

Sumaiya DeLane, B. A.

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EDUCATION

Aug 2020–
Present **University of Maryland, Baltimore County (UMBC)**, Baltimore, MD
Ph.D. student, Human Services Psychology Program, Behavioral Medicine

Aug 2014–
May 2018 **Vanderbilt University**, Nashville, Tennessee
Bachelor of Arts
Major: Medicine, Health, and Society Minor: Neuroscience

Jan 2017–
July 2017 **University of Auckland, New Zealand**
International student, study abroad semester in health promotion

CLINICAL EXPERIENCE

Sept 2024–
Present **McGill Neuropsychology**, McLean, VA
Pediatric Neuropsychology Extern
Supervisors: Catherine McGill, Psy.D.; Kelly Macdonald, Ph.D.

- Conduct neuropsychological assessment in children with concerns for learning disorders, ADHD, intellectual disability, emotion regulation problems; evaluate cognitive functioning and development in children with complex medical histories
- Compose comprehensive neuropsychological reports including background and medical history, assessment results, tailored recommendations for intervention strategies, educational accommodations, and further clinical evaluation

Aug 2023–
Sept 2024 **Division of Pediatric Neuropsychology at Children’s National Hospital**, Shady Grove, MD
General Pediatric Neuropsychology Extern
Supervisors: Kelly Macdonald, Ph.D.; Jacqueline Sanz, Ph.D., Karin Walsh, Ph.D.

- Conducted neuropsychological assessments in children with concerns for learning disorders, ADHD, intellectual disability, emotion regulation problems; evaluated cognitive functioning and development in children with history of oncology treatments or chemotherapy
- Assesed a broad range of functions, including intelligence, attention, executive function, language, visual processing, learning and memory, social cognition, fine motor skills, and emotional adjustment
- Gained peroficiency in administering: Wechsler Intelligence Scale for Children – Fifth Edition (WISC-V, Kaufman Test of Educational Achievement – Third Edition (KTEA-3), Wide Range Assessment of Memory and Learning – Third Edition (WRAML-3), Conners' Continuous Performance Test – Third Edition (CPT-3), Grooved Pegboard test, Beery-Buktenica Developmental Test of Visual-Motor Integration (VMI), California Verbal Learning Test for Children (CVLT-

- C), and Delis-Kaplan Executive Function System (DKEFS)
- Reviewed patient intake documents and medical records to aid parent interviews
- Implemented efficient scoring techniques across assessments
- Systematically organized and synthesized test data
- Contributed to interpretation of test data, diagnoses formulation, and conceptualization of unique patient profiles
- Composed neuropsychological reports, including background, assessment results, and recommendations

May 2022–
June 2023

Expressive Therapy Center, North Potomac, MD

Assessment and Therapy Intern

Supervisors: Stephanie Natter, M.A.; Corine Crowley, Ph.D.

- Provided individual therapy for children, adolescents, and adult clients with a variety of presenting problems including mood disorders, anxiety, autism spectrum disorders, trauma and grief, ADHD, social skills deficits, anger management, adjustment issues, interpersonal stress, and personal growth
- Conducted intake and individual weekly therapy sessions with children, adolescents, and adults; write intake reports outlining therapeutic needs and weekly progress notes detailing trajectories of functional statuses and treatment
- Provided group therapy for children and adolescents to improve communication skills, social skills, emotional regulation, and self-esteem
- Employed evidence-based treatments derived from Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT), and art and play therapy-based techniques
- Measured client cognitive functioning and academic abilities through administration of standardized testing including Woodcock Johnson III, WISC-IV, and WAIS-IV
- Assessed executive functioning through administration of the Conner's III, Integrated Visual and Auditory Continuous Performance Test
- Administered Child Depression Inventory, Multidimensional Anxiety Scale for Children, Behavioral Assessment Scale for Children, and Behavior Rating Inventory of Executive Function self, teacher and parent scales to assess client's emotional well-being and daily functioning
- Consulted with primary care physicians and other medical specialists, parents, and school staff regarding comprehensive care goals and expectations for clients
- Drafted psychological evaluation and assessment reports for children and adolescents to offer diagnostic impressions and recommendations for treatment and accommodations
- Participated in weekly individual and group supervision meetings
- Adapted treatment goals to meet the need of clients from diverse backgrounds

Sept 2021–
June 2022

UMBC Psychology Training Clinic, Baltimore, MD

Practicum Therapist

Supervisors: Lynnda Dahlquist, Ph.D., Chris Murphy, Ph.D., Rebecca Schacht, Ph.D.

- Conducted phone screens to determine eligibility and compatibility of potential clients
- Conducted intake sessions to assess therapeutic needs
- Assessed clients' desired goals and develop plans for psychotherapy
- Provided individual therapy for adult clients presenting concerns including suicidality, posttraumatic stress, anxiety, depression, parenting, adjustment issues, social skills, life transitions, and interpersonal relationships
- Employed evidence-based treatments derived from CBT, DBT, ACT, and Cognitive Processing Therapy (CPT)
- Wrote intake reports and weekly progress notes detailing trajectories of functional statuses and treatment
- Monitored client progress through on-going administration of routine outcome measures
- Participated in weekly individual and group supervision meetings
- Presented case conceptualizations
- Adapted treatment goals to meet the need of clients from diverse backgrounds

RESEARCH & PROFESSIONAL EXPERIENCE

Aug 2020–
Present

UMBC Cognition, Affect, and Cardiometabolic Health Lab, Baltimore, MD

Graduate Research Assistant, Study Coordinator

Supervisor: Tasneem Khambaty, Ph.D.

Primary Research Project:

Cognition and Metabolism in Prediabetes Study (CAMPS)

- Pilot study examining cognitive function and functional status using continuous glucose monitoring system (CGMS) technology derived glucose variability
- Guide study participants through informed consent and study procedures
- Administer neurocognitive battery measuring learning, attention, and memory
- Instruct study participants on using glucose monitoring systems

UMBC Psychology Department, Baltimore, MD

Graduate Teaching Assistant

– Adolescent Psychology (Professor: Erika Fountain, Ph.D.); Psychological Assessment (Professor: Julie Grossman, Ph.D.); Culture and Psychology (Professor: Donald Knight, Ph.D.); Abnormal Psychology (Professor: Peter Resta, Ph.D.)

- Facilitate class discussion, ensure active student participation, manage gradebook, and offer feedback on submitted assignments

Sept 2018–
Aug 2020

National Center for PTSD - Women's Health Sciences Division, Boston, MA

Research Assistant

Supervisor: Suzanne Pineles, Ph.D.

Primary Research Projects:

An Electrophysiological Predictor of SSRI Response in Veterans with PTSD

– Four-year study investigating the effectiveness of a brief screening method using auditory and visual evoked response potentials (ERPs) to predict

response to sertraline in patients with PTSD

- Guided study participants with PTSD through informed consent
- Efficiently guided participants through the 11-sessions study protocol, taking primary responsibility for administering ERP data collection procedures

The Psychophysiology and Neurobiology of PTSD across the Menstrual Cycle

– Study investigating levels of GABA and neuromodulators of GABA as mediators of PTSD and menstrual phase effects on psychophysiological tasks assessing startle reactivity, attentional filtering, and fear-learning

- Conducted a literature review on GABA levels in PTSD and depression
- Collaborated with research team to write a manuscript

Mechanisms underlying Efficacy of Prolonged Exposure

– Pilot study using the NINScan system, wearable technology recording peripheral skin conductance, heart rate, electromyography, and functional near-infrared spectroscopy of the dlPFC, to examine physiological predictors and processes that contribute to better PTSD treatment outcomes

- Searched, evaluated, and organized existing literature on prolonged exposure treatment response

Supervisor: Brian Smith, Ph.D.

Primary Research Projects:

The Health of Vietnam-Era Women's Study (HealthVIEWS)

– Study examining the impact of early life traumatic stress exposure and mental health sequelae on later life health in an epidemiological cohort of older women veterans

- Examined literature on prevalence of cancer outcomes, cardiovascular disease, obesity, and diabetes in women
- Conceived analysis of the relationship between PTSD symptom severity and cardiovascular conditions to include in manuscript
- Assembled data and relevant content for presentation

Trauma, PTSD, and Health Outcomes; Dr. Brian Smith, Ph.D.

– Series of studies examining risk mechanisms, treatment efficacy, and health correlates of trauma, PTSD, and comorbidities

Additional National Center for PTSD Responsibilities:

Attended weekly meetings where investigators presented research activities in including project conceptualization, grant preparation, study design, and data analysis

Aug 2016–
May 2018

Vanderbilt Emotion and Anxiety Research Lab, Nashville, TN

Research Assistant

Supervisor: Bunmi Olatunji, Ph.D., Laura Fritzsche, M.Ed.

Primary Projects

Emotion and Behavior

– Study comparing the impact of exposure supplemented by emotional affect or body sensation labelling to standard exposure intervention

- Contributed to designing 30-item behavioral approach exposure task
- Conducted semi-structured interviews about history of arachnophobia
- Guided participants through emotion and body sensation labeling training
- Administered hierarchical behavioral approach task

- Monitored heart rate in real time and recorded qualitative data
- Constructed multi-armed REDCap database, optimized for double data entry
- Organized and maintained hard-copy data files for each study session

Supervisor: Bunmi Olatunji, Ph.D., Kelly Knowles, Ph.D.

Primary Projects

Behavior & Physiology

– Study comparing how disgust and anxiety reactions, measured by self-report and physiological monitoring, change after hierarchical versus variable exposure interventions in contamination fearful individuals

- Acquired physiological data using a Biopac System
- Measured abdominal and thoracic expansion, electrical cardiac activity, skin conductance and heart rate variability

Additional Emotion and Anxiety Research Lab Responsibilities:

- Attended weekly meetings and explored topics such as safety behaviors and threat perception, heart rate variability and biofeedback, acute stress and inhibitory control, posttraumatic stress symptoms and anxiety sensitivity, tolerance of uncertainty, and exposure treatment
- Produced detailed procedures for research personnel outlining how to moderate uncontrollable anxiety, panic, or acute stress reactions
- Completed data entry and validation

May 2016-
Aug 2016

University of Maryland Brain and Hearing Lab, College Park, MD

Research Assistant

Supervisor: Dr. Samira Anderson, Ph.D.

Primary Projects & Responsibilities:

Neural processing in younger and older cochlear implant (CI) use

– Study investigating biological aging effects on central auditory processing by comparing younger and older normal-hearing and CI participants' electrophysiological responses to speech stimuli

- Conducted EEG testing, processed and analyzed ERP data
- Routinely processed preliminary MATLAB data
- Administered WASI-II tests
- Observed magnetoencephalography technique

PEER REVIEWED PUBLICATIONS

Arditte Hall, K. A., **DeLane, S. E.**, Anderson, G. M., Lago, T. R., Shor, R., Wang, W., Rasmusson, A. M., & Pineles, S. L. (2021). Plasma gamma-aminobutyric acid (GABA) levels and posttraumatic stress disorder symptoms in trauma-exposed women: a preliminary report. *Psychopharmacology*, 238(6), 1541–1552. <https://doi.org/10.1007/s00213-021-05785-z>

AD HOC REVIEWER

Co-reviewer with Dr. Pineles for the *European Journal of Psychotraumatology*. (2020).

Co-reviewer with Dr. Pineles for the *Journal of Consulting and Clinical Psychology*. (2019).

Co-reviewer with Dr. Pineles for the *Journal of Affective Disorders*. (2019).

Co-reviewer with Dr. Pineles for Behaviour Research and Therapy. (2019).

SELECTED SYMPOSIA & CONFERENCE PRESENTATIONS

DeLane, S., Waldstein, S.R., Alsina, E., Sun, R., Katzel, L. I., Khambaty, T. (2022, April). *Age by sex interactions in the association of glycemic variability with neurocognitive function in healthy community-dwelling older adults*. Poster presented at the Annual meeting of the American Psychosomatic Society. Long Beach, CA.

Smith, B.N., **DeLane, S.**, Spiro, A., Frayne, S.M., & Magruder, K.M. (2020, March). *Cardiometabolic risk associated with lifetime PTSD and depression in the Health of Vietnam Era Women's Study (HealthViEWS)*. Paper presented at the Annual meeting of the American Psychosomatic Society, Long Beach, CA.

DeLane, S., Spiro, A., Magruder, K. M., Smith, B. N. (2019, November). *PTSD symptoms yield poor cardiovascular health in older women veterans: Examining risk by diagnostic threshold*. Poster session presented at the Annual meeting of the International Society for Traumatic Stress Studies, Boston, MA.

DeLane, S., Pineles, S. L., Arditte-Hall, K. (2019, November). *Plasma GABA Levels in Trauma Exposed Women with or without PTSD*. Poster session presented at the Annual meeting of the International Society for Traumatic Stress Studies, Boston, MA.

Smith, B. N., Spiro, A., **DeLane, S.**, Frayne, S. M., & Magruder, K. M. (2019, November). *Wartime stress exposures and lifetime PTSD and depression as predictors of cardiometabolic risk in Vietnam-era women veterans*. In B.N. Smith (Chair), *Life course adaptation to trauma across younger and older veteran cohorts: identifying risk and resilience factors for veterans' health and well-being over time*. Symposium conducted at the Annual meeting of the International Society for Traumatic Stress Studies, Boston, MA.

Pineles, S., **DeLane, S.** (2019, July). *An electrophysiological predictor of SSRI response in veterans with PTSD*. Lecture given at the VA Boston Women's Health Sciences Division Research Meeting, Boston, MA.

DeLane, S., Spiro, A., Magruder, K. M., Smith, B. N. (2019, May). *PTSD symptom severity and cardiovascular health outcomes in Vietnam-Era women veterans: Examining risk conferred by PTSD and subthreshold PTSD*. Poster presented at the VA Boston Healthcare System Research Week, Boston, MA.

SERVICE

Oct 2019–
May 2020

Paper Planes, virtual
Tutor

- Delivered a trauma-informed English language curriculum to adult Syrian refugee students; Underwent training modeled after the United Nations Human Rights Council's teachers' toolkit

- Feb 2018–
March 2018 **Nashville Mental Health Cooperative**, Nashville, TN
Observational Intern
- Shadowed the Mobile Crisis Response Team; Observed intake assessment of acute psychosis
- May 2016–
Oct 2015 **Vanderbilt University Medical Center**, Nashville, TN
Observational Student
- Accompanied field responders on crisis calls; Observed patient care and treatment procedures
 - Shadowed pathologists, neurologists, oncologists, and resident physicians on hospital rounds
- Jan 2018–
May 2018 **Park Center Nashville**, Nashville, TN
Tutor
- Improved math and reading skills of people with mental illness and/or substance use disorder
- Oct 2015–
May 2016 **Monroe Carell Jr. Children’s Hospital**, Nashville, TN
Radiology Volunteer
- Observed patient care and treatment procedures
 - Catered to young patients, reduced stress and anxiety in the waiting room
- Jun 2014–
Aug 2014, 2015 **Montgomery County White Oak Recreation Center**, Silver Spring, MD
Camp Counselor
- Constructed and executed an engaging curriculum for 15 kindergarteners with learning disabilities from low-income households; Developed educational and physical activities

COMMUNITY LEADERSHIP

- Oct 2015–
May 2018 **UM Relief- Nashville**, Nashville, TN
President
- Facilitated the Peaceful Families Project training, teaching community members how to build healthy family relationships as well as prevent, recognize, and combat domestic violence and emotional abuse
 - Increased awareness about global disparities in healthcare access through organized fundraisers; Organized groups to attend community advocacy and empowerment training
 - Coordinated food and clothing drives for the homeless and impoverished
 - Planned faculty speaker panels educating students on the dangers of savior complex approaches to service work, teaching techniques to empower the communities they served

PROFESSIONAL DEVELOPMENT

- Sept 2019–
Aug 2020 Trainings and Workshops
Student Neuropsychiatry Translational Research Fellowship, Boston, MA
Biostatistics & Research Methods Bootcamp
- Gained proficiency in standard analytic and research methods including descriptive analyses, group-level categorical analyses, linear and logistic regression

- Reviewed research methods covering standard experimental designs and limitations, issues related to sample characteristics, measurements, and critical reading and writing skills for empirical papers

Oct 2021–
Present

Professional Memberships
American Psychosomatic Society
Member

Sept 2019–
Aug 2020

American Psychology Association
Professional Affiliate

- APA Division 7: Developmental Psychology
- Division 35: Society for the Psychology of Women
- Section 351: Psychology of Black Women
- Division 40: Society for Clinical Neuropsychology

Early Career Member

- Society for Community Research and Action, Division 27

RELEVANT COURSEWORK

Adult Psychopathology
Methods Of Assessment
Clinical Interventions
Clinical Interviewing
Foundations of Behavioral Medicine
Physiological Systems and Behavioral Medicine
Epidemiology
Biological, Cognitive, and Developmental Bases of Behavior
Personal, Social, Community and Cultural Bases of Behavior
Data Analytic Procedures
Medical Neuropsychology
Research Methods in Psychology
Human Diversity Research and Intervention
Ethical Unprofessional Issues in the Science and Practice of Psychology
Community Psychology