

Teresa G. Vargas

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EDUCATION

- 2024-present Licensed Clinical Psychologist, Massachusetts PSY10000583
- 2023-present HARVARD UNIVERSITY, Cambridge, MA.
Postdoctoral Fellow, Stress and Development Lab
- 2023-present MASSACHUSETTS GENERAL HOSPITAL, Charlestown Community Health Center,
Charlestown MA
Clinical Psychologist
- 2022-2023 MASSACHUSETTS GENERAL HOSPITAL, HARVARD MEDICAL SCHOOL,
Boston, MA.
Clinical Fellow in Psychology, APA Accredited Cognitive Behavioral Therapy Track
- 2018-2023 NORTHWESTERN UNIVERSITY, Evanston, IL.
Ph.D., Clinical Psychology
- 2016-2018 NORTHWESTERN UNIVERSITY, Evanston, IL.
Master of Science, Clinical Psychology
- 2010-2014 UNIVERSITY OF MIAMI, Coral Gables, FL.
Bachelor of Science, Double majors in Psychology and English Literature, Minor in
Biology
General University Honors, and Latin honors (Cum Laude)

FELLOWSHIPS AND AWARDS

- 2025-2026 T32 Postdoctoral Fellowship in Psychiatric Genetics and Translational Research
Harvard T.H. Chan School of Public Health, Department of Epidemiology
National Research Service Award (NRSA)-funded training program (T32 MH017119)
focused on advanced methods in psychiatric epidemiology and biostatistics
- 2024 President's Award, Society of Research for Psychopathology
Awarded to one researcher in 2024 to recognize excellence in research
- 2024 Flux Society Travel Award
Awarded to 15 of 200 applicants through independent judge ratings of research
presentation
- 2023-2025 R37MH119194-04S1
Administrative Supplement to R37MH119194
National Institutes of Mental Health
"Neurodevelopmental Mechanisms Underlying Stress Vulnerability during
Adolescence"

Role: Awardee

Principal Investigator: Katie A. McLaughlin, Ph.D.

Total funding: \$252,536

- 2023 Massachusetts General Hospital Eugene L. Emerson Award
Awarded annually to one psychology fellow to recognize quality of research program, who then is invited to lead Psychiatry Grand Rounds
- 2022 Summer Institute on Biological Approaches in the Social Sciences, Russell Sage Foundation Grant
Awarded to junior investigators to provide support for training on biomarker approaches led by Drs. Greg Miller, Edith Chen, Thomas McDade, and Emma Adam.
- 2022 Schizophrenia International Research Society Early Career Award
Awarded to recognize quality of research program
- 2019-2022 F31MH119776
Ruth L. Kirschstein National Research Service Award (NRSA) Individual Predoctoral Fellowship (Parent F31)
National Institute of Mental Health
Role: Principal Investigator
Advisors: Vijay A. Mittal, Ph.D., Thomas McDade, Ph.D.
Total funding: \$135,048
Goal: Support dissertation research examining cumulative environmental stressors over time and relations to neural structure in youth at risk for developing psychosis
- 2019-2022 Ford Foundation Predoctoral Fellowship
Declined by awardee due to NRSA Parent F31 offer acceptance
- 2019 Sigma Xi Honor Society Membership Nomination
- 2018 Northwestern Institute for Innovations in Developmental Sciences Fellowship Finalist
Total funding awarded as finalist: \$3,000
- 2018 Northwestern Institute for Innovations in Developmental Sciences Research award
Total funding awarded: \$3,000
- 2018 Walter Dill Scott Scholarship
- 2017 Northwestern University Society, Biology and Health Cluster Fellowship
- 2017 National Science Foundation Graduate Research Fellowship Program (NSF GRFP),
Honorable mention in Psychology-Cognitive Neuroscience
- 2014-2016 National Institutes of Mental Health Post-Baccalaureate Research Training Award

GRANT FUNDING

A randomized controlled trial of a preventive behavioral intervention for young adults with psychotic experiences.

Role: Co-I (20% effort)

PUBLICATIONS

PEER-REVIEWED MANUSCRIPTS

- 1) Osborne, K. J., Bernard, J. A., Gupta, T., Dean, D. J., Millman, Z., **Vargas, T.**, Ristanovic, I., Schiffman, J., Mittal, V. A. (2016). Beat gestures and postural control in youth at ultra high risk for psychosis. *Schizophrenia Research*
- 2) Mittal, V.A., **Vargas, T.**, Osborne, K. J., Dean, D., Gupta, T., Ristanovic, I., Hooker, C., Shankman S (2017). Exercise Treatments for Psychosis: A Review. *Current Treatment Options in Psychiatry*
- 3) **Vargas, T.**, Dean, D., Osborne, K. J., Gupta, T., Ristanovic, I., Ozturk, S., Turner, J., van Erp, G. M., Mittal, V., (2018) Hippocampal Subregions across the Psychosis Spectrum. *Schizophrenia Bulletin*
- 4) **Vargas, T.**, Lam, P.H., Azis, M., Osborne, K.J., Lieberman, A., Mittal, V. (2019) Childhood Trauma and Neurocognition in Adults with Psychotic Disorders: A Systematic Review and Meta-Analysis. *Schizophrenia Bulletin*
- 5) **Vargas, T.**, Damme, K. S. F., Mittal, V. (2019) Bullying Victimization in Typically Developing and Clinical High Risk (CHR) Adolescents: A Multimodal Imaging Study. *Schizophrenia Research*
- 6) K. J. Osborne, **Vargas, T.**, Mittal, V. (2020) Early Childhood Social Communication Deficits in Youth at Clinical High-Risk for Psychosis: Associations with Functioning and Risk. *Development and Psychopathology*
- 7) Ristanovic, I., Osborne, K. J., **Vargas, T.**, Gupta, T., Mittal, V. A. (2020). Postural Control and Verbal and Visual Working Memory Correlates in Non-Clinical Psychosis. *Neuropsychobiologia*
- 8) **Vargas, T.**, Damme, K.S. F., Hooker, C.I., Gupta, T., Cowan, H.R., Mittal, V.A. (2019) Differentiating Implicit and Explicit Theory of Mind and Associated Neural Networks in Youth at Clinical High Risk (CHR) for Psychosis. *Schizophrenia Research*
- 9) **Vargas, T.**, Maloney, J., Gupta, T., Damme, K.S. F., Kelley, N. J., Mittal, V.A. (2019) Measuring Facets of Reward Sensitivity, Inhibition, and Impulse Control in Individuals with Problematic Internet Use. *Psychiatry Research*
- 10) Damme, K.S.F., Gallagher, N., **Vargas, T.**, Osborne, K. J., Gupta, T., & Mittal, V.A. (2019) Motor Sequence Learning and Pattern Recognition in Youth at Clinical High-Risk for Psychosis. *Schizophrenia Research*
- 11) **Vargas, T.**, Zou, D.S., Conley, R.E., Mittal, V.A. (2019) Assessing developmental environmental risk factor exposure in Clinical High Risk for psychosis individuals: preliminary results using the Individual and Structural Exposure to Stress in Psychosis-risk states scale. *Journal of Clinical Medicine*

- 12) **Vargas, T.**, Ahmed, A.O., Strauss, G.P., Brandes, C.M., Walker, E., Gold, J., Buchanan, R., Mittal, V. (2019) The Latent Structure of Depressive Symptoms Across Clinical High Risk and Chronic Phases of Psychotic Illness. *Translational Psychiatry*
- 13) Damme, K.S., **Vargas, T.**, Calhoun, V., Turner, J., Mittal, V.A. (2020) Global and Specific Cortical Volume Asymmetries in Individuals with Psychosis Risk Syndrome and Schizophrenia: A mixed cross-sectional and longitudinal perspective. *Schizophrenia Bulletin*
- 14) **Vargas, T.**, Rakhshan Rouhakhtar, P. J., Schiffman, J., Zou, D.S., Rydland, K.J., Mittal, V.A. (2020) Neighborhood crime, socioeconomic status, and suspiciousness in adolescents and young adults at Clinical High Risk (CHR) for psychosis. *Schizophrenia research*
- 15) Ristanovic, I., **Vargas, T.**, Cowan, H.R., Mittal, V.A. (2020) Consistent Exposure to Psychosocial Stressors and Progressive Intolerance to Stress in Individuals at Clinical High-Risk for Psychosis. *Schizophrenia Bulletin Open*
- 16) **Vargas, T.**, Damme, K.S.F., Ered, A., Capizzi, R., Frosch, I., Ellman, L.M.*, Mittal, V.M.*(2021) Neuroimaging markers of risk and resiliency in Clinical High Risk (CHR) for psychosis youth: a qualitative review. *Biological Psychiatry: CNNI*
- 17) **Vargas, T.**, Damme, K.S.F., Mittal, V.M. (2020) Neighborhood deprivation, prefrontal morphology and neurocognition in late childhood to early adolescence. *Neuroimage*
- 18) **Vargas, T.**, Schiffman, J., Kim, A., Mittal, V.A. (2020) Using search engine data to gauge public interest in mental health, politics and violence in the context of mass shootings. *PLOS one*
- 19) Yee, C.I., **Vargas, T.**, Mittal, V.A., Haas, C.M. (2021) Adaptability and cohesion in youth at clinical high-risk for psychosis: a multi-informant approach. *Schizophrenia Research*
- 20) **Vargas, T.**, Damme, K.S.F., Osborne, K.J., Mittal, V.A. (2021) Differentiating kinds of systemic stressors with relation to psychotic-like experiences in late childhood and early adolescence: the stimulation, discrepancy, and deprivation model of psychosis. *Clinical Psychological Science*
- 21) **Vargas, T.**, Mittal, V.A. (2021) Testing whether implicit emotion regulation mediates the association between discrimination and symptoms of psychopathology in late childhood: An RDoC perspective. *Development and psychopathology*
- 22) MacNeill, L. A., Allen, N. B., Poleon, R. B., **Vargas, T.**, Osborne, K. J., Damme, K. S. F., Barch, D. M., Krogh-Jespersen, S., Nielsen, A. N., Norton, E. S., Smyser, C. D., Rogers, C. E., Luby, J. L., Mittal, V. A., & Wakschlag, L. S. (2021). Translating RDoC to real world impact in developmental psychopathology: A neurodevelopmental framework for application of mental health risk calculators. *Development & Psychopathology*.
- 23) Damme, K.S.F, Park, J., Walther, S., **Vargas, T.**, Shankman, S., Mittal, V.A. (2021) Motor abnormalities, depression risk, and clinical course in adolescence. *Biological Psychiatry Global Science Open*
- 24) Ricard, J., Gupta, T., **Vargas, T.**, Haase, C., Mittal, V.A. (2021) Genuine and non-genuine smiles in individuals meeting criteria for a clinical high risk syndrome. *Early Intervention in Psychiatry*

- 25) Damme, K.S.F., Park, J.S., Walther, S., **Vargas, T.**, Shankman, S.A., Mittal, V.A. (2021) Depression and Psychosis Risk Shared Vulnerability for Motor Signs Across Development, Symptom Dimensions, and Familial Risk. *Schizophrenia Bulletin*
- 26) Lunsford Avery, J., Damme, K.S.F., **Vargas, T.**, Sweitzer, M., Mittal, V.A. (2021) Psychotic-Like Experiences Associated with Sleep Disturbance and Brain Volumes in Youth: Findings from the Adolescent Brain Cognitive Development Study. *Journal of Child Psychology and Psychiatry Advances*
- 27) **Vargas, T.G.**, Damme, K.S.F., Mittal, V.A. (2022) Differentiating distinct and converging neural correlates of types of systemic environmental exposures. *Human Brain Mapping*
- 28) Millman, Z.B., Roemer, C., **Vargas, T.**, Schiffman, J., Mittal, V.A., Gold, J.M. (2022) Neuropsychological performance among individuals at clinical high-risk for psychosis versus putatively low-risk peers with other psychopathology: a systematic review and meta-analysis. *Schizophrenia bulletin*
- 29) **Vargas, T.G.**, Mittal, V.A. (2022) The Critical Roles of Early Development, Stress and Environments in the Course of Psychosis. *Annual Review of Developmental Psychology*
- 30) Ristanovic, I., **Vargas, T.G.**, Damme, K.S.F., Mittal, V.A. (2023) Hippocampal subfields, daily stressors, and resting cortisol in individuals at clinical high-risk for psychosis. *Psychoneuroendocrinology*
- 31) **Vargas, T.G.**, Mittal, V.A. (2023) Brain morphometry points to emerging patterns of psychosis, depression, and anxiety vulnerability over a two-year period in childhood. *Psychological Medicine*
- 32) Zarubin, V., Damme, K.S.F., **Vargas, T.**, Osborne, K. J., Norton, E. S., Briggs-Gowan, M., Allen, N. B., Wakschlag, L. & Mittal, V. A. (2023). Neurodevelopmental vulnerability to psychosis: Developmentally-based methods enable detection of early life inhibitory control deficits that predict psychotic-like experiences at the transition to adolescence. *Psychological Medicine*
- 33) Damme, K.S.F., **Vargas, T.**, Walther, S., Shankman, S., Mittal, V.A. (2024) Physical and Mental Health in Adolescence: Novel Insights from a transdiagnostic examination of FitBit data in the ABCD Study. *Translational Psychiatry*
- 34) Martinez, M., Damme, K.S.F., Stephens, J., Rompilla, D.J., Qu, Y., Yang, B., **Vargas, T.**, Mittal, M.A., Haase, C. (2025) Peer Victimization, Social Support, and Mental Health During Early Adolescence. *Psychological Medicine*
- 35) **Vargas, T.G.**, Rakesh, D., McLaughlin, K.A. (2025) Associations of Neighborhood Threat and Deprivation with Psychopathology: Uncovering Neural Mechanisms. *Development and Psychopathology*
- 36) **Vargas, T.G.**, Costello, M., Tiemeier, H., Lam, P.H., Bollman-Dodd, T., Kaur, J., Schuster, R. M. (2025) Neighborhood deprivation and adolescent mental health: The protective role of school staffing patterns. *Journal of the American Academy of Child and Adolescent Psychiatry*
- 37) **Vargas, T.G.**, McLaughlin, K.A., Rakesh, D. (2025) Testing moderators for associations of neighborhood adversity with psychopathology and cognitive outcomes. *Developmental Science*

EDITORIALS AND REVIEWS

- 1) **Vargas, T.**, Mittal, V. A. (2018). Issues affecting reliable and valid assessment of early life stressors in psychosis [Letter to the Editor]. *Schizophrenia Research*
- 2) **Vargas, T.**, Conley, R.E., Mittal, V.A. (2020) Chronic stress, structural exposures and neurobiological mechanisms: a stimulation, discrepancy and deprivation model of psychosis [Book Chapter]. *International Review of Neurobiology*

MANUSCRIPTS UNDER REVIEW AND IN PREPARATION

- 1) Chen, S., Yang, B., Zhou, Z., **Vargas, T.G.**, Santaularia, J., Adam, E., Haase, C., Qu, Y. (revise and resubmit). Hippocampal Volume Moderates the Link between Racial Discrimination and Early Adolescent Depression. *Clinical Psychological Science*
- 2) **Vargas, T.G.**, Colich, N., Rakesh, D., McLaughlin, K.A. (under review) Associations of Threat and Deprivation with Biological Aging in Childhood and Adolescence. *Journal of Child Psychology and Psychiatry*
- 3) Damme, K.S.F., **Vargas, T.G.**, Bauer, J.A. (under review). The Impact of Environmental Pollution on Neurodevelopment, Cognition, and Mental Health. *Developmental Cognitive Neuroscience*

AD HOC PEER REVIEW

<https://publons.com/researcher/1567263/teresa-vargas>

International Journal of Obesity
Neuroscience and Biobehavioral Reviews
Journal of the American Academy of Child and Adolescent Psychiatry
Clinical Psychology Review
Nature Communications
JAMA Psychiatry
Schizophrenia
European Child & Adolescent Psychiatry
Clinical Epidemiology
Behavioural Brain Research
Early intervention in Psychiatry
European Journal of Psychotraumatology
Cogent Psychology
BMJ Open
Health and Place
Frontiers Psychiatry
Biomarkers in Neuropsychiatry
Couple and Family Psychology: Research and Practice
Journal of Child Psychology and Psychiatry
Social Cognitive and Affective Neuroscience
Biological Psychiatry
Assessment

Psychoneuroendocrinology
Human Brain Mapping
Journal of Abnormal Psychology
Molecular Psychiatry
Psychological Medicine
Schizophrenia Bulletin
Schizophrenia Research
CNS Spectrums
Cognitive, Affective and Behavioral Neuroscience
Journal of Ethics in Mental Health
Neurotherapeutics
Biological Psychiatry: Global Open Science
Psychology of Addictive Behaviors
Progress in Neuropsychopharmacology & Biological Psychiatry
Psychology Research and Behavior
Journal of Psychiatry and Brain Science
Psychiatry Research
Development and Psychopathology
International Journal of Neuropsychopharmacology
Biological Psychiatry: Global Open Science

RESEARCH SYMPOSIA, GUEST LECTURES, AND TEACHING

- 2025 **Invited Speaker:** Neighborhood Effects on Child Brain and Behavior Development
Institute of Psychiatry, Psychology & Neuroscience, King's College London
- 2024 **Invited Speaker:** Neighborhood Dimensions, Psychopathology, and Possible
Underlying Mechanisms
Flash Talk, *Flux Congress*, Baltimore, MA.
- 2024 **Invited Speaker:** Neighborhoods, Neurodevelopment, and Mental Illness
Harvard Medical School Child Psychiatry Residents Seminar, Boston, MA
- 2024 **Postbaccalaureate Student Mentor**, *Stress and Development Lab*, Harvard University,
Cambridge, MA.
Activities: Providing mentorship for leading independent research projects including
pre-registrations and authored manuscripts, grant applications, and providing didactics
surrounding research methods, statistics, and writing.
Topics: Structural indicators of mental illness vulnerability, emotion regulation,
functional neuroimaging, trauma, threat and deprivation exposure, adolescent
development
Supervisor: Katie A. McLaughlin, Ph.D.
- 2024 **Invited Speaker:** Neighborhoods as Systemic Indicators of Mental Illness
Vulnerability.
Berkeley Department of Clinical Science Colloquia, Berkeley, CA
- 2023 **Invited Speaker:** Neighborhoods and Mental Health: Effects on Psychosis Risk
14th Annual Schizophrenia Education Day

<https://www.massgeneral.org/psychiatry/about/patient-education/schizophrenia>
<https://vimeo.com/891633349/c826e96207>
 Massachusetts General Hospital, Boston MA

- 2023 **Invited Speaker:** Neighborhoods as Systemic Indicators of Mental Illness Vulnerability.
 Department of Psychiatry Grand Rounds
<https://mghcme.org/psychgrandroundsvideos2022-2023/>
 Massachusetts General Hospital, Boston, MA.
- 2022 **Lay Audience Dissemination:** Schizophrenia International Research Society Blog Post on Neighborhoods as Indicators of Mental Illness Vulnerability
<https://schizophreniaresearchsociety.org/teresa-vargas-northwestern-university/>
- 2016-2022 **Undergraduate Research Project Co-Mentor**, *Adolescent Development and Treatment Program*, Northwestern University, Evanston, IL.
Activities: Mentored several undergraduate and post-baccalaureate students on the completion of undergraduate and post-baccalaureate research projects
 Topics: Tractography and relations to psychosis risk, neurodevelopmental abnormalities, motor functioning, and psychosis vulnerability, stress sensitivity and symptom trajectories in youth at clinical high risk for psychosis.
Supervisor: Vijay A. Mittal, Ph.D.
- 2016-2019 **Teaching Assistantships**
 Department of Psychology, Northwestern University, Evanston, IL.
Courses: Research methods in schizophrenia, statistical methods in psychology, Buddhist psychology, psychopathology
- 2019 **Symposium Talk:** Differentiating Implicit and Explicit Theory of Mind and Associated Neural Networks in Youth at Clinical High Risk (CHR) for Psychosis
 Society of Research for Psychopathology
 Buffalo, NY.
Speakers: Shirley Wang, Susan Kuo, Sonia Bansal, Craig Rodriguez-Seijas, Daniel Moriarity, Sarah Sperry, **Teresa Vargas**, Brent Rappaport, Amanda Shamblaw, Zachary Millman, Allison Schreiber
Chair: Gregory Strauss, Ph.D.
- 2019 **Symposium Talk:** Stress and Developmental Risk for Psychopathology: From Epigenetics to Brain Circuits
 Bullying Victimization in Typically Developing and Clinical High Risk (CHR) Adolescents: A Multimodal Imaging Study
 Society of Biological Psychiatry 74th Annual Meeting
 Chicago, IL.
Speakers: **Teresa Vargas**, Andrea Pelletier-Baldelli, Romina Mizrahi, Bill Copeland
Chair: Aysenil Belger, Ph.D.
Co-Chair: Vijay Mittal, Ph.D.
- 2017 **Invited Speaker:** Hippocampal Subregions Across the Psychosis Spectrum
 Northwestern University Department of Clinical Psychology
 Evanston, IL.

- 2017 **Guest Lecture:** Therapy and Buddhist Psychology
Northwestern University Buddhist Psychology Undergraduate class (PSY314)
Evanston, IL.
- 2016 **Guest Lecture:** Research Methods in Schizophrenia
Northwestern University Schizophrenia Neuroscience Methods Undergraduate &
Graduate Seminar (PSY357-497)
Evanston, IL.
- 2016 **Symposium Talk:** Fear and Stress Studies Session
Childhood urbanicity and BDNF Polymorphism Modulate Parahippocampal
Engagement during Aversive Memory Encoding.
Society of Biological Psychiatry 71st Annual Meeting
Atlanta, GA.
Speakers: Ian Harpaz-Rotem, Moriah E. Thomason, Maria Ironside, Susanna L. Fryer,
Ian H. Gotlib, **Teresa G. Vargas**, Nikolaos P. Daskalakis, Jennifer S. Stevens
Chair: Johanna M. Jarcho, Ph.D.

CONFERENCE PROFESSIONAL PRESENTATIONS

- 1) Rabinsky, R., **Vargas, T.** (2013). Hispanic Entrepreneurs Today. *Honors Summer Research Reception*, Coral Gables FL. Funded by the University of Miami Honors Program 2013 Summer Research Grant
- 2) **Vargas, T.**, Ihne, J., Bartholomew, M., et al. (2015). Childhood urbanicity and COMT val/met interaction alters prefrontal efficiency during an encoding task. *Biological Psychiatry*
- 3) **Vargas, T.**, Ihne, J., Mattay, A., et al. (2015). Childhood urbanicity and BDNF val/met interaction alters bilateral parahippocampal gyrus during a relational memory task. *National Institutes of Health Research Festival*
- 4) **Vargas, T.**, Tong, Y., Apud, J., et al. (2016). Tolcapone improves cortical information processing in schizophrenia Val/Val homozygotes of the COMT (val158met) genotype. *Society of Research for Psychopathology Annual Meeting*
- 5) Apud, J., Tong, Y., Rasetti, R., **Vargas, T.**, Callicott, J., Dickinson, D., Kolachana, B., Weinberger, D., Mattay, V., Berman, K. Cortical Information Processing in Patients with Schizophrenia is Modulated by Tolcapone: Role of COMT val158met Genotype (2017) *Schizophrenia Bulletin*, Volume 43, Issue suppl_1, Pages S17
- 6) Mittal, V., Gupta, T., Dean, D., Bernard, J., Kelley, N., Ristanovic, I., Osborne, K. J., **Vargas, T.** (2018) Cerebellar Transcranial Direct Current Stimulation (tDCS) Improves Procedural Learning in Non-Clinical Psychosis. *Biological Psychiatry* Vol.83(9), S, pp.S427-S42
- 7) Callicott, J.H., Marenco, S., **Vargas, T.**, Reed, J., Morse, J., Mattay, V., Weinberger, D., Berman, K. (2018) Gene-environment interaction involving obstetrical complications. *Society for Biological Psychiatry Annual Meeting*, New York, New York

- 8) Mittal, V., Dean, D., Walther, S., Gupta, T., **Vargas, T.**, Osborne, K. J. (2018) Motor Subtypes and Prediction of Course in Psychosis Risk Youth. *Schizophrenia Bulletin*, Vol. 44, pp. S42-S43
- 9) Damme, K.S, Gupta, T., **Vargas, T.**, Mittal, V. A. (2018). Structural and Functional Network Structure in the Psychosis Risk Period. *Society of Research for Psychopathology Annual Meeting*, Indianapolis, Indiana
- 10) Mittal, V.A., Gupta, T., Dean, D., Bernard, J., Kelley, N., Ristanovic, I., Osborne, J., **Vargas, T.** (2018) Cerebellar Transcranial Direct Current Stimulation (tDCS) Improves Procedural Learning in Non-Clinical Psychosis. *Society of Biological Psychiatry Annual Meeting*, New York, New York
- 11) **Vargas, T.**, Damme, K.S., Mittal, V. A. (2018). Bullying Victimization in Typically Developing and Clinical High Risk (CHR) Adolescents: A Multimodal Imaging Study. *Society of Research for Psychopathology Annual Meeting*, Indianapolis, Indiana
- 12) Dumett Torres, E., **Vargas, T.**, Morse, J., Reed, J., Marengo, S., Berman, K.F., Callicott, J.H. (2019) The Effect of the TRKB Polymorphism and Urban Upbringing on Hippocampal Coupling During Episodic Memory. *Society for Biological Psychiatry Annual Meeting*, Chicago, Illinois
- 13) **Vargas, T.**, Damme, K.S. F., Hooker, C.I., Gupta, T., Cowan, H.R., Mittal, V.A. (2019) Differentiating Implicit and Explicit Theory of Mind and Associated Neural Networks in Youth at Clinical High Risk (CHR) for Psychosis. *Organization for Human Brain Mapping Annual Meeting*, Rome, Italy
- 14) **Vargas, T.**, Damme, K.S. F., Hooker, C.I., Gupta, T., Cowan, H.R., Mittal, V.A. (2019) Differentiating Implicit and Explicit Theory of Mind and Associated Neural Networks in Youth at Clinical High Risk (CHR) for Psychosis. *Society of Research for Psychopathology*, Buffalo, New York
- 15) Ricard, J.R., Gupta, T., Haase, C.M., Hittner, E.F., **Vargas, T.**, Mittal, V.A. (2019) Facial expressions of emotions and trauma in individuals at clinical high risk for psychosis. *Society of Research for Psychopathology*, Buffalo, New York
- 16) Severaid, K., Yee, C., **Vargas, T.**, Schiffman, J., Mittal, V.A. (2019) News media portrayal of severe mental illness: A content analysis. *Society of Research for Psychopathology*. Buffalo, New York
- 17) Osborne, K.J., **Vargas, T.**, Mittal, V.A. (2019). Early Childhood Social Communication Deficits in Youth at Clinical High-Risk for Psychosis: Associations with Functioning and Risk. *Society of Research for Psychopathology*. Buffalo, New York
- 18) Bridgwater, M., Rakhshan Rouhakhtar, P., Klaunig, M., Petti, E., Roemer, C., Andorko, N., DeLuca, J., Pitts, S., Mittal, V.A., **Vargas, T.**, Schiffman, J. (2020) Mental health service utilization in young adults reporting psychosis-like experiences. *Schizophrenia International Research Society*. Florence, Italy
- 19) **Vargas, T.**, Damme, K.S.F, Mittal, V.A. (2020) Neighborhood deprivation, prefrontal morphology, and neurocognition across late childhood and early adolescence. *Society of Biological Psychiatry* (Note: the conference was cancelled due to COVID-19)

- 20) **Vargas, T.**, Damme, K.S.F, Mittal, V.A. (2020) Neighborhood deprivation, prefrontal morphology, and neurocognition across late childhood and early adolescence. *Society of Research for Psychopathology (Note: the conference was cancelled due to COVID-19)*
- 21) **Vargas, T.**, Damme, K.S.F., Osborne, K.J., Mittal, V.A. (2021) Differentiating kinds of systemic stressors with relation to psychotic-like experiences in late childhood and early adolescence: the stimulation, discrepancy, and deprivation model of psychosis. *Biological Psychiatry virtual conference.*
- 22) Damme, K.S.F, Park, J., **Vargas, T.**, Walther, S., Shankman, S., Mittal, V.A. (2021) Motor abnormalities, depression risk, and clinical course in adolescence. *Biological Psychiatry virtual conference*
- 23) **Vargas, T.G.**, Damme, K.S.F., Osborne, K.J., Mittal, V.A. (2022) Differentiating Kinds of systemic Stressors with Relation to Psychotic-Like Experiences in Late Childhood and Early Adolescence: The Stimulation, Discrepancy, and Deprivation Model of Psychosis. *Schizophrenia International Research Society*. Florence, Italy
- 24) Damme, K.S.F., **Vargas, T.**, Bauer, J.A. (2024). The Impact of Environmental Pollution on Neurodevelopment, Cognition, and Mental Health. *Society of Biological Psychiatry, San Diego CA.*
- 25) **Vargas, T.**, Rakesh, D., McLaughlin, K.A. (2024). Neighborhood Dimensions, Psychopathology, and Possible Underlying Mechanisms. *Flux Congress, Baltimore, MA.*
- 26) **Vargas, T.**, Rakesh, D., McLaughlin, K.A. (2024). Neighborhood Dimensions, Psychopathology, and Possible Underlying Mechanisms. *Society of Research for Psychopathology, Montreal, CA.*
- 27) Hanford, L., Machlin, L., **Vargas, T.**, McLaughlin, K.A. (2024). Investigating Associations Between Early-Life Adverse Experiences and Indices of Ventricle Structure and Function. *Flux Congress, Baltimore, MA.*

RESEARCH EXPERIENCE

- 2023-present **Postdoctoral Fellow, Stress and Development Lab**
Department of Psychology
Harvard University, Cambridge, MA.
Mentor: Katie A. McLaughlin, Ph.D.
- 2016-2022 **Graduate Student Research Assistant and Assessment Specialist, Adolescent Development and Preventive Treatment Program**
Department of Psychology
Northwestern University, Evanston, IL.
Mentor: Vijay A. Mittal, Ph.D.
- 2014-2016 **Postbaccalaureate Intramural Research Training Award Fellow, National Institute of Mental Health Clinical and Translational Neuroscience Branch**
National Institute of Mental Health Clinical Center, Bethesda, MD.
Mentors: Joseph H. Callicott, M.D. Jose Apud, M.D., Ph.D., Karen Berman, M.D.
- 2013-2014 **Undergraduate Research Assistant, Program for Anxiety, Stress and Obsessive-Compulsive Disorders**

Department of Psychology
University of Miami, Coral Gables, FL.
Mentor: Kiara Timpano, Ph.D.

2011-2013 **Undergraduate Research Assistant, Head Start Program**

Department of Psychology
University of Miami, Coral Gables, FL.
Mentor: Daryl Greenfield, Ph.D.

2013 **Undergraduate Research Assistant, Honors Summer Research Program**

Department of Psychology
University of Miami, Coral Gables, FL.

2013 **Clinical Research Recruiter, Community assessment of medically unexplained physical symptoms and post-traumatic stress disorder program**

Department of Educational and Psychological Studies
University of Miami, Coral Gables, FL.
Mentor: Carlos Perez-Benitez, M.D, Ph.D.

2012-2013 **Undergraduate Research Assistant, Mood and Anxiety Program**

Department of Psychology
University of Miami, Coral Gables, FL.
Mentor: Jutta Joormann, Ph. D.

2012 **Undergraduate Research Assistant, Coping and Recovery Program, Coral Gables, FL**

Department of Psychology
University of Miami, Coral Gables, FL.
Mentor: Michael Antoni, Ph.D.

CLINICAL EXPERIENCE

ASSESSMENT AND INTERVENTION

2024-present **Clinical Psychologist**, Massachusetts General Hospital/Harvard Medical School, Cambridge, MA

Treatment modalities: Exposure and response prevention, CBT, ACT, CBT for psychosis, anti-racist culturally informed DBT, culturally informed care

2023-2024 **Clinical Fellow in Psychology**, Massachusetts General Hospital/Harvard Medical School, Cambridge, MA

Treatment modalities: Culturally informed care, anti-racist culturally informed DBT, CBT for psychosis, CBT, ACT, Exposure and Response Prevention

2022-2023 **Clinical Fellow in Psychology**, Massachusetts General Hospital/Harvard Medical School, Cambridge, MA.

Treatment Modalities: CBT, ACT, DBT, CBT for Psychosis, Exposure and Response Prevention.

2019-2022 **Graduate Student Therapist**, Standard Dialectical Behavioral Therapy Treatment Program, The Family Institute, Evanston, IL.

Treatment Modalities: Full protocol standard DBT, Functional Analytic Psychotherapy (FAP), Radically Open Dialectical Behavioral Therapy.

Population Served: Adults with challenges with emotion dysregulation in need of sliding scale fees. Presenting problems included personality disorders, eating disorders, persistent depressive disorder, obsessive-compulsive disorder, substance use disorders, post-traumatic stress disorders, as well as non-suicidal self-harm and suicidal ideation.

Therapy and Assessment: Provided ongoing treatment to adult clients. Conducted initial consultation assessment to determine course of treatment. Provided one-on-one skills training, and phone coaching for skills generalization. Received training starting in 2021 on therapy for adults in the community with overcontrolled coping styles, and applied training in therapy sessions.

Supervision: Participated in weekly supervision, including didactic training involving role-plays, readings, and discussion, and team consultation relevant to the treatment modality for standard Dialectical Behavioral Therapy and Radically Open Dialectical Behavioral Therapy.

Supervisor: Mark Driscoll, Ph.D.

2016-2022 **Graduate Student Assessor**, *Adolescent Development and Preventive Treatment Program, Northwestern University, Evanston, IL.*

Population Served: Adolescents and young adults at risk for developing psychosis.

Assessment: Conduct psychosis-risk assessment including the Structured Interview for Psychosis-Risk Syndromes and the MATRICS consensus cognitive battery. Provide families with feedback, write reports, consult with health care professionals within the community, and mentor trainees.

Supervision: Weekly and individual supervision on the administration and interpretation of assessment measures and pinpointing appropriate treatment referral recommendations.

Supervisor: Vijay A. Mittal, Ph.D.

2020-2021 **Group Co-Leader**, Standard Dialectical Behavioral Therapy Treatment Program Clinic Group, The Family Institute, Evanston, IL.

Treatment Modalities: Full protocol DBT skills.

Population Served: Adults with challenges with emotion dysregulation in need of sliding scale fees.

Therapy and Assessment: Weekly group therapy to 8-10 clients.

Supervision: Participated in weekly supervision and team consultation relevant to the treatment modality.

Supervisor: Mark Driscoll, Ph.D.

2019-2020 **Group Co-Leader**, *Standard Dialectical Behavioral Therapy Treatment Program, The Family Institute, Evanston, IL.*

Treatment Modalities: Full protocol DBT skills.

Population Served: Adults exhibiting challenges with emotion dysregulation.

Therapy and Assessment: Weekly group therapy to 8-10 clients.

Supervision: Participated in weekly supervision and team consultation relevant to the treatment modality.

Supervisor: Michael Maslar, Psy.D.

2018-2019 **Graduate Student Therapist**, Cognitive Behavioral Therapy for Depression Program, The Family Institute, Evanston, IL.

Treatment Modalities: Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), Motivational Interviewing, Cognitive Behavioral Analysis System of Psychotherapy (CBASP), Rumination-focused CBT for Depression.
Population served: Adults with depression in need of sliding scale fees.
Therapy and Assessment: Weekly individual therapy.
Supervision: Received weekly didactics covering different aspects of CBT and ACT implementation which including reading and discussion, and weekly supervision.
Supervisor: Thomas Alm, Psy.D.; Erika Lawrence, Ph.D.

2017-2018 **Graduate Student Therapist and Assessor, Assessment and Anxiety Treatment Program**, The Family Institute, Evanston, IL.
Treatment modalities: Cognitive Behavioral Therapy (e.g., exposure, cognitive restructuring, behavioral activation), Motivational Interviewing, Mindfulness.
Population served: Community members with a wide range of psychopathology including anxiety, depression, obsessive compulsive disorder, attention deficit and hyperactivity disorder.
Therapy and Assessment: Conducted assessments and administered questionnaires (SCID, MMPI, self-report questionnaires, Shipley-2) and provided feedback to individuals requesting a comprehensive assessment and interpretation; provided individual therapy to clients needing sliding scale services in which the CBT program would be an appropriate course of treatment.
Supervision: Weekly supervision on assessment administration, scoring, and interpretation, in addition to training on administering CBT therapy to clients.
Supervisor: Richard E. Zinbarg, Ph.D.

2016-2018 **Graduate Student Assessor, Brain, Motivation and Personality Development (MAPD) Study**, Northwestern University, Evanston, IL.
Population served: Community members with a wide range of psychopathology.
Assessment: Administered the Structured Clinical Interview for the DSM-5 (SCID-5) and the UCLA Life Stress Interview.
Supervision: Weekly supervision on assessment administration, scoring, and interpretation.
Supervisor: Richard E. Zinbarg, Ph.D.

SUPERVISION

2023-present **Clinical and Risk Assessment Supervisor**, Stress and Development Lab
 Supervise team of research coordinators in conducting diagnostic assessments for adolescents enrolled in an accelerated longitudinal study. Lead risk assessment for adolescents that endorse risk behaviors including suicidality and self-harm.
Supervisor: Katie A. McLaughlin, Ph.D.

2018-2022 **Clinical Assessment Training Co-Mentor, Adolescent Development and Preventive Treatment Program**, Northwestern University, Evanston, IL.
Population: Adolescents and young adults with psychosis-risk symptomatology; individuals with broad psychopathology (e.g., anxiety, depression, bipolar disorder).
Assessment: Provided applied training to new assessors in psychosis-risk case conceptualization and assessment. Training was administered for the following assessments: Structured Interview for Psychosis-Risk Symptoms (SIPS); Prodromal Inventory for Negative Symptoms (PINS)/Negative Symptom Inventory-Psychosis Risk

(NSI-PR); SCID-5. Provided peer supervision to research assessors for ongoing reliability maintenance, case conceptualization, and report writing.

Supervision: Weekly supervision to aid and supplement supervision of trainees

Supervisor: Vijay A. Mittal, Ph.D.

2014-2016 **Post-baccalaureate Clinical fellow**, *Clinical program at the Clinical and Translational Neuroscience Branch at the National Institutes of Mental Health (NIMH)*, Bethesda, MD.

Treatment modalities: Group therapy, occupational therapy, and recreational therapy.

Population served: patients with treatment-resistant psychotic disorders residing in the NIMH inpatient clinic for long term residential care.

Therapy and assessment: Weekly alternating group, occupational, and recreational inpatient therapy centered around building skills for independent living and managing difficult emotions.

Supervision: Weekly group supervision in case conceptualization, treatment, and therapy progression.

Supervisor: Ann Reifman, Ph.D.

2013-2014 **Crisis text line counselor**, Switchboard of Miami, Miami, FL.

Treatment modalities: telephone and text crisis counseling and suicide intervention services for callers experiencing crisis situations.

Population served: free service offered to individuals within the Miami area.

Supervision: Weekly group supervision in best practices for crisis counseling

Supervisor: Vivian Solis, M.A.

SPECIALIZED CLINICAL TRAINING

2019-2021 **Dialectical Behavioral Therapy Group Development**

Training in the development and administration of a full-protocol dialectical behavioral therapy skills group.

2019 **Structured Interview for Psychosis-Risk Syndromes Training**

Two-day training facilitated by Jason Schiffman, Ph.D.

2016 **Structured Interview for Psychosis-Risk Syndromes Intensive Training**

Three-day training facilitated by Laura Tully, Ph.D. and Vijay Mittal, Ph.D. Northwestern University, Evanston, IL.

2016 **Structured Clinical Interview for the DSM-5 (SCID-5) Training**

Three-day training facilitated by Richard Zinbarg, Ph.D. Northwestern University, Evanston, IL.

2017 **Acceptance and Commitment Therapy Training**

Half-day training on Acceptance and Commitment Therapy led by Steve Hayes, Ph.D., The Family Institute, Evanston, IL.

2013 **Crisis Counseling and Suicidal Crisis Intervention Training**

Week-long training on crisis intervention and community suicide gatekeeper training facilitated by Demian Laudisio at Switchboard Miami, Miami, FL.

ASSESSMENT COMPETENCY

Experience in the administration and interpretation of the following instruments:

Symptom inventories:

Beck Depression Inventory-II (BDI-II) • Beck Anxiety Inventory (BAI) • Depression Anxiety Stress Scales (DASS) • Albany Panic and Phobia Questionnaire • Social Phobia Scale • Post-Traumatic Stress Symptoms • Multidimensional Anxiety Scale for Children (MASC) • The Children's Depression Inventory (CDI) • Prodromal Questionnaire Brief (PQB) • Community Assessment of Psychic Experiences (CAPE-42).

Clinical Interviews:

SCID-5 • Yale-Brown Obsessive Compulsive Scale (Y-BOCS) • Structured Interview for Psychosis-Risk Syndromes (SIPS) • Prodromal Inventory of Negative Symptoms (PINS)/Negative Symptom Inventory-Psychosis Risk (NSI-PR) • The Positive and Negative Syndrome Scale (PANSS) • UCLA Life Stress Interview • Calgary Depression Scale for Schizophrenia.

Cognition and Personality:

Measurement and Treatment Research to Improve Cognition in Schizophrenia (MATRICS) Battery • Trail Making Test B • Wide Range Achievement Tests-4th edition (WRAT-4) • Wechsler Abbreviated Scale of Intelligence II, four test and two test (vocabulary and matrix reasoning only) versions • Shipley-2 • Minnesota Multiphasic Personality Inventory-II (MMPI-II) • McLean Screening Instrument

COMMUNITY ENGAGEMENT

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| 2024 | Invited Speaker: Influence of System Level Stress Exposure on Severe Mental Illness
Society of Research for Psychopathology Diversity and Inclusion Research Series Podcast |
| 2023 | Invited Speaker Season 1 Episode 9: Integrating Clinical Training and Cognitive Neuroscience
https://sensitiveperiods.buzzsprout.com/share
Co-speakers: Drs. Dylan Gee, Christian Tamnes, and Matt Mattoni
Sensitive Periods: A Flux Society Podcast |
| 2023 | Invited Speaker: Neighborhoods and Mental Health: Effects on Psychosis Risk
14 th Annual Schizophrenia Education Day
Audience primarily: families of individuals diagnosed with severe mental illness
https://www.massgeneral.org/psychiatry/about/patient-education/schizophrenia
https://vimeo.com/891633349/c826e96207
Massachusetts General Hospital, Boston MA |
| 2022 | Lay Audience Dissemination: Schizophrenia International Research Society Blog Post on Neighborhoods as Indicators of Mental Illness Vulnerability
https://schizophreniaresearchsociety.org/teresa-vargas-northwestern-university/ |

SERVICE

- 2017-2022 **Graduate student facilitator, panel member, research presenter** *Northwestern Sneak Peek Graduate Program*
Department of Psychology
Northwestern University, Evanston, IL.
Activities: Preview program for prospective graduate students with the aim of increasing recruitment of students from traditionally underrepresented backgrounds. Served as graduate student facilitator, graduate student experience panel member, and data blitz presenter.
- 2017-2021 **Graduate Student Council Member**, *Northwestern University Diversity Council (UDC)*
Northwestern University, Evanston, IL.
Activities: Council of administrators, staff, faculty and students in charge of directing and shaping priorities in advancing university-wide diversity, equity and inclusion for undergraduate and postgraduate studies.
- 2017-2019 **Clinical Council Member**, *Psychology Graduate Student Council*
Activities: Plan and coordinate events and outreach for psychology graduate students to aid networking and career development and build departmental community.
- 2016-2018 **Graduate Council Member**, *Student Health Advisory Council (SHAQ)*
Northwestern University, Evanston, IL.
Activities: Consult and coordinate with administrators and staff to improve student health targeted efforts.
- 2017 **Planning Committee Member**, *Northwestern Graduate Student Appreciation Week*
Northwestern University, Evanston, IL.
Activities: Planned and coordinated events for Northwestern's Graduate Student Appreciation week.
- 2015-2016 **Intake Volunteer**, *Employment Justice Center*
Employment Justice Center Law Clinic, Washington, D.C.
Activities: Conducted intake interviews with workers seeking pro bono legal aid consultation regarding workers' rights. Consulted with lawyer to come up with a legal solution for the worker.
Supervisor: Heather Kryzak

SKILLS

Native Spanish speaker
Proficient in collecting DTI, MRS and fMRI data
Data analysis using MATLAB, SPM, FreeSurfer, R
Experienced in blood processing and stabilization for DNA extraction, and use of centrifuge for plasma extraction
Proficient in E-Prime, Presentation software, Tobii Eyetracker