

# KATHRYN A. DEYOUNG

## SUMMARY

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Operations specialist with over 10 years of experience successfully designing, implementing, and managing complex, large-scale projects for both biological and psychosocial research programs sponsored by the National Institutes of Health (NIH) and private foundations. Well-established ability to successfully motivate, lead, and inspire team members in rapidly growing organizations. Uniquely qualified in the development of evaluation tools that measure and stimulate program performance. Licensed mental health provider (MD LGM821) whose systemic clinical background provides an expansive ecological perspective on the multidirectional influences of community, family, and individual risk factors on mental health and general well-being. Specialized work experience in assessment, human performance optimization, and suicide research and intervention.

## PROFESSIONAL EXPERIENCE

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### Founder & Licensed Psychotherapist

May 2021 – Present

*TheraQuest LLC, Bethesda, MD*

- Provide consulting services to clients who are navigating the complexities of the mental healthcare system, empowering them to make more effective and efficient choices
- Deliver personalized mental health services to individual adults and youth, couples, and families

### Director of Laboratory Operations

August 2016 – Present

*Affective and Translational Neuroscience Laboratory, University of Maryland, College Park, MD*

- Design, implement, and manage day-to-day operations involving all laboratory staff and ongoing research studies
- Work collaboratively with a range of stakeholders—from Principal Investigators and diagnosticians to biostatisticians and data scientists—to advance fundamental understanding of emotion and emotional disorders, enabling the development of targeted, scalable, low-cost psychosocial e-Health/mHealth intervention strategies
- Responsible for the development of a multi-modal data collection pipeline that vastly improved recruitment, enrollment, and data quality, increasing returns by 40%

### Executive Officer

December 2015 – August 2016

### IRB Coordinator & Research Consultant

August 2014 – December 2015

*Henry M. Jackson Foundation for the Advancement of Military Medicine*

*Consortium for Health and Military Performance (CHAMP), Uniformed Services University of the Health Sciences, Bethesda, MD*

- Provided oversight and leadership for a fast-growing Department of Defense identified Center of Excellence for human performance optimization, with a focus on basic and clinical research aimed at maximizing service member performance in the operational environment and resilience of the global military family
- Used evidence-based change management strategies to enhance staff development and growth, minimize redundancy, and maximize adaptation to change
- Trained staff in the implementation and sustainment of new programmatic, organizational, and research best practices
- Evaluated, designed, and implemented new systems, procedures, and staff performance metrics to achieve measurable improvements in CHAMP's organizational performance and quality of deliverables
- Conducted administrative and regulatory review of protocols to ensure compliance with relevant federal and local regulations for research involving animals and human subjects
- Developed, implemented, and managed multiple research projects with other scientific and technical staff aimed at evaluating and promoting human performance (e.g. examining the efficacy of a service dog-based PTSD intervention)

### Program Manager

April 2013 – August 2014

*Fulcrum IT Services, LLC*

*Injury Prevention Research Laboratory, Uniformed Services University of the Health Sciences, Bethesda, MD*

- Oversaw the implementation of large federally funded studies aimed at the development of effective screening and testing tools for injury prediction ( $N > 1700$ ) and evaluation of injury prevention programs in basic training, and active duty populations ( $N > 800$ )
- Additional responsibilities included (1) assisting with grant writing, (2) managing and training staff, (3) project logistics planning, (4) coordinating study budgets, (5) maintaining study records, and (6) data acquisition and processing

### Clinical Trials Program Manager

May 2012 – March 2013

### Clinical Trials Recruitment and Follow-Up Coordinator

September 2011 – May 2012

### Research Coordinator

April 2010 – September 2011

*Henry M. Jackson Foundation for the Advancement of Military Medicine*

*Suicide Care Prevention and Research Initiative, Uniformed Services University of the Health Sciences, Bethesda, MD*

- Managed clinical effectiveness trials on cognitive therapy and safety planning with suicidal individuals while establishing bold but realistic goals related to patient recruitment and follow-up assessments
- Played an instrumental role in an international research effort, organized by the North Atlantic Treaty Organization (NATO) Research Task Group on military suicide, developing surveys to be administered to all NATO and partner-for-peace nations to learn about the problem of military suicide in their countries and the selected best prevention practices
- Relevant clinical and assessment trainings included (1) Safety Planning with Suicidal Individuals, (2) Motivational Interviewing, (3) Clinician-Administered PTSD Scale (CAPS), (4) Columbia Suicide Severity Rating Scale (C-SSRS), and (5) Scale for Suicide Ideation (SSI)

### Senior Research Assistant

May 2009 – December 2009

*Gordon Couples Research Lab, University of Tennessee, Knoxville, TN*

- Conducted onsite subject recruitment and assessments in a hospital setting for an NIH-sponsored study on risk factors for intimate partner violence during pregnancy
- Administered clinical assessments, including the Time-Line Follow Back (TLFB) for substance use and partner violence
- Developed and implemented a more efficient and streamlined approach for longitudinal assessment, dramatically enhancing compliance and sample retention

### EDUCATION

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#### University of Maryland, School of Public Health

College Park, MD

*Master of Science, Couple and Family Therapy*

#### American University, College of Arts and Sciences

Washington, DC

*Master of Arts, Psychology*

#### University of Tennessee, College of Arts and Sciences

Knoxville, TN

*Bachelor of Arts, Psychology*

### SELECTED PUBLICATIONS AND SPONSORED RESEARCH

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#### Peer-Reviewed Publications

- “Neuroticism is selectively associated with longitudinal changes in broadband internalizing symptoms, but not narrow-band positive affect or anxious arousal in emerging adulthood”, *Clinical Psychological Science*, [in press] [PDF](#)
- “Acute nicotine abstinence amplifies subjective withdrawal symptoms and threat-evoked fear and anxiety, but not extended amygdala reactivity”, *PLoS One*, 2023 [PDF](#)
- “Structural brain correlates of childhood inhibited temperament: an ENIGMA-Anxiety mega-analysis” [Registered Report], *Journal of the American Academy of Child and Adolescent Psychiatry*, 2022 [PDF](#) *Selected as a Best of 2022 article by the Editors of JAACAP*
- “Training the next generation of clinical psychological scientists: Challenges and recommendations”, *Annual Review of Clinical Psychology*, 2022 [PDF](#)
- “Anxiety-related fronto-cortical activity is associated with dampened stressor reactivity in the real world”, *Psychological Science*, 2022 [PDF](#)
- “Anxiety and the neurobiology of temporally uncertain threat anticipation”, *Journal of Neuroscience*, 2020 [PDF](#)
- “Social context and the real-world consequences of social anxiety”, *Psychological Medicine*, 2020 [web](#)
- “Perspectives of suicide bereaved individuals on military suicide decedents' life stressors and male gender role stress”, *Archives of Suicide Research*, 2017 [web](#)
- “Principal component analysis of the Suicide Opinion Questionnaire in a United States military sample of Marine Corps Non-Commissioned Officers”, *Military Medicine*, 2016 [PDF](#)
- “Perceived barriers to seeking mental health care among United States Marine Corps Non-Commissioned Officers serving as gatekeepers for suicide prevention”, *Psychological Assessment*, 2016 [web](#)
- “Diagnostic and psychosocial differences in psychiatrically hospitalized military service members with single versus multiple suicide attempts”, *Comprehensive Psychiatry*, 2014 [PDF](#)

#### Sponsored Research

- Co-Investigator. *Using computational neuroimaging and extended smartphone assessment to understand the pathways linking threat-related brain circuits to alcohol misuse across adulthood*. NIAAA R01. [AA030042](#). \$3,088,370 in total costs.
- Co-Investigator. *Using theory- and data-driven neurocomputational approaches and digital phenotyping to understand RDoC acute and potential threat*. NIMH R01. [MH131264](#). \$3,869,739 in total costs.

### AWARDS

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- Jennifer Becker-Carswell Award, Department of Family Science, School of Public Health, University of Maryland
- Jeanette Spier Beavers Endowed Memorial Scholarship, School of Public Health, University of Maryland