STASSJA SICHKO ETZEL, M.A., C.Phil

Curriculum Vitae

EDUCATION

Expected 2027	University of California, Los Angeles
	Doctor of Philosophy, Clinical Psychology
	Advisors: Thomas Bradbury, Ph.D. & Theodore Robles, Ph.D.
	<i>Dissertation:</i> Using a latent profile analysis of observational data of couple interactions to identify and characterize dyadic patterns of communication
	Minors: Health Psychology, Quantitative Psychology
	GPA: 3.9
2024	University of California, Los Angeles
	Candidate in Philosophy, Clinical Psychology
2020	University of California, Los Angeles
	Master of Arts, Clinical Psychology
	Advisors: Thomas Bradbury, Ph.D. & Theodore Robles, Ph.D.
	Master's Thesis: Relationship functioning and sleep: the mediating role of cortisol?
	<i>GPA</i> : 4.0
2015	Pomona College
	Bachelor of Arts, Psychology, Magna cum laude
	Advisor: Jessica Borelli, Ph.D.
	Senior Thesis: Relational closeness moderates the association between maternal
	overcontrol and children's depressive symptoms
	GPA: 3.9 Psychology GPA: 4.0

HONORS AND AWARDS

2020	National Science Foundation Graduate Research Fellowship Program (\$138,000)	
2020	American Psychological Foundation (APF) and the Council of Graduate Departments	
	of Psychology (COGDOP) Graduate Research Scholarship (\$2,000)	
2020	UCLA Graduate Research Mentorship Award (\$37,272)	
2020	UCLA Graduate Summer Research Mentorship Award (\$6,000)	
2019	UCLA Department of Psychology Fellowship (\$29,068)	
2019	UCLA Graduate Dean's Scholar Award (\$14,500)	
2019	National Science Foundation Graduate Research Fellowship Program, Honorable Mention	
2015	The Psychology Prize for Scholarship (awarded by Pomona College to the "outstanding	
	graduating senior on the basis of the senior thesis")	
2015	Phi Beta Kappa Society	
2014	Pomona College Summer Undergraduate Research Program Award (\$4,000)	
2014	Sigma Delta Pi, National Collegiate Spanish Language Honor Society, member	
2012	Psi Chi, The International Honor Society in Psychology, member	
2011-2015	Pomona College Scholar (all semesters)	

MANUSCRIPTS

Sichko, S., Bui, T. Q., Vinograd, M. Shields, G. S., Saha, K., Devkota, S., Olvera-Alvarez, H. A., Carroll, J. E., Cole, S. W., Irwin, M. R., & Slavich, G. M. (2021). Psychobiology of Stress and Adolescent Depression (PSY SAD) Study: Protocol overview for an fMRI-based multi-method investigation. *Brain, Behavior, & Immunity – Health.* dx.doi.org/10.1016/j.bbih.2021.100334

Sichko, S., Borelli, J. L., Smiley, P. A., Goldstein, A., & Rasmussen, H. F. (2018). Child and maternal attachment security predict school-aged children's psychobiological convergence. *Developmental Psychobiology*. dx.doi.org/10.1002/dev.21748

Sichko, S., Borelli, J. L., Rasmussen, H. F., & Smiley, P. A. (2016). Relational closeness moderates the association between maternal overcontrol and children's depressive symptoms. *Journal of Family Psychology*, 30(2), 266. dx.doi.org/10.1037/fam0000155

Mohan, L., Roos, L. G., Bui, T. Q., **Sichko, S.,** & Slavich, G. M. (2024). Social support and cognitive reappraisal in adolescent females: The moderating role of lifetime stressor exposure. *International Journal of Clinical and Health Psychology*.

Shields, G. S., Vinograd, M., Bui, T., **Sichko, S.,** Irwin, M. R., & Slavich, G. M. (2024). Heightened neural activity and functional connectivity responses to social rejection in female adolescents at risk for depression: Testing the Social Signal Transduction Theory of Depression. *Journal of Affective Disorders*.

Murphy, M. L., **Sichko, S.**, Bui, T. Q., Libowitz, M. R., Shields, G. S., & Slavich, G. M. (2023). Intergenerational transmission of lifetime stressor exposure in adolescent girls at differential maternal risk for depression. *Journal of Clinical Psychology*, 79(2), 431-448.

Gray, Z. J., Shields, G. S., **Sichko, S.**, Bui, T. Q., Olvera-Alvarez, H. A., & Slavich, G. M. (2022). Neural and peripheral markers of reward during positive social evaluation are associated with less clinician-rated depression symptom severity in adolescence. *Comprehensive Psychoneuroendocrinology*, 100149. doi.org/10.1016/j.cpnec.2022.100149.

Han, S., Schacter, H., Timmons, A. C., Kim, Y., **Sichko, S.**, Pettit, C., Chaspari, T., Narayanan, S. & Margolin, G. (2021). Romantic partner presence and physiological responses in daily life: Attachment style as a moderator. *Biological Psychology*.

Schacter, H. L., Pettit, C., Kim, Y., **Sichko, S.**, Timmons, A. C., Chaspari, T., Han, S., & Margolin, G. (2020). A Matter of the Heart: Romantic Couple Functioning and Cardiovascular Activity in Young Adults' Everyday Lives. *Annals of Behavioral Medicine*. dx.doi.org/10.1093/abm/kaaa019

Han, S., Schacter, H., Timmons, A. C., Kim, Y., **Sichko, S.**, Pettit, C., & Margolin, G. (2020). Felt Annoyance and Anger Words in Couples' Everyday Lives: Related to Family-of-Origin Aggression? *Social Psychological and Personality Science*. doi.org/10.1177/1948550620958806 Gupta, K., Gujral, A., Chaspari, T., Timmons, A. C., Han, S., Kim, Y., Barrett, S., **Sichko, S.,** & Margolin, G. (2020). Sub-population specific models of couples' conflict. *ACM Transactions on Internet Technology* (*TOIT*), 20(2), 1-20. doi.org/10.1145/3372045

RESEARCH EXPERIENCE

University of California, Los Angeles Graduate Student, UCLA Marriage and Close Relationships Lab Principal Investigators: Dr. Thomas Bradbury, Dr. Benjamin Karney	Sept 2019 – Present
University of California, Los Angeles Graduate Student, Relationships and Health Lab <i>Principal Investigators:</i> Dr. Theodore Robles, Dr. Rena Repetti	Sept 2019 – Present
University of Southern California Lab Manager, USC Family Studies Project <i>Principal Investigator:</i> Dr. Gayla Margolin	May 2017 – Sept 2019
University of California, Los Angeles Lab Manager, UCLA Laboratory for Stress Assessment and Research <i>Principal Investigator:</i> Dr. George Slavich	July 2017 – July 2019
Pomona College Research Assistant, Child Attachment, Relationships, and Emotion (CARE) Lab <i>Principal Investigators:</i> Dr. Jessica Borelli, Dr. Patricia Smiley	Dec 2012 – Aug 2015

CLINICAL EXPERIENCE

UCLA Psychology Clinic

Therapist

Supervisors: Danielle Keenan-Miller, Ph.D., Andrew Christensen, Ph.D., Joel Becker, Ph.D., Lynette Lau, Ph.D.

- Conduct adult and child individual therapy using evidence-based therapies
 - e.g., Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), Interpersonal Therapy (IPT)
- Conduct couples therapy using Integrative Behavioral Couples Therapy (IBCT)
- Trained in Dr. Bruce Chorpita's Managing and Adapting Practices (MAP) system

Group Therapist

Supervisors: Hollie Granato, Ph.D., Rachel Higier, Ph.D.

• Lead weekly skills groups for 8-12 clients based on Dialectical Behavioral Therapy (DBT)

Intake Interviewer

Supervisor: Philip Sayegh, Ph.D., MPH

- Conduct clinical intake interviews with adults
- Write intake reports detailing client presentation and diagnostic information

Sept 2019 – Present

Clinical Assessor Supervisor: Philip Sayegh, Ph.D., MPH

- Provide low cost, sliding-scale assessment for learning disabilities and developmental psychopathology to adults and children in the Los Angeles community
- Write full neuropsychological reports including score interpretation, clinical impressions, and treatment recommendations
- Provide oral feedback to clients.

UCLA Sumner Stress Lab

Graduate Student Researcher-Assessor Supervisor: Jennifer Sumner, Ph.D.

- Conduct psychodiagnostic assessment interviews to determine eligibility for a study examining posttraumatic stress disorder (PTSD) and risk for cardiovascular disease.
 - E.g., Structured Clinical Interview for DSM-5, Research Version (SCID-5-RV), Clinician-Administered PTSD Scale for DSM-5 (CAPS-5)
- Prepare written assessment summaries.

UCLA Counseling & Psychological Services (CAPS)

Practicum Student Therapist

Supervisors: Kari Schall, Ph.D., Kei Takahashi, Ph.D., Tanya Brown, Ph.D., Shuchang Kang, Ph.D., Nicole Haves, Ph.D.

- Conducted intake interviews and provide evidence-based treatment to young adults using a brief treatment/crisis management model.
 - o e.g., CBT, ACT, Feminist Therapy
- Co-led therapy groups: Disordered Eating II, Skills Training for Emotional Balance

VA Long Beach Healthcare System

Practicum Student Therapist

Supervisor: Amy A. Potts, Ph.D.

- Conducted intake interviews and provide individual and group evidence-based treatment, psychodiagnostic assessment, and treatment planning sessions to a diverse group of Veterans from the greater Long Beach community.
 - o Modalities include CBT, Cognitive Processing Therapy (CPT), Prolonged Exposure (PE), Skills Training in Affective and Interpersonal Regulation (STAIR)

UCLA Depression Grand Challenge

Graduate Student Researcher-Therapist

Supervisors: Elizabeth Gong-Guy, Ph.D., Amanda Gorlick, Ph.D.

- Trained 2 teams of ten undergraduate students per quarter to become certified peer coaches.
 - Supervised coaches providing live coaching sessions to the community.
 - Taught basic therapy skills (e.g., active listening, motivational interviewing)
 - Lectured on content of the program's digital CBT program.
 - Observed roleplays and provide individualized feedback.
 - Participated in weekly "supervision-of-supervision,"
 - Conducted suicide risk assessments and implemented crisis interventions for participants endorsing suicidality on self-report measures.

Jan 2023 – Jun 2023

Aug 2022 – May 2023

Jan 2022 – July 2022

Mar 2019 – Sept 2021

UCLA Semel Institute for Neuroscience and Human Behavior

Lab Manager, UCLA Laboratory for Stress Assessment and Research Supervisor: George Slavich, Ph.D.

Conducted clinical interviews with mothers (SCID-5) and daughters (K-SADS).

TEACHING EXPERIENCE

University of California, Los Angeles

Teaching Assistant, General Psychology Laboratory (101) Instructor: Sean McAuliffe, Ph.D.

- Supervised a lab section of 28 students.
- Held weekly office hours.
- Graded examinations and laboratory reports.

University of California, Los Angeles

Teaching Assistant, Clinical Psychological Methods (271A) Instructors: Philip Sayegh, Ph.D., MPH, Ashley Ebbert, Ph.D.

- Trained 10 first-year graduate students on the administration, scoring, and interpretation of the Wechsler Adult Intelligence Scale-Fourth Edition (WAIS-IV).
- Developed and supervised mock assessment cases.

University of California, Los Angeles

Instructional Assistant, Principles of Research in Relationship Science (182C) Instructors: Thomas Bradbury, Ph.D., Benjamin Karney, Ph.D.

- Designed the curriculum for a two-quarter seminar designed to introduce students to principles of research and assist them to develop plans to pursue graduate training in relationship science and affiliated fields.
- Led eight one-hour classes in varying formats (e.g., lecture, workshop, panel of invited guests).

University of California, Los Angeles

Instructional Assistant, Current Issues in Clinical Psychology (289B) Instructor: Rena Repetti, Ph.D

- Served as a student coordinator for the biweekly clinical area "brown bag" seminar.
- Established the topics, organized, and led two student-only meetings per quarter on relevant issues (e.g., preparing for clinical work in COVID, mental health in graduate school, navigating mentoring relationships, upperclassmen panel for 1st year students).

University of California, Los Angeles

Peer Tutor, Advanced Psychological Statistics (250B) Instructor: Han Du, Ph.D.

- Selected as a peer tutor on the basis of exemplary performance in graduate-level statistics.
- Provided individualized peer tutoring to other graduate students enrolled in the class.

University of California, Los Angeles

Teaching Assistant, Introductory Psychology Instructor: Melissa Paquette-Smith, Ph.D.

Supervised a lab section of 30 students.

July 2017 – July 2019

Fall 2022

Winter & Spring 2021

Fall 2020 – Spring 2021

Winter 2019

Fall 2019

Winter, Spring 2025

- Held biweekly office hours.
- Graded examinations and laboratory reports.

Pomona College

Fall 2013, Fall 2014

Teaching Assistant, Introductory Psychology

Instructors: Dr. Richard Lewis (2014), Dr. Louise Cosand (2013)

- Lectured on selected materials each month.
- Organized and led monthly review sessions for exams for 15 25 students.
- Created and graded weekly reading quizzes.
- Conducted regular office hours to provide individualized student support.

CONFERENCE PRESENTATIONS

<u>^underline = student mentee</u> * = presenting author

Kim, L., Roos, L. G., **Sichko, S.**, Bui, T. S., Olvera-Alvarez, H. A. & Slavich, G. M. (2023, March). *Exploring Stress Mindset in Relation to Depressive Symptoms, Mood, and Inflammatory Reactivity in Adolescent Girls*. Poster presented at the 80th annual meeting of the American Psychosomatic Society. San Juan, Puerto Rico.

Figueroa, M. B., Roos, L. G., **Sichko, S.,** Bui, T. S., & Slavich, G. M. (2022, April). *Investigating depressed mood responses to social evaluation in adolescent girls at high vs. low risk for depression.* Poster presented at the 102nd annual meeting of the Western Psychological Association, Portland, OR.

Gray, Z. J., Shields, G. S., **Sichko, S.,** Bui, T. Q., & Slavich, G. M. (2022, April). You look fantastic today, and so does your brain! Striatal activity during positive social evaluation is associated with fewer depression symptoms and greater β -endorphin levels in adolescent girls. Poster presented at the 29th meeting of the of the Cognitive Neuroscience Society, San Francisco, CA.

Roos, L. G., Bui, T. Q., **Sichko, S.,** Irwin, M. R., Shields, G. S., Olvera-Alvarez, H. A., & Slavich, G. M. (2022, March). *How lifetime stressor exposure and reappraisal affect depressive and inflammatory reactivity to social stress in adolescent girls*. Paper presented at the 79th annual meeting of the American Psychosomatic Society, Long Beach, CA.

Sichko, S., Schacter, H. L., Pettit, C., <u>Estafanous, M.</u>[^], & Margolin, G. (2020, March). *Witnessing, receiving, or enacting aggressive behaviors in childhood varyingly influences physical and mental health outcomes in young adult dating couples*. Citation Poster presented virtually at the 78th Annual Scientific Meeting of the American Psychosomatic Society. Long Beach, CA. (Conference cancelled due to COVID-19).

Sichko, S., Schacter, H. L., Pettit, C., <u>Estafanous, M.</u>[^], <u>Goldstein, S.</u>[^], & Margolin, G. (2020, March). *Experiences of childhood aggression and health outcomes in young adulthood: Does current dating aggression matter?* Poster for the 2020 Biennial meeting of the Society for Research in Adolescence. San Diego, CA. (Conference cancelled due to COVID-19).

<u>Goldstein, S.</u>[^], Kim, Y., <u>Estafanous, M.</u>[^], **Sichko, S.,** Pettit, C., Schacter, H. L., & Margolin, G. (2020, May). *Dyadic Effects of Alcohol Consumption on Sleep in Romantic Couples*. Poster presented virtually at the Association for Psychological Science 32nd Annual Convention. Chicago, IL. (Conference cancelled due to COVID-19).

Kim, Y., **Sichko, S.,** & Margolin, G. (2020, March). *Links between discrimination and sleep quality examined within a romantic relationship context*. Talk for the 78th Annual Scientific Meeting of the American Psychosomatic Society, Long Beach, CA. (Conference cancelled due to COVID-19).

Kazmierski, K. F., Pettit, C., **Sichko, S.,** & Margolin, G. (2020, March). *Family-of-origin aggression and inflammation in young adulthood: Romantic relationships as buffers of risky health trajectories.* Talk for the 78th Annual Scientific Meeting of the American Psychosomatic Society, Long Beach, CA. (Conference cancelled due to COVID-19).

Pettit, C., **Sichko, S**., Kim, Y., Han, S., Timmons, A., & Margolin, G. (2020, March). *Feeling aggression: Associations between family-of-origin aggression, relationship aggression, and daily mood.* Poster for the 2020 Biennial meeting of the Society for Research in Adolescence, San Diego, CA. (Conference cancelled due to COVID-19).

Schacter, H. L., Pettit, C., Kim, Y., **Sichko, S.**, Timmons, A. C., Chaspari, T., Han, S., & Margolin, G. (2020, March). *A matter of the heart: Romantic couple functioning and cardiovascular activity in young adults' everyday lives*. Talk for the 2020 Biennial Meeting of the Society for Research in Adolescence. San Diego, CA. (Conference cancelled due to COVID-19).

Sichko, S., <u>Rolnik, B. M.^</u>, <u>Delavary, D. M.^</u>, & Slavich, G. M. (2019, April). *Stress mindset influences adolescent girls' experience of an acute social evaluation*. Poster presented at the 99th Annual Convention of the Western Psychological Association. Pasadena, CA.

Sichko, S., Bui, T. Q., Shields, G. S., & Slavich, G. M. (2019, March). *A stressors-characteristic perspective* on the relationship between lifetime stress exposure and doctor-diagnosed health outcomes. Poster presented at the 77th Annual Scientific Meeting of the American Psychosomatic Society. Vancouver, B.C.

Pettit, C., **Sichko, S.**, Schacter, H., Barrett, S., Han, S., Kim, Y, Timmons, A., & Margolin, G. (2019, November). *A closer look at closeness: The impact of hourly mood on couples' closeness*. Poster presented at 53rd Annual Convention of the Association for Behavioral and Cognitive Therapies. Atlanta, GA.

Schacter, H. L., Pettit, C., Kim, Y., **Sichko, S.,** Timmons, A. C., Han, S. C., & Margolin, G. (2019, July). *A matter of the heart: Romantic couple functioning and cardiovascular activity in young adults' everyday lives*. Poster presented at the International Association for Relationship Research Mini Conference on Applied Relationship Science. Brighton, England.

<u>Libowitz, M. R.</u>, Ha, C., Bui, T. Q., Sichko, S., Devkota, S., & Slavich, G. M. (2019, May) *Female adolescent depression risk and its relationship to the gut microbiota*. Poster presented at the 2019 UCLA Neuroscience Undergraduate Poster Session. Los Angeles, CA.

<u>McCullen, J.^</u>, Pettit, C., Han, S. C., **Sichko, S.,** & Margolin, G. (2019, April). *Longitudinal associations between paternal PTSD symptoms and children's emotion dysregulation*. Poster presented at the 99th Annual Convention of the Western Psychological Association. Pasadena, CA.

<u>Valencia, E.^</u>, <u>Rolnik, B. M.^</u>, **Sichko, S.**, & Slavich, G. M. (2019, April). *Adolescent females at risk for depression display higher levels of a specific kind of impulsivity*. Poster presented at the 99th Annual Convention of the Western Psychological Association. Pasadena, CA.

Bui, T. Q., **Sichko, S.**, <u>Rolnik, B. M.^, Lu, M.^, Hazara, M.^</u>, Shields, G. S., & Slavich, G. M. (2019, March). *Differences in lifetime stress exposure in female adolescents at varying risk for depression*. Poster presented at the 77th Annual Scientific Meeting of the American Psychosomatic Society. Vancouver, B.C.

<u>Libowitz, M. R.^</u>, <u>Valencia, E.^</u>, <u>Ghadiya, K.^</u>, Bui, T. Q., **Sichko, S.**, Shields, G. S., & Slavich, G. M. (2019, March). *Intergenerational associations between lifetime stress exposure in mothers with varying depression history and their daughters*. Talk presented at the 77th Annual Scientific Meeting of the American Psychosomatic Society. Vancouver, B.C.

Moura, P., Cazassa, M. J., Oliveira M. S., Damaceno, R. M., <u>Delavary, D. M.^, Rolnik, B. M.^,</u> Sichko, S.*, Shields, G. S., & Slavich, G. M. (2019, March). *Sociodemographic and lifetime stress exposure characteristics of incarcerated sex offenders in Brazil.* Poster presented at the 77th Annual Scientific Meeting of the American Psychosomatic Society. Vancouver, B.C.

<u>Rolnik, B. M.^, Spahr, C. M.</u>^, **Sichko, S.**, Bui, T. Q., Cazassa, M. J., Shields, G. S., & Slavich, G. M. (2019, March). *Using the stress and adversity inventory (STRAIN) to assess lifetime stress exposure in clinical settings*. Poster presented at the 77th Annual Scientific Meeting of the American Psychosomatic Society. Vancouver, B.C.

Sun, K.[^], Libowitz, M. R.[^], Costa, K.[^], Liccini, R.[^], Sichko, S., & Slavich, G. M. (2019, March). *Parenting styles are associated with adolescent girls' lifetime stress exposure*. Poster presented at the 77th Annual Scientific Meeting of the American Psychosomatic Society. Vancouver, B.C.

Han, S. C., Kim, Y., Timmons, A. C., **Sichko, S.**, Pettit, C., Barrett, S., & Margolin, G. (2019, March). *Family-of-origin aggression and the expression of anger words in daily life among young adult dating couples*. Poster presented at the 3rd Biennial Meeting of the International Convention of Psychological Science. Paris, France.

Rasmussen, H. F., Corner, G. W., Pettit, C., **Sichko, S.**, & Margolin, G. (2019, March). *Associations between attachment style and emotional processes during conflict in young-adult dating couples*. Symposium presented at the 2019 Biennial Meeting of the Society for Research in Child Development. Baltimore, MD.

Sichko, S., Toussaint, L., Deal, B. D., Shields, G. S., & Slavich, G. M. (2018, May). *Forgiveness enhances the social pain-reducing effects of acetaminophen*. Poster presented at the Association for Psychological Science 30th Annual Convention. San Francisco, CA.

Sichko, S., Vinograd, M., Bui, T. Q., & Slavich, G. M. (2018, March). *Lifetime stress exposure is associated with mental and physical health complaints in youth at varying risk for depression*. Poster presented at the 76th Annual Scientific Meeting of the American Psychosomatic Society. Louisville, KY.

Miller, K. F., Pettit, C. A., **Sichko, S.**, & Margolin, G. (2018, November). *Family aggression history and cortisol reactivity to romantic partners: within- and cross-partner effects*. Poster presented at the International Society for Traumatic Stress Studies 34th Annual Meeting. Washington, D.C.

Cazassa, M., de Silva Oliveira, M., Collazzoni, A., <u>Sun, K.</u>[^], **Sichko, S.***, Shields, G. S., & Slavich, G. M. (2018, May). *Translation and evaluation of the Stress and Adversity Inventory for Adults (Adult*

STRAIN) in Brazilian Portuguese. Poster presented at the Association for Psychological Science 30th Annual Convention. San Francisco, CA.

Collazzoni, A., Ottaviani, C., Mancini, F., <u>Spahr, C. M.</u>^, **Sichko, S.***, Cazassa, M., Shields, G. S., & Slavich, G. M. (2018, May). *Translation and evaluation of the Stress and Adversity Inventory for adults (Adult STRAIN) in Italian*. Poster presented at the Association for Psychological Science 30th Annual Convention. San Francisco, CA.

Bui, T. Q., Vinograd, M., **Sichko, S.**, & Slavich, G. M. (2018, March). *Greater sensitivity to social stress is associated with poorer mental health in adolescents at varying risk for depression*. Poster presented at the 76th Annual Scientific Meeting of the American Psychosomatic Society. Louisville, KY.

Sichko, S., Rasmussen, H. F., Borelli, J. L., Smiley, P. A., Gómez, A., Girard, A., & River, L. M. (2015, March). *Children's perception of relationship closeness as a buffer against parental overcontrol and depression in middle childhood*. Poster presented at the 2015 Biennial Meeting of the Society for Research in Child Development. Philadelphia, PA.

Gómez, A., Bond, D. K., **Sichko, S.**, Girard, A., River, L. M., DeMeules, M., Smiley, P. A., & Borelli, J. L. (2015, March). *Predicting children's introjected motivation: links to maternal attachment avoidance and emotional distance*. Poster presented at the 2015 Biennial Meeting of the Society for Research in Child Development, Philadelphia. PA.