

Chelsea L. Sanders

Curriculum Vitae

Contact Information

2810 Old Main Hill
Department of Psychology
Utah State University
Logan, UT 84322-2810
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Education

- 2018, Ph.D. Utah State University
Anticipated Combined Clinical/Counseling/School Psychology (APA accredited)
 Dissertation Title: *Gene-Environment Interaction: BDNF as Moderating
 Factor For the Effects of Exercise and Diet on Cognitive and Mental Health:
 The Cache County Study on Memory in Aging*
 Chair: JoAnn Tschanz, Ph.D.
- 2015, M.S. Utah State University
 Combined Clinical/Counseling/School Psychology (APA accredited)
 Thesis Title: *Relationship Of Nutritional Factors To Cognitive Decline In The
 Progression Of Dementia: The Cache County Dementia Progression Study*
 Chair: JoAnn Tschanz, Ph.D.
- 2011, B.S. University of California, San Diego
 Major: Psychology
 Emphasis: Neuroscience and Behavior
 Advisor: George Koob, Ph.D.

Awards & Honors

- 2015 USU Graduate Student Studies Enhancement Award 2015-2016: \$4,000
- 2015 USU Walter R. Borg Scholarship 2015-2016: \$3,000
- 2014 Michael Bertoch Scholarship 2014-2015: \$1,500
- 2013-2015 Kranz Travel Grant: \$1,350
- 2013-2015 USU Graduate Travel Grant: \$900
- 2013-2015 USU Psychology Travel Grant: \$900

2011 Ronald E. McNair Summer Research Scholarship: \$2,800
2008-2010 Provost Honors, University of California, San Diego

Clinical Experience

June 2015-
Present **Graduate Student Therapist**
Student Health and Wellness Center
Utah State University, Logan, UT
Duties: Conduct brief intakes and behavioral-health interventions within a primary care setting serving college students. Techniques include sleep hygiene, psycho-education, motivational interviewing, behavioral activation, behavioral management, acceptance-based therapies, and challenging dysfunctional cognitions. Common presenting problems include insomnia, suicidal ideation, self-harm, depression, anxiety, eating disorders, substance abuse, and adjustment difficulties.
Supervisor: Dr. M. Scott Deberard, Ph.D.
Hrs: 588 **Direct Hrs:** 232.25

Aug 2015-May
2016 **Graduate Student Therapist**
Neuropsychology Center of Utah
Roy, UT
Duties: Conduct semi-structured intakes and interviews, neuropsychological testing, and therapy within a private practice serving northern Utah children, adolescents, and adults. Populations included neurological (e.g. history of stroke, TBI), developmentally delayed, and typical-functioning patients. Techniques included psychotherapy (parent management training, motivational interviewing, CBT, ACT) and cognitive rehabilitation. Common adult presenting problems included memory impairment, attention difficulties, anxiety, depression, and suicidal ideation. Typical child cases focused on oppositional-defiance, non-compliance, executive dysfunction, anxiety, and psychotic symptoms. In addition to individual psychotherapy, comprehensive neuropsychological testing was administered, interpreted within an integrated psychological report, and reported back to clients in a feedback session.
Supervisor: Dr. Adam Schwebach, Ph.D.
Hrs: 459.75 **Direct Hrs:** 324.74

Aug 2014-May
2015 **Graduate Student Therapist**
Avalon Hills Residential Eating Disorders Program
Logan, UT
Duties: Conducted individual psychotherapy, group process, group psycho-education, and administer and interpret psycho-educational assessments to adolescents and children living in a residential treatment facility for eating disorders. Techniques primarily included motivational interviewing, acceptance-based behavioral strategies, and dialectical behavior therapy. Secondary problems often included depression, anxiety, suicidal ideation, trauma, self-harm, obsessive-compulsive behaviors, and development of

maladaptive personality styles.

Supervisor: Dr. Jenna Glover, Ph.D.

Hrs: 320.65 **Direct Hrs:** 178.50

Aug 2014-May
2015

Graduate Student Therapist

Bear River Head Start

Logan, UT

Duties: Conducted individual psychotherapy primarily for adults, but also for children with behavioral problems, couples, and family psychotherapy. Population treated included low-income families enrolled in a government early-life support program. Techniques included parent-management training, motivational interviewing, acceptance-based cognitive strategies, mindfulness, behavioral activation, problem solving, interpersonal effectiveness, imaginal and in-vivo exposure, and emotional support for problems with non-compliance, change behavior, depression, anxiety, trauma, and grief. Conducted psycho-educational seminars for Head Start staff (teachers, case managers, administrators) on stress and self-care for burnout prevention, interpersonal effectiveness and emotional awareness for workplace cohesion, child behavior management, and information on identifying and providing support for children exhibiting a trauma response.

Supervisor: Dr. Melanie Domenech Rodriguez, Ph.D.

Hrs: 283.25 **Direct Hrs:** 90.75

Aug 2013-July
2014

Graduate Student Therapist

Psychology Department Community Clinic

Utah State University, Logan, UT

Duties: Conducted semi-structured interviews and intakes, individual psychotherapy, and psycho-educational assessment in a department training clinic providing mental health services to low-income individuals of all ages. Psychotherapy primarily focused on common factors while using a variety of techniques to address problems with depression, anxiety, sleep, trauma, obsessive-compulsive behaviors, child behavior, stress, and adjustment difficulties. Additionally, I prepared and coordinated psycho-educational groups at a local high school with high-risk teens, including topics of body image, gender stereotypes, LGBT issues, assertive communication, and suicide prevention.

Supervisors: Drs. Susan Crowley, Ph.D., and Jenna Glover, Ph.D.

Hrs: 392.50 **Direct Hrs:** 92.5

Research Experience

Aug. 2012-July
2015

Project Manager and Graduate Research Assistant

TAUT: Technology Adoption and Usage Tool Project

Utah State University, Logan, UT

Duties: Served as the project manager for a 3-year research study investigating the factors that affect adoption of a smartphone reminder application for persons with cognitive impairment and their caregivers.

Obtained study approvals, set up participant tracking protocols, conducted recruitment, phone screeners for cognitive impairment, enrollment, home visits for neuropsychological testing and caregiver interviews, technology service/trouble shooting, data entry and quality assurance, and data cleaning. Recruited and supervised undergraduate researcher assistants to help complete these tasks. This study has resulted in several presentations at professional conferences and publications in technology journals.

Supervisor: Dr. JoAnn Tschanz, Ph.D. **Hrs:** 1,920

Sept. 2014-Dec.
2014

Graduate Research Assistant

Gray Matters Study

Utah State University, Logan, UT

Duties: Helped with data collection, including neuropsychological testing and scoring, for a study investigating the efficacy of a smartphone lifestyle application aimed at reducing risk for Alzheimer's disease. Since the study's conclusion, I have been involved with data management, analyses, and co-authorship for abstracts.

Supervisor: Dr. JoAnn Tschanz, Ph.D. **Hrs:** 65

Sept. 2010-Aug.
2011

Undergraduate Student Research Intern

Committee on the Neurobiology of Addictive Disorders

The Scripps Research Institute, La Jolla, CA

Duties: Participated in a lab that investigated the neurobiological correlates of addiction using animal models and conducted a research study that examined the behavioral and neurobiological correlates of binge-drinking in rats. My duties included care of animals, administration of ethanol solution, set-up of computer program and operant conditioning chamber, train and test the rats using a working memory task, and post-mortem neurochemical analyses via immunohistochemical techniques & microscopy methods. Additionally, I conducted data management and literature review for preparation of manuscript for publication.

Supervisor: Dr. George Koob, Ph.D. **Hrs:** 480

Jan. 2011-Aug.
2011

Undergraduate Fellow

Ronald E. McNair Postbaccalaureate Achievement Program

University of California San Diego, La Jolla, CA

Duties: This program, designed to provide educational and professional guidance for ethnic minority or low-income students with the goal of attaining a PhD, was the platform under which I worked with my advisor at the Scripps Research Institute. In addition to helping me secure a research position, the program required attendance of and participation in training workshops, educational seminars, and undergraduate research symposia.

Supervisor: Dr. Thomas K. Brown, Ph.D. **Hrs:** 50

Sept. 2010-Dec.
2010

Undergraduate Student Ethnographic Field Researcher

La Clase Magica

University of California San Diego, La Jolla, CA

Duties: As part of an undergraduate practicum, I participated in a

longitudinal, observational research and community outreach project investigating the efficacy of a culturally-relevant, collaboration-based pedagogy in an after-school program. Gained considerable experience working with underserved populations (e.g. persons of Mexican and Kumeyaay heritage) and writing ethnographic field notes.

Supervisor: Dr. Olga A. Vásquez, Ph.D. **Hrs:** 60

Misc. Presentations & Teaching Experience

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| April 2014 | Cultural Competency Training at InTech Collegiate High School, Logan, UT |
| March 2014 | Presentation of Exploratory Thesis Analyses at Epidemiology, Biostatistics, and Public Health Seminar, Logan, UT |
| Oct 2013 | Guest Lecture on Reliable Change at USU, Logan, UT |
| Fall 2013 | Graduate Teaching Assistant for Intellectual Assessment at USU, Logan, UT |
| 2011-2012 | Academic Tutor at Helix Charter High School, La Mesa, CA |

Specialty Trainings

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| Oct 2016 | Allies Seminar Allies on Campus Utah State University, Logan, UT |
| Feb 2014 | ACT Boot Camp Steven C. Hayes, Ph.D, Kelly G. Wilson, Ph.D., & Kirk D. Strosahl, Ph.D. Reno, NV |
| Oct 2013 | Symposium on Inclusive Excellence USU Diversity Council Utah State University, Logan, UT |
| Sept 2013 | Introduction to Acceptance and Commitment Therapy Workshop Michael P. Twohig, Ph.D., Kendra J. Homan, M.S., & Kate L. Morrison, M.S. Utah State University, Logan, UT |
| Jan 2013 | Cultural Competence Training Melanie M. Domenech Rodríguez, Ph.D. & Michael P. Twohig, Ph.D. Utah State University, Logan, UT |

Professional Development

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| 2014-2015 | Student Representative Combined Clinical/Counseling/School Psychology Program Utah State University, Logan, UT |
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Duties: Attended faculty meetings, served as an ambassador for faculty-student communication regarding programmatic changes, organized and led student meetings, and organized department events, such as the department fall social and applicant interviews.

Sept 2013 Volunteer
Alzheimer's Association Walk to End Alzheimer's
Logan, UT
Duties: Set-up and cleanup of event. Monitored, organized, and informed participants of relevant Alzheimer's Association materials.

Professional Memberships

2016-present Student Member of International Neuropsychological Society (INS)
2014-present Student Member of Association for Contextual Behavioral Science (ACBS)

Peer-Reviewed Publications

Matyi, J., Tschanz, J., Rattinger, G.B., **Sanders, C.**, Vernon, E., Corcoran, C., Kauwe, J.S.K., & Buhusi, M., Tschanz, J. (2017). Sex Differences in Risk for Alzheimer's Disease Related to Neurotrophin Genes Polymorphisms: The Cache County Memory Study. *Journal of Gerontology: Biological Sciences*.

Chaurasia, P., McClean, S., Nugent, C., Cleland, I., Zhang, S., Donnelly, M., &... Tschanz, J. (2016). Modeling Assistive Technology Adoption for People with Dementia. *Journal of Biomedical Informatics*.

Sanders, C., Behrens, S., Schwartz, S., Wengreen, H., Corcoran, C. D., Lyketsos, C. G., & Tschanz, J. T. (2016). Nutritional status is associated with faster cognitive decline and worse functional impairment in the progression of dementia: The cache county dementia progression study. *Journal Of Alzheimer's Disease*, 52(1), 33-42.
doi:10.3233/JAD-150528

Rattinger, G. B., Fauth, E. B., Behrens, S., **Sanders, C.**, Schwartz, S., Norton, M. C., & ... Tschanz, J. T. (2016). Closer caregiver and care-recipient relationships predict lower informal costs of dementia care: The Cache County Dementia Progression Study. *Alzheimer's & Dementia: The Journal Of The Alzheimer's Association*, 12(8), 917-924.
doi:10.1016/j.jalz.2016.03.008

Rattinger, G. B., Schwartz, S., Mullins, C. D., Corcoran, C., Zuckerman, I. H., **Sanders, C.**, & ... Tschanz, J. T. (2015). Dementia severity and the longitudinal costs of informal care in the Cache County population. *Alzheimer's & Dementia: The Journal Of The Alzheimer's Association*, 11(8), 946-954. doi:10.1016/j.jalz.2014.11.004

George, O., **Sanders, C.**, Freiling, J., Grigoryan, E., Vu, S., Allen, C., &... Koob, G. F. (2012). Recruitment of medial prefrontal cortex neurons during alcohol withdrawal predicts

cognitive impairment and excessive alcohol drinking. *Proc Natl Acad Sci*, 109(44),18156-61. doi: 10.1073/pnas.1116523109.

Manuscripts in Progress

Sanders, C., Wengreen, H., Schwartz, S., Behrens, S., Corcoran, C., Lyketsos, C., & Tschanz, J. (anticipated 2017). Nutritional Status and Severe Dementia, Institutionalization, and Mortality: The Cache County Dementia Progression Study.

Non-Peer Reviewed Publications

Sanders, C., Matyi, J., Tschanz, J., & Andersen, A. (submitted). Alzheimer's Dementia. In J. S. Kreutzer, J. DeLuca, & B. Caplan (Eds), *Encyclopedia of Clinical Neuropsychology*.

Conference Proceedings

Hartin, P. J., Nugent, C. D., McClean, S. I., Cleland, I., Norton, M. C., **Sanders, C.**, & Tschanz, J. T. (2014). Identification of Ideal Contexts to Issue Reminders for Persons with Dementia. In L. Pecchia, L. L. Chen, C. Nugent, & J. Bravo (Eds.), *Ambient Assisted Living and Daily Activities: 6th International Work-Conference, IWAAL 2014, Belfast, UK, December 2-5, 2014. Proceedings* (pp. 369-376). Cham: Springer International Publishing.

Hartin, P. J., Nugent, C. D., McClean, S. I., Cleland, I., Norton, M. C., **Sanders, C.**, & Tschanz, J. T. (2014). A smartphone application to evaluate technology adoption and usage in persons with dementia. *Conf Proc IEEE Eng Med Biol Soc*, 2014, 5389-5392. doi:10.1109/embc.2014.6944844

Presentations at Professional Conferences

Behrens, S., Matyi, J., **Sanders, C.**, Schwartz, S., Rattinger, G. B., DeBerard, M. S., & Tschanz, J. T. (Anticipated July 2017). Antidementia Medication Use is Associated with Decreased Informal Costs in Mild Dementia. Accepted for presentation at the 21st International Association of Gerontology and Geriatrics Congress in San Francisco, CA.

Deberard, M. S., Seifert, S., Murray, J. L., Dance, C., **Sanders, C.**, & Bean, R. C. (March 2017). Behavioral Medicine Training Within A Psychology Doctoral Program Not Affiliated With A Medical School: A 15-year Experience. Poster Presentation at the Society of Behavioral Medicine Annual Meeting in San Diego, CA.

Tschanz, J., Rattinger, G., Marley, M., Cooley, B., **Sanders, C.**, Behrens, S., Vernon, E., & Deberard, M. S. (March 2017). Self-Rated Health Predicts Mortality in Older Adults Regardless of Cognitive Status. Poster Presentation at the Society of Behavioral Medicine Annual Meeting, San Diego, CA.

Sanders, C., Behrens, S., Tschanz, J., Matyi, J., Decker, M., Hovey, R., & Norton, M. (February 2017). *Risk of Cardiovascular Disease and Cognitive Status in Middle-aged Adults: The Gray Matters Study*. Poster Presentation at the International Neuropsychological Society Symposium in New Orleans, LA.

Chaurasia, P., McClean, S., Nugent, C., Cleland, I., Zhang, S., Donnelly, M., &... Tschanz, J. (Aug 2016). *Technology Adoption and Prediction Tools for Everyday Technologies Aimed at People with Dementia*. Paper Presentation at the 38th Annual International Conference of the IEEE Engineering in Medicine and Biology Society in Orlando, FL.

Behrens, S., **Sanders, C.**, Matyi, J., Tschanz, J., Norton, M., Hartin, P., &... Nugent, C. (November 2015). *Adoption of a Smartphone Reminding Application and Association with Caregiver Burden*. Poster Presentation at Gerontological Society of America in Orlando, FL.

Sanders, C., Wengreen, H., Schwartz, S., Behrens, S., Corcoran, C., Lyketsos, C. G. & Tschanz, J. (February 2015). *Nutritional Status and Neuropsychological Functioning in Persons with Dementia: The Cache County Dementia Progression Study*. Poster Presentation at the International Neuropsychological Society Symposium in Denver, CO.

Sanders, C., Wengreen, H., Schwartz, S., Behrens, S., Corcoran, C., Lyketsos, C. G. & Tschanz, J. (July 2015). *Nutritional Status and Severe Dementia, Institutionalization and Mortality: The Cache County Dementia Progression Study*. Poster Presentation at Alzheimer's Association International Conference in Washington, DC.

Tschanz, J., **Sanders, C.**, Wengreen, H., Schwartz, S., Behrens, S., Corcoran, C., & Lyketsos, C. (July 2015). *Nutritional Status Predicts Neuropsychiatric Symptoms in Dementia: The Cache County Dementia Progression Study*. Poster Presentation at Alzheimer's Association International Conference in Washington, DC.

Matyi, J., Kauwe, J., **Sanders, C.**, Rattinger, G., Corcoran, C., Norton, M., &... Tschanz, J. (2015, July). *Neurotrophin Single Nucleotide Polymorphisms and Cognitive Functioning in Older Adults: The Cache County Study on Memory in Aging*. Poster Presentation at Alzheimer's Association International Conference in Washington, DC.

Rattinger, G. B., Matyi, J., Buhusi, M., Kauwe, J., **Sanders, C.**, Corcoran, C., &... Tschanz, J. (July 2015). *Do Medications that Affect Brain Derived Neurotrophic Factor Moderate Cognitive Functioning in Older Adults? The Cache County Study on Memory in Aging*. Poster Presentation at Alzheimer's Association International Conference in Washington, DC.

Matyi, J., Behrens, S., Clark, C., **Sanders, C.**, Chambers, S., Ferguson, M., &... Norton, M. (July 2015). *Dementia Caregiving Specifically Affects Episodic Memory: The Gray Matters Study*. Presented at Alzheimer's Association International Conference in Washington, DC

Cleland, I., Nugent, C., McClean, S., Hartin, P., Tschanz, J., **Sanders, C.** &... Smith, K. (December 2014). *Predicting technology adoption in people with dementia; Initial results*

from the TAUT project. Poster Presentation at the 8th Annual Conference on Ubiquitous Computing & Ambient Intelligence and 6th International Work Conference on Ambient Assisted Living in Belfast, Ireland.

Tschanz, J., **Sanders, C.**, Wengreen, H., Schwartz, S., Behrens, S., Corcoran, C., & Lyketsos, C. (November 2014). *Nutritional status and neuropsychiatric symptoms in dementia: The Cache County Dementia Study*. Paper Presentation at the Gerontological Society of America 2014 Annual Conference in Washington, DC.

Nugent, C., McClean, S., Cleland, I., Hartin, P., Tschanz, J., Norton, M. &... **Sanders, C.** (August 2014). *A smartphone application to evaluate technology adoption and usage in persons with dementia*. Paper Presentation at 36th Annual International IEEE EMBS Conference of the IEEE Engineering in Medicine and Biology Society in Chicago, IL.

Nugent, C., McClean, S., Cleland, I., Hartin, P., Donnelly, M., Zhang, S., &... Smith, K. (July 2014). *Factors that affect the adoption of technology for people with dementia*. Presented at Alzheimer's Association International Conference in Copenhagen, Denmark.

Rattinger, G. B., Schwartz, S., **Sanders, C.**, Corcoran, C., Fauth, E. B., Norton, M. C., &... Tschanz, J. T. (November 2013). *How are Caregiver Relationship Closeness and Coping Strategies Associated with Costs of Dementia Care?* Paper Presentation at the Gerontological Society of America 2013 Annual Conference in New Orleans, LA

Sanders, C., Wengreen, H., Corcoran, C., Schwartz, S., Norton, M., Lyketsos, C., & Tschanz, J. (July 2013). *Nutritional Status and Progression of Dementia: The Cache County Dementia Progression Study*. Poster Presentation at Alzheimer's Association International Conference in Boston, MA.

Tschanz, J., Schwartz, S., Gilbert, M., Wanzek, J., **Sanders, C.**, Mielke, M., &... Lyketsos, C. (July 2013). *Vascular Factors as Predictors of Severe Dementia and Mortality in Alzheimer's Disease: The Cache County Dementia Progression Study*. Poster Presentation at the Alzheimer's Association International Conference in Boston, MA.

Wanzek, J., Schwartz, S., **Sanders, C.**, Gilbert, M., Munger, R., Marano, C., &... Tschanz, J. (March 2013). *Diabetes and metabolic syndrome in predicting severe dementia, institutionalization and mortality in a population-based sample of Alzheimer's Disease*. Poster Presentation at the Society of Behavioral Medicine 34th Annual Conference in San Francisco, CA.

Presentations at Undergraduate Symposiums

Sanders, C., George, O., Freiling, J., Grigoryan, E., Vu, S., Allen, C., &... Koob, G. F. (2011). *The Effects of Binge Drinking on the Prefrontal Cortex in Rats*. Paper presentation at the 19th Annual Ronald E. McNair California Scholars Symposium in Berkeley, CA.

Sanders, C., George, O., Freiling, J., Grigoryan, E., Vu, S., Allen, C., &... Koob, G. F. (2011). *The Effects of Binge Drinking on the Prefrontal Cortex in Rats*. Paper presentation at the

UCSD Summer Research Conference in San Diego, CA.

Sanders, C., George, O., Freiling, J., Grigoryan, E., Vu, S., Allen, C., &... Koob, G. F. (2011). *The Effects of Binge Drinking on the Prefrontal Cortex*. Paper presentation at the UCSD Faculty Mentor Program Research Symposium in San Diego, CA.