

CURRICULM VITAE

Lindsey M. Nichols

College of Education
Department of Counseling Psychology & Human Services
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EDUCATION

- 2019 (expected) **Master of Science**, Prevention Science
University of Oregon
- 2017 **Bachelor of Science**, Psychology
The University of Texas at Austin
Minor in Sociology
Forensic Science Certificate

ACADEMIC HONORS AND AWARDS

- 2017 **Dean's Distinguished Graduate**
Honorable Mention
College of Liberal Arts, The University of Texas at Austin
- 2017 **Research Assistant Award**
Sexual Psychophysiology Laboratory, The University of Texas at Austin and Strategic
Science & Technologies, LLC
*Food and Drug Administration Phase 2A Trial of Experimental Product for Female
Sexual Arousal Dysfunction*
- 2017 **Research Excellence Award**
Sexual Psychophysiology Laboratory, The University of Texas at Austin
- 2017 **Best Abstract Award**
International Society for the Study of Women's Sexual Health (ISSWSH)
*Improvements in acute physiological and subjective sexual arousal after a brief session
of autogenic training in women with sexual arousal problems*
- 2016 **Hibbs College of Liberal Arts Undergraduate Research Scholarship**
College of Liberal Arts, The University of Texas at Austin
- 2015 **Hibbs College of Liberal Arts Undergraduate Research Scholarship**
College of Liberal Arts, The University of Texas at Austin

PEER-REVIEWED PUBLICATIONS

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1. Stanton, A.M., Hixon, J.G., **Nichols, L.M.**, & Meston, C.M. (2018). One session of autogenic training increases acute subjective sexual arousal in pre-menopausal women with sexual arousal problems. *The Journal of Sexual Medicine*, 15(1), 64-76.

PUBLICATIONS IN PREPARATION

1. Tanner-Smith, E.E., **Nichols, L.M.**, Finch, A.J., & Moberg, D.P. (in preparation). Effects of Recovery High School Attendance on Delinquency, and the Moderating Role of Student Problem Solving.

PEER-REVIEWED CONFERENCE PRESENTATIONS

Podium Presentations

1. Stanton, A.M., **Nichols, L.M.**, & Meston, C.M. (2017, April). Brief session of autogenic training improves subjective sexual arousal in women with sexual arousal problems. Podium presentation at the annual meeting of the Society for Sex Therapy and Research (SSTAR), Montréal, Québec, Canada.
2. Stanton, A.M., **Nichols, L.M.**, & Meston, C.M. (2017, February). Improvements in acute subjective sexual arousal after a brief session of autogenic training in women with sexual arousal problems. Podium presentation at the annual meeting of the International Society for the Study of Women's Sexual Health (ISSWSH), Atlanta, GA. **Best Abstract Award.**
3. Stanton, A.M., Del Rey, G.M., **Nichols, L.**, & Meston, C.M. (2016, February). A brief intervention to increase heart rate variability increases physiological sexual arousal in sexually functional women: Results from a pilot study. Podium presentation at the annual meeting of the International Society for the Study of Women's Sexual Health (ISSWSH), Charleston, SC.

Poster Presentations

1. Stanton, A.M., **Nichols, L.M.**, & Meston, C.M. (2017, May). One session of autogenic training increases acute subjective sexual arousal in pre-menopausal women with sexual arousal problems. Poster session at the annual meeting of the World Association for Sexual Health (WAS), Prague, Czech Republic.
2. Stanton, A.M., **Nichols, L.M.**, & Meston, C.M. (2017, March). Single session of autogenic training increases acute sexual arousal in women with sexual arousal problems. Poster session at the annual meeting of the Society of Behavioral Medicine (SBM), San Diego, CA.

RESEARCH EXPERIENCE

Atika Khurana, PhD
Department of Counseling Psychology and Human Services
University of Oregon
Eugene, OR

2018~present *Title:* (Tentative) Trajectories of Internalizing and Externalizing Problems in a Cohort of Adolescents
Aims: To examine the trajectory of pure and co-occurring internalizing and externalizing problems in adolescents across five years, and the moderating influence of socioeconomic status.
Role: Secondary Investigator; *Primary Investigator:* Atika Khurana, Ph.D.

Emily Tanner-Smith, PhD
Department of Counseling Psychology and Human Services
University of Oregon
Eugene, OR

2017~present *Title:* Effects of Recovery High School Attendance on Delinquency, and the Moderating Role of Student Problem Solving
Aim: To examine whether problem-solving skills among students who attend Recovery High School for substance use moderate problem behaviors and delinquency.
Role: Secondary Investigator; *Principle Investigator:* Emily Tanner-Smith, Ph.D.

2017~present *Title:* Brief Substance Use Interventions in General Healthcare Settings: Understanding Variability in Effects
Aim: To assess the overall effects, and quantify the variability in the effects, of brief interventions delivered in general healthcare settings on drug and alcohol outcomes among patients identified by screening.
Role: Research Assistant; *Supervisor:* Emily Tanner-Smith, Ph.D.

Sexual Psychophysiology Laboratory
Department of Psychology
The University of Texas at Austin
Austin, TX

2016~2017 *Title:* A Randomized-Controlled Trial of Heart Rate Variability Biofeedback for the Treatment of Female Sexual Arousal Disorder
Aim: To investigate the effects of heart rate variability biofeedback on physiological and subjective sexual arousal in women with sexual arousal problems
Role: Research Assistant; *Supervisor:* Cindy M. Meston, Ph.D.

2016~2017 *Title:* Correlates of Couples' Sexual Communication: A Meta-Analysis

Aim: To systematically review research on couple sexual communication to better understand factors that improve or hinder couple's discussions about their sexual relationship

Role: Data Coder; Supervisor: Amelia M. Stanton, B.A., Allen Mallory, M.S.

- 2015~2016 Title: The Effect of a Brief Intervention to Increase Heart Rate Variability on Sexual Arousal in Women with Female Sexual Arousal Disorder
Aim: To investigate the effects of heart rate variability manipulation on physiological and subjective sexual arousal in women with sexual arousal problems
Role: Research Assistant; Supervisor: Cindy M. Meston, Ph.D.
- 2015~2017 Title: Food and Drug Administration Phase 2A Trial of Experimental Product for Female Sexual Arousal Dysfunction
Aim: A double-blind placebo-controlled two-way crossover trial examining the effects of an experimental product on genital and subjective sexual arousal in women with sexual arousal dysfunction.
Role: Eligibility Screener; Supervisor: Cindy M. Meston, Ph.D.
- 2015~2016 Title: The Effect of a Brief Intervention to Increase Heart Rate Variability on Sexual Arousal in Healthy Women
Aim: To investigate the effects of heart rate variability manipulation on physiological and subjective sexual arousal in healthy women
Role: Research Assistant; Supervisor: Cindy M. Meston, Ph.D.
- 2014~2015 Title: Vagal Activity and the Role of the Parasympathetic Nervous System during Sexual Arousal in Women with and without Sexual Dysfunction
Aim: To examine differences in respiratory sinus arrhythmia and other indices of vagal activity during physiological sexual arousal in women with and without sexual dysfunction
Role: Research Assistant; Supervisor: Cindy M. Meston, Ph.D.
- 2014~2016 Title: The Relationship between Affective Appraisal of Physiological Sexual Arousal and Sexual Dysfunction among Women with a History of Childhood Sexual Abuse
Aim: To examine affective appraisal of genital sexual arousal as a mediator of the relationship between childhood sexual abuse and sexual dysfunction. Six additional candidate mediators of the relationship between abuse history and sexual dysfunction were also examined.
Role: Eligibility Screener; Supervisor: Cindy M. Meston, Ph.D.

RELATED EXPERIENCE

- 2017~present ***Mentor & Tutor***
BEST After School Program, Kelly Middle School

Eugene, Oregon

- Tutor middle school students with academic and behavioral problems
- Provide mentorship to students with more severe behavioral and emotional problems and assistance with school work to those struggling academically

2016~2017 **Program Instructor, Assistant**

Travis County Correctional Complex

- Co-taught 3 sessions of a 6-week *Positive Discipline* parenting course to incarcerated male veterans and young adults with children

2015~2016 **Research Assistant**

Department of Sociology, The University of Texas at Austin

Title: From Retribution to Public Safety: Disruptive Innovation of American Criminal Justice

Authors: William R. Kelly, Ph.D., Hon. Robert Pitman, J.D., M. St., Dr. William Streusand, MD

- Assisted in research pertaining to *mens rea*, including diminished capacity and criminal culpability, prevalence of mental illness among juvenile offenders, and propensity of juveniles to engage in crime in adulthood
- Edited proposal and compiled, formatted reference section
- Recognized in *Acknowledgements* section

PROFESSIONAL AFFILIATIONS

2018~present Society for Prevention Research

RELEVANT SKILLS

- Heart rate variability (acquisition, analysis), biofeedback, vaginal photoplethysmography
- SPSS, Kubios HRV, CMet-X
- Interpersonal mediation
- Elementary understanding of Spanish