

ZOE ZONG | 宗瑜箫 (she/her)

Curriculum Vitae

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Open Science Framework: <https://osf.io/8m6ew/>

EDUCATION

Ph.D., Clinical Psychology, Georgia State University

Aug. 2024 - Present

Advisors: Cynthia Stappenbeck, Ph.D. & Amanda Gilmore, Ph.D.

B.A., Psychology, University of California, Berkeley

Jan. 2019 - May 2022

Minor: Data Science

Honors Thesis: *Within- and between-person relationships between negative social reactions to disclosures of sexual assault and Negative Alterations in Cognitions and Mood Posttraumatic Stress Symptoms*

Supervisors: Esther Howe; Aaron Fisher, Ph.D.

HONORS AND AWARDS

TIPPS/EPIC-CARES Fellow, Georgia State University

Aug. 2024 - June 2026

Department Scholar Award, Georgia State University

Aug. 2024 - July 2026

Summer Undergraduate Research Fellowship, UC Berkeley

2021

Temporal Dynamics of PTSD Symptoms and Social Reactions after Sexual Assault: An Idiographic Network Analysis

- Amount: \$5,000 | Mentor: Esther Howe; Aaron Fisher, Ph.D.

Psi Chi Honor Society in Psychology, UC Berkeley

2021

Dean's List, UC Berkeley

2019, 2020

PUBLICATIONS

1. Fisher, A. J., Howe, E., & Zong, Z. Y. (2022). Unsupervised clustering of autonomic temporal networks in clinically distressed and psychologically healthy individuals. *Behavior research and therapy*, 154, 104105. <https://doi.org/10.1016/j.brat.2022.104105>
2. Orchowksi, L. M., Oesterle, D. W., Zong, Z. Y., Bogen, K. W., Elwy, A. R., Berkowitz, A. D., & Pearlman, D. N. (2022). Implementing school-wide sexual assault prevention in middle schools: a qualitative analysis of school stakeholder perspectives. *Journal of Community Psychology*, 1–21. <https://doi.org/10.1002/jcop.22974>
3. Orchowksi, L.M., Goodwin, C.T., Hunter, J.H., & Zong, Z.Y. (2023). The Role of Empowerment Self-Defense in Sexual Assault Prevention. *Sexual Assault Report, Issue - 26.5*
4. Miggantz, E. L., Orchowksi, L. M., Beltran, J. L., Walter, K. H., Hollingsworth, J., Davis, K. C., Zong, Z. Y., Meza-Lopez, R., Hutchins, A., & Gilmore, A. K. (In Press). Alcohol-Involved Sexual Assault in the U.S. Military: A Scoping Review. *European Journal of Psychotraumatology, Special Issue on Understanding, Preventing, and Responding to Sexual Violence*. <https://doi.org/10.1080/20008066.2023.2282020>

MANUSCRIPTS IN PREPARATION

1. Zong, Z.Y., Howe, E., & Fisher, A.J. (In Prep). Within- and between-person relationships between negative social reactions to disclosures of sexual assault and Negative Alterations in Cognitions and Mood Posttraumatic Stress Symptoms
2. Miggantz, E., Hollingsworth, J., Jackson, E., Prince, J. Walter, K.H., Zong, Z.Y., Orchowksi, L.M., Meza-Lopez, R., Gilmore, A.K., & Davis, K.C. (Under Review). Sexual assault research in the military: Is oversampling necessary for representativeness?
3. Aday, J.S., Zong, Z.Y., O'Donovan, A., & Woolley, J.D. (Under Review). Development of a Mandarin version of the Five Dimensional Altered States of Consciousness (5D-ASC) Rating Scale.

ORAL PRESENTATIONS

1. Fisher, A.J., Howe, E., & **Zong, Z.Y.** (2021, November). *Physiological Subtypes in DSM-5 Anxiety, Depressive, and Traumatic Disorders*. In C. Christian (Chair), *Applications and Considerations for Data-Driven Personalized Treatments across forms of Psychopathology*. Symposium presentation at the Association for Cognitive and Behavioral Therapies (ABCT) 55th Annual Convention, Virtual.
2. Orchowski, L.M., Walter, K.H., Miggantz, E.L., Davis, K.C., Hollingsworth, J.C., **Zong, Z.Y.**, Meza-Lopez, R.J., Beltran, J.L., Salamanca, N.K., & Gilmore, A.K. (2022, March). *Personalized Web-Based Sexual Assault Prevention Program for Sailors*. Institute on Violence, Abuse and Trauma (IVAT) 19th International Summit, Honolulu, HI.
3. **Zong, Z.Y.**, Howe, E., & Fisher, A.J. (2022, May). *Within- and between-person relationships between negative social reactions to disclosures of sexual assault and Negative Alterations in Cognitions and Mood Posttraumatic Stress Symptoms*. In E. Howe (Chair), *The relationship between social interactions and psychological distress after trauma: Recent advances in mapping and measurement*. Symposium presentation at the Association for Psychological Science (APS) 2022 Annual Convention, Chicago, IL.
4. Silverman, A., Oesterle, D.W., **Zong, Z.Y.**, Orchowski, L.M., & Berkowitz, A. (2022, November). *Discrepancy between self and perceived peer norms regarding sexual aggression: An examination of college men*. Presentation at the American Public Health Association (APHA) 2022 Annual Meeting and Expo, Boston, MA.
5. Hollingsworth, J.C., Walter, K.H., Miggantz, E.L., Cue Davis, K., Orchowski, L., Meza-Lopez, R., **Zong, Z.Y.**, Prince, J., Jackson, E., & Gilmore, A.K. (2023, April). *Sexual assault research in the military: Is oversampling necessary for representativeness?* Podium presentation at the Navy Medicine Readiness and Training Command (NMRTC) 2023 Academic Research Competition (ARC), San Diego, CA.
6. Orchowski, L.M., Miggantz, E.L., Walter, K.H., Cue Davis, K., Ray, T.N., **Zong, Z.Y.**, Prince, J.R., Jackson, E., & Gilmore, A.K. (2024). *Iterative Development of the +Change Alcohol and Sexual Assault Prevention Program for Sailors*. Symposium presentation at the Society for Prevention Research (SPR) 32nd Annual Meeting, Washington, DC.

POSTER PRESENTATIONS

1. **Zong, Z.Y.**, Howe, E., & Fisher, A.J. (2021, November). *Examining the Negative Alterations in Cognitions and Mood PTSD Symptom Cluster at the Level of Individual Emotions and Cognitions: An Idiographic Vector-autoregressive Analysis*. Poster presented at the Association for Cognitive and Behavioral Therapies (ABCT) 55th Annual Convention, Virtual.
2. **Zong, Z.Y.**, Howe, E., & Fisher, A.J. (2021, November). *The Differential Role of Self- versus Other-directed Negative Cognitions in PTSD Symptom Dynamics: An Idiographic Network Approach*. Poster presented at the International Society for Traumatic Stress Studies (ISTSS) 37th Annual Convention, Virtual.
3. Miggantz, E.L., Orchowski, L., Beltran, J., Walter, K.H., Hollingsworth, J., Cue Davis, K., **Zong, Z.Y.**, Meza-Lopez, R., Hutchins, A., & Gilmore, A. (2022, April). *Percentage of Alcohol-Related Sexual Assaults Among U.S. Active Duty and Reserve Service Members and Veterans: A Scoping Review*. Poster presented at the Navy Medicine Readiness and Training Command (NMRTC) 2022 Academic Research Competition (ARC), San Diego, CA.
4. Oesterle, D.W., **Zong, Z.Y.**, Bogen, K.W., Orchowski, L.M. (2022, May). *Stakeholder perceptions of factors predicting successful implementation of a sexual assault prevention program in middle schools*. Poster presented at the Colorado Pragmatic Research in Health Conference, Virtual.
5. **Zong, Z.Y.**, Howe, E., & Fisher, A.J. (2022, November). *Exploring the Temporal Dynamics of PTSD Symptoms and Social Reactions after Sexual Assault: An Idiographic Network Analysis*. Poster presented at the International Society for Traumatic Stress Studies (ISTSS) 38th Annual Convention, Atlanta, GA.

RESEARCH EXPERIENCE

Trauma and Health Research on Immunity, Vitality and Emotions at University of California, San Francisco San Francisco
Lab Manager July 2022 – Jan. 2024

Principal Investigator: Aoife O'Donovan, Ph.D.

Optimizing Attention Bias Modification for Posttraumatic Stress Disorder: An Entirely Remote Study

- Acted as primary study coordinator for a DoD-funded randomized controlled trial utilizing a mobile application for attention-bias modification and attention-control training to reduce PTSD symptom severity.
- Managed the study budget and expenditure and ensured study adherence to UCSF IRB and DoD regulatory requirements.
- Corresponded with external developers to ensure app functionality and troubleshoot bugs.

- Maximized data collection efficacy through utilization of Ripple Science and development of bot-detection protocol.
- Led study recruitment efforts through multiple online platforms including Qualtrics, MTurk, Craigslist, Meta, and Reddit.

Examining Psilocybin as an Anti-inflammatory Agent

- Acted as primary coordinator for a study examining the effects of Psilocybin on inflammation as an add-on to multiple Psilocybin-assisted psychotherapy clinical trials at the UCSF Translational Psychedelic Research Program (TrPR).
- Consented participants, coordinated blood draws, accompanied study visits, and administered questionnaires .
- Managed study budget, tracked expenditure, and ensured compliance to UCSF IRB.

Hot Spot Mapping for Sexual Violence Prevention at Johns Hopkins Bloomberg School of Public Health

Remote

LGBTQ+ Student Advisory Board Member

Nov. 2021 – Sep. 2022

Principal Investigator: Michele Decker, ScD, MPH

- Served on the LGBTQ+ Student Advisory Board for a study on Hot Spot Mapping and other location-based approaches for sexual assault prevention.
- Provided insights and recommendations on optimizing measurement and evaluation protocols to maximize relevance, value, and inclusivity to LGBTQ+ students.

Laboratory for the Research and Prevention of Interpersonal Violence at Brown University/Rhode Island Hospital

Remote

Volunteer Research Assistant

Apr. 2021 – Present

Principal Investigator: Lindsay Orchowski, Ph.D.

Personalized Web-based Sexual Assault Prevention for Service Members

Principal Investigators: Lindsay Orchowski, Ph.D.; Kristen Walter, Ph.D.; Amanda Gilmore, Ph.D.

- Assisted with a DoD-funded study adapting a web-based alcohol and sexual assault prevention program for Sailors.
- Conducted literature review on the topics of consent, bystander intervention, sexual assault, and alcohol in active duty and veteran populations.
- Checked raw transcripts from interviews with Sailors and Navy stakeholders and coded transcripts using NVivo under the Consolidated Framework for Implementation Research (CFIR)
- Led efforts to integrate Navy informant and stakeholder feedback into the current program.

Community-Level Prevention of Dating and Sexual Violence in Middle Schools

- Coded qualitative interviews with stakeholders from middle schools using NVivo under the CFIR framework.
- Created summarizations of results from interviews and assisted in preparation of manuscripts.
- Conducted literature review on the topics of sexual violence prevention programs in middle schools and implementation programs that utilized the CFIR framework.

Idiographic Dynamics Lab at University of California, Berkeley

Berkeley, CA

Lead Research Assistant

Jan. 2020 – May 2022

Principal Investigator: Aaron Fisher, Ph.D.; Graduate Student Mentor: Esther Howe

Personalizing Psychotherapy for GAD and MDD

- Co-managed a team of 14 RAs on studies utilizing psychophysiological data to study intraindividual physiological processes.
- Trained RAs on the foundations of psychophysiology research, heart rate variability, impedance cardiography, and data cleaning via MindWare.
- Led presentations for lab-wide journal club for undergraduate research assistants on topics of idiographic science, intraindividual dynamic processes, psychophysiology, and research methodology

Towards Early Prediction of PTSD after Sexual Assault

- Acted as primary coordinator for a study utilizing ecological momentary assessment (EMA) to examine PTSD symptoms, social reactions, and substance use in women who experienced sexual assault within past 15 days.
- Led study recruitment via Reddit, Craigslist, Facebook, Instagram, and local sexual assault response organizations.
- Acted as the primary point of contact for the study and monitored participant adherence to the EMA paradigm via LifeData.

PROFESSIONAL EXPERIENCE

PATH to Care Center - UC Berkeley Sexual Violence and Sexual Harassment Prevention Center

Berkeley, CA

Peer Coordinator

May 2021 – May 2022

- Facilitated workshops for student organizations on topics related to sexual violence and sexual harassment, bystander intervention, consent and boundaries, alcohol and substance use, and healthy relationships.
- Consulted with undergraduate leadership to deliver tailored sexual violence prevention workshops, programs, and toolkits through a trauma-informed, survivor-centered lens.
- Developed SVSH related policy, protocol, and detailed process of response and resolution for student organizations.

Crisis Support Services of Alameda County

Oakland, CA

Crisis Counselor

July 2021 – Apr. 2023

- Completed 50 hours of clinical training on crisis support, suicide assessment, means safety, emergency procedures, abuse assessment, and community resources.
- Volunteered on the crisis line for 250+ hours as a crisis counselor, assisting individuals through mental health crisis situations and county behavioral health agencies.

Introduction to Counseling and Mental Health, UC Berkeley Decal Program

Berkeley, CA

Lead Course facilitator

Jan. 2020 – May 2022

Faculty Sponsor: Nancy Liu, Ph.D.

- Led a weekly introductory class on counseling and mental health for a total of 100+ hours.
- Taught 120+ Berkeley undergraduate students on peer-counseling methods, various mental health conditions, and the application of theoretical knowledge to real-life situations.

Student-to-Student Peer Counseling

Berkeley, CA

Peer Counselor

Aug. 2019 – Dec. 2021

- Supported students as a trained peer counselor through active listening and Rogerian Therapy both online and in-person.
- Trained 8+ new peer counselors through workshops and 30+ hours of model dyads.

AFFILIATIONS

Association for Behavioral and Cognitive Therapies (ABCT)

November 2020 – Present

- Clinical Research and Methods Special Interest Group
- Child Maltreatment and Interpersonal Violence Special Interest Group

International Society for Traumatic Stress Studies (ISTSS)

July 2021 – Present

- Research Methods Special Interest Group
- Trauma, Health, and Primary Care Special Interest Group
- Trauma and Substance Use Special Interest Group

OTHER

Language: Fluent in Mandarin and English, proficient in Korean

Technology: R & RStudio, Python, GitHub, MindWare, Qualtrics, LifeData, NVivo, LaTeX, Shiny Web App, IRiS, Ripple, Cayuse