

AKHILA K. NEKKANTI

she / her

University of Oregon
Department of Counseling Psychology and Human Services
Prevention Science Program
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EDUCATION

- | | |
|-------------|---|
| 2021 | PhD in Prevention Science
University of Oregon |
| 2021 | Certificate in Human Investigations
Oregon Health & Sciences University |
| 2019 | M.S. in Prevention Science
University of Oregon |
| 2016 | B.S. in Neuroscience
University of California, Riverside |

FELLOWSHIPS

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|----------------------------|---|
| 2020 - 2021 | Betty Foster McCue Dissertation Fellowship
University of Oregon |
| 2019 - 2021 | National Institutes of Health TL1 Dissertation Fellowship
Oregon Clinical and Translational Research Institute |
| 2019
[un-funded] | Ruth L. Kirschstein Pre-Doctoral National Research Service Award
National Institutes of Mental Health |
| 2018
[un-funded] | Graduate Research Fellowship Program Fellowship
National Science Foundation |

AWARDS

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| 2020 - 2021 | General University Scholarship
University of Oregon |
| 2019 | Society for Prevention Science Travel Scholarship |
| 2019 | Society for Research in Child Development Travel Scholarship |

2018	Society for Prevention Science Travel Scholarship
2015 – 2016	Chancellor’s Research Fellowship University of California, Riverside
2012 – 2016	Highlander Excellence Scholarship University of California, Riverside
2012	Dean’s Honor: Academic Excellence University of California, Riverside

PUBLICATIONS

Skoranski, A., Skowron, E.A., **Nekkanti, A.K.**, Scholtes, C., Lyons, E., DeGarmo, D.,
(under review) PCIT Engagement and Persistence Among Child Welfare-Involved Families: Associations with Harsh Parenting, Physiological Reactivity, and Social Cognitive Processes at Intake. Development and Psychopathology.

Nekkanti, A.K., Jeffries, R., Scholtes, C., Shimomaeda, L., DeBow, K., Wells, J., Lyons, E., Giuliano, R., Gutierrez, F., Woodlee, K.X., Funderburk, B.W., Skowron, E. *(in press) Study Protocol: The Coaching Alternative Parenting Strategies (CAPS) Study of Parent-Child Interaction Therapy in Child Welfare Families.* Frontiers in Psychiatry.

Todahl, J., **Nekkanti, A.K.**, Schnabler, S. *(in press). Universal Screening and Education: A Client-Centered Protocol for Normalizing Intimate Partner Violence Conversation in Clinical Practice.* Couple and Relationship Therapy.

Folger, A., **Nekkanti, A.K.**, Williamson, G., Guidinger, C., Allen, L., Tang, S.S., Kelly, N.R. *(under review). Rural Sixth Grade Teachers’ and Students’ Perceptions of the Acceptability and Feasibility of a Trauma-Sensitive Mindfulness Curriculum for Mental Health Promotion.*

Nekkanti, A.K., Parsafar, P., & Davis, E. L. (2016). *The effects of mindfulness meditation on adolescents’ stress management.* UC Riverside Undergraduate Research Journal.

RESEARCH PRESENTATIONS

Nekkanti, A., Barkhurst, P., Schnabler, S., Todahl, J. (2020, Nov). *Bridging the Research and Policy Gap in Maltreatment: Better Data and Accurate Translation.* Workshop to be presented at the Society for Research in Child Development Special Topic

Workshop: The State of Research on Prevention of Child Maltreatment: Current Knowledge and Future Directions to Inform Policy and Practice, Saint Louis, MO.

- Nekkanti, A.,** Skowron, E., Scholtes, C., Gutierrez, F. (2019, Sep.). *PCIT with Child Welfare Families Improves Parent Self-Regulation Skills*. Paper presented at the annual Mind Your Mind Conference, Eugene, OR.
- Nekkanti, A.,** Scholtes, C., Skowron, E. (2019, Aug). *As PRIDE Skills Improve, So Does the Child, Right?* Paper presented at the bi-annual PCIT International Conference, Chicago, IL.
- Nekkanti, A.,** Williamson, G., Guidinger, C., Allen, L., Tang, S.S., Kelly, R.N., (May, 2019). *Teachers and students report on the acceptability and feasibility of a trauma-sensitive mindfulness curriculum for mental health promotion in their rural middle school*. Paper presented at the Society for Prevention Research Conference, San Francisco, CA.
- Nekkanti A.,** Kelley, K., Giuliano, R., Skowron, E.A. (2019, March). *The Effect of Emotion Regulation on Inhibitory Control for Welfare-Involved Parents Depends on Socioeconomic Risk*. Poster presented at the meeting of the Society for Research in Child Development, Baltimore, MD.
- Skowron, E.A., **Nekkanti, A.,** Johnson, K., Lyons, E., Gutierrez, F., DeGarmo, D. (2019, March). *Improvements in parent's respiratory sinus arrhythmia following Parent-Child Interaction Therapy for child welfare families*. Poster presented at the meeting of Society for Research in Child Development, Baltimore, MD.
- Nekkanti, A.,** Woodlee, K., Scholtes, C., & Skowron, E.A., (2018, November). *The impact of intimate partner violence on parent-child communication*. Poster presented at the National Council on Family Relations Conference, San Diego, CA.
- Nekkanti, A.** (May, 2016). *Promoting Mindfulness and Acceptance: How a Week Long Meditation Training Program Influenced Youths' Coping Self Efficacy*. Paper presented at Undergraduate Research Symposium, UC Riverside.
- Nekkanti, A.,** Parsafar, P., Shih, E. W., Sillars, A., Nicolaidis, C., Bishara, L., Witcher, L., Broom, N., Tools for Peace, & Davis, E. L. (2016, May). *Mindfulness improves youths' emotional awareness by increasing emotion regulation*. Poster presented at: 28th Annual Association for Psychological Science Convention, Chicago, IL.
- Nekkanti, A.,** Parsafar, P., Nicolaidis, C., Shih, E. W., Sillars, A., Bishara, L., Witcher, L., Price, J., Broom, N., Tools for Peace, & Davis, E. L. (2016, April). *Mindfulness meditation training increases cognitive control and emotion regulation and decreases school avoidance for youth*. Poster presented at: 96th Annual Western Psychological Association Convention, Long Beach, CA.

Nekkanti, A., Parsafar, P., Shih, E. W., Sillars, A., Nicolaidis, C., Bishara, L., Witcher, L., Broom, N., Tools for Peace, & Davis, E. L. (2016, February). *Mindfulness meditation training at a summer camp improves youths' stress management and coping self-efficacy.* Poster presented at: Bridging the Hearts and Minds of Youth Conference, San Diego, CA.

Shih, E. W., Bishara, L., Parsafar, P., Nicolaidis, C., Sillars, A., **Nekkanti, A., Price, J., Witcher, L., & Davis, E. L. (2016, February)** *The effects of mindfulness meditation on youth's socioemotional functioning and psychophysiology.* Symposium presented at the 2016 Annual Meeting of UC San Diego School of Medicine's Bridging the Hearts and Minds of Youth, San Diego, CA.

RESEARCH EXPERIENCE

2020

Doctoral Research Assistant

Project: COVID-19 Monitoring and Assessment Program

PI: Leslie Leve, Camille Cioffi

Collaborate with Lane County's Department of Public Health to assist in collection of nasopharyngeal and oropharyngeal testing of COVID-19. Interview key community stakeholders in Lane County to identify strategies for cultural tailoring of testing procedures.

2019 – 2020

Principal Investigator

Project: *Resting Child Brain, C.A.P.S Study Follow Up*

[Terminated due to COVID-19]

Sponsors: Elizabeth A. Skowron, Kathryn Mills, Kristen Mackiewicz-Seghete

Designed, developed, and produced full protocol for collection of resting state fMRI data with welfare-involved children ages 7-10, to test the longitudinal effects of PCIT on children's intrinsic brain activity.

2018 – 2019

Doctoral Research Assistant

Project: *Feasibility Pilot Investigating Neural Mediators of PCIT Outcomes*

PIs: Elizabeth Skowron, Elliot Berkman

Family Biobehavioral Health Lab; University of Oregon

Lead coordination of and fMRI data collection for pilot study with welfare-involved parents and children.

2018 - 2019

Doctoral Research Assistant

Project: *Mindfulness Intervention Feasibility Study*

PI: Nichole Kelly

RENEW Lab; University of Oregon

Analyzed qualitative data to measure acceptability and feasibility of school-based mindfulness intervention; manuscript preparation.

2017 - Present

Doctoral Research Assistant

Project: *Coaching Alternative Parenting Strategies (CAPS)*

PIs: Elizabeth Skowron, Philip Fisher

Family Biobehavioral Health Lab; University of Oregon

Collect physiological and behavioral data with children and parents in laboratory setting; code microsocial behaviors in parent-child interactions, analyze psychophysiological data, analyze longitudinal changes in behavior and self-regulation in children, visualize data in R.

2016 – 2017

Lab Coordinator and Research Associate

Projects: *Physiology and Emotion Regulation in Kids, Children's Attention and Regulation Project, Auditory Stimuli & Functioning in Undergraduates*

Emotion Regulation Lab; UC Riverside

Manualized data collection procedures, trained 30+ research assistants, managed lab-wide data organization and cleaning, served as first-point liaison with research collaborators (Washington Irving Middle School and Tools for Peace Non-Profit), assisted PI in HRRB protocol preparation, assisted with manuscripts and presentations.

2016 - 2017

Curriculum Development Intern

Tools for Peace: Mindfulness and Compassion Non-Profit

Developed methods to better assess emotional competency and stress management in youth, performed lit reviews for empirical basis to new curricula, coded emotion language for phone-application development, assisted in dissemination of results in media.

2015 - 2016

Undergraduate Research Fellow

Project: *Bio-behavioral Correlates of Meditation Training in Teens*

Principal Investigator: Elizabeth L. Davis

Emotion Regulation Lab; UC Riverside

Created qualitative questionnaires and corresponding coding schemes to measure emotion regulation strategies and perceptions of self, cleaned and coded HRV data, coded qualitative data, compiled and analyzed data with SPSS, presented findings at four national conferences.

2015 - 2016

Undergraduate Project Manager

Project: *Cognitive, Physiological, and Emotional Regulatory Benefits of a Brief Mindfulness Meditation Session*

Principal Investigator: Elizabeth L. Davis

Emotion Regulation Lab; UC Riverside

Worked closely with graduate students to improve pilot study, delegated data entry assignments and compiled final data to SPSS,

interviewed undergraduate and youth participants, maintained participant contact via telephone and email correspondence.

2014 - 2015

Undergraduate Research Assistant

Project: *Physiology and Emotion Regulation in Kids (PERK)*

Emotion Regulation Lab; UC Riverside

Principal Investigator: Elizabeth L. Davis

Administered surveys and computer tasks to undergraduates and families, cleaned HRV data, transcribed parent-child interactions.

2014 - 2015

Undergraduate Research Assistant

Project: *Mechanisms of Sustainable Change in Long-term Positive Affect*

Positive Activities and Well-being Lab; UC Riverside

Principal Investigator: Sonja Lyubomirsky

Coded qualitative responses to assess for aspects of humility, administered surveys and collected physiological data, managed email correspondence with participants of on-going and prospective studies.

TEACHING and GUEST LECTURES

Spring 2019

Teaching Assistant

Prevention of Interpersonal Violence

Department of Family and Human Services
College of Education, University of Oregon

Winter 2019

Teaching Assistant

Research in Human Services

Department of Family and Human Services
College of Education, University of Oregon

Fall 2018

Teaching Assistant

Human Development in the Family Context

Department of Family and Human Services
College of Education, University of Oregon

Spring 2018

Instructor

Human Development in the Family Context

Department of Family and Human Services
College of Education, University of Oregon

Winter 2018

Guest Lecturer

A Public Health Perspective: Flint Michigan Crisis

Department of Family and Human Services
College of Education, University of Oregon

Winter 2018

Guest Lecturer

Cultural Competence in Research

Department of Family and Human Services
College of Education, University of Oregon

Winter 2018

Contemporary Issues in Public Health

Teaching Assistant Department of Family and Human Services
College of Education, University of Oregon

Fall 2017 *Human Development in the Family Context*

Teaching Assistant Department of Family and Human Services
College of Education, University of Oregon

ACADEMIC and PROFESSIONAL SERVICE

2019 - Present **Executive Board Member**
Students of Underrepresented Races, Cultures, and Ethnicities
University of Oregon

2018 - 2019 **Joint Undergrad-Grad Mentor**
Women in Graduate Sciences
University of Oregon

2018 - Present **Research Mentor**
Department of Psychology
University of Oregon

2017 - 2019 **Student Recruitment Liaison**
Prevention Science Department
University of Oregon

2017 - Present **Prevention Science Steward**
Graduate Teaching Fellows Federation
University of Oregon

2016 - 2017 **Behavior Therapist**
California Psychcare

2016 - 2017 **Researcher and Management Intern**
Tools for Peace Mindfulness and Compassion Non-Profit