

CURRICULUM VITAE

Sally Ho, B.S.

Center for Translational Research

Children's National Hospital

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EDUCATION

Bachelor of Science, Psychology

May 2022

Texas Christian University (TCU), Fort Worth, TX

Cumulative GPA: 3.98

Honors: *Summa Cum Laude, Departmental Honors in Psychology*

Senior Thesis: *The Effects of Paternal Disengagement on Women's Self-perceived Mate Value*

Supervisor: Sarah Hill, Ph.D.

RELEVANT RESEARCH EXPERIENCE

University of Maryland, Baltimore County

Baltimore, MD

Graduate Research Assistant

August 2024 – Present

- Teaching assistant for Research Methods in Psychology
- Research assistant for the Cognition, Affect, and Cardiometabolic HEalth (CACHE) Lab
- Project: *Glucose Variability as a Digital Biomarker for Preclinical AD Risk in Prediabetes (NIA 5R21AG077647-02)*
Principle Investigator: Tasneem Khambaty, Ph.D.

Children's National Hospital (CNH)

Washington, DC

Center for Translational Research | Behavioral Diabetes Team

Clinical Research Assistant

June 2022 – July 2024

Mindfulness-based Intervention for Depression and Insulin Resistance in Adolescents (NCCIH 1U01 AT011008).

A pilot randomized controlled trial testing multisite fidelity, feasibility, and acceptability of a mindfulness-based intervention in preparation for a future multisite efficacy trial.

Principle Investigator: Lauren Shomaker, Ph.D.; Co-Investigator: Eleanor Mackey, Ph.D.

Multisite Responsibilities:

- Primary research coordinator for the CNH site
- Ensure compliance with both multisite and CNH site-specific study protocols
- Assist the lead site with Independent Monitoring Committee reports and Consolidated Standards of Reporting Trials (CONSORT) recruitment charts
- Assist all sites with staffing for remote clinical interviews

- Manage multisite REDCap database to ensure all data entries, protocol deviation, adverse event, and enrollment logs are correct and updated
- Prepared materials and responsible for clinical trial site audit

Local Site Responsibilities:

- Recruited participants and screened for eligibility using various recruitment methods, including in-clinic approaches at a primary care pediatric clinic, an endocrinology clinic, targeted calls, and social media advertisements
- Coordinated personnel to ensure sufficient staff coverage for recruitment and study visits
- Facilitated 3-hour virtual/in-person baseline screening visits. Procedures included consenting participants, reviewing family medical history of type-2 diabetes, assessing suicidality risks, and distributing at-home research activities (i.e., saliva collection and Actigraph activity belt)
- Facilitate 7-hour in-person study visits at baseline, post-treatment, and 1-year follow-up. Procedures include adolescent body measurement, BodPod body scan, suicidality assessment and overeating clinical interviews, Test Meal food assessments, Oral Glucose Tolerance Test for type-2 diabetes risk, and Trier Social Stress Test
- Coordinate study personnel and appointment scheduling for study visits across baseline, post-treatment, and 1-year follow-up
- Conduct the Kiddie Schedule for Affective Disorders and Schizophrenia-Computerized (KSADS-COMP; Suicidality module) and the Eating Disorder Examination (Overeating module) with adolescent participants
- Assist families and participants with study visit logistics, study payments, completing at-home research materials with compliance, and navigating the overall research trial
- Process participant compliance with at-home research materials, including saliva collection using MEMS Medication Adherence Device and Actigraph belt with ActiLife software
- Assist laboratory technician with packing and shipping saliva and blood samples to the lead site
- Ensure sufficient and protocol-compliant supplies of blood glucose test strips, blood vials, BodPod breathing tubes, and Test Meal food items

Feasibility Trial of a Mindfulness-based Intervention to Reduce Maladaptive Eating Behaviors in Youth with Type 1 Diabetes (NCCIH R34 AT011035-01A1).

A two-way pilot randomized controlled trial testing feasibility and acceptability of a mindfulness-based intervention tailored for teens with Type 1 Diabetes.

Principal Investigator: Eleanor Mackey, Ph.D.

- Review participants' medical charts and update medical information on REDCap database
- Conducted qualitative interviews with adolescent participants
- Generated group program acceptability data for both experimental and control groups

- Prepare poster presentations and manuscripts for publications

UT Southwestern Moncrief Cancer Institute

Fort Worth, TX

Psycho-Oncology Research Intern

September 2021 – May 2022

Supervisor: Laura Howe-Martin, Ph.D., ABPP

- Analyzed data of over 14,000 patients who participated in cancer genetic and psychological screening using advanced SPSS statistical analyses
- Assisted psycho-oncologists with literature review, advanced data cleaning and analyzing, publications, and poster presentations

Senior Departmental Honors Thesis: The Effects of Paternal Disengagement on Women's Self-perceived Mate Value

Fort Worth, TX

Faculty Advisor: Sarah E. Hill, Ph.D.

January 2021 – May 2022

- Designed an original research experiment and submitted a research protocol and modifications for IRB reviews
- Led a team of 4 undergraduate research assistants to facilitate study sessions with female college students
- Analyzed data and presented results to the departmental thesis committee

Health and Relationship Lab | TCU

Fort Worth, TX

Faculty Advisor: Sarah E. Hill, Ph.D.

Undergraduate Research Assistant

Spring 2019 – May 2022

Associations Between Hormonal Contraceptive Use, Women's Stress Response, Inflammation, and Mood (Spring 2021 – May 2022)

- Administered over 200 phone screens to recruit healthy female college students
- Led a team of 3 undergraduate research assistants to reach recruitment targets. Conditions included women who were naturally cycling versus pill-taking women (levels included first/second/third/fourth-generation hormonal birth control pills)
- Scheduled and facilitated research study sessions. Procedures included collecting saliva, monitoring participants' completions of Inquisit Millisecond tasks, facilitating questionnaires, surveys, and debriefing participants
- Managed, stored, pipetted, and centrifuged over 500 saliva samples

Ovulation, Fertility, and Women's Visual Acuity to Mating Cues (Spring 2019 – Fall 2020)

- Scheduled and facilitated over 200 research study sessions with female college students. Procedures included administering the ovulation fertility test strips, collecting saliva, facilitating surveys, and debriefing participants

Lab-wide Research Tasks

- Reviewed research literature and assisted graduate students with designing research protocols

- Piloted questionnaires and surveys for over 10 studies for graduate students
- Coded over 90 videos of participants interacting with a research confederate using behavioral rating scales
- Participated in bi-weekly meetings to discuss research literature in Evolutionary Social Psychology

Families, Autism, & Child Emotion Studies Lab | TCU

Fort Worth, TX

Faculty Advisor: Naomi Ekas, Ph.D.

Undergraduate Research Assistant

August 2019 – May 2021

Identifying Longitudinal Mechanisms Linking the Quality of Family Relationships and Comorbid Internalizing Symptoms among Children with Autism Spectrum Disorder (ASD) (NICHD 1R15HD094279-01).

Principle Investigator: Chrystyna Kouros, Ph.D.; Co-Investigator: Naomi Ekas, Ph.D.

- Coded over 80 behavioral videos of children with ASD using the System Coding Interactions and Family Functioning (SCIFF)
- Monitored and controlled recording cameras behind a one-way mirror and observed parent-child visits to the lab
- Administered questionnaires and interviews to parents and children with ASD

Lab-wide Research Tasks

- Conducted targeted email outreach to school systems and local Fort Worth communities to recruit participants for 3 research studies
- Designed and presented research posters at research conferences
- Participated in weekly meetings to discuss current research topics in Developmental Psychology

Mood Disorder Lab | UT Austin

Austin, TX (Virtual)

Faculty Advisor: Christopher Beevers, Ph.D.

Research Associate

Summer 2020

- Selected as a competitive and underrepresented undergraduate research trainee to attend the UT Austin Summer Undergraduate Research Experience
- Attended weekly seminars on research and career development with the 2020 Cohort
- Attended weekly meetings with graduate students to discuss literature review and develop a psychological research poster

PEER-REVIEWED PUBLICATIONS

1. Basch, M., Lupini, F., **Ho, S.**, Dagnachew, M., Gutierrez-Colina, A. M., Patterson Kelly, K., ... & Mackey, E. (2024). Mindfulness-based group intervention for adolescents with type 1 diabetes: initial findings from a pilot and feasibility randomized controlled trial. *Journal of Pediatric Psychology*, jsae071.

2. Sanchez, N., Chen, M., **Ho, S.**, Spinner, H., Vagadori, J., Neiser, A., Padilla, K., Bristol, M., Winfield, E., Thorstad, I., Gulley, L. D., Lucas-Thompson, R. G., Pyle, L., Thompson, T., Estrada, D. E., Basch, M., Tanofsky-Kraff, M., Kelsey, M. M., Mackey, E. R., & Shomaker, L. B. (2024). Mindfulness-based intervention for depression and insulin resistance in adolescents: Protocol for BREATHE, a multisite, pilot and feasibility randomized controlled trial. *Contemporary clinical trials*, *141*, 107522. <https://doi.org/10.1016/j.cct.2024.107522>.
3. **Ho, S.**, Cooke, F., Ramos, A., McQuaid, E. L., Sharma, H., & Herbert, L. J. (2024). Anxiety among youth with food allergy. *Journal of pediatric psychology*, *49*(7), 473–481. <https://doi.org/10.1093/jpepsy/jsae026>.
4. **Ho, S.**, Palka, J. M., Mersch, J., Martin, W. B., & Howe-Martin, L. (2024). The dynamic buffering of social support on depressive symptoms and cancer worries in patients seeking cancer genetic counseling. *Journal of Cancer Survivorship*, 1-10.
5. **Ho, S.**, Mersch, J., Martin, W. B., & Howe-Martin, L. (2023). Exploring Depressive Symptoms and Cancer Worries in a High-Volume Cancer Genetics Clinic: What Are the Roles of Age and Cancer Diagnosis? *Journal of Adolescent and Young Adult Oncology*. *12*(3), 445-449.

PROFESSIONAL PRESENTATIONS

1. Lupini, F., Dagnachew, M., **Ho, S.**, Vagadori, J.A., Basch, M., Gutiérrez-Colina, A., Kelly, K., Shomaker, L.B., Streisand, R., Mackey, E. Income as a moderator for the effects of a mindfulness-based intervention for adolescents with type 1 diabetes. Poster accepted to the Society of Pediatric Psychology Annual Conference 2024.
2. **Ho, S.**, Lupini, F., Vagadori, J.A., Basch, M., Dagnachew, M., Gutiérrez-Colina, A., Kelly, K., Shomaker, L.B., Streisand, R., Mackey, E. *How stress, perfectionism, and social determinants of health relate to diabetes distress in adolescents with type 1 diabetes*. Poster accepted to the Society of Pediatric Psychology Annual Conference 2024. New Orleans, LA.
2. Basch, M., Lupini, F., Vagadori, J., **Ho, S.**, Gutierrez-Colina, A., Kelly, K.P., Streisand, R., Shomaker, L., & Mackey, E. *Mindfulness-based group intervention for adolescents with Type 1 diabetes: Initial findings from a pilot and feasibility randomized controlled trial*. Abstract/paper accepted to the Society of Pediatric Psychology Annual Conference 2024. New Orleans, LA
3. Mackey, E., Lupini, F., & **Ho, S.** (2023, September). *Mindfulness-based intervention for adolescents with type 1 diabetes*. Invited presentation at the Integrative Mental Health and Cardiometabolic Health Research Retreat. Colorado State University, Fort Collins, CO.

4. **Ho, S.** *Standard of operation for the Trier Social Stress Test.* (2023, March). Invited to present, train, and conduct a simulation of procedures for an NIH/NIDDK research team led by Dr. Stephanie Chung. National Institute of Health, Bethesda, MD.
5. **Ho, S.,** Lupini, F., Streisand, R., Mackey, E. (2023, March). *Disordered eating and glycemic control in youth with type 1 diabetes: The potential impact of low-resourced environments.* Poster presented at the Society of Pediatric Psychology Annual Conference 2023. Chicago, IL.
6. **Ho, S &** Howe-Martin, L. (2022, August). *Predictors of depressive symptoms among adolescents and young adult patients with cancer.* Data Bliss Session presented at the American Psychological Association Annual Conference 2022. Minneapolis, MN.
7. **Ho, S.,** Gonzales, K., Eastin, C., Madison, S., Kouros, C., & Ekas, N.V. (2021, April). *Examining associations between marital conflict and sleep quality in children and adolescents with autism spectrum disorders.* Poster presented at the Society for Research in Child Development Biannual Conference. Virtual due to COVID.
8. **Ho, S.,** Cunningham, K.R., Hill, S.E. (2021, April). *The impact of ecological context on judgments of life-history strategy.* Poster presented at the Texas Christian University College of Science & Engineering Student Research Symposium. Virtual due to COVID.
9. **Ho, S.,** Sedlacek, A., Zisser, M. (2020, July). *The effects of paternal disengagement on women's self-perceived mate value.* Poster presented at the University of Texas at Austin Summer Undergraduate Research Experience. Virtual due to COVID.
10. Posz, M., Preston, M., **Ho, S.,** Rafferty, D., & Ekas, N.V. (2020, April). *Examining predictors of parenting warmth and competence in mothers and fathers of children with autism spectrum disorders.* Poster accepted to the Gatlinburg Conference on Research and Theory in Intellectual and Developmental Disabilities, San Diego, CA. (Conference canceled due to COVID).

HONORS AND AWARDS

Diverse Scholar Award – Runner-Up	2023
Society for Pediatric Psychology	
Summa Cum Laude	2022
Texas Christian University	
Departmental Honors in Psychology	2022
Texas Christian University, John V. Roach Honors College	
Dean's List	2018-2022
Texas Christian University	
Science and Engineering Research Center Grant (\$900)	2021
Texas Christian University, College of Science and Engineering	

Conference Travel Award (\$600)	<i>Spring 2020 & 2021</i>
Texas Christian University, John V. Roach Honors College	
Community Scholar Full-Ride Scholarship	<i>2018</i>
Texas Christian University	

CLINICAL SKILLS

- Kiddie Schedule for Affective Disorders and Schizophrenia-Computerized (KSADS-COMP) – Suicidality module
- Eating Disorder Examination – Overeating module

TECHNICAL SKILLS

Computers:

- Advanced SPSS Data Analysis Software
- Qualtrics Survey Software
- REDCap database creation, data entry, and data exports
- OnCore Clinical Trial Management
- Medical chart reviews in Cerner and eClinicalWorks
- Word, PowerPoint, Excel

Languages

- English and Vietnamese (bilingual proficiency)

Behavioral research devices:

- Basic competency in Actigraph GT3X, MEMS Cap, BodPod body scan

ADDITIONAL TRAINING & WORKSHOPS

Racial Equity Challenge *September – October 2023*

Children's National Hospital – Diversity, Equity, and Inclusion Program

- Attended a 9-week training in anti-racist education to further knowledge of power, privilege, supremacy, oppression, and equity as it relates to the experience of African Americans in the United States and in the field of psychology

Diversity, Equity, and Inclusion Dialogues *July 2022 – Present*

Children's National Hospital – Center for Translational Research

- Attend monthly group discussions of diversity, equity, and inclusion initiatives relevant to psychological and medical research

SERVICE EXPERIENCE

Society of Pediatric Psychology

March 2023

- Presented the conference keynote speaker and the Anti-Racism grant awardees at the Society of Pediatric Psychology Annual Conference 2023

Juvenile Diabetes Research Foundation*January 2023*

- Partnered with kids with Type-1 diabetes for icebreakers, arts and crafts, reading books, and facilitating discussions at the 2023 Type-One Summit

Community Scholar Volunteer Activities*August 2018 – May 2022*

- Volunteered 20 hours per semester in the Fort Worth community, including the Tarrant County Foodbank, Fort Worth Fire Department, North Inter-Community Agency, and Boys and Clubs of Greater Tarrant County

Frogs for Autism*August 2019 – May 2020*

- Partnered with children with autism spectrum disorders as their supervising buddy at Wedgwood Academy in Fort Worth, TX

Kinder Frogs*August 2018 – May 2019*

- Assisted teachers in the classrooms of children with Down Syndrome

LeaderKids*August 2018 – May 2020*

- Mentored 5 eighth graders from low-resourced Ft Worth middle schools for 5 semesters

Global Vision International Volunteer*May 2019, South Africa*

- Tutored computer skills to low-income South African women in the Langa township
- Tutored English and Math to underprivileged South African children at the ACJ school

Grace United Methodist Church of Arlington*Summer 2019*

- Tutored English and basic computer skills to children of immigrants who have limited English abilities in the community of Arlington, TX

PROFESSIONAL AFFILIATIONS

Society of Pediatric Psychology (APA Division 54)	<i>2022-Present</i>
Society of Health Psychology (APA Division 38)	<i>2021-2022</i>
Psi Chi Honors Society	<i>2020</i>

REFERENCES

Eleanor Mackey, Ph.D.*Associate Professor of Psychology and Behavioral Health**Director of Mental Health Services, Bariatric Surgery Program*

Children's National Hospital

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Laura Howe-Martin, Ph.D., ABPP*Director of Behavioral Sciences*

Professor and Psychologist

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Sarah E. Hill, Ph.D.

Professor, Texas Christian University, Department of Psychology

Principal Investigator, The Health and Relationship Lab

Author: How the Pill Changes Everything – Your Brain on Birth Control

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