

Chelsea E. Boccagno

Clinical Research Laboratory
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Education

- 2016 – **Harvard University** (Graduate School of Arts & Sciences), Cambridge, MA
 Ph.D. Student, Clinical Science
Primary Advisor: Jill M. Hooley, D.Phil.
 GPA: **3.96/4.00**
- 2010 – 2014 **Vassar College**, Poughkeepsie, NY
 B.A., Psychology, correlate sequence in English Literature (creative writing focus)
Primary Advisor: Michele M. Tugade, Ph.D.
 GPA: **3.83/4.00**; Psychology GPA: **3.86/4.00**

Honors and Awards

- 2018 Sackler Scholarship in Psychobiology (\$20,303), Harvard University
 2018 Restricted Funds Travel Grant (\$500; x2), Harvard University
 2018 Restricted Funds Large Grant (\$3,000), Harvard University
 2018 Stimson Fund (\$1,000), Harvard University
 2014 Phi Beta Kappa, Vassar College
 2014 Psychology Departmental Honors, Vassar College
 2014 General Honors, Vassar College
 2014 Distinction: Independent Thesis, Vassar College
 2014 Academic Enrichment Fund (\$500), Vassar College
 2014 Asprey Center Research Enhancement Award (\$750), Vassar College
 2013 Psi Chi (*Secretary*, 2013—2014), Vassar College Chapter
 2012 Psychology Majors' Committee (*Chair*, 2013—2014), Vassar College

Peer-Reviewed Publications

- Fox, K.R., Wang, S.B., **Boccagno, C.**, Haynos, A.F., Kleiman, E.M., Hooley, J.M. (2019). Comparing Self-Harming Intentions Underlying Eating Disordered Behaviors and NSSI: Evidence That Distinctions Are Less Clear Than Assumed. *International Journal of Eating Disorders*.
- Doré, B., Rodrik, O., **Boccagno, C.**, Hubbard, A., Weber, J., Oquendo, M., Ochsner, K.N. (2018). Negative autobiographical memory in major depression reflects elevated amygdala-hippocampal reactivity and hippocampally-associated emotion regulation. *Biological Psychiatry: Cognitive Neuroscience and Neuroimaging*.
- Doré, B., **Boccagno, C.**, Burr, D., Hubbard, A., Weber, J., Stern, Y., Ochsner, K.N. (2016). Finding positive meaning in negative experiences engages ventral striatal and ventromedial prefrontal reward regions. *Journal of Cognitive Neuroscience*.
- Gilead, M., **Boccagno, C.**, Silverman, M., Hassin, R., Weber, J., Ochsner, K.N. (2016). Self-regulation via neural simulation. *Proceedings of The National Academy of Sciences*.

Manuscripts In Prep

- Wang, S.B., Fox, K.R., **Boccagno, C.**, Hooley, J.M., Haynos, A.F. (in prep). Why do people restrict their eating? A functional assessment approach.
- Boccagno, C.**, Fox, K.R., Wang, S.B., Hooley, J.M. (in prep). Linguistic mechanisms of efficacy across novel online interventions for nonsuicidal self-injury.
- Boccagno, C.**, Fox, K.R., Wang, S.B., Hooley, J.M. (in prep). Predictors of self-distancing success across direct and indirect self-injurious behaviors.
- Raio, C., **Boccagno, C.**, Rodrik, O., Ochsner, K.N. (in prep). The impact of acute stress on emotion regulation choice and effectiveness.

Invited Chapters

- Nock, M.K., **Boccagno, C.**, Kleiman, E.K., Ramirez, F., Wang, S.B. (in press). Suicidal and nonsuicidal self-injury. In M. J. Prinstein, E. A. Youngstrom, E. J. Mash, & R. A. Barkley (Eds.), *Treatment of Childhood Disorders*, Fourth Edition. New York, NY: Guilford Publications.
- Ramirez, F., Kleiman, E.K., **Boccagno, C.**, Nizzi, M., Nock, M.K. (in press). Suicide. In G. H. Wynn & Benedek, D.M. (Eds.), *Posttraumatic Stress Disorder*, Second Edition. Arlington, VA: American Psychiatric Association.
- Mitamura, C., Leu, J., Campos, B., **Boccagno, C.**, Tugade, M. M. (2014). Traversing affective boundaries: Examining cultural norms for positive emotions. In M. M. Tugade, M. N. Shiota, & L. D. Kirby (Eds.), *Handbook of Positive Emotions*. New York, NY: Guilford Publications.

Online Scholarly Contributions

- Boccagno, C.** (2012). Is screen time ruining our face time? Retrieved from <http://www.gordonschool.org/Customized/uploads/files/Psychology%20in%20the%20N.pd>

Professional Talks

- Carpenter, R.W., Allen, K.J.D., **Boccagno, C.**, Emery, N.N., & Arney, M. (2018, November). Emotion regulation strategy selection and efficacy in self-injury: Moving beyond instruction-based laboratory tasks. In M. Arney (chair), Novel research approaches to self-destructive behaviors and associated psychopathology. Symposium talk presented at the annual conference of the Association for Behavioral and Cognitive Therapies (ABCT), Washington, DC.
- Boccagno, C.** & Hooley, J.M. (2018, May). Unpacking the roles of emotion dysregulation and maladaptive self-processing in self-injurious behaviors. Harvard-MIT Data Blitz, Women in Psychology, Harvard University, Boston, MA.
- Boccagno, C.** & Hooley, J.M. (2018, April). Emotion regulation choice across affective contexts in self-injurious populations. Second-Year Talk, Harvard University, Boston, MA.
- Gilead, M., Silverman, M., **Boccagno, C.**, Hassin, R., Weber, J., & Ochsner, K.N. (2017, July). Neural mechanisms of “walking in someone else’s shoes” in order to predict their emotions. Symposium talk presented at the general meeting of the European Association of Social Psychology. Granada, Spain

Gilead, M., **Boccagno, C.**, Silverman, M., Hassin, R., Weber, J., & Ochsner, K.N. (2016, February). Self-regulation via neural simulation. Data-blitz presented at the Emotion Preconference at 17th annual meeting of the Society for Personality and Social Psychology. San Diego, CA.

Boccagno, C. (2014, April). Escaping, knowing, transcending, or transforming self?: Self-concept and its role in mindfulness. Vassar College Psychology Research Conference. Poughkeepsie, NY.

Conference Presentations

Wang, S.B., Fox, K.R., **Boccagno, C.**, Hooley, J.M., Haynos, A.F. (2019, March). Why do people restrict their eating? A functional assessment approach. Paper presentation submitted to the International Conference on Eating Disorders, New York, NY.

Boccagno, C., Fox, K.R., Wang, S.B., & Hooley, J.M. (2018, September). *Beliefs that negative emotions are unacceptable dampen the benefits of psychological distancing: Evidence from an emotional challenge study in direct and indirect self-injury*. Poster presented at the annual conference of the Society for Research in Psychopathology (SRP), Indianapolis, IN.

Miller, J.M., Doré, B., Zanderigo, F., Stanley, B., Rubin-Falcone, H., Schenck, N., Sublette, E., **Boccagno, C.**, Rodrik, O., Oquendo, M.A., Mann, J.J., Ochsner, K. (2018, July). *Serotonin 1A autoreceptor binding modulates neural responses to emotion reactivity and regulation*. Poster presented at the annual NeuroReceptor Mapping (NRM) conference, London, England.

Boccagno, C., Rodrik, O., Doré, B., Fuster, D., Singh, T., Weber, J., Stanley, B., Miller, J., Mann, J., Ochsner, K. (2017, April). *Enhancing positive affect in positive contexts recruits differential brain regions for healthy individuals and patients with major depressive disorder*. Poster presented at the annual conference of the Society for Affective Science (SAS), Boston, MA.

Rodrik, O., **Boccagno, C.**, Doré, B., Fuster, D., Singh, T., Weber, J., Stanley, B., Miller, J., Mann, J., Ochsner, K. (2017, March). *Enhancing positive affect in negative contexts engages distinct brain regions in healthy individuals and patients with major depressive disorder*. Poster presented at the annual conference of the Social and Affective Neuroscience Society (SANS), Los Angeles, CA.

Doré, B., **Boccagno, C.**, Hubbard, A., Burr, D., Long, K., Weber, J., Stern, Y. (2016, April). *Finding positive meaning in negative experiences engages ventral striatal and ventromedial reward regions*. Poster presented at the annual conference of the Social and Affective Neuroscience Society (SANS), New York, NY.

Boccagno, C., Doré, B., Fuster, D., Singh, T., Weber, J., Stanley, B., Miller, J., Mann, J., Ochsner, K. (2016, April). *Hippocampal and prefrontal functional connectivity during memory retrieval correlates with self-distancing reappraisal success in patients with major depressive disorder*. Poster presented at the annual conference of the Social and Affective Neuroscience Society (SANS), New York, NY.

Boccagno, C., Doré, B., Fuster, D., Singh, T., Weber, J., Kotecha, R., Chaudhury, S., Miller, J., Mann, J., Stanley, B., Ochsner, K. (2016, April). *The influence of affective context on brain and behavioral responses to neutral stimuli*. Poster presented at the annual conference of the Cognitive Neuroscience Society (CNS), New York, NY.

Boccagno, C., Gilead, M., Silverman, M., Hassin, R., Weber, J., Ochsner, K. (2016, March). *The neural*

underpinnings of emotional perspective taking. Poster presented at the annual conference of the Society for Affective Science (SAS), Chicago, IL.

Boccagno, C., Doré, B., Burr, D., Weber, J., Hubbard, A., Stern, Y., Ochsner, K. (2015, April). *Ability versus motivation in aging: Cognitive and motivational influences on down-regulation of negative affect*. Poster presented at the annual conference of the Social and Affective Neuroscience Society (SANS), Boston, MA.

Burr, D., Doré, B., **Boccagno, C.**, Weber, J., Hubbard, A., Stern, Y., Ochsner, K. (2015, April). *Addressing the emotion paradox: Older adults show impaired regulation but enhanced bottom-up positive response to negative stimuli*. Poster presented at the annual conference of the Social and Affective Neuroscience Society (SANS), Boston, MA.

Boccagno, C., du Pont, A., Tugade, M. M. (2015, February). *How willing are you to self-disclose?: The roles of mindfulness and positive affect in emotional vulnerability*. Poster presented at the annual conference of the Society for Personality and Social Psychology (SPSP), Long Beach, CA.

Boccagno, C., Rivlin, M., Culligan, C., & Tugade, M.M. (2014, April). *Mindfulness and mind-wandering: The effects of attention and awareness on coping and resiliency*. Poster presented at the annual conference of the Society for Affective Science (SAS), Bethesda, MD.

Boccagno, C. (2014, March). *Is it my profile, or yours?: The distinct effects of Facebook features on loneliness perception*. Poster presented at the annual Hunter College Psychology Convention, New York, NY.

Tugade, M. M., du Pont, A., **Boccagno, C.** (2014, February). *The effects of positive emotion differentiation on coping and problem-solving*. Poster presented at the Emotion Pre-Conference of the Society for Personality and Social Psychology (SPSP), Austin, TX.

Research Experience

2016 – Present **Clinical Research Laboratory, Harvard University**

(P.I.: Jill M. Hooley, D.Phil.).

Graduate Research Assistant. Examine the malleability of identity (e.g., self-concept flexibility, self-presentation) and emotion (e.g., emotion regulation), and assess whether and how this malleability influences the development of—or protection against—direct and indirect self-destructive behaviors (e.g., nonsuicidal self-injury and binge eating, respectively). Research methods include behavioral in-lab studies and online data collection, and span levels of analysis (e.g., behavioral and psychophysiological).

- **First-Year Project:** “Linguistic content of nonsuicidal self-injury text entries: Applying text analysis to a novel treatment approach”
- **Second-Year Project:** “Emotion regulation choice in direct and indirect self-injury”

2014 – 2016 **Social, Cognitive, and Affective Neuroscience Laboratory, Columbia University**
(P.I.: Kevin Ochsner, Ph.D.; **Collaborators:** Molecular Imaging and Neuropathology Division [MIND] Clinic at New York State Psychiatric Institute [NYSPI]).

Lab Manager and Research Assistant. Examined the neural mechanisms of perspective taking, self-referential processing, and positive and negative cognitive reappraisal across several projects. Populations: healthy undergraduate students (perspective-taking fMRI and psychophysiology experiments), younger (18-35) versus older (65+) healthy adults (aging

fMRI study), and individuals suffering from or at hereditary risk for major depressive disorder and suicidal behaviors (clinically-oriented study with NYSPI collaborators).

- Assisted in the planning and execution of five research projects
- Collected and analyzed fMRI, behavioral, and neuropsychological data
- Participated in weekly lab meetings on lab projects, articles, and analysis techniques
- Participated in weekly meetings with the NYSPI MIND Clinic on recruitment strategies, grant allocations, and treatment processes for patients

2013 – 2014 **Emotions and Psychophysiology Laboratory, Vassar College**

(P.I.: Michele Tugade, Ph.D.)

Research Assistant. Examined the structure and dynamics of emotion regulation, resilience, and mindfulness strategies.

- Designed and supervised laboratory-based study examining the impact of mindfulness on willingness to self-disclose personal experiences
- Analyzed questionnaire data from several laboratory projects
- Independently composed literature reviews and Vassar IRB proposals
- Prepared and served as lead designer on collaborative research posters

2013 – 2014 **Independent Senior Thesis, Vassar College**

(Advisors: Michele Tugade, Ph.D. and Randolph Cornelius, Ph.D.)

Thesis title: *Escaping, knowing, transcending, or transforming the self?:*

A transdisciplinary examination on self-concept and its role in mindfulness.

- Composed a year-long conceptual thesis involving a literature review across social psychology, cognitive science, and neuroscience disciplines to better understand the malleability of the self-concept, and the impact of mindfulness on this malleability
- Proposed integrative frameworks on the malleability of the temporal self-concept

2013 – 2014 **Independent Research, Vassar College**

(Advisor: Randolph Cornelius, Ph.D.)

Project Title: *The differential effects of distinct Facebook features and use on loneliness perception.*

- Designed, conducted, analyzed, composed, and presented a year-long, laboratory-based research study examining the effects of distinct Facebook features and use (e.g., comment- versus picture-viewing) on perceived loneliness levels

2011 – 2014 **English and Urban Studies Department, Vassar College**

(Professor: Tyrone Simpson, II, Ph.D.)

Research Assistant. Assisted in the literature analysis of American nationalism patterns, ghettoization effects, critical race theory, and the politics of confessional storytelling as Dr. Simpson's sole research assistant.

- Composed ideas and gathered materials for professor's written work
- Administered and updated course websites
- Coordinated meetings with scholars of interest from various colleges and universities

Summer 2013 **Cognitive Neurophysiology Laboratory, Albert Einstein College of Medicine**

(P.I.: John Foxe, Ph.D.; **Primary Mentor:** Pierfilippo De Sanctis, Ph.D.)

Intern/Research Assistant. Investigated brainwave entrainment in inhibitory-control audiovisual task performance in healthy young adults, as well as the impact of attentional control on Go/NoGo response-inhibition performance during walking in elderly individuals.

- Screened and recruited participants

- Administered and scored neuropsychological assessments (e.g., MMSE, DKEFS)
- Collected and analyzed EEG data
- Participated in weekly seminars on methodologies in cognitive neurophysiology

Teaching Experience

- Spring 2019 **Intro to Abnormal Psychology, Harvard University**
(Professor: Joshua W. Buckholtz, Ph.D.)
Teaching Fellow.
- Deliver weekly lectures on the causes and mechanisms of mental illness
- Fall 2018 **Psychopharmacology, Harvard University**
(Professor: Scott Lukas, Ph.D.)
Teaching Fellow.
- Created and delivered weekly lectures regarding sound scientific practices, sociocultural perspectives of drug use, and treatment via drug administration

Mentorship Experience

Undergraduate Senior Thesis Students

- Sienna Nielsen (Harvard University; Thesis Title: *The story of the true self: Unpacking the relationship between challenges and authenticity*) – (Project ongoing; primary advisor)
- Chananda Thavisin (Barnard College; Thesis Title: *The effect of perspective taking on emotion regulation: A psychophysiology study*) – (Project completed Fall 2016-Spring 2017; secondary advisor)

Research Assistants Supervised

- Maya Barr (Harvard University A.B. student) – Fall 2018 – Spring 2019
- Zelal Kilic (Harvard University A.B. student) – Fall 2018 – Spring 2019
- Sabrina Wu (Harvard University A.B. student) – Fall 2018 – Spring 2019
- Clair Fu (Boston Latin School; high-school student) – Summer 2018
- Emma Potvin (Harvard University A.B. student) – Summer 2018
- Ragini Jha (Boston College M.A. student) – Summer 2018
- Elyse Yarmosky (licensed social worker at Brigham & Women's Hospital) – Spring 2018 - Spring 2019
- Calais Galbraith (Harvard University A.B. student) – Spring 2018 - Spring 2019
- Nikki Daurio (Harvard University A.B. student) – Spring 2018
- Julia Friend (Harvard University A.B. student) – Fall 2017
- Ariel Kachuro (Columbia University research assistant) – Summer 2015
- Rhea Kotecha (Columbia University research assistant) – Summer - Fall 2015

Harvard University Crimson's PhD Consulting Program

- Olga Kitaina (Ph.D. application consultant student) – Fall 2017 - Fall 2018
- Ragini Jha (M.A. application consultant student) – Fall 2017 - Spring 2018

Harvard Summer Honors Undergraduate Research Program

- Alan Gutierrez (Harvard Medical School summer research mentee) – Summer 2017
- Leslie Charles (Harvard Medical School summer research mentee) – Summer 2018

Harvard College Undergraduate Research Association Mentorship Program

- Harvard College undergraduates (various students attending information sessions) – Fall 2017 - s2018

Clinical Experience

- 2018 – 2019 **Depression Clinical and Research Program, Massachusetts General Hospital**
(Supervisors: Lauren Fisher, Ph.D. and Paola Pedrelli, Ph.D.)
Clinical Fellow.
- Administer structured diagnostic interviews (e.g., MINI) and compose summaries
 - Provide weekly cognitive behavioral therapy to clients with major depressive disorder (with and without comorbid traumatic brain injury) and compose weekly summaries
 - Participate in weekly individual supervision and staff meetings
- 2017 – 2018 **Obsessive Compulsive Disorder Institute, McLean Hospital**
(Supervisor: Jason Krompinger, Ph.D.)
Practicum Student and Behavioral Coach.
- Acted as a behavioral coach for exposure and response prevention therapy sessions
 - Administered the Structured Clinical Interview for DSM-5 (SCID-5) to incoming clients and composed summaries
 - Independently led weekly emotion regulation group therapy (1-hour duration)
 - Participated in weekly assessment, group, and individual therapy supervision meetings
- Spring 2017 **Department of Psychiatry, Cambridge Health Alliance**
(Supervisors: Adam Conklin, Ph.D. and Chris Pagano, Ph.D.)
Observational Practicum Student.
- Observed clinical intake interviews and psychoanalytic therapy sessions for clients suffering from various psychiatric illnesses (e.g., schizophrenia, major depressive disorder) across all ages
 - Participated in weekly discussions about psychodynamic theory and approach
 - Completed preliminary training in psychodynamic-based assessment tools (e.g., Rorschach test)
- 2013 – 2014 **Psychiatry Department, Mount Sinai St. Luke's Roosevelt**
CARES ("Comprehensive Adolescent Rehabilitation and Education Services")
Tracks: Adolescent Alternative Day Program
Comprehensive Addiction Program for Adolescents
(Supervisor: Jessica Houser, Ph.D.)
Patient Assistant (Volunteer).
- Assisted psychologists, psychiatrists, and high-school teachers in the maintenance of a continuing day treatment level of care for adolescents (ages 14-19, grades 9-12) who suffer from severe emotional and behavioral difficulties.
 - Participated in daily staff meetings on clients' progress
 - Attended intake evaluation and relapse prevention meetings
 - Supervised and aided clients (e.g., math tutoring, crisis intervention)
 - Utilized Dialectical Behavior Therapy manuals and techniques with clients during group therapy (e.g., mindfulness skills, distress tolerance skills)
 - Screened clients for drug use via weekly urine collection

Outreach and Additional Leadership Experience

- 2018 *Speaker*, Behavioral Emergencies Training for Crimson EMS (Talk Title: "The Overlap of Physical and Psychological Pain in Self-Injury"), Harvard University
- 2017 *Psychology Department Ph.D. Orientation Organizer*, Harvard University

- 2017, 2018 **Poster Session Judge**, National Collegiate Research Conference(s), Harvard University
- 2013 – 2014 **Student-Athlete Activities Assistant**, Club Rugby Team, Vassar College
- 2012 – 2014 **Projects to Empower and Organize the Psychiatrically Labeled (PEOPLe), Inc.**
(Supervisor: Steve Miccio, CEO)
Intern (2012—2013), Project Assistant (2013—2014).
- Assisted a peer-run, mental health nonprofit organization dedicated to promoting a sense of hope and empowerment in individuals with mental health diagnoses
 - Assisted in the design and maintenance of the *Imagine Dutchess* project: A mission to launch a collaborative mental healthcare model in Dutchess County
 - Co-developed “neighborhood village” website, on which consumers are provided a catalog of wellness services accessible in Dutchess County
 - Generated preliminary collaborative mental healthcare models for local hospitals
 - Designed sets of wellness questionnaires that probe consumer needs
 - Assisted housing coordinator on local visits to Poughkeepsie residents placed in supportive housing program
- 2012 – 2014 **Psychology Majors’ Committee, Vassar College**
Faculty-Student Liaison (2012—2013), Chair (2013—2014).
- Pioneered Vassar’s first *Psychology Research Conference* (2014), at which psychology, neuroscience, and cognitive science students showcased research
 - Directed bi-weekly team meetings and delegated tasks to committee members
 - Selected committee members
 - Organized Vassar psychology events (e.g., Graduate School Panel)
 - Acted as primary liaison between psychology students and faculty
 - Participated in psychology faculty meetings on departmental ideas and decisions

Professional Memberships

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| 2018 – Present | <i>Member</i> , International Society for the Study of Self-Injury |
| 2018 – Present | <i>Associate Member</i> , Society for Research in Psychopathology |
| 2016 – Present | <i>Member</i> , Association for Behavioral and Cognitive Therapies |
| 2015 – Present | <i>Member</i> , Cognitive Neuroscience Society |
| 2015 – Present | <i>Member</i> , Society of Clinical Child and Adolescent Psychology |
| 2015 – Present | <i>Member</i> , International Society for Self and Identity |
| 2015 – Present | <i>Member</i> , Association for Psychological Science |
| 2015 – Present | <i>Member</i> , Social and Affective Neuroscience Society |
| 2014 – Present | <i>Member</i> , Society for Affective Science |
| 2014 – Present | <i>Member</i> , Society for Personality and Social Psychology |
| 2012 – Present | <i>Student Affiliate</i> , APAGS, American Psychological Association |

Specialized Skills

Research Methodologies

- Computer: collection and analysis of laboratory-based studies
- Behavioral: collection, organization, and analysis of E-Prime data
- fMRI: collection, processing, and analysis of functional data
- EEG: collection, processing, and analysis of EEG/ERP recordings
- Psychophysiology: collection of skin conductance and salivary cortisol

Software

- R
- SPSS
- E-Prime
- Neuroelf
- BESA
- Python (working proficiency)
- MATLAB (working proficiency)
- JavaScript (working proficiency)
- REDCap
- RedOxygen
- AcqKnowledge
- Qualtrics
- EPIC Electronic Health Records
- Microsoft Office (Excel, PowerPoint, Word)

Clinical

- Cognitive Behavioral Therapy training and delivery at Massachusetts General Hospital's Depression Clinical and Research Program
- MINI, QUIDS, and HAM-D assessment training and administration at Massachusetts General Hospital's Depression Clinical and Research Program
- SCID-5 assessment training and administration at McLean Hospital's Obsessive Compulsive Disorder Institute
- Exposure and Response Prevention training and administration at McLean Hospital's Obsessive Compulsive Disorder Institute
- Patient interaction (shadowing intake interviews and sessions) at Cambridge Health Alliance
- Patient interaction (interviewing) at New York State Psychiatric Institute
- Neuropsychological assessment certification at New York State Neurological Institute
- Dialectical Behavior Therapy training and delivery at Mount Sinai St. Luke's Roosevelt
- Crisis Intervention training at Mount Sinai St. Luke's Roosevelt
- Drug screen administration at Mount Sinai St. Luke's Roosevelt
- Supportive housing assistance in Dutchess County, New York