

Sarah Kathleen Hernandez, B.S.

Sam Houston State University | Huntsville, TX
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EDUCATION

Doctor of Philosophy | Clinical Psychology

Sam Houston State University- Huntsville, TX (APA Accredited)

In Progress

Bachelor of Science | Psychology

University of Houston- Houston, TX
GPA: 3.92, *Summa Cum Laude*

2017

RESEARCH EXPERIENCE

Graduate Research Assistant

Sam Houston State University- Huntsville, TX
Personality, Evaluation, and Psycholegal (PEP) Lab
Faculty Supervisor: Jared Ruchensky, PhD

2021- Present

- Assist in IRB and protocol development for ongoing projects.
- Construct SPSS Syntax forms for assessments
- Construct Qualtrics surveys
- Manage Experimental Studies and Lab Duties

Research Assistant I

University of Texas Health Science Center at Houston (UTHealth)- Houston, TX
Harris County Psychiatric Center (HCPC)
Supervisor: Scott Lane, PhD

2018- 2021

Coordinated Protocols:

A Randomized, Double-Blind, Placebo-Controlled Trial of the Rapid Antisuicidal Effects of Intranasal Ketamine in Comorbid Depression and Alcohol Abuse

PI: Rodrigo Machado-Vieira, MD, PhD, MSC.

- Screen and recruit patients, collect informed consent
- Administer and score measures including Alcohol Urge Questionnaire (AUQ), The Clinician Administered Dissociative States Scale (CADSS), Columbia-Suicide Severity Rating Scale (CSSRS), Montgomery Asberg Depression Rating Scale (MADRS), The National Institutes of Health- Brief Fatigue Inventory (NIH-BFI), Snaith-Hamilton Pleasure Scale (SHAPS), Scale for Suicidal Ideation (SSI), Young Mania Rating Scale (YMRS).
- Collect biological samples (plasma, RBC, WBC) and vital signs
- Process blood samples for cell culture/ RNA, DNA and Induced Pluripotent Stem (iPS) cell extraction to investigate pathophysiology.
- Facilitate study: develop study materials, data entry, patient reimbursement, clinical monitor during ketamine administration.
- Observed 40 hours of HCPC psychiatric rounds under Dr. Machado-Vieira to build clinical knowledge of study population.

Early Onset Treatment Program (EOTP): Treatment, Re-hospitalization, and Disability Outcomes

PI: Alia Warner, PhD

- Recruit patients, collect informed consent.
- Administer and score measures including Beck Anxiety Inventory (BAI), Beck Depression Inventory 2nd Ed. (BDI-II), Severe Outcomes Questionnaire 2.0 (S-OQ),

World Health Organization Disability Assessment Schedule 2.0 (WHODAS), Columbia-Suicide Severity Rating Scale (CSSRS).

- Facilitate study: develop study materials and Qualtrics surveys, data entry, maintain six and twelve month follow up with participants, assist with IRB amendments.

Serum Markers of Metabolic Health in Young Patients with Psychosis: A Study in the Early Onset Treatment Program

PI: Luca Lavagnino, MD, PhD

- Recruit patients, collect informed consent.
- Administer and score measures including Childhood Trauma Questionnaire (CTQ), Yale Food Addictions Scale (YFAS)
- Collect biological samples (plasma, RBC, WBC) and physical measurements
- Process blood samples for cell culture and DNA to investigate metabolism and biomarkers, mix RPMI-1640 freezing medium for cell preservation
- Facilitate study: develop study materials and Qualtrics surveys, data entry, develop code for scoring measures, maintain six and twelve month follow-up with participants, assist with IRB amendments.

The Use of a Data Registry to Analyze the Quality of Psychiatric Care at Harris County Psychiatric Hospital Geriatric Psychiatry Specialty Unit

PI: Antonio Teixeira Jr., MD, PhD

- Screen and recruit patients, collect informed consent
- Administer and score measures including Brief Psychiatric Rating Scale (BPRS), Geriatric Depression Scale (GDS), Montgomery Asberg Depression Rating Scale (MADRS), National Institute on Drug Abuse (NIDA-Quick Screen), The Neuropsychiatric Inventory Questionnaire (NPI), UCLA Loneliness Scale, World Health Organization Disability Assessment Schedule 2.0 (WHODAS)
- Administer National Institutes of Health (NIH) Toolbox: Cognitive Modules
- Collect biological samples (blood, saliva)
- Facilitate study: develop study materials, data entry, patient reimbursement

Impact of Clinical Features on Length of Stay Among Patients with Bipolar Disorder Admitted to an Academic Inpatient Service

PI: Marsal Sanches, MD, PhD, FAPA

- Screen and recruit patients
- Administer and score measures including National Institute on Drug Abuse (NIDA-Quick Screen), Barratt Impulsiveness Scale (BIS-11), Internal State Scale (ISS), Sheehan Disability Scale (SDS), Duke University Religion Index (DUREL), Borderline Personality Questionnaire (BPQ), Early Trauma Inventory (ETISR-SF), Life Events Checklist for DSM-5 (LEC-5), PTSD Checklist-Civilian Version (PCL-C5)
- Conduct SPSS Data analyses
- Facilitate study: data entry

Personality Assessment Inventory (PAI): Validation in an Acute Inpatient Psychiatric Population

PI: Jennifer Bahrman, PhD

- Facilitate retrospective study: enter and organize data from the Personality Assessment Inventory (PAI) and Structured Clinical Interview for DSM (SCID-5, SCID-II, SCID-I, SCID-PD) for data analysis. Develop codebook.

Race/Ethnicity and Personality Disorders: An Exploratory Analysis of Differences on Prevalence and Symptomatology

PI: Elaheh Ashtari, PsyD

- Facilitate retrospective study: enter and organize data from Structured Clinical Interview for DSM-5: Personality Disorders (SCID-PD), collect demographic and clinical data, develop codebook.

UTHealth Community Attitudes toward COVID-19 and Mental Well-being

PI: Salih Selek, MD

- Facilitate study: Develop Qualtrics survey for institutional dissemination, maintain data.

Utilizing Trauma Informed Care to reduce patient on staff injuries, seclusions and restraints, and adverse work events among staff in an inpatient psychiatric hospital

PI: Elaheh Ashtari, Psy.D.

- Assist with grant application resulting in award funds, grant progress reports, protocol development, IRB application
- Attend and organized SAHSA Trauma Informed Care Train-the-Trainer training.
- Facilitated study: organize staff trainings, create Qualtrics surveys, data entry, design lapel pins for TIC milestones for staff.

Environmental Factors for Behavioral Health: Investigating the Impact of Acoustics on Patient Outcomes in Mental and Behavioral Health Settings

PI: Scott Lane, Ph.D.

- Utilize Bruel & Kaer Meters to collect sound data within HCPC units to evaluate patient agitation in relation to high and low frequencies, configure data via Measurement Partner Suite.
- Facilitate study: map unit activity

Senate Bill 11 Childhood Trauma Research Network

PI: Leslie Taylor, Ph.D.

- Screen and recruit patients, collect informed consent, utilize REDCap e-consent.

The Genomics of Electroconvulsive Therapy

PI: Salih Selek, MD

- Screen and recruit patients, collect informed consent
- Collect biological samples (blood, saliva)
- Facilitate study: collect demographic and clinical data, utilize REDCap to maintain data

Assessing knowledge, attitude, practice and perceived barriers related to COVID-19 among adult patients admitted to an inpatient psychiatric hospital

PI: Lokesh Shahani, MD, MPH, FACP

- Screen and recruit patients
- Facilitate study: develop Qualtrics survey, administer survey to patients

Telepsychiatry & COVID-19

PI: Gordon Shen, Ph.D., SM

- Develop protocol and consent
- Conduct interviews with providers assessing COVID-19 impact on telepsychiatry services, operate Google Jamboard
- Facilitate study: recruit participants, develop Qualtrics consent form, assist in discussion guide development, manage interview scheduling
- Code transcripts in Dedoose

Unit 1B Trauma Screening Project

- Administer and score measures including Life Events Checklist for DSM-5 (LEC-5), DSM-5 Self-Rated Level 1 Cross-Cutting Symptom Measure- Adult.
- Facilitated project: data entry

Undergraduate Research Assistant

2017-2018

Sleep and Anxiety Center of Houston (SACH)
 Department of Psychology, University of Houston- Houston, TX
 Director: Candice Alfano, PhD

- Recruit adolescent participants and collect informed consent and assent
- Administer semi-structured interviews on sleep patterns and behaviors
- Collect physiological data (via EDTA & EKG Electrodes), score and clean EDTA data and Actigraphy data
- Act as study confederate

Undergraduate Research Assistant

2017

Personality Across Development (PAD) Lab
 Department of Psychology, University of Houston- Houston, TX
 Director: Jennifer Tackett, PhD

- Recruit adolescent participants and collect informed consent and assent
- Administer and score Wechsler Abbreviated Scale of Intelligence 2nd Ed. (WASI-II) and computer tasks
- Collect biological samples (hair follicles, saliva)
- Conduct lab tasks including video transcription, data entry and verification.

TEACHING EXPERIENCE

INSTRUCTOR- PSYC 2315: Psychology of Adjustment
 Sam Houston State University- Huntsville, TX

2022-2023

ADMINISTRATIVE EXPERIENCE

Psychology Services Coordinator

2018-2021

University of Texas Health Science Center at Houston (UTHealth)- Houston, TX
 Harris County Psychiatric Center (HCPC)
 Supervisor: Elaheh Ashtari, PsyD

- File psychiatric assessment materials, enter assessment data and develop codebook, maintain billing sheets for assessment
- Coordinate UTHealth Doctoral Psychology Internship Program (UTHDPIP) Didactic sessions
- Coordinate HCPC Psychology Practicum interviews and process applications
- Facilitate Unit Reminders for Dialectical Behavioral Therapy (DBT)
- Facilitate administrative tasks: purchasing supplies, maintain faculty and trainee attendance, provide access to system requests
- Coordinate HCPC Psychology Services Telehealth Sessions and observed 12 cases of Brief Individual Solution Focused Therapy telehealth sessions
- Observed two Brief Individual Solution Focused Therapy sessions using evidence-based treatment models and one Dialectical Behavioral Therapy (DBT) session under Dr. Elaheh Ashtari, PsyD.

CERTIFICATIONS AND TRAINING

Laboratory Blood Processing

- Certificate of Completion in Phlebotomy Services 2019

Collaborative Institutional Training Initiative (CITI)

- Social-Behavioral-Educational Researchers 2021
- Social and Behavioral Responsible Conduct of Research 2021
- Group 1 Biomedical Researcher and Key Personnel 2021
- Good Clinical Practice/ GCP- Social and Behavioral Research Best Practices for Clinical Research 2021
- Data Acquisition and Management 2018
- Protection of Human Research Subjects 2017

Stop the Bleed- Workshop in First Aid

UTHealth-HCPC- Houston, TX

2019

Cardiopulmonary Resuscitation (CPR) Training

UTHealth-HCPC- Houston, TX

2018

Clinical Research Informed Consent Online Training

UTHealth- Houston, TX

2018

Basic Laboratory & Clinic Safety Training

UTHealth- Houston, TX

2018

Infectious Substance Shipping Training

UTHealth- Houston, TX

2018

GE Centricity Business

UTHealth- Houston, TX

2018

- CECB Navigation & Registration
- CECB Account Management
- CECB TES Charge Entry
- CECB TES Workfiles

General Laboratory Safety & Hazardous Materials Orientation (EH06)

University of Houston- Houston, TX

2017

Biological Safety Level II with Bloodborne Pathogens (EH12)

University of Houston- Houston, TX

2017

FEMA- Active Shooter: What You Can Do (IS-907)

2016

TECHNICAL SKILLS

Experience with

- Survey and experimental applications: REDCap, Qualtrics, Dedoose, Metricwire Coding Application, Measurement Partner Suite- Bruel & Kjaer
- Statistical Programs: SPSS, Jamovi, JASP
- GE Centricity Business/ IDX
- Microsoft Programs, Adobe Acrobat

PUBLICATIONS

Ray, C., Mariouw, K. H., Anderson, K., George, E., Bisignano, N., **Hernandez, S.**, Montgomery, V.L. (In Press). Current status of inclusion of black participants in neuropsychological studies: A scoping review and call to action. *The Clinical Neuropsychologist*.

Warner, A. R., Glazier, S., Lavagnino, L., Ruiz, A., **Hernandez, S.**, & Lane, S. D. (2021). Inpatient early intervention for serious mental illnesses and post-discharge criminal involvement in a high-volume psychiatric hospital setting. *Journal of Psychiatric Research*, 143, 285-291.

Sorge, C.B., Edelstein, E., McDaniel, K., Ruiz, A., **Hernandez, S.**, Lane, S. (2020). Environmental Factors for

Behavioral Health: Acoustic Influences of Patients in Mental and Behavioral Health Settings. *E. Todd Wheeler Health Fellowship, 2019-2020 Yearbook, Perkins and Will.*

Salem, H., Ruiz, A., **Hernandez, S.**, Wahid, K., Cao, F., Karnes, B., Beasley, S., Sanches, M., Ashtari, E., Pigott, T. (2019). Borderline Personality Features in Inpatients with Bipolar Disorder: Impact on Course and Machine Learning Model Use to Predict Rapid Readmission. *Journal of Psychiatry Practice*, 25(4), 279-289. Winner of the 2018 Resident Paper Award Competition for the academic year 2018-2019.

PAPER PRESENTATIONS

Hernandez, S.K., Ruchensky, J. (2022, March 12). *Using network analysis to understand antisocial and borderline personality disorder across race/ethnicity in a justice-involved sample* [Paper presentation]. Society for Personality Assessment (SPA) Annual Convention, Chicago, IL, United States.

POSTER PRESENTATIONS

Hernandez, S.K., Ruiz, A.C., Kandalaf, M., Jamal, G., Helminiak, A. (2021, May). *The Effect of Stimulant Use on the Internal State Scale (ISS) for Inpatients with Bipolar I Disorder in an Acute Psychiatric Hospital*. Poster accepted to the 2021 American Psychiatric Association (APA) Conference, Los Angeles, California

Hernandez, S.K., Ruiz, A.C., Ashtari, E., Kimm, T.S. (2020, April). *Predictive Potential of the Brief Psychiatric Rating Scale in Readmission Risk Assessment in an Acute Psychiatric Hospital*. Poster accepted to the 2020 American Psychiatric Association (APA) Conference, Philadelphia, Pennsylvania

Hernandez, S.K., Beasley, S., Salem, H., Ruiz, A.C., Taing, M.L., Allen, M., Lane, S.D., Pigott, T.A. (2019, May). *Specifying the 'Not Otherwise Specified' The ability of screening tools to differentiate bipolar subgroups in an inpatient population*. Poster session presented at the Annual American Psychiatric Association (APA) Conference, San Francisco, California

Hernandez, S.K., Ruiz, A.C., Lehner, M., Salem, H., Sanches, M., Selek, S., Pigott, T.A., Fries, G.R. (2019, May). *Early Trauma in Psychotic Patients: Pathway to Peril?* Poster session presented at the 74th Annual Meeting of the Society of Biological Psychiatry, Chicago, Illinois.

Abate, A., **Hernandez, S.**, Ruiz, R., Ashtari, E. (2020, Nov). *Race/Ethnicity and Personality Disorders: An Exploratory Analysis of Differences in Symptomatology Among Inpatient Adults*. Poster accepted to the 2020 Texas Psychological Association (TPA) Conference.

Waters, T., Jones, G., **Hernandez, S.K.**, Ruiz, A.C., Kimm, T. (2021, May). *Evaluating Length of Stay for Hospitalized Patients with Psychosis-Spectrum Disorders and Cannabis Use when Treated with Risperidone vs. Haloperidol*. Poster submitted to the 2021 American Psychiatric Association (APA) Conference, Los Angeles, California.

Gurguis, C., Nguyen, V., **Hernandez, S.K.**, Ruiz, A.C., Findley, J., Pigott, T. (2020, April). *Flexibility versus stability in structure of impulsivity in hospitalized patients with severe mental illness*. Poster accepted to the 2020 American Psychiatric Association (APA) Conference, Philadelphia, Pennsylvania

Nguyen, V., Gurguis, C., Ward, A., **Hernandez, S.K.**, Ruiz, A.C., Findley, J., Pigott, T. (2020, April) *The Prevalence of impulsivity and substance use among psychiatric inpatients with schizophrenia related diagnosis*. Poster accepted to the 2020 American Psychiatric Association (APA) Conference, Philadelphia, Pennsylvania

Beasley, S., Salem, H., **Hernandez, S.K.**, Pesek, J.P., Ashtari, E., Ruiz, A.C., Cao, F., Pigott, T.A. (2019, May). *The use of Borderline Personality Questionnaire as a predictive tool for length of stay among bipolar inpatient population*. Poster session presented at the Annual American Psychiatric Association (APA) Conference, San Francisco, California

- Karnes, B., Andrews, E., Salem, H., Ruiz, A.C, **Hernandez, S.K.**, Cao, F., Pigott, T.A. (2019, May). *Co-occurring Bipolar Disorder and Borderline Personality: State or Trait?* Poster session presented at the Annual American Psychiatric Association (APA) Conference, San Francisco, California
- Ruiz, A.C., Karnes, B., Salem, H., Gabe, M.E., Kimm, T.S., **Hernandez, S.K.**, Lane, S.D., Pigott, T.A. (2019, May). *Exploring comorbidity of Borderline Personality Disorder and Major Depressive Disorder as a predictor of length of stay in an inpatient population.* Poster session presented at the Annual American Psychiatric Association (APA) Conference, San Francisco, California
- Ruiz, A.C., **Hernandez, S.K.**, Walia, M., King, C., Salem, H., Ashtari, E., Kimm T.S., Sanches, M., Selek, S., Pigott, T.A., Fries, G.R. (2019, May). *Borderline Personality in Bipolar Disorder: Prevalence and Early Trauma Relationship.* Poster session presented at the 74th Annual Meeting of the Society of Biological Psychiatry, Chicago, Illinois.
- Haitham, S., Ruiz, A., **Hernandez, S.**, Kimm, T., Pigott, T. (2018, October). *Is the self-reported Borderline Personality Questionnaire any useful? A Retrospective analysis among bipolar inpatient population compared to previously reported US sample data.* Poster session presented at: Clinical Innovation, Collaboration, and Computational Psychiatry: Leveraging Networks. 10th Annual Conference for National Network of Depression Centers (NNDC). 2018 October 17-19, Baltimore, Maryland.

HONORS AND AWARDS

Diversity Scholarship Society for Personality Assessment (SPA) 2022 Annual Convention	2021
R.O.A.D. to Ph.D. Scholar Sam Houston State University- Huntsville, TX	2021
Dean's List University of Houston- Houston, TX	2014-2017
Member, PSI CHI International Honor Society in Psychology, University of Houston Chapter	2017
Member, National Society of Collegiate Scholars University of Houston Chapter	2015

UNIVERSITY AND PROGRAM INVOLVEMENT

Student Representative- Clinical Psychology Doctoral Program Sam Houston State University- Huntsville, TX	2022-2023
Member- Graduate Student Psychology Organization (GSPO) Sam Houston State University- Huntsville, TX	2022
Peer Mentor- R.O.A.D. to PhD Program, Sam Houston State University- Huntsville, TX	2021
Member- Doctoral Program Diversity Committee Sam Houston State University- Huntsville, TX	2021

PROFESSIONAL AFFILIATIONS

Student Member- Society for Personality Assessment (SPA)	2022
Student Member- American Psychology-Law Society (AP-LS)	2022