

IAN CARSON

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EDUCATION

- 2020-Present **Doctor of Philosophy** in Clinical Psychology (Expected May 2026)
Indiana University Indianapolis (IUI)
- 2023 **Master of Science** in Clinical Psychology
Indiana University—Purdue University Indianapolis (IUPUI)
Thesis: *Exploring Online Heterosexist Discrimination*
Committee Chair: Tamika C. B. Zapolski, Ph.D.
- 2020 **Bachelor of Science** in Psychology; Concentration in Clinical Psychology
With highest distinction
Indiana University—Purdue University Indianapolis (IUPUI)
- 2020 **Bachelor of Arts** in French
With highest distinction
Indiana University—Purdue University Indianapolis (IUPUI)

GRANTS AND AWARDS

- 2024 Elite 50, IUI Graduate School
- 2023 Favorite Professor, IUI Athletics
- 2023 Graduate and Professional Education Grant, IUI (\$500)
- 2023 Psychology Department Student Travel Award, IUI (\$500)
- 2022 Psychology Department, IUI (\$1,000; for research)
- 2021 Research Society on Alcoholism Diversity Travel Award, (\$150)
- 2019 Mamie Phipps Clark Diversity Research Grant, Psi Chi (\$3,000)
- 2019 Research Opportunity Grant, Center for Research and Learning (\$1,500)

PUBLICATIONS

1. Clifton, R.L., **Carson, I.**, Dir, A.L., Wanzhu, T., Zapolski, T.C.B., Aalsma, M.C. (2024). Who gets screened and who tests positive? Drug screening among justice-involved youth in a midwestern urban county. *Health & Justice*, 12(13). <https://doi.org/10.1186/s40352-024-00273-w>
2. **Carson, I.**, Wu W., Knopf A., Crawford C.A., Zapolski T.C.B. (2024). On the relationship between online heterosexist discrimination and mental health and substance

use among LGBTQ+ young adults. *Archives of Sexual Behavior*, 1-15.
<https://www.doi.org/0.1007/S10508-023-02800-6>

3. Parker, M. A., Zapolski, T. C., **Carson, I.**, & Waldron, M. C. (2023). Early-onset prescription drug misuse in Indiana youth. *Addictive Behaviors*, 139.
<https://doi.org/10.1016/j.addbeh.2022.107594>
4. Anderson, K. G., Garrison, E., Clifton, R. L., Harper, L., Zapolski, T. C., Khazvand, S., & **Carson, I.** (2023). Measures of self-reported identity associated with sex and gender: Relations with collegiate drinking. *Alcoholism: Clinical and Experimental Research*, 47(3), 501-511.
5. Crichlow, Q. J., Banks, D. E., **Carson, I.**, Fisher, S., Barnes-Najor, J. V., & Zapolski, T. C. (2022). Racial discrimination and substance use among African American youth: Personal and collective self-esteem as mechanisms. *Journal of Ethnicity in Substance Abuse*, 1-14.
6. Pederson, C. A., Khazvand, S., Clifton, R. L., Carroll, P. A., **Carson, I.**, Harvey, J., Barnes-Najor, J., & Zapolski, T. C. (2022). The relationship between neighborhood safety and adolescent substance use: the role of self-esteem and social support. *Journal of Child and Family Studies*, 31(11), 3234-3246.

POSTER PRESENTATIONS

1. **Carson, I.**, & Zapolski, T.C.B. (2023, June). Online sexual orientation discrimination: Exploring the role of psychological flexibility. Poster presented at the Society for Prevention Research 31st Annual Meeting, Washington, D.C.
2. Crawford, C.A., **Carson, I.**, Polanka, B.M., Williams, M.K., Higgins, A.B., Schuiling, M.D., Stewart, J.S. (2023, March). Associations between sexual orientation dimensions and cardiometabolic diseases: Data from the National Epidemiologic Survey on Alcohol and Related Conditions (NESARC-III). Poster presented at the 2023 Annual Scientific Meeting of the American Psychosomatic Society, San Juan, Puerto Rico.
3. Bogdan, K., **Carson, I.**, Miller, M., & Hirsh, A. (2022, September). "It's not that bad": Qualitative results from a mixed-methods study on pain-related invalidation. Poster presented at the World Congress on Pain, Toronto, Canada.
4. **Carson, I.**, & Zapolski, T.C.B. (2022, July). LGBQ microaggressions and substance use among university students: The moderating role of mindfulness. Poster presented at the 2022 College on Problems of Drug Dependence Annual Meeting, Minneapolis, MN.
5. **Carson, I.**, & Zapolski, T.C.B. (2021, June). Exploring emotion dysregulation and psychological distress as mediators of alcohol use among sexual orientation minorities.

Poster presented at the Society for Prevention Research Virtual 29th Annual Meeting, Virtual.

6. **Carson, I.**, Clifton, R. L., Khazvand, S., & Zapolski, T.C.B. (2019, November). LGBTQ microaggressions and substance use: Psychological distress as a mediator. Poster presented at the 2019 Fall Conference & Annual Meeting of the Indiana Psychological Association Conference, Indianapolis, IN.
7. Oesch-Minor, D., Kemp, T., Aidoo, O., Branum, D., & **Carson, I.** (2019, March). Community clients, networking, and professional projects. Poster presented at IUPUI English Week 2019, Indianapolis, IN.
8. **Carson, I.**, & Zapolski, T.C.B. (2019, April). Does self-esteem mediate the relationship between peer victimization and substance use in adolescents?. Poster presented at the Midwestern Psychological Association 2019 Meeting, Chicago, IL.
9. **Carson, I.**, & Bigatti, S. (2018, April). Quantifying university student well-being: Comparison among instruments. Poster presented at the Life-Health Sciences Internship Program Poster Presentation, Indianapolis, IN.
10. Clifton, R., **Carson, I.**, Banks, D.E., Hershberger, A., Aalsma, M., & Zapolski, T.C.B. (2017, November). Family and peer influences on substance use among juvenile justice involved youth. Poster presented at the 2017 Fall Conference & Annual Meeting of the Indiana Psychological Association, Indianapolis, IN.

RESEARCH EXPERIENCE

2020-Current

Graduate Research Assistant

Prevention Research in Substance Use and Minority Health Lab
IUI Department of Psychology
PI: Tamika C. B. Zapolski, Ph.D.

CBPR Teacher Mental Health

Summary: (ongoing) Identify sources of stress and burnout for teachers. Teach teachers how to emotionally regulate, deal with stress and burnout, and help teachers plan ahead to avoid burnout.

Duties: Contacted and consented participants. Conducted semi-structured qualitative interviews with teachers.

Exploring Online Heterosexist Discrimination

Co-PI: Ian Carson

Summary: Explored online discrimination among LGBTQ+ young adults through a minority stress lens to better understand substance use and

mental health outcomes. Explored the role of in-group, online social support in moderating this pathway.

Duties: (From conception to dissemination) Conducted literature searches, designed and implemented study, developed recruitment materials, created Qualtrics survey, submitted IRB proposal, analyzed data in MPlus, developed a thesis manuscript, published subsequent article.

2021-2023

Graduate Research Assistant

Behavioral Health Program (BHP)

IU School of Medicine

PI: Matt Aalsma, Ph.D.

Social Network Diffusion of COVID-19 Prevention for Diverse Criminal Legal Involved Communities

Summary: Examine the effectiveness of an intervention to increase awareness about COVID-19 testing and vaccination.

Duties: Obtained informed consent and assent from participants and parents. Created training materials for research assistants regarding study procedures. Created Standard Operating Procedures (SOPs) and interactive tutorials for research assistants to ensure compliance with study requirements.

Community Network Driven COVID-19 Testing Among Most Vulnerable Populations in the Central United States (C3; Indiana)

Summary: Examined the efficacy of social network site-based intervention for COVID-19 testing in vulnerable populations. Used a multi-wave, two-arm, randomized controlled trial design.

Duties: Obtained informed consent and assent from participants and parents. Scheduled in-person study visits by coordinating with community partners. Conducted in-person study sessions. Collected COVID-19 specimens and transported materials to laboratory for testing. Contacted participants to encourage further social networking referrals. Investigated and reported multiple RA protocol deviations to site PI and IRB.

2018-2020

Research Assistant

Ashburn-Nardo's Stereotyping, Prejudice, and Intergroup Relations Lab

IUPUI Department of Psychology

PI: Leslie Ashburn-Nardo, Ph.D.

Perceptions of Scientific Research

Summary: Explored the role of implicit racial and gender bias in the perception of scientists and the research that they conduct.

Duties: Obtained informed consent, administered MediaLab study protocol and implicit association task in a systematic manner, completed funnel debriefing, noted participant suspicion of hypothesis.

2017-2018

Research Assistant

Life-Health Sciences Internship Program
Fairbanks School of Public Health
PI: Silvia Bigatti, Ph.D.

Quantifying University Student Well-Being

Summary: Compared the psychometric properties of two popular measures of well-being, the Brief Inventory of Thriving and the Flourishing Scale, among a university student population.

Duties: (From conception to dissemination) Conducted literature searches, designed and implemented study, developed recruitment materials, created Qualtrics survey, submitted IRB proposal, analyzed data in SPSS, developed a research poster.

Faculty Well-Being Fellowship Project

Summary: Examined the well-being of faculty members at IUPUI and what could be done to help mitigate the negative physical and mental health consequences that are associated with low well-being.

Duties: Researched other university models of faculty well-being support programs, created comparison tables, obtained well-being measures.

R.E.D. Alliance: Breast Cancer among African American Women

Summary: Qualitative study explored the unique barriers that African American women face in recorded town hall-style meetings.

Duties: Transcribed 40-minute town hall-style meetings with multiple speakers for later thematic analysis and coding.

2017-2020

Undergraduate Research Assistant

Prevention Research in Substance Use and Minority Health Lab
IUPUI Department of Psychology
PI: Tamika C. B. Zapolski, Ph.D.

Toward an intersectional understanding of alcohol use among LGBTQ+ people of color.

Summary: Expanding on prior research, this study examined how discrimination based on race, sexual orientation, and transgender status affect harmful and hazardous drinking among LGBTQ+ people of color. Aims to examine the interactive effects of emotional dysregulation and psychological distress as mediators in the risk pathway.

Duties: (From conception to dissemination) Conducted literature searches, wrote grant proposal, devised study methodology. Will recruit a community sample, analyze results using SPSS, and report the results in the form of a thesis and poster.

Efficacy of a Modified Brief DBT-A Program in a School-based Setting

Summary: Examined the efficacy of a modified version of a Dialectical Behavior Therapy for Adolescents (DBT-A) intervention program in a high school setting. Aimed to increase emotional regulation and reduce risky behavior, such as substance use.

Duties: Co-lead a 9-week, modified DBT-A intervention in a 9th grade classroom for adolescents with impulsivity and emotion regulation problems, attended supervision and didactic trainings, administered a survey battery that included clinical and behavioral questionnaires from participants in the intervention and control groups, scored measures and entered data in SPSS, conducted semi-structured qualitative post-group interviews with participants, thematically coded interviews.

Gender Identity and Drinking Survey

Summary: Examined how different items used to assess sex, gender identity, and related constructs (e.g., masculinity-femininity) are related to alcohol consumption (quantity and frequency), alcohol-related consequences, and cognitions related to alcohol-related decision making (expectancies, motives). As the existing literature in this area has traditionally focused on binary assessments of sex and gender., research is needed into the impact of how alternative metrics of gender (non-binary, continuum approaches) relate to self-reported alcohol consumption patterns.

Duties: Constructed Qualtrics survey, helped with IRB submission.

A Meta-Analytic Review of Dieting Behaviors

Summary: This meta-analysis attempts to define dieting behavior by examining the concept of unhealthy weight loss practices among adolescents under 18 in the US, who do not have a diagnosed eating disorder.

Duties: Coded 95 studies as part of the analysis, will help with writing and editing of manuscript.

Stress, Trauma, and Health Survey

Summary: Examined how stress and trauma, particularly based on the experiences of those belonging to marginalized groups, related to various physical and mental health outcomes, such as healthy eating and substance use among a university student population.

Duties: Helped design codebook, conducted literature searches, submitted IRB proposal, constructed Qualtrics survey, modified measure instructions and format where appropriate.

African American Adolescent Concurrent Substance Use Study

Summary: Daily surveys administered to adolescents examining risk factors for use of single concurrent substances via text message.

Duties: Obtained informed consent from parents and assent from adolescents, edited Qualtrics questionnaires, conducted in-person recruitment at local high schools and community centers.

Study of Black Identity and Health

Summary: Explored how differences in explicit and implicit racial identity relate to perceived discrimination, psychological distress, and substance use among a community sample of African Americans.

Duties: Obtained informed consent from participants, administered an implicit association test and other measures in a systematic fashion, recorded idiosyncrasies.

CLINICAL EXPERIENCE

2023-Present

Practicum Student

Indiana Neuropsychology Group (ING)

Supervisor: Summer Ibarra, PhD, ABPP-RP, HSPP

Duties: I use an in-person flexible battery approach (based on Halstead-Reitan battery) to adult/geriatric neuropsychological assessment for patients aged 18+ who were referred by a medical provider or medical team due to head injury, neurodegenerative disease process, memory concerns, and brain tumors. Patients were sometimes also referred by a state vocational rehabilitation program, typically involving an acquired brain injury, where the primary goal of assessment was primarily to identify supports necessary for workplace reentry. Participate in weekly individual supervision with board-certified rehabilitation neuropsychologist with live observation. Conduct intake interviews and feedback sessions with patients and caregivers throughout this placement. Prepare integrative reports for patients and referring providers.

Current Assessment Hours: 102.73

Current Integrative Reports: 15

2023-Present

Advanced Psychology Trainee

Indiana University Indianapolis Mental Health Clinic (MHC)

Supervisor: Deanna L. Barthlow-Potkanowicz, Ph.D., HSPP

Duties: I assist “as needed” at this site. I use an in-person fixed battery approach to adult college student neuropsychological assessment for patients aged 18+ with concerns for ADHD or other learning problems (i.e., SLDs). Participated in as-needed individual supervision with psychologist with live observation. Conduct intake interviews and feedback sessions with students. Prepare integrative reports for students and adaptive educational services (when warranted).

Current Assessment Hours: 20

Current Integrative Reports: 5

2022-2023

Practicum Student

Indiana Neuropsychology Group (ING)

Supervisor: Garry Wright, PhD, HSPP

Duties: This was a 2-day/week placement. I used an in-person flexible battery approach to pediatric neuropsychological assessment for patients aged 3-24 who were referred by a medical provider or medical team due to behavioral, academic, and/or developmental concerns. Participated in daily individual supervision with pediatric neuropsychologist with live observation. Conducted intake interviews with patient and parents and same-day feedback sessions with patients and their parents during the second half of placement. Prepared integrative reports.

Total Assessment Hours: 310.25

Total Integrative Reports: 10

2021-2022

Behavioral Health Consultant

IU Health Primary Care, Artistry

Supervisor: Shelley A. Johns, PsyD, HSPP, ABPP

Duties: I assisted patients in addressing a variety of mental health and behavioral conditions, including Major Depressive Disorder, Anxiety Disorders, Post-traumatic Stress Disorder, Alcohol Use Disorder, Insomnia, Diabetes Management, medication adherence, and adjustment disorders. Consulted with primary care physicians when they had questions about how mental health conditions were impacting patient care and health status.

Interventions Implemented: Written Exposure Therapy, Brief Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, mindfulness meditation, Motivational Interviewing, behavioral activation, and relaxation training.

Total Assessment Hours: 180.75

TEACHING EXPERIENCE

- Spring 2024 **Instructor** (5.60/6)
Department of Psychology, IUI, Indianapolis, IN
Health Psychology; 102 students
- Fall 2023 **Instructor** (Student rating: 5.78/6)
Department of Psychology, IUPUI, Indianapolis, IN
Health Psychology; 120 students

WORKSHOPS AND SPECIALTY TRAINING

- 2023 Dialectical Behavior Therapy
Instructor: Tamika C. B. Zapolski, PhD
- 2021 Working with Suicidal People (2-day training)
Instructor: Thomas E. Ellis, PsyD, ABPP
- 2021 Acceptance and Commitment Therapy for Beginners (6-week online
workshop)
Instructor: Russ Harris, M.D.
- 2021 Motivational Interviewing Evidence-Based Skills to Motivate Clients
Toward Change
Instructor: Shelley A. Johns, PsyD, HSPP, ABPP
- 2021 Systematic Review and Meta-Analysis (4-day workshop)
Instructor: Ekin Secinti, M.S., IUI

RELEVANT COURSEWORK

Inferential Statistics
Psychopathology
Field Methods and Experimentation
Psychological Assessment II: Personality and Symptom Assessment
Psychological Assessment I: Intelligence Testing
Intervention II: Cognitive-Behavioral Interventions
Intervention I: Counseling Approaches
Drugs of Abuse
Measurement Theory and the Interpretation of Data
Ethical, Legal, and Cultural Issues in Psychology
Attitudes and Social Cognition
Seminar in Cognitive, Affective, and Developmental Aspects of Behavior
Seminar in the Treatment and Recovery from Alcohol and Substance Use Disorders

Meta-Analysis and Systematic Review
Advanced Clinical Intervention Training (Dialectical Behavior Therapy)
Developmental Neuroscience

AD HOC JOURNAL REVIEWS

Addictive Behaviors
American Journal of Public Health
Cultural Diversity & Ethnic Minority Psychology
Development and Psychopathology
Frontiers in Adolescent Medicine
Psychology of Sexual Orientation and Gender Diversity
Substance Use & Misuse

CLINICAL AND NEUROPSYCHOLOGICAL TESTS ADMINISTERED

Intelligence

Wechsler Adult Intelligence Scale-4th Edition (WAIS-IV)
Wechsler Intelligence Scale for Children-5th Edition (WISC-V)
Wechsler Intelligence Scale for Children: Integrated-5th Edition (WISC-V Integrated)
Wechsler Preschool and Primary Scale of Intelligence-4th Edition (WPPSI-IV)
Raven's Progressive Matrices Second Edition (Raven's 2)
Reynolds Intellectual Assessment Scales (RIAS)

Academic

Bracken School Readiness Assessment - Fourth Edition (BSRA-4)
Wechsler Individual Achievement Test, 3rd/4th Edition (WIAT-III/IV)
Wide Ranging Achievement Test, 4/5th Edition (WRAT-4/5)

Language

Boston Naming Test
Boston Diagnostic Aphasia Exam (BDAE)
Clinical Evaluation of Language Fundamentals-5th Edition (CELF-5)
Comprehensive Test of Phonological Processing-2nd Edition (CTOPP-2)
Controlled Oral Word Association Test (FAS, Animals)
Expressive Vocabulary Test-3rd Edition (EVT-3)
Oral and Written Language Scales-2nd Edition (OWLS-II)
Peabody Picture Vocabulary Test-5th Edition (PPVT-5)
MAE Token Test
Social Language Development Test – Adolescent, Elementary (SLDT-A/E)

Executive Functions

Brief Test of Attention (BTA)
Conners Continuous Auditory Test of Attention (CATA)
Conners Continuous Performance Test-3rd Edition (CPT-3)
Conners Kiddie Continuous Performance Test-2nd Edition (KCPT-2)
Delis-Kaplan Executive Function System (D-KEFS)
NEPSY-2nd Edition (NEPSY-II)
Trails
Wechsler Memory Scales: Mental Control Subtest (WMS-III)
Wisconsin Card Sorting Test (WCST)
Booklet Category Test – Victoria Revision
Zoo Map Test

Visuospatial

Clock Drawing
Hooper Visual Organization Test
Judgement of Line Orientation
Test of Visual Perceptual Skills- 4th Edition

Memory

California Verbal Learning Test – 2/3 (CVLT-2/3)
California Verbal Learning Test-Children (CVLT-C)
Child and Adolescent Memory Profile (ChAMP)
Extended Rey Complex Figure Test and Recognition Trial
Wechsler Memory Scales (WMS-IV)
Wide Range Assessment of Memory and Learning-2nd and 3rd Edition (WRAML-2/3)

Sensorimotor

Beery-Buktenica Developmental Test of Visual-Motor Integration-6th Edition (VMI-6)
Finger Tapping
Grooved Pegboard
Grip Strength
Reitan-Klove Sensory Perceptual Examination

Other/Screeners/Functional Impairment/Projective

Repeatable Battery for the Assessment of Neuropsychological Status Update (RBANS)
Montreal Cognitive Assessment (MoCA)
Independent Living Scales
Test of Practical Judgment (TOP-J)
Robert's Apperception Test for Children: Stories Subtest

PVT

Memory Validity Profile (MVP)

Test of Memory Malingering (TOMM)
Green's Word Memory Test

Personality

Millon Adolescent Clinical Inventory-2nd Edition (MACI-II)
Millon Pre-Adolescent Clinical Inventory (M-PACI)
Minnesota Multiphasic Personality Inventory-Adolescent-Restructured Form (MMPI-A-RF)
Minnesota Multiphasic Personality Inventory-2 (MMPI-2)
Minnesota Multiphasic Personality Inventory-2-Restructured Form (MMPI-2-RF)
Personality Assessment Inventory Adolescent (PAI-A)
Personality Assessment Inventory (PAI)

Structured Interviews

Autism Diagnostic Interview-Revised (ADI-R)
Diagnostic Interview for ADHD in Adults (DIVA)
Quick Structured Clinical Interview for DSM-5 Disorders (Quick SCID-5)

Questionnaires

Adult ADHD Self-Report Scale (ASRS-v1.1)
Adverse Childhood Experiences Questionnaire (ACEs)
Autism Spectrum Rating Scales (ASRS)
Adaptive Behavior Assessment System- Third Edition (ABAS-3)
Adolescent/Adult Sensory Profile
Alcohol Use Disorders Identification Test (AUDIT)
Barkley Adult ADHD Rating Scale-4th Edition (BAARS-IV)
Beck Anxiety Inventory (BAI)
Beck Depression Inventory-2nd Edition (BDI-2)
Beck Hopelessness Scale (BHS)
Beck Youth Inventories-2nd Edition (BYI-2)
Behavior Assessment System for Children-3rd Edition (BASC-3)
Behavior Rating Inventory of Executive Function-2nd Edition (BRIEF-2)
Behavior Rating Inventory of Executive Function-Adult Edition (BRIEF-A)
Behavior Rating Inventory of Executive Function-Preschool Edition (BRIEF-P)
Childhood Autism Rating Scale, Second Edition (CARS2)
Camouflaging Autistic Traits Questionnaire (CAT-Q)
Children's Depression Inventory-2nd Edition (CDI-2)
Children's Measure of Obsessive-Compulsive Symptoms (CMOCS)
Conners Rating Scales-3rd/4th Edition (Conners-3/4)
Disruptive Behavior Disorder Rating Scale (DBD)
Developmental Profile 4 (DP-4)
Eating Attitudes Questionnaire (EAT-26)
Epworth Sleepiness Scale
Geriatric Anxiety Inventory (GAI)

Geriatric Depression Scale (GDS)
Insomnia Severity Index (ISI)
Mood Disorders Questionnaire (MDQ)
Multidimensional Anxiety Scale for Children-2nd Edition (MASC-2)
Patient Health Questionnaire (PHQ-9)
Piers-Harris Children's Self-Concept Scale- 2
Post-Concussion Symptom Inventory (PCSI)
PTSD Checklist for DSM-5 (PCL-5)
Revised Children's Manifest Anxiety Scale-2nd Edition (RCMAS-2)
Ritvo Autism Asperger Diagnostic Scale-Revised (RAADS-R)
Sensory Profile 2
Social Responsiveness Scale-2nd Edition (SRS-2)
Trauma Symptom Checklist for Children (TSCC)
Trauma Symptom Checklist for Young Children (TSCYC)
Weiss Functional Impairment Rating Scale (WFIRS)