

Gabrielle M. Armstrong

Phone: (662) 610-8658 || Email: gmarmstr@go.olemiss.edu

[LinkedIn](#) || [Google Scholar](#)

EDUCATION

- 2024–Present **University of Mississippi – Oxford, MS**
Graduate Student, Clinical Psychology Ph.D. Program
Advisor: Sarah A. Bilsky, Ph.D.
- 2018–2022 **University of Mississippi – Oxford, MS**
Bachelor of Arts in Psychology, General Business Minor
Honors: *Magna cum laude*
Overall GPA: 3.83 || Major GPA: 4.00
Honors Thesis: *The Interaction between Anxiety Sensitivity and Sleep Disturbance in Relation to Alcohol Use among Adolescents*
Thesis Advisor: Sarah A. Bilsky, Ph.D.

HONORS & AWARDS

- 2024–Present Graduate School Access Fellowship, University of Mississippi
- 2024–Present Southern Regional Education Board (SREB) Doctoral Scholar Fellowship,
University of Mississippi
- 2024 OCD and Anxiety Research Award, Menninger Department of Psychiatry and
Behavioral Sciences, Baylor College of Medicine
- 2021–2022 Amy Wise and Walter Permenter Memorial Scholarship Endowment, University of
Mississippi
- 2020–2022 Chancellor’s Honor Roll, University of Mississippi
- 2019–2022 J.T. & Sadie Hardy Scholarship, University of Mississippi
- 2018–2022 Provost Scholar, University of Mississippi
- 2018–2022 Academic Merit Scholarship, University of Mississippi
- 2018 Dean’s Honor Roll, University of Mississippi

PUBLICATIONS

Peer Reviewed Publications

5. Clark, S. L., Dodd, C. G., Mitchell, T. B., Ingram, S. J., **Armstrong, G. M.**, Jha, M. K., Soares, J. C., Smith, M., Minhajuddin, A., Slater, H., Wakefield, S. M., & Trivedi, M. H. (2024). Substance use patterns and mental health comorbidities in youth with a history of depression or suicidality: Findings from TX-YDSRN. *Journal of Affective Disorders*.
<https://doi.org/10.1016/j.jad.2024.08.128>
4. **Armstrong, G. M.**, Anderberg, J. L., Gorman, A. R., Spencer, S. D., Minhajuddin, A., Ecker, A. H., Spofford, J., Guzick, A. G., Slater, H., Aloor, F. Z., Flores, A. M., Lagrone, J. M., Marino, E. N., Soutullo, C. A., Wakefield, S. M., Goodman, W. K., Trivedi, M. H., & Storch, E. A. (in press).

Problematic substance use in depressed youth: Associations with suicidal ideation and suicide attempt history. *Journal of Dual Diagnosis*.

3. **Armstrong, G. M.**, Hopper, K. M., Friedman, H. P., & Bilsky, S. A. (2024). Adolescent Sleep Quality and Alcohol Use: An Initial Examination of the Serial Indirect Effects of Anxiety Symptoms and Coping Motives for Alcohol Use. *Substance Use & Misuse*, 59(9), 1383–1393. <https://doi.org/10.1080/10826084.2024.2352107>
2. **Armstrong, G. M.**, Greenberg, R. L., Smáráson, O., Frederick, R. M., Guzick, A. G., Schneider, S. C., Spencer, S. D., Cervin, M., & Storch, E. A. (2023). Factors associated with internalizing and externalizing symptoms in a clinical sample of youth with misophonia. *Journal of Obsessive-Compulsive and Related Disorder*, 100831. <https://doi.org/10.1016/j.jocrd.2023.100831>
1. Riddle, D. B., Guzick, A., Minhajuddin, A., Smáráson, O., **Armstrong, G. M.**, Slater, H., Mayes, T. L., Goodman, L. C., Baughn, D. L., Martin, S. L., Wakefield, S. M., Blader, J., Brown, R., Goodman, W. K., Trivedi, M. H., & Storch, E. A. (2023). Obsessive-compulsive disorder in youth and young adults with depression: Clinical characteristics of comorbid presentations. *Journal of Obsessive-Compulsive and Related Disorders*, 38, 100820. <https://doi.org/10.1016/j.jocrd.2023.100820>

Under Review

1. Marino, E. N., Minhajuddin, A., Mayes, T. L., **Armstrong, G. M.**, Baronia, R., Baughn, D., Blader, J., Kennard, B., LaGrone, J., Soares, J. C., Slater, H., Wilkinson, A., Wakefield, S. M., & Trivedi, M. H. (2024). Intersection between substance use, depression, and suicidality: Results from the Texas Youth Depression and Suicide Research Network (TX-YDSRN). *Journal of Dual Diagnosis*, [Manuscript submitted for publication].

In Preparation

2. **Armstrong, G. M.**, Pinciotti, C. M., Soileau, K. J., Spencer, S. D., Muñoz, J. S., Mangen, K. H., Barbieri, T., Jardón, C. V., Latin American Trans-ancestry INitiative for OCD genomics (LATINO), Wiese, A. D., Crowley, J. J., & Storch, E. A. (in prep). Obsessive-compulsive symptoms and related clinical features in sexual minorities of Latino descent.
1. Anderberg, J. L., **Armstrong, G. M.**, Smáráson, O., Brewster, N. J., Frederick, R. M., Muñoz, J. S., Wiese, A. D., Ferrão, Y. A., Moyano, M. B., Sotomonte, J. I., Silva, A. V., Ochoa-Panaifo, M. E., Moya, P. R., Cappi, C., Giusti-Rodriguez, P., Hovey, J. D., Martinez-Gonzalez, K. G., Nicolini, H., Lanzagorta, N., Pato, M. T., Latin American Trans-ancestry INitiative for OCD genomics (LATINO), Crowley, J. J., & Storch, E. A. (in prep). Obsessive-Compulsive Disorder Stigma in Latino Populations: Impacts on Quality of Life and Treatment Utilization.

Invited Book Chapters

1. Onyeka, O. C., Riddle, D., Bivins, E., **Armstrong, G. M.**, Upshaw, B., Rast, C., & Silva, T. (2024). Internet-delivered Cognitive Behavioral Therapy for Anxiety. *Advances in Psychiatry and Behavioral Health* (Vo. 4). <https://doi.org/10.1016/j.ypsc.2024.05.003>

GRANT SUPPORT

Completed Funding

08/2021, Funded [\$1,000]

Principal Investigator, Research Project Grant, Sally McDonnell
Barksdale Honors College, University of Mississippi
*The Interaction between Anxiety Sensitivity and Sleep
Disturbance in Relation to Alcohol Use among Adolescents*

POSTER PRESENTATIONS

21. **Armstrong, G. M.**, Anderberg, J. L., Sadek, S. J., Gorman, A. R., Spencer, S. D., Minhajuddin, A., Ecker, A. H., Spofford, J., Guzick, A. G., Slater, H., Aloor, F. Z., Flores, A. M., Lagrone, J. M., Marino, E. N., Soutullo, C. A., Wakefield, S. M., Goodman, W. K., Trivedi, M. H., & Storch, E. A. (2024, November). *Risk of Suicidal Behavior in Depressed Youth with Comorbid Problematic Substance Use*. Poster to be presented at the Association for Behavioral and Cognitive Therapies Annual Convention. Philadelphia, PA.
20. **Armstrong, G. M.**, Sadek, S. J., Onyeka, O. C., Storch, E. A., Guzick, A. G. (2024, November). *Exploring clinical subtypes in youth with misophonia: A cluster analytic approach*. Poster to be presented at the Association for Behavioral and Cognitive Therapies Annual Convention. Philadelphia, PA.
19. **Armstrong, G. M.**, Hopper, K. M., Lubert, M. J., Sachner, L., Sherrod, A., & Bilsky, S. A. (2024, November). *Coping Motives and Alcohol Use Problems in Adolescents: The Role of Sleep Quality*. Poster to be presented at the Association for Behavioral and Cognitive Therapies Annual Convention. Philadelphia, PA.
18. Hopper, K. M., **Armstrong, G. M.**, Lubert, M. J., Sachner, L., Sherrod, A., & Bilsky, S. A. (2024, November). *The Association between Cigarette Use, Panic Attacks, and Insomnia Symptoms in Adolescents*. Poster to be presented at the Association for Behavioral and Cognitive Therapies Annual Convention. Philadelphia, PA.
17. Sachner, L., Sherrod, A., Lubert, M. J., Hopper, K. M., **Armstrong, G. M.**, & Bilsky, S. A. (2024, November). *To Seek or Not To Seek: Appearance Feedback on Social Media*. Poster to be presented at the Association for Behavioral and Cognitive Therapies Annual Convention. Philadelphia, PA.
16. Sherrod, A., Sachner, L., Lubert, M. J., Hopper, K. M., **Armstrong, G. M.**, & Bilsky, S. A. (2024, November). *An Examination of Gender Relations to Body Dysmorphic Disorder (BDD) and its Association with Depression and Anxiety in Adolescents*. Poster to be presented at the Association for Behavioral and Cognitive Therapies Annual Convention. Philadelphia, PA.
15. **Armstrong, G. M.**, Bivins, E. J., & Pinciotti, C. M. (2024, July). *Who experiences racism-themed obsessions?*. Poster presented at the International OCD Foundation Annual Conference. Orlando, FL.
14. **Armstrong, G. M.**, Spencer, S. D., Pinciotti, C. M., Mangen, K. H., Munoz, J. S., Borda, T., Frederick, R. M., Anderberg, J. L., Cappi, C., Giusti-Rodriguez, P., Martinez-Gonzalez, K. G., Moya, P. R., Nicolini, H., Ochoa-Panaifo, M. E., Pato, M. T., Members of the Latin American Trans-ancestry Initiative for OCD genomics (LATINO), Wiese, A. D., Crowley, J. J., & Storch,

- E. A. (2024, April). *Obsessive-compulsive disorder in Latin American sexual minorities*. Poster presented at the Anxiety and Depression Association of America Annual Conference. Boston, MA.
13. Flores, A., Blader, J., Minhajuddin, A., Slater, H., **Armstrong, G.**, Clark, S., Dodd, C., Lagrone, J., Martin, S., Soultullo, C., Wakefield, S., & Trivedi, M. (2024, February) *Substance Use Trends Among Depressed Youth with and without A History of Childhood Trauma*. Poster presented at the Texas Substance Use Symposium. Austin, TX.
 12. **Armstrong, G. M.**, Bivins, E. J., Smárason, O., Ayton, D. M., Candelari, A. E., Palo, A. D., Guzick, A., & Storch, E. A. (2023, November). *Factors Associated with Functional Impairment in Youth with Anxiety and Obsessive-Compulsive Disorders*. Poster presented at the Texas Psychological Association Annual Convention. Houston, TX.
 11. Anderberg, J. L.***Armstrong, G. M.**, Upshaw, B. M., Smárason, O., Frederick, R. M., Munoz J. S., Cappi, C., Giusti-Rodriguez, P., Martinez-Gonzalez, K. G., Moya, P. R., Nicolini, H., Ochoa-Panaifo, M. E., Pato, M. T., Members of the Latin American Trans-ancestry Initiative for OCD genomics (LATINO), Wiese, A. D., Crowley, J. J., & Storch, E. A. (2023, November). *Body Dysmorphic Disorder in Latin American Individuals with Obsessive-Compulsive Disorder: Prevalence and Clinical Correlates*. Poster presented at the Body Dysmorphic Disorder Foundation Annual Conference. London, ENG. (* **signifies equal authorship**)
 10. Hopper, K. M., **Armstrong, G.**, Friedman, H. P., Sachner, L., Lubner, M. J., & Bilsky, S. A. (2023, November). *The Relationship between Sleep Quality, Anxiety, and Alcohol Use among Adolescents*. Poster presented at the Association for Behavioral and Cognitive Therapies Annual Convention. Seattle, WA.
 9. **Armstrong, G. M.**, Upshaw, B. M., Bivins, E. J., Onyeka, O. C., Granot, Y., & Richards, M. (2023, September). *Perceived Discrimination and School Engagement Among Urban Youth: The Role of Self-efficacy*. Poster presented at the Gulf Coast Consortia Mental Health Conference. Houston, TX.
 8. Upshaw, B. M., **Armstrong, G. M.**, Onyeka, O. C., Ayton, D. M., Candelari, A. E., Palo, A. D., Guzick, A. G., & Storch, E. A. (2023, September). *The Relationship between ADHD-like Inattention and Anxiety during Treatment of Youth with Anxiety*. Poster presented at the Gulf Coast Consortia Mental Health Conference. Houston, TX.
 7. **Armstrong, G. M.**, Anderberg, J. L., Minhajuddin, A., Smárason, O., Ecker, A. H., Guzick, A., & Storch, E. A. (2023, September). *Comorbid Substance Use in Depressed Youth: Associations with Suicidal Ideation and Suicide History*. Poster presented at the TX-YDSRN Scientific Symposium. Dallas, TX.
 6. **Armstrong, G. M.**, Shepherd, W. S., Sansone, H. N., Riddle, D. B., Guzick, A., Minhajuddin, A., Smárason, O., Slater, H., Mayes, T. L., Goodman, L. C., Baughn, D. L., Martin, S. L., Wakefield, S. M., Blader, J., Brown, R., Goodman, W. K., Trivedi, M. H., & Storch, E. A. (2023, July). *Obsessive-compulsive disorder in youth and young adults with depression: Clinical characteristics of comorbid presentations*. Poster presented at the International OCD Foundation Annual Conference. San Francisco, CA.

5. Sansone, H. N., **Armstrong, G. M.**, Anderberg, J. L., Cappi, C., Giusti-Rodriguez, P., Halvorsen, M. W., Lázaro-Muñoz, G., Martinez-Gonzalez, K. G., Mattheisen, M., Moya, P. R., Nicolini, H., Ochoa-Panaifo, M. E., Pato, M. T., Members of the Latin American Trans-ancestry INitiative for OCD genomics (LATINO), Wiese, A. D., Crowley, J. J., Paz y Miño Maya, M., Pereira, S., & Storch, E. A. (2023, July). *Cross Section of perceived stigma and attitudes towards OCD genomics in Latin American individuals with OCD*. Poster presented at the International OCD Foundation Annual Conference. San Francisco, CA.
4. **Armstrong, G. M.**, Frederick, R. M., Greenberg, R. L., Guzick, A. G., Schneider, S. C., & Storch, E. A. (2023, May). *The Interaction of Emotion Regulation Strategies, Sensory Sensitivities, and Internalizing and Externalizing Behaviors*. Poster presented at the Association for Psychological Science Annual Convention. Washington, DC.
3. **Armstrong, G. M.**, Friedman, H. P., Hopper, K. M., & Bilsky, S. A. (2023, April). *The Indirect Effects of Anxiety Symptoms and Coping Motives for Alcohol Use on the Association between Sleep Quality and Alcohol Use Problems among Adolescents*. Poster presented at the Anxiety and Depression Association of America Annual Conference. Washington, DC.
2. Hopper, K. M., **Armstrong, G.**, Bedolla, N., & Bilsky, S. A. (2022, March). *The Indirect Effects of Parenting Stress and Anxiety on the Association between Anxiety Sensitivity and Alcohol Use Among of Mothers of Adolescents*. Poster presented at the Anxiety and Depression Association of America Annual Conference. Denver, CO.
1. Hopper, K. M., **Armstrong, G.**, Lubert, M. J., & Bilsky, S. A. (2022, November). *The Impact of Dual Use of Cigarettes and Alcohol on Perceived Parental Stress in Mothers*. Poster presented at the Association for Behavioral and Cognitive Therapies Annual Convention. New York, NY.

INVITED COMMUNITY ENGAGEMENT PRESENTATIONS

Armstrong, G. M. & Greenberg, R. L. (2022, September). *Supporting Well-being in Our Youth*. Presented at the Young Women’s College Preparatory Academy Blood Drive on behalf of the Menninger Department of Psychiatry and Behavioral Sciences at Baylor College of Medicine, Houston, TX.

RESEARCH EXPERIENCE

2022–2024

Research Coordinator

Menninger Department of Psychiatry and Behavioral Sciences, Baylor College of Medicine, Houston, TX

OCD and Related Disorders Program Clinic

Principal Investigator: Eric Storch, Ph.D.

- Manage submissions and revisions of IRB protocol, ensuring team members adhere to approved protocol, and regulatory maintenance
- Clean data using SPSS

- Developed novel survey via REDCap
- Train assessors on psychological assessment administration

Furthering OCD Research through GENetics (1K23 MH121669)

Principal Investigator: Anthony Zoghbi, M.D.

- Lead and oversee data coordination and study management of a nationwide OCD genetics investigation
- Organize and ensure proper management of the collection, storage, and shipping of genetic samples
- Oversee project financials, including participant compensation and budget tracking
- Manage submissions and revisions of IRB protocol, ensuring team members adhere to approved protocol, and regulatory maintenance
- Schedule, consent participants, and conduct in-depth phenotypic assessments of OCD symptoms and comorbid conditions
- Assess suicidal ideation (SI), consult with supervising researchers, and document response to SI risk
- Lead recruitment of participants through in-person, telehealth, events, social media, the International OCD Foundation, and health-care providers

Texas Child Mental Health Care Consortium: Texas Youth Depression & Suicide Research Network (YDSRN), Texas Childhood Trauma Research Network (CTRN)

Principal Investigators: Eric Storch, Ph.D., Caitlin Pinciotti, Ph.D.

- Schedule, consent, and conduct several baseline and follow-up clinical assessments with 48+ children and adolescents (between the ages of 8-20)
- Oversee participant compensation upon completion of research visits
- Record documentation of child protective services and suicidal ideation reports
- Engage in-person, telehealth, events, and cold-calling recruitment efforts
- Train assessors on psychological assessment administration

Latin American Trans-ancestry INitiative for OCD genomics (5U01MH125062)

Principal Investigator: Eric Storch, Ph.D.

- Schedule, consent, and conduct several clinical assessments with 20+ research participants (children & adults)
- Record documentation of suicidal ideation reports
- Engage in-person, telehealth, events, and cold-calling recruitment efforts
- Train assessors on psychological assessment administration

Adolescent Communication of Emotions Related Studies (5R01MH125958)

Principal Investigator: Eric Storch, Ph.D.

- Assist with the administration of conversational and behavioral tasks (as a study confederate) to participants ages 12-17 with autism, anxiety, depression,

- or no current mental health concerns
- Engage in-person, events, and telehealth recruitment efforts

2021–2022

Undergraduate Research Assistant

Parent and Adolescent Anxiety (PANDAA) Lab, University of Mississippi,
Department of Psychology, Oxford, MS
Principal Investigator: Sarah A. Bilsky, Ph.D.

- Assisted with data entry, data cleaning via SPSS, protocol development, and stimulus development
- Contributed to a project examining the associations between parental self-reported and experimentally assessed emotion regulation with parental anxiety and depressive symptoms
- Prepared in-depth reviews of scientific journal articles

2021–2022

Principal Investigator, Honors Thesis

Parent and Adolescent Anxiety (PANDAA) Lab, University of Mississippi,
Department of Psychology, Oxford, MS
Thesis Advisor: Sarah A. Bilsky, Ph.D.

- Created and submitted proposal for internal research grant
- Created and submitted internal IRB protocol
- Conducted and collaborated an original experiment - developed original protocol and hypotheses
- Recruited 186 adolescents via social media platforms (i.e., Facebook & Instagram)
- Developed novel survey via Qualtrics
- Prepared and defended honors thesis

CLINICAL EXPERIENCE

2022–2024

Clinical Assessor

Menninger Department of Psychiatry and Behavioral Sciences, Baylor College of Medicine, Houston, TX

OCD and Related Disorders Program Clinic

Supervisor: Eric Storch, Ph.D., Alyssa Hertz, Psy.D.

- Consent and provide standardized assessments for 65+ new youth and adult patients presenting to the OCD clinic, including the Yale-Brown Obsessive-Compulsive Scale-II, Children’s Yale-Brown Obsessive-Compulsive Scale-II, National Institute of Mental Health Global Obsessive-Compulsive Scale, Clinical Global Impression Scale, Patient Health Questionnaire-8, and Generalized Anxiety Disorder-7
- Score and interpret diagnostic interview data–Input data into REDCap and Qualtrics database

Furthering OCD Research through GEnetics (1K23 MH121669)

Supervisor: Anthony Zoghbi, M.D.

- Schedule, consent, and conduct several assessments with 50+ research participants, including the Yale-Brown Obsessive-Compulsive Scale-II, Children's Yale-Brown Obsessive-Compulsive Scale-II, MINI International Neuropsychiatric Interview (adult & kid version), Diagnostic Interview for Anxiety, Mood, and OCD and Related Neuropsychiatric Disorders, and Clinical Global Impression Scale
- Score and interpret diagnostic interview data—Input data into REDCap database

Texas Child Mental Health Care Consortium: Texas Youth Depression & Suicide Research Network (YDSRN), Texas Childhood Trauma Research Network (CTRN)

Supervisor: Eric Storch, Ph.D., Caitlin Pinciotti, Ph.D., David Riddle, Ph.D.

- Work as an assessor on a 12-site longitudinal, collaboration study recruiting children and adolescents with elevated depression, suicidal ideation and/or trauma exposure to collect information from children and parents about behaviors and mental health symptoms to provide more informed education and treatment recommendations
- Schedule, consent, and conduct several baseline and follow-up clinical assessments with 48+ children and adolescents (between the ages of 8-20), including the MINI International Neuropsychiatric Interview, Traumatic Events Screening Inventory, Clinician-Administered PTSD Scale for DSM-5, Comprehensive Interview Regarding Child Assistive Services, Depression Treatment Experiences Questionnaire, and The Concise Health Risk Tracking
- Score and interpret diagnostic interview data to monitor improvement in symptoms and behaviors and inform treatment options

Latin American Trans-ancestry Initiative for OCD genomics (5U01MH125062)

Supervisor: Eric Storch, Ph.D., Andrew Wiese, Ph.D.

- Schedule, consent, and conduct several assessments with 20+ research participants, including the Yale-Brown Obsessive-Compulsive Scale-II, Children's Yale-Brown Obsessive-Compulsive Scale-II, MINI International Neuropsychiatric Interview (adult & kid version), Diagnostic Interview for Anxiety, Mood, and OCD and Related Neuropsychiatric Disorders, and Clinical Global Impression Scale
- Score and interpret diagnostic interview data—Input data into REDCap database

PROFESSIONAL EXPERIENCE

Teaching

Fall 2024

Graduate Teaching Assistant

Brain and Behavior, Undergraduate Course
Instructor: Jeffery Bednark, Ph.D.
Department of Psychology, University of Mississippi

CLINICAL ASSESSMENTS ADMINISTERED

- Yale-Brown Obsessive-Compulsive Scale-II
- Children's Yale-Brown Obsessive-Compulsive Scale-II
- MINI International Neuropsychiatric Interview (adult & kid version)
- Diagnostic Interview for Anxiety, Mood, and OCD and Related Neuropsychiatric Disorders
- Traumatic Events Screening Inventory
- Clinician-Administered PTSD Scale for DSM-5
- The Concise Health Risk Tracking
- Clinical Global Impression Scale

WORKSHOPS AND PROFESSIONAL DEVELOPMENT

Deep Brain Stimulation for Intractable OCD Workshop: Lessons for Integrating Clinical Practice of Psychiatrists, Neurosurgeons, and Psychologists. Presented by Baylor College of Medicine Department of Psychiatry & Behavioral Sciences and Department of Neurosurgery (2022, October).

TRAININGS & CERTIFICATIONS

- Handle With Care (HWC) Training
- PATH Collaborative Training, Human Trafficking 101: A Healthcare Primer
- Columbia Suicide Severity Rating Scale Training
- Epic Training
- Baylor College of Medicine

RESEARCH QUALIFICATIONS & TECHNICAL SKILLS

- Trier Social Stress Test (TSST)
- REDCap survey software
- SPSS software
- Qualtrics survey software
- SONA Research System
- Excel software

HONARY SOCIETY MEMBERSHIPS

- Psi Chi: International Honor Society in Psychology
- Sally McDonnell Barksdale Honors College
- Alpha Lambda Delta
- Gamma Beta Phi Society

- The National Society of Leadership and Success
- The National Society of Collegiate Scholars

PROFESSIONAL AFFILIATIONS

2023–Present	Anxiety Disorders Association of America
2023–Present	International OCD Foundation
2023–Present	Body Dysmorphic Disorder Foundation
2024–Present	Association for Behavioral and Cognitive Therapies