

Revised: 15 May 2023

Emma Palermo

EDUCATION

University of Pennsylvania (UPenn), Philadelphia, PA *May 2022*
Bachelor of Arts in Psychology with Honors
Summa Cum Laude
Minors: Statistics (The Wharton School), Neuroscience
Major GPA: 4.0 | Cumulative GPA: 3.97

Honors Thesis: *Investigating the Role of Sleep in Emotion Regulation*
Advisor: Jennifer Goldschmied, PhD

AWARDS AND HONORS

2022 Student Poster Award, ABCT Suicide and Self-Injury Special Interest Group
2022 Morris Viteles Award for outstanding undergraduate thesis in psychology, UPenn
2021 Phi Beta Kappa Academic Honor Society (1 of 14 selected for early induction)
2021 Psi Chi, International Honor Society in Psychology, UPenn
2018-2022 University of Pennsylvania Dean's List

GRANTS AWARDED

Title: "Investigating the Role of Sleep in Emotion Regulation" *Nov 2021*
Principal Investigator: Dr. Jennifer Goldschmied
Amount Awarded: \$750
Funder: Millstein Family Undergraduate Research Grant, University of Pennsylvania
Center for Undergraduate Research and Fellowships (CURF)
Role: Senior Honors Thesis Student

Title: "Investigating the Role of Sleep in Emotion Regulation" *Nov 2021*
Principal Investigator: Dr. Jennifer Goldschmied
Amount Awarded: \$1500
Funder: Undergraduate Research Grant, Psi Chi – The International Honor Society in
Psychology
Role: Senior Honors Thesis Student

PUBLICATIONS

Wasil, A. R., Kacmarek, C. N., Osborn, T. L., **Palermo, E. H.**, DeRubeis, R. J., Weisz, J. R., & Yates, B. T. (2021). Economic evaluation of an online single-session intervention for depression in Kenyan adolescents. *Journal of Consulting and Clinical Psychology, 89*(8), 657–667. <https://doi.org/10.1037/ccp0000669>

Wasil, A. R., **Palermo, E. H.**, Lorenzo-Luaces, L., & DeRubeis, R. J. (2021). Is There an App for That? A Review of Popular Apps for Depression, Anxiety, and Well-Being. *Cognitive and Behavioral Practice*. <https://doi.org/10.1016/j.cbpra.2021.07.001>

MANUSCRIPTS UNDER REVIEW

Wasil, A., Taylor, M., Fitzpatrick, O., Shingleton, R., **Palermo, E.**, Weisz, J., & DeRubeis, R. “The Common Elements Toolbox (COMET): An Online Single-Session Intervention for College Student Mental Health Promotion.”

Nuske, H. J., Young, A., Khan, F., **Palermo, E.**, Ajanaku, B., Pellechia, M., Vivanti, G., Mazefsky, C. A., Brookman-Frazee, L., McPartland, J. C., Goodwin, M. S., & Mandell, D. S. “Systematic Review: Emotional Dysregulation and Challenging Behavior Interventions for Children and Adolescents with Autism with Graded Key Evidence-Based Strategy Recommendations.”

Chang, C., **Palermo, E.**, Deswert, S., Brown, A., & Nuske, H. “A Randomized Controlled Trial of a Digital Mental Health App: Reductions in Anxiety and Emotional Dysregulation Despite No Impact of Financial Incentives.”

Palermo, E., Nuske, H., Young, A., Sultanik, E., Tan, J., Mazefsky, C., Brookman-Frazee, L., McPartland, J., Goodwin, M., Pennington, J., Marcus, S., Beidas, R., & Mandell, D. “An Application Incorporating Wearable Biosensing for Teachers of Children with Autism to Support Emotion Regulation: A Randomized Controlled Trial.”

Goldschmied, J., Boland, E., **Palermo, E.**, Dinges, D., Rao, H., Sheline, Y., Basner, M., Goel, N., Barilla, H., & Gehrman, P. “Antidepressant effects of acute sleep deprivation are reduced in highly controlled environments.”

MANUSCRIPTS IN PREPARATION

Deswert, S., Khan, F., Young, A., **Palermo, E. H.**, Becker-Haimes, E., Brown, A., Mazefsky, C., Beidas, R., Brookman-Frazee, L., Mandell, D. S., & Nuske, H. J. “Supporting Students on the Spectrum with Emotion Regulation and Challenging Behaviors: A Needs Assessment of Educators.”

Goldschmied, J., **Palermo, E.**, Boland, E., Ramsey, C., Burgess H., Mcinnis, M., & Gehrman, P.R. “Suicide risk in Bipolar Disorder I and II is associated with unique sleep and circadian symptom profiles.”

Daros, A. R., Guimon, T. H, **Palermo, E. H.**, Yager, C., Wilks, C. R., Quilty, L. C. “Feasibility and initial efficacy of a self-guided, web-based dialectical behavior therapy intervention for people with substance use disorders: A randomized controlled trial.”

Wasil, A., Kacmarek, C., **Palermo, E.**, Hong, E., Silver, A., Fitzpatrick, O., DeRubeis, R., Yates, B., & Weisz, J. “Estimating the Cost-effectiveness of Youth Psychotherapies for Depression: A Meta-analysis of Randomized Controlled Trials.”

POSTER PRESENTATIONS

- Palermo, E. H.,** Steinberg, J. S., & Weisz, J. R. (2023, November). *Increased Perfectionism is Associated with Decreased Emotion Regulation Among Adolescents*. Poster accepted for presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies 57th Annual Convention, Seattle, Washington.
- Palermo, E. H.,** Steinberg, J. S., & Weisz, J. R. (2023, November). *The Role of Parent-Child Agreement on Mental Health Symptoms in a Transdiagnostic Treatment for Common Mental Health Problems*. Poster accepted for presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies 57th Annual Convention, Seattle, Washington.
- Steinberg, J. S., **Palermo, E. H.,** Green, K. L., & Weisz, J. R. (2023, November). *Perceptions and Use of Digital Mental Health Interventions for Suicide Risk*. Poster accepted for presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies 57th Annual Convention, Seattle, Washington.
- Deswert, S., Khan, F., Young, A., **Palermo, E. H.,** Becker-Haimes, E., Brown, A., Mazefsky, C., Beidas, R., Brookman-Frazee, L., Mandell, D. S., & Nuske, H. J. (2023, May) *How Autism Educators may better Support their Students' Challenging Behaviors and Emotion Regulation: A Needs Assessment*. Poster presented at the 2023 Annual Meeting of the International Society for Autism Research, Stockholm, Sweden.
- Palermo, E. H.,** Smith, S. N., & Wilks, C. R. (2022, November). *Sexual Violence is Associated with Increased Suicidal Thoughts and Behaviors in a Sample of College Students*. Poster presented at the Special Interest Group Expo at the Association for Behavioral and Cognitive Therapies 56th Annual Convention, New York City, New York.
- Palermo, E. H.** & Goldschmied, J. R. (2022, November). *Perceived Sleep Quality and REM are Integral to Emotion Regulation*. Poster presented at the Special Interest Group Expo at the Association for Behavioral and Cognitive Therapies 56th Annual Convention, New York City, New York.
- Cohen, R. C., **Palermo, E. H.,** & Ruscio, A. M. (2022, November). *Computational Modeling of the "Mood Brightening Effect" in Depression and Anxiety*. Poster presented at the Association for Behavioral and Cognitive Therapies 56th Annual Convention, New York City, New York.
- Palermo, E. H.,** Rameer, J., Hakobyan, H., Greenwood, K., & Wilks, C. R. (2022, June). *Investigating Barriers to Help-Seeking in College Students with Suicidal Ideation*. Poster presented at the Suicide Research Symposium, Virtual.
- Palermo, E. H.,** Goldstein, E. F., Costello, S. E., Games, M. P., Owens, K. V. & Goldschmied, J. R. (2022, June). *Slow-Wave Sleep Disruption Decreases Ability to Recognize Certain Negative Emotions*. Poster accepted for presentation at the 36th Annual Meeting of the Associated Professional Sleep Societies, LLC, Charlotte, North Carolina.

Goldstein, E. F., **Palermo, E. H.**, Costello, S. E., Games, M. P., Owens, K. V., & Goldschmied, J. R. (2022, June). *The Impact of Slow-Wave Sleep Disruption on Response Inhibition in Individuals with Depression*. Poster presented at the 36th Annual Meeting of the Associated Professional Sleep Societies, LLC, Charlotte, North Carolina.

Games, M. P., Goldstein, E. F., Palermo, E. H., Costello, S. E., Owens, K. V., & Goldschmied, J. R. (2022, June). *Decreased Slow-Wave Sleep May Exacerbate Anxiety in Individuals with Low-Anxiety*. Poster presented at the 36th Annual Meeting of the Associated Professional Sleep Societies, LLC, Charlotte, North Carolina.

Palermo, E.H., Zoupou, E., Wasil, A. R., Gillespie, S., Park, S. J., & DeRubeis, R. J. (2021, November). *Which depressive symptoms are valued most? An Assessment of Subjective Importance Ratings of PHQ-9 Items with Indian Adolescents*. Poster presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Virtual.

Palermo, E. H., Wasil, A. R., & Wilks, C. R. (2021, November) *Impact of Emotion Dysregulation on Suicidal Ideation in the context of Dialectical Behavior Therapy*. Poster presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Virtual.

Cohen, R., **Palermo, E. H.**, Khazanov, G., & Ruscio, A. M. (2021, November). *The role of emotional carryover effects in emotional responding to new events*. Poster presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Virtual.

Palermo, E. H., Steinberg, J. S., Wasil, A. R., & DeRubeis, R. J. (2021, November). *Which online modules are most well-received? Comparing the acceptability and appropriateness of online behavioral activation, cognitive restructuring, and gratitude modules*. Poster presented at the Technology, Mind, and Society Conference, Virtual.

Steinberg, J. S., **Palermo, E. H.**, Wasil, A. R., & DeRubeis, R. J. (2021, November). *Expectations matter: examining factors that predict the acceptability and appropriateness of an online mental health intervention*. Poster presented at the Technology, Mind, and Society Conference, Virtual.

Nuske, H., Young, A., Khan, F., **Palermo, E.**, Pellechia, M., Kim, E., Ajanaku, B., Mazefky, C., McPartland, J., Goodwin, M., & Mandell, D. (2021, October). *Systematic Review: Emotion dysregulation and challenging behavior interventions for children with autism with graded key evidence-based practice recommendations*. Poster presented at the American Public Health Association 2021 Annual Meeting and Expo, Denver, CO.

Palermo, E. H., Goldschmied J. R., Boland, E. M., Klingaman, E. A., Gehrman, P. R., & Perlis, M. L. (2021, June). *The Moderating Influence of Depression on Insomnia and Suicidal Ideation in a Military Sample*. Poster presented at the 35th Annual Meeting of the Associated Professional Sleep Societies, LLC, Virtual Conference.

Palermo, E. H., Goldschmied, J. R., & Gehrman, P. R. (2021, May). *Effects of Sleep Deprivation on Mood in Depressed Participants with and without Suicidal Ideation.* Poster presented at University of Pennsylvania Psychology Undergraduate Research Symposium.

OTHER PUBLICATIONS

Palermo, E., & Steinberg, J. “So You’ve Been Diagnosed – Now What? Deconstructing Diagnostic Labels and Finding Social Support.” *IOCDF Spring 2021 Newsletter.*

RESEARCH EXPERIENCE

Laboratory for Affective and Translational Neuroscience *April 2023 – present*

Principal Investigator: Dr. Diego Pizzagalli, PhD

Clinical Research Assistant II

Responsibilities: coordinating and conducting a P50 grant-funded project investigating approach-avoidance behaviors in depressive and anxiety disorders; conducting informed consent sessions with participants; administering cognitive tasks; conducting fMRI sessions with participants; creating and updating REDCap projects; conducting study recruitment; collecting EMA data and passive data from participants; recruiting and phone screening study participants; analyzing EMA data in R and assisting with analyses of data from cognitive tasks in R

Nock Lab, Harvard University

August 2022 – present

Principal Investigator: Dr. Matthew Nock, PhD

Volunteer Research Assistant

Responsibilities: Assisting research team on U01 longitudinal ecological momentary assessment project examining risk factors for suicidal ideation among local inpatient participants by creating virtual participant packets and surveys; preparing NIH grant biosketches

Mood and Behavior Lab, Massachusetts General Hospital

July 2022 – March 2023

Principal Investigators: Dr. Richard Liu, PhD and Dr. Taylor Burke, PhD

Clinical Research Coordinator

Responsibilities: Assisting with the coordination of several research projects related to predicting suicide and self-harm in adolescents; administering clinical assessments under supervision to adolescents; administering study-related computer-based tasks; creating and updating REDCap projects, including developing branching logic; managing social media recruitment for an online research study on self-harm; overseeing and training undergraduate research assistants on study procedures; corresponding with study participants; monitoring ecological momentary assessments; creating SPSS scripts for questionnaire scoring

Sleep Neurobiology and Psychopathology Lab, UPenn

Dec 2020 – June 2022

Principal Investigator: Dr. Jennifer Goldschmied, PhD

Honors Thesis Student

Sept 2021 – May 2022

Advisor: Dr. Jennifer Goldschmied, PhD

Investigating the Role of Sleep Quality in Daily Emotion Regulation

Responsibilities: Designed and conducted an original research study using an EMA design as part of an honors thesis studying the effects of sleep on emotion regulation, including conducting background literature reviews; drafted and submitted a full IRB submission; designed and conducted all statistical analyses

Research Assistant

Dec 2020 – June 2022

Principal Investigator: Dr. Jennifer Goldschmied, PhD

Supervisor: Elena Goldstein, B.A

Investigating the role of slow-wave activity as a marker of impaired plasticity in Major Depressive Disorder

NIMH K23 MH118580

Responsibilities: Interacted with clinical populations to assist with in-person experiments; conducted centrifugal blood processing; completed phone screens with potential participants; oversaw and trained undergraduate research assistants on recruitment and study visit procedures; designed and edited REDCap forms for study visits and measures; observed structured clinical interviews (SCID-5-RV); assisted with administration of transcranial magnetic stimulation; administered Hamilton Rating Scale for Depression (HAM-D) and Columbia Suicide Severity Rating Scale (C-SSRS) to study participants

Independent Study Student

Jan – May 2021

Advisor: Dr. Jennifer Goldschmied, PhD

The Impact of Sleep Deprivation on Mood in Individuals with Depression

Responsibilities: Planned and conducted a secondary analysis to examine the impact of sleep deprivation on mood in individuals with depression; received training in administration of the C-SSRS; crafted and edited REDCap forms to add and update measures; assisted with recruitment via phone screening and eligibility check

Center for Mental Health, UPenn

Sept 2020 – July 2022

Principal Investigator: Dr. Heather Nuske, PhD

KeepCalm Project

NIMH 1K01MH120509-01A1

Senior Research Assistant

Aug 2021 – July 2022

Responsibilities: Coordinated lab administrative and research tasks across projects; managed communication with participants; organized databases for collaborative application development; wrote and edited manuscripts to prepare for publication; organized meeting times with the study's community-based advisory board

Research Assistant

Sept 2020 – Aug 2021

Responsibilities: Assisted with project communications and development of an emotional stress alarm application for children with autism; created and managed databases in Excel; conducted needs assessment interviews with study participants; wrote scripts in R to streamline data cleaning and processing; assisted with systematic reviews; maintained communication with developers to implement suggested changes to improve app functioning; managed communications with study participants; registering trials with clinicaltrials.gov

Wilks Lab, University of Missouri-St. Louis

Aug 2020 – Aug 2022

Principal Investigator: Dr. Chelsey Wilks, PhD

Research Assistant

Responsibilities: Developed content for a dialectical behavior therapy (DBT) app to support skills outside of therapy sessions; quality tested the app and prepared it for a clinical trial; conducted a systematic review on the bidirectional association between alcohol use and suicide

DeRubeis Lab, UPenn

May 2020 – May 2022

Principal Investigator: Dr. Robert DeRubeis, PhD

Research Assistant

Supervisor: Akash Wasil, M.A.

Responsibilities: Created and analyzed online single-session mental health interventions; conducted literature reviews; designed intervention modules and control interventions for online programs; wrote and edited pre-registrations for experimental trials; wrote and edited manuscripts for publication; managed data for cost-effectiveness analyses; co-developed a scale to measure friendship behaviors; conducted analyses to compare cross-cultural acceptability of mental health modules

Center for Weight and Eating Disorders, UPenn

Sept 2019 – Dec 2020

Principal Investigator: Dr. Rebecca Pearl, PhD

Independent Study Student

Sept 2019 – Sept 2020

Advisor: Rebecca Pearl, PhD

How Important is Attendance in Group Treatment? Associations with Weight Bias Internalization and Weight in a Randomized Controlled Trial

Responsibilities: Designed a study of secondary analyses; conducted literature reviews; crafted an OSF registration for the project; planned and conducting all statistical tests; wrote a final manuscript summarizing the findings of the study

Research Assistant

Sept 2019 – Sept 2020

Supervisor: Caroline Bach, B.A.

*Reducing Weight Stigma to Improve Long-Term Weight Loss
NIMH 5K23HL140176-03*

Responsibilities: Managed a database of quantitative and qualitative data concerning behavioral interventions for weight loss in obese patients; organized weekly food records to present to the research team for analysis; edited and cleaned a qualitative dataset for analysis; screened and recruited participants for the study

Boundaries of Anxiety and Depression Lab, UPenn

May 2019 – May 2022

Principal Investigator: Ayelet Ruscio, PhD

Research Assistant

May 2020 – May 2022

Supervisor: Rivka Cohen, M.A.

Event Responses in Depression – Dissertation

Responsibilities: Developed Python code for data cleaning and processing for a doctoral dissertation project; quantitatively coded event descriptions from study data and contributed to consensus meetings for event codes generated by the research team;

presented project updates in lab meeting; conducted literature reviews

Research Assistant

Oct 2019 – May 2020

Supervisor: Elizabeth Wade, M.A.

Patterns of Speech in Mental Illness - Dissertation

Responsibilities: Created a database using REDCap software for the collection and analysis of data from diagnostic interviews, including using calculation field functions; organized and managed the data used in the project; crafted and maintained an instruction manual for the database and coordinated its use; transcribed portions of diagnostic interviews using XTrans software for later analysis; wrote code in Python to create a framework for cleaning transcription data

Research Assistant

May 2019 – Dec 2019

Supervisor: Auburn Stephenson, B.A.

Mechanisms of Comorbidity and Specificity for Generalized Anxiety and Depression

NIMH R01 MH094425

Responsibilities: Collected and managed data for an NIMH-funded R01 project; coordinated the use of psychophysiological recording devices and ActiLife actigraphy processing; coded and managed qualitative and quantitative data using SPSS and Microsoft Excel; verified values on datasets before analysis; reviewed and tracked eligibility on recruitment surveys; conducted study visits; oversaw training of new research assistants on data cleaning and study visit procedures

ASSESSMENT EXPERIENCE

- Training and supervised administration of the Hamilton Depression Rating Scale-17 item (HDRS-17): 6 hours
- Training and supervised administration of Columbia Suicide Severity Rating Scale (C-SSRS): 15 hours
- Observing administration of the Structured Clinical Interview for DSM-5 (SCID-5-RV): 10 hours

SKILLS

- Advanced knowledge of statistical analyses in R
- Proficient in data cleaning and processing using Python
- Basic knowledge of Stata and JMP for statistical analyses
- Proficient in dataset cleaning and management in SPSS
- Experience recruiting adolescent participants on social media (Instagram, Snapchat, and Reddit)
- Knowledge of Trello for project management
- Experience creating IRB initial submissions and modifications
- Proficient in creating and using REDCap databases, including implementing data dictionary features, branching logic, and coding calculated fields
- Experience in centrifugal blood processing and pipetting
- Knowledge of ActiLife actigraphy software and XTrans for speech transcription
- Proficient in qualitative coding using Dedoose

PROFESSIONAL AFFILIATIONS

Member, Association for Cognitive and Behavioral Therapies

Member, American Psychological Association

Member, Psi Chi International Honors Society

Member, The Phi Beta Kappa Society

LEADERSHIP

2021 – 2022 Chapter President, *Psi Chi International Honors Society in Psychology*

2021 – 2022 Secretary, *Penn Undergraduate Psychology Society*

2021 – 2022 Major Peer Advisor, *College of Arts and Sciences Major Advising Program*

2020 – 2022 Research Peer Advisor, *Center for Undergraduate Research and Fellowships*

2020 –2021 Chapter Risk Reduction and Education Chairman, *Zeta Tau Alpha Fraternity*