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EDUCATION

- 08/2020 – present **University of New Mexico, Albuquerque, New Mexico**
Graduate Student in Clinical Psychology, Ph.D. Program
Advisors: Dr. Margo Hurlocker, Ph.D.; Dr. Katie Witkiewitz, Ph.D.
- 09/2015 – 05/2018 **Suffolk University, Boston, Massachusetts**
B.S. in Psychology, *magna cum laude*
Minor in Sociology
Mentor: Gabrielle Liverant, Ph.D.
Honor's Thesis Title: *Do Positive Psychology Exercises Broaden the Thought-Action Repertoires of Individuals in Recovery from Problematic Substance Use?* GPA: 3.86
- 09/2014 – 05/2015 **Lesley University, Cambridge, Massachusetts**
GPA: 3.93

RESEARCH EXPERIENCE

- 08/2020 – present **Graduate Student Researcher**
Department of Psychology, University of New Mexico
Advisors: Dr. Margo Hurlocker, Ph.D.; Dr. Katie Witkiewitz, Ph.D.
- Organize, analyze, and write manuscripts using secondary data from the following studies: online survey surrounding college student stimulant use, Project MATCH and COMBINE, an implementation study surrounding naloxone policy in New Mexico. Assist in supervising undergraduate research assistants.
- 08/2018 – 07/2020 **Clinical Research Coordinator II**
Massachusetts General Hospital/Harvard Medical School
Recovery Research Institute
Advisors: Bettina B. Hoepfner, Ph.D., M.S.; John Kelly, Ph.D.
American Cancer Society Grant # 130323-RSG-17-021-01-CPPB
NCI Grant # R01 CA201262
NIAAA Grant # 1 R01 AA026288-01
- Served as lead coordinator on two studies: (1) an ACS- funded iterative, prospective project to develop a positive psychology-centered smartphone app for smoking cessation, and (2) a NCI-funded R01 randomized controlled trial testing a positive psychology counseling intervention in conjunction with text-messaging support for smoking cessation. Served as co-coordinator on a NIAAA-funded R01 longitudinal

study observing the effectiveness of mutual-help organizations for individuals with alcohol use disorder. Organized study logistics, manage participant contact, and conducted study visits, including SCID interviews for NCI-funded study. Supervised undergraduate interns, maintained IRB records and applications, and managed grant application budgets.

08/2017 – 08/2018 **Undergraduate Research Intern**
Massachusetts General Hospital/Harvard Medical School
Center for Addiction Medicine
Advisor: Bettina B. Hoepfner, Ph.D., M.S.
American Cancer Society Grant # 130323-RSG-17-021-01-CPPB

Duties included assisting with data collection, recruitment, and conducting brief, semi-structured interviews with participants for an ACS-funded study aimed at developing a positive psychology-based smoking cessation smartphone application. Assisted in coding large amounts of qualitative data for an online survey study testing the effectiveness of positive psychology exercises among individuals in recovery. In addition, assisted with manuscript preparation.

01/2017-08/2018 **Undergraduate Research Assistant**
Suffolk University Emotion & Learning Lab
Advisor: Gabrielle Liverant, Ph.D.

Duties included assisting in recruitment, data collection, and analysis for a study focusing on the association between rumination about the experience of depression, fear of depressed mood, and the clinical symptom of anhedonia. Worked cooperatively with other research assistants. Cleaned heart rate variation data. Collaborated on a conference poster presentation.

01/2016-05/2016 **Undergraduate Intern**
Boston Children's Hospital Autism Spectrum Center Advisor:
Nancy Sullivan, Ph.D.

Assisted with literature searches for articles surrounding gastrointestinal issues in children with autism. Observed clinics and participated in discussions with clinicians. Created the center's first online resource for parents consisting of ABA therapy centers and their contact information. Participated in and assisted with planning events targeted toward autism awareness.

VOLUNTEER CLINICAL EXPERIENCE

09/2018-12/2017 **Volunteer**
Boston Living Center – Victory Programs
Supervisor: Tammy Blocker

Collaborated with HIV/AIDS specialists and other volunteers to develop a new and

accessible computer education program for elderly HIV+ individuals. Observed medication adherence advice support groups and participated in discussions with clinicians. Assisted in planning events aimed at fostering health and wellness within the HIV/AIDS community in Boston.

ORIGINAL PUBLICATIONS IN PEER-REVIEWED JOURNALS

- Hoepfner S.S., Millstein R.A., Siegel, K.R., **Carlton, H.A.**, Harnedy, L.E., Chung, W., Huffman, J.C., Hoepfner, B.B. (In preparation). Examining the performance of the State Optimism Measure (SOM) compared to the Life Orientation Test-Revised (LOT-R) in measuring optimism over time.
- Hoepfner, S.S., **Carlton, H.A.**, Kahler, C.W., Park, E.R., Darville, A., Rohsenow, D.J. (In preparation). COVID-19 impact on nondaily smokers participating in a smartphone app smoking cessation trial.
- Hoepfner, B.B., Hoepfner, S.S., **Carlton, H.A.**, Abry, A.A., Darville, A., Rohsenow, D.J. (2020). Prepping for the Quit Day: Comparing nondaily to daily young adult smokers as they prepare for a quit attempt. *Nicotine & Tobacco Research*.
- Hoepfner, S. S., Carlton, H. A., Lambert, A. F., & Hoepfner, B. B. (2019). Is the thought-action repertoire a viable intervention target in substance use populations? *General Hospital Psychiatry*, 61, 130-135.
- Hoepfner, B.B., Hoepfner, S.S., **Carlton, H.A.**, Perez, G.K., Helmuth, E., Kahler, C.W., & Kelly, J.F. (2019). Leveraging positive psychology to support smoking cessation in nondaily smokers using a smartphone app: Feasibility and acceptability study. *JMIR mHealth and uHealth*, 7(7), e13436.
- Hoepfner, B.B., Schick, M.R., **Carlton, H.A.**, & Hoepfner, S.S. (2019). Do self-administered positive psychology exercises work in persons in recovery from problematic substance use? An online randomized survey. *Journal of substance abuse treatment*, 99, 16-23.

ABSTRACTS/PRESENTATIONS

- Carlton, H.A.**, Hurlocker, M.C. *Increased quality of life after AUD treatment: The roles of affect and medication adherence*. Poster submitted to the 2021 Collaborative Perspectives on Addiction Conference.
- Peterson, K.P., **Carlton, H.A.**, Peter, S.C., Pfund, R.A. *Client factors moderation gambling disorder treatment dropout: A systematic review and meta-analysis*. Poster submitted to the 2021 Collaborative Perspectives on Addiction Conference.
- Carlton, H.A.**, Hoepfner, S.S., Lambert, A.F., & Hoepfner, B.B. *Thought-action repertoire and recovery from problematic substance use: A viable treatment target?* Poster presented at the 2019 Annual Conference of the American Psychological Association.
- Carlton, H.A.**, Hoepfner, S.S., & Hoepfner, B.H. *Prepping for the quit day: Identifying unique treatment needs for nondaily smokers*. Poster presented at the 2019 Collaborative Perspectives on Addiction

Conference.

Rando, A., Kind, S., **Carlton, H.**, Zarni, A., & Liverant., G.I. *Associations between depressive rumination, emotion regulation, and anhedonia in unipolar depression.* Poster presented at the 2018 Association for Behavioral and Cognitive Therapies Conference.

Carlton, H.A., & Hoepfner, B.H. *Do Positive Psychology Exercises Broaden the Thought-Action Repertoires of Individuals in Recovery from Problematic Substance Use?* Poster presented at the Spring 2018 Suffolk University College of Arts and Sciences Honors Symposium.

PROFESSIONAL MEMBERSHIP

01/2019 – Present **American Psychological Association**, Student Affiliate
Division 50 – Society of Addiction Psychology

HONORS AND AWARDS

2019 NIAAA Student and Early Career Investigator Travel Award to attend the 2019 Annual Conference of the American Psychological Association (\$750)

2018 Suffolk University College of Arts and Sciences “Excellence in Honors Award for Senior Honors Thesis,” *Do Positive Psychology Exercises Broaden the Thought-Action Repertoires of Individuals in Recovery from Problematic Substance Use?*

2018 Suffolk University Departmental “Excellence in Honors Award for an Outstanding Senior Project in the Social Sciences,” *Do Positive Psychology Exercises Broaden the Thought-Action Repertoires of Individuals in Recovery from Problematic Substance Use?*

2015-2018 Suffolk University College of Arts and Sciences Honors Program

HONOR SOCIETY MEMBERSHIP

2015 – Present Psi Chi International Honor Society for Psychology