

# Emily L. Spargo

## *Curriculum Vitae*

University of Utah, Department of Psychology  
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### EDUCATION

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| M.S. (expected 2025) | <b>Clinical Psychology</b><br><i>University of Utah, Salt Lake City, UT</i><br><u>Advisor:</u> Brian R. W. Baucom, Ph.D.             |
| B.S. (2022)          | <b>Psychology</b> (Honors with Distinction)<br><i>University of Victoria, Victoria, BC</i><br><u>Advisor:</u> Erica M. Woodin, Ph.D. |

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### HONORS, AWARDS, & FUNDING

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| 2022 | Certificate of Academic Excellence (Honors Thesis), <i>Canadian Psychological Association</i> |
| 2019 | Department of Psychology Co-op Student of the Year Award, <i>University of Victoria</i>       |
| 2017 | President's Entrance Scholarship, <i>University of Victoria</i>                               |

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### PEER-REVIEWED PUBLICATIONS

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Daudt, H. M., & **Spargo, E.** (2022). Challenges and facilitators for psychosocial support when aging and dying in place: A rapid review of the literature. *Canadian Journal on Aging / La Revue Canadienne Du Vieillessement*, 42(1), 135-153. <https://doi.org/10.1017/S071498082200023X>

#### Under Review & In Preparation:

**Spargo, E. L.**, & Woodin, E. M. (revise and resubmit). Partner empathy as a buffer to stress across the transition to parenthood in cross-sex couples.

Robillard, C. L., Switzer, A., Legg, N. K., **Spargo, E.**, & Turner, B. J. (under review). Does basic psychological need frustration mediate the associations between self-criticism and self-damaging behaviors?

Woodin, E. M., Morgan, S. D., & **Spargo, E. L.** (in preparation). Couples' observed conflict and bonding behaviors as predictors of intimate partner violence during the transition to parenthood.

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### PRESENTATIONS

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\*shared first authorship

#### Conference Poster Presentations:

- Spargo, E.**, & Woodin, E. M. (2022, June 17-19). Partner Empathy as a Buffer Against Relationship Stress During the Transition to Parenthood [Poster presentation]. Canadian Psychological Association Annual Convention, Calgary, AB, Canada.
- Gretton, A. C\*, **Spargo, E\***, Robillard, C., & Turner, B. J. (2022, April 27-30). Is There a Coupled Association Between Poor Sleep Quality and Suicidal Thoughts Across the First Year of University [Poster presentation]? The American Association for Suicidology, Chicago, IL, United States.
- Spargo, E.**, & Woodin, E. M. (2022, April 6). From Partners to Parents: Empathy as a Buffer for Stress, Depression, and Destructive Communication in Cross-Sex Couples Across the Transition to Parenthood

[Poster presentation]. Making Waves in Psychology Undergraduate Research Conference, Victoria, BC, Canada.

**Spargo, E.,** Robillard, C. L., & Turner, B. J. (2021, May 26-27). Longitudinal Associations Between Social Support, Academic Wellbeing, and Depressive Symptoms During the Transition to University [Poster presentation]. Association for Psychological Science, Virtual.

### **Conference Talks:**

Presenting author underlined

Woodin, E. M., Waldis, L., & **Spargo, E.** (2022, September 15-16). Fathers' History of Interpersonal Trauma and Challenges at the Transition to Parenthood [Oral presentation]. Men and Families Conference, Toronto, ON, Canada.

Robillard, C. L., Legg, N. K., **Spargo, E.,** Gretton, A. C., & Turner, B. J. (2022, April 27-30). Reciprocal Associations between Defeat/Entrapment and Suicidal Ideation During the Transition to University [Oral presentation]. The American Association for Suicidology, Chicago, IL, United States.

### **Invited Community Talks:**

Jan 2022	Thriving in 2022, <i>Faculties of Science, Social Sciences and Humanities, University of Victoria</i>
Jan 2022	How to be Well and Stay Well in University in PSYC 100A, <i>Dept of Psychology University of Victoria</i>
Sept 2021	How to be Well and Stay Well in University in ASTR 101, <i>Dept of Physics and Astronomy, University of Victoria</i>
Sept 2021	How to be Well and Stay Well in University in ENGL 135, <i>Dept of English, University of Victoria</i>
Apr 2021	Sex in the Time of COVID: A Workshop About Safer Sex During COVID-19, <i>University of Victoria</i>

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## **RESEARCH EXPERIENCE**

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### **Graduate Experience:**

Aug 2023 – Present	<b>Behavioral Health Innovation &amp; Dissemination Center, University of Utah</b> Graduate Research Assistant <u>Co-Directors:</u> Brian R. W. Baucom, Ph.D. & Feea Leifker, Ph.D.
Aug 2023 – Present	<b>Couples Laboratory for Observational Studies (CLOSE), University of Utah</b> Graduate Research Assistant <u>PI:</u> Brian R. W. Baucom, Ph.D.
Aug 2023 – Present	<b>Resilience in Post-Stroke Dyads Study (ReStoreD), University of Utah</b> Graduate Research Assistant <u>PI:</u> Alexandra Terrill Ph.D.

### **Post-Baccalaureate Experience:**

Oct 2022 – Jul 2023	<b>BC Consensus on Brain Injury Research Team, University of Victoria</b> Senior Research Assistant <u>PI:</u> Mauricio Garcia-Barrera, Ph.D.
Nov 2021 – Jul 2023	<b>Healthy Relationships Lab, University of Victoria</b> Laboratory Manager <u>PI:</u> Erica M. Woodin, Ph.D.
Apr 2022 – Jul 2023	<b>Risky Behaviour Lab, University of Victoria</b> Research Coordinator and Laboratory Manager

PI: Brianna J. Turner, Ph.D.

### **Undergraduate Experience:**

- Sep 2021 – Apr 2022 **Department of Psychology, University of Victoria**  
 Honors Student  
Supervisor: Erica M. Woodin, Ph.D.  
Title: *From Partners to Parents: Empathy as a Buffer for Stress, Depression, and Destructive Communication in Cross-Sex Couples Across the Transition to Parenthood.*
- Apr 2021 – Mar 2022 **BC Campus Suicide Prevention Grant Initiative, University of Victoria**  
 Project Assistant  
Supervisor: Dawn M. Schell, M.A.
- May 2021 – Aug 2021 **Department of Psychology, University of Victoria**  
 Independent Study Student  
Supervisor: Erica M. Woodin, Ph.D.  
Title: *A Theoretical Examination of Empathy, Stress, and Relationship Satisfaction at the Transition to Parenthood.*
- Aug 2020 – Apr 2022 **Healthy Relationships Lab, University of Victoria**  
 Research Assistant  
PI: Erica M. Woodin, Ph.D.
- Apr 2020 – Apr 2022 **Risk Behaviour Lab, University of Victoria**  
 Research Assistant  
PI: Brianna J. Turner, Ph.D.
- May 2019 – Dec 2020 **Department of Education and Research, Victoria Hospice Society**  
 Co-op Student  
Director: Helena M. Daudt, Ph.D.

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### **CLINICALLY RELEVANT EXPERIENCE**

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- Sept 2020 – Sept 2022 **Youthspace.ca for NEED2 Suicide Prevention, Education & Support, Victoria, BC**  
 Online Crisis Chat Volunteer, Mentor, Screener, and Employee  
 Provided online emotional crisis support for individuals under 30 with a focus on reflective listening for suicidal ideation and self-injury. Conducted risk assessments and connected individuals to online or community resources and/or emergency services intervention, where necessary.
- Sept 2020 – Apr 2021 **Student Wellness Centre, University of Victoria, Victoria, BC**  
 Student Wellness Coordinator  
 Coordinated FitConnect, a referral-based peer support program for students with mild to moderate anxiety and depression to maintain wellness goals. Facilitated the re-opening of the campus Harm Reduction Centre for students to access safer-use and safer-sex supplies during the COVID-19 pandemic as well as various educational information.
- Apr 2020 – Aug 2020 **Vancouver Island Autistic Homes Society, Victoria, BC**  
 Residential Care Worker

Provided physical care and behavior modification support in the form of reinforcement strategies for adults with multiple mental health diagnoses and physical disabilities in a group home setting. Facilitated and promoted client independence, aided with activities of daily living, medication preparation and administration, and community integration.

Jan 2019 – Mar 2020 **Senior Mental Health, Royal Jubilee Hospital, Victoria, BC**  
In-Patient Unit Volunteer

Assisted the Senior Mental Health Unit's Recreation Therapist with patient engagement during a weekly brain-games activity group for cognitive stimulation and assessment. Supervised select patients off the locked unit for leisurely walks and companionship.

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## TEACHING EXPERIENCE

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### Teaching Assistant:

Spring 2023 PSYC 330: Personality, *Dept of Psychology, University of Victoria*

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## SERVICE

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### Graduate Experience:

Oct 2023 Graduate Student Panel Member in PSY 3320, *Dept of Psychology, University of Utah*  
 Aug 2023 – Present Mentor, *Diversity Graduate Application Advisory, University of Utah*  
 Aug 2023 – Present First Year Cohort Representative, *Clinical Training Committee, University of Utah*

### Undergraduate Experience:

Oct 2022 – Jun 2023 Table Moderator, *BC Consensus Day on Brain Injury*  
 Sept 2021 – Jun 2022 Suicide Education & Awareness Facilitator, *Need2 Suicide Prevention, Education and Support*  
 Mar 2021 – Apr 2022 Co-Educator, *University of Victoria Co-op and Career Services*  
 Mar 2021 – Apr 2022 Director at Large, *University of Victoria Psychology Undergraduate Student Union*  
 May 2020 – Sept 2021 Registered Tutor, *University of Victoria*  
 Dec 2020 – Apr 2021 Sexualized Violence Prevention Special Events Committee, *University of Victoria*  
 Sept 2020 – Apr 2021 Wellness Week Committee, *University of Victoria*

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## MEDIA APPEARANCES

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Lozinski, T., Stewart, R., Spargo, E., Prud'homme, J., & Turner, C. (2020, October 26). Racism in post-secondary settings: A call for action. Risky Behaviour Lab Blog

<https://onlineacademiccommunity.uvic.ca/riskybehaviourlab/2020/10/26/racism-in-post-secondary-settings-a-call-for-action/>

Spargo, E. (2020, July 7). Facts about depression: What to know and what to say. Risky Behaviour Lab Blog.

<https://onlineacademiccommunity.uvic.ca/riskybehaviourlab/facts-about-depression-what-to-know-and-what-to-say/>

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## RELEVANT TRAINING & WORKSHOPS ATTENDED

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### Research:

2023 Good Clinical Practice Course, *Collaborative Institutional Training Initiative (CITI)*  
 2023 Group 1. Biomedical Research Investigators and Key Personnel, *Collaborative Institutional Training Initiative (CITI)*  
 2023 Group 2. Social and Behavioral Research Investigators and Key Personnel, *Collaborative Institutional Training Initiative (CITI)*  
 2021 Introduction to Gender-Based Analysis+, *Women and Gender Equality Canada*

2018 Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans, *Government of Canada Panel on Research Ethics*

**Clinical:**

2020 Applied Suicide Intervention Skills Training, (2-Day Workshop), *Living Works*

2020 San'yas Core Indigenous Cultural Safety Training: Mental Health (9-Hour On-Demand Virtual Course), *British Columbia Provincial Health Services Authority Indigenous Health Program*

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**MEMBERSHIPS & AFFILIATIONS**

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2023 – Present American Psychological Association  
2021 – Present Association for Behavioral and Cognitive Therapies  
2022 Canadian Psychological Association  
2021 Association for Psychological Science