Robert D. Henry, Ph.D.

Curriculum Vitae

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ACADEMIC POSITIONS

July 2024 – Present	**Assistant Professor,** Psychology Department Hope College, Holland, MI
July 2023 – June 2024	**Visiting Assistant Professor**, Psychology Department Hope College, Holland, MI

EDUCATION

Ph.D. (2023)	**Psychology, specialization in quantitative methods and developmental psychopathology** UNIVERSITY OF UTAH, Salt Lake City, UT Dissertation: *Using smartphone-based digital phenotyping to characterize prenatal maternal mental health: A theory driven approach*
M.S. (2019)	**Clinical Child Psychology,** UNIVERSITY OF UTAH, Salt Lake City, UT Thesis: *Like mother like daughter (or son): Prenatal exposure to maternal stress and emotion dysregulation as predictors of newborn neurobehavior*
B.A. (2017)	**Biology & Psychology (*Magna Cum Laude*)** **Minor: Neuroscience** HOPE COLLEGE, Holland, MI

HONORS and AWARDS

Hope College (faculty member)

- 2025 – American Psychological Association "Psychological Science in Three" Top 10 Finalist

University of Utah (graduate student)

- 2021 – Commendation: All-Around (Research, Teaching, Service)
- 2019 – Commendation in Service and Research
- 2018 – APAGS / Psi Chi Junior Scientist Fellowship
- 2019 – Graduate Student Travel Assistance Award
- 2018 – Clayton Research Fellowship

Hope College (undergraduate student)

2017 – Sigma Xi and Phi Beta Kappa
2017 – Psi Chi Regional Research Award
2016 – Psi Chi Kay Wilson Officer Team Leadership Award
2013 – HHMI Phage Genomics Honors Research Student
2013-2017 – Dean's List, 7 semesters
2013-2017 – Presidential Scholarship

AWARDED GRANT FUNDING

Formerly used last name "Vlisides-Henry"

External Funding

2023-2024 The prospective impact of religious deidentification on mental and physical health in U.S. cohort studies (Honorarium)
PI: Cheadle, A. | *Co-Is: Van Tongeren, D., &* ***Henry, R. D.***
Catalyst Fund, Study on Stress, Spirituality, and Health,
Intl. Consortium on Psychosocial Stress, Spirituality, and Health

2018 Prenatal exposure to maternal stress and emotion dysregulation
PI: ***Vlisides-Henry, R. D.***
Student Grant Competition Winner, APSSC

2016 The impact of grit and self-consciousness on peripheral physiology
PI: ***Henry, R. D.***
Undergraduate Summer Research Grant,
PSI CHI and Council for Undergraduate Research

Internal Funding

2025-2026 Digital phenotyping of prenatal emotion dysregulation dynamics: An exploratory data analytic approach
PI: ***Henry, R. D.***
Frost Research Fellowship, Hope College | $12,571 total costs

2024 Exploring the Add Health cohort: Testing statistical assumptions and links between religiousness and health
PIs: Cheadle, A., & ***Henry, R. D.***
Nyenhuis Faculty-Student Collaborative Grant, Hope College

2018 Maternal stress and emotion dysregulation as predictors of newborn neurobehavior
PI: ***Vlisides-Henry, R. D.***
Student Pilot Grant,
University of Utah Consortium for Families and Health Research

2016 Embodying virtue: A review of the positive psychology and psychophysiology literature
PI: Root Luna, L. | *Student Investigator:* ***Henry, R. D.***
Frost Center for Social Science Research, Hope College

PENDING GRANT FUNDING

2026-2027 The geography of on-campus friendship
PI: Meagher, B. | Statistical Consultant: ***Henry, R. D.***
The Spencer Foundation | $48,138 total costs

2025-2028 Youth hope and flourishing: A holistic perspective in a context of systemic adversity
PI: Thomas, K. J. | Co-Is: ***Henry, R. D.****, & Helder, E.*
John Templeton Foundation | $1,049,75 total costs

2025-2026 Daily life links between alcohol use, emotion dysregulation, sleep disturbance, and suicidal ideation among rural men
PI: ***Henry, R. D.***
Visionary Grant, American Psychological Foundation | $20,000 total costs

PEER-REVIEWED PUBLICATIONS

19. Thomas, K. J., Rand, K., Rogers, S. K., **Henry, R. D.**, & Witvliet, C. V. O. (2025). Hope as a virtue: Toward a theoretically grounded measure in English, isiZulu, and Portuguese. *Applied Developmental Science*. https://doi.org/10.1080/10888691.2025.2486062
18. **Henry, R. D.** (2024). Predicting newborn birth outcomes with prenatal maternal health features and correlates in the United States: A machine learning approach using archival data. *BMC Pregnancy and Childbirth, 24*, 603. https://doi.org/10.1186/s12884-024-06812-5
17. Boucher, E. M., Ward, H., **Henry, R. D.**, Miles, C. J., & Stoeckl, S. E. (2024). Effects of a digital mental health intervention on perceived stress and rumination in adolescents aged 13 to 17: A randomized controlled trial. *JMIR, 26*, e54282. https://doi.org/10.2196/54282
16. Crowell, S. E., Kaliush, P. R., & **Vlisides-Henry, R. D.** (2023). Borderline personality disorder (BPD) Compass is a promising complementary intervention to dialectical behavior therapy: Comment on Sauer-Zavala (2022). *Personality Disorders: Theory, Research, and Treatment, 14*(4), 381 382. https://doi.org/10.1037/per0000541
15. Gao, M., **Vlisides-Henry, R. D.**, Kaliush, P. R., Thomas, L., Butner, J., Raby, K. L., Conradt, E., Crowell, S. E. (2023). Dynamics of mother-infant parasympathetic regulation during face-to-face interaction: The role of maternal emotion dysregulation. *Psychophysiology,* e14258. https://doi.org/10.1111/psyp.14248

14. Gao, M., Speck, B., Ostlund, B. O., Neff, D., Shakiba, N., **Vlisides-Henry, R. D.**, Kaliush, P. R., Molina, N. C., Thomas, L., Raby, K. L., Conradt, E., & Crowell, S. E. (2022). Developmental foundations of physiological dynamics among mother-infant dyads: The role of newborn neurobehavior. *Child Development, 93*(4), 1090-1105. https://doi.org/10.1111/cdev.13769

13. Huberty, J. L., Puzia, M. E., Green, J., **Vlisides-Henry, R. D.**, Larkey, L., Irwin, M. R., & Laird, B., Vranceanu, A.-M. (2021). A mindfulness meditation mobile app improves depression and anxiety in adults with sleep disturbance: Analysis from a randomized controlled trial. *General Hospital Psychiatry, 73*, 30-37. https://doi.org/10.1016/j.genhosppsych.2021.09.004

12. Kaliush, P. R., Terrell, S., **Vlisides-Henry, R. D.**, Lin, B., Neff, D., Shakiba, N., Conradt, E., & Crowell, S. E. (2021). Influences of adversity across the lifespan on respiratory sinus arrhythmia during pregnancy. *Developmental Psychobiology, 63*(6), e22132. https://doi.org/10.1002/dev.22132

11. Gao, M. M., Ostlund, B., Brown, M., Kaliush, P., Terrell, S., **Vlisides-Henry, R. D.**, Raby, L., Crowell, S.E., & Conradt, E. (2021). Prenatal maternal transdiagnostic, RDoC-informed predictors of newborn neurobehavior: Differences by sex. *Development and Psychopathology, 33*(5), 1554-1565. https://doi.org/10.1017/S0954579420002266

10. **Vlisides-Henry, R. D.**, Cinader, M., & Griffin G. D. (2021). Determining the oxytocin receptor rs53576 genotype in human cell lines. *Academia Letters,* Article 3271. https://doi.org/10.20935/AL3271

9. **Vlisides-Henry, R. D.**, Gao, M., Thomas, L., Kaliush, P. R., Conradt, E., & Crowell, S. E. (2021). Digital phenotyping of emotion dysregulation across lifespan transitions to better understand psychopathology risk. *Frontiers in Psychiatry, 12*, 618442. https://doi.org/10.3389/fpsyt.2021.618442

8. Lougheed, J. P., **Vlisides-Henry, R. D.**, & Crowell, S. E. (2021). Advancing models and methods of emotional concordance. *Biological Psychology, 162*, 108112. https://doi.org/10.1016/j.biopsycho.2021.108112

7. **Vlisides-Henry, R. D.**, Deboeck, P. R., Grill-Velasquez, W., Mackey, S., Ramadurai, D. K. A., Urry, J. O., Neff, D., Terrell, S., Gao, M., Thomas, L., Conradt, E., & Crowell, S. E. (2021). Behavioral and physiological stress responses: Within-person concordance during pregnancy. *Biological Psychology, 159*, 108027. https://doi.org/10.1016/j.biopsycho.2021.108027

6. Huberty, J. L., Green, J., Puzia, M. E., Larkey, L., Laird, B., Vranceanu, A.-M., **Vlisides-Henry, R. D.**, & Irwin, M. R. (2021). Testing a mindfulness meditation mobile app, Calm, for the treatment of daytime symptoms in adults with sleep disturbance: A randomized controlled trial. *PLOS ONE, 16*(1), e0244717. https://doi.org/10.1371/journal.pone.0244717

5. Kaliush, P. R., Gao, M., **Vlisides-Henry, R. D.**, Thomas, L. R., Butner, J. E., Conradt, E., & Crowell, S. E. (2021). Perinatal foundations of personality pathology from a dynamical systems perspective. *Current Opinion in Psychology, 37*, 121–128. https://doi.org/10.1016/j.copsyc.2020.12.003

4. Witvliet, C. V. O., Root Luna, L. M., **Vlisides-Henry, R. D.**, & Griffin, G. D. (2020). Consecutive reappraisal strategies strengthen and sustain empathy and forgiveness: Utilizing compassion and benefit finding while holding offenders accountable. *Journal of Positive Psychology, 15*(3), 362–372. http://doi.org/10.1080/17439760.2019.1615104

3. Ostlund, B. D., **Vlisides-Henry, R. D.**, Crowell, S. E., Raby, K. L., Terrell, S., Brown, M., Tinajero, R., Shakiba, N., Monk, C., Shakib, J. H., Buchi, K. F., & Conradt, E. (2019). Intergenerational transmission of emotion dysregulation: Part II. Developmental origins of newborn neurobehavioral risk for psychopathology. *Development and Psychopathology, 31*(3), 833–846. http://doi.org/10.1017/S0954579419000440

2. Witvliet, C. V. O., Root Luna, L. M., VanderStoep, J. V., **Vlisides-Henry, R. D.**, Gonzalez, T., & Griffin, G. D. (2019). OXTR rs53576 and gender predict trait gratitude through empathy. *Journal of Positive Psychology, 14*(4), 417–426. http://doi.org/10.1080/17439760.2018.1460689

1. Pope, W. H., Bowman, C. A., Russell, D. A., Jacobs-Sera, D., Asai, D. J., Cresawn, S G., Jacobs Jr., W. R., Hendrix, R. W., Lawrence, J. G., Hatfull, G. F., the members of Science Education Alliance Phage Hunters Advancing Genomics and Evolutionary Science [including **Henry, R. D.**], the members of Phage Hunters Integrating Research and Education, & the members of Mycobacterial Genetics Course. (2015). Whole genome comparison of a large collection of mycobacteriophages reveals a continuum of phage genetic diversity. *eLife*, *4*, e06416. http://doi.org/10.7554/elife.06416

PUBLISHED THESES

2. **Henry, R. D.** (2023). *Using smartphone-based digital phenotyping to characterize prenatal maternal mental health: A theory-driven approach* (Publication No. 30418683) [Doctoral dissertation, University of Utah]. ProQuest Dissertations Publishing.

1. **Vlisides-Henry, R. D** (2019). *Like mother like daughter (or son): Prenatal exposure to maternal stress and emotion dysregulation as predictors of newborn neurobehavior* (Publication No. 22584991) [Master's thesis, University of Utah]. ProQuest Dissertations Publishing.

MANUSCRIPTS UNDER REVIEW and IN PREPARATION

3. **Henry, R. D.** Enhancing replicability and reproducibility in observational coding research: A tutorial in R. https://osf.io/htr96/

2. **Henry, R. D.** Digital phenotyping of perinatal depression: Implications for intervention and prevention.

1. **Henry, R. D.** Smartphone-based digital phenotyping provides a novel way to characterize prenatal maternal emotion dysregulation.

GUEST EDITED SPECIAL ISSUES

1. Crowell, S. E., **Vlisides-Henry, R. D.**, & Lougheed, J., P. (Eds). (2021). Biological, emotional, and behavioral concordance: Multi-level, multi-person approaches to health across the lifespan [Special issue]. *Biological Psychology*.

BOOK CHAPTERS

5. Crowell, S. E., Kaliush, P. R., **Vlisides-Henry, R. D.**, Molina, N. (2021). Dialectical Behavior Therapy for personality disorders. In R. D. Feinstein (Ed.), *Personality disorders: Multi-theoretical viewpoints*. Oxford.

4. Crowell, S. E., **Vlisides-Henry, R. D.**, & Kaliush, P. R. (2020). Emotion generation and regulation as multilevel transdiagnostic constructs. In T. P. Beauchaine & S. E. Crowell (Eds.), *Oxford handbook of emotion dysregulation* (pp. 85–98). Oxford.

3. **Vlisides-Henry, R. D.**, Crowell, S. E., Kaufman, E. A., & Lin, B. (2020). Social processes and dyadic designs. In A. G. C. Wright & M. N. Hallquist (Eds.), *Cambridge handbook of research methods in clinical psychology* (pp. 337–349). Cambridge.

2. Kaliush, P. R., **Vlisides-Henry, R. D.**, & Crowell, S. E. (2020). Complexity and transactions: Author rejoinder to commentaries on assessment of mechanisms in personality disorders. In Lejuez, C. W. & Gratz, K. L. (Eds.), *Cambridge handbook of personality disorders* (pp 396–398). Cambridge.

1. Crowell, S. E., Kaliush, P. R., & **Vlisides-Henry, R. D.** (2020). Assessment of mechanisms in personality disorders. In C. W. Lejuez & K. L. Gratz (Eds.), *Cambridge handbook of personality disorders* (pp. 375–388). Cambridge.

CONFERENCE PRESENTATIONS

*indicates role as faculty mentor

46. Thomas, K. J., **Henry, R. D.**, Rand, K., Rogers, S., & Witvliet, C. V. O. (2025, August 7–9). *Virtuous hope: A multilingual and international approach to measure development* [Poster presentation]. American Psychological Science Association Annual Meeting (Div. 52: International Psychology), Denver, CO.

45. **Henry, R. D.** (2025, August 7–9). *Psych-Science-In-3 Competition: Digital phenotyping may help detect overall emotion dysregulation in pregnant people* [Oral presentation]. American Psychological Science Association Annual Meeting, Denver, CO.

44. Brewer, M., Kapitula, A., Anderson, G. M., Christopher, E., Mosher, A., & **Henry, R. D.*** (2025, April 11). *Assessing emotional dysregulation in daily life via smartphone activity* [Oral presentation]. Hope College Celebration of Undergraduate Research and Creative Activity, Holland, MI.

43. Fields, D., Seymour, B., Chiminski, A., Cheadle, A.*, **Henry, R. D.***, Van Tongeren, D.* (2025, April 11). *Do religion and health go together? Examining the links between religiousness and health in the Nurses Health Study II* [Oral presentation]. Hope College Celebration of Undergraduate Research and Creative Activity, Holland, MI.

42. D'Lamater, J., Cheadle, A.*, & **Henry, R. D.*** (2025, April 11). *It goes both ways: The effects of mental health on breastfeeding and the effects of breastfeeding on mental health* [Oral presentation]. Hope College Celebration of Undergraduate Research and Creative Activity, Holland, MI.
41. Seymour, B., Anderson, G. M., Cheadle, A.*, & **Henry, R. D.*** (2025, April 11). *Using the Add Health dataset to predict future health from religiousness and spirituality* [Oral presentation]. Hope College Celebration of Undergraduate Research and Creative Activity, Holland, MI.
40. Lam, E., D'Lamater, J., Cheadle, A.*, & **Henry, R. D.*** (2025, April 10–12). *Associations of mood disorders and breastfeeding among perinatal mothers* [Poster presentation]. Midwestern Psychological Association Annual Meeting, Chicago, IL.
39. Anderson, G. M., Seymour, B., Cheadle, A.*, & **Henry, R. D.*** (2025, April 10–12). *The role of religiousness and spirituality in predicting future health behaviors and outcomes: Insights from the Add Health dataset* [Poster presentation]. Midwestern Psychological Association Annual Meeting, Chicago, IL.
38. Seymour, B., Fields, D., Chiminski, A., Cheadle, A.*, & **Henry, R. D.*** (2025, April 10–12). *Is religion affecting your health? Examining the association between religiousness and health in the Nurses Health Study II* [Poster presentation]. Midwestern Psychological Association Annual Meeting, Chicago, IL.
37. Kapitula, A., Anderson, G. M., Brewer, M., Christopher, E., Mosher, A., & **Henry, R. D.*** (2025, April 10–12). *Using smartphone activity to assess emotion dysregulation in daily life* [Poster presentation]. Midwestern Psychological Association Annual Meeting, Chicago, IL.
36. Seymour, B., Anderson, G. M., Cheadle, A.*, & **Henry, R. D.*** (2024, Sept 12). *How religiousness and spirituality predict future health outcomes and behaviors in the Add Health dataset* [Poster presentation]. Hope College Arts, Humanities, & Social Sciences Summer Research Showcase, Holland, MI.
35. Brewer, M., Anderson, G. M., Cheadle, A.*, & **Henry, R. D.*** (2024, April 18–20). *Consequences of violating linear regression assumptions in machine learning models* [Poster presentation]. Midwestern Psychological Association Annual Meeting, Chicago, IL.
34. Anderson, G. M., Brewer, M., Cheadle, A.*, & **Henry, R. D.*** (2024, April 12). *Examining regression assumption violations in machine learning models using the Wisconsin Longitudinal Study dataset* [Poster presentation]. Hope College Celebration of Undergraduate Research and Creative Activity, Holland, MI.
33. **Vlisides-Henry, R. D.**, Raby, K. L., Neff, D., Conradt, E., & Crowell, S. E. (2022, May 27–29). Prenatal maternal difficulty with emotional clarity predicts infant autonomic activity—but only among those with high financial stress. In K. De France (Chair), *Associations between exposure to adversity and child well-being: Assessing the role of emotion regulation* [Symposium]. Association for Psychological Science Annual Meeting, Chicago, IL.

32. Huberty, J. L., Puzia, M. E., **Vlisides-Henry, R. D.**, Larkey, L., Irwin, M. R., & Laird, B., Vranceanu, A.-M. (2021, April 12–16). *Effects of a meditation mobile app on depression and anxiety in adults with sleep disturbance: A randomized controlled trial* [Poster presentation]. Annual Meeting of the Society of Behavioral Medicine, Virtual Conference.
31. **Vlisides-Henry, R. D.**, Terrell, S., Santana, M. L., Raby, K. L., Dorn, U., Gao, M., Parisa Kaliush, P. R., Smid, M., Conradt, E., & Crowell, S. E. (2021, April 7–9). *Machine learning reveals that prior pregnancy experiences, race/ethnicity, and emotion dysregulation predict newborn health outcomes* [Flash talk paper presentation]. Society for Research in Child Development Virtual Biennial Meeting.
30. Kaliush, P. R., Isenhour, J., Brown, M., **Vlisides-Henry, R. D.**, Gao, M., Raby, K. L., Conradt, E., & Crowell, S. E. (2021, April 7–9). Parenting among women with and without SITB histories: A call for transdiagnostic perinatal health care. In S. E. Crowell & S. O'Grady (Chairs), *Self-injurious thoughts and behaviors in understudied samples across the lifespan: Implications for transdiagnostic interventions* [Symposium]. Society for Research in Child Development Virtual Biennial Meeting.
29. Brown, M. A., Gao, M., Santana, M. L., Neff, D., **Vlisides-Henry, R. D.**, Tao, M., Crowell, S. E., Raby, K. L., & Conradt, E. (2021, April 7–9). Emotionally dysregulated mothers give birth earlier and receive less social support over time during coronavirus pandemic. In H. Gustafsson & E. Sullivan (Chairs), *Maternal perinatal mental health in the context of the COVID-19 pandemic* [Symposium]. Society for Research in Child Development Virtual Biennial Meeting.
28. Shakiba, N., Crowell, S. E., Raby, K. L., Ostlund, B., Terrell, S. Brown, M., Kaliush, P. R., **Vlisides-Henry, R. D.**, Speck, B., Neff, D., & Conradt, E. (2021, April 7–9). Testing competing models of the intergenerational transmission of emotion dysregulation. In K. Rudd & N. Bush (Chairs), *A multisystem perspective for understanding the role of physiological regulation in child development* [Symposium]. Society for Research in Child Development Virtual Biennial Meeting.
27. Conradt, E., Priddy, S., **Vlisides-Henry, R. D.**, Kaliush, P. R., Ostlund, B., Terrell, S.; Saenz, C., Crowell, S. E., Smid, M., & Garland, E. (2021, April 7–9). Prenatal exposure to opioids and maternal dysregulated mood: Associations with maternal physiology and newborn neurobehavior. In A. Tabachnick & M. Labella (Chairs), *Effects of prenatal substance exposure and postnatal environment on autonomic physiology: From pregnancy to adolescence* [Symposium]. Society for Research in Child Development Virtual Biennial Meeting.
26. **Vlisides-Henry, R. D.**, Crowell, S. E., Butner, J., Terrell, S., Neff, D., Shakiba, N., Ostlund, B. D., & Conradt, E. (2020, July 6–9). *Intrapersonal dynamics: Physiological-behavioral coordination as a marker of prenatal emotion dysregulation* [Poster presentation]. International Congress of Infant Studies Biennial Meeting, Glasgow, Scotland, United Kingdom [Presented virtually due to COVID-19].

25. Terrell, S., Conradt, E., Brown, M., Olavson, K., Santana, M., **Vlisides-Henry, R. D.**, Smid, M. C., & Crowell, S. E. (2020, July 6–9). *Prenatal maternal emotion dysregulation has indirect effects on newborn growth and health through psychotropic medication usage* [Poster presentation]. International Congress of Infant Studies Biennial Meeting, Glasgow, Scotland, United Kingdom [Presented virtually due to COVID-19].
24. Kaliush, P. R., Conradt, E., Raby, K. L., Neff, D., **Vlisides-Henry, R. D.**, Terrell, S., & Crowell, S. E. (2020, June 26–27). *Mental health experiences and suicidal thoughts among pregnant women with histories of self-injurious behaviors* [Oral presentation]. International Society for the Study of Self-Injury Annual Conference, Vienna, Austria [Presented virtually due to COVID-19].
23. **Vlisides-Henry, R. D.**, Kaliush, P. R., Crowell, S. E., Ostlund, B. D., Brown, M., Shakiba, N., Terrell, S., Smid, M. C., & Conradt, E. (2019, November 21–24). Maternal prenatal anxious behavior predicts newborn outcomes: Implications for maternal and neonatal health care. In S. N. Hellberg & J. S. Abramowitz (Chairs), *Advances in perinatal mental health: extending the reach of cognitive-behavioral science to an understudied, vulnerable population* [Symposium]. Association for Behavioral and Cognitive Therapies Annual Convention, Atlanta, GA, United States.
22. Crowell, S. E., Butner, J., Neff, D., Terrell, S., Kaliush, P. R., **Vlisides-Henry, R. D.**, Brown, M., & Conradt, E. (2019, March 21–23). Emotion dysregulation across generations: Mother-infant dynamics and risk transmission. In J. Lougheed (Chair), *Dynamic approaches to parent-child interactions from infancy to adolescence* [Symposium]. Society for Research in Child Development Biennial Meeting, Baltimore, MD, United States.
21. **Vlisides-Henry, R. D.**, Ostlund, B. D., Terrell, S., Brown, M., Conradt, E., & Crowell, S. E. (2019, March 21–23), *Pregnant women's self-reported emotion dysregulation predicts newborn neurobehavior* [Poster presentation]. Society for Research in Child Development Biennial Meeting, Baltimore, MD, United States.
20. Neff, D., Brown, M., Terrell, S., Ostlund, B. D., Kaliush, P. R., **Vlisides-Henry, R. D.**, Crowell, S. E., & Conradt, E. (2019, March 21–23). *Prenatal programming of the infant sympathetic nervous system* [Poster presentation]. Society for Research in Child Development Biennial Meeting, Baltimore, MD, United States.
19. Allen, A. K., Ostlund, B. D., Terrell, S., Brown, M., Kaliush, P. R., **Vlisides-Henry, R. D.**, Crowell, S. E., & Conradt, E. (2019, March 21–23). *Maternal borderline personality disorder and physiologic stress responding during the third trimester of pregnancy* [Poster presentation]. Society for Research in Child Development Biennial Meeting, Baltimore, MD, United States.
18. Kaliush, P. R., Crowell, S. E., **Vlisides-Henry, R. D.**, Terrell, S., & Conradt, E. (2018, November 15–18). Self-injury, suicidality, and psychopathology in pregnancy: Psychophysiological response patterns to a baby cry stressor. In K. James and A. Tsypes (Chairs), *Using cutting-edge approaches to advance our understanding and treatment of self-harming thoughts and behaviors* [Symposium]. Association for Behavioral and Cognitive Therapies Annual Convention, Washington, DC, United States.

17. **Vlisides-Henry, R. D.**, Ostlund, B. D., Conradt, E., & Crowell, S. E. (2018, June 30–July 3). *Associations between maternal emotion dysregulation during pregnancy and newborn neurobehavior* [Poster presentation]. International Congress of Infant Studies Biennial Meeting, Philadelphia, PA, United States.
16. **Henry, R. D.**, & Root Luna, L. M. (2017, July 13–16). *Reflecting on grit: The physiological markers of self-consciousness and a gritty personality* [Poster presentation]. Fifth World Congress on Positive Psychology, Montréal, Québec, Canada.
15. **Henry, R. D.**, Gonzalez, T., Moffat, S., Miller, M., Perkins, E., Johnson, E., Witvliet, C. V. O., Griffin, G., Root Luna, L. M., VanderStoep, J. (2017, April 21). *Genetics, gender, and gratitude* [Poster presentation]. Annual Hope College Celebration of Undergraduate Research and Creative Performance, Holland, MI, United States.
14. Pikaart, K., Cinader, M., Gonzalez, T., Greene, K., **Henry, R. D.**, Moffat, S., Nyugen, A., Zhang, T., Griffin, G. (2017, April 21). *Investigating the influence of oxytocin receptor genotype on receptor sensitivity – An in vitro study* [Poster presentation]. Annual Hope College Celebration of Undergraduate Research and Creative Performance, Holland, MI, United States.
13. Bernal, N. J., Collins, J., Van Eyl, A., Loker, R., **Henry, R. D.**, Root Luna, L. M., Giannini, H., & Witvliet, C. V. O. (2017, April 20–22). *Flourishing and the unity of virtues* [Poster presentation]. Midwestern Psychological Association Annual Meeting, Chicago, IL, United States.
12. Gonzalez, T., Johnson, E., Moffat, S., **Henry, R. D.**, Perkins, E., Miller, M., Werkema, C., Griffin, G., Witvliet, C. V. O., & Root Luna, L. M. (2017, April 20–22) *Genotypic variations of the oxytocin receptor influence forgiveness traits* [Poster presentation]. Midwestern Psychological Association Annual Meeting, Chicago, IL, United States.
11. **Henry, R. D.**, Perkins, E., Miller, M., Moffat, S., Werkema, C., Witvliet, C. V. O., Root Luna, L. M., & Griffin, G. (2017, April 20–22). *Flourishing after an offense: How compassion and benefit-finding work together to promote forgiveness and well-being* [Poster presentation]. Midwestern Psychological Association Annual Meeting, Chicago, IL, United States.
10. **Henry, R. D.**, & Root Luna, L. M. (2017, April 20–22). *Does grit crack under pressure? Trait grit, primed self-awareness, and the influence on physiology* [Poster presentation]. Midwestern Psychological Association Annual Meeting, Chicago, IL, United States. ****Psi Chi Regional Research Award Winner****
9. Werkema, C., Miller, M., Perkins, E., **Henry, R. D.**, Moffat, S., Witvliet, C. V. O., Griffin, G., & Root Luna, L. M. (2017, April 20–22). *If the person who offended you walked into the room right now, what would you do?* [Poster presentation]. Midwestern Psychological Association Annual Meeting, Chicago, IL, United States.

8. **Henry, R. D.**, & Root Luna, L. M. (2017, January 19–21). *Don't look at me! The impact of grit and self-consciousness on peripheral physiology* [Poster presentation]. Society of Personality and Social Psychology Annual Convention, San Antonio, TX, United States.
7. **Henry, R. D.**, Bernal, N. J., Richie, F., Snyder, A., Root Luna, L. M., & Witvliet, C. V. O. (2016, May 5–7). *Adaptive regulation strategies in response to transgression rumination: Analysis of written responses following acceptance or reappraisal training* [Poster presentation]. Midwestern Psychological Association Annual Meeting, Chicago, IL, United States.
6. Snyder, A., Richie, F., **Henry, R. D.**, Bernal, N. J., Root Luna, L. M., & Witvliet, C. V. O. (2016, May 5–7). *Coping with an interpersonal transgression: The impact of brief reappraisal, acceptance, and rumination inductions on forgiveness and short-term emotions* [Poster presentation]. Midwestern Psychological Association Annual Meeting, Chicago, IL, United States.
5. Black, A., Gonzalez, T., **Henry. R. D.**, Milad, M., Miller, M., Moffat, S., Perkins, E., Ryan, M., Werkema, C., Witvliet, C. V. O., Griffin, G., & Root Luna, L. M. (2016, April 15). *Oxytocin receptor gene variation and forgiveness: A study of traits and states* [Poster presentation]. Annual Hope College Celebration of Undergraduate Research and Creative Performance, Hope College, Holland, MI, United States.
4. **Henry, R. D.**, Root Luna, L. M., & Witvliet, C. V. O. (2016, April 15). *Embodied virtues: A review of peripheral physiological associations with human strengths* [Poster presentation]. Annual Hope College Celebration of Undergraduate Research and Creative Performance, Hope College, Holland, MI, United States.
3. **Henry, R. D.**, Root Luna, L. M., & Witvliet, C. V. O. (2015, September 11). *Embodied virtues and peripheral psychophysiology: A review of the physiological correlates of human strengths and virtues* [Poster presentation]. Annual Arts and Humanities and Social Sciences Summer Collaborative Showcase, Hope College, Holland, MI, United States.
2. Root Luna, L. M., & **Henry, R. D.** (2015, June 18). *Virtues and psychophysiology: What do we know?* [Poster presentation]. Annual Research Day for Prospective Students, Hope College, Holland, MI, United States.
1. Alexander, C., Deeg, C., DeGlopper, K., Dorn, S., Ensink, E., Gager, C., **Henry, R. D.**, Masiak, A., May, R., Moffat, S., Schaar, C., Sellers, L., Trentadue, K., & Stukey, J. (2014, April 11). *Isolation of 32 mycobacteriophages and genomic analysis of the novel mycobacteriophage, roscoe* [Poster presentation]. Annual Hope College Celebration of Undergraduate Research and Creative Performance, Holland, MI, United States.

OTHER ACADEMIC TALKS

4. **Vlisides-Henry, R. D.** (2019, October 4). *An introduction to machine learning*. Developmental Psychology Brownbag Series, University of Utah, Salt Lake City, UT, United States.

3. Buelow, M. T., **Henry, R. D.**, Root Luna, L. M., & Miller, T. (2017, April 20–22). *Awards, grants, and leadership: How to increase your involvement with Psi Chi.* Midwestern Psychological Association Annual Meeting, Chicago, IL, United States.
2. **Henry, R. D.** (2016, June 9). *How grit and self-consciousness influence physiology.* Annual research day for prospective students, Hope College, Holland, MI, United States.
1. Black, A., **Henry. R. D.**, Milad, M., Miller, M., Moffat, S., Perkins, E., & Witvliet, C. V. O. (2016, April 15). *Forgiveness: A study of strategies and genetics*. PSY 390 Department Colloquium, Hope College, Holland, MI, United States.

TEACHING EXPERIENCE

Hope College (faculty)

PSY 100, Introduction to Psychology

PSY 201, Research Methods I

PSY 360, Applied Research

PSY 395, Psychological Testing & Measurement

University of Utah (graduate student)

Instructor of Record	PSY 3010, Research Methods – Online (asynchronous)
	PSY 3010, Research Methods Laboratory
	PSY 2010, Psychology as a Science & Profession – Online (synchronous)
Teaching Assistant	PSY 6611, Principles & Techniques of Assessment
	PSY 1010, General Psychology – Online (asynchronous)
Guest Lecturer	PSY 2010, Psychology as a Science & Profession, "Clinical Psychology"
	PSY 1010, General Psychology, "Depression, Bipolar Disorder, Self-Injury, and Suicide"

Hope College (undergraduate student)

Undergraduate Teaching Assistant	PSY 370, Behavior Disorders
Writing Fellow	PSY 370, Behavior Disorders - Coached undergraduate students in the process of writing research papers

Tutor	MATH 210, Introduction to Statistics
	TRIO Upward Bound, Pre-College Prep Program

AREAS of EXPERTISE / INTEREST

Developmental psychopathology	Perinatal mental health	Emotion dysregulation
Lifespan transitions	Resilience	Autonomic physiology (e.g., HRV/RSA)
Biological embedding of stress	Digital phenotyping	Digital therapeutics

Statistical Modeling

Linear and nonlinear regression	Longitudinal modeling	Multilevel modeling
Structural equation modeling	Survival analysis	Cluster analysis
Growth curve modeling	Machine learning	Monte Carlo simulation and power analysis
Factor analysis	Data visualization	

Methodology and Documentation

Cross-sectional design	Retrospective analysis	Randomized controlled trials (RCTs)
Cohort studies	Digital data collection and analysis	Statistical analysis plans (SAPs)

Statistical Programming

R (primary language)	SPSS	Mplus
Jamovi	HLM	SQL
Azure Databricks	Microsoft Excel	Python

STATISTICIAN WORK EXPERIENCE

April 2023 – July 2023 **Advanced Analyst II**,
Advanced Analytics & Data Science
Meijer, Grand Rapids, MI

- Worked full-time on the data science team at Meijer to explore consumer data to unearth important business-facing insights. Often presented findings to business executives and other data scientists.

Mar 2023 – Present **Freelance Statistician**
- Self-employed, providing statistical analysis services for various digital and mental health projects for small companies and individual researchers. Example services include: data cleaning, power analysis, longitudinal modeling, and R code troubleshooting.

July 2022 – Mar 2023 **Quantitative Research Associate**,
Research Strategy Team, Twill
- Primary statistician for the Research Strategy Team at Twill, a digital mental health start-up based out of New York. Spearheaded quantitative research by writing statistical analysis plans, cleaning data, and running complex longitudinal models on retrospective and RCT data.

May 2022 – Sept 2022 **Baseball Data Analyst,**
Ogden Raptors Professional Baseball
- Contracted for the 2022 season. Cleaned and analyzed Trackman data for a professional minor league baseball team to unearth novel insights. Frequently presented and explained data findings to coaches and players.

Jan 2020 – April 2020 **Contracted Statistical Consultant/Data Analyst,**
Calm
- Wrote SPSS syntax to clean data from meditation app users. Ran a regression model on the data and helped the PI design a follow-up study.

Jan 2021 – May 2022 **Junior Statistical Consultant,**
Department of Psychology, University of Utah
- Consultant for student and faculty statistical analysis needs. Guided individuals through all phases of research, ranging from project/grant design to publication.

FORMAL STATISTICAL and METHODOLOGICAL TRAINING

Graduate coursework

PSY 6500 – Quantitative Methods I

PSY 6510 – Quantitative Methods II

PSY 6535 – Advanced Research Methods

PSY 6550 – Structural Equation Modeling

PSY 6551 – Advanced Structural Equation Modeling

PSY 6556 – Analysis of Temporal Data

PSY 6558 – Multilevel Modeling

PSY 7750 – Quantitative Psychology: Nonlinear Analyses

PSY 7964 – Dynamical Systems

External workshops

Data Visualization Fundamentals, *Information is Beautiful*, Online Workshop (D. McCandless)

Group Iterative Multiple Model Estimation (GIMME), *Pittsburgh Summer Methodology Series*, 2-Day Online Workshop (K. M. Gates, Ph.D.)

Designing Simulations for Power Analysis (and Other Things): A Hands-on Workshop Series Using R, *SREE*, 4-Day Online Workshop (J. E. Pustejovsky, Ph.D., & L. W. Miratrix, Ph.D.)

Machine Learning: Uncovering Hidden Structure in Data, *ICPSR*, 5-Day Workshop, University of California, Berkeley (C. Hare, Ph.D.)

Dynamical Systems Analysis, *ICPSR*, 5-Day Workshop, University of Utah (J. Butner, Ph.D., & B. R. Baucom, Ph.D.)

COMMUNITY OUTREACH and MEDIA ENGAGEMENT

7. **Vlisides-Henry, R. D.**, Bautista, L., Vehar, J., Wyant-Stein, K. (2021, March 19). *Psychology as a science and profession at the University of Utah* [Outreach presentation]. SLC School District—Math, Engineering, Science Achievement (MESA) Program, Salt Lake City, UT, United States.
6. Kaliush, P. R., & **Vlisides-Henry, R. D.** (2020, August 8). *Recognizing and responding to childhood trauma: A call to action* [Webinar]. Girls of a Feather, St. Lucia.
5. **Vlisides-Henry, R. D.**, Barhorst-Cates, E., Campbell, M. S., & Geerling, D. (2018, October 26). *Psychology as a hub science and our own research* [Outreach presentation]. SUCCESS Academy High School, St. George, UT, United States.
4. **Vlisides-Henry, R. D.** (for St. George News). (2018, September 24). Successful outreach visit from university psychology department prompts more visits to rural schools [Press release]. *St. George News*. http://www.cedarcityutah.com/news/archive/2018/09/24/prc-successful-outreach-visit-from-university-psychology-department-prompts-more-visits-to-rural-schools/#.W6kr3RNKh-U
3. **Vlisides-Henry, R. D.**, Castro, S., Nicora, G. L., Padilla, L., & Simms, M. (2018, May 11). *Psychology as a hub science and our own research* [Outreach presentation]. SUCCESS Academy High School, Cedar City, UT, United States.
2. **Vlisides-Henry, R. D.**, Nicora, G. L., Stefanucci, J. (2018, February 8). *University of Utah department of psychology outreach* [Outreach presentation]. Utah Rural Schools Association Board Quarterly Meeting, Utah State Capitol, Salt Lake City, UT, United States.

1. **Henry, R. D.** (Featured Guest), & Martin, R. C. (Host). (2017, April 20–22). Live from the 2017 Midwestern Psychological Association conference (No. 38) [Audio podcast episode]. In *Psychology and stuff.* University of Wisconsin–Green Bay Psychology Department. blog.uwgb.edu/uwgbpsych/episode38/

SERVICE and MENTORSHIP

Hope College (faculty)

2025-Present – Phi Beta Kappa Selection Committee
2023-2024 – Faculty Co-Advisor, Psychology Club and Psi Chi Chapter

Mentorship at Hope College †*Accepted into graduate school*

Grace Mooney Anderson, *Research Assistant*
Anya Kapitula, *Research Assistant*
Ella Christopher, *Research Assistant*
Abi Mosher, *Research Assistant*
Melia Brewer†, *Research Assistant*
Accepted into the Grand Valley State University School Psychology MS/PsyS Program

University of Utah

2021 – Selection Committee Member, Nancy Klekas Service Award
2020-2021 – Student Representative, Clinical Training Committee
2020-2022 – Mentor, Peer Graduate Student Mentorship Program
2018-2022 – Mentor, Diversity Graduate School Application Advisory
2018 – Poster Evaluator, Undergraduate Research Symposium
2018-2022 – Leader, Psychology Department Rural Outreach Committee
2017-2022 – Member, Psychology Department Diversity Committee

Mentorship at the University of Utah †*Accepted into graduate school*

Michael Tao, *Undergraduate Research Opportunity Program (UROP)*
Project Title: Pregnancy during a pandemic: Investigating impact of COVID-19 related stress on neonatal outcomes.
Joshua Urry†, *Research Assistant and Honors Thesis Student*
Project Title: The mediating role of coping behaviors in the relation between partner relationship quality and infant stress signs
Accepted into the Utah State University Data Science MS program
Dinesh K. A. Ramadurai†, *Research Assistant*
Accepted into the University of Utah Molecular Biology PhD program
Wendy G. Velasquez, *Research Assistant*
Shantavia Mackey, *Research Assistant*

Hope College (undergraduate and graduate student service)

2021 – Panelist, Psychology Showcase for Prospective Students
2020 – Panelist, Graduate Panel for Clinical Psychology
2016-2017 – President, Psychology Club and Psi Chi Chapter
2015-2016 – Vice President, Psychology Club and Psi Chi Chapter

Extramural Panel Service

2019 – Panelist, Graduate School for Psychology, Westminster College
2019 – Panelist, Neuroscience Lecture Series, Weber State University

Ad hoc reviewer

Digital Health
Advances in Methods and Practices in Psychological Science
Journal of Family Psychology
Journal of Clinical Child and Adolescent Psychology
Biological Psychology
Physiology and Behavior
Developmental Psychobiology
The Oxford Handbook of Emotion Dysregulation, Ch. 17: Emotion dysregulation and externalizing disorders

CERTIFICATIONS

Principles of Management, Coursera (Credential #: CAGPREHUUPP5G)
Good Clinical Practice for Clinical Investigation of Devices, Citi Program
Conflicts of Interest, Citi Program
Information Privacy and Security, Citi Program
Good Clinical Practice (FDA Focus), Citi Program
Responsible Conduct of Research, Citi Program
Social/Behavioral Research Course, Citi Program
Adult First-Aid/CPR/AED Certified, American Red Cross

RELEVANT LINKS

Website
LinkedIn
Google Scholar