BIOGRAPHICAL SKETCH

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NAME: Kathryn Humphreys

eRA COMMONS USER NAME (credential, e.g., agency login): khumphr

POSITION TITLE: Assistant Professor, Vanderbilt University

EDUCATION/TRAINING

INSTITUTION AND LOCATION	DEGREE *(if applicable)*	Completion Date MM/YYYY	FIELD OF STUDY
Vanderbilt University, Nashville, TN	B.S.	05/2005	Child Dev./Cog. Studies
Harvard Grad. School of Education, Cambridge, MA	Ed.M.	06/2006	Risk and Prevention
University of California, Los Angeles, CA	M.A.	12/2009	Psychology
Tulane University of School of Med., New Orleans, LA	Internship	06/2014	Clinical Psychology
University of California, Los Angeles, CA	Ph.D.	05/2014	Clinical Psychology
Tulane University of School of Med., New Orleans, LA	Postdoc	06/2015	Infant Mental Health
Stanford University, Stanford, CA	Postdoc	08/2018	Psychology

A. Personal Statement

My program of research has centered around asking fundamental questions about the origins of psychopathology and mechanisms of risk and resilience across development. Through both my research and clinical experiences, I have acquired a breadth of content knowledge and first-hand exposure to a range of clinical populations, which has galvanized my commitment to targeting sensitive periods in development, when individuals are most likely to benefit from intervention life. Most recently, I have been conducting research on longitudinal outcomes of children who experienced early adversity. My research to date has received recognition within my discipline, and I have received grant support throughout my training. I currently have positions in the Clinical Science and Educational Neuroscience areas as well as serve as a Training Faculty in the Vanderbilt Brain Institute. My lab offers training opportunities for students interested in structural and functional magnetic resonance imaging in both infants and adults. Specifically, we examine how the brain changes during pregnancy and how such changes may affect the fetal and post-natal environment. In addition, we examine how the pre- and post-natal environment affect infant brain development in infancy.

B. Positions and Honors

Employment

2015– Adjunct Assistant Professor, Department of Psychiatry and Behavioral Sciences, Tulane University School of Medicine
2018– Assistant Professor, Department of Psychology and Human Development, Vanderbilt University
2018– Faculty Member, Vanderbilt Brain Institute, Vanderbilt University School of Medicine
2018– Member, Vanderbilt Kennedy Center

Academic and Professional Honors

2005 Graduation with *summa cum laude*, Vanderbilt University
2005 Graduation with Departmental Highest Honors, Vanderbilt University Psychology Department
2005 Dean's Award for Outstanding Scholarship, Vanderbilt University
2006 Intellectual Contribution Award, Harvard University Graduate School of Education
2008 Chancellor's Prize, UCLA
2009 National Science Foundation Graduate Research Fellowship
2011 Psychology in Action Award, UCLA
2013 Children and Adults with ADHD (CHADD) Young Scientist Award
2013 Charles E. and Sue K. Young Graduate Student Award, UCLA
2014 Michael J. Goldstein Distinguished Dissertation Award in Clinical Psychology, UCLA

2015 First author on the paper selected for the Norbert and Charlotte Rieger Award for Scientific Achievement from the American Academy of Child and Adolescent Psychiatry (*Journal of the American Academy of Child and Adolescent Psychiatry* outstanding paper of the year)
2017 Association for Psychological Science (APS) "Rising Star" Award
2018 Jacobs Foundation Early Career Research Fellow

Professional Activities

Psychology in Action (www.psychologyinaction.org)
2009–2010 Co-President
2010–2011 President
2011–present Advisory Board Member

Society of Clinical Psychology (Division 12 of the APA)
2010 President-Elect of Section 10
2011 President of Section 10
2012 Past-President of Section 10
2012, 2013 Division 12 Program Committee Member
2014 Co-led two-day workshop on ADHD and Disruptive Behavior Disorders Institutului pentru Dezvoltarea Copilului, Bucharest, Romania
2014–2015 Consultant for *ZERO TO THREE*
2015 Co-led *Introduction to Attachment: Implications for Foster Care in Early Childhood* Crossroads NOLA
2016 Provost search committee member, Stanford University
2017–2019 Consulting Editor: *Journal of Clinical Child and Adolescent Psychology*

C. Contribution to Science

1. **Identifying the behavioral consequences of early adversity**. The contributions to understanding the increased risk for negative behavioral outcomes following early adversity include documenting increased levels of psychopathology and social difficulties following early experience, as well as precursors of psychopathology (e.g., attentional biases) that help to track what changes in response to early adversity that may mediate increased risk for negative health outcomes.
   a. **Humphreys, K. L.**, Kircanski, K., Colich, N. L., & Gotlib, I. H. (2016). Attentional avoidance of fearful facial expressions following early life stress is associated with impaired social functioning. *Journal of Child Psychology and Psychiatry, 57,* 1174-1182. doi:10.1111/jcpp.12607.
   b. **Humphreys, K. L.**, Zeanah, C. H., Nelson, C. A., Fox, N. A., & Drury, S. S. (2015). Serotonin transporter (*5HTTLPR*) genotype moderates the longitudinal impact of atypical attachment on externalizing behavior. *Journal of Developmental and Behavioral Pediatrics, 36,* 409-416. doi:10.1097/DBP.0000000000000171
   c. **Humphreys, K. L.**, Sauder, C. L., Martin, E. K., & Marx, B. P. (2010). Tonic immobility in childhood sexual abuse survivors and its relation to posttraumatic stress disorder symptomatology. *Journal of Interpersonal Violence, 25,* 358-373. doi:10.1177/0886260509334412
   d. **Humphreys, K. L.**, Gabard-Durnam, L., Goff, B., Telzer, E. H., Flannery, J., Gee, D. G., Park, V., Lee, S. S., & Tottenham, N. (2018). Friendship and social functioning following early institutional rearing: The role of ADHD symptoms. *Development and Psychopathology.* doi:10.1017/S0954579418001050

2. **Identifying the neurobiological consequences of early adversity**. I have used multiple approaches to examine the downstream neurobiological effects of adverse experiences in early life. The contributions include documenting cellular markers of aging, inflammation levels, and changes in brain structure/volume following adversity. In particular, we found evidence that it is experiences of stress in the first years of life that may be most consequential in later hippocampal volume.
   a. **Humphreys, K. L.**, Esteves, K., Zeanah, C. H., Fox, N. A., Nelson, C. A., & Drury, S. S. (2016). Accelerated telomere shortening: Tracking the lasting impact of early institutional care at the cellular level. *Psychiatry Research, 246, 95-100. doi:10.1016/j.psychres.2016.09.023*

b. **Humphreys, K. L.**, King, L. S., Sacchet, M. D., Camacho, M. C., Colich, N. L., Ordaz, S. J., Ho, T. C., & Gotlib, I. H. (2018). Evidence for a sensitive period in the effects of early life stress on hippocampal volume. *Developmental Science.* doi:10.1111/desc.12775
c. **Humphreys, K. L.**, Watts, E. L., Dennis, E. L., King, L. S., Thompson, P. M., & Gotlib, I. H. (2018). Stressful life events, ADHD symptoms, and brain structure in early adolescence. *Journal of Abnormal Child Psychology.* doi:10.1007/s10802-018-0443-5
d. Muscatell, K. A., Brosso, S., & **Humphreys, K. L.** (2018). Socioeconomic status and inflammation: A meta-analysis. *Molecular Psychiatry.* doi:10.1038/s41380-018-0259-2

3. **Interventions mitigate the impact of early adversity**. Through my work on the Bucharest Early Intervention Project (BEIP), I have examined the long-term results of the first randomized controlled trial of foster care as an alternative to institutional care for children abandoned in institutions. In the first ever demonstration of the prevention of callous-unemotional traits, a precursor to psychopathology, we found that high-quality foster care reduced later problems in this domain. In another study, we examined the effect of stability of foster-care placement in psychopathology outcomes in adolescence and found that disrupted placements undermined intervention effects.
   a. **Humphreys, K. L.**, McGoron, L., Sheridan, M. A., McLaughlin, K. A., Fox, N. A., Nelson, C. A., & Zeanah, C. H. (2015). High-quality foster care mitigates callous-unemotional traits following early deprivation in boys: A randomized controlled trial. *Journal of the American Academy of Child and Adolescent Psychiatry, 54,* 977-983. doi:10.1016/j.jaac.2015.09.010
   b. **Humphreys, K. L.**, Gleason, M. M., Drury, S. S., Miron, D. M., Nelson, C. A., Fox, N. A., & Zeanah, C. H. (2015). Effects of institutional rearing and foster care on psychopathology at age 12 years in Romania: follow-up of an open, randomised controlled trial. *The Lancet Psychiatry, 2,* 625-635. doi:10.1016/S2215-0366(15)00095-4
   c. **Humphreys, K. L.**, Nelson, C. A., Fox, N. A., & Zeanah, C. H. (2017). Signs of reactive attachment disorder and disinhibited social engagement disorder at age 12 years: Effects of institutional care history and high-quality foster care. *Development and Psychopathology, 29,* 677-686. doi:10.1017/S0954579417000256.
   d. **Humphreys, K. L.**, Miron, D., McLaughlin, K. A., Sheridan, M. A., Nelson, C. A., Fox, N. A., & Zeanah, C. H. (2018). Foster care promotes adaptive functioning in early adolescence among children who experienced severe, early deprivation. *Journal of Child Psychology and Psychiatry, 59,* 811-821. doi:10.1111/jcpp.12865

4. **Theoretical contributions to study of early life and adversity**. In order to advance the understanding of early adversity, we must go beyond documenting the negative impact of early life stress and consider mechanistic approaches and methodological innovations. My work on this effort included a proposal to consider whether adverse experiences consist of harmful input vs. an absence of expected input in order to help clarify how changes in the brain in relation to these different types of experiences may bring the field closer to understanding the links between early adversity and negative outcomes.
   a. **Humphreys, K. L.**, & Zeanah, C. H. (2015). Deviations from the expectable environment in early childhood and emerging psychopathology. *Neuropsychopharmacology Reviews, 40***,** 154-170. doi:10.1038/npp.2014.165.
   b. King, L. S., **Humphreys, K. L.**, & Gotlib, I. H. (2019). The neglect–enrichment continuum: Characterizing variation in early caregiving environments. *Developmental Review, 51,* 109-122. doi:10.1016/j.dr.2019.01.001
   c. **Humphreys, K. L.** (2019). Understanding the link between early adversity and disease -- stress, immunity, and prevention. *Brain, Behavior, and Immunity*. doi:10.1016/j.bbi.2018.12.019
   d. **Humphreys, K. L.** (2019). Future directions in the study and treatment of parent–child separation. *Journal of Clinical Child and Adolescent Psychology.* doi:10.1080/15374416.2018.1534209

List of published work in MyBibiography:
https://www.ncbi.nlm.nih.gov/labs/bibliography/kathryn.humphreys.1/bibliography/public/

D. Research Support

Ongoing Research Support

2018–2020 Jacobs Foundation Early Career Research Fellowship
Jacobs Foundation
Role: Principal Investigator

2018–2020 Jacobs Foundation
Capturing Close Contact with Caregivers Using Proximity Measurement
Role: Principal Investigator

2019 Peabody College, Vanderbilt University
Neural Foundations of Emotion Regulation During the Transition to Motherhood
Role: Principal Investigator

2019–2020 Theresa and Frank Caplan Foundation
Teaching Caregiving Sensitivity through Video Coding of Parent–Child Interactions
Role: Principal Investigator

Research Support Completed During the Last Three Years

2015–2018 Individual NRSA F32 (1F32MH107129-01A1)
Telomere Length as Mediator Between Early Life Stress and Child Health Outcomes
Role: Principal Investigator (Faculty Sponsor: Ian H. Gotlib, Ph.D.)

2016–2018 The Klingenstein Third Generation Foundation Fellowship in Adolescent Depression
The Klingenstein Third Generation Foundation
Accelerated Cellular Aging as Mechanism Linking Early Adversity with Risk for Adolescent Depression
Role: Principal Investigator

2016–2018 NARSAD Young Investigator Grant 23819
Brain and Behavior Research Foundation
Telomere Length as Mediator Between Early Life Stress and Child Health Outcomes
Role: Principal Investigator

2017–2018 Richard M. Lucas Center for Imaging, Stanford University
Lucas Center Grant
Examining Infant Myelinoarchitecture through qT1 and Diffusion Weighted Imaging
Role: Principal Investigator