

Brittany Baugher

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EDUCATION

Kent State University – Kent, Ohio

August 2021 – Present

- Ph.D. in Clinical Psychology (Expected 2028)
- *Concentration:* Quantitative Methods
- *Advisor:* Karin G. Coifman, PhD
- *Dissertation:* Shaped by childhood, boosted by priming: Positive vs. attachment priming in everyday emotional experience (Prospectus Defended: October, 2025)
- *Doctoral Candidacy Title:* A psychological model for protective childhood experiences: Exploring emotion as a mechanism of action and directions for future research (Accepted: November, 2024)

Villanova University – Villanova, PA

August 2020

- Master of Science in Psychology
- *Advisor:* Benjamin D. Sachs, Ph.D.
- *Thesis:* Does early life stress increase susceptibility to negative outcomes following adult stressors?

The Ohio State University – Columbus, OH

May 2018

- Bachelor of Arts in Psychology
- Major: Psychology; Minor: Neuroscience
- Dean's List (2014-2018)
- Magna Cum Laude

PEER-REVIEWED PUBLICATIONS

Baugher, B. J. & Coifman, K. G. (2026). Childhood emotional support is associated with adaptive behavioral and emotional processes over the first year of college. *Journal of American College Health*, 1–11. <https://doi.org/10.1080/07448481.2026.2672450>

Baugher, B. J. & Coifman, K. G. (2025). Within-person association of daily activity to sleep-actigraphy following trauma: Explicating a novel index of risk for MDD and PTSD. *Journal of Psychopathology and Clinical Science*.

Mitchell, B., **Baugher, B.** & Coifman, K. (2025). Negative Emotions, Working Memory, and Risk-Related Regulatory Behaviors in Active-Duty Firefighters and First-Year College Students. *Cognitive Therapy and Research*, 1–20.
<https://doi.org/10.1007/s10608-025-10614-0>

- Sayer, M., **Baughner, B. J.**, Jasnow, A., & Coifman K. G. (2025). Circulating sex hormones and positive emotions: A new target in understanding risk for affective disorders. *Psychoneuroendocrinology*, 173, 107282.
<https://doi.org/10.1016/j.psyneuen.2025.107282>
- Mitchell, B. J., **Baughner, B. J.**, Gawlik, E., Richmond, J., Sidney, P. G., Taber, J. M., Thompson, C. A., & Coifman, K. G. (2024). How are you feeling today? Dynamic and static indices of daily affect predict psychological adjustment one year later in a multi-cohort, longitudinal investigation. *Cognitive Therapy and Research*, 48(4), 610-627.
<https://doi.org/10.1007/s10608-024-10484-y>
- Baughner, B. J.**, Delahanty, D. L., & Coifman, K. G. (2023). Recalled protective childhood experiences (PCEs) are associated with positive emotional expressions in active-duty firefighters. *Journal of Traumatic Stress*, 37(1), 187-194.
<https://doi.org/10.1002/jts.22992>
- Mitchell, B. J., Gawlik, E. A., **Baughner, B. J.**, George, R. L., Muakkassa, F. F., Mallat, A. F., Gunstad, J., Delahanty, D. L., & Coifman, K. G. (2022). Were there losses in social support during the pandemic? Testing the impact of COVID-19 on psychological adjustment to trauma in United States adults. *Frontiers in Psychology*, 13, 1061621.
<https://doi.org/10.3389/fpsyg.2022.1061621>
- Baughner, B. J.**, & Sachs, B. D. (2022). Early life maternal separation induces sex-specific antidepressant-like responses but has minimal effects on adult stress susceptibility in mice. *Frontiers in Behavioral Neuroscience*, 16, 941884.
<https://doi.org/10.3389/fnbeh.2022.941884>
- Karth, M. D., **Baughner, B. J.**, Pellechia, S. A., Huq, S. N., Warner, A. K., Karth, M. M., & Sachs, B. D. (2022). Brain serotonin deficiency and fluoxetine lead to sex-specific effects on binge-like food consumption in mice. *Psychopharmacology*, 1–10.
<https://doi.org/10.1007/s00213-022-06181-x>
- Baughner, B. J.**, Buckhaults, K., Case, J., Sullivan, A., Huq, S. N., & Sachs, B. D. (2022). Sub-chronic stress induces similar behavioral effects in male and female mice despite sex-specific molecular adaptations in the nucleus accumbens. *Behavioural Brain Research*, 425, 113811. <https://doi.org/10.1016/j.bbr.2022.113811>
- Karth, M. M., **Baughner, B. J.**, Daly, N., Karth, M. D., Gironda, S. C., & Sachs, B. D. (2019). Brain 5-HT Deficiency Prevents Antidepressant-Like Effects of High-Fat-Diet and Blocks High-Fat-Diet-Induced GSK3 β Phosphorylation in the Hippocampus. *Frontiers in Molecular Neuroscience*, 12, 298.
<https://doi.org/10.3389/fnmol.2019.00298>

MANUSCRIPTS UNDER REVIEW

- Baughner, B. J.**, Gawlik, E. A., & Coifman, K. G. (Under Review) Positive emotion priming in the wild: Ambulatory priming can improve momentary cognitive control in symptomatic college students.

MANUSCRIPTS IN PREP

- Baughner, B.J.** & Coifman, K.G. (In Prep). An exploratory factor analysis of PCEs and their associations with social functioning in emerging adulthood.
- Gentzler, A., Pool, J., Izadinia, K., King, E., Ginsberg, M., Brumariu, L., & **Baughner, B.** (In Prep). Attachment and positive emotion regulation during adolescence.
- Baughner, B.J.**, Bowser, A.J., & Coifman K.G. (In Prep). Protective childhood experiences and optimism as pathways to adaptive coping.
- Coifman, K.G., Korhummel, M., **Baughner, B.J.**, Gawlik, E., & Scamaldo, K. (In prep). Emotion flexibility and psychological adjustment to traumatic events.
- Baughner, B. J.**, Gere, J, & Coifman, K.G. (In Prep). A structural equation model of protective childhood experiences and emotion processes.
- Baughner, B. J.** & Coifman, K. G. (In Prep). Can three items predict psychopathology after trauma? Developing a mental health triage system.

PRESENTATIONS

(*Indicates undergraduate mentee)

- Baughner, B.J.**, Gunstad, J., & Coifman, K.G. (2026). How protective childhood experiences shape mental health risk: The mediating role of daily behaviors. Poster presentation accepted for Society for Research in Psychopathology Annual Meeting, Columbus, OH.
- *Bonchu, M., *Fabrizio, R. **Baughner, B.**, Gunstad, J., & Coifman K. (2026). Daily behaviors predicting changes in mental health across the semester. Poster presentation at Midwestern Psychological Association Annual Meeting, Chicago IL.
- Brown, J., **Baughner, B.**, Ben Porath, Y., Gunstad, J., & Coifman, K. (2026). *Further comparison of the MMPI-3 antagonism and aggressiveness scales using longitudinal prediction of affect and interpersonal dysfunction.* Oral presentation at The Society of Personality Assessment Research Symposium, Toronto, Canada.
- Holmes, K., **Baughner, B.**, Ben Porath, Y., Gunstad, J., & Coifman, K. (2026). *Associations between the MMPI-3 externalizing scales and risk behaviors as indexed by EMA.* Oral presentation at The Society of Personality Assessment Research Symposium, Toronto, Canada.
- May, K., Brown, J., **Baughner, B.**, Ben Porath, Y., Gunstad, J., & Coifman, K. (2026). *Examining the longitudinal prediction of affect by MMPI-3 activation scale scores: An EMA investigation.* Oral presentation at The Society of Personality Assessment Research Symposium, Toronto, Canada.
- *Caraboolad, K., *Cintron Calero, S., *McGrath, M., *Niedermier, I., *Roush, A., **Baughner, B. J.**, Gunstad, J., & Coifman, K. G. (2025) *Protective childhood experiences and daily functioning in college students.* Poster presentation at Midwestern Psychological Association Annual Meeting, Chicago IL.
- Baughner, B. J.**, & Coifman, K. G. (2024). *Within-person association of daily activity to sleep-actigraphy following trauma: Explicating a novel target for treatment of PTSD.* Oral presentation at Society for Research in Psychopathology Annual Meeting, Montreal, Canada.

- Baughter, B. J., & Coifman, K. G. (2024).** *Can three items predict psychopathology after trauma? Developing a mental health triage system.* Poster presented at International Society for Traumatic Stress Studies Annual Meeting, Boston, MA.
- Baughter, B. J., & Coifman, K. G. (2024).** *Childhood emotional support is associated with adaptive behavioral and emotional outcomes in first-year college students.* Research talk presented at KSU Graduate Student Symposium, Kent, OH.
- Baughter, B. J., Mitchell, B. J., & Coifman, K. G. (2023).** *Working memory capacity and negative affect as predictors of maladaptive regulatory behavior engagement in active-duty firefighters.* Poster presented at International Society for Traumatic Stress Studies Annual Meeting, Los Angeles, CA.
- Baughter, B. J., & Coifman, K. G. (2023).** *Childhood experiences predict risk and protective emotional responses in firefighters.* Symposium talk presented at Midwestern Psychological Association Annual Meeting, Chicago, IL.
- Baughter, B. J., & Coifman, K. G. (2022).** *Childhood experiences predict in-vivo emotional reactivity in at-risk adults: A study of active-duty firefighters.* Poster presented at International Society for Traumatic Stress Studies Annual Meeting, Atlanta, GA.
- Baughter, B. J., & Coifman, K. G. (2022).** *Childhood experiences predict in-vivo emotional reactivity in at-risk adults: A study of active-duty firefighters.* Poster presented at Association for Psychological Science Annual Convention, Chicago, IL.
- Pellechia, S., **Baughter, B. J.,** Sachs, B. D. (2022). *Brain serotonin deficiency and fluoxetine lead to sex-specific effects on binge eating in mice.* Poster presented at Experimental Biology, Philadelphia, PA.
- Baughter, B. J. (2020).** *Sub-chronic stress induces similar depression and anxiety-like behavioral alterations in male and female mice.* Poster accepted for presentation at the Experimental Biology Annual Meeting, San Diego, CA. Conference cancelled due to COVID-19.
- Baughter, B. J. (2019).** *Intranasal neuropeptide Y as a prophylactic treatment for acute stress.* Poster presented at the Graduate Research Symposium, Villanova, PA.

AWARDS & HONORS

- Jeanette and Louis Reuter Graduate Fellowship in Developmental Science (2026) - \$12,000
- Judie Fall Lasser Graduate Psychology Research Award (2025) - \$3,000
- KSU Graduate Student Senate Research Award (2025) - \$1,743
- KSU Graduate Student Symposium Best Oral Presentation Award (2024) – \$500
- International Society for Traumatic Stress Studies (ISTSS) Student Poster Award – Honorable Mention (2023)
- Association for Psychological Science (APS) Student Research Award (2022) – \$300
- Featured in APS *Observer's* “Up-and-Coming Voices” series (2022)
- Psi Chi APS Convention Society Research Award (2022) – \$500
- KSU Graduate Dean’s Award (2021-2022) – \$5,000
- Villanova Graduate Summer Research Fellowship (2019) – \$3,000

- Villanova Graduate Travel Grant (2019) – \$1,1000

GRANT ACTIVITY

Ruth L. Kirschstein National Research Service Award (NRSA) Individual Predoctoral Fellowship to Promote Diversity in Health-Related Research (Parent F31-Diversity)

Title: *Understanding the role of protective childhood experiences in positive emotionality and psychological resilience*

Role: Principal Investigator

Submitted 12/8/2023 (Not funded)

RESEARCH EXPERIENCE

Clinical Affective Science Lab, Kent State University

2021 – Present

Kent, OH

- PI: Dr. Karin Coifman
- Assist in running and managing multiple research projects examining affective processes, including a federally funded NIMH R01 research study (#5R01MH113622-02). Develop and submit Institutional Review Board proposals and develop and maintain Standard Operation Procedures. Collect physiological data including heart rate variability, skin conductance, and respiration. Perform data cleaning and analyses of statistical and psychophysiological data. Mentor and train undergraduate research assistants.

Research Coordinator, Cleveland Clinic

2020 – 2021

Lakewood, OH

- Research coordinator for the Lakewood Family Medicine Residency under the direction of Dr. Carl Tyler (Research Director)
- Assisted resident physicians in planning and conducting research projects within the clinical setting. Worked on Caregiver Catalyst Grant from the Cleveland Clinic (\$100,000) aimed at providing better medical care for individuals with developmental disabilities.

Sachs Lab, Villanova University

2018 – 2020

Villanova, PA

- PI: Dr. Benjamin Sachs
- Responsible for daily lab oversight, simultaneously managed several ongoing projects within the lab and trained new lab members. Collected and analyzed behavioral and molecular data. Procedural skills include genotyping, quantitative real-time PCR, western blotting, and behavioral tests.

Psychological Assessment Lab, Villanova University

2018 – 2020

Villanova, PA

- PI: Dr. John Kurtz
- Managed ongoing projects and oversaw a team of research assistants. Collected, coded, and analyzed quantitative data, and wrote manuscripts in APA format.

Self and Social Motivation Lab, Ohio State University

2016 – 2018

Columbus, OH

- PI: Dr. Jennifer Crocker
- Programmed studies using Qualtrics, managed experimental sessions, developed stimuli and study materials, created study protocols, recruited research subjects, cleaned and analyzed quantitative data using SPSS statistical software.

CLINICAL EXPERIENCE

Psychological Clinic, Kent State University

Clinical Co-Supervisor

2026-Present

- Umbrella Supervisor: Alanna Updegraff, PhD
- Provide co-supervision to graduate student therapists in the university clinic. Meet regularly with supervisee and umbrella supervisor to discuss cases and provide guidance. Review session video recordings and therapy notes.

Department of Psychiatry, University Hospitals Cleveland Medical Center

Individual Psychotherapist

2025-Present

- Supervisor: Patrick Palmieri, PhD
- Provide individual psychotherapy in an outpatient hospital setting, specializing in treatment for post-traumatic stress disorder (PTSD). Utilize empirically supported treatments including Prolonged Exposure for PTSD. Coordinate patient care with other providers within University Hospitals. Conduct biopsychosocial intakes for diagnosis and treatment recommendations.

Premier Behavioral Health Services, Mentor OH

Individual and Group Psychotherapist

2024-2025

- Supervisor: Anthony McMahon, PhD
- Provide individual psychotherapy to adult community members from the Northeastern Ohio area. Utilize empirically supported treatments including dialectical behavior therapy (DBT), cognitive behavioral therapy, and motivational interviewing. Co-lead an adult mental health intensive outpatient program three times per week, with an emphasis on DBT skills. Conduct biopsychosocial intakes for diagnosis and treatment recommendations.

Clinical Affective Science Lab, Kent State University

Diagnostic Interviewer

2022-Present

- Supervisor: Karin G. Coifman, Ph.D.

- Conduct semi-structured diagnostic interviews for research project involving trauma-exposed community members. Assessment includes the Structured Clinical Interview for DSM-5 (SCID-5) and SCID-II personality questionnaire. Additional duties include conducting risk assessments to evaluate suicidal and homicidal risk as well as being on-call for emergencies.

Psychological Clinic, Kent State University

Clinical Psychology Trainee

2022-2024

- Therapy Supervisors: Alanna Updegraff, Ph.D., William Ajay, Ph.D., Brittain Lamoureux, Ph.D.
- Assessment Supervisor: Yossef Ben-Porath, Ph.D.
- Conduct diagnostic assessments and therapy for students and community members from Northeast Ohio. Utilize cognitive-behavioral techniques (e.g., CBT, ACT, DBT). Administer comprehensive integrative assessments using the SCID-5, MMPI-3, WAIS-IV, and projective tasks (e.g., Incomplete Sentences Blank), as well as suicide risk assessments (e.g., CSSRS).

TEACHING EXPERIENCE

Graduate Student Instructor, Kent State University

2023-Current

Kent, OH

- Biopsychology (1 Semester): Primary instructor of biopsychology course; responsible for curriculum development, instruction, and grading
- Quantitative Methods in Psychology I (1 Semester): Primary instructor of quantitative methods course; responsible for curriculum development, instruction, and grading

Adjunct Professor, Youngstown State University

2021

Youngstown, OH

- Cognitive Psychology (1 Semester): Primary instructor of cognitive psychology lecture and lab; responsible for curriculum development, instruction, and grading

Adjunct Professor, Stark State College

2020

North Canton, OH

- General Psychology (1 Semester): Primary instructor of two sections of general psychology; responsible for curriculum development, instruction, and grading

Teaching Assistant, Villanova University

2018 – 2020

Villanova, PA

- Advanced Lab in Neuroscience (1 Semester): Instructor of a hands-on senior capstone course including lectures and laboratory experiments
- Introductory Psychology (4 Semesters): Administered and graded exams and homework
- Cellular and Behavioral Neuroscience (3 Semesters): Assisted in laboratory demonstrations, graded tests, and administered exams

PROFESSIONAL SERVICE

- Multicultural Diversity Committee, Department of Psychological Sciences, KSU: Co-Chair (2024-2025), Chair of Finances (2023-2024), and Graduate Student Mentor (2021-Present)
- Graduate Student Council, Villanova University: Vice President (2019-2020)
- Psi Chi, Villanova Chapter: Secretary (2019-2020)
- National Alliance on Mental Illness: Intern (2017-2018)

PROFESSIONAL AFFILIATIONS

- Midwestern Psychological Association (MPA)
- Society for Research in Psychopathology (SRP)
- Association for Psychological Science (APS)
- Psi Chi, International Honor Society in Psychology
- American Psychological Association (APA)
- International Society for Traumatic Stress Studies (ISTSS)
- American Association of University Women (AAUW)