

CURRICULUM VITAE

Julia I. Bravin, B.A.

SDSU/UCSD Joint Doctoral Program in Clinical Psychology
Cell: (202) 607-3491 | E-mail: julbravin@gmail.com | jbravin@mail.sdsu.edu

EDUCATION COMPLETED

B.A. Psychology, May 2010

Haverford College, Haverford, PA

Thesis: Intergenerational Conflict and Bicultural Identity Development in Emerging Adults

CURRENT EDUCATION

2nd year Doctoral Student, SDSU/UCSD Joint Doctoral Program in Clinical Psychology

Specialization Track: Behavioral Medicine

Mentor: Linda Gallo, Ph.D.

CURRENT RESEARCH POSITIONS

Predoctoral Scholar, August 2015-present

San Diego State University, San Diego, CA

The Hispanic Community Health Study/Study of Latinos (HCHS/SOL;

HHSN2682013000051): Sponsored by the National Heart, Lung, and Blood Institute, the National Institutes of Health (NIH), and six other institutes and centers, this multi-center epidemiological study of a large multi-site Hispanic/Latino cohort is examining the incidence, prevalence, and risk and protective factors for cardiovascular and other chronic diseases among U.S. Hispanics/Latinos. As an Affiliate Investigator, activities include:

- Data analysis
- Manuscript preparation

Medical Assistant Health Coaching for Diabetes in Diverse Primary Care Settings (R18

DK104250-01A1, NIH/NIDDK): This is a cluster (clinic level) randomized pragmatic trial comparing the effectiveness of Medical Assistant Health Coaching (MAC) delivered by non-clinician primary care staff (i.e., MAs) versus usual care (UC) in improving diabetes clinical control among Hispanic adults with poorly controlled type 2 diabetes mellitus. Activities include:

- Trained in motivational interviewing and glucose monitoring procedures
- Contribute to the development and Spanish translation of the MAC training curriculum, including synthesizing relevant glucose and blood pressure monitoring guidelines into patient-friendly intervention materials
- Develop and manage study databases
- Train and supervise junior research assistants

Mi Puente: My Bridge to Better Cardiometabolic Health and Well-being (R01 NR015754-

01, NIH/NINR): This is a randomized controlled trial of an intervention bridging inpatient and outpatient care settings, providing at-risk Hispanics/Latinos with continuity of care for cardiometabolic conditions to reduce hospital readmissions. Activities include:

- Develop and manage study databases
- Create protocols for questionnaire administration
- Construct digital analogues of questionnaires

- Translate study materials into Spanish
- Review materials for IRB submission
- Train and supervise junior research assistants
- Lead data quality control and study progress report preparation

Dulce Digital-ME: An Adaptive mHealth Intervention for Underserved Hispanics with Diabetes (1R01DK112322-01A1, NIH/NIDDK): This is a randomized clinical trial comparing two technology-based (e.g., text-messaging; Bluetooth monitoring of blood glucose and medication adherence) interventions with the goal of improving cardiometabolic control among Hispanic/Latino patients at a North County federally qualified health center. Activities include:

- Aided project PIs with informed consent development
- Helped develop intervention text-message content

PREVIOUS RESEARCH POSITIONS

Staff Research Associate, June 2013-April 2015

University of California, Berkeley, Berkeley, CA

MoodText Study Group

Mentor: Adrian Aguilera, PhD

Activities included:

- Assisted with facilitating Spanish-language Cognitive Behavioral Therapy group
- Conducted psychological and functional assessments in Spanish in a hospital setting
- Designed and constructed a database for new and archival data
- Conducted usability testing for a CBT/texting website
- Prepared IRB protocol forms
- Assisted with manuscript review, preparation, and submission

Research Assistant, November 2012-April 2015

Palo Alto University, Palo Alto, CA

Institute for International Internet Interventions for Health

Mentor: Ricardo F. Muñoz, PhD

Activities included:

- Managed database for an online smoking cessation randomized control trial
- Evaluated digital platforms for internet intervention construction
- Supervised junior research assistants
- Trained research staff on usability testing methodology
- Assisted study PIs with preparation of grant proposal and protocol development
- Assisted with manuscript review, preparation, and submission

Research Assistant, July 2012-June 2013

University of California, San Francisco, San Francisco, CA

Latino Mental Health Research Project

Mentor: Ricardo F. Muñoz, PhD

Activities included:

- Assisted with archiving data from smoking cessation and depression prevention Internet studies

Research Assistant, September 2009-May 2010

Haverford College Psychology Department, Haverford, PA,

Mentor: Jennifer Pals-Lilgendahl, PhD

Activities included:

- Designed and conducted original research regarding the role of intergenerational conflict in bicultural identity formation

CURRENT CLINICAL POSITION

Psychology Clinic of the SDSU/UCSD Joint Doctoral Program in Clinical Psychology,

June 2016 – present

Position: Doctoral Student Therapist

- Case load of 4-6 clients with varied presenting concerns (e.g., depression, anxiety)
- Didactic training in Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Lesbian Gay Bisexual Transgender concerns, suicide assessment, exposure hierarchy development
- Presented full case history and treatment plan for an all-clinic case conference
- Completed two integrated psychological reports

PREVIOUS CLINICAL POSITIONS

San Francisco General Hospital Department of Psychiatry, San Francisco, CA

August 2012-May 2015

Inpatient Volunteer

- Conducted psychological assessments of walk-in medical patients
- Collaborated with physicians and medical students for optimal integrative primary care

PEER-REVIEWED PUBLICATIONS

1. Muñoz, RF, Bunge, EL, Chen, K, Schueller, SM, **Bravin, JI**, Shaughnessy, EA, & Pérez-Stable, EJ. (2015). Massive open online interventions: a novel model for delivering behavioral-health services worldwide. *Clinical Psychological Science*. doi:10.1177/2167702615583840.
2. **Bravin, JI**, Bunge, EL, Evare, B, Wickham, RE, Pérez-Stable, EJ, & Muñoz, RF. (2015). Socioeconomic predictors of smoking cessation in a worldwide online smoking cessation trial. *Internet Interventions*, 2, 410-418. doi:10.1016/j.invent.2015.10.001
3. Muñoz, RF, Chen, K, Bunge, E, **Bravin, JI**, Shaughnessy, EA, & Pérez-Stable, EJ. (2014). Reaching Spanish-speaking smokers online: a ten-year worldwide research program. *Revista Panamericana de Salud Pública*, 35, 407-414. ISSN:1020-4989.

MANUSCRIPTS UNDER REVIEW AND IN PREPARATION

1. Aguilera, A, Bruehlman-Senecal, E, Liu, N, & **Bravin, JI**. (In review at *Behaviour Research and Therapy*). Implementing cognitive behavioral group therapy among Spanish-speaking Latinos in an urban primary care clinic: predictors of engagement and outcome.
2. **Bravin, JI**, Roesch, SC, Gutierrez, AP, McCurley, JL, Gallo, LC, Isasi, CR, Perreira, K, Lopez-Class, M, Van Horn, L, Daviglius, M, Talavera, GA, Castaneda, SF, Delamater,

AM, Pulgaron, ER, Zeng, D. Extra-familial social factors and obesity in the Hispanic Community Health Study/Study of Latinos Youth. Analyses in progress. (Thesis/Second Year Project)

3. Colon-Ramos, U, Penedo, FJ, Gallo, LC, Isasi, CR, Sotres-Alvarez, D, Smith-Castro, V, **Bravin, JI**, Perreira, K, Van Horn, L, Castaneda, SF, Garcia, ML, Delamater, AM, Pulgaron, ER. The association between family function and diet quality among Hispanic/Latino youth: Results from HCHS/SOL Youth. Analysis in progress.
4. Gallo, LC, **Bravin, JI**, Isasi, CR, Roesch, SC, Salazar, CR, Perreira, K, Carnethon, MR, Delamater, AM. Socioeconomic adversity, social resources, and allostatic load among Hispanic/Latino youth: Results from HCHS/SOL Youth. Manuscript in Preparation.
5. Gutierrez, AP, **Bravin, JI**, McCurley, JL, Roesch, SC, Gallo, LC, Talavera, GA, Perreira, K, Carnethon, MR, Daviglius, M, Isasi, CR, Zeng, D. Prevalence of Trauma and Associations with Psychological Distress in US Hispanics/Latinos: Results from the HCHS/SOL Sociocultural Ancillary Study. Analysis in progress.
6. McCurley, JL, Talavera, GA, Gallo, LC, Gutierrez, AP, **Bravin, JI**, Schneiderman, N, Reina, SA, Khambaty, T, Castaneda, SF, Smoller, S, Daviglius, M, O'Brien, MJ, Carnethon, MR, Isasi, CR, Perreira, K. Structural and psychosocial risk factors for comorbid depression and diabetes in U.S. Hispanics/Latinos from the HCHS/SOL and Sociocultural Ancillary Study: A syndemic approach. Manuscript in Preparation.
7. Slopen, N, Gurka, MJ, Chae, DH, Priest, NC, Bangdiwala, SI, Gallo, LC, **Bravin, JI**, Chambers, EC, Llabre, MM, Daviglius, M, Carnethon, MR. Vicarious experiences of discrimination and child cardiometabolic outcomes in the Study of Latino (SOL) Youth. Analysis in progress.

PRESENTATIONS

1. Muñoz, R. F., Chen, K., **Bravin, J. I.**, Shaughnessy, E. A. & Pérez-Stable, E. J. (April, 2013). Reach and Effectiveness of a Ten-Year International Spanish-language Stop-Smoking Internet Site. *International Society for Internet Interventions Symposium*, Lima, Peru.
2. Muñoz, R. F., Bunge, E. L., Chen, K., Schueller, S. M., **Bravin, J. I.**, Shaughnessy, E. A. & Pérez-Stable, E. J. (April, 2014). Massive Open Online Interventions: A Call for Action. *International Society for Internet Interventions Symposium*, Valencia, Spain.
3. Muñoz, R. F., Bunge, E. L., Chen, K., Schueller, S. M., **Bravin, J. I.**, Shaughnessy, E. A. & Pérez-Stable, E. J. (October 2014). A Massive Open Online Intervention for Smoking Cessation: Dissemination of Free Health Resources to the World. *Health Disparities Research Symposium*, San Francisco, CA.

GUEST LECTURES

Palo Alto University (Palo Alto, CA), November 2012

Invited Lecturer

CLIN823: Evidence-Based Internet Interventions, "Online Intervention Builders: How to Design a Study in Qualtrics"

Twilio (San Francisco, CA), October 2014

Invited Presenter

Presentation title: "Mobile technologies to improve mental health interventions"

Scripps Whittier Diabetes Institute (San Diego, CA), May 2016

Invited Presenter

Training of Health Coaches for the MAC trial (NIH-funded Study)

Presentation title: "Cultural Beliefs in Diabetes"

LEADERSHIP POSITIONS

American Psychological Association of Graduate Students Advocacy Coordinating Team

Campus Representative, January 2017-present

PROFESSIONAL DEVELOPMENT

Motivational Interviewing, January 2016

Scripps Whittier Diabetes Institute, San Diego, CA

Presenters: Jessica Skidmore, Ph.D.

Health Coaching Principles, January 2016

Scripps Whittier Diabetes Institute, San Diego, CA

Presenters: Tom Bodenheimer, MD

PROFESSIONAL AFFILIATIONS

Society of Behavioral Medicine (SBM) – Student Member

American Psychological Association (APA) – Student Affiliate

APA Division 38, Health Psychology – Student Affiliate

ASSESSMENTS ADMINISTERED

GAD-7	Generalized Anxiety Disorder – Seven
PHQ-9	Patient Health Questionnaire – Nine
WAI	Working Alliance Inventory
PDSS	Panic Disorder Severity Scale
WAIS-IV	Wechsler Adult Intelligence Test-Fourth Edition
WIAT-III	Wechsler Individual Achievement Test–Third Edition
CVLT-II	California Verbal Learning Test-Second Edition
BVMT-R	Brief Visuospatial Memory Test-Revised
WCST	Wisconsin Card Sort Task
GPT	Grooved Pegboard Test
SCID-5	Structured Clinical Interview