



Postdoctoral Fellowship Training Program
Postdoctoral Fellowship Description
RESEARCH FOCUS

Title: Social Media Use, Sleep, and Suicidality in Adolescents

APA-accredited: ___ YES __X__ NO

Site: Rhode Island Hospital

Supervisor(s): Nicole Nugent, Ph.D., (Primary Supervisor)
Thomas Chun, M.D.
Kathleen Donise, M.D.
Anastacia Kudinova, Ph.D.
Jared Saletin, Ph.D.

Description of Site

The Department of Psychiatry and Human Behavior (DPHB) at The Warren Alpert Medical School of Brown University is the host of multiple postdoctoral training opportunities that span the Medical School and the School of Public Health as well as area hospital systems including Bradley Hospital, Hasbro Children's Hospital, Rhode Island Hospital, Miriam Hospital, and Butler Hospital.

Fellowship Aims

1. To provide the fellow with broad post-doctoral training in the area of assessment of psychopathology, trauma, and suicidal thoughts and behaviors with a high-risk population.
2. To provide the fellow with a strong working knowledge of research involving technology (including ecological assessment tools).
3. To provide the fellow with research training and experience in preparation for a research career in adolescent psychopathology.

Fellowship Timeline

The fellowship is expected to be two to three years, assuming satisfactory progress. The anticipated start date, July 2025, is flexible.

Research Activity Plan (80%)

The five-year NIMH-funded research project examines real-world adolescent sleep, suicidality, and the use of online social messaging (OSM). Consistent with the "Perfect Storm Model" of adolescent sleep, we believe late-night OSM use contributes to impairments in emotional capacity for managing daily stress, resulting in subsequent decreases in positive affect, increases in dysregulation, and increases in suicidal thoughts and behaviors (STB). In turn, daytime dysregulation reciprocally impacts nighttime occurrence and features of OSM. Our integrated approach is consistent with NIMH's Research Domain Criteria in that we adopt a translational, cross-disciplinary, multi-method approach that utilizes multiple units of analysis and incorporates developmental considerations. The present innovative research will inform adolescent suicide literature *and* permit rapid translation to interventions. Trainees involved in the research will have opportunities for hands-on learning about

implementing multimethod research (including ecological momentary assessment, wearable technologies, online social media characterization, clinical interviewing, etc.) in high-risk adolescent samples.

The postdoctoral fellow will work with the supervisors to oversee the implementation of the research. This will involve overseeing research assistant recruitment and follow-up procedures.

The fellow will be exposed to various aspects of research via participation in the following activities:

- Study coordination (25%): The fellow will collaborate with the PI (Dr. Nugent) to coordinate an investigation recently funded by NIMH.
- Clinical interviewing (15%): At least 15% of research time will involve administering supervised semi-structured diagnostic clinical interviews, which may also count toward clinical assessment hours toward licensure.
- Review of relevant literature (10%): The fellow will receive a series of readings in the area. This review will be matched to fellow training and career goals and can focus on a range of areas such as adolescent psychopathology, suicidal thoughts and behaviors, trauma and posttraumatic stress disorder, statistical modeling, ecological momentary assessment, or genetics and epigenetics.

In addition to experiences included in the coordination of the primary research project, approximately 30% of the experience will consist of promoting the development of the fellow's independent program of research (subsumed under grant writing and manuscript preparation described below). The nature of this 30% independent research program will be collaboratively determined by the fellow and supervisor(s) and *will involve the production of a traditional scientific product* (e.g., manuscript, presentation at a national professional meeting, grant application, instrument development); the independent program of research may involve new directions taken using resources (i.e., data, research population, etc) provided by the mentorship team and/or may involve continued development of the trainee's prior work (i.e., publication of dissertation).

Grant writing (15%): The fellow will be encouraged to develop a grant idea and submit a grant proposal by the end of a two-year fellowship term.

Manuscript preparation and submission (15%): The fellow will be encouraged to collaborate on manuscript preparation and poster submissions at national conferences. Individually tailored goals will be established in this area.

Clinical Activity Plan (10%)

25% of the fellow time will consist of activities that will permit accrual of supervised clinical hours for licensure. As described under research activities, 15% of skilled supervised clinical assessment hours will be obtained as part of the clinical research implementation. The additional 10% of clinical activity will be guided by the fellow's interests. Potential opportunities include gaining clinical experience with pediatric refugees (supervisor: Nugent) or with acute assessments in the emergency department (supervisors: Donise, Nugent, Kudinova). Specifics will be identified at the start of the fellowship and incorporated into Individual Training Activities.

Licensure as a Psychologist: The fellow will be able to work towards successfully negotiating all aspects of the licensure process and obtain licensure as a psychologist. In order to sit for licensure, the fellow must attend the monthly Clinical Ethics Seminar during the first year of the fellowship.

Path toward licensure: YES X NO The fellow will receive clinical hours toward licensing through both the clinical activity plan as well as clinical research activities (structured clinical assessments of adolescents).

Didactics (10%)

The fellow will participate in the following post-doctoral seminars through the Brown Post Doctoral Training Program (for up to 10% of fellow time). The fellow may participate in the weekly postdoctoral research seminars offered through the Brown Post-Doctoral Training Program. Depending on the specific interests and background

of the research fellow, additional didactics may be available to the postdoctoral fellow, such as programming offered through the Initiative on Stress Trauma and Resilience or the Center for Research in Suicide Prevention.

Didactics:

- Core Seminars (1 per month)
- DPHB Academic Grand Rounds (1 per month)
- Clinical Ethics – if intending to sit for licensure (1 per month)
- RFP Core Seminar (1 per week)
- Grant Writing Seminar (1 per week)

Supervision and Evaluation

Supervision of both research and clinical duties will be provided in the form of weekly individual supervision (one hour each), with Dr. Nugent as primary research supervisor. Pending specific interests of individual postdoctoral fellows, there are opportunities for secondary mentorship in sleep (Saletin), emergency care settings (Chun, Donise), and self-referential and neurocognitive processes in adolescents (Kudinova). The Resilience Lab collaborates closely with a number of additional departments and colleagues, permitting additional opportunities for secondary mentorship that would be selected by the trainee.

Every 6 months for the duration of the fellowship, the fellow and Dr. Nugent as well as any secondary supervisor(s) selected by the fellow will provide formal evaluations and evaluations of the program relative to the goals and learning objectives of the fellowship.

Please visit the [Brown Faculty](#) page to view supervisor profiles.

Resource Requirements

Fellow will be provided with the following resources:

- Access to space to complete research responsibilities
- A computer and project-specific software, including statistical software
- Internet access
- Telephone

Reporting and approval

This fellowship will be part of the Research Fellowship Program. The position has been discussed and approved by the RFP faculty and Training Committee.

Director, Research Fellowship Program

Director, Postdoctoral Fellowship Training Program