

# Emma Estrella

she/her | [ecestrel@iu.edu](mailto:ecestrel@iu.edu) | Indianapolis, IN  
<https://orcid.org/0009-0006-8492-8843>

## Education

**Doctor of Philosophy** 2023–Present  
 Clinical Psychology  
 Pain Lab  
 Indiana University (IU) Indianapolis, Indianapolis, IN

**Bachelor of Science** 2022  
 Psychology, *summa cum laude* with High Distinction  
*Minors:* Integrative Neuroscience & Asian and Middle Eastern Studies- Chinese track  
*Honors thesis:* Healthcare Experiences Among Adults with Hypermobility Ehlers-Danlos Syndrome and Hypermobility Spectrum Disorder in the US  
 University of Minnesota (UMN), Minneapolis, MN

## Honors and Awards

### **Indiana University Indianapolis**

Department of Psychology Clinical Area Spring Award, \$750 2024  
 US Association for the Study of Pain (USASP) 2024 Partial Travel Award, \$370 2024  
 Graduate and Professional Education Grant (GPEG), \$500 2024

### **University of Minnesota**

Top Honors Thesis in Psychology: Sharon Borine Award, \$250 2022  
 Undergraduate Mortensen Travel and Research Award, \$500 2022  
 Donald G. Paterson Scholarship, \$1,500 2021–2022  
 Ronald E. McNair Scholar 2021–2022  
 College of Liberal Arts Dean's List (all semesters) 2018–2022  
 Hannah Kellogg-Dowell Scholarship, \$16,000 2018–2022  
 University Honors Program Scholarship, \$8,000 2018–2022  
 Presidential Scholarship, \$20,000 2018–2022  
 University Honors Program 2018–2022  
 University of Minnesota Homecoming Court 2021

## Publications

**Estrella, E., & Frazier, P.** (2023). Healthcare experiences among adults with hypermobile Ehlers-Danlos syndrome and hypermobility spectrum disorder in the US. *Disability and Rehabilitation*, 46(4), 731-740. <https://doi.org/10.1080/09638288.2023.2176554>

## Posters and Presentations

Manjal, P., Gonsalves, J., **Estrella, E.**, Bocanegra, A., & Hirsh, A. T. (2024, July 25). *Social determinants of health and pain management strategies among adults with chronic pain: Findings from the 2019 National Health Interview survey* [Poster presentation]. CRL Summer Research Symposium, Indiana University, Indianapolis, Indiana, United States.

- Estrella, E.,** Miller, M. M., Williams, A. E., & Hirsh, A. T. (2024, April 15). *Differences in child- and parent-reported injustice appraisals, but not pain, are associated with worse pain outcomes in children with chronic pain* [Poster presentation]. 2024 USASP Annual Scientific Meeting, Seattle, Washington, United States.
- Estrella, E.,** Jude, A., Huber, K., & Frazier, P. (2023, May 27). *Healthcare experiences among adults with hypermobile Ehlers-Danlos syndrome and hypermobility spectrum disorder in the United States* [Poster presentation]. 2023 APS Annual Convention, Washington, D.C., United States.
- Estrella, E.,** & Frazier, P. (2022, April 13). *Healthcare experiences among adults with hypermobile Ehlers-Danlos syndrome and hypermobility spectrum disorder in the United States* [Poster presentation]. Spring 2022 Undergraduate Research Symposium hosted by the Office of Undergraduate Research, University of Minnesota, Minneapolis, Minnesota, United States.
- Voss, E., Yan, P., Mody, I., DeWitt, K., Roy, A., & **Estrella, E.** (2022, March 3). *Navigating campus in a pandemic: How well are first- and second-year students connecting to the U?* [Virtual poster presentation]. Tate Advising Conference hosted by the Academic Advising Network, University of Minnesota, Minneapolis, Minnesota, United States. [https://mediaspace.umn.edu/media/t/1\\_gvomolu5](https://mediaspace.umn.edu/media/t/1_gvomolu5)
- Estrella, E.,** Huber, K., Riegelman, A., Davis, C., & Frazier, P. (2021, August 3). *A scoping review of gender-based public harassment in the United States* [Virtual poster presentation]. Virtual McNair Poster Symposium, University of Minnesota, Minneapolis, Minnesota, United States. <https://vimeo.com/581248678>
- Estrella, E.,** Huber, K., Riegelman, A., Davis, C., & Frazier, P. (2021, July 28). *A scoping review of gender-based public harassment in the United States* [Virtual poster presentation]. 2021 Virtual National McNair Conference, University of California, Los Angeles, California, United States.
- Gauer, J., Irvin, S., Davis, C., **Estrella, E.,** Voss, E., DeWitt, K., & Vue, P. (2021, March 4). *Importance of peer mentorship during virtual learning* [Virtual conference session]. Tate Advising Conference hosted by the Academic Advising Network, University of Minnesota, Minneapolis, Minnesota, United States. [https://mediaspace.umn.edu/media/t/1\\_5die4gpg](https://mediaspace.umn.edu/media/t/1_5die4gpg)
- DeWitt, K., & **Estrella, E.** (2020, February 29). *Diet culture: The flaw with trying to look flawless* [Conference session]. Partnerships Across Student Leadership (PASL) Conference hosted by the Office of Student Experience, College of Liberal Arts, University of Minnesota, Minneapolis, Minnesota, United States.

## **Open Science Materials**

**Estrella, E., Frazier, P., & Huber, K. (2022).** *Healthcare experiences among adults with hypermobile Ehlers-Danlos syndrome and hypermobility spectrum disorder in the US* [Preregistration]. Open Science Framework. <https://doi.org/10.17605/OSF.IO/H26RD>

**Estrella, E., Voss, E., Mody, I., DeWitt, K., Roy, A., Yan, C., Hammell, A. E., Hofelich Mohr, A., Hines, A., & Ronning, E. (2022).** *Spring 2022 University of Minnesota College of Liberal Arts first-year student surveys* [Data set]. Data Repository for the University of Minnesota. <https://doi.org/10.13020/3new-m828>

**Estrella, E., Davis, C. N., Mody, I., DeWitt, K., Roy, A., Yan, C., Hines, A., Hammell, A. E., Hofelich Mohr, A., & Ronning, E. (2022).** *Fall 2021 University of Minnesota College of Liberal Arts first-year student surveys* [Data set]. Data Repository for the University of Minnesota. <https://doi.org/10.13020/m1r9-f829>

Huber, K., Riegelman, A., Frazier, P., & **Estrella, E. (2020).** *Sexual harassment in public space: A scoping review of the US literature* [Preregistration]. Open Science Framework. <https://doi.org/10.17605/OSF.IO/F3BGN>

## **Research Experience**

### **Health Coach/Interventionist**

2024–Present

Regenstrief Institute, Center for Health Services Research, Indianapolis, IN

Supervisors: Marianne Matthias, Ph.D., Adam Hirsh, Ph.D., & Kevin Rand, Ph.D.

- Conducted individual coaching sessions with Black patients with comorbid chronic pain and depression to increase patient activation, communication self-efficacy, and exploration of and adherence to non-pharmacological pain treatments to improve pain interference and depression (project: EQUIPD).

### **Research Consultant**

Real EmPowerment Solutions LLC, Minneapolis, MN

2023

Supervisors: Adam Moen & Yi Tang, Ph.D. Candidate

- Developed a coding manual to classify and categorize posts uploaded by users on mental health apps Avalo and Marblesapp; summarized key differences between manual coding and GPT coding.
- Categorized 3000+ mental health-related posts based on topic, context, and potential for immediate risk to self or others and 600+ posts from other social networking services (e.g., Reddit) to serve as control data.

### **Undergraduate Research Assistant & Ronald E. McNair Scholar**

2020–2022

Stress and Trauma Lab, University of Minnesota

Mentors: Patricia Frazier, Ph.D. & Kayla Huber, Ph.D. Candidate

#### Project 1: Senior Honors Thesis

- Independently collected data from 2,125 adults with hypermobile Ehlers-Danlos Syndrome and Hypermobility Spectrum Disorder.

- Performed data cleaning and correlations in SPSS to examine the relationships between patient satisfaction with healthcare, health quality of life, and self-efficacy for symptom management.
- Coded qualitative data about desired changes to improve healthcare using directed content analysis.

### Project 2: Scoping Review

- Screened the titles/abstracts of 11,587 of documents using Rayyan, followed by the full text review of 1,167 documents for inclusion in a scoping review of the US gender-based public harassment literature.
- Performed forward and backward citation tracking using Web of Science and managed citations in Zotero.
- Collaborated with team members in the development of a data charting form. Checked the accuracy of data charting of other research assistants.

### **Undergraduate Research Assistant**

2019–2020

Roisman Relationships Lab, University of Minnesota

Mentors: Glenn Roisman, Ph.D. & Sophia Magro, Ph.D. Candidate

- Transcribed 100+ hours of Adult Attachment Interviews (AAIs) and Attachment Script Assessments (ASAs) using Express Scribe and tracked changes in Word.
- Trusted with confidential Secure Base Script Knowledge data contained in the AAIs and ASAs from two landmark studies (Minnesota Twin Registry; NICHD Study of Early Childhood Care and Youth Development).

## **Clinical Experience**

### **Mental Health Clinic Practicum Trainee**

2024–Present

Clinical Psychology Mental Health Center, IU Indianapolis, Indianapolis, IN

Supervisor: Deanna Barthlow-Potkanowicz, Ph.D., HSPP

- Provide individual therapy (e.g., CBT) for IU Indianapolis students presenting with mental health concerns (e.g., depression, anxiety, ADHD).
- Conduct intake interviews for therapy and assessment clients.
- Administer and score psychodiagnostic testing of intelligence, achievement, personality, attention, and emotional functioning.
- Write integrated reports, including recommendations for educational accommodations.
- Provide feedback to patients based on psychodiagnostic assessments.
- Track patient progress using outcome measures (e.g., GAD-7, PHQ-9).

## **Tests Administered**

### **Assessments**

Conners Continuous Auditory Test of Attention (CATA)

Conners Performance Test-3 (CPT-3)

Minnesota Multiphasic Personality Inventory-2 (MMPI-2)

Wechsler Adult Intelligence Scale-IV (WAIS-IV)

**Self-Report Screeners**

Adult ADHD Self-Report Scale (ASRS v1.1)  
 Barkley Adult ADHD Rating Scale-IV (BAARS-IV)  
 Generalized Anxiety Disorder-7 (GAD-7)  
 Patient Health Questionnaire (PHQ-9)  
 Working Alliance Inventory–Short Revised (WAI-SR)

**Teaching Experience**

**Graduate Instructor of Record, IU Indianapolis** 2024  
 Course: Psychology Research Methods Lab (1 section)  
 Head Instructor: Tina Chen, Ph.D.

**Graduate Teaching Assistant, IU Indianapolis** 2024  
 Course: Forensic Psychology (1 section)  
 Instructor: Nicholas Armenti, Ph.D.

**Graduate Teaching Assistant, IU Indianapolis** 2024  
 Course: Capstone in Psychology (2 sections)  
 Instructor: Milena Petrović, Ph.D.

**Graduate Teaching Assistant, IU Indianapolis** 2023  
 Course: Ethics and Diversity in Psychology (1 section)  
 Instructor: Milena Petrović, Ph.D.

**Undergraduate Section Leader, UMN** 2021–2022  
 Course: Psychology Research Methods Lab (2 sections)  
 Head Instructor: Mark Stellmack, Ph.D.

- Taught 21-22 psychology students how to write a research paper, design experiments, and analyze data during weekly 75-minute labs.
- Graded student research papers and weekly lab assignments and provided feedback.

**Undergraduate Teaching Assistant, UMN** 2021–2022  
 Course: Psychology Research Methods (2 sections)  
 Instructor: Mark Stellmack, Ph.D.

- Proctored, graded, and entered grades into the online gradebook for three midterm exams and one final exam each semester.
- Assisted with various tasks such as organizing student survey and lab activity data, consulting with the professor, performing class demonstrations, and reviewing assignments.

**Undergraduate Teaching Assistant, UMN** 2020–2021  
 Courses: Honors & General Psychology Research Methods (5 sections)  
 Instructor: Mark Stellmack, Ph.D.

- Attended 5-6 weekly lectures and 1 weekly lab via Zoom to monitor the chat window and help answer questions.

- Assisted with various tasks such as organizing student survey and lab activity data, consulting with the professor, reviewing/grading assignments, and tallying scores.

### **Undergraduate Section Leader, UMN**

2019–2020

Course: College of Liberal Arts First-Year Experience (2 sections)

Head Instructors: Meagan Hagerty, M.S. & Pang Yang, M.S.

- Graded weekly assignments, held weekly office hours, and facilitated 3 group meetings and 1 individual meeting with each student each semester.
- Provided students with guidance and support regarding topics such as major exploration, campus involvement, and the transition into college.
- Co-presented a 30-minute presentation about the harms of diet culture at the Partnerships Across Student Leadership (PASL) Conference hosted by the Office of Student Experience.

### **Other Relevant Experience**

#### **Director of Analytics**

2021–2022

#### **Team Leader**

2020–2021

Office of Student Experience, University of Minnesota

- Designed and distributed surveys in Qualtrics to assess 1,500 students' college experiences and determine program adjustments to improve the first-year experience.
- Analyzed survey data on belongingness, campus navigation, and student comfort using Excel and presented findings to staff and other departments.
- Mentored groups of 5-6 leaders on facilitating meetings with their first-year students, creating surveys, and analyzing quantitative and qualitative data.
- Co-facilitated 2 reflection sessions on diversity, equity, and inclusion (DEI) to a total of 30 first-year students.
- Co-led and coordinated the Partnerships Across Student Leadership (PASL) Conference consisting of student presentations and a keynote for 130 staff members.
- Designed presentations on peer mentorship and post-pandemic college navigation for the 2021 and 2022 Tate Advising Conferences.

### **Editing & Reviewing Experience**

#### **Associate Editor**

2021–2022

*Sentience* Undergraduate Journal of Psychology, University of Minnesota

- Assisted the Editor with tasks such as reviewing proofs and compiling reviews.
- Organized and distributed manuscripts to reviewers; organized and distributed feedback to authors.
- Managed email and Google Drive associated with the journal.

#### **Journal Reviewer**

2020–2021

*Sentience* Undergraduate Journal of Psychology, University of Minnesota

- Reviewed 4 undergraduate student-authored manuscripts submitted to the journal.
- Completed one review form per manuscript; outlined strengths and weaknesses and made suggestions for improving the paper for publication.
- Re-reviewed articles that were resubmitted following revisions.

## **Mentorship Experience**

### **Clinical Psychology Mentor**

2024–Present

Psychology Department, IU Indianapolis

- Provided guidance to 1 first-year clinical psychology student.

### **Honors Mentor**

2019–2021

University Honors Program, University of Minnesota

- Provided guidance to 5 mentees within the University Honors Program on topics such as honors requirements, academic decisions, and the transition into college.

### **Welcome Week Leader**

2019–2021

Orientation and Transition Experiences, University of Minnesota

- Prepared ~100 students for their first-year transition to the university by leading student groups during Welcome Week; provided programmatic support for 10+ events serving over 6,000 student participants each year and completed 300+ hours of community service.

## **Skills and Certifications**

### **Computer Skills**

- Microsoft Office (Word, Excel, PowerPoint, Teams) [expert]
- SPSS, Qualtrics [proficient]
- Adobe (photoshop), Express Scribe, GitHub, *Mplus*, RStudio [novice]

### **Training/Certificates**

- Graduate and Professional Student Mentoring Dialogues: NRMN/CIMER Level 1 Mentor Training (August 2023)
- IU Indianapolis Wellness Ambassador Training (November 2023)
- Naloxone training (March 2024)
- IU Intercultural Competency Certificate (April 2024)
- Religion and Spirituality Competency Training (April 2024)

### **Languages**

- English (native)
- Mandarin Chinese (intermediate: reading, listening, and speaking)