

# Sarah F. Lynch

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## EDUCATION

2019-  
Expected 2024 **Boston University**  
Doctor of Philosophy in Psychology, Program in Developmental Science  
Department of Psychological and Brain Sciences  
*PhD Advisor: Dr. Nicholas J. Wagner*

2019 **University of Connecticut**  
B.A. Psychological Sciences  
B.A. Youth Mental Health through Creativity  
*Advisor: Dr. James C. Kaufman*

## RESEARCH APPOINTMENTS

2019 – **Biobehavioral and Social-Emotional Development Lab, Boston University.**  
*Graduate Researcher*

*PI: Dr. Nicholas J. Wagner*

‘21- **Examining Neurophysiological Predictors of Treatment Response to a Multi-Component Early Intervention for Socially Inhibited Preschoolers (TURTLE), *GRA*.**

Assesses the role of biobehavioral predictors of treatment response in addition to parent self-regulation and parenting behaviors in reducing child behavior inhibition (BI) across treatments. Assesses parents' neurophysiological regulation and perceptions of social threat.

Developing RA training manual for electrodermal activity (EDA) cleaning, coding, and analysis.

‘21- **The Development of Gut Microbiota and Behavioral Inhibition in Childhood: The Role of Early Stress and Brain Development, *GRA*.**

Interdisciplinary examination of the effects of early exposure to toxic stress (across infancy and toddlerhood) on the developing gut microbiota via stressful experiences in the home environment utilizing MRI scans of brain structure and function, microbiota diversity, and observed measurement of child behavior.

Aiding in development and implementation of social and non-social fear paradigms for children during the 3.5y study timepoint. Lead researcher on subsequent physiological and behavioral coding of the paradigm.

‘19- **Family and Child Emotion Socialization Study (FACES), *GRA*.**

Using various methodology (eye-tracking, ECG, heart rate variability, respiration, behavioral observations, surveys) to explore components of empathy, guilt, and emotion recognition and understanding, as well as the

underlying regulatory mechanisms implicated in their emergence. Ages 7-10y.

‘19-21 **Biology and Social Interactions Study, GRA.**

Examines emotional and social processes in a young adult population. Ages 18-22y.

2016-2019 **Department of Educational Psychology, University of Connecticut.**

*Research Assistant*

*PI: Dr. James Kaufman*

Code and analyzed data, wrote and edited research articles for publications.

**Psychological Sciences Undergraduate Thesis.** Explored stress management in the dimensions of creative and emotionally intelligent stress reduction methods by analyzing personality traits to predict positive or negative emotional associations of stress. Created new instrument for measuring methods of stress reduction by cross-analyzing levels of healthiness, creativity, problem solving ability, and avoidance using EFA and CFA.

**The Next Generation 56th Biannual Poster Night.** *Breathe in, breathe out:* breathing methods to reduce student stress.

Found significance in the effectiveness of guided breathing methods as an immediate, short-term tool for student stress relief.

2018-2019 **Yale Center for Emotional Intelligence. Child Study Center, Creativity & Emotions Lab.**

*Consultant & Research Assistant*

*PI & Director: Dr. Zorana Ivcevic Pringle*

Aided in development of facial-tracking software to identify range of emotion while engaging in creative processes. Recruited participants for a study of creativity and frustration. Conducted literature review on creativity and frustration.

## **PUBLICATIONS (n=7)**

**Lynch, S. F.,** Bedford, R., Propper, C., & Wagner, N. J. (2021). Examining Links Between Infant Parasympathetic Regulation during the Still-Face Paradigm and Later Callous-Unemotional Traits. *Research on Child and Adolescent Psychopathology*, 1-15.

Wagner, N. J., Holochwost, S., **Lynch, S.,** Mills-Koonce, R., & Propper, C. (2021). Characterizing change in vagal tone during the first three years of life: A systematic review and empirical examination across two longitudinal samples. *Neuroscience & Biobehavioral Reviews*.

Swetlitz, C., **Lynch, S.F.,** Propper, C., Coffman, J., & Wagner, N.J. (2021). Examining maternal reminiscing style as a protective factor in the intergenerational transmission of psychopathology. *Research on Child and Adolescent Psychopathology*. 10.1007/s10802-021-00790-4

Choi, D., **Lynch, S.F.,** & Kaufman, J. C. (in press) Creativity, Intelligence, and Wisdom. *Cambridge Handbook of Wisdom*.

Preiss, D. D., **Lynch, S.F.,** McKay, A. S., & Kaufman, J. C. (2020). Poetry. In M. A. Runco & S. Pritzker (Eds.), *Encyclopedia of creativity*, 3<sup>rd</sup> Ed (367-370). New York: Elsevier.

- Lynch, S. F., & Kaufman, J. C.** (2019). Creativity, intelligence, and wisdom: Could versus should. In R. J. Sternberg & J. Gluck (Eds.), *Cambridge Handbook of Wisdom* (pp. 455-464.). New York: Cambridge University Press.
- Yi, L., **Lynch, S.F.**, Li, S., He, S., Yi, L., & Kaufman, J. C. (2019). Field independence increases novelty at the cost of task appropriateness. *International Journal of Creativity and Problem Solving*, 29, 47-53.
- Lynch, S.F.**, Smith, K., Winebrake., D., Powell, T., Wagner, N.J. (in prep) Examining the associations between callous-unemotional traits and parasympathetic nervous system functioning: A meta-analysis.
- Lynch, S.F.**, Waller, R., Wagner, N.J. (in prep) Associations between callous-unemotional traits and emotion understanding during a dynamic film: The moderating role of parasympathetic nervous system functioning

### CONFERENCE PRESENTATIONS (n=5)

- Lynch, S.F.**, Propper, C., & Wagner, N.J. (2021, May). Parasympathetic nervous system functioning as a biological risk factor for callous-unemotional trait development: a meta-analytic review and empirical investigation. Poster at the 2021 Society for the Scientific Study of Psychopathy Early Career Event (online).
- Lynch, S.F.**, Propper, C., & Wagner, N.J. (2021, March). Exploring parasympathetic regulation across the still-face paradigm and later callous-unemotional traits as a function of attachment security: a recalibration perspective. Paper and flash talk at the 2021 Society for Research on Child Development Virtual Biennial Meeting (online).
- Swetlitz, C., **Lynch, S.F.**, Propper C., Coffman, J., Wagner, N.J. (2021, March). Examining maternal reminiscing style as a protective factor in the intergenerational transmission of psychopathology. Poster accepted at the 2021 Society for Research on Child Development Virtual Biennial Meeting (online).
- Swetlitz, C., **Lynch, S.F.**, Propper C., Coffman, J., Wagner, N.J. (2020, November). Examining maternal reminiscing style as a protective factor in the intergenerational transmission of psychopathology. Poster presented at the 54th Annual Convention of the Association for Behavioral and Cognitive Therapies (online).
- Lynch, S.F.**, Propper, C., & Wagner, N.J. (2020, October). Examining links between parasympathetic regulation across the still-face paradigm and later callous-unemotional traits. Poster presented at the 53rd Annual Meeting of the International Society for Developmental Psychobiology (online).

### PROFESSIONAL EXPERIENCE

2019-2021 **Teaching Fellow, Boston University**

*Recipient of the CAS Outstanding Teaching Fellow of the Year Award for 2020-2021*

Instructor: Dr. Tracy Dunne.

Courses: *General Psychology* in Fall 2019, Fall 2020. *Psychology of Learning* in Spring 2021.

Designed interactive class activities to facilitate discussion, proctored exams, managed student grades, prepare relevant course materials, create weekly review PowerPoints. Restructured all of professor's active course Blackboard sites to be more user-friendly for the students during hybrid learning. Shifted all of the past in-class activities to online format in addition to designing and implementing weekly assignments.

Instructor: Dr. Martha Tompson.

Course: *General Psychology* in Spring 2020

Design interactive class activities to facilitate discussion, proctor exams, manage student grades, and prepare relevant course materials

2020

**Ad Hoc Reviewer**

Infancy

2020-2021

**Undergraduate Thesis Mentor, BASE Lab**

'21 Maya Delity. Examining the impact of overreactive parenting on childhood anxiety: The moderating role of children's parasympathetic regulation.

Natasha Soesanto. Investigating the Relation Between Social Stress and Respiratory Sinus Arrhythmia in an Undergraduate Population.

'20 Gabrielle Johnson. Attention Bias and Anxiety: Moderating Role of Parenting.

2019

**Teaching Assistant, University of Connecticut**

Instructor: James Kaufman

Course: *Creativity, Debunking Myths and Enhancing Innovation* in Spring 2019

Assisted in tracking material covered throughout the lectures to aid in developing written exams and facilitating in-class discussions among students. Supported grading assignments, final exams, and presentations.

2017-2018

**Clinical Internship: Gilead Community Services, Anchorage Home. Old Saybrook, CT**

Supervisors: Dr. Stephanie Milan & Ashley Cotter, NBCC, LPC

Shadowed clinician at a clinical group home for adolescent boys with externalizing disorders who were removed from their homes by the CT Department of Children and Families. Disorders included, but were not limited to: PTSD, ODD, ADHD, autism, anxiety, depression, failure-to-thrive, and bipolar disorder. All boys in the group home had history of reckless/risky behavior and trauma. Assisted in interventions focusing on resilience including life-skills training, daily individual therapy, and multiple group therapy sessions per week. Attended and presented at weekly clinical rounds; facilitated individual therapy and group art therapy sessions; attended family therapy, school PPT meetings, and financial meetings; interacted with local law enforcement; completed administrative work; learned the clinical computer system; and entered therapy notes

**GUEST LECTURES**

2021

**The Development of Callous Unemotional Traits.** Boston University

- 2020 **The Tuskegee Study and Its Enduring Impact on Racism in Medicine.** Boston University.
- 2019 **Creativity and Wisdom.** University of Connecticut.

## DEPARTMENT SERVICE

- 2020 **Developmental Science Prospective Students Day.**  
*Graduate Student Organizer*  
Built website for virtual interview space and helped organize schedules for the interviewees. <https://www.budevscienceinterviews.com/>

## ADVANCED RESEARCH TRAINING

- 2021 **Multilevel Modeling**  
*Daniel Bauer & Patrick Curran*  
Curran-Bauer Analytics, LLC.
- Longitudinal Structural Equation Modeling**  
*Daniel Bauer & Patrick Curran*  
Curran-Bauer Analytics, LLC.
- Data Science: R Basics**  
*Rafael Irizarry*  
HarvardX via edX
- 2020 **Introduction to Structural Equation Modeling**  
*Daniel Bauer & Patrick Curran*  
Curran-Bauer Analytics, LLC.

## SKILLS

**Statistical Analyses:** Generalized Linear Models; Structural Equation Modeling; Longitudinal Structural Equation Modeling; Multiple Linear Regression; Interactions; Latent Growth Modeling; Linear Growth Modeling; Multilevel Modeling; Exploratory and Confirmatory Factor Analysis; Survival Analysis

**Software:** MPlus; SPSS; R Studio; LISREL; GitHub; TeamViewer; Mendeley; Biopac Acknowledge for ECG, EDA, and respiration; Noldus Observer and Media Recorder; SR Eyelink Data Viewer

**Research Skills:** IRB proposals; Behavioral and physiological data collection; Behavioral coding; Demographic interviews; Family Drawing coding; Parent-Child Interactions

**Graphic Design Software:** Adobe Photoshop, Illustrator, Lightroom, & Flash; Wacom Programs; Procreate