

**Holly T. Pham**  
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## **EDUCATION**

- 2018—Present**      **The Pennsylvania State University, University Park**  
Doctoral Candidate, Clinical Psychology, Concentration in Child Clinical  
Advisor: Martha E. Wadsworth, Ph.D.
- 2011—2015**      **University of California, Los Angeles**  
Bachelor of Science in Psychobiology

## **HONORS AND AWARDS**

- 2018**      **Enhanced Graduate Scholar Award**  
The Pennsylvania State University, University Park
- 2012—2015**      **Alpha Lambda Delta National Honor Society**  
University of California, Los Angeles
- 2012—2015**      **Phi Eta Sigma National Honor Society**  
University of California, Los Angeles
- 2011, 2014, 2015**      **Dean's Honors List**  
University of California, Los Angeles

## **FELLOWSHIPS**

- 2022—Present**      **Prevention and Methodology Training Program (T32 DA017629)**  
The Pennsylvania State University, University Park

## **RESEARCH EXPERIENCE**

- 2018—Present**      **Graduate Student Researcher**  
Coping and Regulation of Environmental Stress Laboratory  
Department of Psychology, PSU, University Park  
Principal Investigator: Martha E. Wadsworth, Ph.D.
- Conduct sessions for an intervention targeting coping skills, cultural identity, and collective social action for middle-school students exposed to poverty-related stress.

- Analyze data and prepare manuscripts for multiple projects (e.g., empirical paper using institutional data to examine pathways to graduation and attrition for first-generation and continuing-generation undergraduate students, literature review on the nuances of assessing and interpreting cortisol stress responsivity to psychosocial stress tasks)
- Collect data for a study on coping and stress in first-generation and continuing-generation undergraduate students.

**2015—2018      Lab Manager**

Stanford Neurodevelopment, Affect, and Psychopathology Laboratory  
 Department of Psychology, Stanford University  
 Principal Investigator: Ian H. Gotlib, Ph.D.

- Collected and managed data from parent-child participant pairs in a longitudinal study on the effects of early life stress and puberty on adolescent psychopathology.
- Recruited, phone screened, scheduled, and ran participants through sessions by conducting clinical interviews and administering cognitive and stress tasks and questionnaires.
- Recorded, preprocessed, extracted, and analyzed psychophysiological data with AcqKnowledge, MATLAB, and ANSLab software.
- Analyzed data to present various findings on physiological stress reactivity and brain structural connectivity in adolescents at national conferences.

**2014—2015      Research Assistant**

Anxiety Disorders Research Center  
 Department of Psychology, UCLA  
 Principal Investigators: Tomislav Zbozinek, M.A.  
 Michelle Craske, Ph.D.

- Ran undergraduate participants through various sessions of a study exploring the effects of positive mood induction on fear conditioning by administering computer tasks and online questionnaires.
- Recorded participant psychophysiological measures during sessions and extracted data with AcqKnowledge software.
- Collected DNA saliva samples in order to analyze genetic markers in a study on differences in valence ratings of affective vocal sounds from a database.

**2013—2014      Research Assistant**

Jeste Developmental Neurophysiology Lab  
 Semel Institute for Neuroscience and Human Behavior, UCLA  
 Principal Investigator: Shafali Jeste, M.D.

- Maintained database containing participant information for autism biomarker studies and conducted literature searches for upcoming projects.
- Interacted with infant and child participants during language and cognitive assessments that utilized electroencephalogram and eye tracking technology.

- Coded interaction paradigms and obtained pertinent information from behavioral assessments in order to validate social functioning measures in young children with autism.

**2013—2014**

**Fernald Research Intern**

Collaborative Family Study  
Fernald Child Study Center, UCLA  
Principal Investigator: Bruce Baker, Ph.D.

- Chosen as an intern in a selective yearlong course on research methods and developmental psychopathology with an emphasis on intellectual disability and autism spectrum disorder.
- Coded adolescent interview audio recordings in order to better understand the experiences and lifestyles of typically developing youths, youths diagnosed with an intellectual disability, and youths diagnosed with ASD.
- Examined the differences in relationships between anxiety and social skills and acceptance in these different groups of adolescents in order to present findings at undergraduate research conferences.

**2012—2013**

**Research Assistant**

Social Encounters and Health Lab  
Department of Psychology, UCLA  
Principal Investigators: Alexandra Dupont Crosswell, Ph.D.  
Julienne Bower, Ph.D.

- Administered questionnaires to undergraduate participants for a study examining the influences of early adversity on stress reactivity in social situations.
- Collected cortisol saliva samples and recorded physiological reactivity to social stress tasks with Biopac.
- Processed autonomic measures of stress reactivity with AcqKnowledge and Kubios softwares.
- Led analyses for research project on the effects of early life stress on cognitive appraisals of stress presented at undergraduate research conferences.

**CLINICAL EXPERIENCE**

**2018—Present**

**Practicum Student**

Penn State Psychological Clinic  
Department of Psychology, PSU, University Park

- Provide individual therapy to clients from the community at an outpatient facility.
- Conduct intake interviews with child clients and parents and write full reports.
- Perform comprehensive evaluations that include assessments of intellectual and cognitive functioning.
- Provide consultation and school-based therapy services to a local school district.

## **PUBLICATIONS AND MANUSCRIPTS**

**Pham, H.T.**, Vaid, E., Wadsworth, M.E., & Ahlkvist, J.A. *Stratified college pathways: What difference does parental education, family income, and student race/ethnicity make?* Manuscript in preparation.

**Pham, H.T.**, Joos, C.M., & Wadsworth, M.E. *A narrative review of blunted cortisol activity.* Manuscript in preparation.

**Pham, H.T.**, LeMoult, J., & Gotlib, I.H. *Diurnal cortisol, depressive symptoms, and emotion regulation in adolescents as a function of early life stress: A network analysis.* Manuscript in preparation.

**Pham, H.T.**, Beltz, A.M., Corley, R.P., & Berenbaum, S.A. (2022). Twin studies of puberty. In A.D. Tarnoki, D.L. Tarnoki, J.R. Harris, N. Segal, L. Littvay (Eds.), *Twin research for everyone: From biology to health, epigenetics, and psychology* (1<sup>st</sup> ed.). Elsevier Science.

Wadsworth, M.E., Ahlkvist, J.A., Jones, D.E., **Pham, H.**, Rajagopalan, A., & Genaro, B. (2022). Targeting the proximal mechanisms of stress adaptation in early adolescence to prevent mental health problems in youth in poverty. *Journal of Clinical Child and Adolescent Psychology*, 51(3), 344-359. <https://doi.org/10.1080/15374416.2022.2073235>

Mayo, C.M., **Pham, H.**, Patallo, B., Joos, C.M., & Wadsworth, M.E. (2022). Coping with poverty-related stress across the lifespan: A narrative review. *Developmental Review*, 64, 101024. <https://doi.org/10.1016/j.dr.2022.101024>

**Pham, H.T.**, DiLalla, L.F., Corley, R.P., Dorn, L.D., & Berenbaum, S.A. Family environmental antecedents of pubertal timing in girls and boys: A review and open questions. (2022). *Hormones and Behavior*, 138, 105101. <https://doi.org/10.1016/j.yhbeh.2021.105101>

DiLalla, L.F., **Pham, H.T.**, Corley, R.P., Wadsworth, S., & Berenbaum, S.A. (2021). Family experiences and parent personality as antecedents of pubertal timing in girls and boys. *Journal of Youth and Adolescence*, 50(5), 1017–1033. <https://doi.org/10.1007/s10964-021-01424-0>

Ho, T., **Pham, H.**, Miller, J., Kircanski, K., & Gotlib, I. (2020). Sympathetic nervous system dominance during stress recovery mediates associations between stress sensitivity and social anxiety symptoms in female adolescents. *Development and Psychopathology*, 32(5), 1914-1925. <https://doi.org/10.1017/S0954579420001261>

## **RESEARCH PRODUCTS**

**Pham, H.T.**, DiLalla, L.F., Corley, R.P., Dorn, L.D., & Berenbaum, S.A. (2022). [Cover image for February 2022 issue]. *Hormones and Behavior*, 138.

## **PRESENTATIONS**

- Ahlkvist, J.A., **Pham, H.T.**, Vaid, E., & Wadsworth, M.E. (2022, May). *Penn State Pathways to a Bachelor's Degree*. Symposium conducted at the 2022 Penn State First-Gen Student Support Summit, State College, PA.
- Ahlkvist, J.A., **Pham, H.T.**, Vaid, E., & Wadsworth, M.E. (2022, February). *Pathways to Graduation for Low-Income, First-Generation, and Students of Color at Penn State*. In the *Diversity, Equity, and Inclusion* track. Symposium conducted at the 2022 Penn State Data Summit, State College, PA.
- Pham, H.T.**, Joos, C.M., & Wadsworth, M.E. (2019, August). *Delving deeper into dysregulation: An investigation of underlying differences between cortisol blunting and non-response to the TSST*. In M.E. Wadsworth, **H.T. Pham**, & M.R. Gunnar (Chairs), *Too stressed or not stressed enough? Disentangling cortisol blunting from non-response*. Symposium conducted at the 49th annual meeting of International Society of Psychoneuroendocrinology Conference, Milan, Italy.
- Oskirko, K., Ho, T.C., Colich, N.L., Sisk, L., **Pham, H.T.**, & Gotlib, I.H. (2018, May). *Sex specific effects of early life stress on white matter tracts in early adolescence*. Poster presented at the 73<sup>rd</sup> annual Society of Biological Psychiatry Conference, New York, NY.
- Pham, H.T.**, Ho, T.C., Ordaz, S.J., Lowet, D., & Gotlib, I.H. (2017, May). *Structural connectivity of the cingulum bundle in adolescents with symptoms of social anxiety*. Poster presented at the 72<sup>nd</sup> annual Society of Biological Psychiatry Conference, San Diego, CA.
- Pham, H.T.**, Colich, N.L., Kircanski, K., & Gotlib, I.H. (2016, May). *Sex differences in physiological reactivity in early adolescence*. Poster presented at the 71<sup>st</sup> annual Society of Biological Psychiatry Conference, Atlanta, GA.
- Pham, H.T.**, Wintermeyer, C., McKinney, J., O'Neil, P., Berkovits, L., & Baker, B.L. (2014, May). *Anxiety and social functioning in youth with typical development, autism, and intellectual disability*. Poster presented at the 23<sup>rd</sup> annual UCLA Psychology Undergraduate Research Conference, Los Angeles, CA and at the 14<sup>th</sup> annual Stanford Undergraduate Psychology Conference, Stanford, CA.
- Der Sarkissian, A., Jun, J.M., **Pham, H.T.**, Portolesi, A., Dupont, A., Dooley, L., & Bower, J. (2013, May). *The effects of cumulative life stress on cardiovascular stress reactivity*. Poster presented at the 3<sup>rd</sup> annual Berkeley Interdisciplinary Research Conference, Berkeley, CA, at the 22<sup>nd</sup> annual UCLA Psychology Undergraduate Research Conference, Los Angeles, CA, and at the 13<sup>th</sup> annual Stanford Undergraduate Psychology Conference, Stanford, CA.

**PROFESSIONAL AFFILIATIONS**

**2021—Present      Society of Clinical Child and Adolescent Psychology Student Member**

**2018—Present      American Psychological Association Graduate Student Member**