Shelby Noelle Ortiz

Curriculum Vitae

CONTACT INFORMATION

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EDUCATION

Miami University, Oxford OH
Doctor of Philosophy in Clinical Psychology Anticipated 2023
Advisor: April R. Smith, Ph.D.

Miami University, Oxford OH
Master of Arts in Clinical Psychology May 2019
Thesis: *A Longitudinal Examination of the Relationship Between Eating Disorder Symptoms and Suicidal Ideation*
Committee Chair: April R. Smith, Ph.D.

Wake Forest University, Winston-Salem NC
Bachelor of Arts in Psychology and Biology May 2014
Minor in Environmental Science

GRANTS, HONORS, AND AWARDS

- Psi Chi Mamie Phipps Clark Diversity Graduate Research Grant ($1,500) 2019
- National Science Foundation Graduate Research Fellowship ($104,000) 2019
- Letter of Commendation, Department of Psychology, Miami University (2 awards) 2018, 2019
- APAGS/Psi Chi Junior Scientist Fellowship ($1,000) 2018
- Diversity Enhancement Pathway Scholarship ($17,000) 2017

PUBLICATIONS UNDER REVIEW (*n* = 4) AND IN PRINT (*n* = 9)

*Indicates a mentored research assistant

Forrest, L. N., **Ortiz, S. N.**, Ayers, J. W., & Smith, A. R. (under review). Pro-ana searches change after the release of To the Bone. *Cyberpsychology, Behavior, and Social Networking.*

Ortiz, S. N. & Smith, A. R. (under review). Examining the relationship between muscle dysmorphia symptoms and suicidality through the Lens of the Interpersonal Theory of Suicide. *Crisis.*

Ortiz, S. N., Espel-Huynh, H., *Felonis, C., & Scharff, A. (invited revision). A qualitative investigation of eating disorder patient perceptions of and preferences for the research process. *International Journal of Eating Disorders*.

Ortiz, S.N. & Smith, A. R. (invited revision). A longitudinal examination of the relationship between eating disorder symptoms and suicidal ideation. *International Journal of Eating Disorders*.

Scharff, A., **Ortiz, S. N**., Forrest, L. N., & Smith, A. R. (accepted). Comparing clinical presentations of eating disorder patients with and without trauma history and comorbid PTSD. *Eating Disorders: The Journal of Treatment & Prevention.*

Ortiz, S. N., Knauft, K., Smith A.R., & Kalia, V. (in press). Expressive Suppression Mediates the Relation between Disordered Eating and Suicidal Ideation. *Journal of Clinical Psychology.*

Ortiz, S. N., Forrest, L. N., Fisher, T. J., Hughes, M., & Smith, A. R. (2019). Changes in internet suicide search volumes following celebrity suicides. *Cyberpsychology, Behavior, and Social Networking*, 22(6), 373-380. https://doi.org/10.1089/cyber.2018.0488

Forrest, L. N., Laurel, **Ortiz, S. N.**, & Smith, A. (2019). Bridging eating disorder symptoms and anxiety symptoms in patients with eating disorders: A network approach. *International Journal of Eating Disorders*. https://doi.org/10.1002/eat.23070

Knauft, K., **Ortiz, S. N**., Velkoff, L., Smith, A.R., & Kalia, V. (2019). Highly gritty individuals exhibit disordered eating if they also have maladaptive emotion regulation. J*ournal of Social and Clinical Psychology*. https://doi.org/10.1521/jscp.2019.38.4.321

Stavarski, D., Alexander, R., **Ortiz, S. N.,** & Wasser, T. (2019). Nurses' and Patients' Perceptions of Hope and Hope-Engendering Nurse Interventions in an Eating Disorder Residential Facility. *Journal of Psychiatric and Mental Health Nursing.* https://doi.org/10.1111/jpm.12507

Smith, A. R., **Ortiz, S. N.**, Forrest, L. N., Velkoff, E. A. & Dodd, D. R. (2018). Which comes first?: An examination of associations and shared risk factors for eating disorders and suicidality. *Current psychiatry reports, 20*(9), 77. https://doi.org/10.1007/s11920-018-0931-x

Forrest, L. N., Jones, P., **Ortiz, S. N.**, & Smith, A. R. (2018). Core psychopathology in anorexia nervosa and bulimia nervosa: A network analysis. *International Journal of Eating Disorders*. https://doi.org/10.1002/eat.22871

Thompson-Brenner, H., Brooks, G.E., Boswell, J.F., Espel-Huynh, H.M., Dore, R., Franklin, D.R., Goncalves, A., Smith, M., **Ortiz, S.**, Ice, S., Barlow, D.H., & Lowe, M.R. (2018). Evidence-based implementation practices applied to the intensive treatment of eating disorders: A research summary and examples from one case. *Clinical Psychology: Science and Practice, 25*(1), e12221. https://doi.org/10.1111/cpsp.12221

CONFERENCE POSTER PRESENTATIONS AND TALKS (*N* = 26)

Ortiz, S. N. & Smith, A. R. (2019, November). *Eating disorders, self-injury, and suicide: Common pathways, mechanisms, and functions.* Research talk to be presented at the Association for Behavioral and Cognitive Therapies, Atlanta, GA.

Aggarwal, P., **Ortiz, S**., Jain, A., Velkoff, E. A., George, T. S., Raval, V. V., & Smith, A. (2019, November). *Testing the Interpersonal Theory of Suicide among college students in India.* Poster accepted for presentation at the 53rd Annual Convention of Association for Behavioral and Cognitive Therapies, Atlanta, Georgia.

Scharff, A., **Ortiz, S. N.**, Forrest, L. N., Smith., A. R., & Boswell, J. (2019, November). *Trauma history and PTSD as potential moderators of transdiagnostic eating disorder treatment.* Poster accepted for presentation at the 53rd Annual Convention of Association for Behavioral and Cognitive Therapies, Atlanta, Georgia.

Adut, S. L., Goldman, A., **Ortiz, S. N.**, Fite, R., & Magee, J. C. (2019, November). *Wake up and smell the coffee: Effects of elaboration on caffeine and nicotine cravings among polysubstance users*. Poster accepted for presentation at the 53rd Annual Convention of Association for Behavioral and Cognitive Therapies, Atlanta, Georgia.

Velkoff, E. A., Aggarwal, P., Jain, A., **Ortiz, S.**, George, T. S., Raval, V. V., & Smith, A. (2019, November). *Confirmatory factor analysis of the Interpersonal Needs Questionnaire among undergraduate students in India*. Poster accepted for presentations at the 53rd Annual convention of Association for Behavioral and Cognitive Therapies, Atlanta, Georgia.

Knauft, K. M., **Ortiz, S. N.**, Velkoff, E. A., Smith, A. R., & Kalia, V. (2019, April). *Grit buffers against disordered eating unless expressive suppression is used.* Talk presented at the 91st annual meeting of the Midwestern Psychological Association, Chicago, IL.

Ortiz, S., Espel-Huynh, H., Felonis, C., & Scharff, A. (2019, March). *A Qualitative Investigation of Eating Disorder Patient Perceptions of and Preferences for the Research Process.* Poster presented at the International Conference on Eating Disorders, New York, NY.

Forrest, L. N., Sarfan, L. D., **Ortiz, S. N.**, Brown, T. A., Smith, A. R., Anderson, L. K. & Kaye, W. H. (2019, March). *Using network analysis to bridge eating disorder symptoms and trait anxiety in patients with anorexia nervosa.* Oral presentation presented at the International Conference on Eating Disorders, New York, NY.

Scharff, A. & **Ortiz, S. N.** (2019, March). *Comparing clinical presentations of eating disorder patients with and without trauma history and comorbid PTSD.* Poster presented at the International Conference on Eating Disorders, New York, NY.

Ortiz, S. N. & Smith, A. R. (2018, November). *Examining the Longitudinal Relationship between Eating Disorder Symptoms and Suicidal Ideation.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, D.C.

Ortiz, S. N. & Smith, A.R. (2018, November). *Examining the Relationship between Muscle Dysmorphia Symptoms and Suicidality through the Lens of the Interpersonal Theory of Suicide.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, D.C.

Ortiz, S. N., Forrest, L. N., & Smith, A. R. (2018, November). *Changes in Suicide Search Term Volumes Following Celebrity Suicides.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, D.C.

Forrest, L. N., **Ortiz, S. N.**, & Smith, A. R. (2018, November). *Changes in Eating Disorder-related Internet Searches Following the Release of Two Eating Disorder Films.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, D.C.

*Hill, M. C., *Tarantino, C. M., **Ortiz, S. N.**, & Smith., A. R. (2018, May). *Relations between the Bodily Perception Questionnaire and Pain Tolerance with Interoceptive Awareness.* Poster presented at the annual Stephen Hinkle Memorial poster session, Oxford, Ohio.

Ortiz, S. N. & Smith, A. R. (2018, April). *Mediators of the Relation between Muscle Dysmorphia and Suicidal Ideation*. Research talk presented at the annual meeting of the Midwestern Psychological Association Conference, Chicago, IL.

Ortiz, S.N., Stavarski, D., Alexander, R. & Wasser, T. (2018, April). *Creating Hope-Engendering Environments for Eating Disorder Patients; Evaluating Current Nursing Interventions to Guide Implementation in the Future*. Poster presented at the International Conference on Eating Disorders, Chicago, IL.

Espel-Huynh, H., Boswell, J. F., Thompson-Brenner, H., **Ortiz, S. N.**, Zhang F., Brooks, G. E., & Lowe, M. R. (2018, April). *Awareness and Tolerance of Emotional Experience as Mechanisms of Change Among Patients Receiving Transdiagnostic, Intensive Eating Disorder Treatment*. Research talk presented at the International Conference on Eating Disorders, Chicago, IL.

Forrest, L. N., **Ortiz, S. N.**, Dodd, D. R., Velkoff, E. A., & Smith, A. R. (2018, April). *Comparing core psychopathology between anorexia nervosa and bulimia nervosa versus binge-eating disorder.* Research talk presented at the International Conference on Eating Disorders, Chicago, IL.

Forrest, L. N., **Ortiz, S. N.**, Dodd, D. R., Velkoff, E. A., & Smith, A. R. (2018, April). *Bridging eating disorder symptoms and suicidal ideation: a network analysis.* Research talk presented at the International Conference on Eating Disorders, Chicago, IL.

Smith, A. R., Forrest, L. N., Velkoff, E. A., Dodd, D. R., & **Ortiz, S. N.** (2018, April). *Testing relations between interoceptive deficits, emotion regulation strategies, and self-injurious behaviors in two eating disorder samples*. Research talk presented at the International Conference on Eating Disorders, Chicago, IL.

Ortiz, S. & Dore, R. (2017, November). *Running from Discomfort: Relationship Between Compulsive Exercising and Psychopathology in Residential Treatment.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

Espel, H. M., Boswell, J. F., Thompson-Brenner, H., **Ortiz, S. N.**, Brooks, G. E., & Lowe, M. L. (2017, November). *Beyond weight & shape concern: Transdiagnostic routine outcome monitoring for patients with severe eating disorders*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

Ortiz, S. N. & *Scharff, A. (2017, November). *Moving on from a traumatic experience: How trauma plays a role in residential eating disorder treatment outcomes.* Poster presented at the annual Renfrew Center Foundation Conference, Philadelphia, PA.

*Harrer, S. & **Ortiz, S.** (2016, November). *Motivate-HER: Examining the Relationship of Patient Self-Reported Motivation Levels and Successful Treatment Outcomes.* Poster presented at the annual Renfrew Center Foundation Conference, Philadelphia, PA.

Espel, H. M., Boswell, J. F., Thompson-Brenner, H., **Ortiz, S.**, Brooks, G., & Lowe, M. L. (2016, October). *Development and Validation of an Eating Disorder-Specific Measure for Routine Outcome Monitoring.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

Thompson-Brenner, H., Espel, H. M., Boswell, J., Brooks, G., Franklin, D., Goncalves, A., **Ortiz, S.**, Smith, M., Barlow, B. F., & Lowe, M. L. (2016, October). *Implementation of a transdiagnostic,*

emotion-focused therapy in residential treatment: mechanisms and outcomes at discharge and follow-up. Poster presented at the annual meeting of the Eating Disorders Research Society, New York, NY.

CURRENT RESEARCH PROJECTS

- **Ortiz, S. N.**, Velkoff, E. A., Aggarwal, Jain, A., George, T. S., Raval, V. V., & Smith, A. (in prep). Testing the Interpersonal Theory of Suicide among college students in India.
- **Ortiz, S. N.**, Magee, J., & Smith, A. R. (in prep). Exploring longitudinal relations between eating disorder intrusive thoughts and disordered eating behaviors.
- **Ortiz, S.N.** & Smith, A. R. (in prep). The effect media-related suicides on the implicit attitudes about death and treatment in the general population.
- Scharff, A., **Ortiz, S. N.**, Forrest, L. N., Smith., A. R., & Boswell, J. (data analysis in progress). Trauma history and PTSD as potential moderators of transdiagnostic eating disorder treatment.
- **Ortiz, S. N.** & Smith, A. R. (data collection in progress). The influence of interoceptive awareness in the ability to cognitively regulate food intake.
- Trujillo, A., **Ortiz, S,** Smith, A, & Claypool, H. (data collection in progress) The impact of thwarted belonging on body satisfaction.
- **Ortiz, S. N.** & Smith, A. R. (data collection to start soon). Prevalence of and Factors related to Muscle Dysmorphia Symptoms Across At-Risk Samples.

PSYCHOLOGICAL RESEARCH EXPERIENCE

August 2017-present
Graduate Research Assistant: Research on Eating Disorders and Suicidality lab **Oxford, OH**
Miami University

Supervisor: Dr. April Smith, Principle Investigator
Primary responsibilities: Cleaned psychophysiological data (e.g., electrocardiography, respiration, electrodermal activity, cardiac impedance) collected in 3 studies using best-practice techniques. Preformed data management for approximately 5 studies using SPSS. Completed data analyses in SPSS, Mplus, and R.

August 2017-August 2018
Lab Manager: Research on Eating Disorders and Suicidality (REDS) lab **Oxford, OH**
Miami University

Supervisor: Dr. April Smith, Principle Investigator
Primary responsibilities: Managed and trained undergraduate research assistants, including scheduling and monitoring data collection and study activities. Aided in the development of studies that examined how biological and psychological risk factors contribute to disordered eating and suicidal behavior. Coordinated institutional review board proposals, submissions, and renewals for three studies.

August 2015-August 2017
Research Coordinator: The Renfrew Center **Philadelphia, PA**

Supervisor: Dr. Susan Ice, Vice President and Chief Medical Officer

Primary Responsibilities: Responsibilities involved the coordination of all internal and external research activities for The Renfrew Center. Under my tenure, Renfrew increased survey retention rates and expanded data collection from two to sixteen sites. Administered a battery of questionnaires to patients assessing eating pathology, anxiety, depression, and other treatment outcome measures. Managed, analyzed and reported the data for internal use to improve care and guide program modifications. Was responsible for reviewing and monitoring all external research-related activities at Renfrew, including projects initiated by external researchers conducting studies using Renfrew's patient population. Trained and supervised employed research assistants and graduate student interns.

September 2014-June 2015

Research Assistant (Volunteer): RIGHT TRACK Clinical Psychology Lab **Greensboro, NC**

University of North Carolina – Greensboro

Supervisor: Dr. Susan Keane, Principal Investigator

Primary Responsibilities: Worked on a longitudinal study funded by the National Institute of Mental Health that examined the child-parent relationship, emotion regulation, and risk behavior in children and its development into adulthood. Scored participant and parent visits and gained experience coding both qualitative and quantitative data for IQ testing. Trained staff on how to collect participant health and EEG measurements and served as a confederate for emotional regulation testing.

September 2013-May 2014

Research Assistant: Social Psychology Lab **Winston-Salem, NC**

Wake Forest University

Supervisor: Dr. E.J. Masicampo, Principal Investigator

Primary Responsibilities: Administered computerized and physical tests to nearly 400 participants for data collection. Assisted in the creation of experiments involving values, attitudes, morality, and religion. Delivered monetary compensation for experiments and organized other study-related documentation and supply necessities.

CLINICAL AND RELATED EMPLOYMENT EXPERIENCE

June 2019-Present

Behavioral Health Counselor: Eating Recovery Center **Cincinnati, OH**

Supervisor: Diana Tieger, Ph.D.

Primary Responsibilities: Provided meal support and group therapy within intensive outpatient programs and partial hospitalization programs, including ACT, RO-DBT, and DBT skills group, as well as interpersonal process groups.

August 2018-May 2019

Clinical Psychology Trainee: Miami University Psychology Clinic **Oxford, OH**

Supervisors: April Smith, Ph.D. – Fall 2018
Deborah Wiese, Ph.D. – Spring 2019

Primary Responsibilities: Conducted weekly outpatient individual psychotherapy in a clinic serving the general community. Used cognitive–behavioral, dialectical–behavioral, and interpersonal psychotherapy interventions with adults with a range of DSM-5 disorders, including binge-eating disorder, generalized anxiety disorder, and major depressive disorder. Carried an average weekly caseload of 3–4 clients. Attended weekly supervision (1 hour) and case conference, where clinical cases were presented and group supervision was provided (1–2 hours).

August 2018-May 2019
Dialectical-Behavioral Group Therapist: Miami University Psychology Clinic Oxford, OH
Supervisor: April Smith, Ph.D.
Primary Responsibilities: Co-led a weekly outpatient Dialectical–Behavioral Therapy Skills group with 4–8 adults. Attended weekly supervision with group leader (1 hour).

October 2017-Present
Peer Leader and Vice-President: The Body Project Oxford, OH
Supervisor: April Smith, Ph.D.
Primary Responsibilities: Completed an initial 16-hour Body Project training and have led additional Body Project groups for three semesters.

August 2018-Janurary 2019
Adolescent Skill-Building Group Therapist: Talawanda High School Oxford, OH
Supervisor: Jennifer Green, Ph.D.
Primary Responsibilities: Assisted co-leaders in a weekly adolescent skill-building group that drew from Dialectical–Behavioral Therapy for Adolescents with 6–10 high school students. Attended weekly group supervision (1 hour).

June 2018-August 2018
Child Emotion Regulation Group Therapist: Miami University Psychology Clinic Oxford, OH
Supervisor: Jennifer Green, Ph.D.
Primary Responsibilities: Assisted co-leaders with two weekly skill-building groups for children ages 8-12 with emotion regulation difficulties. Attended weekly group supervision (1 hour).

March 2016-August 2017
Program Associate: Bancroft Philadelphia, PA
Supervisor: Eustacia MacFoy, Site Supervisor
Primary Responsibilities: Provided supervision, guidance, skill building, and rehabilitation to adolescents and adults with intellectual and/or developmental disabilities. Specific tasks included monitoring and recording the progress of the daily goals set for each individual and impart constant coaching and feedback for the individuals**.** Trained in crisis management and intervention, and resolved problematic situations as needed.

August 2014-June 2015
Group Facilitator/Program Support Staff: iCan House Winston-Salem, NC
Supervisor: Stephanie Lemmerman, Program Director
Primary Responsibilities: Independently facilitated groups for individuals who had social challenges through social and life skills training and behavior modification. The clients ranged in age from 7-55 years old and had an array of emotion dysregulation diagnoses. I was highly involved with parent and family interactions and managed the admissions process by recruiting prospective clients, scheduling and conducting phone interviews and intakes, and aiding with group placement. Additionally, I was the co-writer for the adolescent-aged curriculum and aided in evaluating the effectiveness of programs by helping to develop a monitoring measure. Under my leadership, the website was greatly expanded and I developed and maintained the volunteer program.

September 2014-June 2015
Psychology Tutor: Wake Forest University Winston-Salem, NC
Supervisor: Christia Fisher, Academic Support Director

Primary Responsibilities: I was an academic tutor for students in both individual and small group settings. Classes tutored: *Introduction to Psychology, Research Methods, Sociology, Chemistry, Comparative Anatomy, Ecology, and Evolution.*

CLINICAL COURSEWORK

- Lifespan Psychopathology: Instructor – Dr. Elise Clerkin, Completed Fall 2017
- Ethics in Clinical Psychology: Instructor – Dr. Terri Messman-Moore, Completed Spring 2018
- Adult Clinical Intervention: Instructor – Dr. Elise Clerkin, Completed Spring 2018
- Child Psychological Assessment: Instructor – Dr. Vaishali Raval, Completed Fall 2018
- Adult Psychological Assessment: Instructor – Dr. Julie Rubin, Completed Spring 2019
- Advanced Clinical Techniques I: Instructor – Dr. April Smith, Completed Fall 2018
- Advanced Clinical Techniques II Instructor – Dr. Deborah Wiese, Completed Spring 2019
- Consultation with Communities – Dr. Paul Flaspohler, Completed Spring 2019

TEACHING EXPERIENCE

Invited Guest Lecture 4/04/2019: "The treatment of eating disorders." Guest lecture provided in Dr. Terri Messman-Moore's course on Psychopathology, Spring 2019, Miami University

Invited Guest Lecture 10/22/2018: "The psychopathology of eating disorders." Guest lecture provided in Dr. Josh Magee's course on Psychopathology, Fall 2018, Miami University

Miami University Summer Scholars Program 7/02-7/12/2018: Co-taught an introductory course to psychophysiological research for high school students. Taught students how to program self-report questionnaires in Qualtrics, measure pain threshold, clean data and conduct statistical analyses in SPSS, and design and run a psychological research study.

Invited Guest Lecture 4/26/2018: "Suicide: Sociodemographic and clinical differences between suicide ideators and attempters." Guest lecture provided in Julia Kaufman's course on Psychopathology, Spring 2018, Miami University

WORKSHOP EXPERIENCE

Smith, A.R. & **Ortiz, S. N.** (November, 2018). *Suicide risk assessments in those with eating disorders*. Workshop presented at the annual Renfrew Center Foundation Conference, Philadelphia, PA.

TRAININGS, CERTIFICATIONS, AND PROFICIENCIES

- **Minnesota Multiphasic Personality Inventory-2 Restructured Form (MMPI-2-RF)**
  - Miami University, October 2017, led by Dustin Wygant, Ph.D.
- **The Body Project**
  - Miami University, October 2017, led by April Smith, Ph.D.
- **The Renfrew Center Unified Treatment Model for Eating Disorders®**
  - The Renfrew Center, September 2015, led by Rachel Dore, Ph.D.
- **Crisis Intervention certified**

- **CPR and AED certified**
- Trained at collecting EEG data using a 32-channel cap
- Trained at collecting peripheral psychophysiological data using the Biopac MP150 acquisition system, specifically cardiac impedance, respiration, electrocardiogram (ECG)
- Trained at assessing pain tolerance using a handheld pressure algometer
- Proficient in working with Qualtrics and SPSS with working knowledge of R and MPlus

PROFESSIONAL AND OTHER ACTIVITIES

- **University Service**
  - Steering Committee Graduate Student Representative 2018-2019
  - Applicant Interview Day Coordinator 2017-2018
  - Global Buddies Immersion Program 2017-2018
- **Ad-hoc reviewer:** *Journal of Abnormal Psychology, Journal of Clinical Psychology, International Journal of Eating Disorders, Eating Disorders: Journal of Treatment and Prevention, BMJ Open, Nutrition & Diabetes*

PROFESSIONAL AFFILIATIONS

- **Member,** Academy for Eating Disorders, 2017 to present
- **Member,** Association for Behavioral and Cognitive Therapies, 2016 to present
- **Member,** Psi Chi Honor Society, 2018 to present
- **Member,** American Psychological Association, 2018 to present