

CYNTHIA M. VILLANUEVA

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EDUCATION

University of California, Berkeley 2009 – 2013
Bachelor of Arts in Psychology with a Minor in Linguistics
Overall GPA: 3.846 Major GPA: 3.908
High Distinction in General Scholarship

RESEARCH EXPERIENCE

Stress and Resilience Laboratory / Stress and Health Research Program July 2014 – present
San Francisco VA Medical Center – San Francisco, CA

Principal Investigator: Sabra Inslicht, PhD

Duties include:

- Administer study protocol using multi-modal methods that include psychophysiological measures using BioPac and AcqKnowledge software (skin conductance, electrocardiography, corrugator electromyogram, and functional magnetic resonance imaging), biological measures (saliva cortisol sample, hair cortisol sample, blood sample), self-reports, sleep diary and activity monitoring, and neuropsychological measures (verbal memory, executive functioning, working memory, visual learning, IQ, spatial memory)
- Phone screen participants using DSM-IV criteria to pre-assess for medical and mental health history, suicide risk, comorbidities, and PTSD symptomatology
- Consult with multidisciplinary study team (e.g., clinical interviewer, physician, laboratory) to determine study eligibility, coordinate study procedures, and ensure adherence to study protocol
- Manage subject enrollment, subject tracking, scheduling, correspondence, appointment reminders and coordinate subject payments
- Create and maintain systems to track study progress and biological samples
- Develop and update case report forms and online data collection surveys using Qualtrics
- Program and troubleshoot physiological equipment and data collection software
- Manage various aspects of data collection and storage including teleform scanning, data encryption, data entry, data cleaning, and database design; analyze database for individual and systematic errors
- Design recruitment ads, fliers, brochures, and internet postings, update and maintain website
- Maintain all institutional review documentation and other regulatory documents
- Assist with grant and budget submissions, initiate service contracts, and conduct literature reviews for manuscript preparation
- Hire, supervise, and train research assistants in phone screen pre-assessment, study protocol, psychophysiological measurement, and data management

Clinical Research Coordinator

June 2015 – present

- ***Stress and Resilience Study***

Principal Investigators: Sabra Inslicht, PhD; Thomas Neylan, MD

A study to test the effect of sex and post-traumatic stress disorder status on extinction learning and retention in a classical aversive conditioning paradigm, in male and female veterans with and

without PTSD. This study also aims to identify biological markers that might underlie fear learning and memory, in order to inform and improve future treatments for PTSD.

- ***Brain Imaging and Trauma Resilience Study***

Principal Investigators: Sabra Inslicht, PhD; Judith Ford, PhD; Daniel Mathalon, MD, PhD; Thomas Neylan, MD

A pilot study to determine the feasibility and acceptability of a novel multi-day fear conditioning paradigm for use with fMRI. Eight participants (4 PTSD+ and 4 PTSD-) undergo fear conditioning (Day 1), extinction learning (Day 4), and extinction retention (Day 11) all during fMRI image acquisition. Dependent variables include skin conductance, amygdala activity, and ventral medial prefrontal cortex (vmPFC) activity assessed during each of the three study visits.

Research Assistant

July 2014 – June 2015

- ***Veterans Stress and Learning Study***

Principal Investigators: Sabra Inslicht, PhD; Shannon Mccaslin-Rodrigo, PhD; Thomas Neylan, MD; Karen Seal, PhD

A double-blind placebo-controlled study exploring the effects of pharmacological agents, Hydrocortisone and D-Cycloserine, in facilitating fear extinction in trauma-exposed veterans and civilians.

Emotion and Emotion Regulation Lab (EERLAB) University of California, Berkeley – Berkeley, CA

June 2013 – present

Principal Investigator: Iris Mauss, PhD

Responsibilities:

- Conduct data collection in 8-hour lab sessions with adult female friend pairs including psychophysiological measures using MindWare and BioLab software (electrocardiography, impedance cardiography, respiration, skin conductance, skin temperature, pulse plethysmography, blood pressure), physical health assessments (height, weight, waist and hip circumference, BMI, grip strength dynamometer measurement), biological sample collection (saliva and finger-prick blood sample), and continuous measurement of emotion (affect rating dial)
- Manage participant correspondence and subject database to determine eligibility status
- Train research assistants in study protocol and psychophysiological measurement
- Previously transcribed social interactions between participants and confederates and prepared online questionnaire data for analysis in SPSS

Project Coordinator

January 2015 – present

- ***Berkeley Friendship, Emotion, and Wellness Study***

Principal Investigators: Iris Mauss, PhD; Oliver John, PhD

A six-month longitudinal study that aims to assess the emotional, social, cognitive, and biological factors that contribute to individual differences in psychological and physical health across the adult life span.

Research Assistant

June 2013 – January 2015

- ***Pursuing Emotion Goals in Film Clips and Interaction***

A study that manipulated emotional goals (happiness pursuit, sadness pursuit, and acceptance) and measured their effects during film clip inductions of happiness, sadness, and compassion. This study also examined the social effects of pursuing emotion goals in a social interaction with a confederate.

Ron Dahl's Youth Development Lab
University of California, Berkeley – Berkeley, CA
Principal Investigator: Ronald Dahl, MD

June 2013 – June 2014

Research Assistant

Attitudes About Romantic Behaviors

Principal Investigators: Ronald Dahl, MD; Ahna Suleiman, MPH; Stephanie Cardoos, MA

A pilot study exploring the effects of peer presence and video priming on young adolescent girls' (ages 10-14) implicit/explicit attitudes about romantic relationships regarding low-level sexual behavior and risky decision-making.

- Recruited, screened, and scheduled participants (female friend trios within 2 years of age); managed parent correspondence and maintained subject databases
- Administered two-hour study protocol, which included obtaining informed consent and assent, running computerized tasks, overseeing self-report measures, collecting saliva samples and administering Wechsler Intelligence Scale for Children (WISC) vocabulary assessment
- Entered and verified self-report questionnaire data; created qualitative coding system in collaboration with co-investigator

POSTERS

Gibson, C. J., Barrientos, M., **Villanueva, C.**, Neylan, T.C., Inslicht, S.S. (2016). Gender differences in subjective sleep related to post-traumatic stress disorder symptoms in trauma-exposed adults. *Poster accepted for the 10th annual meeting of the Organization for the Study of Sex Differences, Philadelphia, PA.*

PUBLICATIONS

Gibson, C. J., Barrientos, M., **Villanueva, C.**, Neylan, T.C., Inslicht, S.S. (2016). Gender differences in subjective sleep related to post-traumatic stress disorder symptoms in trauma-exposed adults. (*In prep*).

HONORS AND AWARDS

Honors	2011 – 2013
Dean's Honors List	Spring 2010, Fall 2011, Fall 2012
Psi Chi Honors Society, UC Berkeley Chapter	April 2012 – Present
Phi Beta Kappa, UC Berkeley Alpha Chapter (Top 20 Juniors)	May 2012 – Present
Golden Key International Honour Society	December 2012 – Present

SKILLS AND KNOWLEDGE

- **Qualtrics** – online data collection software
- **E-Prime, SuperLab, Inquisit** – laboratory task data collection software
- **Mindware, Biopac, Coulbourn** – psychophysiological data collection software
- **iRIS/iMedRIS** – IRB Committee on Human Research submission and review system
- **CPRS, VISTA, RDIS** – VA clinical patient and R&D records systems
- **CITI Training** – VA Human Subjects Protection and Good Clinical Practices
- **MRI Safety Training**