

Olivia M. Triplett, M.A.

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EDUCATION:

Ph.D. in Clinical Psychology, Loma Linda University, Loma Linda, CA Dissertation: Insomnia Severity and Obesity Mediated by Health Behaviors in Adolescents Chair: Tori R. Van Dyk. – Successfully defended October 12, 2023	Expected June 2025
M. A. in Clinical Psychology, Loma Linda University, Loma Linda, CA	March 2021
Northern Arizona University, Flagstaff, AZ Graduate Coursework completed	Aug. 2017-May 2019
B. S. in Biology, The Ohio State University, Columbus, OH Minor in Organizational and Performance Psychology	May 2016

CLINICAL EXPERIENCE:

Predoctoral Clinical Psychology Intern, Pediatric Consultation-Liaison Track UCLA Department of Psychiatry and Biobehavioral Sciences / Semel Institute for Neuroscience and Human Behavior Primary Supervisor: Natacha Emerson, Ph.D.	July 2024 – June 2025
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Pediatric Consultation-Liaison Service (8 months)

Supervisors: Natacha Emerson, Ph.D., & Krista Tabuenca, Ph.D.

Supervision Hours: 1 hr/wk individual supervision; 1.5hrs/wk hours in-person rounds; 1 hr/wk group supervision

Direct Hours: 31 hrs/wk

- Provide consultation services to medically ill children & adolescents at UCLA Mattel Children's Hospital
- Presentation includes wide variety of psychiatric, behavioral, emotional, interpersonal conflict, and family difficulties occurring during hospitalization
- Evaluate behavioral, emotional, and developmental concerns that complicate medical treatment, including: anxiety, depression, non-adherence to medication regimen, medical trauma, sleep disturbances, delirium, and chronic pain
- Become integral members of interdisciplinary teams and provide recommendations to medical teams
- Provider brief cognitive-behavioral therapy and supportive interventions
- Attend various multidisciplinary rounds, including hematology/oncology, pediatric intensive care unit, hospitalists, and heart transplant rounds

Adolescent Medicine Outpatient Clinic (8 months)

Supervisor: Natacha Emerson, Ph.D.

Supervision Hours: immediate supervision

Direct Hours: 3 hrs/wk

- Provide psychological evaluation, triage, and brief intervention for adolescents presenting to an outpatient primary care clinic with a variety of medical conditions
- Consult with other healthcare providers (e.g., primary care physicians, social workers, pediatric residents) as needed
- Presentation includes mood and anxiety disorders, trauma symptoms/PTSD, adjustment concerns, symptoms associated with ADHD
- Provide brief cognitive-behavioral therapy, motivational interviewing, risk assessment, and safety planning

- Administers brief assessments, including PHQ-9, GAD-7, Vanderbilt, etc.

FIT for Healthy Weight Outpatient Clinic (3 months)

Supervisor: Natacha Emerson, Ph.D.

Supervision Hours: immediate supervision

Direct Hours: 4 hrs/wk

- Conduct a multidisciplinary behavioral intervention for overweight and obese children and adolescents using behavior modification techniques to promote healing and psychosocial wellbeing
- Consult with other healthcare providers, including pediatric attending physicians, social workers, and dieticians
- Presentation includes overweight and obese youth and adolescents with co-occurring Type 1 & Type 2 Diabetes, cardiac concerns (e.g., heart transplant, hypertension), co-occurring mood and anxiety symptoms, trauma symptoms/history of trauma, adjustment concerns, symptoms associated with ADHD, interpersonal conflict at home and at school
- Provide brief cognitive-behavioral therapy, motivational interviewing, risk assessment, and safety planning
- Administers brief assessments, including PHQ-9, GAD-7, Vanderbilt, etc.

Research Elective (6 months)

Supervisor: Natacha Emerson, Ph.D.

Hours: 3 hrs/wk

- Engage in conceptualization and creation of manuscript and poster to be presented at various psychology and medical conferences in Spring 2025

Expected Rotations

Child and Adolescent Inpatient Service and Eating Disorders Program (4 months; expected start in March 2025)

Supervisor: Krista Tabuenca, Ph.D.

Direct Hours: 31 hrs/week (expected)

- Serve as primary case manager for acutely psychiatrically ill children and adolescents
- Conduct diagnostic interviewing, provide individual and family therapy, and coordinate all aspects of patients' hospitalizations
- Provide individual and family therapy
- Coordinate all aspects of patients' hospitalization

Stress, Trauma, and Resilience (STAR) Clinic (4 months; expected to start in March 2025)

Supervisors: Catherine Mogil, Psy.D., & Blanca Orellana, Ph.D.

- Will provide psychotherapy and family-centered skill-based therapeutic interventions at the Stress, Trauma, and Resilience (STAR) clinic with families with medical illness or PTSD
- Will co-facilitate child sessions of a 12-week family group for families of children with a history of trauma
- Will provide supportive therapy and developmental guidance to parents of children at the UCLA NICU and attended psychosocial NICU rounds as part of the Family Development Program
- Will participate in weekly didactics, seminars, and case conferences

insomnia Treatment Group: UCLA Student Mental Health Clinic – Adult Psychiatry (SHIP Clinic)(3 months)

Supervisor: Jennifer Pike, Ph.D.

Supervision Hours: immediate supervision

Direct Hours: 2.5 hrs/wk

- Will conduct semi-structured interviews for the assessment of sleep disorders and factors contributing to

poor sleep

- Will administer and score standardized questionnaires for the assessment of sleep quality, and other sleep parameters used to assess progress throughout the intervention
- Will serve as co-therapists for group therapy and will facilitate “A Good Night’s Rest,” a manualized, structured intervention

**Psychology Pre-Intern – LLU Children’s Hospital
Consultation/Liaison Track**

July 2023 – June 2024

Supervisor: Amanda Suplee, Ph.D.

- Provided consultation services to medically ill children & adolescents at Loma Linda University Children’s Hospital
- Presentation included wide variety of psychiatric, behavioral, emotional, interpersonal conflict, and family difficulties occurring during hospitalization
- Evaluated behavioral, emotional, and developmental concerns that complicate medical treatment, including: anxiety, depression, T1D/DKA, non-adherence to medication regimen, history of trauma/PTSD, medical trauma, sleep disturbances, delirium, chronic pain, eating disorder concerns, safety concerns
- Became integral members of interdisciplinary teams and provide recommendations to medical teams
- Provided brief cognitive-behavioral therapy and supportive interventions
- Participated in weekly didactic seminars and supervision
- Attended multidisciplinary rounds, including palliative care rounds

**Psychology Pre-Intern – Loma Linda University Children’s Hospital
Pediatric Diabetes Center**

July 2023 – June 2024

Supervisor: Amanda Suplee, Ph.D.

- Conducted a multidisciplinary behavioral intervention for youth and adolescents presenting with Type 1 or Type 2 Diabetes
- Consulted with other healthcare providers, including pediatric endocrinologists, nurses, social workers, and dietitians
- Provided brief cognitive-behavioral therapy, motivational interviewing, risk assessment, and safety planning

**Psychology Extern – SAC Health System
Department of Pediatrics**

July 2023 – June 2024

Supervisor: Kathryn Davis, Psy.D.

- *Federally Qualified Health Clinic (FQHC)*, awarded a Health Resources and Services Administration (HRSA) one-year \$25,000 stipend
- Population: Children and adolescents from racially- and economically-diverse backgrounds with a wide variety of clinical presentations, such as depression, anxiety, history of trauma, sleep disorders, chronic medical conditions, chronic pain, bullying, developmental disorders, headaches and migraines, etc.
- Consulted with other healthcare providers, including pediatric attendings, residents, and medical assistants
- Conducted same day warm hand offs with pediatric physicians
- Conducted intake sessions with patients who requested behavioral health services
- Provided brief evidenced based interventions and short-term psychotherapy lasting 6 weeks on average, including cognitive-behavioral therapy, motivational interviewing, risk assessment, and safety planning
- Requested referrals for patients who required higher-level/specific level of care

**Psychology Extern – SAC Health System
Department of Family Medicine**

July 2022 – June 2023

Supervisor: Elizabeth Park, Psy.D.

- *Federally Qualified Health Clinic (FQHC)*, awarded a Health Resources and Services Administration (HRSA) one-year \$25,000 stipend
- Population: Youth and adolescents from racially- and economically-diverse backgrounds with a wide variety of clinical presentations, such as depression, anxiety, history of trauma, sleep disorders, chronic medical conditions, chronic pain, substance use and misuse, developmental disorders, headaches and migraines, etc.
- Consulted with other healthcare providers, including family medicine attendings, residents, and medical assistants
- Conducted same day warm hand offs with family medicine physicians
- Conducted intake sessions with patients who requested behavioral health services
- Provided brief evidenced based interventions and short-term psychotherapy lasting 6 weeks on average, including cognitive-behavioral therapy, motivational interviewing, risk assessment, and safety planning
- Requested referrals for patients who required higher-level/specific level of care
- Participated in a Quality Improvement (QI) project

Psychology Extern – SAC Health System

Jan. 2023 – Mar. 2023

Inpatient Services (IPS) Clinic, East Campus Hospital

Supervisor: Elizabeth Wolpern, Psy.D.

- Population: Adults from racially- and economically diverse backgrounds who were admitted to the hospital for various procedures and surgeries
- Participated in table rounds alongside family medicine attendings, physicians, and pharmacists
- Provided brief evidenced based interventions and psychotherapy to patients during their hospital admission
- Assisted new psychology trainees in the onboarding process

Psychology Extern – SAC Health System

Aug. 2022 – Oct. 2022

Sickle Cell Disease Clinic

Supervisor: Elizabeth Wolpern, Psy.D.

- Population: Youth and adolescents with diagnosis of Sickle Cell Disease
- Participated in table rounds alongside attendings, physicians, and nurses
- Provided brief evidenced based interventions and psychotherapy to patients during their doctor's visit focused on management of Sickle Cell Disease (i.e., management of pain, relaxation and coping skills, etc.)
- Conducted follow-up sessions with patients as needed

Psychology Extern – Valenta Inc.

July 2022 – July 2023

Supervisor: Kellie Nasont, Psy.D.

- Population: Youth and adolescents with diagnosed eating disorders, including Anorexia Nervosa – Restricting Subtype, Anorexia Nervosa – Binge Eating/Purging Subtype, and Bulimia Nervosa
- Setting: Eating Disorder clinic with an interdisciplinary team of medical doctors, clinical psychologists, and therapists
- Scores and interpreted assessments for in-patient/PHP patients, including The Minnesota Multiphasic Personality Inventory, Borderline Personality Inventory, Body Shape Questionnaire, Trauma Symptom Checklist and Trauma Symptom Checklist for Children, Adolescent Dissociative Experiences Scale, Adverse Childhood Experiences Scale, Beck Anxiety Inventory, Beck Depression Inventory, Beck Hopelessness Scale, Eating Disorder Inventory, and Mood Disorder Questionnaire
- Wrote 12 integrated reports for patients which included treatment recommendations
- Presented findings to interdisciplinary team to inform patient care
- Assisted new psychology trainees in the onboarding process

Psychology Internal Practicum Student –
Loma Linda University Health, Pediatric Neurology & Sleep Specialty Clinics
Supervisor: Tori R. Van Dyk, Ph.D.

Dec. 2021 – July 2022

- Population: Children and adolescents, ages 0-21, with a variety of clinical presentation, including but not limited to, behavioral insomnia, depression, anxiety, sleep disorders, headaches and migraines, and health behavior change
- Setting: Neurology and sleep medical clinics, with an interdisciplinary team of pediatric neurology and sleep physicians and medical assistants
- Provided brief evidenced based interventions and short-term psychotherapy for children and adolescents with comorbid health conditions, including headaches, migraines, sleep disorders, etc.

Psychology Internal Practicum Student –
Loma Linda University Behavioral Health Institute
Supervisor: Jennifer Weniger, Ph.D.

Sep. 2021 – Nov. 2021

- Population: Adults and older adults with co-morbid mood concerns, physical health conditions, etc.
- Provided brief evidenced based interventions and cognitive behavioral therapy for patients with a variety of clinical presentations, such as Generalized Anxiety Disorder, Major Depressive Disorder, and Adjustment Disorder
- Worked on weekly treatment planning
- Made referrals for patients who required higher-level/specific level of care

Other Clinical Experiences

Student Observer
The James Cancer Center & Solove Research Institute
Physician: Tina Bhatnagar, D.O.

May– July 2015

- Shadowed Dr. Bhatnagar in the clinic, conversed with patients, and learned about the different types of cancers that her patients had

Student Observer
University of Arizona Medical Center

December 2013

Physicians: Kenneth Hatch, M.D., Janiel Cragun, M.D., & Setsuko Chambers, M.D.

- Shadowed the doctors in their shared clinic, observed robotic surgery, scrubbed in for other surgical procedures, and conversed with patients.

SUPERVISOR EXPERIENCE:

Pre-Intern Clinical Supervisor – LLU Health
Supervisor: Catherine Sanner, Ph.D.

July 2023 – July 2024

- Provided 1.5 hrs/wk group supervision to 3 first-year clinical trainees
- Discussed cases, provided feedback, created evidence-based treatment plans, provided psychoeducation on various topics, including anxiety and depression in youth, trauma in youth, safety/risk assessment, mandated reporting, etc.

OTHER ASSESSMENT EXPERIENCE:

Research Assistant – Loma Linda University

July 2023 – Sep. 2024

Supervisor: Cameron Neece, Ph.D.

- Project: PRO-Parenting project addressed parental stress for parents with children who have developmental disabilities
- Integrated Reports written to date: 6 integrated reports using the following assessments: Stanford-Binet Intelligence Scales, Fifth Edition (SB-5), Vineland Adaptive Behavior Scales, Third Edition (VABS-3), Child Behavior Checklist (CBCL), Parenting Stress Index, Fourth Edition Short Form (PSI-4-SF)
- Population: Children ages 2–6-years with ASD

Research Assistant – LLU Behavioral Health Institute

July 2023

Supervisor: Richelin Dye, Ph.D.

- Administered, scored, and wrote one integrated report using the following assessments: Test of Premorbid Functioning (TOBF), Beck Anxiety Inventory (BAI), Beck Depression Inventory, Second Edition (BDI-2), Boston Naming Test (BNT), Controlled Oral Word Association Test (FAS/Animals), California Verbal Learning Test, Third Edition (CVLT 3), Montreal Cognitive Assessment (MoCA), Rey Osterrieth Complex Figure Test (RCFT), Stroop Test – Comali Version, Trail Making Test A & B, Weschler Adult Intelligence Scale, Fourth Edition (WAIS-IV; Block Design, Similarities, Digit Span, Coding, and Picture Completion), Wisconsin Card Sorting Test 64 Card Version (WCST-64), & Weschler Memory Scale, Fourth (WMS-IV; Logical Memory I & II and Visual Reproduction I & II).
- Population: Older adults ages ≥ 60 years old

RESEARCH EXPERIENCE:

Researcher – UCLA Child Psychiatry Consultation-Liaison Service

July 2024 – Present

Principal Investigator: Natacha Emerson, Ph.D.

- Conduct research on the impact of various health behaviors and interpersonal conflict on the sleep-depression relationship among adolescents using the 2023 YRBS data.

Researcher– The Pediatric Health & Behavior Lab

June 2021 – Oct. 2023

Principal Investigator: Olivia Triplett, M.A.

Dissertation: Insufficient sleep and obesity mediated by health behaviors in adolescents

- Conceptualized research & reviewing related literature
- Created and administered a parent-report online questionnaire
- Cleaned and analyzed the data
- Wrote and defended my findings

Research Assistant – The Pediatric Health & Behavior Lab

Jan. 2020 – July 2024

Principal Investigator: Tori R. Van Dyk, Ph.D.

- Administered online questionnaires to youth and families presenting for overnight polysomnography

Research Assistant

Aug. 2017 – May 2019

Principal Investigator: Natalia Dmitrieva, Ph.D.

- Identifying Preferences for an mHealth Smartphone Application among the Navajo at Risk for Type 2 Diabetes: Ran focus groups concerning Navajo individuals' phone use, mobile applications they used, and what features they wanted to see in a smartphone application designed to help individuals engage in health behaviors related to Type 2 Diabetes risk reduction. The results were expected to indicate that participants would prefer to use a culturally-sensitive mobile application that reflected their

preferences represented their Navajo culture, compared to an already existing, generic app.

Research Assistant

Aug. 2017 – Jan. 2019

Principal Investigator: Steven Barger, Ph.D.

- Examining the effect of social relationships on health and well-being: Participated in a research project that aimed to examine how various social relationship domains (i.e., social integration versus social support) effect physical health and mortality. I also worked on an independent project titled, Examining the relationship between religious affiliation and various CVD risk factors, which was conducted using The Workflow of Data Analysis using Stata by J. Scott Long, and the Midlife in the United States Wave 1 (MIDUS 1: 1995-1996) longitudinal data.

Research Assistant

Jan. 2016 – May 2016

The Department of Psychology, The Ohio State University

Principal Investigator: Geoff Durso (then-doctoral student)

- The Effects of Acetaminophen on Social Pain via the coding of relief and regret data:* Coded and discussed patterns of the effect of acetaminophen on social pain amongst undergraduate student participants.

Research Assistant

Aug. 2013 – May 2015

The Department of Sociology, The Ohio State University

Principal Investigator: Jill Yavorsky (then-doctoral student)

- Gender-based hiring discrimination for white-collar and blue collar jobs:* sent resumes of equally educated White American pairs (male and female applicants) to various white-collar (Part I) and blue-collar (Part II) job postings online. For Part III of the project, I sent fake resumes to white- and blue-collar jobs for single men, single women, married men, and married women

Research Assistant

Mar. 2013 – Aug. 2013

The Comprehensive Cancer Center, The Ohio State University

Principal Investigator: Dr. Nicholas Sullivan, Ph.D.

- Learned how to perform polymerase chain reactions and make, as well as use, an agarose gel. I also learned how to take DNA from mice samples and analyzed it using gel electrophoresis

PUBLICATIONS:

1. **Triplett, O.M.**, Morrell, E.R., & Van Dyk, T.R. (In press). Insomnia Severity and obesity mediated by health behaviors in adolescents. *Journal of Pediatric Psychology*. <https://doi.org/10.1093/jpepsy/jsae098>
2. Feghali, P.T., Rawal, B.M., Iwamoto, B.K., **Triplett, O.M.**, & Van Dyk, T.R. (In press). Anxiety and Depression as Mediators of the Sleep-Pain Relationship in Youth Presenting for Polysomnography. *Clinical Practice in Pediatric Psychology*.
3. White, M.L., **Triplett, O.M.**, Morales, N., & Van Dyk, T.R. (In press). Associations among sleep, emotional eating, and body dissatisfaction in adolescents. *Child Psychiatry & Human Development*.
4. Feghali, P. T., Iwamoto, B. K., **Triplett, O. M.**, Rockwood, N. J., Nelson, T. D., & Van Dyk, T. R. (In press). A daily-level, within-person examination of emotion regulation as a mediator of the relationship between sleep and behavior in youth. *Frontiers in Sleep*, 2, 1154638. <https://doi.org/10.3389/frsle.2023.1154638>.

MANUSCRIPTS IN PREPARATION

1. **Triplett, O.M.**, Triplett, R., & Van Dyk, T.R. (n.d.). The Impact of Screen Time and Cyberbullying Victimization on Adolescent Health. *In preparation*
2. **Triplett, O.M.**, Feghali, P.T., Morales, N., & Van Dyk, T.R. (n.d.). The Effect of Modifiable Health Behaviors on Pediatric Sleep Quality. *In preparation*
3. Rawal, B.M., **Triplett, O.M.**, Morales, N., & Van Dyk, T.R. (n.d.). The Impact of Health Behaviors and Screen Time on Pediatric Inattention. *In preparation*
4. Kelley, L., **Triplett, O.M.**, Nune, S., & Van Dyk, T.R. (n.d.). Etiologies of Apnea of Infancy: A Follow Up Study. *In preparation*

POSTER PRESENTATIONS:

1. **Triplett, O.M.**, Triplett, R., & Van Dyk, T.R. (2023, April). *The Impact of Screen Time and Cyberbullying Victimization on Adolescent Health*. Presented at the 2023 Western Psychological Association Annual Conference, Riverside, CA.
2. **Triplett, O.M.**, Mazzone, E., Motaes, N., & Van Dyk, T.R. (2023, April). *The Effect of Sleep Health and Screen Time on Adolescents' Physical Activity*. Presented at the 2023 Western Psychological Association Annual Conference, Riverside, CA.
3. **Triplett, O.M.**, & Van Dyk, T.R. (2022, April). *Sleep Duration and BMI Among a Student Sample: The Mediating Effects of Screen Time, Diet, and Physical Activity*. Presented at the 2022 Society for Pediatric Psychology Annual Conference, Phoenix, AZ.
4. **Triplett, O.M.**, Feghali, P.T., & Van Dyk, T.R. (2021, April). *The Effect of Modifiable Health Behaviors on Pediatric Sleep Quality*. Presented at the 2021 Virtual Society of Pediatric Psychology Annual Conference.
5. Feghali, P.T., Iwamoto, B.K., **Triplett, O.M.**, & Van Dyk, T.R. (2021, April). *Emotion Regulation Mediates the Relationship Between Sleep and Behavior in Youth*. Presented at the 2021 Virtual Society of Pediatric Psychology Annual Conference.
6. Rawal, B.M., **Triplett, O.M.**, & Van Dyk, T.R. (2021, April). The Impact of Health Behaviors and Screen Time on Pediatric Inattention. Presented at the 2021 Virtual Western Psychological Association Annual Conference.

CONFERENCE TALKS:

1. Barger, S.D., **Triplett, O.M.**, Cutler, J., & Wolf, K. (2018, June). *Social Integration and Ten-year Cardiovascular Mortality in a US Probability Sample*. Presented at the 51st Annual Society for Epidemiological Research meeting, Baltimore, MD.

TEACHING EXPERIENCE:

- Graduate Teacher's Assistant for LLU psychology graduate classes (Advanced Statistics I, Advanced Statistics II, Advanced Multivariate Statistics, Child and Adolescent Therapy, Drug Addition & Therapy, and Spirituality and Clinical Psychology). 2020-2024
- Graduate Teacher's Assistant for NAU psychology undergraduate classes (Research Methods) 2017-2019

SPECIALIZED TRAININGS:

- Trauma Focused Cognitive Behavioral Therapy for Youth: UCLA 2024

HONORS AND FELLOWSHIPS:

- Winner, Division 54 Student Poster Award 2021
- Dean's List, Loma Linda University 2020-Present

PROFESSIONAL MEMBERSHIPS:

- Society of Pediatric Psychology (APA Division 54)

CLINICAL REFERENCES:

- Natacha Emerson, Ph.D. – UCLA Pediatric Psychiatry C/L Service, ndemerson@mednet.ucla.edu
- Amanda Suplee, Ph.D. – Children's Hospital of Orange County, asuplee@llu.edu

RESEARCH REFERENCES:

- Tori Van Dyk, Ph.D. – Loma Linda University, tvandyk@llu.edu
- Holly Morrell, Ph.D. – Loma Linda University, hmorrell@llu.edu