

Aubrey L. Shell, MS

Curriculum Vitae
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Education

Ph.D. Clinical Psychology (Anticipated 2023)

Indiana University-Purdue University Indianapolis (IUPUI)
Emphasis: Clinical Health Psychology
Mentor: Jesse C. Stewart, Ph.D.

M.S. Clinical Psychology, 2019

Indiana University-Purdue University Indianapolis (IUPUI)
Emphasis: Clinical Health Psychology
Mentor: Jesse C. Stewart, Ph.D.

B.A. Psychology, 2017

Cedarville University

Peer-Reviewed Journal Articles

- Firmin, M. W., **Gillette, A. L.***, Hobbs, T. E., & Wu, D. (2016). Effects of olfactory sense on chocolate craving. *Appetite*, 105, 700-704.
- Shell, A. G.**, & Firmin, M. W. (2017). Binge eating disorder and substance use disorder: A case for food addiction. *Psychological Studies*, 62(4), 370-376.
- Firmin, M. W., DeWitt, K., **Shell, A. L.**, Smith, L. A., & Zurlinden, T. E. (2019). Technology and culture: Differences between the APA and ACA ethical codes. *Current Psychology*, 38(6), 1410-1416.
- Firmin, M. W., DeWitt, K., Zurlinden, T. E., Smith, L. A., & **Shell, A. L.** (2019). Differences in competency and qualification requirements between APA and ACA code of ethics. *Journal of Integrated Social Sciences*, 9(1), 39-56.
- Zurlinden, T. E., Firmin, M. W., **Shell, A. L.**, & Grammer, H. W. (2019). The lasting effects of growing up in a military-connected home: A qualitative study of college-aged American military kids. *Journal of Family Studies*.
- Shell, A. L.**, Hsueh, L., Vransy, E. A., Clark, D. O., Keith, N. R., Xu, H., & Stewart, J. C. (2020). Depressive symptom severity as a predictor of attendance in the HOME behavioral weight loss trial. *Journal of Psychosomatic Research*, 131(109970).

Shell, A. L., Jackson, R. A., Patel, J. S., Hirsh, A. T., Cyders, M. A., & Stewart, J. C. (Under Review). Associations of somatic depressive symptoms with food attentional bias and eating behaviors. *Appetite*.

Manuscripts in Preparation

Shell, A. L., Williams, M. K., Patel, J. S., Vraney, E. A., Considine, R. V., Acton, A. J., & Stewart, J. C. Associations of atypical depressive symptoms with insulin resistance in depressed primary care patients.

Shell, A. L., Gonzenbach, V., Sawhney, M., Crawford, C. A., & Stewart, J. C. Associations between affective traits and heart rate variability in primary care patients with depression.

Shell, A. L., Oglesby, L., Stewart, J. C., & Cyders, M. A. Examining the mechanisms and moderators of the relationship between negative urgency and central adiposity in a community sample.

Oral Paper Presentations

Firmin, M. W., DeWitt, K., **Gillette, A. L.***, Kuhlwein, L. A., & Hobbs, T. E. (2016, March). *Technology and culture: Differences between the APA and ACA ethical codes*. Paper presented at the 32nd Annual Meeting of the National Social Science Association, Las Vegas, NV.

Shell, A. L., Hsueh, L., Vraney, E. A., Clark, D. O., Keith, N. R., Xu, H., & Stewart, J. C. (2018, March). *Depressive symptom severity as a predictor of attendance in the HOME behavioral weight loss trial*. Paper presented at the 76th Annual Scientific Meeting of the American Psychosomatic Society, Louisville, KY.

Shell, A. L., Patel, J. S., Vraney, E. A., Considine, R. V., Acton, A. J., & Stewart, J. C. (2019, March). *Associations of atypical depressive symptoms with insulin resistance in depressed primary care patients*. Paper presented at the 77th Annual Scientific Meeting of the American Psychosomatic Society, Vancouver, BC.

Poster Presentations

National Conferences

Markham, R. L., Arslain, M., & **Gillette, A.*** (2015, February). *Freshman PKs at a Christian college: A qualitative study*. Poster presented at the Ethnographic Qualitative Research Conference, Las Vegas, NV.

Firmin, M. W., & **Gillette, A.*** (2016, February). *Perceived expectations of Pastors' Kids*. Poster presented at the American Association of Behavioral and Social Sciences Research Conference, Las Vegas, NV.

- Firmin, M. W., DeWitt, K., **Gillette, A.***, Hobbs, T., & Kuhlwein, L. (2016, May). *Implications of APA and ACA ethical code differences pertaining to research*. Poster presented at the 28th Annual Convention of the Association for Psychological Science, Chicago, IL.
- Firmin, M., Hobbs, T., **Gillette, A.***, & Foster, H. (2017, May). *Developmental results of military kids' upbringing: A qualitative analysis*. Poster presented at the 29th Annual Convention of the Association for Psychological Science, Boston, MA.
- Zurlinden, T. E., Firmin, M. W., **Shell, A. L.**, & Grammer, H. W. (2019, August). *Overall positive experience of upbringing and advice for other MKs and military leadership*. Poster presented at the 127th Annual American Psychological Association Convention, Chicago, IL.
- Shell, A. L.**, Jackson, R. A., Patel, J. S., Hirsh, A. T., Cyders, M. A., & Stewart, J. C. (2020, March). *Associations of somatic depressive symptoms with food attentional bias and eating behaviors*. Poster to be presented at the 78th Annual Meeting of the American Psychosomatic Society, Long Beach, CA. Conference canceled.
- Patel, J. S., **Shell, A. L.**, Gupta, S. K., & Stewart, J. C. (2020, March). *Associations of changes in depressive symptom clusters with changes in cardiovascular disease risk following depression treatment: Data from the eIMPACT randomized controlled trial*. Citation poster to be presented at the 78th Annual Meeting of the American Psychosomatic Society, Long Beach, CA. Conference canceled.

Regional Conferences

- Firmin, M. W., DeWitt, K., Kuhlwein, L., **Gillette, A.***, & Hobbs, T. (2016, April). *Relationships and client protection differences in the APA and ACA ethical codes*. Poster presented at the Great Lakes Counseling Psychology Research Conference, Bloomington, IN.
- Firmin, M. W., DeWitt, K., Hobbs, T., Kuhlwein, L., & **Gillette, A.*** (2016, April). *Differences in competency and qualification requirements between the APA and ACA codes of ethics*. Poster presented at the Great Lakes Counseling Psychology Research Conference, Bloomington, IN.
- Gillette, A. L.*** & Firmin, M. W. (2016, April). *Binge eating disorder and substance use disorder: A case for food addiction*. Poster presented at the Great Lakes Counseling Psychology Research Conference, Bloomington, IN.

Local Conferences

- Firmin, M. W., **Gillette, A. L.***, & Hobbs, T. E. (2016, April). *Effects of olfactory sense on chocolate craving*. Poster presented at the Ohio Psychological Association Convention, Columbus, OH.

- Firmin, M. W., Hobbs, T. E., **Gillette, A. L.***, & Foster, H. W. (2016, April). *A qualitative assessment of military kids: Instabilities and constants*. Poster presented at the Ohio Psychological Association Convention, Columbus, OH.
- Shell, A. L.**, Patel, J. S., Vransky, E. A., Considine, R. V., Acton, A. J., & Stewart, J. C. (2019, July). *Associations of atypical depressive symptoms with insulin resistance in depressed primary care patients*. Poster presented at the 5th Annual Indiana University School of Medicine Center for Diabetes and Metabolic Diseases Symposium, Indianapolis, IN.

*Maiden name

Research Experience

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| 2020-Present | <p>Project Coordinator and Graduate Research Assistant (R.A.)
 Cardiometabolic Behavioral Medicine Lab, IUPUI</p> <p>eIMPACT-DM Pilot Trial: Depression Treatment to Reduce the Excess Diabetes Risk of People with Depression and Prediabetes (PI: Jesse C. Stewart, Ph.D.; NCT04437485)</p> <p>This pilot trial seeks to investigate the utility of a modernized depression treatment (eIMPACT) in reducing excess risk for diabetes among people with existing diabetes risk factors including prediabetes and depression.</p> <p><u>Responsibilities:</u> <i>Managing IRB documentation; maintaining REDCap data collection; coordinating and mentoring other research assistants; recruitment: screening patients for eligibility, assessing basic cognitive functioning, medical and psychiatric status, and depression status; obtaining informed consent and authorization; implementing suicidal ideation protection protocol as appropriate; working within a multidisciplinary team for assessment visits; monitoring participant flow; data cleaning, scoring, and management; reviewing manuscript drafts.</i></p> |
| 2019-2020 | <p>Project Coordinator and Graduate Research Assistant (R.A.)
 Cardiometabolic Behavioral Medicine Lab, IUPUI; Indiana Center for AIDS Research; Indiana University Clinical and Translational Sciences Institute</p> <p>Insomnia in HIV: Studies I and II (PIs: Samir K. Gupta, M.D. & Jesse C. Stewart, Ph.D.; NCT03390114)</p> <p>The primary aim is to compare 10-week changes in Insomnia Severity Index scores in HIV-infected adults, virologically suppressed adults with clinically relevant insomnia severity randomized to either treatment with the Sleep Healthy Using the Internet (SHUTi) cognitive behavioral therapy for insomnia program or to Usual Care. The secondary aim was to compare</p> |

measures of frailty and cognitive function between HIV-infected, virologically suppressed adults with and without clinically relevant insomnia severity.

Responsibilities: *Maintained REDCap data collection; scheduled and facilitated SHUTi treatment delivery; monitored patient flow through the study; managed and scored data; assisted in statistical analyses.*

2017-2019

Graduate Research Assistant (R.A.)

Cardiometabolic Behavioral Medicine Lab, IUPUI

eIMPACT Trial: Modernized Collaborative Care to Reduce the Excess CVD Risk of Older Depressed Patients (PI: Jesse C. Stewart, Ph.D.; NCT02458690)

eIMPACT is a Phase 2 randomized control trial aimed at investigating the utility of a modernized depression treatment (eIMPACT) in reducing excess CVD risk of depressed primary care patients with CVD risk factors and identifying associated mechanisms.

Responsibilities: *Recruitment, screening patients for eligibility, assessing basic cognitive functioning, medical and psychiatric status, and depression status; obtaining informed consent and authorization; implementing suicidal ideation protection protocol as appropriate; working within a multidisciplinary team for assessment visits; data cleaning, scoring, and management; reviewing manuscript drafts.*

Teaching and Mentoring Experience

Fall 2019-Present

Instructor of Record

Health Psychology, IUPUI

Developed and facilitated undergraduate health psychology (300-level) course. Responsible for preparing content, teaching, grading, and resolving student concerns.

Online: Fall 2019, Summer 2020, Fall 2020, Spring 2021

In-Person Lecture: Spring 2020

Spring 2020

Graduate Teaching Assistant (T.A.)

Research Methods, IUPUI

Responsibilities: *Grading student homework assignments.*

2018-2019

Mentoring Undergraduate Research Assistants

Responsibilities: *Provided supervision for undergraduate students who served as research assistants in the CBM Lab. These students*

worked on data collection and data management for my M.S. Thesis. I also co-mentored Rachel A. Jackson's Research Capstone project:

Jackson, R. A., **Shell, A. L.**, Stewart, J. C., & Defazio, J. (2019, April). *Sleeping less and eating more: Is insomnia symptom severity associated with increased attention to food cues?* Poster presented at IUPUI Student Research and Engagement Day and Capstone Poster Session.

- 2017-2018 **Graduate Teaching Assistant (T.A.)**
Service-Learning Capstone, IUPUI
Responsibilities: Grading student assignments and assisting students in development of research posters
- 2015-2017 **Undergraduate Teaching and Grading Assistant Positions**
Statistics, Social Psychology, General Psychology, Cedarville
 University Psychology Department
Statistics Tutor, Cedarville University Academic Enrichment
 Center

Supervised Clinical Experience

- 2021 **Pre-doctoral Practicum Student, Indiana University Health, Health Psychology Service in Adult Endocrinology Clinic, Indianapolis, IN**
Supervisor: Mary de Groot, PhD
Responsibilities: Providing consultation, assessment (interview and self-report), and treatment (e.g., CBT) of psychosocial issues to patients with diabetes. Working within an integrated outpatient care model alongside physicians, residents, and nurses.
- 2020 **Pre-doctoral Practicum Student, Riley Children's Health Behavioral Sleep Medicine, Indianapolis, IN**
Supervisor: Kate Lyn L. Walsh, PsyD
Responsibilities: Conducted intake interviews with children and their parents seeking therapeutic services for sleep concerns including insomnia and parasomnias. Provided evidence-based psychotherapy services (e.g., CBT-I, behavior plans, skills training) both in-person and using video telehealth.
- 2019-2020 **Pre-doctoral Practicum Student, Meridian Psychological Associates, Indianapolis, IN**

Supervisor: Kevin L. Rand, Ph.D., HSPP

Responsibilities: *Conducted intake interviews with individuals seeking assessment for diagnostic clarification. Administered test batteries with instruments including the WAIS-IV, WISC-V, MMPI-2, MCMI-IV, Conners computerized tasks, Rorschach Inkblot Test, and Thematic Apperception Test. Wrote integrated reports to summarize the patients' presenting problems and our diagnostic impressions. Conducted feedback sessions that included a summary of test results, diagnosis, and treatment recommendations.*

2018-2019

Pre-doctoral Practicum Student, Indiana University Health Physicians Family Medicine Center, Indianapolis, IN

Supervisor: Sarah A. Landsberger, Ph.D., HSPP

Responsibilities: *Conducted intake interviews with primary care patients seeking brief psychotherapy services. Led psychotherapy using evidenced-based practices (e.g., CBT, ACT, and DBT) for topics including depression, anxiety, and adjustment. Reviewed charts and provided referral for long-term psychotherapy services. Administered and scored screeners and questionnaires (PHQ-9, GAD-7, WHOQOL-BREF, SUDS).*

Other Clinically Relevant Experience

2016-2017

Residential Instructor, Hope Network Behavioral Health Services, Grand Rapids, MI

Responsibilities: *Supported adult residents with diagnoses of schizophrenia, depression, bipolar disorder, etc. in their individualized behavior plans; cooked meals; cleaned residential living areas; assisted in passing medications and running group sessions.*

2016

Undergraduate Intern, Pine Rest Christian Mental Health Services Psychological Consultation Center, Grand Rapids, MI

Responsibilities: *Conducted assessments for ADHD (KBIT, Wisconsin, Conner's, PAI, PAI-A, BDEFL, etc.). Scored intelligence tests and self-report questionnaires, reported computerized test scores, and communicated behavioral observations to clinicians. Observed clinical interviews, feedback sessions, and electroconvulsive therapy in the outpatient clinic.*

2015

Refugee Resettlement Case Aid/Undergraduate Intern, Bethany Christian Services, Grand Rapids, MI

Responsibilities: Assisted resettlement case managers in welcoming refugees, transportation, connecting with community resources, writing case notes, and completing governmental paperwork. Worked in a variety of facets within the resettlement program: from trauma counseling services (the Healing Center) to facilitating applications and interviews for DHS.

Honors, Awards, and Scholarships

2020	IUPUI Clinical Psychology Service Excellence Award
2019	Research Travel Awards: Psychology Departmental Travel Grant (\$1,000), IUPUI University Travel Fellowship (\$700), Graduate and Professional Educational Grant (\$500), and School of Science Graduate Student Council Travel Grant (\$400)
2018	Research Travel Awards: Psychology Departmental Travel Grant (\$300) and School of Science Graduate Student Council Travel Grant (\$100)
2017	Robert Abbas Psychology Award, Cedarville University
2016-2017	Dolph & Brown Psychology Award, Cedarville University
2016	Ohio Psychological Association Convention Undergraduate Empirical Poster Winner Award
2014, 2015, 2016	Grand Rapids Community Foundation Meijer Scholarship Award
2013	Ronald Reagan Leadership Award
2013	Cedarville University Provost's Scholar Award

Service Activities and Leadership

Assisting in Coordination of Clinical Psychology Interview Days, IUPUI Clinical Psychology PhD Program (2019, 2020)

*Psi Kappa Theta, Cedarville University Psychology Club- **Member** (2013-2014), **Event Planning Committee Member** (2014-2015), **Treasurer** (2015-2016), **President** (2016-2017)*

*Alpha Delta Omega, Cedarville University Women's Service Organization- **Member** (Fall 2014, Spring 2015)*

Outreach to Students and Families (Summer 2015)

Traveled to Thailand to help mix and pour cement for an orphanage, then taught English in schools while other team members taught sports and did dental work.

Outreach to High School Students (Summer 2014)

Joined a team of American high school and college students on a trip to Uganda to share presentations about important life skills.

Professional Affiliations

2017-Present American Psychosomatic Society
 2019-2020 American Psychological Association Society for Health Psychology (Div 38)

Workshops and Training

Motivational Interviewing Workshop (November 2020)

Eric Comstock, M.A., LMFT, LCAC
 Director of Clinical Services, Adult Mental Health and Addictions,
 Behavioral Health Services at Community Health Network
 Trainer, Motivational Interviewing Network of Trainers

Categorical and Survival Data Analysis (September 2019)

Jaehoon Lee, PhD
 Texas Tech University

Recovery-Oriented Care: From Research to Practice (July 2019)

Hosted by the Sandra Eskenazi Center for Brain Care Innovation
Noteworthy presenters: Lisa Dixon, M.D., MPH, Eleanor Longden, Ph.D.,
 Paul Lysaker, Ph.D., Adam Hill, M.D., Ilanit Hasson-Ohayon, Ph.D.
 Indianapolis, IN

5th Annual Center for Diabetes and Metabolic Diseases Symposium (July 2019)

Indiana University School of Medicine
 Indianapolis, IN

22nd Annual Mental Health and Addiction Symposium: Bringing Research to Practice (June 2019)

Hosted by Mental Health America of Indiana and Indiana University
 School of Medicine Department of Psychiatry
 Indianapolis, IN

Addressing the Obesity Problem in Rural Indiana: New Paradigms, Research, Directions, and Opportunities to Improve Health Outcomes in Indiana Communities (April 2019)

Indiana CTSI Retreat
 Indiana University, Bloomington, IN

The Hierarchical Taxonomy of Psychopathology (HiTOP) (February 2019)

Susan C. South, Ph.D. and Douglas B. Samuel, Ph.D.
 Purdue University

Indiana University Health Obesity Symposium (October 2018)

Course directors: Dimitrios Stefanidis, MD, PhD, FACS, FASMBS, FSSH,
 Kimberly Wilkes, MBA, BSN, RN, CMSRN
Noteworthy presenters: William Hilgendorf, Ph.D, HSPP, Samer Mattar,
 M.D., FACS, FRCS, FASMBS, David Allison, Ph.D.
 Indianapolis, IN

Scientific Writing from the Reader's Perspective (October 2018)

George D. Gopen, PhD, JD.
 Duke University

A New Therapy for Each Patient: Evidence-Based Responsiveness (April 2018)

John Norcross, PhD.

University of Scranton

Motivational Interviewing (November 2017)

Stephen Rollnick, PhD.

Clinically Relevant Courses

Intervention I

Learned and practiced basic counseling skills such as empathetic listening and leveraging the client's values for person-centered therapy.

Intervention II

Learned cognitive-behavioral techniques for treatment and practiced developing case conceptualizations for a variety of conditions.

Assessment I

Gained training in the psychometric principles of intelligence assessment and practiced administering the Wechsler intelligence tests.

Assessment II

Gained training in the psychometric principles of clinical assessment and practiced administering personality and self-report tests.

Psychopathology

Learned the etiology of and applied diagnostic theories to a variety of psychological diagnoses.

Behavioral Medicine

Discussed pertinent issues in clinical health psychology (e.g., cancer, infertility) functions of a health psychologist (e.g., medical crisis, consultation-liaison, primary care), and the ways health psychologists may engage in community decision-making.

Interventions in Health Psychology

Reviewed clinical health psychologist functions in various settings; discussed screening and assessment practices; learned about treatment techniques employed by health psychologists with patients experiencing various health conditions.

Dialectical Behavior Therapy

Learned the theory of dialectical behavior therapy, studied applications of this theory to clinical populations, and evaluated evidence base for DBT effectiveness.

Ethical, Legal, and Cultural Issues in Psychology

Discussed the APA Ethics Code and how it applies to the various functions of psychologists. Emphasized cultural and diversity issues, examined personal biases, and explored how to navigate case examples across different contexts.

Tests Administered

Intelligence

Wechsler Adult Intelligence Scale-IV (WAIS-IV), Wechsler Intelligence Scale for Children-V (WISC-V), Kaufmann Brief Intelligence Test (KBIT)

Personality

MMPI-2, MMPI-A, PAI, MCMI-III, MCMI-IV, MACI, M-PACI, Rorschach Inkblot Test, Thematic Apperception Test, Draw a Person, Rotter Incomplete Sentences

Self-Report Screeners and Parent/Teacher Rating Forms

PHQ-9, BDI-II, SCL-90, GAD-7, Barkley Adult ADHD Rating Scale-IV (e.g., BAARS-IV), Child Behavior Checklist, Teacher Report Form, Youth Self Report Form, Conners Parent Rating Scale, Conners Teacher Rating Scale, Conners Self-Report Form, Behavior Assessment System for Children (BASC-2)

Behavioral Tasks

Conners Continuous Performance Task (CPT-3), Conners Continuous Auditory Task (CATA), Wisconsin Card Sorting Test

Memory

Wechsler Memory Scale-IV (WMS-IV), Bender-Gestalt II, Trail Making A & B, Mini Mental Status Exam