



Benjamin W. Nelson, Ph.D.

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EDUCATION

Postdoctoral Scholar	University of North Carolina at Chapel Hill Clinical Psychology, Digital Mental Health	2020 – Present
Ph.D.	University of Oregon Clinical Psychology <u>Advisor:</u> Nicholas B. Allen, Ph.D. <u>Dissertation Title:</u> <i>Parenting and Adolescent Health: Mechanisms of Psychopathology-Disease Comorbidity</i> <u>Qualifying Exams Passed:</u> May, 2017 <u>Dissertation Defense Passed:</u> May 17, 2019	2013 – 2020
Psychology Residency	University of Washington School of Medicine Clinical Psychology Residency in Behavioral Medicine	2019 – 2020
M.S.	University of Oregon Clinical Psychology <u>Advisors:</u> Nicholas B. Allen, Ph.D. & Heidemarie Laurent, Ph.D.	2014
B.A.	Indiana University <u>Major:</u> Psychology, <u>Minor:</u> Sociology	2011

SELECTED FUNDING, HONORS, & AWARDS

2018 – 2019	Dissertation Research Award <i>American Psychological Association (APA)</i>	\$1,000
2018 – 2019	Marthe E. Smith Memorial Science Scholarship <i>University of Oregon, College of Arts and Sciences, Academic Merit</i>	\$5,000
2018 – 2019	Norman D. Sundberg Fellowship in Psychology <i>University of Oregon, Psych Dept., Academic Merit</i>	\$1,000
2018 – 2019	Graduate Student Research Grant <i>Center for the Study of Women in Society</i>	\$3,000

2015 – 2017	1440 Research Grant Award <i>Mind & Life Institute</i>	\$14,475
2014 – 2018	Travel Awards <i>University of Oregon, Psych Dept.</i>	\$2,000
2014	National Science Foundation Honorable Mention <i>National Science Foundation (NSF)</i>	

PUBLICATIONS

Peer-Reviewed Publications

1. **Nelson, B.W.**, Flannery, J.E., Flournoy, Duell, N., J. Prinstein, M.J., Telzer E. (2021). Concurrent and Prospective Associations Between Fitbit Derived RDoC Arousal and Regulation Constructs and Adolescent Internalizing Symptoms. *Journal of Child Psychology and Psychiatry*. doi: 10.1111/jcpp.13471.
2. Forman-Hoffman, V. L., **Nelson, B. W.**, Ranta, K., Nazander, A., Hilgert, O., Quevedo, J. (2021). Significant reduction in depressive symptoms among patients with moderately-severe to severe depressive symptoms after participation in a therapist-supported, evidence-based mobile health program delivered via a smartphone app. *Internet Interventions*.
3. **Nelson, B.W.**, Sheeber, L, Pfeifer, J., & Allen, N.B. (2021). Affective and Physiological Reactivity in Depressed and Non-Depressed Mothers and Their Adolescent Offspring. *Research on Child and Adolescent Psychopathology*.
4. **Nelson, B.W.**, Low, C., Jacobson, N. C., Arean, P., Torous, J., & Allen, N. B. (2020). Guidelines for Wrist-Worn Wearable Assessment of Heart Rate in Biobehavioral Research. *Nature Digital Medicine*.
5. **Nelson, B.W.**, Pettitt, A., Flannery, J., Allen, N.B. (2020). Rapid Assessment of Psychological and Epidemiological Correlates of COVID-19 Concern, Financial Strain, and Health-Related Behavior Change in a Large Online Sample. *PLoS ONE*. 15(11): e0241990.
6. **Nelson, B.W.**, Sheeber, L, Pfeifer, J., & Allen, N.B. (2020). Psychobiological Markers of Allostatic Load in Depressed and Non-Depressed Mothers and Their Adolescent Offspring. *Journal of Child Psychology and Psychiatry*.
7. **Nelson, B.W.**, Bernstein, R., Allen, N.B., Laurent, H. (2020). The Quality of Early Infant-Caregiver Relational Attachment and Longitudinal Changes in Infant Inflammation Across 6 months. *Developmental Psychopathology*.

8. Barendse, M., Vijayakumar, N., Byrne, M. L., Flannery, J., Cheng, T. W., Flournoy, J., **Nelson, B.W.**, Cosme, D., Chavez, S. & Hval, L., Brady, B., Nadel, H., Shirtcliff, B., Allen, N.B., & Pfeifer, J. (2019). Study protocol: Transitions in Adolescent Girls (TAG). *Front. Psychiatry*.
9. **Nelson, B.W.**, Wright, D.B., Allen, N.B., Laurent, H. (2019). Maternal Stress and Social Support Prospectively Predict Infant Inflammation. *Brain, Behavior, and Immunity*.
10. **Nelson, B.W.** & Allen, N.B. (2019). Accuracy of Consumer Wearable Heart Rate Measurement During an Ecologically Valid 24-Hour Period: Intraindividual Validation Study. *JMIR mHealth and uHealth*, 7(3), e10828.
11. Allen, N.B., **Nelson, B.W.**, Brent, D., & Auerbach, R. P. (2019). Short term prediction of Suicidal thoughts and behaviors: Can recent developments in technology and computational science provide a breakthrough? *Journal of Affective Disorders*, 250, 163-169.
12. **Nelson, B.W.** & Allen, N.B. (2018). Extending the Passive Sensing Toolbox: Utilizing Smart Home Technology in Psychological Science. *Perspective on Psychological Science*, 13(6), 718–733.
13. **Nelson, B. W.**, Allen, N. B., & Laurent, H. (2018). Infant HPA axis as a potential mechanism linking maternal mental health and infant telomere length, *Psychoneuroendocrinology*, 88, 38-46.
14. Horn, S.R., Long, M.M., **Nelson, B.W.**, Allen, N.B., Fisher, P. A., & Byrne, M. L. (2018). Replication and reproducibility issues in the relationship between C-reactive protein and depression: A systematic review and focused meta-analysis. *Brain, Behavior and Immunity*, 77, 85-114.
15. Laurent, H., Goodman, S. H., Stowe, Z. N., Halperin, M., Khan, F., Wright, D., **Nelson, B.W.**, Newport, J., Ritchie, J.C., Monk, C., & Knight, B. (2018). Course of ante- and postnatal depressive symptoms related to mothers' HPA axis regulation. *Journal of Abnormal Psychology*, 127(4), 404- 416.
16. **Nelson, B.W.**, Byrne, M.L., Simmons, J.G., Whittle, S., Schwartz, O. S., O'Brien-Simpson, N. M., Walsh, K. A., Reynolds, E.C., & Allen, N. B. (2018). Adolescent temperament dimensions as stable prospective risk and protective factors for salivary C-reactive protein. *British Journal of Health Psychology*, 23(1), 186-207.
17. **Nelson, B.W.**, Byrne, M., Simmons, J. G., Whittle, S., Schwartz, O.S., Reynolds, E.C., O'Brien-Simpson, N.M., Sheeber, L., & Allen, N.B. (2017). Adolescent Sympathetic Activity and Salivary C-Reactive Protein: The effects of parental behavior. *Health Psychology*. 36(10), 955-965.

18. **Nelson, B.W.**, Byrne, M.L., Sheeber, L., & Allen, N.B. (2017). Does Context Matter? A Multi-Method Assessment of Affect in Adolescent Depression Across Multiple Affective Interaction Contexts. *Clinical Psychological Science*, 5(2), 239-258.
19. **Nelson, B.W.**, Laurent, S.M., Bernstein, R., Laurent, H.K. (2016). Perspective-Taking Influences Autonomic Attunement Between Partners During Conflict Discussion. *Journal of Social and Personal Relationships*, 34(2), 139-165.
20. Laurent, H.K., Hertz, R., **Nelson, B.W.**, & Laurent, S.M. (2016). Mindfulness during romantic conflict moderates the impact of negative partner behaviors on cortisol responses. *Hormones and Behavior*, 79, 45-51.
21. Laurent, H.K., Laurent, S.M., Lightcap, A., & **Nelson, B.W.** (2016). How Situational Mindfulness During Conflict Stress Relates to Well-Being. *Mindfulness*, 7(4), 909-915.
22. Bernstein, R.E., Laurent, S.M., **Nelson, B.W.**, & Laurent, H.K (2015). Perspective-taking induction mitigates the effect of partner attachment avoidance on self-partner overlap. *Personal Relationships*, 22(2), 356-367.
23. Laurent, H.K., Laurent, S.M., **Nelson, B.W.**, Wright, D. B., & Sanchez, D. A. (2015). Dispositional Mindfulness Moderates the Effect of a Brief Mindfulness Induction on Physiological Stress Responses. *Mindfulness*, 6(5) 1-9.
24. Baldini, L., Parker, S.C., **Nelson, B.W.**, & Siegel, D.J. (2014). The clinician as neuroarchitect: The importance of mindfulness and presence in clinical practice. *Clinical Social Work Journal*, 42(3), 218-227.

Book Chapters

25. **Nelson, B.W.**, Massing-Schaffer, M., Prinstein, M. (2020). Youth Suicide. In Hitching, R., *ABCT Briefing Book on Suicide*.
26. Allen, N.B. & **Nelson, B.W.** (2018). Emotion Regulation Development from Childhood to Adolescence: Regulation of What and Regulation for Whom? In Pamela M. Cole & Tom Hollenstein (Eds.), *Emotion Regulation: A Matter of Time*. Taylor and Francis Publishing.
27. Parker, S.C., **Nelson, B.W.**, Epel, E.S., & Siegel, D.J. (2015). The science of presence: A central mediator of the interpersonal benefits of mindfulness. In K.W. Brown, J.D. Creswell, & R.M. Ryan (Eds.), *Handbook of Mindfulness: Theory and Research*. New York: Guilford Press.
28. **Nelson, B.W.**, Parker, S.C., & Siegel, D.J. (2015). Interpersonal neurobiology, mindfulness, and the triangle of well-being: The mind, relationships & the brain. In Tronick, E. Perry, B., & Brandt, K. (Eds.), *Infant & Early Childhood Mental Health*. Washington, D.C., American Psychiatric Publishing.

Publications Submitted

29. **Nelson, B.W.**, Pollak, O., Clayton, M., Prinstein, M., Telzer E. (In Prep). An RDoC-Based Approach to Adolescent Self-Injurious Thoughts and Behaviors: The Interactive Role of Social Affiliation and Cardiac Arousal.
30. Harvie, H., Jain, B., **Nelson, B. W.**, Knight, E. L., Roos, L. E., & Giuliano, R. J. (2021, April 23). Induction of acute stress through an internet-delivered Trier Social Stress Test as assessed by photoplethysmography on a smartphone. <https://doi.org/10.31234/osf.io/rjkmv>
31. Armstrong-Carter, E., Bibby, E., Bouroughs, M., Flannery, J. E., **Nelson, B. W.**, Duell, N., Prinstein, M. J., Telzer, E. H. (Submitted). The Daily Covariation Between Risk-Taking and Prosocial Behaviors During Adolescence: Individual Differences by Sensation Seeking and Social Craving.
32. Armstrong-Carter, E., **Nelson, B. W.**, Telzer, E. H. (Submitted). Prior Night Sleep Buffers the Daily Association Between Peer Conflict and Diurnal Cortisol.
33. Vijayakumar, N., Shirtcliff, E. A., Byrne, M. L., Mills, K., Cheng, T. W., Mobasser, A., Flannery, J.E., **Nelson, B.W.**, Flournoy, J., Wang, W., Allen, N.B., Pfeifer, J. (2019). Pubertal hormones and brain structure: Exploring the value of hair assays. PsyArXiv. doi:10.31234/osf.io/btf4y.
34. Clayton, M.G., **Nelson B.W.**, Giletta, M., Hastings, P.D., Nock, M.K., Rudolph, K.D., Slavich, G.M., Prinstein, M.J. (Submitted). Interpersonal Stress Exposure and Inflammatory Stress Reactivity as Prospective Predictors of Suicide Attempts in Adolescence.
35. Puterman, E., Pauly, T., Ruissen, G., **Nelson, B.W.**, Faulkner, G. (Submitted). Move more, move better: A narrative review of wearable technologies and its application to precision health.
36. Byrne, M., Lind, M., Horn, S., Mills, K.L., **Nelson, B.W.**, Barnes, M., Slavich, G.M., Allen, N.B. (Submitted). Measurement of psychological stress in an exploratory pilot study comparing mobile sensing data with biological and self-reported stress: A brief report.

Publications in Preparation

37. **Nelson, B.W.**, Flannery, J.E., Cosme, D., Flournoy, J. (In Prep). Computational Psychiatry Approach to Fitbit Data and Mental Health: An ABCD Cohort Study.

38. **Nelson, B. W.**, Ranta, K., Nazander, A., Hilgert, O., Forman-Hoffman, V. L. (In Prep). Suicide risk reduction and associated economic savings associated with participation in an evidence-based mHealth intervention.
39. **Nelson, B.W.**, Roos, L., Giuliano, R. (In Prep). Smartphone Photoplethysmography and Mental Health Outcomes.
40. Armstrong-Carter, E., **Nelson, B.W.**, Telzer E. (In Prep). Prior Night Sleep Buffers the Daily Association Between Peer Conflict and Flat Cortisol Slopes.
41. **Nelson, B.W.**, Pfeifer, J., & Allen, N.B. (In Prep). Onset of Adolescent Female Psychopathology and Accelerated Biological Aging.
42. Pollak, O., Clayton, M., **Nelson, B.W.**, Prinstein, M. (In Prep). Understanding the social context of NSSI: Romantic and Peer Relationships. In Lloyd-Richardson, E.E., Baetens, I., & Whitlock, J. (Eds.), *The Oxford Handbook of Nonsuicidal Self-Injury*. Oxford University Press.

PRESENTATIONS AT REFEREED CONFERENCES

Chaired Symposia

Nelson, B.W. (2018, May). *Parenting and Offspring Health: Uncovering the Mechanisms*. Symposium presented at the Association for Psychological Science (APS), San Francisco, CA.

Paper Presentations

Nelson, B.W., Flannery, J.E., Duell, N., Flournoy, J. Prinstein, M.J., Telzer E. (2021, May). Consumer Wearable Sensor Data and Adolescent Internalizing Symptoms in a Nationally Representative Sample. Association for Psychological Science, Virtual.

Nelson, B.W., Bernstein, R., Laurent, H., Allen, N.B. (2019, May). The Quality of Early Infant-Caregiver Attachment and Longitudinal Changes in Infant Inflammation Across 6 Months. Psychosomatic Medicine, Vancouver, BC.

Byrne, M.L., Horn, S.R, Barnes, M.L., Lind, M.N. Mills, K.L., **Nelson, B.W.**, Slavich, G.M., Allen, N.B. (2019, May). Mobile Measurement of Psychological Stress: An exploratory pilot study comparing passive mobile phone sensing data with biological and self-reported stress. Psychosomatic Medicine, Vancouver, BC.

Nelson, B.W. (2018, May). *The Association Between Parental Behaviors and Offspring Health: Sympathetic, endocrine, immune, and cellular mechanisms*. Symposium presented at Association for Psychological Science (APS), San Francisco, CA.

Nelson, B.W., Bryne, M., Sheeber, L.B., & Allen, N.B. (2016, March). *Does Context Matter? A Multimethod Assessment of Adolescent Depression Across Various Affective Interactions*. Symposium presented at Society for Research on Adolescence (SRA), Baltimore, MD.

Nelson, B.W., Noll, L., Egan-Wright, D., & Laurent, H. (2015, March). *Parental Mindfulness vs. General Mindfulness: Predicting Maternal Postpartum Depression and Parental Stress*. Symposium presented at Society for Research in Child Development (SRCD), Philadelphia, PA.

Nelson, B.W., Noll, L., Egan-Wright, D., & Laurent, H. (2015, February). *Parental Interpersonal Mindfulness Associated with Decreased Rates of Postpartum Depression*. Mindfulness in Society Symposium (2nd Annual) presented at University of Oregon, Eugene, OR.

Nelson, B.W., Bernstein, R., Egan-Wright, D., Hertz, R., Laurent, R., & Laurent, H. (2014, November). *Perspective Taking and Dispositional Mindfulness Influence Autonomic Attunement Between Couples During Conflict Resolution*. Presentation presented at UO First Year Project Symposium, Eugene, OR.

Asarnow JR, Hughes J, Suddath R, **Nelson B.W.**, Arslanian T, Boyle C, Berk M. (2012, October). *The SAFETY Program: Evaluation of a Treatment Program for Youths Who Attempt Suicide*. Symposium presented at the Annual Meeting of the American Academy of Child and Adolescent Psychiatry (AACAP), San Francisco, CA.

Poster Presentations

Nelson, B.W., Allen, N.B., Laurent, H. (2019, March). *The Quality of Early Infant-Caregiver Relational Attachment and Longitudinal Changes in Infant Inflammation Across 6 months*. Poster presented at American Psychosomatic Society, Vancouver, BC.

Nelson, B.W., Allen, N.B., Laurent, H. (2017, September). *Infant HPA Axis as a Potential Mechanism Linking Maternal Mental Health and Infant Telomere Length*. Poster presented at Flux, Portland, OR.

Flannery, J.E., Mills, K., Vijayakumar, N., Helzer, A., Cheng, T., Flournoy, J., Byrne, M., **Nelson, B.W.**, Mobasser, A., Allen, N., Pfeifer, J. (2017, September). *Amygdala connectivity with depressive symptomatology in a community sample of early adolescent girls*. Poster presented at Flux, Portland, OR.

Nelson, B.W., Byrne, M., Simmons, J. G., Whittle, S., Schwartz, O.S., Reynolds, E.C., O'Brien-Simpson, N.M., Sheeber, L., Allen, N.B. (2017, April). *Adolescent Sympathetic Activity and Salivary C-Reactive Protein: The Effects of Parental Behavior*. Poster presented at Society for Research in Child Development (SRCD), Austin, TX.

Nelson, B.W., Byrne, M., Simmons, J. G., Whittle, S., Schwartz, O.S., Reynolds, E.C., O'Brien-Simpson, N.M., Allen, N.B. (2016, October). *Is adolescent inflammation better*

predicted by state or trait characteristics? Comparing the effects of temperament and depressive symptoms. Poster presented at The Occasional Temperament Conference (OTC), Seattle, WA.

Nelson, B.W., Prasad, S., Mehta, P. (2016, April). *Perspective Taking Influences Neuroendocrine Attunement During Dyadic Negotiation Task.* Poster presented at The Social Affective Neuroscience Society (SANS), New York, NY.

Nelson, B.W., Bernstein, R., Egan-Wright, D., Hertz, R., Laurent, R., & Laurent, H. (2014, May). *Perspective Taking and Dispositional Mindfulness Influence Autonomic Attunement Between Couples During Conflict Resolution.* Poster presented at American Psychological Science (APS), San Francisco, CA.

Wright, D., **Nelson, B.W.**, De Araujo, M., Hertz, R., Ablow, J., & Laurent, H. (2014, July). *Mothers' own perceived experience with an overprotective parent relates to neural response to their infant's cry.* Poster presented at the International Conference on Infant Studies, Berlin, Germany.

CLINICAL EXPERIENCE

Behavioral Medicine Psychology Resident 2019 – 2020

Location: Harborview Medical Center and University of Washington Medical Center

Supervisor: Amy Starosta, Ph.D., Jeff Sherman, Ph.D., Ivan Molton, Ph.D., Eric Strachan, Ph.D., Lauren Schwartz, Ph.D.

Duties: Specialization in Behavioral Medicine in both acute inpatient and outpatient medical settings. Training across consultation/liaison services, rehabilitation services, neuropsychology, and burn unit to diagnose, consult, and treat mental health conditions in medical populations.

Neuropsychology Externship Student 2017 – 2018

Location: Slocum Center for Orthopedics and Sports Medicine

Supervisor: Ryann Watson-Stites, Ph.D., ABPP/CN

Duties: Received specialized pediatric neuropsychological assessment training in mild traumatic brain injury (mTBI) with patients aged 6-22 within an outpatient medical setting. Worked on an interdisciplinary concussion management team that consisted of a neuropsychologist, sports medicine physician, physical therapist, cognitive rehabilitation specialist, and psychologist.

- Neuropsychology Externship Student* 2015 - 2017
Location: Child Development and Rehabilitation Center (CDRC) at Oregon Health and Sciences University (OHSU) in Eugene.
Supervisor: Ryann Watson-Stites, Ph.D., ABPP/CN
Description: Received generalist pediatric neuropsychology training in a pediatric medical setting for patient populations, aged 4-32, suffering from complex medical histories. Worked on an interdisciplinary team that consisted of a neuropsychologist, pediatric physician, language pathologist, occupational therapist, and social worker.
- Research Diagnostician* 2015 – 2019
Location: University of Oregon, Developmental Social Neuroscience Lab
Supervisor: Nicholas B. Allen, Ph.D.
Description: Administered Kiddie Schedule for Affective Disorders and Schizophrenia (K-SADS) and Wechsler Abbreviated Scale of Intelligence (WASI-II) assessments on children and adolescents aged 11-14 years for the federally funded *Transition in Adolescent Girls Study*.
- Cognitive Behavioral Therapy (CBT) Psychotherapist* 2015 – 2016
Location: University of Oregon Psychology Clinic
Supervisor: Nicholas B. Allen, PhD.
Description: Worked as a CBT psychotherapist with clients aged 18-72 experiencing depression, anxiety, complicated grief, and suicidality.
- Mindfulness Based Cognitive Therapy (MBCT) Psychotherapist* 2014 – 2015
Location: University of Oregon Psychology Clinic
Supervisor: Heidemarie Laurent, Ph.D.
Description: Worked as a MBCT psychotherapist and maintained a caseload of 20 group clients aged 18-60 years for 8 weeks. Held a private meditation practice for 40 minutes per day.
- Mindfulness Based Stress Reduction (MBSR) Psychotherapist* 2014 – 2015
Location: University of Oregon Psychology Clinic
Supervisor: Heidemarie Laurent, Ph.D.
Description: Worked as a MBSR psychotherapist and had a caseload of 40 group clients aged 30-70 for 8 weeks. Held a private meditation practice for 40 minutes per day.

- Research Diagnostician* 2012 – 2013
Location: University of California Los Angeles (UCLA), Youth Stress & Mood Program
Supervisors: Joan Asarnow, Ph.D. & Jennifer Hughes, Ph.D.
Description: Administered Diagnostic Interview Schedule for Children (DISC) for a federally funded study.
- Dialectical Behavior Therapy (DBT) Group Coder & Co-Leader* 2011 – 2013
Location: University of California Los Angeles (UCLA), Youth Stress & Mood Program
Supervisors: Joan Asarnow, Ph.D. & Jennifer Hughes, Ph.D.
Description: Worked as a DBT coder and co-leader as part of a multisite federally funded research study for adolescents aged 11-18.

CLINICAL SUPERVISOR EXPERIENCE

- Clinical Neuropsychology Supervisor* 2018
Location: Slocum Center for Orthopedics and Sports Medicine
Students: 1 (Clinical Psychology)
Hours: 9
Description: Supervised one clinical psychology student in the digital administration of the following neuropsychological batteries: Wechsler Intelligence Scale for Children-V (WISC-V), Wechsler Adult Intelligence Scale-IV (WAIS-IV), California Verbal Learning Test-Child (CVLT-C), California Verbal Learning Test-3 (CVLT-3), NEPSY-II, Wechsler Memory Scale-IV (WMS-IV), Delis Kaplan Executive Function System (DKEFS), Wechsler Individual Achievement Test-III (WIAT-III), Test of Memory Malingering (TOMM).
- Clinical Neuropsychology Supervisor* 2017
Location: Child Development and Rehabilitation Center (CDRC) at Oregon Health and Sciences University (OHSU)
Students: 3 (1 Clinical Psychology and 2 School Psychology)
Hours: 12
Description: Supervised one clinical psychology student and two school psychology students in the administration of the following neuropsychological batteries: Wechsler Intelligence Scale for Children-V (WISC-V), Wechsler Adult Intelligence Scale-IV (WAIS-IV), Wechsler Abbreviated Scale of Intelligence-II (WASI-II), Wechsler Memory Scale-IV (WMS-IV), Wechsler Individual Achievement Test-III (WIAT-III), Wide Range Assessment of Memory and Learning, Second Edition (WRAML-2).

Cognitive Assessment Supervisor

2017

Location: University of Oregon, Transition in Adolescent Girls Study

Students: 5 (3 Graduate Students and 2 Research Assistants)

Hours: 5

Description: Supervised 3 graduate students and 2 research assistants in the administration of the Wechsler Abbreviated Scale of Intelligence-II (WASI-II).

TEACHING EXPERIENCE

Instructor of Record

Instructor	<i>Research Methods (Psy 303)</i> Department of Psychology, University of Oregon <u>Students Enrolled:</u> 15	2018
Co-Instructor	<i>Gender Psychology (Psy 380)</i> Department of Psychology, University of Oregon <u>Students Enrolled:</u> 35	2017
Co-Instructor	<i>Child Development (Psy 376)</i> Department of Psychology, University of Oregon <u>Students Enrolled:</u> 35	2015
Co-Instructor	<i>Couples and Family Therapy (Psy 473)</i> Department of Psychology, University of Oregon <u>Students Enrolled:</u> 25	2014

Teaching Assistantships

Teaching Fellow	<i>Developmental Psychopathology (Psy 480)</i> Department of Psychology, University of Oregon	2019
Teaching Fellow	<i>Developmental Psychopathology (Psy 480)</i> Department of Psychology, University of Oregon	2018
Teaching Fellow	<i>Hormones and Behavior (Psy 450)</i> Department of Psychology, University of Oregon	2018
Teaching Fellow	<i>Human Neuropsychology (Psy 449)</i> Department of Psychology, University of Oregon	2017
Teaching Fellow	<i>Cognition (Psy 305), 3 Classes</i> Department of Psychology, University of Oregon	2017

Teaching Fellow	<i>Psychoactive Drugs (Psy 383)</i> Department of Psychology, University of Oregon	2016
Teaching Fellow	<i>Psychopathology (Psy 469)</i> Department of Psychology, University of Oregon	2016
Teaching Fellow	<i>Human Sexuality (Psy 388)</i> Department of Psychology, University of Oregon	2016
Teaching Fellow	<i>Hormones and Behavior (Psy 450)</i> Department of Psychology, University of Oregon	2015
Teaching Fellow	<i>Child Development (Psy 376)</i> Department of Psychology, University of Oregon	2015
Teaching Fellow	<i>Human Sexuality (Psy 388)</i> Department of Psychology, University of Oregon	2015
Teaching Fellow	<i>Psychoactive Drugs (Psy 383)</i> Department of Psychology, University of Oregon	2014
Teaching Fellow	<i>Mind and Society (Psy 202)</i> Department of Psychology, University of Oregon	2014
Teaching Fellow	<i>Mind and Brain (Psy 201)</i> Department of Psychology, University of Oregon	2014
Teaching Fellow	<i>Mind and Brain (Psy 201)</i> Department of Psychology, University of Oregon	2013

RESEARCH EXPERIENCE

Research Scientist	Meru Health	2021 – Present
Postdoctoral Fellow	Peer Relations Lab Developmental Social Neuroscience Lab University of North Carolina, Chapel Hill <u>Advisors:</u> Mitch Prinstein, Ph.D. and Eva Telzer, Ph.D.	2020 – Present
Graduate Researcher	The CREATIV Lab and ALACRITY Center University of Washington <u>Advisor:</u> Pat Arean, Ph.D.	2019 – 2020

Graduate Researcher	The Center for Digital Mental Health University of Oregon <u>Advisor:</u> Nicholas B. Allen, Ph.D.	2017 – 2020
Graduate Researcher	Adolescent Development and Psychopathology Team Lab University of Oregon <u>Advisor:</u> Nicholas B. Allen, Ph.D.	2015 – 2020
Graduate Researcher	Developmental Social Neuroscience Lab University of Oregon <u>Advisor:</u> Jennifer Pfeifer, Ph.D.	2015 – 2020
Graduate Researcher	Oregon Research Institute <u>Advisors:</u> Nicholas B. Allen, Ph.D. and Lisa Sheeber, Ph.D.	2015 – 2020
Graduate Researcher	Personal Relationships, Interpersonal Stress, and Mindfulness (PRISM) Lab University of Oregon <u>Advisor:</u> Heidemarie Laurent, Ph.D.	2013 – 2015
Lab Manager and Research Coordinator	Youth Stress and Mood Program University of California Los Angeles Semel Institute for Neuroscience and Human Behavior <u>Advisor:</u> Joan Asarnow, Ph.D.	2011 – 2013
Intern	The Mindsight Institute <u>Advisor:</u> Daniel Siegel, M.D.	2010 – 2013
Research Assistant	The Behavior Systems and Learning Lab Indiana University <u>Advisor:</u> William Timberlake, Ph.D.	2008 – 2009

EMPLOYMENT

Clinical Research Scientist	Meru Health	2021 – Present
Psychophysiology Consultant	Oregon Research Institute	2021 – Present
Postdoctoral Fellow	University of North Carolina, Chapel Hill	2020 – Present
Psychology Resident	University of Washington	2019 – 2020

Research Associate	Oregon Research Institute	2017 – 2020
Graduate Teaching Fellow	University of Oregon	2013 – 2019
Research Assistant	Oregon Research Institute Role: Psychophysiological Technician	2015 – 2017
Lab Manager & Research Coordinator	University of California Los Angeles	2011 – 2013

INDUSTRY AND CONSULTATION

Clinical Research Scientist	Meru Health	2021 – Present
Psychophysiology Consultant	Oregon Research Institute	2021 – Present
Data Analyst Consultant	JED Foundation	2020 – 2021

PROFESSIONAL ACTIVITIES AND AFFILIATIONS

Diversity Initiatives

Postdoctoral Member	Anti-Racism Meetings University of North Carolina at Chapel Hill Department of Psychology	2020 – 2021
Resident Member	Diversity Advancement Committee University of Washington School of Medicine	2019 – 2020
Student Chair	Committee for an Inclusive Community University of Oregon Department of Psychology	2016 – 2017

University Service

Member	Graduate Admissions Committee	2014
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Journal Reviewer

Aggressive Behavior
Biological Psychology
Health Psychology
Journal of Affective Disorders
Journal of Medical Internet Research
Journal of Trauma and Dissociation
mHealth

Physiology and Behavior
Psychophysiology

Membership in Academic Societies

Association for Psychological Science | American Psychological Association | Society for Research on Child Development | Society for Research on Adolescence | FLUX | Psychological Association of Student Awareness (President/Founder)

MEDIA

1. *This Company Wants to Replace Therapy With Wearable Tech*. Vice News.
 2. *A legal fight over how to fix ballot errors in North Carolina has left thousands of voters in limbo. Nearly half are people of color*. The Washington Post.
 3. *Fitbits and other wearables may not accurately track heart rates in people of color*. STAT News.
 4. *When mom feels depressed, her baby's cells might feel it too*. > 50,000 Reads, Featured in:
The Conversation
The Los Angeles Times
Scientific American
The San Francisco Chronicle
The Smithsonian Magazine
-

OPEN SCIENCE CONTRIBUTIONS

Open Science Framework Profile: osf.io/vps8a

Github: <https://github.com/benjaminwnelson>

Passive Digital Sensing Blog: <http://benjaminnelson.strikingly.com/#data-fun-n-of-1>

ADDITIONAL TRAINING & WORKSHOPS

<i>Psychological First Aid: Increasing Resiliency of Healthcare Workers During COVID-19</i> University of Washington School of Medicine Michele Bedard-Gilligan, Emily Dworkin, and Kristen Lindgren	2020
<i>Clinical Didactics (Weekly Trainings)</i> University of Washington School of Medicine	2019 – 2020
<i>Mindfulness-Based Stress Reduction for Pain Management</i> , University of Washington School of Medicine	2019

<i>Collaborative Assessment and Management of Suicidality (CAMS),</i> University of Washington School of Medicine	2019
<i>DataCamp Python</i>	2020 – Present
<i>DataCamp Introduction to Python</i>	2020
<i>DataCamp Intermediate Python</i>	2020
<i>DataCamp R</i>	2017 – Present
<i>DataCamp Hierarchical and Mixed Effects Models</i>	2020
<i>DataCamp Introduction to Time Series Analysis</i>	2019
<i>DataCamp Data Manipulation in R with dplyr</i>	2019
<i>DataCamp Introduction to Tidyverse</i>	2018
DataCamp R Intermediate	2018
<i>MRI Safety Training, University of Oregon</i>	2013 – 2018
<i>Kiddie Schedule for Affective Disorders and</i> <i>Schizophrenia (K-SADS) Assessment, University of Oregon</i>	2015
<i>Co-Teacher Training, University of Oregon</i>	2015
<i>GTF Series Teaching Challenging Content and Facilitating</i> <i>Class Discussions. 3 Day training, University of Oregon</i>	2013
<i>Teaching Effectiveness Program Basic Teaching Training,</i> University of Oregon	2013
<i>Dialectical Behavior Therapy and Supportive Therapy Workshop,</i> University of California Los Angeles, Presented by Dr. Marsha Linehan.	2011