
- Consulted with psychiatrists, primary care physicians, and nurses to provide integrated care.

Neurocognitive Assessment Student Provider at Veterans Affairs

Jun 2019-Apr 2020

Supervisor: Patrick Miller, PhD

VA Salt Lake City Health Care System

Direct contact hours: 27; Total hours: 109 (practicum ended early due to COVID-19)

- Provided neurological and cognitive assessments to veterans. Measures include the Wechsler Adult Intelligence Scale Fourth Edition (WAIS-IV), Wechsler Memory Scale Fourth Edition (WMS-IV), Boston Naming Test, Controlled Oral Word Association (COWA), Trail-Making Test A-B, Rey Complex Figure Test (RCFT), and Rey Auditory Verbal Learning Test (RAVLT).

PTSD Assessment Student Provider at Veterans Affairs

June 2018-June 2019

Supervisor: Harrison Weinstein, PhD

VA Salt Lake City Health Care System

Direct contact hours: 110; Total hours: 265

- Provided PTSD assessments for veterans that experienced trauma related to military sexual trauma, combat, or military service.
- Wrote detailed assessment reports that included clinical interviews and mental health measures.

Student Therapist at Community Clinic

Aug 2017-Aug 2018

Supervisors: Scott DeBerard, PhD, Sara Boghosian, PhD, & Marietta Veeder, PhD

USU Psychology Community Clinic

Direct contact hours: 122; Total hours: 456

- Provided Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, Behavioral Activation, and Dialectical Behavior Therapy to clients ranging in ages across the lifespan.
- Administered the SCID-5, PTSD Checklist for DSM-5, Brief Adjustment Scale-6, and General Anxiety Diagnosis 7-item scale, as well as the Wechsler Adult Intelligence Scale Fourth Edition, Adult Behavior Checklist, and Vineland II.

Peer Advisor

Jun 2013-May 2014

Advisor: Alicia Mandac, MSW

College of Arts & Sciences, American University, Washington, DC

- Counseled students individually through difficult academic and social circumstances.

Direct Service Intern

Sep-Dec 2013

Advisor: Tina Frundt

Courtney's House, Washington, DC

- Worked one-on-one with teenage survivors of domestic sex trafficking.
- Assisted group therapy discussions and worked with law enforcement to protect survivors.

Clinical Research Intern

May-Aug 2012

Advisor: Russell Poldrack, PhD
University of Texas, Austin, TX

- Consented participants, worked as a level 1 MRI tech, and administered questionnaires and computer-run tasks for participants of conditioning study.

Clinical Shadowing

May-Aug 2011

Advisor: Richard Naugle, PhD
Cleveland Clinic, Cleveland, OH

- Shadowed psychologists such as Gerard Banez, PhD, and Margaret M. Richards, PhD.

MENTORSHIP EXPERIENCE

Mentorship of Undergraduate Students

July-Oct 2019

Utah State University

Mentored two Psychology undergraduate students on database searching, organization, and records keeping for a meta-analysis.

Mentorship of Undergraduate Summer Research Fellow

Jun-Aug 2015

National Institutes of Health

Advised fellow on compiling a protocol, writing and presenting a poster, and collecting data.

Psychoneuroimmunology Journal Club

Jun-Jul 2015

National Institutes of Health, Advisor: Anlys Olivera, PhD

Mentored 17 NIH summer research fellows, presented and led discussions on research articles.

JOURNAL EDITORIAL EXPERIENCE

Ad Hoc Reviewer, *Stress and Health Journal*

2020

PROFESSIONAL AFFILIATIONS

Student member, APA, Div. 19 Society for Military Psychology

2016-present

LEADERSHIP/ COMMUNITY EXPERIENCE

Campus Representative, APA Division 19 Society for Military Psychology

Sept 2019-present

President, Military Psychology Club at USU

Oct 2019-Oct 2020

Grant Reviewer, Undergraduate Research and Creative Opportunities Grant at USU

Nov 2018

Poster Reviewer, Fall Student Research Symposium at USU

Dec 2017

Co-Chair, NIH Postbaccalaureate Social Committee

Oct 2014-Feb 2016

Panelist, American University Psychology Club, "Finding a Job in Psychology"

Mar 2015

Volunteer, Warrior Canine Connection

Aug 2014-Feb 2015

Panelist, American University Peer Advisors, "Occupations After College"

Mar 2015

Member, American University Psychology Club

Sep 2010-May 2014

Event Programmer, American University Residence Hall Council

Jan-May 2011

Volunteer, DC Reading Partners

Aug 2010-May 2011

Volunteer, Cleveland Animal Protective League

Aug 2008-Jan 2012

TRAININGS

Psychwire, Foundations in Dialectical Behavior Therapy

Jul-Oct 2020

UCEBT, Acceptance and Commitment Therapy for OCD and OCPD Training

Aug 2020

Online, Cognitive Behavioral Therapy for Insomnia Training

June 2020

USU, Upstander Training - leaders safely intervening on harmful situations

Oct 2019

VA SLC, Training on Military Environment	June 2018
USU, Allies on Campus Training for LGBTQIA+ Allies	Feb 2018
USU, Safe Passages 4 U Diversity Training	Jan 2018
USU, Intermediate R	Aug-Dec 2017
USU, Acceptance and Commitment Therapy Workshop	Sep 2017
USU, Introduction to R	May-Jul 2017
NIH, Introduction to the Principles and Practice of Clinical Research Course	Oct 2015-Mar 2016
NIH, Traumatic Brain Injury Rounds	Weekly, 2014-2016
NIH, Simoa Protein Analyzer Training	Aug 2015
NIH, The Ethical and Regulatory Aspects of Clinical Research Course	Oct-Nov 2014
NIH, Schizophrenia Clinical Rounds	Oct 2014