

Sophie R. Kollin, M.A.

Curriculum Vitae

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Department of Psychology
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EDUCATION

2020 – Present **Doctor of Philosophy, Psychology (emphasis: Clinical Psychology; APA-accredited)**

Expected August 2026

University of Mississippi, University, MS

Advisor: Aaron A. Lee, Ph.D.

Dissertation: *Understanding the Role of Emotion Regulation in Hypertension: An Ecological Momentary Assessment of Emotion Regulation, Blood Pressure, and Heart Rate* (Chair: Aaron A. Lee, Ph.D.)

Overall GPA: 4.0/4.0

2020 – 2022 **Master of Arts, Psychology (emphasis: Clinical Psychology)**

University of Mississippi, University, MS

Advisor: Aaron A. Lee, Ph.D.

Thesis: *The Longitudinal Influence of ADHD Status and Stimulant Medication on Body Mass Index and Blood Pressure among Obese Youth* (Chair: Aaron A. Lee, Ph.D.)

Overall GPA: 4.0/4.0

2014 – 2018 **Bachelor of Arts, Psychology**

Denison University, Granville, OH

Graduated Magna Cum Laude

Overall GPA: 3.87/4.0; Psychology Major GPA: 4.0/4.0

PUBLICATIONS

6. **Kollin, S. R.**, Clayton, C. K., Green, V. A., Lee, A. A. (In press). Emotion regulation among adults with asthma: Links with short-acting inhaler medication overuse and utilization of acute medical care. *Journal of Asthma*. 1–15.

<https://doi.org/10.1080/02770903.2024.2409997>

5. **Kollin, S. R.**, Gratz, K. L., Lee, A. A. (2024). The role of emotion dysregulation in self-management behaviors among adults with type 2 diabetes. *Journal of Behavioral Medicine*, 47, 672–681. <https://doi:10.1007/s10865-024-00483-5>.

4. **Kollin, S. R.**, Lim, C. S., & Lee, A. A. (2023). The longitudinal influence of ADHD status and stimulant medication on body mass index and blood pressure among youth with obesity. *Pediatric Obesity*, 18(9), e13058. <https://doi:10.1111/jpo.13058>.
3. Leukel, P. J., **Kollin, S. R.**, Lewis, B. R., & Lee, A. A. (2022). The influence of emotion regulation and family involvement on diabetes distress among adults with type 2 diabetes. *Journal of Behavioral Medicine*, 45(6), 904-913. <https://doi:10.1007/s10865-022-00351-0>.
2. Gamwell, K. L., **Kollin, S. R.**, Gibler, R. C., Bedree, H., Bieniak, K. H., Jagpal, A., Tran, S. T., Hommel, K. A., Ramsey, R. R. (2021). Systematic evaluation of commercially available pain management apps examining behavior change techniques, *PAIN*, 162(3), 856-865. <https://doi:10.1097/j.pain.0000000000002090>.
1. Ramsey, R. R., Plevinsky, J. M., **Kollin, S. R.**, Gibler, R. C., Guilbert, T. W., & Hommel, K. A. (2019). Systematic review of digital interventions for pediatric asthma management. *Journal of Allergy and Clinical Immunology: In Practice*, 8(4), 1284-1293. <https://doi:10.1016/j.jaip.2019.12.013>.

RESEARCH TALKS

2. **Kollin, S. R.**, Lim, C. S., Nesbitt, K. A., Lee, A. A. (2022, April). *The role of ADHD and stimulant medication use on longitudinal changes in body mass index among obese youth*. Paper presented at the 43rd Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Baltimore, MD.
1. Lee, A. A., Leukel, P. J., Lewis, B. R., **Kollin, S. R.** (2021, April). *Cognitive vulnerabilities associated with diabetes related distress among adults with type 2 diabetes*. Paper presented at the 42nd Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine.

RESEARCH POSTERS

8. Nesbitt, K. A., **Kollin, S. R.**, Lee, A. A. (2022 April). *The effect of rumination on medication adherence in individuals with type 2 diabetes*. Poster presented at the 43rd Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Baltimore, MD.
7. **Kollin, S. R.**, Leukel, P. J., Lewis, B. R., Lee, A. A. (2021, April). *The effect of emotion regulation on medication adherence and self-care activities among adults with type 2 diabetes*. Poster presented at the 42nd Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Virtual Conference.

6. Leukel, P. J., Lim, C. S., **Kollin, S. R.**, Lewis, B. R., & Lee, A. A. (2021, April). *The influence of interpersonal emotion regulation and family involvement on diabetes distress among adults with type 2 diabetes*. Poster presented at the 42nd Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Virtual Conference.
5. Lewis, B. R., Leukel, P. J., **Kollin, S. R.**, Lee, A. A. (2021, April). *Helpful vs. harmful family involvement and diabetes-related acute service use among adults with type 2 diabetes*. Poster presented at the 42nd Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Virtual Conference.
4. Green, V. A., Leukel, B. S., Lim, C. S., **Kollin, S. R.**, Lee, A. A. (2020, October). *Emotion regulation among adults with asthma: Links with short-acting inhaler medication overuse and utilization of acute medical care*. Poster presented at the Mississippi Psychological Association 2020 Annual Convention, Virtual Conference.
3. Ramsey, R. R., **Kollin, S. R.**, Guilbert, T. W., & Hommel, K. A. (2019, December). *Implementation of a technology-assisted stepped-care adherence-promotion intervention for adolescents with asthma*. Poster presented at the Annual Conference on the Science of Dissemination and Implementation, Arlington, VA.
2. Fitzpatrick, S., **Kollin, S. R.**, & Ramsey, R. R. (2019, April). *Clinical evaluation of a wheeze detector for children*. Poster presented at the University of Cincinnati Undergraduate Scholarly Showcase, Cincinnati, OH.
1. Keidel, K., **Kollin, S. R.**, Melfi, L., Jamison, M., Sultana, Z., Scott, E., & Burton, A. (2017, April). *Relationship among social support, depressive symptoms, and breast feeding self-efficacy among first time mothers*. Poster presented at Midwestern Psychological Association Conference, Chicago, IL.

MENTORED AD-HOC REVIEWING EXPERIENCE

- 2024** *Journal of Asthma*
- 2023** *Journal of Psychosomatic Research*
- 2022** *Journal of Consulting and Clinical Psychology*
- 2022** *Psychology, Health, & Medicine*
- 2022** *Sleep Medicine*
- 2021** *Families, Systems, and Health*
- 2020** *Health Psychology*

RESEARCH EXPERIENCE

- 2020 – present** **Graduate Research Assistant**, University of Mississippi, University, MS
Psychological and Social Influences of Chronic Health (PSICH) Lab
Advisor: Aaron A. Lee, Ph.D.
Responsibilities:
- Managing ongoing research projects, attending weekly lab meetings, mentoring undergraduate students and junior colleagues, and contributing to manuscripts for publication.
- 2018 – 2020** **Clinical Research Coordinator III**, Cincinnati Children’s Hospital Medical Center, Cincinnati, OH
Behavioral Medicine and Clinical Psychology Department, Center for Health Technology Research
PI: Rachelle R. Ramsey, Ph.D.
Full-time coordinator for NIH, foundation, and industry-funded studies using novel technologies in assessment, intervention, and prevention for youth with chronic conditions.
Responsibilities:
- Orchestrated meetings and engaged in ongoing communication with study staff, clinical fellows, study sponsors, partnering technology companies, the medical care team, and patients and families.
 - Prepared and submitted IRB protocols and study amendments in compliance with regulatory guidelines.
 - Created REDCap databases for longitudinal data collection.
 - Screened, recruited, and consented adolescents and their families in compliance with good clinical practices.
 - Conducted initial in-person and monthly data collection and cleaned data in preparation for monthly data calculations.
 - Maintained enrollment, data collection, and payment logs.
 - Created and updated electronic regulatory binders including study amendments, continuing reviews, and progress reports.
- June 2017** **Research Assistant**, Wayne State University, Detroit, MI
Child and Family Study Group
Advisor: Douglas Barnett, Ph.D.
Responsibilities:
- Assisted graduate students with research projects by conducting extensive literature reviews on topics including the impact of parenting styles on youth’s psychosocial outcomes.
- 2016 – 2017** **Research Assistant**, Denison University, Granville, OH
PI: Erin J. Henshaw, Ph.D.
Assisted with data collection for a randomized controlled trial studying a text message parent program for first time mothers at risk for postpartum depression.

Responsibilities:

- Consented and enrolled patients after determining eligibility and managed confidential information.
- Provided patients with depression resources in hospital setting and followed suicide risk assessment.
- Trained team members on recruitment and enrollment procedures.

ASSESSMENT EXPERIENCE

2022 – 2023 **Doctoral Student Assessor**, University of Mississippi, University, MS
Health and Anxiety Research and Treatment (HART) Lab
Supervisor: Laura J. Dixon, Ph.D.
Graduate student examiner for a research study funded by the Misophonia Research Grant to develop a clinical diagnostic interview for misophonia.

Responsibilities:

- Completed extensive training on mood, personality, and cognitive assessment instruments (i.e., DIAMOND, DIPD-5, MoCA).
- Administered full-battery assessments with research participants using standardized instruments and interviews.
- Completed integrated reports that documented clients background and history, behavioral observations, test results, result interpretations, and summary and recommendations.
- Conducted feedback sessions with research participants.

2021 – 2022 **Doctoral Student Examiner**, North Mississippi Regional Center (NMRC), Oxford, MS
Supervisor: Tom Moore, Ph.D.
Completed re-evaluation assessments for youth and adults with intellectual disabilities to determine eligibility for home, community, and residential support services.

Responsibilities:

- Completed extensive training on cognitive and adaptive behavior assessment instruments (i.e., WAIS-IV, SB-5, WISC-V, WRAT-4, PPVT, VABS-3, ICAP, LEITER-3).
- Conducted full-battery assessments with clients and caregivers using standardized instruments and interviews.
- Completed assessment evaluation reports that document clients background and history, behavioral observations, test results, result interpretations, and summary and recommendations.
- Conducted feedback sessions with clients and caregivers.

CLINICAL EXPERIENCE

2021 – 2024 **Graduate Student Therapist**, University of Mississippi, Oxford, MS
Psychological Services Center

Supervisors: Aaron A. Lee, Ph.D., Laura J. Dixon, Ph.D., Stefan E., Schulenberg, Ph.D., Kristin Austin, Ph.D.

- Delivered weekly evidence-based individual and couples therapy to community dwelling adults and undergraduate students presenting with anxiety, depression, trauma, and grief.
- Conducted intake interviews using semi-structured clinical interviews and diagnostic interviews (i.e., MINI, SCID-II).
- Developed treatment plans based on my case conceptualization.
- Administered weekly clinical measures to monitor client's symptoms and completed homicide and suicide risk assessments when indicated.
- Provided appropriate psychiatric referrals to clients as needed.

2023 – 2024 **Doctoral Student Therapist**, University of Mississippi, Oxford, MS
School of Pharmacy

Supervisor: Kristin Austin, Ph.D.

- Delivered weekly evidence-based interventions to P1 and P2 Pharmacy students presenting with anxiety, depression, and trauma disorders.
- Conducted intake interviews using semi-structured clinical interviews and developed treatment plans based on my case conceptualization.
- Administered weekly clinical measures to monitor client's symptoms and completed homicide and suicide risk assessments when indicated.

2022 – 2023 **Doctoral Student Therapist**, Communicare, Sardis, MS

Supervisor: Kerri P. McKnatt, M.Ed., NCC, LPC-S

- Delivered weekly evidence-based interventions within a community mental health center to adults in a diverse and underserved area in Mississippi presenting with anxiety, depression, substance use, personality disorders, and serious mental illness (e.g., bipolar disorder, schizophrenia).
- Conducted intake interviews using semi-structured clinical interviews and developed treatment plans based on my case conceptualization.
- Administered weekly clinical measures to monitor client's symptoms and completed homicide and suicide risk assessments when indicated.
- Worked with an interdisciplinary team of mental health and medical providers to coordinate client's care (e.g., psychiatrists, community support specialists, peer support specialists).

2021 – 2022 **Doctoral Student Therapist**, North Mississippi Regional Center (NMRC), Oxford, MS

Supervisor: Melinda Redding, Ph.D.

- Delivered weekly evidence-based individual therapy to adults with intellectual and developmental disabilities living in a residential facility.
- Delivered weekly group therapy utilizing DBT techniques to adults diagnosed with Prader -Willi syndrome.
- Completed homicide and suicide risk assessments when indicated.

TEACHING EXPERIENCE

2024 – present **Graduate Teaching Instructor**, University of Mississippi, University, MS
Department of Psychology, PSY 311 Psychopathology

Supervisor: Mervin R. Matthew, Ph.D.

Responsibilities:

- Implement evidence-based active learning strategies in the classroom to help students think critically about the characteristics, causes, and treatment of psychological disorders.
- Develop accessible course materials (e.g., syllabi, lesson plans, lecture materials, class assignments, grading rubrics).
- Monitor student performance and provide detailed feedback to improve student learning throughout the course.

Fall 2024

Guest Lecturer, University of Mississippi, University, MS
Department of Psychology, PSY 322 Drugs and Behavior

Instructor: Jeffery G. Bednark, Ph.D.

- Delivered a guest lecture on clinical considerations for providing psychotherapy to clients concurrently receiving psychiatric medications.

2023 – 2024

Guest Lecturer, University of Mississippi, University, MS
School of Pharmacy

Supervisor: Kristin Austin, Ph.D.

- Led professional lectures to P1 and P2 Pharmacy students on engaging in self-care practices to increase well-being and managing test anxiety utilizing cognitive behavioral therapy techniques.

**2020; 2023;
2024**

Graduate Teaching Assistant, University of Mississippi, University, MS
Department of Psychology

Courses: PSY 201 Introduction to Psychology, PSY 301 Developmental Psychology, PSY 321 Social Psychology

Instructors: Melinda Redding, Ph.D.; Marilyn Mendolia, Ph.D.; Donald Skinner, Ph.D.; Matthew Reysen, Ph.D.

- Evaluated student assignments and provided constructive feedback to enhance learning outcomes.
- Administered and monitored examinations to ensure academic integrity.

- Communicated with students to offer academic support and facilitate understanding of course material.

PROFESSIONAL EXPERIENCE

2024 – present **Assistant to the Director of Clinical Training**, University of Mississippi, University, MS

Department of Psychology

- Assisting the Director of Clinical Training in mentoring incoming clinical psychology graduate students and administrative duties.
- Updating manuals and resources for graduate students in the clinical psychology doctoral program.
- Coordinating with faculty members, graduate students, and applicants to organize events for new applicant interview weekend.

SUPERVISION AND MENTORSHIP

2023 – 2024 **Clinical Case Conceptualization Group Leader**, University of Mississippi, University, MS

Psychological Services Center

Supervisor: Kristin Austin, Ph.D.

- Facilitated a clinical supervision group for junior level graduate clinicians to develop and strengthen case conceptualization and therapy skills, including present-focused techniques.
- Leadership responsibilities included formulating a group syllabus, leading didactic discussion of therapeutic skills, providing feedback to clinicians, facilitating group discussion of clinical cases, and modeling case conceptualization presentations.

2023; 2024 **Peer Clinical Supervisor**, University of Mississippi, University, MS

Psychological Services Center

Supervisor: Kristin Austin, Ph.D.

- Provided clinical peer supervision to junior graduate clinicians.
- Responsibilities included reviewing progress notes and providing feedback on case conceptualization, therapy skills, and implementation of interventions.

COMMUNITY ENGAGEMENT

- 2021 – 2023** **Graduate Student Group Facilitator**, University of Mississippi, University, MS
LAMBDA LGBTQ+ Support Group
- Led weekly support meetings, which included facilitating group activities and discussions among undergraduate students who identified as members of the LGBTQ+ community.
 - Planned outreach events and collaborated with community organizations to spread awareness of LGBTQ+ support and foster a sense of belongingness among LGBTQ+ students.
 - Disseminated information about LGBTQ+ supports at the University of Mississippi by participating in university events and panel discussions at local conferences.
- June 2017** **Volunteer**, Detroit Children’s Hospital, Detroit, MI
Camp Hope
- Worked with children ages 8 to 10 who have/had a family member with HIV.
 - Facilitated discussions on coping skills, conflict avoidance techniques with peers, and proper nutrition.

CERTIFICATIONS, WORKSHOPS, AND SEMINARS

- Spring 2024** **College Teaching Seminar**
University of Mississippi, Department of Psychology
Instructor: Karen K. Kellum, Ph.D.
- Feb 2024** **Suicide Risk Assessment Workshop**
University of Mississippi, Department of Psychology
Facilitator: Laura E. Drislane, Ph.D.
- March 2023** **Administration and Scoring: Wide Range Assessment of Memory and Learning – Third Edition (WRAML-3)**
University of Mississippi, Department of Psychology
Facilitator: Halle T. McCracken, M.A.
- Spring 2023** **Multicultural Psychology Seminar**
University of Mississippi, Department of Psychology
Instructor: Laura R. Johnson, Ph.D.
- Oct 2022** **Administration and Scoring: Delis-Kaplan Executive Functioning Systems (DKEFS)**
University of Mississippi, Department of Psychology
Facilitator: Halle T. McCracken, M.A.
- Sept 2022** **Provisionally Certified Mental Health Therapist (PCMHT)**
Mississippi Department of Mental Health
- Aug 2022** **Mental Health First Aid Training; Hearing Voices Training/Simulation; Assessing and Managing Suicide Risk (AMSR) Training; Counseling on Access to Lethal Means (CALM) Training**

Communicare Community Mental Health Center, Oxford, MS
Facilitator: Kerri P. McKnatt, M.Ed., NCC, LPC-S

- May 2022** **Diagnostic Interview for Anxiety, Mood, and Obsessive-Compulsive and Related Neuropsychiatric Disorders (DIAMOND) Training Program**
Online training by Hartford HealthCare
- Fall 2021** **Evidence-Based Services Seminar**
University of Mississippi, Department of Psychology
Instructor: John Young, Ph.D.
- April 2021** **Telepsychology Best Practices 101: Four-Part Series**
Online training by American Psychological Association

HONORS AND AWARDS

- April 2024** **Graduate Student Research Achievement Award**
University of Mississippi, Department of Psychology, University, MS
- April 2024** **Graduate Student Achievement Award**
University of Mississippi, College of Liberal Arts, University, MS
- May 2018** **Irvin S. Wolf Psychology Student Award**
Denison University, Granville, OH
- May 2018** **Phi Beta Kappa, Academic Honor Society**
Denison University, Granville, OH
- May 2018** **WGCA All-American Scholar**
Denison University, Granville, OH
- 2016 – 2018** **NCAC Academic Honor Roll**
Denison University, Granville, OH
- 2016 – 2018** **Top 50 Student Athlete**
Denison University, Granville, OH
- May 2017** **Psi Chi, The National Honor Society in Psychology**
Denison University, Granville, OH
- 2014 – 2017** **Dean's List**
Denison University, Granville, OH
- May 2014** **Phi Society**
Denison University, Granville, OH