Rachael Veldman

Houston, TX | rv51@rice.edu

Keywords: motivation, climate change, behavior change, decision making, information consumption, affect

EDUCATION

RICE UNIVERSITY, Houston, TX **Aug 2026 - Expected May 2031**
Ph.D. Student in Cognitive and Affective Neuroscience
Advisor: Dr. Alyssa Sinclair

UNIVERSITY OF ST. THOMAS, Houston, TX **Aug 2016 - Dec 2020**
B.A. in Psychology and Applied Statistics

RESEARCH EXPERIENCE

Ph.D. Student Researcher, Learning & Behavior Change Lab **Aug 2026 - Present**
Rice University

Lab Manager, Translational Social Cognitive and Affective Neuroscience (T-SCAN) Lab **Sept 2024 - Jun 2026**
Rice University

- Recruited, screened, scheduled, and ran participants for the NIH-funded R01 study "Smartphone-based Cognitive Emotion Regulation Training for Unpaid Primary Caregivers of Persons With Alzheimer's Disease"
- Implemented emotion regulation interventions and collected HRV, EMA, and questionnaire data
- Reported monthly R01 recruitment progress to the NIA and ran monthly progress meetings
- Managed lab meetings, events, daily productivity, and a team of 12 undergraduate research assistants
- Facilitated linguistic data transcriptions
- Performed data analysis, preprocessed fMRI data, and contributed to the manuscript for the NIH-funded R21 study: "Neural Mechanisms of Enhancing Emotion Regulation in Bereaved Spouses"

Project Coordinator, T-SCAN Lab **Sept 2023 - Sept 2024**
Rice University

- Recruited, screened, scheduled, and ran participants for the NIH-funded R21 study: "Neural Mechanisms of Enhancing Emotion Regulation in Bereaved Spouses"
- Implemented emotion regulation interventions, ran fMRI scans, collected HRV, questionnaire, and linguistic data
- Ran monthly recruitment progress meetings
- Assisted in managing a team of 15 undergraduate research assistants

Coder, Center for Innovations in Quality, Effectiveness, and Safety (iQuESt) **Apr 2020 - Oct 2021**
Baylor College of Medicine and VA Health Systems Research Center

- Volunteered on project by collecting data and assisting with analysis
- Attended and contributed to weekly progress meetings
- Contributing author to manuscript

PUBLICATIONS

^ = Equal Contribution

Wu-Chung, L.E.^, Goodson, P.N.^, Brandao, B.M.^, Brice, K.N., **Veldman, R.L**.,... & Denny, B.T. (revision requested) Longitudinal cognitive emotion regulation training using psychological distancing in bereaved spouses reduces self-reported negative affect, stress, grief rumination, and whole-brain negative affect pattern expression: A randomized controlled trial. *Biological Psychology*.

Cain, C. M., Kamdar, N., **Veldman, R**., Budhwani, S., & O'Mahen, P. (2023). Content Analysis of American Network News Coverage of Prevention Strategies During the Initial Wave of the COVID-19 Pandemic. *Journal of General Internal Medicine*, *38*(4), 1030–1037. https://doi.org/10.1007/s11606-022-07954-y

POSTER PRESENTATIONS

^ = Equal Contribution

Veldman, R.L. (2026, April). Examining linguistic markers of psychological distancing during longitudinal emotion regulation training in bereaved spouses. Social & Affective Neuroscience Society Conference, San Diego, CA.

Veldman, R.L. (2025, April). Longitudinal cognitive emotion regulation training in bereaved spouses reduces self-reported negative affect, stress, grief rumination, and whole-brain negative affect pattern expression. Social & Affective Neuroscience Society Conference, Chicago, IL.

Bryce, K.N.^, **Veldman, R.L.**^, & Chang, V.^ (2024, December). Longitudinal cognitive emotion regulation training in bereaved spouses reduces self-reported negative affect, stress, grief rumination, and whole-brain negative affect pattern expression. UTHealth Houston Neuroscience Research Center 30th Annual Poster Session, Houston, TX.

SKILLS

Technical

fMRI Preprocessing in MATLAB | MRI Scans | Jamovi | RStudio | LIWC | Microsoft Suite | Google Suite | Research Process | Manuscript Writing | Poster Presentations

Soft Skills

Project Management | Leadership | Adaptability | Recruitment | Participant Interface | Spanish (beginner)

LEADERSHIP AND SERVICE

Mentor, Translational Social Cognitive and Affective Neuroscience (T-SCAN) Lab **Sept 2024 - Jun 2026**

Rice University, Houston, TX

- Managed a team of 12 undergraduate student research assistants
- Provided support and guidance on research tasks such as recruitment, journal monitoring, and presentations

Intern, The Pangea Network Young Women's Leadership Conference **May 2019 - July 2019**

Houston, TX

- Assisted in organizing a conference designed to mentor female high school leaders
- Led a group of young women in expanding their social, personal, and financial assets

Photojournalist, The Celt Independent Student Newspaper **Jan 2018 - May 2020**
University of St Thomas, Houston, TX

- Attended, photographed and reported on campus events
- Curated and photographed cover art for news headlines

Treasurer, UNICEF Club **Aug 2017 - May 2018**
University of St Thomas, Houston, TX

- Created the annual budget and managed all finances
- Co-managed fundraising events

Mentor, Partnership for the advancement & Immersion of Refugees **Jan 2017 - May 2017**
Houston, TX

- Participated in weekly after-school group mentoring
- Engaged high-school refugee students to provide cultural orientation and academic support

PROFESSIONAL MEMBERSHIPS

Social and Affective Neuroscience Society
Society for Affective Science
PSI CHI Honors Society

WORK EXPERIENCE

Mental Health Clinician/ Case Manager, Journey Through Life **Aug 2022 - Sep 2023**
Houston, TX

- Provided skills training and case management services to low-income and disadvantaged children and families
- Managed a caseload of over 20 clients simultaneously, and serviced each one on a weekly basis