

Julian E. Ruiz
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EDUCATION

2016 – 2018 University of California, Los Angeles (UCLA)
Bachelor of Arts in Psychology
GPA: 3.5

2014 – 2016 Cerritos Community College, Norwalk, CA
General courses
GPA: 3.7, 4.0 in Psychology

PEER-REVIEWED PUBLICATIONS

Barnes-Horowitz, N.M., Echiverri-Cohen A., **Ruiz J.**, Zbozinek, T. D., Kim, R., Treanor, M., Rosenfield, D., Ritz, T., Meuret, A. M., Craske, M. G. (2023). Exploratory study of threat sensitivity as a moderator of positive affect treatment and negative affect treatment for depression and anxiety. *Journal of Experimental Psychopathology*, 14(1).
<https://doi.org/10.1177/20438087231161188>

Peng, Y., Knotts, J.D., Taylor, C.T., Craske, M.G., Stein, M.B., Bookheimer, S., Young, K.S., Simmons, A.N., Yeh, H.W., **Ruiz, J.**, Paulus, M.P. (2021). Failure to Identify Robust Latent Variables of Positive or Negative Valence Processing Across Units of Analysis. *Biological Psychiatry: Cognitive Neuroscience Neuroimaging*, 6(5):518-526.
<https://doi.org/10.1016/j.bpsc.2020.12.005>

Yarrington, J. S., LeBeau, R.T., **Ruiz, J.**, Bornheimer, L. A., Craske, M. G., & Himle, J. (2020). Exploring factors related to suicide risk in a unique sample of socially anxious job seekers. *The Behavior Therapist*, 43(8): 325-334.

Under review

Barry, T. J., Treanor, M., LeBeau, R. T., **Ruiz, J.**, Himle, J. A., Craske, M. G. Generalization between perceptually similar stimuli is associated with improvement in social anxiety following cognitive-behavioural therapy.

Wen, A., Zbozinek, T.D., Zinbarg, R.E., Nusslock, R.N., **Ruiz, J.**, Craske, M. G. Heart Rate Variability as a Biomarker for Transdiagnostic Depressive and Anxiety Symptom Trajectory in Adolescents.

Yarrington, J. S., Metts, A., Wang, S., Cullen, B., **Ruiz, J.**, Zinbarg, R. E., Nusslock, R., Craske, M. G. Everyday Discrimination and Trajectories of Transdiagnostic Symptoms of Depression and Anxiety During the COVID-19 Pandemic.

In preparation

Echiverri-Cohen, A., Metts, A.V., Salomon, K., **Ruiz, J.**, Salloum, A. Within session fear reduction as a predictor of treatment outcome in trauma-exposed youth.

PRESENTATIONS

Ruiz, J., Metts, A., Yarrington, J., Mineka, S., Zinbarg, R., Craske, M. (April 2023). *Examining Psychophysiological Responses to Threat Cues in Stressed Adolescents*. [Poster presentation] The Anxiety and Depression Association of America, Washington, D.C.

Barnes-Horowitz, N. M., Echiverri-Cohen, A., **Ruiz, J.**, Meuret, A., Ritz, T., Treanor, M., Rosenfield, D., & Craske, M. G. (November 2021). *Psychophysiological moderators of treatment outcome in positive versus negative affect treatment*. [Poster presentation] Association for Behavioral and Cognitive Therapies Conference, New Orleans, LA.

Ruiz, J., Barry, T., LeBeau, R., Treanor, M., Kim, R., Himle, J., Craske, M. G. (November 2020). *Assessing for Differences in Fear Learning in Socially Anxious Individuals with Comorbid Anxiety and Depression*. [Poster presentation] Association for Behavioral and Cognitive Therapies Conference, held online due to COVID-19.

Ruiz, J., Sewart, A., Meuret, A., Ritz, T., Craske, M. G. (November 2019). *The Effect of Exposure Therapy and Behavioral Activation on Positive and Negative Affect*. [Poster presentation] Association for Behavioral and Cognitive Therapies Conference, Atlanta, GA.

Duff, K., Altamirano, V., Gomez, N., Florendo, P., **Ruiz, J.** (April 2019). *Examining Psychology Undergraduates' Self-awareness of Curriculum Acquired Skillsets*. [Poster presentation] Western Psychological Association conference, Pasadena, CA.

Ruiz, J., Valle, S., Vazquez, E., Peralta, C., Cano, C. (April 2016). *Relationships Between Motivation and Academic Performance*. [Poster presentation] Western Psychological Association conference, Long Beach, CA.

HONORS & AWARDS

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| Dean's Honors List, University of California, Los Angeles | Mar. 2018 |
| Cerritos College Academic Excellence Award in Psychology | Apr. 2016 |
| Cerritos College Honor Program | May 2016 |
| APA Award for Academic Excellence in Psychology | Apr. 2016 |
| Dean's Honors List, Cerritos College | Dec. 2014 – May 2016 |
| Certificate for Volunteer Excellence, Metropolitan State Hospital | Apr. 2015 |
| President's List, Cerritos College | Dec. 2014 |

RESEARCH EXPERIENCE

Research Assistant and Coordinator Aug. 2017 – present
 Anxiety and Depression Research Center
 University of California, Los Angeles
 Principal investigator: Michelle G. Craske, Ph.D.

General Tasks

- Assisted with data management and manuscript preparation for seven publications
- Engaged in recruitment efforts for six separate lab projects
- Supervised a team of research assistants in database management, conducting behavioral assessments, and processing transcripts of treatment sessions

- Managed IRB submissions and changes for four separate lab projects
- Assisted with 38 functional MRI scans as a part of a phobia treatment study
- Conducted diagnostic interviews across multiple projects in the lab and attended regular supervision with licensed psychologists to review assessments

Psychophysiology

- Collected, preprocessed and exported psychophysiological data via Acqknowledge and ANSLAB for multiple behavioral paradigms across multiple projects, including:
 - Galvanic skin response (GSR) for fear conditioning and generalization tasks
 - GSR and heart rate variability for the mirror tracing and persistence task
 - GSR for an emotional reactivity task utilizing images from the International Affective Picture System
 - Electromyography (EMG) for fear potentiated startle tasks
- Trained research assistants in psychophysiological data collection, and graduate students in psychophysiology data processing and extraction via AcqKnowledge and ANSLAB

Multi-site systems intervention for unemployed persons with social anxiety May 2019 – present Co-Investigator: Richard LeBeau, Ph.D.

- *Study description:* A community-based multi-site intervention study examining the effectiveness of a novel treatment for unemployed adults with social anxiety disorder
- Diagnostic interviews: 70 assessments involving the Mini-International Neuropsychiatric Interview (MINI), the Multidimensional Scale of Independent Functioning (MSIF), and the Brief Psychiatric Rating Scale (BPRS)
- Ran 11 participants through behavioral assessments, including the Navon task and a fear generalization task
- Worked with staff on-site at Jewish Vocational Services, the non-profit organization where the study's treatment sessions, behavioral assessments and diagnostic interviews occurred
- Recoded and scored qualitative responses from self-report questionnaires and interviews

Youth Mindfulness Awareness Program and Kind Minds Project May 2021 – present Co-Investigator: Denise Chavira, Ph.D.

- *Study description:* Clinical trials examining the effectiveness of an app-based mindfulness intervention in the prevention and treatment of internalizing disorders in adolescents
- Diagnostic interviews: 52 total assessments with adolescents and parents involving the Structural Clinical Interview for DSM-V (SCID-5)
- Assisted with recruitment efforts and outreach
- Screened and obtained informed consent from adolescents and parents for study enrollment

Inhibitory Learning vs. Habituation April 2021 – present

- *Study description:* A clinical trial examining the effectiveness of two different models of exposure therapy in treating young adults with social anxiety or panic disorder
- Diagnostic interviews: 50 assessments involving the SCID-V
- Conducted 65 behavioral assessments involving tasks such as implicit Pavlovian association and fear conditioning
- Assisting in developing a fear conditioning task via the Fear Learning and Anxiety Response mobile application
- Screened and scheduled interviews, behavioral assessments and therapy sessions for participants

- Organized and attended therapist workshops and trainings
- Distributed and managed surveys for ecological momentary assessment

Treatment of Affective Dimensions

Feb. 2021 – Sept. 2021

- *Study description:* A randomized controlled trial investigating the efficacy of threat and reward sensitivity-informed CBT for emotional disorders
- Diagnostic interviews: 25 assessments involving the SCID-V
- Conducted 34 behavioral assessments, involving tasks such as monetary incentive delay, effort expenditure for reward, Pavlovian instrumental transfer and a probabilistic reward task
- Led a team of undergraduate research assistants in data processing and management

Negative-Positive Valence Domains in Anxiety and Depression

May 2019 – Nov. 2020

- *Study description:* Project investigating positive and negative valence functioning in people with high levels of anxiety or depression
- Interfaced with postdoctoral scholars to discuss psychophysiological data, plans for analyses and manuscript preparation
- Assisted with the storage and shipping of blood samples to the Laureate Institute for Brain Research in Oklahoma

Undergraduate Research Assistant

Aug. 2017 – May 2019

- Responsible for data entry and management
- Ran 40 behavioral lab assessments
- Conducted 25 phone assessments to determine eligibility for multiple projects
- Trained incoming research assistants in conducting behavioral assessments and data management
- Assisted research coordinators in drafting IRB amendments and submissions
- Garnered experience in SPSS, Microsoft Excel, as well as AcqKnowledge for psychophysiological data collection

Undergraduate Research Assistant

Feb. 2018 – May 2019

Culture and Race/Ethnicity in Youth Mental Health lab
University of California, Los Angeles
Principal investigator: Anna Lau, Ph.D.

- Regularly met with staff from community mental health centers to facilitate study procedures
- Responsible for data entry and verifying database accuracy
- Led meetings with other research assistants for discussions of empirical articles
- Assisted research staff in running workshops for clinicians in community mental health centers

TEACHING EXPERIENCE

Psychology Tutor

Aug. 2017 – Dec. 2019

Cerritos College, Norwalk, CA.

- Selected by the Cerritos College psychology department to tutor students in a number of courses in psychology, including psychological statistics, research methods, and abnormal psychology.
- Served as a psychology tutor for Cerritos College's Pathways for Achieving Completion and Transfer (PACT) program.

CLINICAL EXPERIENCE

Care Volunteer

Apr. 2016 – Jan. 2017

Rise Above the Disorder, Long Beach, CA.

- Developed clinical skills while working with clients experiencing distress related to anxiety and depression, and addressed patient needs with sensitivity and empathy
- Received regular supervision and feedback regarding implementation of clinical skills

Student Intern

Jan. 2015 – Feb. 2017

Metropolitan State Hospital, Norwalk, CA.

- Shadowed licensed clinicians as they administered clinical interviews in an inpatient unit, including intake and discharge interviews, diagnostic assessments and medication adherence checks
- Responsible for interacting with clients and assisting staff with unit upkeep

SERVICE TO THE PROFESSION

Psi Beta Chapter Secretary

Aug. 2015 – June 2016

National Honor Society for Psychology. Cerritos College, Norwalk, CA.

- Elected as secretary for two consecutive semesters
- Wrote and maintained a weekly newsletter, informed chapter members of upcoming events, organized club activities

Psychology Day Planning Committee Member

Apr. 2016 – March 2016

Cerritos College, Norwalk, CA.

- Worked with and mentored by Dr. Jaclyn Ronquillo to organize a one-day undergraduate psychology research conference, which included research presentations, guest speakers, and various panels
- Duties involved budget management, outreach, event planning and organization

SPOKEN LANGUAGES

- English (native proficiency)
- Spanish (intermediate)

RELEVANT SKILLS & CERTIFICATIONS

- Microsoft Excel
- IBM SPSS Statistics 24
- R
- Affect 4.0
- REDCap
- Qualtrics
- Diagnostic interviewing
 - SCID-V, MINI, BPRS, MSIF
- fMRI safety certification
- E-Prime
- Psychophysiology data processing
 - AcqKnowledge 4.0
 - ANSLAB
 - BIOPAC
- HIPAA Certification
- CITI Certification

REFERENCES

Richard LeBeau, Ph.D
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Biobehavioral Sciences
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Michelle G. Craske, Ph.D
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Denise Chavira, Ph.D
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