

Dulce Diaz Benitez

Department of Psychological Science, University of Arkansas
216 Memorial Hall, Fayetteville, AR 72701
dediazbe@uark.edu

EDUCATION

University of Arkansas 2018 - Present
Clinical Psychology, Doctoral Student
Department of Psychological Science

B.A., Applied Psychology, University of Illinois at Chicago 2010-2014
Minor: Gender and Women's Studies
High Distinction in Psychology
Honors Thesis: *Honors College: Supporting Students to Succeed in University*

MANUSCRIPTS

-
5. **Diaz, D.**, Farruggia, S.P., Wellman, M.E., & Bottoms, B.L., "Honors Education Has a Positive Effect on College Student Success" (2019). Chapters from NCHC Monographs Series. 55. <https://digitalcommons.unl.edu/nchcmonochap/55>
 4. Bridges, A. J., Ledesma, R. J., Guzman, L. E., Berman, I. S., & **Diaz Benitez, D.** (In Press). A systematic review and meta-analysis of the relation between acculturation and depression in Latinx adults. *Journal of Latinx Psychology*.
 3. Bridges, A. J., Diaz Benitez, D., & Cochran, K.K. (Submitted). Skin Tone and the Subjective Well-Being of Latinx Adults: Discrimination as a Mediator and Ethnic Pride as a Buffer.
 2. Guzman, L.E., **Diaz Benitez, D.** Hovey, J.D., & Bridges, A.J. (in preparation). Attitudinal and Structural Barriers in Help-Seeking Examined in Latinx and Non-Latinx White College Students with an Assessed Need for Depression Treatment.
 1. Bridges, A. J., Valdez, D., Crawford, B. L., Kaplan, A., & **Diaz Benitez, D.** (in preparation). Quantifying frequency response formats for Spanish measures does not influence response distributions in Latinx respondents.

POSTER PRESENTATIONS

-
8. **Diaz Benitez, D.**, Kaplan, A., & Bridges, A. (2019). *An assessment of support for government involvement in social issues*. Poster presented at the Association for Behavioral and Cognitive Therapies annual conference. Atlanta, GA.
 7. **Diaz Benitez, D.**, Mujica, C., Perrine, C., Ledesma, R.J., Guzman, L.E., & Bridges, A. (2019). *Sociodemographic Predictors of Political Engagement among US-Residing Latinxs*. Poster presented at the Association for Behavioral and Cognitive Therapies annual conference. Atlanta, GA.

6. Guzman, L.E., **Diaz Benitez, D.**, Mujica, C., Perrine, C., Ledesma, R.J., & Bridges, A. (2019). *Enculturation, Depression, and Stigma: Predicting Mental Health Care Utilization in Latinx College Students*. Poster presented at the Association for Behavioral and Cognitive Therapies annual conference. Atlanta, GA.
4. Ledesma, R.J., Zapata, R., Guzman, L.E., **Diaz Benitez, D.**, Mujica, C., Perrine, C., & Bridges, A. (2019). *Who Wants to be a Therapist? Examining how Race/Ethnicity, Gender, and Values Predict Interest in a Mental Health Career*. Poster presented at the Association for Behavioral and Cognitive Therapies annual conference. Atlanta, GA.
4. **Diaz Benitez, D.**, Alvarez, A., Castro, H. Y., Smith, K., & Bridges, A. J. (2018). *Diversity ideologies and their relation to mental health in minority college students*. Poster presented at the annual meeting of the Arkansas Psychological Association, Little Rock, AR.
3. **Diaz Benitez, D.**, Valenzuela, M.X, Lara, J., Zelic, I., Mall, A., & Polo, A. (2017). *Acculturative stress and loneliness across nativity groups*. Poster presented at the 51st Annual Convention of the Association of Behavioral and Cognitive Therapies (ABCT), San Diego, CA.
2. Reed, N., **Diaz Benitez, D.**, Calderon, N., Mella, R., Goya Arce, A. B., & Polo, A. (2017) *The prevalence and co-occurrence of social anxiety and externalizing problems*. Poster presented at the 51st Annual Convention of the Association of Behavioral and Cognitive Therapies (ABCT), San Diego, CA.
1. **Diaz Benitez, D.**, Farruggia, S., Wellman, M., Bottoms, B., & Moss, T. (2014) *Supporting Students to Succeed in University*. Poster presented at the 2014 Society for Research on Adolescence (SRA) Biennial Meeting. Austin, TX. *Poster selected for “Adolescence in Diverse Contexts” poster session reception.

ORAL PRESENTATIONS

2. Diaz Benitez, D. & Bridges, A. J. (2020). Predictors of Physical and Psychological Health in U.S. Born and Immigrant Latinxs. In Torres, S. A. (Chair), *Risk and resilience among Latinx communities: Implications for individuals, communities, and systems* [Conference symposium] National Latinx Psychological Association, Denver, CO.
1. Valdez, D., **Diaz Benitez, D.**, Kaplan, A. M., Maier, J., Jozkowski, K. N., Crawford, B. L., ... Turner, R. C. (2019). *Using the Reasoned Action Approach to Assess Latinx Abortion Perception and Attitudes in the United States*. Presented at the American Public Health Association, Philadelphia, PA.

RESEARCH EXPERIENCE

Graduate Research Assistant, University of Arkansas 2018-Present
 Diversity Research and Enhanced Access for Minorities Lab
 Department of Psychological Sciences
 Principal Investigator: Ana J. Bridges, PhD

- Collaborate on research projects focused on health disparities, skin tone and discrimination, and integrated behavioral healthcare outcomes.
- Mentor undergraduate students.

Graduate Research Assistant, University of Arkansas 2018-2020

Developing and Assessing Measures for Social Surveys Research Group
Department of Human Health & Sexuality
Principal Investigator: Kristen N. Jozkowski, PhD

- Compile literature reviews on the relationship between culture and abortion attitudes.
- Co-construct surveys and interview materials in Spanish with English team.
- Code qualitative interviews in English and Spanish.

Project Coordinator, DePaul University 2016- 2018
Culture and Evidence Based Practice Lab
Principal Investigator: Antonio Polo, PhD

- Conducted interviews and assessments with parents and adolescents participating in a school-based, cognitive behavioral intervention.
- Assisted with the training of undergraduate research assistants for child and parent interviews, as well as other lab related tasks.
- Coded data for a meta-analysis paper and assisted graduate students in literature searches for their manuscripts.

Research Assistant, DePaul University 2016- 2017
Violence Prevention Research Team
Principal Investigators: LaVome Robinson, PhD, Leonard A. Jason, PhD

- Collected data from various Chicago public schools that participated in a violence prevention program.
- Recruited parents over the phone to participate in post program assessments in English and Spanish.

Research Assistant, Illinois Circuit Court of Cook County 2015 –2016
Research and Evaluation Unit, Office of the Chief Judge
Safety and Justice Challenge, MacArthur Foundation
Director of Research: Thomas Lyons, PhD

- Collaborated with the Project Analyst and Director of Research during the planning phase of Cook County's application for the Safety and Justice Challenge, a MacArthur Foundation initiative to reduce incarceration for non-violent offenders.
- Collected data and researched evidence-based practices successfully implemented in other jurisdictions to create reports and materials for meetings with Cook County Jail stakeholders.
- Assisted with grant writing and proofreading, tracked grant expenses and collaborated with the Project Analyst in creating a project timeline and logic model.
- Assisted with evaluation data for the department reports to the Chief Judge.

Research Assistant, University of Illinois at Chicago 2013-2014
Student Success in the University Project
Principal Investigator: Sue Farruggia, PhD

- Completed an independent research project to determine if participation in an honors college program increases chances of success within a university, and whether there is a relationship between ethnicity, honors college participation, and student success.
- Presented findings at *Posters Under the Dome*, a forum where I represented my university at the Illinois State Capitol Building, as well as to the university's Honors College Advisory Board, a group of administrative staff that makes decisions impacting the Honors College at the University of Illinois at Chicago.

Research Assistant, University of Illinois at Chicago 2012
Mather High School Project
Principal Investigator: Dina Birman, PhD

- Visited Mather High School to observe the classroom dynamics of the school, which had a large, new immigrant population.
- Collected quantitative data.
- Served as a student aid to teachers.

Research Assistant, University of Illinois at Chicago 2011- 2012
 Affective Science and Physiology Laboratory
 Principal Investigator: Stewart Shankman, PhD

- Worked with graduate students to run experiments with participants. Participants were placed in an anxiety provoking situation while we collected EEG data.
- Managed emails and phone calls from potential participants.
- Conducted literature reviews and coded data.

CLINICAL EXPERIENCE

Psychology Intern, Peace at Home Family Shelter 2020-Present
 • Provide therapy to individuals affected by domestic violence in English and Spanish.

Graduate Clinician Trainee, University of Arkansas 2018-Present
 Psychological Clinic, Department of Psychological Science
 • Conduct psychological assessments and evidence-based treatment for community and student clients in English and Spanish.

Clinic Assistant, University of Arkansas 2018-2019
 Psychological Clinic, Department of Psychological Science
 • Completed phone screeners with potential clients to assess for fit with the clinic in English and Spanish.

Bilingual Interviewer, DePaul University 2016-2018
 Culture and Evidence Based Practice Lab, Department of Psychology
 • Completed over 35 hours of clinical interviews in English and Spanish with parents and adolescents.
 • Trained in Primary and Secondary Control Enhancement Treatment (PASCET).

Intern, Mental Health Association of Greater Chicago 2013
 Learning to Live Program
 • Prepared and taught a ten-week program to reduce stigma towards mental health disorders to students in a Chicago public school.
 • Administered assessments, conducted research, and maintained communications with the school counselors and social workers.
 • Conducted an independent research paper on mental health stigma in the Latino community based on data collected from program participants.

MENTORING EXPERIENCE

Binational Young Leaders Network, U.S Mexico Foundation 2017-2018
 i-mentor, Chicago, IL 2017- 2018
 Undergraduate Student Success Center, University of Illinois at Chicago 2012- 2013
 Honors Youth Mentoring Seminar, University of Illinois at Chicago 2013
 Gary Elementary School, JAO, Foundation for Education 2010

HONORS AND AWARDS

Ford Predoctoral Fellowship, Alternate Status, Honorable Mention	2020
Doctoral Academy Fellowship, <i>University of Arkansas</i>	2018-2022
Honors College Academic Excellence Scholarship, <i>University of Illinois at Chicago</i>	2010-2014
Dean's List, <i>University of Illinois at Chicago</i>	2010-2014
TELACU Scholarship, <i>TELACU Education Foundation</i>	2010-2014
Chicago Jewelers Association Scholarship	2010-2014
Honors College Undergraduate Research Grant, <i>University of Illinois at Chicago</i> .	2013
Student Track Scholarship, Hispanic Association of Colleges and Universities	2013
Guadalupe A. Reyes Scholarship, <i>Pilsen Neighbors Community Council</i>	2011-2013
Salinas-Chapa Family Memorial Award, <i>University of Illinois at Chicago</i>	2013
Illinois Dream Fund Scholarship	2013
Josefina Ovalle Scholarship, <i>JAO Foundation for Education</i>	2010, 2012
Chancellor's Student Service Award, <i>University of Illinois at Chicago</i>	2012
Honors College Tuition Waiver, <i>University of Illinois at Chicago</i>	2011
American Dream Scholarship, <i>Illinois Department of Human Services</i>	2011
Little Village Chamber of Commerce Scholarship	2010
Students for Students Scholarship, <i>Universidad Popular</i>	2010
Dr. J. Andrade Scholarship for Young Hispanic Leaders, <i>US Hispanic Leadership Institute</i>	2010
Gamma Phi Omega Scholarship	2012
ANHELO Scholarship	2011
Intern of the Year Award, <i>United States Hispanic Leadership Institute</i>	2010
Awarded by Governor Quinn, (IL) on 90 th Anniversary of the 19 th Amendment for voter registration efforts	2010

LEADERSHIP AND PROFESSIONAL SERVICE

Refugee Health Alliance Mental Health Volunteer	2021
Diversity Committee, Department of Psychological Science, <i>University of Arkansas</i>	2019- 2020
Presenter, Workshop on signs of depression, anxiety, and suicidal ideation in teens, Mental Health Summit in Siloam Springs, AR	2020
Assertiveness Training for High School Teachers, <i>University of Arkansas</i>	2019
Ad-hoc co-reviewer, Cultural Diversity and Ethnic Minority Psychology	2019
Scholarship Selection Committee, <i>United States Hispanic Leadership Institute</i>	2019
Community Leadership Committee, <i>United States Hispanic Leadership Institute</i>	2014-Present
Faculty Engagement Task Force, Student Success Plan, <i>University of Illinois at Chicago</i>	2012-2013
Student Alumni Ambassador, <i>University of Illinois at Chicago</i>	2011-2014
College Fair Committee Chair, <i>Fiesta Del Sol, Pilsen Neighbors Community Council</i>	2010-2013

PROFESSIONAL AFFILIATIONS

National Latinx Psychological Association (NLPA)
Association for Behavioral and Cognitive Therapies (ABCT)

LANGUAGE SKILLS

English – Fluent/High proficiency (speaking, reading, and writing)
Spanish – Native/High proficiency (speaking, reading, and writing)
French – Medium proficiency (speaking, reading, and writing)