

Colter K. Clayton

Curriculum Vitae

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EDUCATION

Clinical Psychology Doctoral Candidate

August 2022 - Present

University of Mississippi

Oxford, MS

Advisor: Aaron A. Lee, PhD

Bachelor of Science in Psychology

December 2020

Minors in Family Life and Gerontology

Provo, UT

Brigham Young University, *Cum Laude*

Cumulative Undergraduate GPA: 3.92

Psychology GPA: 3.93

Last 60 Credit Hours: 4.0

Family Life GPA: 4.0

Gerontology GPA: 4.0

Certificates

Spanish Language Certificate: Advanced Level

April 2018

Brigham Young University: Center for Language Studies

Advanced coursework in Language, Civilization, and Literature

American Council on the Teaching of Foreign Languages: Spanish

April 2018

Oral Proficiency: Advanced

Writing Proficiency: Advanced

Diversity and Inclusion Certificate Program

January 2022

University of Pittsburgh: Office of Equity, Diversity, and Inclusion

PUBLISHED MANUSCRIPT

Reich, A. J., Claunch, K. D., Verdeja, M. A., Dungan, M. T., Anderson, S., Clayton, C. K., Goates, M. C., & Thacker, E. L. (2020). What Does "Successful Aging" Mean to you? - Systematic Review and Cross-Cultural Comparison of Lay Perspectives of Older Adults in 13 Countries, 2010-2020. *Journal of cross-cultural gerontology*, 35(4), 455-478. <https://doi.org/10.1007/s10823-020-09416-6>

<https://rdcu.be/b8DUN>

CONFERENCE PRESENTATIONS - POSTER

Clayton, C.K., Cressman, M., Brandaris, A., Channell, R.M., Bills, J., Jun, J.A., & Steffen, P.R. (2020, December 2-11). Effects of Mindfulness and Biofeedback on Executive Function: A balance of sympathetic and parasympathetic activity. Virtual poster hall at the Annual Meeting for the Association for Applied Psychophysiology and Biofeedback.

Clayton, C.K., Brown, H., Johnson, T. & Erekson, D.M. (2020, April 16-18). Be Ye Therefore Perfect: Perfectionism and Imposter Syndrome at a Religious University [Poster session]. The Annual Rocky Mountain Psychological Association, Denver, CO, United States. (Conference canceled)

Allen, W., **Clayton, C.K.**, LeCheminant J. & Larson, M.J. (2020, April 9). Testing Food-Related Inhibitory Control, Behavioral and Neural Processing in Older Adults: A go/no-go ERP study [Poster session]. Mary Lou Fulton Online Conference at BYU, Provo, UT.

Clayton, C.K., Sorensen, K., & Reschke, P.J. (2020, April 9). Visual Scanning of Emotions in Context [Poster session]. Mary Lou Fulton Online Conference at BYU, Provo, UT. (Repeat of Earlier Presentation)

Clayton, C.K. & Thacker, E.L., with supporting work from Reich, A.J., Claunch, K.D., Verdeja M.A., Dungan, M.T. & Anderson, S. (2020, February 7). What Does “Successful Aging” Mean to You? – Systematic Review and Cross-National Comparison of Lay Perspectives of Older Adults in 12 Countries, 2010-2017 [Poster session]. The Annual Utah Conference on Undergraduate Research, Logan, UT.

Clayton, C.K. & Reschke, P.J. (2020, February 7). Visual Scanning of Emotions in Context [Poster session]. The Annual Utah Conference on Undergraduate Research, Logan, UT.

Clayton, C.K., Bartlett, D. & Bills, J. (2020, January 25). The Effects of Depression, Anxiety, and Stress on Heart Rate Variability During Self-Critical and Self-Compassionate Exercises [Poster session]. The Idaho State University Annual Psi Chi Psychology conference, Pocatello, ID.

Clayton, C., Cox, K. & Reschke, P.J. (2019, October 17-19). The Multidimensionality of Infant Prosocial Behavior: An investigation of type, target, and emergence [Poster session]. The Biannual Cognitive Development Society conference, Louisville, KY.

Reschke P.J., Walle, E.A., Dukes, D. & **Clayton, C.** (2019, October 17-19). Was that Intentional? Infants use emotional communication to infer and re-enact other’s intended actions [Poster session]. The Biannual Cognitive Development Society conference, Louisville, KY.

Reschke P.J., Cox, K., **Clayton, C.** & Erickson, J. (2019, July 10-13). Helping Behavior Towards Strangers and Family Members in the Home: Evidence from two tasks [Poster session]. The Biannual International Society for Research on Emotion conference, Amsterdam, Netherlands.

RESEARCH EXPERIENCE

Behavioral Neurophysiology Lab

June 2021- August 2022

University of Pittsburgh – Full time

Pittsburgh, PA

- Principle Investigator: Peter J. Gianaros, Professor, Department of Psychology
- Supervisors: Regina L. Leckie and Mark R. Scudder, Research Associates, Department of Psychology
- Neurobiology of Adult Health (NOAH) study, P01 Grant
- Directed participants through 3 and 7 Tesla MRI sessions and ensured reliable data collection
 - Collected consent, instructed protocol, administered cognitive measures and tasks: verbal fluency task, digital symbol substitution test, Stroop task, multi-source interference task, spatial recognition test
- Prepared T1-weighted images for data reduction by creating brain masks with ITK-SNAP
- Directed participants through physiological measures: electrocardiography, dual impedance cardiography, blood pressure, venous occlusion plethysmography, and a breathing pacer to collect heart rate and blood pressure variability data, and pulse wave velocity data
- Cleaned and scored physiological data in Mindware
 - Blood pressure variability, heart rate variability, and pulse wave velocity
- Co-created blood pressure variability scoring standardized protocol for NOAH and eBACH P01 studies
- Customized diagrams and figures for ECG placement and measurement instruction using BioRender

Center for Emotion and Cognition

December 2018- December 2020

Brigham Young University – Part time

Provo, UT

- Mentor: Peter J. Reschke; Assistant Professor, School of Family Life
- Increased lab advertisement and recruitment
- Ensured standardized study design as an actor for an infant emotion development study
- Coded verbal transcriptions of children and adults, in English and Spanish using Temi Transcriptions
- Aided a graduate student in demographic data analysis using SPSS
- Learned how to do a power analysis to determine desired number of participants for recruitment
- Trained and led teammates in coding and manipulation checks for data quality
- Assisted in pre-registering a study in the Open Science Framework (OSF)

Clinical Cognitive Neuroscience and Neuropsychology Lab

September 2019- April 2020

Brigham Young University – Part time

Provo, UT

- Mentor: Michael J. Larson; Professor, Psychology Department
- Recruited over 30 older adult participants for an electroencephalogram (EEG) gerontology study: physical and electronic advertisement within the university and older adult organizations in the locality
- Scheduled participants, ensured standardized protocol (consent, EEG net application, go/no-go tasks instructions), and administered compensation
- Learned standardized procedure for EEG net application and sanitization
- Supported analysis of EEG/ERP data and waveforms through NetStation EEG Acquisition, E-Prime and R programming

Psychophysiology and Biofeedback: Stress Reduction Lab

April 2019- December 2020

Brigham Young University – Part time

Provo, UT

- Mentor: Patrick Steffen; Professor, Psychology Department
- Directed over 40 participants in a breathing instruction study employing various breathing methods to measure impact on HRV, stress, and mental performance
- Administered and scored the Paced Auditory Serial Addition Test (PASAT)
- Cleaned and organized data using Excel and Kubios – Heart Rate Variability data organization
- Created several research posters for conference presentation
- Facilitated literature reviews and the write-up of potential publications and a textbook

Gerontological Research Lab

October 2019- February 2020

Brigham Young University – Part time

Provo, UT

- Mentor: Evan L. Thacker; Associate Professor, Public Health Department
- Systematized qualitative data and created tables of older adults' lay perspectives of successful aging
- Contributed to writing the Results and Discussion sections of a published manuscript
- Collaborated with teammates who majored in Nursing, Exercise Science, and Public Health
- Revised the manuscript according to journal reviewers' suggestions to refine the paper for publication

Counseling and Psychological Services Research Lab

November 2019- December 2020

Brigham Young University – Part time

Provo, UT

- Mentor: David M. Erekson; Assistant Clinical Professor, Psychology Department, Counseling and Psychological Services Center
- Contributed to the write-up of potential papers under the topics of psychotherapy, positive psychology, biofeedback, perfectionism, imposter syndrome, and religiosity

- Coordinated between our research lab and Intermountain Healthcare: Pain Clinic, researching the effectiveness of opioid education classes in reducing aberrancy
- Led an on-campus survey of 830 respondents, across all colleges and most departments, researching perfectionism, imposter syndrome, and religiosity
- Prepared data for analysis in Excel and SPSS for several potential manuscripts
- Initiated an archival data study of BYU's counseling center to research client outcome in conjunction with biofeedback from years 2017-2019
- Constructed, with teammates, Institutional Review Board (IRB) proposals for several studies
- Created figures for potential manuscripts using the application Draw.io Diagrams

TEACHING EXPERIENCE

Teaching Assistant: Psychology 308: Psychological Statistics *January 2018- April 2018*

- Supervisor: Dr. Bruce Brown, Professor, Psychology Department
- Responsibilities: Prepared and taught classroom lectures once a week with other teaching assistants, graded homework and exams, conducted exam review sessions and weekly tutoring hours

Teaching Assistant: Psychology 341: Personality *September 2020- December 2020*

- Supervisor: Dr. Patrick Steffen, Professor, Psychology Department
- Responsibilities: Graded digital discussions, originated sample test questions from the course textbook and exam study guides, taught exam review sessions

VOLUNTEER EXPERIENCE

Habitat for Humanity of Greater Pittsburgh *October 2021- Present*

- Supported community service projects such as constructing affordable housing for families in need

Student Outreach Council *February 2019- February 2020*

- Promoted BYU's mental health resources by holding on-campus booths

Y-Serve Experience *January 2017- February 2020*

- **Conexiones:** Interpreted at local elementary schools' parent teacher conferences by helping teachers communicate with Spanish-speaking only Latino parents

Encircle: LGBTQ+ Family and Youth Resource Center: Volunteer Staff *November 2019- January 2020*

- Volunteered in service projects within Encircle and other agencies such as crisis centers in the local community
- Advertised LGBTQ+ resources through local community advertisement

Family Support and Treatment Center: Nursery Volunteer *January 2019- April 2019*

- Guided play and activities for children 6 months to 10 years old while parents were in therapy sessions

Utah State Hospital (Inpatient Psychiatric Facility): Volunteer Staff *September 2018- December 2018*

- Volunteered with a group of middle-aged in-patient adults diagnosed with a variety of severe mental illnesses by participant in group engagements such as making crafts and playing card games

Aspen Counseling Services: Outpatient Counseling Center *April 2017*

- Participated in an intro to counseling centers
- Aided with office work, attended non-confidential meetings, and gained exposure to a counseling center

Volunteer Representative *December 2014- December 2016*

- Argentina, Santa Fe and Entre Rios provinces. About 90 hours per week. Taught English as a second language at meeting houses, compiled statistical information using Excel, participated in community service projects, trained new volunteers, and lead regional groups of volunteers

- Directed, for seven months, 110 to 150 other foreign volunteer representatives in the obtainment and maintenance of their proper legal status by securing residency visas and national identity documents with background checks through the provincial migration offices

RELEVANT WORK EXPERIENCE

Maple Lake Academy Transition Home: Bridges

August 2017- April 2018

Full-Time Residential Staff

- Mentored boys 19-21 years old advancing from a fully structured treatment home environment to a semi-structure transition home with residents being able to have jobs in the local community and attend local colleges
- Supervised residents learning of basic skills to live on their own such as budgeting, public transportation usage, and job applications.
- Performed daily shift reports and participated in weekly staff meetings, and bimonthly company trainings

Professional Sales Experience

- Sales resume available upon request

HONORS AND AWARDS

SUHBA Scholarship

Fall 2017

- \$500 dollars toward tuition
- Brigham Young University, Provo, UT

BYU Continuing Student Scholarship

Fall 2018

- Half tuition scholarship
- Brigham Young University, Provo, UT

BYU Continuing Student Scholarship

Fall 2019

- Half tuition scholarship \$500 dollars toward tuition
- Brigham Young University, Provo, UT

SUHBA Scholarship

Fall 2019

- \$500 dollars toward tuition
- Brigham Young University, Provo, UT

School of Family Life Travel Reward

October 2019

- A grant given to a qualified Research Assistant in the School of Family Life
- \$972 to go toward a research conference, membership, and travel

Dean's List – College of Family, Home, and Social Sciences

Fall 2018

- Top 5% of class with at least 14.0 credit hours

BYU Continuing Student Scholarship

Winter 2020

- Half tuition scholarship
- Brigham Young University, Provo, UT

Dean's List – College of Family, Home, and Social Sciences

Winter 2020

- Top 5% of class with at least 14.0 credit hours

Psychology Department Travel Fund Reward

February 2020

- \$500 to go toward a research conference, membership, and travel
- The Annual Meeting for the Association for Applied Psychophysiology and Biofeedback (In person conference cancelled)

Dean's List – College of Family, Home, and Social Sciences

Fall 2019

- Top 5% of class with at least 14.0 credit hours

Mary Lou Fulton Undergraduate Conference

April 2020

- Poster won 1st place for gerontology: \$300 reward
- Poster won 3rd place for psychology: \$100 reward

BYU Continuing Student Scholarship

Summer 2020

- Half tuition scholarship
- Brigham Young University, Provo, UT

BYU Continuing Student Scholarship

Fall 2020

- Full tuition scholarship
- Brigham Young University, Provo, UT

SUHBA Scholarship

Fall 2020

- \$500 dollars toward tuition
- Brigham Young University, Provo, UT

PROFESSIONAL AFFILIATIONS

Member of Psi Chi International Honor Society

December 2017- December 2021

Member of Cognitive Development Society

August 2019- January 2020

CLUB AFFILIATIONS

- BYU Psych Association *February 2017- December 2020*
- BYU - School of Family Life Student Association *January 2018- December 2020*
- BYU - Gerontology Student Association *February 2019- December 2020*

SOFTWARE PROFICIENCY

- Excel, SPSS, R Programming, SAS Statistical software, MATLAB
- Mindware, ITK-SNAP, Qualtrics Survey Design, Temi-transcriptions,
- Experience using E-Prime, NetStation EEG Acquisition, PsychoPI, JMP software, Kubios-HRV

CLINICAL SKILLS

- Learned Motivational Interviewing in small groups overseen by a Clinical Psychology Faculty member at BYU in which I practiced and received feedback for a few months

RESEARCH REFERENCES

- Available upon request