BIOGRAPHICAL

Name: Patricia Wong

Birthdate: December 12, 1986

Citizenship: United States

Birthplace: Boston, MA

Business Address: Behavioral Physiology Laboratory
Department of Psychology
506 Old Engineer Hall
University of Pittsburgh
4015 O’ Hara Street
Pittsburgh, PA 15213

E-mail Address: paw43@pitt.edu

EDUCATION

Ph.D., anticipated May 2018
Joint Clinical & Biological-Health Psychology Program
University of Pittsburgh, Pittsburgh, PA
Primary Advisor: Stephen B. Manuck, Ph.D.

Comprehensive Examination, January 2015
Specialty Paper: Shared Vulnerability for Depression and Cardiovascular Disease Risk: The Role of Circadian Disruptions
Department of Psychology
University of Pittsburgh, Pittsburgh, PA

M.S., April 2014
Thesis: Melanopsin Gene (OPN4) Variants and Individual Differences in Sleep Characteristics
Department of Psychology
University of Pittsburgh, Pittsburgh, PA

B.A., May 2008
Major: Neuroscience and Behavior
Mount Holyoke College, South Hadley, MA

HONORS & AWARDS

Young Investigator Colloquium Scholar, 74th Meeting of the American Psychosomatic Society
March 2016

Andrew Mellon Pre-doctoral Fellowship
Kenneth P. Dietrich School of Arts & Sciences, University of Pittsburgh
August 2015 – May 2016

Bassell Student Publication Award
Department of Psychology, University of Pittsburgh
June 2015, June 2016

Abstract Merit Award
2015 Annual SLEEP Conference, Sleep Research Society
June 2015

First Time Attendee Trainee Travel Award
2014 Annual SLEEP Conference, Sleep Research Society
June 2014

Poster Award
Gordon Research Conference: Pineal Cell Biology
February 2012
PUBLICATIONS

Peer-Reviewed Articles:


2. **Wong, P.M.**, Kamarck, T.W., Muldoon, M.F., Ferrell, R., & Manuck, S.B. (in progress) Melatonin Receptor Gene (MTNR1B) Polymorphism and Sleep Characteristics are Independently Associated with Fasting Glucose in Healthy Adults.


Book Chapters:


PRESENTATIONS

Oral Presentations:

Wong, P.M. (February 2014) Chronotype, Social Jetlag, and Risk for the Metabolic Syndrome. Presented at the Multidisciplinary Sleep Grand Rounds, Sleep Medicine Institute, University of Pittsburgh, Pittsburgh, PA.

Also presented at the 2014 Clinical Psychology Brown Bag Series, Department of Psychology, University of Pittsburgh, Pittsburgh, PA.


Poster Presentations:

Wong, P.M., Miller, K., Marsland, A. Kamarck, T.W., Muldoon, M.F., & Manuck, S.B. (March 2016) Social Jetlag Partially Mediates the Association between Hostility and Adiposity. Presented at the annual meeting of American Psychosomatic Medicine, Denver, CO.

Wong, P.M., Miller, K., Marsland, A. Kamarck, T.W., Muldoon, M.F., & Manuck, S.B. (June 2015) Social Jetlag is Associated with Altered HPA Activity. Presented at the annual meeting of SLEEP, Seattle, WA.

Wong, P.M., Kamarck, T.W., Muldoon, M.F., Ferell, R., & Manuck, S.B. (March 2015) Melatonin Receptor Gene (MTNR1B) Polymorphism and Sleep Characteristics are Independently Associated with Fasting Glucose in Healthy Adults. Presented at the annual meeting of American Psychosomatic Medicine, Savannah, GA.

Wong, P.M., Kamarck, T.W., Anderson, B., Manuck, S.B., Muldoon, M.F., & Gianaros, P. (June 2014) Irregularity in Sleep Schedules and Insulin Resistance Independently Associate with Hippocampal Volume. Presented at the annual meeting of SLEEP, Minneapolis, MN.


TEACHING/MENTORSHIP

Graduate Teaching Fellow, Department of Psychology, University of Pittsburgh
- Biopsychology (Summer 2015)
- Abnormal Psychology (Summer 2014, Fall 2014, Spring 2015)
- Research Methods Laboratory (Spring 2012)

Graduate Teaching Assistant, Department of Psychology, University of Pittsburgh
- Personality Psychology (Spring 2012)
- Sensation & Perception (Fall 2011)
- Introductory Psychology (Fall 2010, Spring 2011, Fall 2011)
TRAINING SEMINARS

SPM8 for Basic and Clinical Investigators, Neurometrika, Neuroimaging analysis (October 2012)
Boston, MA.

CLINICAL TRAINING

Clinical Extern. Western Psychiatric Institute & Clinic, University of Pittsburgh Medical Center
Department of Neurosurgery (May 2015- August 2015)
• Conducted pre- and post-operative neuropsychological assessments, contributed to report writing, and participated in feedback sessions for patients with traumatic brain injury, epilepsy, dementia, and other neurocognitive disorders.
Supervisor: Jamie Pardini, Ph.D.

Services for Adolescent and Family Enrichment (SAFE; January 2014- May 2015).
• Provided individual and group therapy for children & adolescents adjudicated of a sexual offence and their families
• Collaborated with the Special Services Unity of the Allegheny County Court System
• Trained to integrate CBT, CBT-traumatic grief, and relaxation skills in treatment
Supervisors: David J., Kolko, Ph.D. & Eunice Torres, M.S.

Sleep and Chronobiology Clinic (March 2014- August 2014).
• Trained in Brief Behavioral Therapy for Insomnia (BBTI) for various sleep disorders (e.g., primary insomnia, delayed sleep phase disorder, shift work disorder)
• Administered diagnostic intakes and co-led individual BBTI sessions
• Assisted in intake and note writing, and assessment/treatment plan conceptualization
Supervisor: Brant Hasler, Ph.D.

Depression and Manic Depression Prevention Program (May 2013-September 2013)
• Trained in Brief Interpersonal Therapy (B-IPT) with adult outpatients
• Administered diagnostic evaluations and follow-up assessments with adults with Bipolar 1 and II disorder
• Participated in weekly supervision to coordinate treatment with multidisciplinary team
Supervisor: Ellen Frank, Ph.D.

Clinic Assistant. Clinical Psychology Center, Department of Psychology, University of Pittsburgh (May 2012-April 2014)
• Peer supervised clinicians and their cases
• Conducted phone intakes for individual, family, couples, and neuropsychological cases
• Coordinated client care and community outreach
Supervisor: Andrew Koffmann, Ph.D.

Graduate Clinician. Clinical Psychology Center, University of Pittsburgh
Chronic Pain Management & Behavioral Medicine (Spring 2013-present)
• Provided weekly individual therapy for adolescent and child cases with chronic pain and co-occurring Axis 1 disorders
Supervisors: Linda Ewing, R.N., Ph.D., Anna Marsland, R.N., Ph.D.

Neuropsychology (May 2011- present)
• Conducted neuropsychological testing & provide comprehensive testing reports for children and adults with learning disorders, memory issues, mental disabilities and ADHD
Supervisor: Andrew Koffmann, Ph.D.
Adult Cognitive Behavioral Therapy (May 2011-December 2013)

• Provided weekly individual therapy for individuals with co-occurring ADHD, mood, anxiety, and Axis II disorders
Supervisors: Andrew Koffmann, Ph.D. & Sandy Kornblith, Ph.D.

Adult Group Therapy Treatment (Summer 2012-Fall 2013)

• Facilitated weekly group sessions for individuals with anxiety and depressive disorders (Summer 2012-Fall 2013)
Supervisor: Andrew Koffmann, Ph.D.

Senior Research Interviewer & Psychometrician. Pediatric Psychopharmacology Unit, Massachusetts General Hospital (June 2008-June 2010)

• Completed extensive training with ongoing supervision in the administration and coding of the following assessments to child, adolescent, and adult participants and parents of participants with mood disorders, ADHD, autism and pervasive developmental disorders, disruptive behavior disorders, generalized anxiety disorder, panic disorder, specific and social phobias, PTSD, OCD, substance abuse disorders, eating disorders, and healthy control participants:
Structured Diagnostic Interviews:
• (SCID-IV) Structured Clinical Interview for the DSM-IV
• (K-SADS-E) Kiddie Schedule for Affective Disorders and Schizophrenia for School-Aged Children- Epidemiological Version
• (ADIS-IV, C/P) Anxiety Disorders Interview Schedule for the DSM-IV, Child & Parent versions

Child and Adult Cognitive and Neuropsychological Batteries (ages 7+):
• WISC-IV and WAIS-III subtests (Symbol Search, Oral Arithmetic, Letter-Number Sequencing, Digit Span, and Digit-Symbol Coding); WRAT-III subtest (Arithmetic); WASI subtests (Matrix Reasoning and Vocabulary); D-KEFS (Trail Making, Tower, and Color-Word Interference); Multi-Source Interference Task (MSIT); Attentional Network Test (ANT); Stop Signal Test (Stop Task); Test of Word Reading Efficacy (TOWRE)
Supervisors: Aude Henin, Ph.D., Ronna Fried, Ed.D., Alysa Doyle, Ph.D.

COMMUNITY SERVICES


Health Psychology Student Representative, Department of Psychology, University of Pittsburgh (Summer 2015- present)

Student Representative, American Psychological Association- Health Psychology [Division 38] (June 2014-present)

Annual Diversity Grant Review Committee Member, Psychology Department, University of Pittsburgh (Spring 2012, Summer 2014)

Volunteer Fundraiser, Women & Children’s Shelter of Greater Pittsburgh, Pittsburgh, PA (Summer 2012)

Clinical Psychology Student Representative, Department of Psychology, University of Pittsburgh (Fall 2011-Spring 2012)

PROFESSIONAL MEMBERSHIP

(2014-current) American Psychological Association, Div. 38 (Health Psychology), Student Member
(2013- current) Sleep Research Society, Student Member

(2012-current) American Psychosomatic Society, Student Member

(2011) Behavior Genetics Association, Associate Member

(2011) Society for Light Treatment and Biological Rhythms, Student Member