

Nicole Fridling-Cook

Curriculum Vitae

PERSONAL INFORMATION

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Department of Psychology
University of Miami
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Coral Gables, FL 33124
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HIGHER EDUCATION

Master of Science Candidate
May 2026

University of Miami, Coral Gables, FL
APA Accredited Program, PCSAS Accredited Program
Major Area: Adult Clinical Psychology

Bachelor of Arts
December 2020

University of Pennsylvania, Philadelphia, PA
Major: Psychology

GRANTS AND FUNDING

National Science Foundation GRFP 2024-2027
Utilizing Mobile Health to Explore Resilience and Wellbeing
Role: Graduate Research Fellow
Amount Awarded: \$53,000 annually

Talkspace Internal Research Grant 2023-2024
Behavioral Correlates of Data
Role: Primary Investigator
Amount Awarded: \$37,000

ACADEMIC HONORS AND AWARDS

Pat Tillman Foundation
Tillman Scholar

A Tillman Scholar is a military veteran or spouse with high potential for impact as demonstrated through a proven track record, the pursuit of education, and commitment of their resources to service beyond themselves. The scholarship supports scholars who are pursuing undergraduate, graduate or professional degrees as a full-time student.

RESEARCH EXPERIENCE

Miami Affective Neuroscience And Translational Experimental Enterprise Lab, University of Miami

Real-World Behavioral Moderators of Outcomes in Digital Mental Health
Principal Investigator: Aaron Heller
July 2023-present

This project is a pilot study aimed to improve the effectiveness of digital mental health by determining the degree to which GPS assessed real-world movements during and in-between psychotherapy

sessions predict therapy outcomes. Additionally, we examined the degree to which every-day emotional experience predicts therapy outcomes. This project was funded by an internal grant provided by Talkspace to Nicole Fridling-Cook and Dr. Aaron Heller. Participants included Talkspace online therapy users over 18 years old actively individual therapy. Responsibilities for this project included project development, writing IRB proposals, and data collection and analysis of EMA, GPS, and language data. Additionally, developed a recruitment a marketing campaign to recruit participants across 50 states.

Clinical Research and Development, Talkspace Inc., Remote

December 2021 – August 2024

Telehealth 2.0: Evaluating Effectiveness and Engagement Strategies for CPT-Text for PTSD

PIs: Thomas Derrick Hull, Ph.D., Shannon Wiltsey-Stirman, Ph.D. & Katherine Dondanville, PsyD, ABPP

This project aimed to test the feasibility of a texting-based format of an evidence based treatment for posttraumatic stress disorder Cognitive Processing Therapy (CPT-Text). This project is a remote multi-site study funded by the National Institute of Mental Health (R01 MH128785-01).

Message-Based Psychotherapy and Digital Treatment Sequences for Depression

PI: Patricia Arean, Ph.D. & Thomas Derrick Hull, Ph.D.

This project aimed to test the effectiveness of daily, message- based psychotherapy (MBP) for depression, compared to traditionally delivered, video-chat psychotherapy (VCP) and (2) develop an evidence-based treatment sequence for those who do not respond to either daily MBP or VCP. The project is a remote small business innovation research program study funded by the National Institute of Mental Health (R44MH124334).

Laboratories to Optimize Digital Health R01 Clinical Trial: Enhancing Engagement with Digital Mental Health Care

PI: Patricia Arean, Ph.D. & Thomas Derrick Hull, Ph.D.

This project aimed study how consumer engagement in digital mental health varies, the association between engagement and positive outcomes, and the effectiveness of personalized strategies for optimal engagement with digital mental health treatment. This project is a remote multi-site study funded by the National Institute of Mental Health (R01 MH125179).

Responsibilities across projects included extracting, cleaning, and correlating data across large heterogeneous datasets to identify and link common items in support of ongoing research in R and Python. Transforming, encrypting, and preparing data for transfer and conducting analyses using R, Python, and SQL. I assisted in preparation of grant documents, applications, Institutional Review Board protocols, grant reports, construction of tables and figures, and presentation information; supervised regulatory compliance issues including tracking and recording protocol-specific and procedure certifications such as Human Subject Protection and Health Insurance Portability and Accountability Act (HIPAA); recorded Institutional Review Board approvals. Also, I oversaw research participant recruitment and case assignment to research therapists while developing novel recruitment pathways, including use of Prolific and Reddit, to increase signup numbers.

**Division of Behavioral Medicine, Department of Psychiatry and Behavioral Sciences,
University of Texas Health Science Center at San Antonio**

STRONG STAR Training Initiative

Supervisor: Katherine Dondanville, PsyD, ABPP

The project aim was advance mental health access to for all by offering comprehensive training, tool, and support for clinicians in evidence based treatments. This project was funded by Boeing Corporation, USAA Foundation, Bob Woodruff Foundation in partnership with Qatar Harvey Fund. Responsibilities included building partnerships between the Training Initiative and deaf community,

designing accessible materials for clinicians and patients, analyzing participant outcomes, and developing content for grant and research proposals.

Targeting Strategies to Accelerate EBP Implementation in Military Settings

PI: Carmen McLean, Ph.D. & Craig Rosen, Ph.D.

The project aim was to increase evidenced based psychotherapy in military behavioral health clinics through targeted assessment and context-tailored implementation of changed strategies. This multisite study was funded by the Department of Defense (RFP-W81XWH-17-R-0010).

Responsibilities included supporting the extraction of psychotherapy notes from the electronic medical record and developing procedures for extraction and coding psychotherapy notes for keywords to assist machine learning validation process. In addition, I was also responsible for the design of a survey of implementation barriers in Evidence Based Treatments for PTSD and disseminated to all behavioral health clinics at Fort Hood. Survey results were reviewed, and clinic-specific reports were developed and disseminated to military behavioral health leadership teams.

The Assessment Core of the South Texas Research Organizational Network Guiding Studies on Trauma and Resilience - Consortium to Alleviate PTSD (STRONG-STAR)

PI: Brett Litz, Ph.D.

The project aim was to increase the corpus of qualitatively coded traumatic events to include types of moral injury. This multisite study was funded by the Department of Defense (W81XWH-08-2-0114). Responsibilities included performing qualitative coding of research participants' traumatic events, supporting training of two research assistants in qualitative coding procedures developed R programming to assess inter-rater reliability of qualitative coders for over 5000 events, and conducting data validation.

Character Lab, University of Pennsylvania

Association Between Deliberate Practice and IQ

Supervisor: Angela Duckworth, Ph.D. and Daniel Southwick, MA

November 2020 – October 2021

The project aim was to examine the existing literature on deliberate practice and IQ and find the associations between deliberate practice and IQ through a meta-analysis. Responsibilities included literature reviews, qualitative coding, and Amazon Mechanical Turk (MTurk) questionnaires to gauge similarities in word associations.

Center for Studies of Addiction, University of Pennsylvania

fMRI and Lie Detection

Supervisor: Daniel Langleben, Ph.D.

August 2018 – July 2019

The project aim was to compare brain activation patterns to detect deception. fMRI was used to generate imaging analyzed with SPM. Responsibilities included coordinating participant screening and enrollment, conducting participant visits, performing basic lab tests on participants, data collection, data management in accordance with study protocol, and assisting in the writing and publication of academic articles.

Center for Neuromodulation in Depression & Stress, University of Pennsylvania

Transcranial Magnetic Stimulation (TMS) and Depression

Supervisor: Desmond Oathes, Ph.D.

January 2018 – July 2018

The project aim was to evaluate the impact of TMS on individuals with depression by analyzing fMRI scans with FSL software. Responsibilities included coding in MATLAB (FSL), REDCap data entry, and NIH reporting.

Department of Anatomy, Physiology, and Genetics, The Uniformed Services University of the Health Sciences

Mice, PTSD, and Altitudes

Supervisor: Zygmunt Galdzicki, Ph.D.

May 2015 – August 2015

The project aimed to analyze limbic system changes following traumatic brain injury (TBI) and stress development in a mouse model. Behavioral changes after fear conditioning were assessed using AnyMaze and Fiji (ImageJ) software. Additional responsibilities included performing PCR reactions, running gels, and conducting immunohistochemistry to examine molecular and cellular changes.

WORKSHOPS

Mental Health First Aid: Adult

Trainer: Lauren Magnuson, MS, MA, LAMFT

Certified June 7, 2023

Two Day Foundational Workshop in Cognitive Processing Therapy

Trainer: Katherine Dondanville, PsyD, ABPP

STRONG STAR Training Initiative Online Training

Student Attendee, June, 2021

Two Day Foundational Workshop in Prolonged Exposure

Trainer: Brooke Fina, LCSW, BCD

STRONG STAR Training Initiative

Student Attendee, April, 2021

PUBLICATIONS

LoSavio, S. T., Straud, C. L., Dondanville, K. A., **Fridling, N. R.**, Wachen, J. S., McMahon, C. J., Mintz, J., Young-McCaughan, S., Yarvis, J. S., Peterson, A. L., & Resick, P. A. (2023). Treatment responder status and time to response as a function of hazardous drinking among active-duty military receiving variable-length cognitive processing therapy for posttraumatic stress disorder. *Psychological Trauma: Theory, Research, Practice, and Policy*, 15(3), 386–393.

<https://doi.org/10.1037/tra0001268>

Raue, P. J., **Fridling, N.**, Song, J., Hull, T. D., Alexopoulos, G. S., & Arean, P. A. (2022). Message-based psychotherapy for older adults: A cohort comparison study. *Frontiers in Psychiatry*, 13, 951354. <https://doi.org/10.3389/fpsy.2022.951354>

Zech, J. M., Johnson, M., Pullmann, M. D., Hull, T. D., Althoff, T., Munson, S. A., **Fridling, N.**, Litvin, B., Wu, J., & Areán, P. A. (2023a). An Integrative Engagement Model of Digital Psychotherapy: Exploratory Focus Group Findings. *JMIR Formative Research*, 7, e41428.

<https://doi.org/10.2196/41428>

Zech, J. M., Johnson, M., Pullmann, M. D., Hull, T. D., Althoff, T., Munson, S. A., **Fridling, N.**, Litvin, B., Wu, J., & Areán, P. A. (2023b). An Integrative Engagement Model of Digital Psychotherapy: Exploratory Focus Group Findings. *JMIR Formative Research*, 7, e41428.

<https://doi.org/10.2196/41428>

PRESENTATIONS

- Fridling, N.**, Malgaroli, M., Cansler, R., Hull, T. (2023, November 16-19) *The impact of message based care on frontline workers during the COVID-19 pandemic*. Poster presentation at the Association for Behavioral and Cognitive Therapies 2023 Annual Conference in Seattle, Washington.
- Cansler, R., **Fridling, N.**, Malgaroli, M., Hull, T. (2023, November 16-19) *Disorder and absenteeism: connecting workplace productivity and internalizing disorders*. Poster presentation at the Association for Behavioral and Cognitive Therapies 2023 Annual Conference in Seattle, Washington.
- Fridling, N.**, Malgaroli, M., Cansler, R., Hull, T. (2023, November 1-4) *Frontline healthcare worker adoption of digital health interventions during the COVID-19 pandemic: a feasibility study of asynchronous messaging*. Poster presentation at the 38th Annual Meeting for the International Society for Traumatic Stress Studies (ISTSS).
- Cansler, R., **Fridling, N.**, Malgaroli, M., Hull, T. (2023, June 20-23) *Disorder and absenteeism: connecting workplace productivity and internalizing disorders*. Poster presentation at the Society for Digital Mental Health (SDMH) 2023 Annual Virtual Conference. <https://osf.io/hgz9s/>
- Fridling, N.**, Malgaroli, M., Cansler, R., Hull, T. (2023, June 20-21) *Digital mental health for frontline healthcare workers during the COVID-19 pandemic: feasibility study of asynchronous intervention*. Poster presentation at the Society for Digital Mental Health (SDMH) 2023 Annual Virtual Conference. <https://osf.io/93kbc/>
- Zech, J., **Fridling, N.**, Gyongyosi, E., Hull, T. (2023, June 17) *Client engagement and outcomes in digital psychotherapy: An elusive relationship?* Poster presentation at the Society for Psychotherapy Research 53rd Annual International Conference in Dublin, Ireland.
- Zech, J., Johnson, M., Pullman, M., Hull, T., Althoff, T., Munson, S., **Fridling, N.**, Arian, P. (2023, June 17) *Effective user engagement in digital psychotherapy: Developing an integrative engagement model*. Poster presentation at the Society for Psychotherapy Research 53rd Annual International Conference in Dublin, Ireland.
- Choudhary, V., **Fridling, N.**, Hull, T. (2023, May 10-13) *A Closer Look at Managing Mental Health through Virtual Modalities*. Poster Presentation at the Society for General Internal Medicine 23rd Annual Meeting in Aurora, Colorado.
- Baile Schumann, Ph.D., Katherine A. Dondanville, PsyD, ABPP, Stefanie LoSavio, Ph.D., ABPP, Amber Calloway, Ph.D., Brittany Hall-Clark, Ph.D., Derrick Hull, Ph.D., **Nicole Fridling, BA**, Sohayla Elhousseini, BA & Shannon Wiltsey Stirman, Ph.D.. (2023, January). *Adapting cognitive processing therapy for asynchronous text delivery*. Poster presented at the 16th Annual Community Service Learning Conference: Mental Health is Public Health, San Antonio, TX.
- Fridling, N.**, Zech, J., Sharma, T., Rosenblatt, K., Hull, T.D.; (2022, November 17-20) *Addressing barriers to care: is a live video session required to build a working alliance?* Poster presentation at the Association for Behavioral and Cognitive Therapies 2022 Annual Conference in New York City
- Fridling, N.**, Straud, C., Dondanville, K., Jacoby, V., Fina, B.; for the STRONG STAR Training Initiative. (2022, March 17-20). *Training to ensure shared decision making: intervention to expand reach for education and initiation of EBTs for PTSD with community mental health providers*. Poster presentation at the Anxiety and Depression Association of America 2022 Annual Conference in Denver.
- Fridling, N.**, Straud, C., Dondanville, K., Jacoby, V., Fina, B.; for the STRONG STAR Training Initiative. (2021, November 2-5). *Community based clinicians—comparing military connected with non-military connected for the treatment of veterans*. Poster Presentation at the 37th Annual Meeting for the International Society for Traumatic Stress Studies (ISTSS).
- Fridling, N.**, Straud, C., Dondanville, K., Jacoby, V., Fina, B.; for the STRONG STAR Training Initiative. (2021, October 20-21). *Does being military connected matter for veteran serving clinicians?* Poster Presentation at the 2021 San Antonio Virtual Combat PTSD Conference, San Antonio, Texas.

PROFESSIONAL AFFILIATIONS

Association for Behavioral and Cognitive Therapies (ABCT), Post-Baccalaureate Member 2022-present

Association for Psychological Science (APS), Graduate Student Member
2023-present

Anxiety and Depression Association of America (ADAA), Student Member
2023-present

Society for Affective Science (SAS), Trainee Member
2023-present

SERVICE

University of Pennsylvania Alumni Interviewer 2020-present

Service 2 Schools, Ambassador 2023-present

Bridges to Wealth, Philadelphia, PA January 2020 – December 2020

Increased social media engagement five-fold for Bridges to Wealth, a financial education and literacy not-for-profit organization. Mentored at risk middle-school, high-school and adult students in marketing strategy. Designed website allowing for accessibility and access across all devices and connectivity, augmented search engine optimization, and integrated adult community programming for all levels of technological ability. Formatted and designed curriculum for e-learning accessible for any participant regardless of device or ability.

Cabin John Park Volunteer Fire Department, Bethesda, MD February 2013 to August 2018

Emergency Medical Technician, CPR Training Instructor, Montgomery County, MD EMS
Operated as EMT in charge of Ambulance responding to medical calls, traumatic injuries, and mass casualty incidents. Acted as the Technology Director and head of Public Relations and Design. As a CPR Training Instructor, I created and managed a system to train, certify and track CPR certifications for 70 fire/rescue volunteers.

REFERENCES

Aaron Heller, Ph.D.
Associate Professor of Psychology
Department of Psychology
University of Miami
aheller@gmail.com

Derrick Hull, Ph.D.
Hero Journey Club
Chief Clinical Officer
derrick@herojourney.club

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