

CURRICULUM VITAE
Courtney W. Hess, Ph.D.

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CURRENT POSITION

Postdoctoral Fellow
Stanford University School of Medicine, Palo Alto, CA
Department of Anesthesiology, Perioperative, and Pain Medicine

- Research Fellow (50%) in the Stanford Biobehavioral Pediatric Pain Lab
- Clinical Fellow (50%) in the Pediatric Pain Management Clinic at Stanford Children's Health

Postdoctoral Mentors: Laura Simons, PhD

EDUCATION & TRAINING

2013	B.S.	Kinesiology (Pre-Physical Therapy)	University of Wisconsin-Milwaukee
2015	M.S.	Kinesiology (Integrated Human Performance)	University of Wisconsin-Milwaukee
2021	Ph.D.	Counseling Psychology	University of Massachusetts Boston

CLINICAL TRAINING & RESIDENCY

2017-2018	Predocotoral Practicum	Clinical Child Psychology	Brookline Community Mental Health Center
2018 – 2020	Predocotoral Practicum	Pediatric Psychology	Warren Alpert Medical School of Brown University Hasbro Children's Hospital
2020 – 2021	Predocotoral Internship	Pediatric Psychology	The Johns Hopkins University School of Medicine Kennedy Krieger Institute

Professional Societies

2013 - 2016	Midwestern Psychological Association
2013 -	Association for Applied Sport Psychology
2016 -	American Psychological Association
2017 -	European Federation of Sport Psychology
2018 -	Society of Pediatric Psychology, Division 54 of APA
2021 -	Pain in Child Health (PICH) Trainee
2021 -	International Association for the Study of Pain
2021 -	European Pain Federation
2022 -	Canadian Pain Society

Editorial Activities

2021 -	Journal of Medical Internet Research (<i>Ad hoc Reviewer</i>)
2022 -	The Journal of Pain (<i>Ad hoc Reviewer</i>)

2022 - The Journal of Sport Rehabilitation (*Ad hoc Reviewer*)

Report of Funded and Unfunded Projects

Under Review

- 2023 Stinson J, Eccleston C, Stanton T, Simons L, Logan D, **Hess C**, Fisher E, Rosenbloom B. *Core domain measures for immersive technologies for acute, recurrent, and chronic pain across the life span: A consensus conference*. IASP Collaborative Research Grant. 2024 – 2025. \$15,000 USD.
- 2023 Hess, C. W. *Being on the same page: Leveraging the science of teams to enhance pediatric chronic pain care*. NIAMS K23 Career Development Award. \$855,360 USD.

Previous Awards

- 2022 Davidge K (PI), Stinson J (Co-PI), Mesaroli G, Campbell F, Perruccio A, Simons L, **Hess CW**, Walker S, Dos Santos S. Preliminary validation of the Pediatric PainSCAN©: A screening tool for pediatric neuropathic pain and complex regional pain syndrome. *Physician Services Incorporated Foundation – Clinical Research Grant*. \$174,500 CAD. (Funded).
- 2022 Stinson J (PI), Mesaroli G, Davidge K, Campbell F, Perruccio A, Simons L, **Hess CW**, Walker S, Dos Santos S. (2022). Preliminary validation of the Pediatric PainSCAN©: A screening tool for pediatric neuropathic pain and complex regional pain syndrome. *The Mayday Fund*. \$136,236 USD (Funded).
- 2018 **Hess, C. W.**, & Foss, J. *Transitioning the Performance Excellence Magazine (PEM) from a student led newsletter to a professional peer-reviewed, student-focused journal*. Funding proposal submitted to the Association for Applied Sport Psychology Foundation. \$10,500 (Funded).
- 2018 **Hess, C.W.** (2018). Graduate Employee Organization Scholarly Support Award. \$500.
- 2017 **Hess, C.W.** (2017). Graduate Employee Organization Scholarly Support Award. \$500.
- 2017 **Hess, C. W.** (2017). *Teaching personal and social responsibility through school counselors: A transnational training workshop*. Graduate Student Assembly Research Grant Award. \$500.
- 2016 **Hess, C.**, Cathcart, S., Ruiz, B., Morrill, Z., Karter, J., Walker, W., & Pearrow, M. (2016). *Investigating college students' experiences of housing instability and food insecurity*. Graduate Student Assembly Research Grant Award. \$300.
- 2016 **Hess, C.W.** (2016). *The lived experiences of an injured athlete and members of a performance management team during injury rehabilitation: An Interpretative Phenomenological Analysis*. Graduate Student Assembly Professional Development Grant. \$400.

Unfunded Projects

- 2023 Stinson J, Rosenbloom B, Alam F, Ouellette C, **Hess C**, Logan D, Linkiewich D, Mesaroli G. Core domain measurements for immersive technologies for acute, recurrent, and chronic pain across the life span: A consensus conference. CIHR Planning and Dissemination Grant (Summer 2023). 2023 – 2024. \$20,000 CAD. (Not Funded).
- 2022 **Hess, CW**, Rosen, M, Kissi, A., Vervoort, T., & Simons, L. Mental Models & Perceived Patient Racial Identity: Are Provider Mental Models for Chronic Pain Different Across Racially Diverse Patients? *Drotar-Crawford Postdoctoral Fellowship Research Grant in Pediatric Psychology*. \$10,000. (Not Funded).
- 2022 **Hess, CW**, Rosen, M, & Simons, L. “Getting on the same page”: Development of a novel measure for assessing provider mental models about chronic pain and pain treatment. *Maternal & Child Health Research Institute Postdoctoral Support Fellowship*. \$120,000. (Not Funded).

- 2020 Greenlee, J., **Hess, C.W.**, Chaves, E., Young, M., & Morgan, C. (2020). *The SPP Anti-Racism Research Podcast*. Society for Pediatric Psychology Anti-Racism Project Grant. Society for Pediatric Psychology. \$6,000 (Not funded).
- 2019 **Hess, C.W.** *Assessing Concussion Management Implementation in Schools: A Disproportionality Lens*. Lizette Peterson-Homer Injury Prevention Grant. American Psychological Foundation & Division 54; Pediatric Psychology. \$5,000 (Not funded).
- 2019 **Hess, C.W.**, & Hayden, L. *Evaluating Current Implementation of Concussion Management Practices in Massachusetts High Schools Using a Disproportionality Framework*. Oglesby-Snyder Grant, Association for Applied Sport Psychology. \$6874.80 (Not funded).

PEER-REVIEWED PUBLICATIONS

1. **Hess, C. W.**, Van Orden, A. R., Mesaroli, G., Stinson, J. N., Borsook, D., & Simons, L. E. (2023). Application of PainDETECT in pediatric chronic pain: How well does it identify neuropathic pain and its characteristics? *PAIN Reports*, *8*(6), e1109. Doi: 10.1097/PR9.0000000000001109
2. **Hess, C. W.**, Howland, J., Hackman, H., Campbell, J., Vannoy, S., & Hayden, L. (2023). Implementation of Concussion Management Policies in High Schools: The Critical Role of School Nurses. *Journal of School Nursing*. Doi: 10.1177/10598405231160249.
3. Schemer, L., **Hess, C. W.**, Van Orden, A. R., Birnie, K. A., Harrison, L., Glombiewski, J. A., & Simons, L. E. (2023). Bringing Everyone Together to Elevate Research: A co-design approach to devise BETTER exposure treatment for youth with chronic pain. *Journal of Participatory Medicine*, *15*. Doi: 10.2196/41292
4. **Hess, C. W.**, Rosen, & Simons, L. E. (2023). Looking inward to improve pediatric chronic pain outcomes: A call for team science research. *PAIN*, *164*(4), 690-697. doi: 10.1097/j.pain.0000000000002836
5. Pate, J. W., Harrison, L. E., **Hess, C. W.**, Moseley, L., Rush, G., Heathcote, L., & Simons, L. (2023). Targeting pain science education in youth with chronic pain: What are the sticking points for youth and their parents. *The Clinical Journal of Pain*, *39*(2), 60-68. Doi:10.1097/AJP.0000000000001088
6. Simons, L. E., **Hess, C. W.**, Choate, E. S., Van Orden, A. R., Tremblay-McGaw, A. G., Menendez, M., Boothroyd, D. B., Parvathinathan, G., Griffin, A., Caruso, T. J., Stinson, J., Weisman, A., Liu, T., Christensen, R., Koeppen, K. (2022). Virtual Reality Augmented Physiotherapy for Chronic Pain in Youth: Protocol for a randomized controlled trial enhanced with single case experimental design. *JMIR Research Protocols*, *11*(12), e40705. Doi:10.2196/40705
7. **Hess, C. W.**, & Meyer, B., B. (2021). The lived experiences of an elite athlete performance management team through injury rehabilitation: An interpretative phenomenological analysis. *Journal of Sport Rehabilitation*, *31*(2), 199-210. Doi: 10.1123/jsr.2021-0072
8. **Hess, C. W.**, Gnacinski, S. L., Johnson, C., & Sheadler, T. (2021). The development of a student-focused, peer-reviewed, journal – from student ideas to realization. *Journal for Advancing Sport Psychology in Research*, *1*(1), 33-39. Doi: 10.55743/000004
9. Campbell, J., Howland, J. H., **Hess, C. W.**, Olshaker, J., Stern, R., & Torres, A. (2020). Assessing baseline testing across Massachusetts high schools: Examining factors related to disparate application. *British Medical Journal Open Sport & Exercise Medicine*, *6*, e000752. Doi:10.1136/bmjsem-2020-000752
10. Howland, J., Campbell, J., Wood, V., Brown, L., Torres, A., Olshaker, J., Pearson, R., & **Hess, C.W.** (2020). Assessing implementation of Massachusetts sports concussion regulations: Results of a survey of athletic directors. *Injury Epidemiology*, *7*(13), 1-8. Doi: 10.1186/s40621-020-00240-7
11. Levy, I., **Hess, C.W.**, Elber, A., & Hayden, L. (2020). Hip hop as dance therapy: A community-based framework towards decolonizing counseling spaces. *Journal of Creativity in Mental Health*, *16*(2) 212-230. Doi:10.1080/15401383.2020.1762816
12. **Hess, C. W.**, & Levy, B., Hashmi, A. Z., Hogan, J., Greenspan, S., Elber, A., Falcon, K., & Driscoll, D. F. (2020). Subjective & objective memory assessment: Tools for improving early identification of

- cognitive decline in primary care. *The Journal of the American Board of Family Medicine*, 33(3), 417-425. Doi:10.3122/jabfm.2020.03.190265
13. **Hess, C.W.** (2019). A review of the psychology of sport and performance injury: An interprofessional case-based approach. *The Journal of Sport Psychology in Action*, 10(3), 192-193. Doi:10.1080/21520704.2019.1619641
 14. **Hess, C.W.**, Gnacinski, S.L., & Meyer, B.B. (2019). A review of the sport injury and rehabilitation literature: From abstraction to application. *The Sport Psychologist*, 33, 232-243. Doi:10.1123/tsp.2018-0043
 15. Levy, B., **Hess, C.W.**, Hogan, J., Hogan, M., Ellison, J., Greenspan, S., Elber, A., Falcon, K., Driscoll, D., & Hashmi A. (2019). Machine learning enhances the efficiency of cognitive screenings for primary care. *Journal of Geriatric Psychiatry and Neurology*, 32(3), 137-144. Doi:10.1177/0891988719834349
 16. **Hess, C. W.**, Karter, J., Cosgrove, L., & Hayden, L. (2018). Evidence-based practice: A comparison of clinical practice guidelines and research evidence on physical activity for mild and moderate depression. *Translational Behavioral Medicine: Practice, Policy, Research*, 4(9), 703-710. Doi:10.1093/tbm/iby092
 17. Hayden, L., **Hess, C.W.**, Broadhead, S., Gould, K. (2018). A school-based multidisciplinary response to student-athletes mild traumatic brain injury. *Journal of Multidisciplinary Research*, 9(3), 17-31.
 18. Levy, B., Gable, S., Tsoy, E., Haspel, N., Wadler, B., **Hess, C.**, Hogan, J., Driscoll, D., & Hashmi, A. (2017). Machine learning detection of cognitive impairment in primary care. *Journal of Alzheimer's Disease*, 1(2), 38-46
 19. Gnacinski, S.L., Massey, W.V., **Hess, C.W.**, Nai, M., Arvinen-Barrow, M., & Meyer, B.B. (2017). Examining stage of change differences in NCAA student-athletes' readiness for psychological skills training. *The Sport Psychologist*, 31, 356-368. Doi:10.1123/tsp.2016-0139
 20. Gnacinski, S.L., Meyer, B.B., **Hess, C.W.**, Cornell, D.J., Mims, J., Zamzow, A., & Ebersole, K.T. (2016). The psychology of firefighting: An examination of psychological skills use among firefighters. *Journal of Performance Psychology*, 47(5s), 812. Doi: 10.1249/01.mss.0000478954.25339.e6

PUBLICATIONS UNDER REVIEW

1. **Hess, C.W.**, Rea, K., Yee, S., Wruble, L., Bejarano, C., Williford, D., Gibler, R., Eshtehardi, S., Fisher, R., & Morgan, C. (In Revision). Examining where to go: Pediatric psychology Trainees' perception of their graduate training in culture and diversity. *Journal of Pediatric Psychology*.

BOOK CHAPTERS

1. Hayden, L., **Hess, C.**, Broadhead, S., & Gould K. (2023). A school-based multidisciplinary response to student-athletes' mild traumatic brain injury. In R.F.C. & H.G. (Eds.) *Advances and Lessons in Sports*. Cambridge Scholars Publishing. (Invited).

LECTURES, SYMPOSIA, WORKSHOPS, & INVITED PRESENTATIONS

1. **Hess, C.W.**, (**Chair**) Hurtubise, K., Lee, R., & Simons, L. (Under Review). *From Team Science to the Science of Teams: Innovative Approaches for Transforming Pediatric Pain Care*. Topical Workshop submitted for consideration at the International Association for the Study of Pain World Congress on Pain. Amsterdam, Netherlands.
2. **Hess, C.W.** (2023, October). *Chronic Pain in Sport; Integrated Interventions & Interprofessional Collaboration*. Lecture presented as part of symposium entitled "Signature Interventions for Sustainable Performance Excellence: International Perspectives Across the Continuum of Mental Wellbeing and Mental Performance presented at the Association for Applied Sport Psychology Annual Conference. Orlando, FL, USA.
3. Gnacinski, S., Meyer, B., Werthner, P., & **Hess, C.** (2023, October). *When Everything and Nothing Changes: Navigating Transitions Between Olympic Cycles from a Systems Theory Perspective*.

- Symposium presented at the Association for Applied Sport Psychology Annual Conference. Orlando, FL, USA
4. **Hess, C. W.**, Mesaroli, G., Cohen, E., Ngo, N., Lopez, C., Gold, J., Simons, L., Stinson, J. (2023, October). *Virtual Reality in Pediatric Pain Management: A Systematic Review*. Data Blitz Lecture presented at the International Symposium on Pediatric Pain. Halifax, Nova Scotia, Canada.
 5. Simons, L. & **Hess, C. W.** (2023, October). *Virtual Reality Augmented Outpatient Physiotherapy for Youth with Chronic Pain: Lessons learned from Pragmatic Implementation*. Lecture presented as part of symposium entitled “Making Virtual Reality a “Reality” in Pediatric Pain Care” at the International Symposium on Pediatric Pain. Halifax, Nova Scotia, CAN.
 6. **Hess, C. W.**, Van Orden, A. R., Solstad, B. E. (2023, June). *Chronic Pain in Female Athletes: The Need for Integrated Treatment and Team-Based Approaches*. Symposium presented at the Biennial International Female Athlete Conference. Boston, MA, USA.
 7. **Hess, C. W.**, Dittrich, K., & Simons, L. E. (2023, May). *The Importance of Interprofessional Collaboration for Treating Chronic Pain in Young Athletes*. Symposium presented at the Canadian Pain Society Annual Meeting. Banff, AB, CAN.
 8. **Hess, C. W.** (2022, September). *Examining Care Teams in Pediatric Pain: Taking a Look in the Mirror*. Lecture presented at the Pain Research Meeting. Landau, Germany.
 9. **Hess, C.W., (Chair)** Harrison, L. E., Noel, M., Mesaroli, G., Hurtubise, K., & Simons, L. E. (2022, July). *The Ubiquity of Chronic Pain in Sport: Examining an Understudied Area for Supporting Young Athletes*. Symposium presented at the European Congress of Sport & Exercise Psychology. Padova, Italy.
 10. **Hess, C.W.**, Howland, J., Hackman, H., Vannoy, S., & Hayden, L. (2022, July). *Evaluating Concussion Management in High Schools: Adopting a Disproportionality Lens*. Lecture presented at the European Congress of Sport & Exercise Psychology. Padova, Italy.
 11. **Hess, C. W.**, Howland, J., Campbell, J., Hackman, H., Vannoy, S., & Hayden, L. (2021, October). *Disproportionality & Concussion Management Policy: An Evaluation of Implementation Practices*. Lecture presented at the Association for Applied Sport Psychology Annual Conference. Las Vegas, NV, USA.
 12. Young, M., Greenlee, J., **Hess, C. W.**, Morgan, C., & Mackey, E. (2021, April). *Connecting to Promote Equity and Inclusion in Pediatric Psychology: A Virtual Networking Event*. Networking session facilitated at the Society for Pediatric Psychology Annual Conference. Virtual Meeting.
 13. Christensen, D., Aoyagi, M., Baird, S., Coakley, S., **Hess, C. W.**, Petitpas, A. (2019, October). *The Burt Giges workshop: The spirit and tradition of experiential learning*. Invited workshop presented at the Association for Applied Sport Psychology Annual Conference, Portland, OR, USA.
 14. Arvinen-Barrow, M., Visek, A., Gnacinski, S., Scheadler, T., Johnson, C., Cawthra, J., & **Hess, C. W.** (2019, October). *The Path to Publishing Your Work: Understanding Academic Publication Procedures*. Invited workshop presented at the Association for Applied Sport Psychology Annual Conference, Portland, OR, USA.
 15. **Hess, C.W.** (2019, August). *Impact of a sport-based program on academic engagement and learning among high-risk youth*. Lecture presented as part of a symposium at the American Psychological Association Annual Conference. Chicago, IL, USA.
 16. **Hess, C.W.**, Gnacinski, S. L., & Meyer, B. B. (2019, July). *Translating theories of injury rehabilitation into practice: The need for team-based work in sport*. Invited Symposium presented at the European Congress of Sport & Exercise Psychology. Münster, Germany.
 17. **Hess, C.W.** (2019, July). *Sport-Related Concussion & Disproportionality in Schools*. Oral presentation at the European Congress of Sport & Exercise Psychology. Münster, Germany.
 18. Ruiz, B., Grivel, M., & **Hess, C. W.** (2019, July). *Systematic Review of Yoga and Tai-Chi Interventions and Cognition within Asian Populations*. Oral lecture presented at the European Congress of Sport & Exercise Psychology. Münster, Germany.
 19. **Hess, C.W.** (2018, November). *Invisibility in Youth Sport*. Invited lecture as part of teach-in on Countering Invisibility: Re-Imagining Gendered Reflections Through Inclusive Windows and Mirrors. University of Massachusetts Boston, Boston, MA, USA.
 20. Elber, A., **Hess, C.W.**, Hayden, L., & Levy, I. (2018, October). *Hip-hop dance therapy: Implementation of a strength-based program for at-risk youth*. Lecture presented at the Association

- for Applied Sport Psychology Annual Conference. Toronto, Ontario, Canada.
21. **Hess, C.W.**, & Hayden, L.H. (2018, October). *Hip-hop & Rap as tools for working through trauma with urban youth*. Lecture presented as part of a symposium at the Association for Applied Sport Psychology Annual Conference. Toronto, Ontario, Canada.
 22. **Hess, C.W.** (2018, August). *Sport-related concussion & academic outcomes: A critical review*. Lecture presented at the American Psychological Association Annual Conference, Division 22, San Francisco, CA, USA.
 23. **Hess, C.W.** *Lived experiences of an elite performance management team through injury rehabilitation: Implications for future practitioners*. Presentation to undergraduate health science students at Oregon State University (November 2017, May 2018).
 24. Levy, B., Hogan, J., **Hess, C.W.**, Gable, S., Greenspan, S., Hogan, M., Falcon, K., Elber, A., O'Connor, M., Driscoll, D., & Hashmi, A. (2018, May). *Machine learning detection of cognitive impairment in primary care*. Lecture presented at the American Geriatric Society Annual Conference, Orlando, FL, USA.
 25. Hayden, L. A., & **Hess, C.W.** (2017, October). *Training practitioners: Using physical activity-based programming to promote youths' socio-emotional development*. Symposium lecture presented at the Association for Applied Sport Psychology Annual Conference, Orlando, FL, USA.
 26. Hayden, L. A., & **Hess, C.W.** (2017, October). *Movement in the classroom: Presenting a counselor-driven curriculum designed to increase physical activity and develop responsibilities*. Workshop presented at the Association for Applied Sport Psychology Annual Conference, Orlando, FL, USA.
 27. **Hess, C.W.**, & Morrill, Z. A. (2017, August). *Get moving: Examining a culturally sensitive PYD program in a community-based center*. Symposium lecture presented at the American Psychological Association Division 47 Annual Conference, Washington, DC, USA.
 28. **Hess, C.W.**, Meyer, B.B., Arvinen-Barrow, M., & Pack, S. (2016, September). *The lived experiences of an elite athlete performance management team through injury rehabilitation*. Lecture presentation at the annual meeting for the Association for Applied Sport Psychology, Phoenix, AZ, USA.
 29. Gnacinski, S.L., Massey, W.V., **Hess, C.W.**, & Meyer, B.B. (2016, September). *The transtheoretical model of behavior change: Evidence-based translation of theory to practice with NCAA student-athletes*. Lecture presentation at the annual meeting for the Association for Applied Sport Psychology, Phoenix, AZ, USA.
 30. Broadhead, S., Hayden, L., Gould, K., Kleinert, W., Silva, M., **Hess, C.W.**, Pagan-Ortiz, M. (2016, August). *Traumatic brain injury in youth sports: School counselors & school psychologists role in recovery*. Symposium presentation at the annual convention for the American Psychological Association, Denver, CO, USA.
 31. Massey, W.V., Holliday, M., **Hess, C.W.**, & Stellino, M.B. (2015, October). *Building community partners to evaluate the impact of organized play in low-income urban elementary schools*. In W.V. Massey (Chair), Community engaged youth development research: Building partnerships to promote action research. Symposium at the annual meeting of the Association for Applied Sport Psychology, Indianapolis, IN, USA.
 32. **Fisher, C.W.** & Meyer, B.B. Technology use and preferences among student-athletes at UW-Milwaukee. Presentation to the University of Wisconsin-Milwaukee Athletic Board (May 2014).
 33. **Fisher, C.W.** & Cobb, S.C. (2013, April). *Effect of plantar fasciitis on joint coupling mechanics during running*. Lecture presented at The University of Wisconsin-Milwaukee Undergraduate Research Symposium, Milwaukee, WI, USA.

LOCAL & NATIONAL POSTER PRESENTATIONS

*Student supported project

1. Hilyard, A., **Hess, C. W.**, Ashton, L., McKinnon, E., Finlay-Jones, A., Furzer, B., & Gibson, N. *School support models in interdisciplinary pain teams – innovative collaborations to improve school outcomes for youth with chronic pain*. Poster abstract submitted for consideration at the Australian Pain Society Annual Scientific Meeting. Darwin, NT, AUS.
2. **Hess, C. W.** & Simons, L. (Accepted). *Making the Teamwork Dream Work: Assessing Burnout Within Integrated Pain Care Teams*. Abstracted submitted for consideration at the Society for Pediatric Psychology Annual Conference. New Orleans, LA, USA.

3. *Gaydos, E., **Hess, C. W.**, Biggs, E., & Simons, L. (Under Review). *The role of threat learning in the relationship between adverse childhood experiences and chronic pain in adolescents*. Poster abstract submitted for consideration at the Society for Pediatric Psychology Annual Conference. New Orleans, LA, USA.
4. Brabson, L., Ma, R., Harrison, L., **Hess, C. W.**, Webb, W., Majmundar, S., Wagner, J., Williams, S., & Griffin, A. (Accepted). *Understanding Treatment Trajectories of Patients with Functional Neurological Disorder in Intensive Interdisciplinary Pain Treatment: A Case Series*. Poster abstract submitted for consideration at the Society for Pediatric Psychology Annual Conference. New Orleans, LA, USA.
5. *Ma, R., **Hess, C. W.**, Simons, L. E., Bhandari, R. (2023, October). *Differences in pain and psychosocial correlates between non-Hispanic white youth and racial and ethnic minorities: Understanding Hispanic, Non-Hispanic Asian, and Non-Hispanic Black youths' chronic pain experiences*. Poster presented at the International Symposium on Pediatric Pain. Halifax, Nova Scotia, Canada.
6. Hilyard, A., **Hess, C. W.**, Ashton, L. (2023, October). *From clinic to classroom – innovative collaborations to improve school outcomes for youth with chronic pain*. Poster presented at the International Symposium on Pediatric Pain. Halifax, Nova Scotia, Canada.
7. **Hess, C. W.**, Mesaroli, G., Cohen, E., Ngo, N., Lopez, C., Gold, J., Simons, L., Stinson, J. (2023, October). *Virtual Reality in Pediatric Pain Management: A Systematic Review*. Poster presented at the International Symposium on Pediatric Pain. Halifax, Nova Scotia, Canada.
8. **Hess, C. W.** & Simons, L. (2023). *Project Pivot - When Implementation is the Barrier to Effectiveness and a VR RCT becomes a Single Arm Feasibility Trial*. Poster presented at the European Pediatric Psychology Conference. Stirling, Scotland, UK.
9. **Hess, C. W.**, Madgavkar, D., Van Orden, A. R., Miner, A. W., Tremblay-McGaw, A., Choate, E., & Simons, L. E. (2023). *Journey in Pain Care (JiPC): A qualitative protocol for examining the lived experiences of children and families navigating chronic pain treatment*. Poster presented at Society for Pediatric Psychology Annual Conference. Chicago, IL, USA.
10. *Cohen, E., Mesaroli, G., **Hess, C. W.**, Alqudimat, M., Wiles, B., & Stinson, J. (2022, August) *Immersive technology for acute, recurrent, and chronic pain in pediatric populations: A systematic review of safety, feasibility, and effectiveness*. Poster presented at the 2022 SickKids Summer Research Symposium, Toronto, Ontario, Canada.
11. *Van Orden, A. R., **Hess, C. W.**, Mesaroli, G., Stinson, J., Borsook, D., & Simons, L. E. (2022, May). *Application of painDETECT in pediatric chronic pain: How well does it identify neuropathic pain and its characteristics?* Poster presented at the US Association for the Study of Pain. Cincinnati, OH, USA.
12. **Hess, C. W.**, Harrison, L. E., Van-Orden, A. R., O'Day, M., Wagner, J., Griffin, A., & Simons, L. E. (2022, April). *The impact of virtual reality integration for youth with chronic pain participating in intensive rehabilitation*. Poster presented at the European Pain Federation Annual Conference, Dublin, Ireland.
13. **Hess, C. W.**, Harrison, L. E., Griffin, A., & Simons, L. E. (2022, April). *Integrated teams in pediatric pain clinics: A call for team science research*. Poster presented at the Society for Pediatric Psychology Annual Conference. Phoenix, AZ, USA.
14. *Van Orden, A. R., *Choate, E., **Hess, C. W.**, Feinstein, A., O'Day, M., Wagner, J., Simons, L. E., & Griffin, A. (2022, April). *“Give me VR!”: Assessing the lived experiences of a patient using at-home virtual-reality assisted physiotherapy for pediatric chronic pain treatment*. Poster presented at the Society for Pediatric Psychology Annual Conference. Phoenix, AZ, USA.
15. *Choate, E., **Hess, C. W.**, Van Orden, A., Tremblay-McGaw, A., Griffin, A., Carusco, T., & Simons, L. E. (accepted December 2021). *Virtual reality in physical therapy: A randomized clinical trial*. Poster presented at the Society for Pediatric Psychology Annual Conference, Phoenix, AZ, USA
16. **Hess, C. W.**, Howland, J., Campbell, J., Hackman, H., Vannoy, S., & Hayden, L. (2021, August). *Implementation of Concussion Management Practices: A Disproportionality Lens*. Poster presented at the American Psychological Association Annual Conference, Division 47, San Diego, CA, USA.
17. **Hess, C. W.**, Rea, K. E., Yee, S. T., Lee, K., Wruble, L. P., Bejarano, C. M. (2021, April). *Examining Where to Go: Pediatric Psychology Trainees' Perceptions of Their Graduate Training in*

- Culture, Diversity, and Anti-Racism*. Poster presented at the Society of Pediatric Psychology Annual Conference. Virtual Conference.
18. Campbell, J., Howland, J., **Hess, C. W.**, Nelson, K., Stern, R., Torres, A., & Olshaker, J. (2020, October). *Disparities in baseline neurocognitive testing for student concussion management in Massachusetts high schools*. Poster presented at the American Public Health Association Annual Meeting and Expo. Virtual Conference.
 19. **Hess, C. W.**, Brown, L., Campbell, J., Wood, V., Olshaker, J., Torres, A., & Howland, J. (2019, January). *Concussion Management Practices and Socioeconomic Disparities: An examination of baseline testing*. Poster presentation to be presented at the Pediatric Research in Sports Medicine annual meeting. Glendale, AZ, USA.
 20. **Hess, C.W.**, Gnacinski, S.L., & Meyer, B.B. (2018, October). *A novel measure for assessment of recovery in athletes: An exploratory factor analysis (EFA)*. Poster presented at the Association for Applied Sport Psychology Annual Conference. Toronto, Ontario, Canada.
 21. **Hess, C.W.**, & Levy, I. (2018, August). *Community-based hip-hop showcase for social and emotional growth among youth*. Poster presented at the American Psychological Association Annual Conference, Division 10, San Francisco, CA, USA.
 22. **Hess, C. W.**, Hogan, J. S., Elber, A., Falcon, K., & Levy, B. (2018, August). *Memory-Efficacy predicting Memory Test Performance in Aging Adults*. Poster presented at the American Psychological Association Annual Conference, Division 20, San Francisco, CA, USA.
 23. Hogan, J., **Hess, C. W.**, Elber, A., Falcon, K., & Levy, B. (2018, August). *Machine learning detection of cognitive impairment across psychiatric and primary care samples*. Poster presented at the American Psychological Association Annual Conference, Division 40, San Francisco, CA, USA.
 24. Karnes, S., **Hess, C. W.**, Lee, J., & D'Allessandro, A. (2018, May). *Social validity of a web-based, motivational interviewing-based physical activity intervention*. Poster presented at the Midwest Psychological Association Annual Conference, Health Psychology, Chicago, IL, USA.
 25. **Hess, C.W.**, Gnacinski, S. L., Meyer, B. B. (2017, October). *Injury Rehabilitation in Sport: Translating Research to Practice*. Poster presented at the Association for Applied Sport Psychology Annual Conference, Orlando, FL, USA.
 26. **Hess, C.W.**, & Hayden, L. A. (2017, August). *Utility of Sport-Based Interdisciplinary Models in Schools to Improve TBI rehabilitation Experiences*. Poster presented at the American Psychological Association Division 22 Annual Conference, Washington, DC , USA.
 27. Ruiz, B., Karter, J., & **Hess, C. W.** (2017, May). *Depression screening and evidence-based practice: A cross sectional study of clinical practice guidelines for major depressive disorder*. Poster presented at the Association for Psychological Science Annual Conference, Boston, MA, USA.
 28. Walker, W., Morrill, Z., Karter, J., Cathcart, S., **Hess, C.**, Ipekci, B., Koven, J., & Ruiz, B. (2016, March). *Understanding student needs: A qualitative investigation of student food insecurity and housing instability*. Poster presented at the New England Doctoral Student Conference, Boston, MA, USA.
 29. Hayden, L., & **Hess, C.** (2016, September). *Application of self-determination theory: Exploring school-based counselors' perceptions of exercise for character development*. Poster presentation at the annual meeting for the Association for Applied Sport Psychology, Phoenix, AZ, USA.
 30. Tischauser, T., Meyer, B.B., Beran, J., Gnacinski, S.L., **Hess, C.W.**, Mendelson, B. (2015, May). *Examining relationships between grit and Big-Five personality traits among athlete populations*. Poster presented at the University of Wisconsin-Milwaukee, College of Health Sciences Spring Research Symposium, Milwaukee, WI, USA.
 31. **Fisher-Hess, C.W.**, Meyer, B.B., Gnacinski, S.L. (2015, October). *Social validation of a mental health intervention among collegiate student-athletes: A case comparison*. Poster presentation presented at the annual meeting for the Association for Applied Sport Psychology, Indianapolis, IN, USA.
 32. Gnacinski, S.L., Meyer, B.B., **Hess, C.W.**, & Litzau, K. (2015, October). *Effects of heart rate variability biofeedback on student-athletes' mental health*. Poster presented at the annual meeting for the Association of Applied Sport Psychology, Indianapolis, IN, USA.
 33. **Hess, C.W.**, Meyer, B.B., Gnacinski, S.L. (2015, May). *Grit and achievement orientation: An examination of the relationship between, and the predictive value of, task and ego achievement*

- orientations on grit levels among elite athletes.* Poster presented at the annual meeting for the Midwestern Psychological Association, Chicago, IL, USA.
34. Gnacinski, S.L., Meyer, B.B., **Hess, C.W.**, Litzau, K. (2015, May). *Examining the effect of heart rate variability biofeedback on collegiate student-athletes' mental health: A single-case design.* Poster presented at the annual meeting for the Midwestern Psychological Association, Chicago, IL, USA.
 35. O'Connor, M., Cornell, D., Gnacinski, S., **Hess, C.**, Kelly, K., Poel, D., Zander, R., Arvinen-Barrow, M., Truebenbach, C., Earl-Boehm, J. (2015, June). *Relationship between hip strength and dynamic balance performance.* Poster presented at the annual meeting and clinical symposium for the National Athlete Training Association, St. Louis, MO, USA.
 36. Kelley, K., Poel, D., Cornell, D., Gnacinski, S., **Hess, C.**, O'Connor, M., Zander, R., Arvinen-Barrow, M., Truebenbach, C., Earl-Boehm, J. (2015, June). *Identifying sport and gender differences in the lower extremity functional test (LEFT).* Poster presented at the annual meeting and clinical symposium for the National Athlete Training Association, St. Louis, MO, USA.
 37. O'Connor, M., Cornell, D., Gnacinski, S., **Hess, C.**, Kelley, K., Poel, D., Zander, R., Arvinen-Barrow, M., Truebenbach, C., Earl-Boehm, J. (2014, December). *Relationship among hip strength and dynamic balance performance.* Poster presented at the University of Wisconsin-Milwaukee, College of Health Sciences Fall Research Symposium, Milwaukee, WI, USA.
 38. Poel, D., Cornell, D., Gnacinski, S., **Hess, C.**, Kelley, K., O'Connor, M., Zander, R., Arvinen-Barrow, M., Truebenbach, C., Earl-Boehm, J. (2014, December). *Identifying sport and gender differences in the lower extremity functional test (LEFT).* Poster presented at the University of Wisconsin-Milwaukee, College of Health Sciences Fall Research Symposium, Milwaukee, WI, USA.
 39. Kelley, K., Cornell, D., Gnacinski, S., **Hess, C.**, O'Connor, M., Poel, D., Zander, R., Earl-Boehm, J., Truebenbach, C., & Arvinen-Barrow, M. (2014, December). *Differences in collegiate athletes' use of psychological strategies in practice and competition: The Panther-PEP study.* Poster presented at the University of Wisconsin-Milwaukee, College of Health Sciences Fall Research Symposium, Milwaukee, WI, USA.
 40. Gorgas, J.M. Meyer, B.B., Gnacinski, S.L., **Hess, C.W.**, Mims, J., Zamzow, A., Ebersole, K.T. (2014, December). *An examination of changes in grit over the course of a firefighter recruit training program.* Poster presented at the University of Wisconsin-Milwaukee, College of Health Sciences Fall Research Symposium, Milwaukee, WI, USA.
 41. **Fisher, C.W.**, Meyer, B.B., Gnacinski, S.L., Mims, J., & Ebersole, K.T. (2014, May). *Technology use and preferences among at-risk populations.* Poster presented at the University of Wisconsin-Milwaukee, College of Health Sciences Fall Research Symposium, Milwaukee, WI, USA.

HONORS & AWARDS

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| 2021 | The Sport Psychologist Young Researcher Award. Association for Applied Sport Psychology & Human Kinetics (\$1000 USD). |
| 2017-2019 | Graduate Teaching Fellowship. University of Massachusetts Boston. Tuition waiver and stipend (\$17,000 USD). |
| 2016-2017 | Graduate Research Fellowship. University of Massachusetts Boston. Tuition waiver and stipend. (\$17,000 USD). |
| 2013-2015 | Graduate Teaching Fellowship. University of Wisconsin – Milwaukee. Tuition waiver and stipend (\$10,000 USD). |
| 2013 | Support for Undergraduate Research Fellows. Department of Kinesiology, Neuromechanics Laboratory (\$2,000 USD). |
| 2012 | Support for Undergraduate Research Fellows. Department of Kinesiology, Neuromechanics Laboratory (\$1,800). |
| 2009-2013 | Athletic Academic Scholar. University of Wisconsin-Milwaukee. Awarded to athletes who demonstrate academic and athletic excellence based on semester GPA and sport performance metrics. |

2008-2012 Illinois Scholar Award. University of Wisconsin-Milwaukee. Awarded to applicants with strong academic backgrounds and top-ranked ACT scores (\$30,000 USD).

TEACHING EXPERIENCE

Instructor

Summer 2022 COUNSL 617 Counseling Children & Adolescents
 Summer 2022 COUNSL 606 Ethical Standards and Professional Issues in Counseling
 Spring 2022 COUNSL 699 Advanced Clinical Practice II
 Fall 2021 COUNSL 699 Advance Clinical Practice I
 Summer 2021 COUNSL 617 Counseling Children & Adolescents
 Summer 2021 COUNSL 606 Ethical Standards and Professional Issues in Counseling
 Spring 2020 COUNSL 617 Counseling Children & Adolescents
 Fall 2019 COUNSL 617 Counseling Children & Adolescents
 Summer 2019 COUNSL 601 Research & Evaluation in Psychology

Graduate Teaching Assistant

Spring 2019 COUNSL 616 Group Counseling and Group Dynamics
 Fall 2018 COUNSL 601 Research and Evaluation in Psychology
 Spring 2018 CSP 708 Intermediate Statistics in Psychology (Laboratory Section)
 Fall 2017 CSP 704 Research Methods in Psychology (Laboratory Section)
 Spring 2015 KIN 461 Principles of Motor Learning (Laboratory Section)
 Spring 2015 KIN 590 Sports Nutrition
 Fall 2014 KIN 200 Introduction to Kinesiology
 Fall 2014 KIN 460 Motor Development Across the Lifespan
 Spring 2014 KIN 590 Sports Nutrition
 Spring 2014 KIN 702 Statistical Analysis in Health Sciences
 Fall 2013 KIN 460 Motor Development Across the Lifespan
 Fall 2013 KIN 200 Introduction to Kinesiology

Guest Lectures

2019 COUNSL 601 Research and Evaluation in Psychology. UMass Boston. Topic: Systematic Reviews & Research Quality Evaluations. December 6.
 2018 COUNSL 601 Research and Evaluation in Psychology. UMass Boston. Topic: Inferential Statistics. October 17 & October 24.
 2017 COUNSL 620 Lifespan Human Development. UMass Boston. Topic: Development in Adolescence. March 28.
 2015 NUTR 550 Sports Nutrition. UW-Milwaukee. Topic: Weight Management. April 9.
 2015 KIN 270 Statistics in the Health Professions. UW-Milwaukee. Topic: Independent T-test. March 9.
 2014 NUTR 550 Sports Nutrition. UW-Milwaukee. Topic: Water & Hydration. March 5.

SERVICE & LEADERSHIP

University

2016-2019 Beacons for Social Justice Member

- U-ACCESS project: Qualitative investigation into the experiences of housing instability and food insecurity on the University of Massachusetts-Boston campus.

- 2015 Presenter at the Wisconsin Science Festival
- Presented workshop on using a heart rate variability biofeedback training tool.
- 2013-2014 Vice-President of the Kinesiology Graduate Student Association
- 2013-2014 Elected member of the UWM Black and Gold graduate student committee

Professional Organizations

- 2020 - Division 54 Anti-Racist Workgroup Member (Trainee, Research, Training)
- 2017-2019 Executive Board Student Representative – Association of Applied Sport Psychology
- 2017-2019 Conference Abstract Reviewer for the Association of Applied Sport Psychology
- 2016-2019 Co-chair Student Development Committee – Association of Applied Sport Psychology
- Development and professional recruitment for two student-focused workshops delivered annually at the national conference
 - Design and delivery of a student-focused webinar focused on effective networking and conference attendance
 - Conducted feasibility study to assess mentorship programming needs in organization
- 2017 & 2018 American Psychological Association student volunteer; Divisions: 17, 22, 38, & 47
- 2015-2017 Student Delegate for the Association of Applied Sport Psychology
Chair of the conference student-volunteers
- 2013-2016 Conference volunteer for the Association of Applied Sport Psychology

Community

- 2017-2019 Climbing volunteer for Youth Adaptive Climbing Group; Somerville MA
- 2016 Leader, sport-based positive youth development program for Boys & Girls Club (Boston)
- 2010-2014 Academic Tutor, Athletic Department, University of Wisconsin-Milwaukee
- 2010-2012 Assistant Coach, Shorewood High School Gymnastics Team