Nikhila S. Udupa

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(408) 707-9199

**EDUCATION**

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| **Florida State University** | 2022-Present |
| Doctoral Student – Clinical Psychology |  |
| GPA: 4.00 |  |
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| **University of California, Berkeley** | 2016-2020 |
| Majors: Bachelor of Arts in Psychology & Molecular and Cell Biology |  |
| GPA: 3.89 |  |
| Honors: Dean’s List (Fall 2016, Fall 2017, & Spring 2018) |  |

**GRANTS & FELLOWSHIPS**

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| Dean’s Scholarship, Department of Psychology Interdisciplinary Clinical Neuroscience Training Program ($30,000)  Title: *Selflessness in Anorexia Nervosa: An examination of the role of oxytocin* | 2024-2025 |
| CloudResearch Antisemitism and Islamophobia Grant ($200)  Title: *Anger, internalizing distress, and coping strategies in the face of increasing antisemitism and Islamophobia: A mixed-methods approach to discrimination research* | 2024 |
| Junior Scientist Fellowship, American Psychological Association of Graduate Students and Psi Chi Honor Society ($1,000)  Title: *Uncontrollability of Thought, Thought Content, and Perceived Control: Longitudinal Relationships with Suicidal Thoughts and Behaviors* | 2023 |

**HONORS & AWARDS**

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| Dean’s Award for Doctoral Excellence ($3000) | 2024 |
| FSU Department of Psychology Graduate Research Development Awards ($1400) | 2023-2024 |
| Nancy Isidoro Sharkus Memorial Travel Award ($500) | 2024 |
| FSU Congress of Graduate Students Conference Presentation Grants ($550) | 2023-2024 |
| Student Convention Scholarship Award, Association for Behavioral and Cognitive Therapies ($100) | 2023 |

**PEER-REVIEWED PUBLICATIONS**

**Udupa, N. S.**, Arreguin, D. H., Mitaj, D., Robertson, L., Jeon, M. E., Robison, M., Joiner, T. E., & Rogers, M. L. (In Press). Overt heterosexist discrimination and homonegative microaggressions in LGB+ adults: Interpersonal pathways to suicidal ideation. *Psychology of Sexual Orientation and Gender Diversity*.

Jeon, M. E., Kurtz, A. J., **Udupa, N. S.**, Gratz, K. L., Tull, M. T., & Joiner, T. E. (2024). Measurement Invariance of the Perceived Invalidation of Emotion Scale: An Examination Across Race/Ethnicity, Gender, Sexual Orientation, and Intersection of Identities. *Assessment*.

Broshek, C. E., Kurtz, A. J., **Udupa, N. S.**, Chang, C. J., Rogers, M. L.,Feinstein, B. A.,

Selby, E. A., Gratz, K. L., Tull, M. T., Joiner, T. E., & Jeon, M. E. (2024). Psychometric Evaluation of the Heterosexist Harassment, Rejection, and Discrimination Scale: Application of Item Response Theory. *Psychological Assessment*.

Sigel, A. N., **Udupa, N. S.**, Wetherall, K., Cleare, S.,O’Connor, R. C., Joiner, T. E., & Jeon, M. E. (2024). Measurement Invariance of the 4-item Entrapment Scale Short-Form (E-SF): A Transnational Examination Across Race/Ethnicity, Sexual Orientation, and Suicide Attempt History Among Minoritized Adults. *Assessment*.

Jeon, M. E., Rogers, M. L., **Udupa, N.**, & Joiner, T. E. (2024). Suicidal ideation and attempts and hyperarousal in military personnel and veterans: Network analysis reveals roles of anxiety sensitivity and insomnia. *Psychological trauma: theory, research, practice and policy*.

Robison, M., **Udupa, N. S.**, Abber, S. R., Duffy, A., Riddle, M., Manwaring, J., Rienecke, R. D., Westmoreland, P., Blalock, D. V., Le Grange, D., Mehler, P. S., & Joiner, T. E. (2024). "Terminal anorexia nervosa" may not be terminal: An empirical evaluation.*Journal of psychopathology and clinical science, 133*(3), 285–296.

Robison, M., **Udupa, N. S.**, Rice, T. B., Wilson-Lemoine, E., Joiner, T. E., & Rogers, M. L. (2024). The Interpersonal Theory of Suicide: State of the Science. *Behavior Therapy*.

Jeon, M. E., Robison, M., Robertson, L., **Udupa, N. S.**, Potter, M. R., & Joiner, T. E. (2024). From identity-based distress to thinking "I am better off being dead:" Minority stress, posttraumatic cognitions, and suicidal ideation. *Journal of affective disorders*, *354*, 143–151.

Robison, M., Jeon, M. E., **Udupa, N. S.**, Potter, M., Robertson, L., & Joiner, T. The Self-Dehumanization Scale: Three Studies on Its Development and Validation. *Journal of Personality Assessment,* 1-17.

Jeon, M. E., **Udupa, N. S.**, Potter, M. R., Robison, M., Robertson, L., Rogers, M. L., & Joiner, T. E. (2024). Measurement invariance of the Depressive Symptom Inventory–Suicidality Scale across race, ethnicity, sexual orientation, and plurality of minoritized identities. *Psychological assessment*, *36*(4), 303–310.

Kyron, M. J., Hooke, G. R., Bryan, C. J., Kiekens, G., Chen, W., **Udupa, N.**, Joiner, T., & Page, A. C. (2024). Daily prediction of inpatient suicide attempts using routinely collected theory-driven data. *Journal of Psychopathology and Clinical Science, 133*(2), 208–222.

**Udupa, N. S.,** Hanson, J., Gutierrez, P. M., Mandel, A. A., Johnson, S. L., Kleiman, E., Bryan, C. J., Jobes, D. A., & Joiner, T. (2023). Uncontrollability of suicidal ideation adds incremental explanatory power in prediction of later suicidal ideation. *Journal of Clinical Psychology, 79*(12), 2974–2985.

Natraj, N., Neylan, T. C., Yack. L. M., Metzler, T. J., Woodward, S. H., Hubachek, S. Q., Dukes, C., **Udupa, N. S.**, Mathalon, D. H., Richards, A. (2023). Sleep spindles favor emotion regulation over memory consolidation of stressors in PTSD. *Biological Psychiatry: Cognitive Neuroscience and Neuroimaging, 8*(9), 899-908.

**Udupa, N.**, Twenge, J. M., McAllister, C., & Joiner, T. E. (2023). Increases in poor mental health, mental distress, and depression symptoms among U.S. adults, 1993-2020. *Journal of Mood and Anxiety Disorders, 2*.

Richards, A., Woodward, S., Baquirin, D., Ruoff, L., **Udupa, N.**, Staggs, E., Metzler, T., Neylan, T. (2022). The sleep physiology of nightmares in veterans with psychological trauma: Evaluation of a dominant model using participant-applied electroencephalography in the home environment. *Journal of Sleep Research, 32*(2), e13639.

**MANUSCRIPTS UNDER REVIEW & IN PREPARATION**

Joiner, T. E., Robison, M., **Udupa, N. S.** Robertson, L., Duffy, M. E., Lieberman, A., & Jeon, M. E. (Invited to revise and resubmit at *Psychological Review*). The Descent of Agamemnon and the Disquietude of Job: The Death of Agency as the Spur of Suicide.

Jeon, M. E., Abber, S. R., Broshek, C. E., **Udupa, N. S.**, Rienecke, R. D., Blalock, D. V., Duffy, A., Le Grange, D., Mehler, P. S., & Joiner, T. E. (Invited to revise and resubmit at *Psychological Assessment*). Psychometric Evaluation and Refinement of the Eating Disorders Examination Questionnaire in a Clinical Eating Disorder Sample.

**Udupa, N. S.**, Jeon, M. E., McClanahan, S., Riddle, M., Manwaring, J., Rienecke, R. D., Le Grange, D., Duffy, A., Mehler, P. S., Blalock, D. V., Hyeouk, C. H., & Joiner, T. E. (Under Review at *Journal of Psychiatric Research*). Anorexia Nervosa treatment outcomes across Asian and non-Asian patients.

**Udupa, N. S.**, Lundberg, C., Blalock, D. V., Frazier, M., Cass, K., Manwaring, J., Mehler, P. S., & Joiner, T. E. (Under Review at *Clinical Psychological Science*). Life-Threatening Medical Crises in Patients with Severe Eating Disorders Both Increase the Fear of Death and Bifurcate Its Distributional Properties.

Mehra, L. M. & Kallen, A. M., Potter, M., **Udupa, N. S.**, Byren, C. P., Kemper, T. S., Sachs-Ericsson, N. J., & Joiner, T. E. (Under Review at *Psychotherapy Research*). Therapist cultural humility in early psychotherapy treatment sessions: A catalyst for improved client functioning at treatment termination**.**

**Udupa, N. S.**, Velimirovic, M., Robison, M., Duffy, M. E., Joiner, T. E. (Manuscript in Preparation). Famine, Plague, and Slaughters: The Fleeing Famine Model of Anorexia Nervosa Reconsidered.

**Udupa, N. S.**, Robison, Broshek, C. E., M., Velimirovic, M., Lundberg, C., Mehler, P. S., Joiner, T. E. (Manuscript in Preparation). Fear of death moderates the trajectory of body distrust across treatment for patients with severe restricting eating disorders.

**Udupa, N. S.**, Lundberg, C., Blalock, D. V., Frazier, M., Cass, K., Manwaring, J., Mehler, P. S., Joiner, T. E. (Manuscript in Preparation). Life-Threatening Medical Crises in Patients with Severe Eating Disorders Both Increase the Fear of Death and Bifurcate Its Distributional Properties.

Rice, T. B., Robertson, L., Broshek, C. E., Kurtz, A. J., **Udupa, N. S.**, Joiner, T. E. (Manuscript in Preparation). Modeling the Pathway Between Minority Stressors, Internalized Distress, and Suicidal Thoughts and Behaviors in Sexual Minority Adults.

**POSTERS & ORAL PRESENTATIONS**

\*denotes undergraduate mentee

**Udupa, N. S.** Manwaring, J., Rienecke, R. D., Le Grange, D., Mehler, P. S., & Joiner, T. E. The role of weight-gain in short-term psychological recovery during treatment of Anorexia Nervosa. Poster presented at the 58th Annual Convention of the Association for Behavioral and Cognitive Therapies.

**Udupa, N. S.** & Joiner, T. E. Psychological differences and recovery based on weight-gain in treatment of Anorexia Nervosa. Poster presented at the 20th Annual Florida State University Psychology Department Graduate Research Day, Tallahassee, FL.

\*Bub, K., Joiner, T. E., **Udupa, N.** (2024, April). *The Correlation Between Anxiety Sensitivity and Eating Disorder Symptoms*. Poster presented at the 24th Annual Florida State University Undergraduate Research Symposium, Tallahassee, FL.

\*Gonzalez, A., Robison, M., Joiner, T. E., **Udupa, N.** (2024, April). *Self-Dehumanization and Entrapment as Predictors of Suicidal Ideation*. Poster presented at the 24th Annual Florida State University Undergraduate Research Symposium, Tallahassee, FL.

Mitaj, D., Staton, T. A., Barrett, K. M., Rector, M. A., **Udupa, N. S.**, Wilson-Lemoine, E., Johnson, S. L., Joiner, T. E. & Rogers, M. L. (2024, April). *Investigating real-time life event valence, type, and stress across diverse sexual orientations: An ecological momentary assessment study*. Poster presented at the annual meeting of the Anxiety and Depression Association of America, Boston, MA.

Staton, T. A., Mitaj, D., Barrett, K. M., Rector, M. A., **Udupa, N. S.**, Wilson-Lemoine, E., Johnson, S. L., Joiner, T. E. & Rogers, M. L. (2024, April). *Examination of potential differences in life event type, valence, and stress across gender identities: An ecological momentary assessment study*. Poster presented at the annual meeting of the Anxiety and Depression Association of America, Boston, MA.

Rogers, M. L., Wilson-Lemoine, E., Mitaj, D., **Udupa, N. S.**, Rector, M., Barrett, K. M., Staton, T., Johnson, S. L., & Joiner, T. E. (2024, April). *Life event type, valence, and perceived stress as predictors of momentary suicidal desire.*Paper presented at the annual meeting of the Suicide Research Symposium, Virtual.

**Udupa, N. S.**, Jeon, M. E., Joiner, T. E., & Rogers, M. L. (2023, November). *Racial minority status in the relationship of homophobic discrimination and suicidal ideation: An intersectional perspective.* In M.E., Jeon (Chair), *Marginalization, Discrimination, and Dehumanization: Incorporating Perception of Otherness as Psychopathology Risk Factors.* Symposium talk presented at the 57th Annual Convention of the Association for Behavioral and Cognitive Therapies. Seattle, WA.

**Udupa, N. S.**, Jeon, M. E., Robison, M. L., Potter, M. R., Robertson, L., & Joiner, T. E. (2023, November). *From homophobic microaggressions to suicidal ideation: The mediating role of perceived burdensomeness in minority stress.* In A. Kurtz (Chair), *Suicide Risk in Sexual Minorities: Integrating Minority Stress and Contemporary Suicide Models to Illuminate Relevant Processes*. Symposium talk presented at the 57th Annual Convention of the Association for Behavioral and Cognitive Therapies. Seattle, WA.

Jeon, M. E., Robison, M., **Udupa, N.**, Robertson, L., Potter, M., & Joiner, T. E. (2023, June). *Minority stress symptoms of discrimination: Correlated but distinct from post-traumatic stress disorder*. Open paper symposium presented at the 10th World Congress of Cognitive and Behavioral Therapies, Seoul, South Korea.

**Udupa, N. S.**, Jeon, M. E., Joiner, T. E., & Rogers, M. L. (2023, April). *Sexual minority group moderates the link between homophobic discrimination and suicidal ideation.* Poster presented at the 19th Annual Florida State University Psychology Department Graduate Research Day, Tallahassee, FL.

Richards, A., Woodward, S., Baquirin, D., Yack, L., **Udupa, N.**, Metzler, T., Neylan, T. (2021, November). *A Pilot Study of the Sleep Physiology of PTSD Nightmares Using Participant-Applied Devices in the Home Environment*. Poster presented at the 37th Annual Meeting of the International Society for Traumatic Stress Studies. Virtual.

**RESEARCH EXPERIENCE**

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| **Graduate Research Assistant** | 2022-Present |
| Joiner Lab – Florida State University |  |
| Supervisor: Thomas Joiner, PhD |  |
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| **Clinical Research Coordinator**  **Research Assistant** | 2020-2022  2019-2020 |
| Stress and Health Research Program, Richards Lab – San Francisco Veterans Affairs Medical Center |  |
| Supervisor: Anne Richards, MD, MPH |  |
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| **Undergraduate Research Assistant** | 2018-2021 |
| Emotion & Emotion Regulation Lab – University of California, Berkeley |  |
| Supervisor: Felicia Zerwas, BS |  |
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| **Undergraduate Research Assistant** | 2017-2018 |
| Bunge Lab & Language and Cognitive Development Lab – University of California, Berkeley |  |
| Supervisor: Ariel Starr, PhD |  |

**CLINICAL EXPERIENCE**

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| **Psychological Trainee** | 2023-Present |
| Florida State University Psychology Clinic |  |
| Supervisors: Thomas Joiner, PhD, Therese S. Kemper, PhD, Christina Riccardi, PhD |  |
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| **Rebuilding After Trauma Group Facilitator** | 2023-Present |
| Florida State University Psychology Clinic |  |
| Supervisor: Therese S. Kemper, PhD |  |

**TEACHING & MENTORING EXPERIENCE**

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| **Graduate Student Mentor** | 2023-2024 |
| FSU Undergraduate Research Opportunity Program (UROP) |  |
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| **Teaching Assistant** | 2023 |
| Department of Psychology Florida State University |  |
| Course: Conditioning and Learning Laboratory |  |

**SERVICE TO THE FIELD**

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| **Ad Hoc Peer Reviewer** | 2024-Present |
| Psychological Review |  |
| Psychological Trauma: Theory, Research, Practice, and Policy |  |

**PROFESSIONAL AFFILIATIONS & MEMBERSHIPS**

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| Association for Behavioral and Cognitive Therapy (ABCT), *Student Member* | 2023-Present |
| Psi Chi Honor Society | 2019-Present |