

CURRICULUM VITAE  
SARAH A. (OWENS) MCHUGH, PH.D.

**Business Address**

Bradley Hospital  
Pediatric Anxiety Research Center  
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East Providence, RI 02915  
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**EDUCATION**

Undergraduate      **University of Notre Dame**, Notre Dame, IN  
Psychology, Theology (*magna cum laude*, *Phi Beta Kappa*)  
Bachelor of Arts, 2015

Graduate            **University of North Carolina at Chapel Hill**, Chapel Hill, NC  
Clinical Psychology, Child Track (APA Accredited Program)  
Master of Arts, 2017  
Doctor of Philosophy, 2022  
Certificate in Quantitative Psychology, 2022

Internship          **Brown University Clinical Psychology Training Consortium**,  
Providence, RI  
Child Track (APA Accredited Program)  
July 2021 – June 2022

**POST-GRADUATE TRAINING**

Postdoctoral Fellowship      **Alpert Medical School of Brown University**, Providence, RI  
Clinical Psychology Training Consortium Department of  
Psychiatry and Human Behavior (APA Accredited Program)  
Clinical Child Psychology Specialty Program  
Pediatric Anxiety Research Center  
July 2022 – August 2023

**HONORS AND AWARDS**

2011 – 2015      Hesburgh-Yusko Scholars Program, University of Notre Dame  
2011 – 2015      Dean's List, University of Notre Dame  
2012 – 2015      Dean's Fellow, University of Notre Dame  
2014 – 2015      Psi Chi National Honor Society in Psychology, University of Notre Dame  
2015              Conference Presentation Grant, University of Notre Dame  
2015              Psychology Departmental Honors, University of Notre Dame

2015 Phi Beta Kappa, University of Notre Dame  
2022 Psychology Resident Research Award (1<sup>st</sup> Place), Brown University Warren Alpert Medical School Mind Brain Research Conference  
2022 DBT Bulletin Student Award, International Society for the Improvement and Teaching of Dialectical Behavior Therapy

### **PROFESSIONAL LICENSURE**

May 2023 – Present Licensed Psychologist  
State of Rhode Island (License #PS02177)

### **ACADEMIC APPOINTMENTS**

Sept. 2024 – Present Clinical Assistant Professor  
Department of Psychiatry and Human Behavior  
Warren Alpert Medical School of Brown University

Sept. 2023 – Sept. 2024 Clinical Instructor  
Department of Psychiatry and Human Behavior  
Warren Alpert Medical School of Brown University

### **HOSPITAL APPOINTMENTS**

August 2023 – Present Staff Psychologist  
Bradley Hospital, Hasbro Children’s Hospital, & Rhode Island Hospital

### **OTHER APPOINTMENTS**

August 2018 – July 2020 Student Representative and Member of the Board of Directors:  
*Council of University Directors of Clinical Psychology (CUDCP)*

August 2019 CUDCP Liaison: *American Psychological Association of Graduate Students*

2019 – Present Ad-hoc Manuscript Reviewer: *Psychoneuroendocrinology, BMC Medicine, BMC Women’s Health*

### **HOSPITAL COMMITTEES**

2024 – Present Member: *Diversity, Equity, Inclusion, and Belonging Committee, Pediatric Anxiety Research Center, Bradley Hospital*

### **UNIVERSITY COMMITTEES**

August 2016 – July 2018 Member: *Clinical Training for Inclusion and Equity Committee, Psychology and Neuroscience Department, University of North Carolina at Chapel Hill*

August 2016 – May 2018      Committee Chair: *Graduate and Professional Student Bill of Rights Committee*, University of North Carolina at Chapel Hill

August 2016 – May 2019      Senator for the Department of Psychology and Neuroscience: *Graduate and Professional Student Federation*, University of North Carolina at Chapel Hill

## **MEMBERSHIP IN SOCIETIES**

International Association for Premenstrual Disorders  
Association for Behavioral and Cognitive Therapies

## **PUBLICATIONS LIST**

### **ORIGINAL PUBLICATIONS IN PEER-REVIEWED JOURNALS**

1. Eisenlohr-Moul, T. A., Schmalenberger, K. M., **Owens, S. A.**, Peters, J. R., Dawson, D. N., & Girdler, S. S. (2018). Perimenstrual exacerbation of symptoms in borderline personality disorder: Evidence from multilevel models and the Carolina Premenstrual Assessment Scoring System. *Psychological Medicine*, 48(12), 2085–2095. <https://doi.org/10.1017/S0033291718001253>
2. **Owens, S. A.**, Helms, S. W., Rudolph, K. D., Hastings, P. D., Nock, M. K., & Prinstein, M. J. (2018). Interpersonal stress severity longitudinally predicts adolescent girls' depressive symptoms: The moderating role of subjective and HPA axis stress responses. *Journal of Abnormal Child Psychology*. <https://doi.org/10.1007/s10802-018-0483-x>
3. **Owens, S. A.**, & Eisenlohr-Moul, T. A. (2018). Suicide risk and the menstrual cycle: A review of candidate RDoC mechanisms. *Current Psychiatry Reports*, 20(11), 106. <https://doi.org/10.1007/s11920-018-0962-3>
4. Peters, J. R., **Owens, S. A.**, Schmalenberger, K. M., & Eisenlohr-Moul, T. A. (2020). Differential effects of the menstrual cycle on reactive and proactive aggression in borderline personality disorder. *Aggressive Behavior*, 46(2), 151–161. <https://doi.org/10.1002/ab.21877>
5. **Owens, S. A.**, Eisenlohr-Moul, T. A., & Prinstein, M. J. (2020). Understanding when and why some adolescent girls attempt suicide: An emerging framework integrating menstrual cycle fluctuations in risk. *Child Development Perspectives*, 14(2), 116–123. <https://doi.org/10.1111/cdep.12367>
6. Hsueh, L., Werntz, A., Hobaica, S., **Owens, S. A.**, Lumley, M. A., & Washburn, J. J. (2021). Clinical psychology PhD students' admission experiences:

Implications for recruiting racial/ethnic minority and LGBTQ students. *Journal of Clinical Psychology*, 77(1), 105–120. <https://doi.org/10.1002/jclp.23074>

7. Schmalenberger, K. M., Tauseef, H. A., Barone, J. C., **Owens, S. A.**, Lieberman, L., Jarczok, M. N., Girdler, S. S., Kiesner, J., Ditzen, B., & Eisenlohr-Moul, T. A. (2021). How to study the menstrual cycle: Practical tools and recommendations. *Psychoneuroendocrinology*, 123, 104895. <https://doi.org/10.1016/j.psyneuen.2020.104895>
8. **Owens, S. A.**, & Eisenlohr-Moul, T. A. (2021). Understanding menstrual cycle effects on suicide will require prospective studies of suicidal thoughts and behaviors in premenstrual disorders. *BMC Medicine*, 19(1), 135. <https://doi.org/10.1186/s12916-021-02010-8>
9. Calhoun, C.D., Patterson, M.W., Bendezu, J.J., Helms, S.W., **Owens, S.A.**, Rudolph, K.D., Hastings, P.D., & Prinstein, M.J. (2021). Linking post-stressor interpersonal processes in adolescent girls' close friendships with acute HPA stress responses. *Journal of Adolescence*, 92, 10-19. <https://doi.org/10.1016/j.adolescence.2021.08.001>
10. Hobaica, S., Szkody, E., **Owens, S.A.**, Boland, J.K., Washburn, J.J., & Bell, D.J. (2021). Mental health concerns and barriers to care among future clinical psychologists. *Journal of Clinical Psychology*. <https://doi.org/10.1002/jclp.23198>
11. Clayton, M.G., Pollak, O.H., **Owens, S.A.**, Miller, A.B., & Prinstein, M.J. (2021). Advances in research on adolescent suicide and a high priority agenda for future research. *Journal of Research on Adolescence*, 31(4), 1068–1096. <https://doi.org/10.1111/jora.12614>
12. Szkody, E., Hobaica, S., **Owens, S. A.**, Boland, J., Washburn, J. J., & Bell, D. (2022). Financial stress and debt in clinical psychology doctoral students. *Journal of Clinical Psychology*, 79(3), 835–853. <https://doi.org/10.1002/jclp.23451>
13. **Owens, S. A.**, Schmalenberger, K. M., Bowers, S., Girdler, S. S., Rubinow, D. R., Prinstein, M. J., & Eisenlohr-Moul, T. A. (2023). Cyclical exacerbation of suicidal ideation in female outpatients: Prospective evidence from daily ratings in a transdiagnostic sample. *Journal of Psychopathology and Clinical Science*, 132(6), 704–715. <https://doi.org/10.1037/abn0000838>
14. **McHugh, S. A.** & Gold, A. L. (2024). Be curious, not judgmental. A DBT emotion regulation handout for changing unwanted emotions. *The Brown University Child and Adolescent Behavior Letter*. 40(10), 1-5. <https://doi.org/10.1002/cbl.30815>

## **BOOKS AND BOOK CHAPTERS**

1. Eisenlohr-Moul, T.A., & **Owens, S.A.** (2016). Hormones and personality: A review of experimental and longitudinal evidence. In V. Zeigler-Hill & T. Shackelford (Eds.), *Encyclopedia of personality and individual differences* (1st ed.). Springer International Publishing. [https://doi.org/10.1007/978-3-319-28099-8\\_762-1](https://doi.org/10.1007/978-3-319-28099-8_762-1)
2. Miller, A. B., Massing-Schaffer, M., **Owens, S. A.**, & Prinstein, M.J. (2019). Non-suicidal self-injury among children and adolescents. In Ollendick, T.H., White, S.W., & White, B.A. (Eds.). *The Oxford handbook of clinical child and adolescent psychology*. Oxford University Press. <https://doi.org/10.1093/oxfordhb/9780190634841.013.34>

### **PUBLICATIONS SUBMITTED OR IN PREPARATION**

1. **Owens, S.A.**, Eisenlohr-Moul, T.A., Mendle, J, Rudolph, K.D., Nock, M. K., Hastings, P.D., Prinstein, M. J. (in preparation). Associations of impulsivity with suicide attempts and non-suicidal self-injury: The moderating role of age at menarche.

### **ABSTRACTS**

1. **Owens, S. A.**, Gaffey, A. E., & Wirth, M. M. (2015, April). *Hormonal dysregulation as a risk factor for depression in early adulthood*. Midwestern Psychological Association, Chicago, IL.
2. **Owens, S. A.**, Helms, S. W., Hastings, P. D., Rudolph, K. D. & Prinstein, M. J. (2016, October). *Acute HPA axis response to social stress longitudinally predicts adolescent girls' depressive symptoms: the moderating role of subjective stress responses*. Association for Behavioral and Cognitive Therapies, New York, NY.
3. Peters, J. R., Eisenlohr-Moul, T. A., Schmalenberger, K. M., **Owens, S. A.**, Dawson, D. N., & Girdler, S. (2018, April). *Menstrual cycle effects on anger and aggression in borderline personality disorder*. North American Society for the Study of Personality Disorders, New York, NY.
4. **Owens, S. A.**, Massing-Schaffer, M., Bauer, D. J., & Prinstein, M. J. (2018, April). *Multiple sources of influence: adolescents' evolving perceptions of parents, peers, and populars' health risk behavior attitudes*. Society for Research on Adolescence, Minneapolis, MN.
5. **Owens, S. A.**, Lieberman, L., Prinstein, M.J., & Eisenlohr-Moul, T.A. (2019, October). *Perimenstrual exacerbation of ongoing suicidal ideation*. International Academy of Suicide Research and American Foundation for Suicide Prevention, Miami, FL.

6. **Owens, S. A.**, Werntz, A., Hsueh, L., & Hobaica, S., (2019, January). *CUDCP student representatives' report: Graduate admissions in clinical psychology: The students' perspective*. Council of University Directors of Clinical Psychology, New Orleans, LA.
7. **Owens, S. A.**, Hobaica, S., Szkody, E., & Boland, J. (2020, January). *The relation between financial stress and health outcomes among clinical psychology doctoral students*. Council of University Directors of Clinical Psychology, Austin, TX.
8. **Owens, S. A.**, Eisenlohr-Moul, T. A. (2020, November). *Premenstrual exacerbation of suicidal ideation and associated RDoC risk factors*. Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
9. **Owens, S.A.**, Eisenlohr-Moul, T.A., Mendle, J, Rudolph, K.D., Nock, M. K., Hastings, P.D., Prinstein, M. J. (2021, October). *Associations of impulsivity with suicide attempts and non-suicidal self-injury: The moderating role of age at menarche*. International Academy of Suicide Research and American Foundation for Suicide Prevention.
10. **Owens, S.A.**, Eisenlohr-Moul, T.A., & Prinstein, M.J. (2022, March). *Characterizing menstrual cycle influences on social processes, suicidal ideation, and behavior in adolescents with past-year suicidal ideation*. Presented at the annual Brown University Mind/Brain Research Conference, Providence, RI.

## **INVITED PRESENTATIONS**

### **INTERNATIONAL**

1. **Owens, S.A.** (2022, June) *Understanding When and Why Some Individuals Attempt Suicide: Testing an Emerging Framework Integrating Menstrual Cycle Fluctuations in Risk*. International Association for Premenstrual Disorders, Cycle Science Community Webinar Series, Online.

### **REGIONAL**

1. **Owens, S.A.** (2017, July) Suicidal behavior and the media: Problems and prevention. Presentation provided to high school students in the Talent Identification Program, Duke University, Durham, NC.
2. **Owens, S.A.** (2018, April) Reproductive hormones and suicide risk. Presentation provided to undergraduate students in the Department of Psychology and Neuroscience at the University of North Carolina at Chapel Hill, Chapel Hill, NC.
3. **Owens, S.A.** (2018, June) Adolescent suicidal behavior: Etiology, assessment, and representation in the media. Presentation provided to undergraduate students

in the Department of Psychology and Neuroscience at the University of North Carolina at Chapel Hill, Chapel Hill, NC.

4. **Owens, S.A.** (2019, October) Menstrual cycle exacerbation of depression and suicidality. Presentation provided to the Nock Lab, Harvard University, Cambridge, MA.
5. **Owens, S.A.** & Peters, J. (2022, March). Understanding menstrual cycle effects on psychopathology. Presentation provided to the Child Psychiatry Department, Bradley Hospital, Riverside, RI.
6. **McHugh, S.A.** & Righi, G. (2023, December). Supporting students with anxiety and related disorders. Presentation provided to the Barrington School Department, Barrington, RI.
7. **McHugh, S.A.** (2024, April). Exposure therapy for pediatric OCD and anxiety disorders. Presentation provided to the Brookline Center for Community Mental Health

## **GRANTS**

2019-2021                      NIMH F31MH12096502 (PI Owens)  
Role: Principal Investigator  
Title: Characterizing Menstrual Cycle Influences on Social Processes, Suicidal Ideation, and Behavior in Adolescent Females with Past-Year Suicidal Ideation  
Total Costs: \$74,419

## **UNIVERSITY TEACHING, ADVISING, AND MENTORING ROLES**

Fall 2015                      **Graduate Teaching Assistant**  
PSYC 101: Introduction to Psychology  
University of North Carolina Department of Psychology and Neuroscience

Spring 2018                      **Instructor of Record**  
PSYC 242: Introduction to Clinical Psychology  
University of North Carolina Department of Psychology and Neuroscience

## **HOSPITAL TEACHING, ADVISING, AND MENTORING ROLES**

2022 – 2023                      **Instructor**  
Research Assistant Seminar Series  
Pediatric Anxiety Research Center, Bradley Hospital

2023 – 2024                      **Supervisor**  
Child and Adolescent Psychiatry Fellowship Program

The Warren Alpert Medical School, Brown University  
Pediatric Anxiety Research Center, Bradley Hospital

## **DIVERSITY, EQUITY, AND INCLUSION WORK**

### **RESEARCH AND SCHOLARSHIP**

Hsueh, L., Werntz, A., Hobaica, S., **Owens, S. A.**, Lumley, M. A., & Washburn, J. J. (2021). Clinical psychology PhD students' admission experiences: Implications for recruiting racial/ethnic minority and LGBTQ students. *Journal of Clinical Psychology*, 77(1), 105–120. <https://doi.org/10.1002/jclp.23074>

Hobaica, S., Szkody, E., **Owens, S.A.**, Boland, J.K., Washburn, J.J., & Bell, D.J. (2021). Mental health concerns and barriers to care among future clinical psychologists. *Journal of Clinical Psychology*. <https://doi.org/10.1002/jclp.23198>

### **CLINICAL WORK AND CONTINUING EDUCATION**

Culturally Responsive Assessment Workshop (2024), Pediatric Anxiety Research Center, Bradley Hospital

Presenters: Alaa Elnajjar, MD, Thamara Davis, MD Elizabeth Brannan , MD

Assessing and Treating Race-Based Traumatic Invalidation (2024), Antioch University Seattle

Presenters: Melanie Harned, PhD and Natalia Garcia, PhD

Power of the Pen: How You Can Reduce Bias in Your Written Evaluations and Letters of Recommendation (2024), Brown University Department of Psychiatry and Human Behavior

Presenters: Kate Cahill, M.D., Rebekah Gardner, M.D., Stephanie Catanese, M.D., and Sarita Warriar, M.D.

### **ORGANIZATIONS**

*Clinical Training for Inclusion and Equity Committee*, Psychology and Neuroscience Department, University of North Carolina at Chapel Hill (2016-2018)

*Diversity, Equity, Inclusion, and Belonging Committee*, Pediatric Anxiety Research Center, Bradley Hospital (2024 – present)

### **COMMUNITY HEALTH ENGAGEMENT AND SERVICE**

**McHugh, S.A.** & Righi, G. (2023, December). Supporting students with anxiety and related disorders. Presentation provided to the Barrington School Department, Barrington, RI.



**McHugh, S.A.** (2024, April). Exposure therapy for pediatric OCD and anxiety disorders. Presentation provided to the Brookline Center for Community Mental Health