

# Laura Álvarez Ríos

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## EDUCATION

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**Doctor of Philosophy, Developmental Psychology – Expected May 2028** 2023 – Present

University of North Carolina at Chapel Hill (UNC) – Durham, NC

**Bachelor of Science in Psychology** 2020 – 2023

Mississippi State University (MSU) – Starkville, MS

GPA: 4.0/4.0, Summa Cum Laude

## LANGUAGES

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Spanish

Native

English: TOEFL score 96 (2017)

Bilingual proficiency

German: A2 Level

Limited working proficiency

## RESEARCH EXPERIENCE

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### Arkansas Summer Research Institute

June 2023

*Arkansas School for Mathematics, Sciences, & the Arts*

Supervisors: Dr. Jennifer Fowler

#### **Scholar • (40 hours/week)**

- Conducted a research project titled "Multiracial Demographics and Educational Attainment: Analyzing Population Change in North Carolina (2010 to 2020)" as part of an intensive three-week big data analysis and professional development program.
- Utilized R to perform data analysis and create data visualizations.
- Presented the completed project to a diverse audience of ASRI students and staff.

### Dozier Laboratory

November 2021 – May 2023

*MSU, Starkville, MS*

Supervisor: Mary E. Dozier, Ph.D.

#### **Funded Undergraduate Research Assistant • (10 hours/week)**

- Funded by National Institute of Mental Health (NIMH) R-15 Grant: *Motivational Interviewing to Enhance Behavioral Change in Older Adults with Hoarding Disorder* (R15 MH127565-01A1; PI: Dozier).
- Implemented neurobehavioral measurements through the NIH Toolbox.
- Assisted clinicians on assessment and treatment visits.
- Participant recruitment and data entry into REDCap.
- Developed comprehensive orientation materials for newly appointed research assistants.

**DeShong Laboratory**

August 2021 – May 2023

MSU, Starkville, MS

Supervisor: Hilary L. DeShong, Ph.D.

**Volunteer Undergraduate Research Assistant • (5 hours/week)**

- Manage participant scheduling, including direct calls and emails.
- Created and submitted IRB for Theory of Suicide project.
- Creation of E-Prime computerized tasks related to alcohol impulsivity.
- Creation of an Overdose Prevention Training alongside the Combating Overdoses in Rural Areas (CORA) MSU Chapter.

**Funded Undergraduate Research Assistant •(20 hours/week) May 2022 – September 2022**

- Funded by National Institute of Mental Health (NIMH) R-15 Grant: *An Experimental Approach to Emotion Regulation: Investigating Rumination, Cognitive Control, and Maladaptive Behaviors Study* (1R15MH122937-01A1; PI: DeShong).
- Administered study protocol across two time-points (COVID-19 protocols, mood induction tasks and behavioral tasks utilizing E-Prime: BART and SST)
- Created surveys using Qualtrics for online data coding.
- Shadowed clinical interviews (SCID-5-RV and SCID-5 PD) and scored audio-recorded semi-structured interviews for inter-rater reliability analyses.
- Restructured data to be formatted for the NIH data archive.

**Social Science Research Center**

April 2021 – May 2022

MSU, Starkville, MS

Supervisor: Gina Rico Méndez, Ph.D.

**Funded Undergraduate Research Assistant • (10 hours/week)**

- Funded by United States Department of Agriculture (USDA) Grant: Research and Learning of the McGovern-Dole School Meals Program in Africa.
- Managed and organized complex data for the USDA-funded project: Complexity-Aware Research and Learning of the McGovern Dole School Meals program in Africa. (i.e., data entry, reading reports, public policy review, and meeting transcription).

**Attention, Reasoning, and Creativity Laboratory**

February 2021 – August 2021

MSU, Starkville, MS

Supervisor: Andrew Jarosz, Ph.D.

**Volunteer Undergraduate Research Assistant • (3 hours/week)**

- Developed and reviewed figural analogy problems.

## **PUBLICATIONS**

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### **Manuscripts under Review:**

Mason, C.K., **Alvarez Rios, L.**, & DeShong, H.L. Examining negative thinking styles and thought control strategies within borderline personality disorder. Under review at *Journal of Psychopathology and Behavioral Assessment*

### **Manuscripts in Progress:**

Merideth, K., Nix, C. A., **Alvarez Rios, L.**, Pyles, K., Patterson, N., Kalchbrenner, R., & Dozier, M. E. (in progress). Rejection Sensitivity and Hoarding Symptoms.

## **PRESENTATIONS**

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**Alvarez Rios, L.**, Nix, C. A., & Dozier, M. E. (2023, July 6). *Motivation for Change in Hoarding Disorder Participants* [Poster presentation]. International Obsessive Compulsive Disorder Foundation Annual Conference, San Francisco, CA, United States.

**Alvarez Rios, L.**, & Dozier, M. E. (2023, April). *Exploring the Link between Readiness for Change and Hoarding Symptoms in Rural-Dwelling Older Adults* [Poster presentation]. Mississippi State University Spring Undergraduate Research Showcase, Starkville, MS, United States.

**Alvarez Rios, L.**, Patterson, C. N., Pyles, K., & Dozier, M. E. (2023, March). *Preliminary Data on Barriers to Treatment Engagement in Older Adults with Hoarding Disorder in Rural Mississippi* [Poster presentation]. 2023 Annual Meeting of the American Association for Geriatric Psychiatry (AAGP), New Orleans, LA, USA.

Patterson, C. N., Pyles, K., **Alvarez Rios, L.**, & Dozier, M. E. (2023, March). *Community-based Evaluation of the Relationship Between Hoarding Symptoms and Interconnectedness with Items* [Poster presentation]. 2023 Annual Meeting of the AAGP, New Orleans, LA, United States.

Pyles, K., Patterson, C. N., **Alvarez Rios, L.**, & Dozier, M. E. (2023, March). *An Examination of Altruism and Reported Values in Older Adults with Hoarding Disorder* [Poster presentation]. 2023 Annual Meeting of the AAGP, New Orleans, LA, United States.

**Alvarez Rios, L.**, Kelley, K., Mason, C. K., & DeShong, H. L. (2022, August). *Examining Life Satisfaction as a Moderator of the Relation between Borderline Personality Disorder and Alcohol Use* [Poster presentation]. Mississippi State University Summer Undergraduate Research Showcase, Starkville, MS, United States.

Pyles, K., Nix, C., & **Alvarez Rios, L.** (2022, April). *Where Do You Change Your Tampon?: An Assessment of Infrastructure and Usability of Menstrual Product Disposal Devices Across Campus* [Poster presentation]. Mississippi State University Undergraduate Research Symposium, Starkville, MS, United States.

**Alvarez Rios, L.**, Sarmiento, M., & Bejarano, C. (2020, April). *Differences in Verbal Fluency amongst Young Adults in Central Sabana of Bogota* [Poster presentation]. Universidad de La Sabana Psychology Research Fair, Bogota, Colombia.

**Alvarez Rios, L.**, Martinez, S., Bodu, C., & Torres, V. (2019, May). *Short-term and Long-term Memory: The Forgetting Curve* [Poster presentation]. Universidad de La Sabana Psychology Research Fair, Bogota, Colombia.

## HONORS

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- MSU Spirit of State Award 2023
- MSU Undergraduate Three-Minute Research Pitch Finalist 2023
- American Academy of Clinical Neuropsychology Graduate School Application Scholarship (\$500) 2022
- MSU Our People Feature 2022
- MSU President's Honor Roll 2021 – 2023

## LEADERSHIP EXPERIENCE

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- MSU Psychology Department's Graduate School and Post Bachelor's Opportunities Talk – Panelist 2023
- International Student Liaison for MSU's Holmes Cultural Diversity Center 2022 – 2023
- College of Arts and Sciences Ambassador at MSU 2022 – 2023
- Communication and Engagement Chair – MSU International Student Advisory Board 2022
- Undergraduate Student Representative – MSU Psychology Department's Inclusion, Diversity, Equity and Access (IDEA) Committee 2021 – 2023
- Advisory Board Member and Social Media Manager – MSU Collegiate Recovery Community 2021 – 2023
- Founding Member and Recovery Ambassador – Recovery Ally Dawgs 2021 – 2022

## **VOLUNTEER EXPERIENCE**

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**Volunteer Worker, Bully's Closet and Pantry**  
**MSU, Starkville, MS**

2022

- Assisted students experiencing food insecurity and lacking other basic needs through receiving and organizing supplies, fulfilling curbside pickup shoppers, and tracking orders.

**Volunteer Social Worker,**

**Bienestar Familiar, Bogotá, Colombia**

2016 – 2017

- Enhance the quality of life of families in vulnerable situations, through psychosocial intervention that involves education to promote family development and harmonious coexistence.
- Took care of 12 to 17 children (ages 3 to 8) for a public after-school program, specifically for low-income families.
- Designed recreational group activity ideas to educate and entertain the children on weekdays.

## **PROFESSIONAL DEVELOPMENT**

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- Cognition Oriented Treatments in Aging and Dementia Symposium – Michigan Medicine
- MSU LGBTQIA+ Safe Zone Training
- Combating Overdoses in Rural Areas (CORA)'s Maryland Overdose Response Training Curriculum
- MSU's Recovery Ally Training
- Motivational Interviewing Workshop – MSU Department of Psychology
- Collaborative Institutional Training Initiative (CITI) Training