

Rachel Frietchen, B.S.

(she/her)

The Department of Psychological Sciences at Auburn University

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EDUCATION

Auburn University 2023 - Present

Doctor of Philosophy in Clinical Psychology

Advisor: April Smith, Ph.D.

George Mason University 2017-2021

Bachelor of Science in Psychology

Minors: Computational and Data Science, Data Analysis, Neuroscience

Cumulative GPA: 4.0

Honors Thesis: Negative urgency as a moderator of the relationship of negative affect to impulsive behaviors

Committee members: Sarah Fischer, Ph.D., June Tangney, Ph.D., and Linda Chrosniak, Ph.D.

HONORS AND AWARDS

Outstanding Undergraduate Researcher for the Department of Psychology (\$250) 2021

College of Humanities and Social Sciences Outstanding Student Honoree 2021

Honorable Mention for Outstanding Honors Thesis Award 2021

Dean's List 2017-2021

PEER-REVIEWED PUBLICATIONS

3. Fischer, S., Wonderlich, J.A., Miller, L.A., Breithaupt, L., **Frietchen, R.E.**, Cao, L., Nelson, J.D., & Izquierdo, A.M. (2023). The association of alcohol use and positive urgency to same day objective binge eating in emerging adults. *Frontiers in Psychology*, *14*, 2348.
2. Kunicki, Z.J., **Frietchen, R.E.**, McGeary, J.E., Jiang, L., Duprey Pharm M.S., Bayer, T., Singh, M., Primack, J.M., Kelso, C.M., Wu, W., Rudolph, J.L., & Bozzay, M.L. (2023). Prevalence of comorbid depressive episodes and insomnia among veterans hospitalized for heart failure with Alzheimer disease and related disorders. *American Journal of Geriatric Psychiatry*, *31*(6), 428-437, <https://doi.org/10.1016/j.jagp.2023.01.026>.
1. Trojanowski, P.J., **Frietchen, R.E.**, Harvie, V., Mehlenbeck, R., & Fischer, S. (2022). Internet-delivered eating disorders prevention program for adolescent girls with Type 1 diabetes: Acceptable and feasible. *Pediatric Diabetes*, *23*(7), 1122-1132, doi:10.1111/pedi.13395.

PUBLICATIONS IN PREPARATION

2. **Frietchen, R.E.**, Hughes, C.D., Schatten, H.T., & Armev, M.F. (in preparation). A psychometric evaluation of the long and short versions of the Difficulties in Emotion Regulation Scale within three psychiatric samples.
1. Wonderlich, J.A.*, **Frietchen, R.***, Breithaupt, L., Izquierdo, A.M., & Fischer, S. (in preparation). Negative urgency as a moderator of the relationship of negative affect and dysregulated behaviors.
*First co-authors

RESEARCH PRESENTATIONS

20. Bozzay, M.L., Kunicki, Z.J., **Frietchen, R.E.**, Mason, G., Alboukrek, D., & Armev, M.F. (2023, September). How are sleep/wake cycles and suicide risk related over time? Examining the role of chronotype among patients at high-risk for suicide. In S Sperry (discussant), *Sleep and Circadian Dysregulation in Mood Disorders and Suicide*. Symposium accepted the annual meeting of the Society for Research in Psychopathology, St. Louis, Missouri.
19. **Frietchen, R.E.**, Kimble, S.K., Mason, G.E., Hughes, C.D., Bozzay, M.L., Schatten, H.T., & Armev, M.F. (2023, November). *The relationship between alexithymia and help-seeking behavior in a psychiatric sample*. Poster accepted to the Association for Behavioral and Cognitive Therapies 57th Annual Convention, Seattle, Washington.
18. Mason, G.E., **Frietchen, R.E.**, Kimble, S.K., Hughes, C.D., Bozzay, M.L., Schatten, H.T., & Armev, M.F. (2023, November). *Improving suicide assessment: Non-traditional administration of the Columbia-Suicide Severity Rating Scale*. Poster accepted to the Association for Behavioral and Cognitive Therapies 57th Annual Convention, Seattle, Washington.
17. Kimble, S.K., Mason, G.E., **Frietchen, R.E.**, Hughes, C.D., Bozzay, M.L., Schatten, H.T., & Armev, M.F. (2023 November). *Exploring the moderating effects of perceived social support and hopelessness on suicidal ideation among psychiatric inpatients*. Poster accepted to the Association for Behavioral and Cognitive Therapist 57th Annual Convention, Seattle Washington.
16. **Frietchen, R.E.**, Kimble, S.K., Alboukrek, D., Mason, G.E., Hughes, C.D., Bozzay, M.L., Schatten, H.T., & Armev, M.F. (2023, August). *Does the dysfunctional attitude scale differentiate those who do and do not act on NSSI urges?* Poster presented at the American Psychological Association 130th Annual Convention, Washington DC.
15. Mason, G.E., **Frietchen, R.E.**, Kimble, S.K., Alboukrek, D., Hughes, C.D., Bozzay, M.L., Schatten, H.T., & Armev, M.F. (2023, August). *Profiles of suicidal ideation and changes after hospitalization: A latent transition analysis*. Poster presented at the American Psychological Association 130th Annual Convention, Washington DC.
14. Alboukrek, D., Mason, G.E., **Frietchen, R.E.**, Kimble, S.K., Hughes, C.D., Bozzay, M.L., Schatten, H.T. & Armev, M.F. (2023, August). *Do methods matter? Nonsuicidal self-injury in the form of cutting is not uniquely associated with acquired capability for suicide in psychiatric inpatients*. Poster presented at the American Psychological Association 130th Annual Convention, Washington DC.

13. Kimble, S.K., Alboukrek, D., Mason, G.E., **Frietchen, R.E.**, Hughes, C.D., Bozzay, M.L., Schatten, H.T., & Armev, M.F. (2023, August). *Investigating the relationship between self-efficacy and suicide severity among LGBTQ+ inpatients*. Poster presented at the American Psychological Association 130th Annual Convention, Washington DC.
12. **Frietchen, R.E.**, Kimble, S.K., Mason, G.E., & Alboukrek, D. (2023, June). *The interaction between interoception and self-criticism on NSSI and disordered eating*. Data blitz presented at the Association for Behavioral and Cognitive Therapies 1st Annual Student Research Symposium, online.
11. **Frietchen, R.E.**, Rogers, M.L., Bozzay, M.L., & Armev, M.F. (2023, May). *Emotion dysregulation and suicide risk based on profiles of hopelessness during stress: A moderated network analysis*. Poster presented at the Association for Psychological Science 33rd Annual Convention, Washington DC.
10. Hoelscher, E.C., **Frietchen, R.E.**, & Victor, S.E. (2023, May). *Examining emotion differentiation deficits as a proximal predictor for non-suicidal self-injury*. Poster presented at the Association for Psychological Science 33rd Annual Convention, Washington DC.
9. **Frietchen, R.E.**, Mason, G., Kimble, S., Alboukrek, D., Hughes, C.D., Bozzay, M.L., Schatten, H.T. & Armev, M.F. (2022, April). *The relationship between EMA compliance and suicidal thoughts and behaviors throughout EMA*. Poster presented at the 2nd Annual Suicide Research Symposium, online.
8. Kimble, S., Alboukrek, D., **Frietchen, R.E.**, Mason, G., Hughes, C.D., Bozzay, M.L., Schatten, H.T., & Armev, M.F. (2022, April). *Exploring the relationship between interpersonal needs and reasons for engaging in non-suicidal self-injury in a psychiatric inpatient population*. Poster presented at the 2nd Annual Suicide Research Symposium, online.
7. Mason, G., Kimble, S., Alboukrek, D., **Frietchen, R.E.**, Hughes, C.D., Bozzay, M.L., Schatten, H.T., & Armev, M.F. (2022, April). *Capability for suicide: A comparison of passive and active suicide attempts*. Poster presented at the 2nd Annual Suicide Research Symposium, online.
6. Bozzay, M.L., **Frietchen, R.E.**, Quinlan, L., Verona, E. & Armev, M.F. (2022, November). *How are sleep and suicidal behavior related? Using psychophysiology to examine cognitive processes across the spectrum of suicide risk in community and inpatient sample*. Poster presented at the Suicide and Self-Injury Special Interest Group at the Association for Behavioral and Cognitive Therapies 56th Annual Convention, New York City, New York.
5. **Frietchen, R.E.**, Rogers, M., Bozzay, M.L., & Armev, M.F. (2022, October). *Differentiating suicide risk based on hopelessness during stress*. Paper proposal presented at the Brown University Department of Psychiatry and Human Behavior RA Research Day, Providence, RI.
4. **Frietchen, R.E.**, Quinlan, L.V., Hoelscher, E.C., Armev, M., Bozzay, M., & Schatten, H. (2022, June). *The interaction between emotion dysregulation and past attempt*

frequencies as a predictor of unstable suicidal ideation across eight weeks in a psychiatric sample. Poster presented at the 1st Annual Suicide Research Symposium, online.

3. **Frietchen, R.E.**, Quinlan, L., Schatten, H., Bozzay, M., & Arney, M. (2022, May). *Predicting non-suicidal self-injury: Examining the interplay between rumination and impulsivity in two psychiatric samples.* Poster presented at the Association for Psychological Science 32nd Annual Convention, Chicago, Illinois.
2. Hoelscher, E.C., **Frietchen, R.E.**, Wittler, E.M., Quinlan, L.V., Fydenkevez, M., Hughes, C., Arney, M., & Schatten, H. (2022, May). *Examining links between alexithymia, emotion differentiation, and suicide risk.* Poster presented at the Association for Psychological Science 32nd Annual Convention, Chicago, Illinois.
1. **Frietchen, R.E.**, Wonderlich, J.A., & Fischer, S. (2021, May). *Negative urgency as a moderator of the relationship of negative affect to impulsive behaviors.* Poster presented at the 10th Annual Undergraduate Research Symposium, online.

RESEARCH EXPERIENCE

Research Assistant

June 2021-July 2023

The Psychosocial Research Program, Butler Hospital & Brown University, Providence, RI

Director: Ivan Miller, Ph.D.

Principal Investigators: Michael Arney, Ph.D. & Melanie Bozzay, Ph.D.

Dynamic Impacts of Sleep Disruption on Ecologically Assessed Affective, Behavioral, and Cognitive Risk Factors for Suicide (R01MH124832-01)

- Recruited/consented adult participants with current suicidal ideation on inpatient hospital units
- Administered structured and semi-structured clinical interviews, such as the Columbia-Suicide Severity Rating Scale, the Modified Scale for Suicidal Ideation, the Self-Injurious Thoughts and Behaviors Interview, the Structured Clinical Interview for DSM-5 [SCID-5-RV], and the Sleep Disorder Screener, to assess for history of suicidal thoughts and behaviors as well as mental health symptoms associated with suicide risk
- Administered all study procedures, including collecting participants' deidentified social media and text message data, entering/troubleshooting ecological momentary assessment (EMA) protocol through mEMA, and accurately placing/troubleshooting electroencephalography (EEG) cap, facial and EEG electrodes, and psychophysiological equipment
- Programmed data comparison and reformatting tasks in R to improve lab efficiency
- Administered and documented suicide risk assessments under supervision of a licensed clinical psychologist
- Submitted continuing review documents, amendments, and adverse events to the IRB

Undergraduate Research Assistant,

May 2018 – November 2021

The Impulse Research Lab, George Mason University, Fairfax, VA

Principal Investigator: Sarah Fischer Nowaczyk, Ph.D.

Changes in Decision Making and Substance Use Outcomes: An Integration of fMRI and EMA

- Conducted phone screen to ensure undergraduate participant eligibility
- Administered informed consent

- Initiated software for tasks presented during fMRI scan and behavioral tasks on the computer
- Enrolled adult participants in ten days of EMA through ReTaine
- Maintained email correspondence with participants regarding EMA completion rate and paid participants upon completion of the study
- Trained undergraduate research assistants on conducting phone screens

Adapting a Cognitive Dissonance-Based Eating Disorders Prevention Program for Adolescents with Type 1 Diabetes

- Administered informed assent/consent with teens and parents
- Monitored treatment fidelity during intervention sessions
- Monitored and sent reminder emails to both parents and teens for session attendance, completion of assigned exercises, and completion of longitudinal surveys
- Programmed questionnaires into Qualtrics
- Trained research assistants on informed consent for parents and teens
- Reviewed potential journals for manuscript submission, edited manuscript, created and edited manuscript tables

Self-Harm and Eating Behaviors in a College Sample: An EMA Approach

- Reviewed responses to study screener to ensure college student participants endorsed lifetime NSSI history
- Enrolled participants in EMA protocol and reviewed the definitions for assessed constructs
- Monitored EMA completion rate for each participant and sent reminders to complete the prompts

Exploring Neurobiological Components of Dissonance

- Conducted over-the-phone informed consent and enrolled participants in EMA
- Created weekly SONA systems timeslots for the study screener

Undergraduate Research Assistant

August 2019 – May 2021

The Human Emotions Research Lab, George Mason University, Fairfax, VA

Principal Investigators: June Tangney, Ph.D. & Jeff Stuewig, Ph.D.

Using Values to Enhance Incarcerated Peoples' Response to Substance Use and HIV Risk Feedback (R34DA042974)

- Recruited/consented participants currently incarcerated in a local jail
- Trained to administer structured clinical interviews with people incarcerated in local jail by utilizing validated psychological measures, such as the Kaufman Brief Intelligence Test and the reading ability section of the Wide Range Achievement Test
- Assisted in the training of clinical skills (such as summarizing, reflecting, normalizing, expressing gratitude, and setting clear boundaries) to undergraduate research assistants
- Performed data entry of verified questionnaire data through Epidata software

Undergraduate Research Assistant

June 2020 – May 2021

Social Skills, Imagination, and Theater Lab, George Mason University, Fairfax, VA

Principal Investigator: Thalia Goldstein, Ph.D.

- Cleaned demographic data and provided descriptive statistics for a longitudinal school sample of over 1,000 students

CLINICAL EXPERIENCE

Support Group Assistant

May 2023 – Present

Sojourner's House, Providence, RI

Supervisor: Mandy Moran, LCSW

- Co-facilitate weekly peer support groups for survivors of domestic violence, sexual assault, and/or sex trafficking under the supervision of a licensed clinical therapist

Helpline Information and Referral Specialist

January 2018 – June 2018

National Alliance on Mental Illness, Arlington, VA

Supervisors: Jill Cochones, B.A., Irene Casey, MPH, & Cameron Hancock, B.A.

- Provided appropriate referrals and services over the phone for various questions related to mental health issues, such as, but not limited to treatment areas, housing options, and legal aid

TECHNICAL SKILLS

Proficiency in data analysis/programming in R, SPSS, and Python

Familiarity with data analysis/programming in MPlus

Basic familiarity with data analysis/programming in Matlab

Proficiency with HRV and EDA data cleaning with EMSE suite program and Ledalab

Proficiency in EEG and psychophysiological data collection with Actiview

Proficiency in creating, managing, and entering data into study databases in RedCap and Qualtrics

MENTORSHIP EXPERIENCE

Peer Mentor

April 2023-Present

Project Students for Higher Education Opportunities and Representation in Training (SHORT), online

Supervisors: Marya Sabir, B.S. & Sierra Foshe, B.S.

Next-Gen Psych Scholars Program, online

Supervisors: Meriah DeJoseph, M.A. & Kate Carosella, M.A.

Psychin' Out, online

Supervisors: Mac Murphy, B.A., & Kat Rbeiz, B.S.

- Meet virtually with mentees with under-represented backgrounds that are applying to clinical psychology Ph.D. programs to uncover the hidden curriculum of the application process
- Hold practice interviews and provide feedback on application materials, including personal statements, CVs, diversity statements, and practice interviews
- Draft and edit materials for the Project SHORT grad school resource guide

Research Assistant

June 2021-Present

Cognition, Emotion, and Life Experiences Lab, Butler Hospital & Brown University, Providence, RI

Supervisors: Michael Armev, Ph.D., Melanie Bozzay, Ph.D., & Heather Schatten, Ph.D.

- Coordinate undergraduate volunteer program by training volunteers on tasks related to lab organization, data verification, and cleaning self-report, interview, and psychophysiological measures (e.g., heart rate variability, electrodermal activity)
- Supervise and meet biweekly with undergraduate lab members to provide mentorship and feedback on the volunteer responsibilities in the lab
- Train new post-baccalaureate research assistants on all study procedures

PROFESSIONAL AFFILIATIONS

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| Association for Behavioral and Cognitive Therapies | 2022-Present |
| Suicide and Self-Injury Special Interest Group | |
| Eating Disorders and Eating Behaviors Special Interest Group | |
| Clinical Research Methods and Statistics Special Interest Group | |
| Sexual and Gender Minority Special Interest Group | |
| Association for Psychological Science | 2022-Present |
| American Psychological Association | 2021-Present |
| Psi Chi Psychology Honors Society | 2019-Present |