

KATHARINE L. THOMAS

Clinical Research Assistant, Warriors Research Institute
 Baylor Scott & White Health
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EDUCATION

2019 **B.A. Cognitive Science**
 Rice University
 Major: Cognitive Science
 Minor: Business
 GPA: 3.61; Major GPA: 3.94/4.0

HONORS AND AWARDS

- Rice University Distinction in Research and Creative Works *May 2019*
- Health, Humanism, and Society Scholar *August 2017-May 2018*

RESEARCH EXPERIENCE

CLINICAL RESEARCH ASSISTANT*March 2021-Present**Warriors Research Institute*

Baylor Scott & White Health

Supervisor: Suzy Gulliver, Ph.D.

- Assist with participant screening and scheduling for multiple studies.
 - Conduct Adults Needs and Strengths Assessment (ANSA).
- Perform data entry and data management, manuscript writing and editing, and literature searches and research.
- Participate in grant writing.
- Author and edit articles for quarterly newsletters.
- Coordinate IRB updates for multiple studies.
- Supervise undergraduate interns.

CLINICAL RESEARCH ASSISTANT*June 2018-May 2019**Attachment & Neurodevelopment Lab*

Texas Children's Hospital, Baylor College of Medicine

Supervisor: Sohye Kim, Ph.D.

- Administered surveys to study participants and assisted in running study visits.
- Entered and analyzed data in Microsoft Excel and SPSS for research on post-partum depression in mothers and attachment in first-time fathers.
- Assisted in handling of biological material collected (fecal, saliva, blood) for maternal post-partum depression study.
- Created stimuli for fMRI scanning sessions of first-time fathers.
- Completed MRI safety course through the Core for Advanced MRI at Baylor College of Medicine and co-ran study fMRI scans.

UNDERGRADUATE RESEARCH ASSISTANT*September 2017-May 2018**Mental Illness Research Education and Clinical Center (MIRECC)*

South Central Houston VA

Supervisors: Jennifer Bryan, Ph.D. and Ali Asghar-Ali, M.D.

- Developed and presented a lecture, learning aid/pocket guide, and standardized patient simulation on the topic of elder abuse for nursing students at the UT Cizik School of Nursing.
- Co-authored textbook chapter on the topic of elder abuse.
- Interviewed leadership within the South Central MIRECC for the organizational newsletter.

UNDERGRADUATE RESEARCH ASSISTANT*May 2017-August 2017**Dickman Lab*

Baylor College of Medicine

Supervisor: J. David Dickman, Ph.D.

- Investigated the encoding of navigational information in pigeon brains by training and monitoring pigeon subjects to navigate mazes, press buttons, and seek food rewards.
- Assisted with first aid and veterinary care of flight birds.
- Prepared chemical solutions for lab use, created brain slides of pigeon subjects for analysis, and managed lab upkeep.

POSTERS & PRESENTATIONS

Bryan, J.L., McDaniel, A., Yusuf, Z., **Thomas, K.**, & Asghar-Ali, A. (September, 2018) Program for Advancing Cognitive disorders Education for Rural Staff (PACERS) Interprofessional Assessment. Poster presented at the 2018 Showcase of Educational Scholarship, Houston, TX.

Thomas, K., Bryan, J.L., Ross, M.E., Pickens, S.L., & Asghar-Ali, A., (May, 2018) Recognizing and Responding to Elder Abuse. Poster presented at the 2018 Alzheimer's Association Research Symposium, Houston, TX.

Thomas, K., Bryan, J.L., Asghar-Ali, A., Ross, M.E., & Pickens, S.L., (May, 2018) Elder Abuse Training. Poster presented at the 2018 Texas Academies Collaborative for the Health Professions-Southeast Educational (TEACH-S) Symposium, Houston, TX.

Bryan, J.L., **Thomas, K.**, Yusuf, Z., McDaniel, A., & Asghar-Ali, A. (May, 2018) Evaluation and Impact of the Program for Advancing Cognitive disorders Education for Rural Staff (PACERS). Poster presented at the 2018 Alzheimer's Association Research Symposium, Houston, TX.

Thomas, K., Bryan, J.L., Asghar-Ali, A., Ross, M.E., & Pickens, S.L., (April, 2018) Elder Abuse Training for Nursing Students. Poster presented at the Health Practicum Poster Presentation, Houston, TX.

PUBLICATIONS

Ross, M. E., Bryan, J. L., **Thomas, K. L.**, Asghar-Ali, A. A., & Pickens, S. L. (2020). Elder abuse education using standardized patient simulation in an undergraduate nursing program. *Journal of Nursing Education*, 59(6), 331-335. <https://doi.org/10.3928/01484834-20200520-06>.

Ross, M. E., **Thomas, K. L.**, Pickens, S. L., Bryan, J. L., & Asghar-Ali, A. (2019) Elder abuse. In: M. Balasubramaniam, A. Gupta, R. R. Tampi (Eds.), *Psychiatric ethics in late life patients: Medicolegal and forensic aspects at the interface of mental health* (pp. 163-182). Switzerland: Springer Nature.

MANUSCRIPTS IN PREPARATION

Meyer, E., **Thomas, K.**, Coe, E., Pennington, M. L., Carpenter, T., Gulliver, S. B. (in prep). The Effects of Chronic Thought Suppression on Post-Traumatic Stress Symptom Severity in Firefighters.

Boykin, D., Asghar-Ali, A. A., **Thomas, K.**, Bryan, J., Hundt, N. (in prep). Designing and Disseminating Direct-to Consumer Marketing for Psychotherapy with Community Stakeholder Engagement: A Novel Approach to Bridge the Treatment Gap.

Hogan, J., Bryan, J., **Thomas, K.**, Ecker, A. (in prep). Cannabis Use Disorder in Active Duty Service Members and Veterans.

Strack, J., Dupree, J., Cardenas, M., Nesbitt, K., Smith, J., **Thomas, K.**, Pennington, M. L., & Gulliver, S. B. (in prep). Mental health resources available to US firefighters.

ONGOING GRANT SUPPORT

FEMA Grant Award: EMW-2019-FP-00474; Suzy Gulliver (PI)

Developing Emotion Regulation Skills for Peer Support Specialists. The intended objective of this study is to create a peer-instructed, online Emotion Regulation Skills Training for firefighter peer support specialists to be disseminated via the International Association of Fire Fighters. The broad provision of these skills through the peer support network will bolster resiliency in fire service, particularly during times such as the COVID-19 pandemic.

Funding Period: 9/29/2020 - 8/28/2022

Total Direct Costs: \$943,917

Role: Clinical Research Assistant

Texas Veterans Commission (TVC) Grant Elizabeth Coe (PI)

The specific aim of this project is to deliver evidence-based treatment through telehealth to Texas veteran and beneficiaries. The objectives are to break barriers to evidence-based care by decreasing cost and associated stigma and increasing accessibility and availability of culturally-aware treatment providers. By breaking these critical barriers, we expect to increase accessibility to evidence-based mental healthcare for Texas veterans and beneficiaries, particularly pertaining to PTSD and its associated disorders, thereby improving quality of life.

Funding period: 7/1/2020 - 6/30/2021

Total Direct Costs: \$454,546

Role: Clinical Research Assistant

Texas Health and Human Services Commission Texas Veterans + Family Alliance Grant Award Suzy Gulliver (PI)

The specific aims of the proposed research are A) to offer an advanced training in Suicide Prevention Safety Planning (SPSP) for the Peer Support Specialists trained in our earlier project and offer additional Peer Support Trainings at Texas organizations and B) to deliver evidence-based treatment and parent skills training through telehealth to central Texas veterans and veteran families. The

objectives of these two simultaneous projects are to break barriers to evidence-based care by decreasing cost and associated stigma and increasing accessibility and availability of culturally-aware treatment providers. By breaking these critical barriers, we expect to increase accessibility to evidence-based mental healthcare for Texas veterans and veteran family members, particularly pertaining to PTSD and its associated disorders, thereby improving quality of life.

Funding period: 9/1/2019 - 8/31/2021

Total Direct Costs: \$883,828

Role: Clinical Research Assistant

WORK EXPERIENCE

MEDICAL SCRIBE

June 2019-March 2021

SCRIBE AMBASSADOR

July 2019-March 2021

Scribe America

Houston, TX

- Completed all medical documentation for medical providers in the Texas Children's Hospital Orthopedic Surgery outpatient clinic (June 2019-March 2020) and the Gulf Coast Veterinary Services emergency room (April 2020-March 2021).
- Earned promotion to scribe trainer/ambassador following superior performance and demonstrated ability to quickly learn and master documentation process and clinic procedures.
- Trained new scribe hires on the medical documentation process using both EPIC and Cornerstone documentation platforms.
- Improved efficiency and workflow of the clinic by entering treatment orders and tracking diagnostic results in the Emergency Room.

TOUR GUIDE

May 2018-May 2019

Rice University

Houston, TX

- Welcomed and greeted all visitors to campus including middle and high school classes, visiting professors, and education research groups.
- Served as an admissions office representative to prospective students on campus visits.
- Conducted campus tours for visiting students, families, and professionals.

CAMPUS INVOLVEMENT & LEADERSHIP EXPERIENCE

EXECUTIVE BOARD MEMBER

April 2017-May 2019

Student Admissions Council

Rice University

- Coordinated Rice student hosts for over 500 prospective high school students visiting the Rice University campus annually.
- Served as an admissions office representative to prospective students on campus visits.
- Oversaw logistics for the largest admitted students' event on campus annually.

PRESIDENT, FELLOWSHIP AND SERVICE COORDINATOR

October 2015-May 2019

Catholic Student Association

Rice University

- Organized and created the annual "Mental Health in the Church" lesson and discussion night.

- Planned and led weekly small group theology studies and large group faith events for Catholic students at Rice.
- Coordinated the organization's first spring mission trip to serve the homeless in New Orleans.

SERVICE EXPERIENCE

CRISIS COUNSELOR

December 2017-July 2018

Crisis Text Line

- Conducted crisis intervention conversations via texting service with clients in a mental health crisis.
- Received training in crisis intervention communication as well as cultural sensitivity and active listening for situations such as suicide, self-harm, substance abuse, and other mental health issues.
- Assessed the nature and intensity of a client's crisis quickly and conducted active suicide risk assessments with at-risk texters.

VOLUNTEER

August 2016-May 2017

Texas Children's Hospital

Houston, TX

- Monitored an activity room for patients and family members in the transplant and GI wing of the hospital.
- Interacted with patients and families, inviting them to participate in activities and informed them of entertainment options in the hospital.