

ANNA K. QUESADA

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EDUCATION

Expected May 2026 **MA CLINICAL PSYCHOLOGY**
University of Kansas, Lawrence, KS

Thesis:

Expected May 2030 **PhD CLINICAL PSYCHOLOGY** (*major area of focus: clinical health psychology*)
University of Kansas, Lawrence, KS

Dissertation:

Advisor: Nancy Hamilton, PhD

May 2023 **BA PSYCHOLOGY** (*minor: child advocacy studies*)
Cum Laude, University of Arkansas, Fayetteville, AR

Thesis: *The Connections among Worry, Sleep Hygiene, and Sleep Quality*

Advisor: Matt Judah, PhD

May 2021 **AA COMMUNICATION AND PERFORMANCE STUDIES** (*musical theatre*)
Magna Cum Laude, Murray State College, Tishomingo, OK

AS BEHAVIORAL SCIENCE (*psychology*)
Magna Cum Laude, Murray State College, Tishomingo, OK

SUBMITTED MANUSCRIPTS

Russell, J., Oloriegbe, F., Baber, G., **Quesada, A.**, & Hamilton, N. (2025). *Fear of Sleep in Undergraduates with a History of Sexual assault and Unwanted Attention* [Manuscript submitted for publication]. *Behavioral Sciences*.

Quesada, A.K., Judah, M.R., & Middlebrooks, M. (2025). The Role of Sleep Hygiene in the Comorbidity of GAD and MDD Symptoms in an Undergraduate Sample. [Manuscript submitted for publication]. *American Journal of College Health*.

Baber, G. R., Hamilton, N. A., Girard, J. M., Sikka, P., Watts, A., Jun, D., Gratton, M. K. P., Cohen, J. M., **Quesada, A. K.**, Nichols, E. C., & Cunningham, T. J. (2025). Testing the Mood Regulation Theory of Dreaming. [Manuscript submitted for publication]. *Sleep*.

MANUSCRIPTS IN PREPARATION

Quesada, A. K., Gratton, M. K. P., Nichols, E. C., Baber, G., Bayless, L. E., Gladdis, T.N., & Hamilton, N.A. (2025). Emotional Content of Birth Experiences, Sleep Disturbances, and PTSD Associations in a Sample of NICU Mothers. To be submitted to *Journal of Health Psychology*.

PRESENTATIONS

Quesada, Anna K. (2023, April). *Worrying about Sleep: The Effect of Worry on Sleep Hygiene*. [Poster Presentation]. National Undergraduate Research Week Research, University of Arkansas, Fayetteville, AR. <https://ugresearch.uark.edu/urw.php>

Quesada, Anna K. (2023, April). *The Connections among Worry, Sleep Hygiene, and Sleep Quality*. [Psychological Science Undergraduate Honors Thesis Defense, University of Arkansas] ScholarWorks. <https://scholarworks.uark.edu/psycuht/43>

INVITED TALKS

Quesada, Anna K. (2025, April). *Emotional Content of Birth Experiences, Sleep Disturbances, and PTSD Associations in a Sample of NICU Mothers*. [Oral Presentation]. 4th Annual Bridge Fellows Roundtable, The University of Arkansas.

POSTER PRESENTATIONS

* Indicates mentee

*Booker, Kelsey, **Quesada, Anna K.**, Nichols, Elijah C., Gratton, Matthew K. P., Baber, Garrett, Bayless, Lauren E., Gladdis, Tiffany N., & Hamilton, Nancy (2025). *Associations of Postpartum Depression and Sleep in a Sample NICU Mothers*. Poster to be presented at Society of Behavioral Sleep Medicine 2025, Kansas City, KS.

Quesada, Anna K., Gratton, Matthew K. P., Nichols, Elijah C., Baber, Garrett, Bayless, Lauren E., Gladdis, Tiffany N., & Hamilton, Nancy (2025). *Emotional Content of Birth Experiences, Sleep Disturbances, and PTSD Associations in a Sample of NICU Mothers*. Poster presented at World Sleep Congress 2025, Singapore, Singapore.

Quesada, Anna K., Judah, Matt R., Middlebrooks, Morgan. (2025). *The Role of Sleep Hygiene in the Comorbidity of GAD and MDD Symptoms in an Undergraduate Sample*. Poster presented at SLEEP 2025, Seattle, WA.

Nichols, Elijah C., Gratton, Matt K. P., Baber, Garrett, **Quesada, Anna**, & Hamilton, N. A. (2025, June). *Do self-rated stress levels reflect greater sleep problems? Linking reported stress to sleep efficiency*. Poster presented at SLEEP 2025, Seattle, WA.

SUBMITTED ABSTRACTS & ABSTRACTS IN PREP

RESEARCH EXPERIENCE

LABORATORY MANAGER | Hamilton Health and Sleep Laboratory

Department of Psychology, University of Kansas, Dec 2024- Present

I manage lab operations by overseeing personnel, conducting relevant training and education, coordinating scheduling and workflows, maintaining protocols and documentation, and supporting research implementation and data management.

GRADUATE RESEARCH ASSISTANT | Hamilton Health and Sleep Laboratory | Aug 2024- Present

Research uses sleep and trauma-related health data to investigate how traumatic experiences impact PTSD symptoms, nightmare formation, and health with the goal of informing health interventions for survivors and high-risk populations.

Projects:

- **STAND-UP:** This project examines traumatic experiences and posttrauma symptoms among KU students, investigating sex differences in trauma exposure and response, and exploring how sleep influences the development of PTSD symptoms.
- **Dream Machine:** A series of projects utilizing AI technology to analyze the emotional content of dreams.
- **Project Mindy:** This initiative studies sleep patterns in the six months following sexual assault to develop interventions aimed at preventing the progression from trauma to PTSD symptoms.

RESEARCH ASSISTANT | Cognition of Depression and Anxiety (CODA) Laboratory

Department of Psychological Science, University of Arkansas, Jan 2022- July 2024

Research uses electrophysiological data, specifically ERPs, to explore how affective disorders are associated with attentional bias and cognitive control.

Projects:

- **Combined-Cognitive Biases (CCB) Study:** This study examined the role of ERPs in social anxiety and mood disorders.

RESEARCH ASSISTANT | Lisa Corrigan, PhD

Department of Communication, University of Arkansas, Aug 2023- June 2024

*Dr. Corrigan is currently writing a monograph, **Intimacy Regimes: Race and Sex at Midcentury** (tentative title), examining the erotic and sexual dynamics produced by FBI surveillance of the civil rights/Black Power movements.*

Projects:

- **Protest Psychosis:** This project examined changing psychological language revolving around schizophrenia in response to Black civil rights movements.
- **Huey P. Newton & Erik Erikson:** Coalition Building: This project examined social psychological conversations between Huey P. Newton and Erik Erikson contributing to transcommunalism.

GRASS GENOMICS LABORATORY INTERN | Noble Research Institute

Ardmore, OK, Jan-May 2019

Research aimed to understand plant performances and behavior under environmental stress and to maximize year-round production of quality forages while minimizing input costs for farmers.

Projects:

- **Fescue Grass Hybrid Confirmation:** This project involved DNA confirmation of fescue grass hybrid plants.

CLINICAL EXPERIENCE

PSYCHOLOGICAL TRAINEE | University of Kansas Psychological Clinic | Lawrence, KS, March 2025- Current
Supervisors: Dr. Ali Calkins-Smith, Dr. Sarah Kirk

- Provide individual psychotherapy to adults who are community residents, university staff, and university students representing a range of socioeconomic and educational backgrounds. Employed several treatments modalities including: Cognitive Behavioral Therapy (CBT), Acceptance & Commitment Therapy (ACT), Motivational Interviewing (MI), Exposure Response Prevention (ERP), The Unified Treatment Protocol (UP), Interpersonal Therapy (IPT), and Dialectical Behavioral Therapy (DBT). Conducted integrative assessments for diagnostic purposes, which included writing integrative reports. Conducted both adult and child cognitive, ADHD and LD assessments. Participated in weekly individual, team, and group supervision meetings.

BEHAVIOR TECHNICIAN | Bloom Therapy | Ardmore, OK, Aug 2023- February 2024
Supervisor: Alyssa Petty, BCBA

- Provided one-on-one applied behavior analysis (ABA) therapy to children diagnosed with Autism Spectrum Disorder (ASD). Assisted with developing and implementing individualized behavior intervention plans based on clinical assessments and goals. Collected and analyzed data to monitor progress and adjust strategies accordingly. Collaborated with clinical supervisors and interdisciplinary teams to ensure consistent, evidence-based care.

READING INSTRUCTOR | Lexicon Speech, Language, and Reading | Fayetteville, AR, Aug '22- Dec 2022

- Delivered structured, evidence-based dyslexia therapy using Orton-Gillingham-based methods and progress monitoring tools. Administered reading and phonological assessments to inform individualized treatment plans. Conducted one-on-one instructional sessions with elementary and middle school students. Documented session outcomes and collaborated with clinical supervisors to track improvement.

TEACHING EXPERIENCE

GRADUATE TEACHING ASSISTANT | University of Kansas | Aug 2024 – May 2026

- Introductory Psychology (PSYC104), Randi Gray, Aug 2024 – May 2025
- Introductory Psychology (PSYC104), Aug 2025 – May 2026

Assisting with these classes consisted of working with professors to administer course objectives to student, adding in presentation assembly, grading, and teaching. Taught several classes independently. Helped students with tutoring, mentorship, and understanding key concepts related to course content.

FELLOWSHIPS AND TRAINEESHIPS

LONG TERM TRAINEESHIP | LEND | KUMC, Aug 2025-May 2026

- I will engage in interdisciplinary training, clinical observation, and family mentorship to develop leadership skills in serving individuals with neurodevelopmental disabilities. This program emphasizes cultural humility, policy advocacy, and collaborative care across disciplines.

INTERNSHIP | Arkansas Advocates for Families and Children | Little Rock, AR, Jan 2023- May 2023

- I assisted with fundraising and advocacy events like Soup Sunday and Kids Count Day at the Capitol through event coordination, outreach, and stakeholder engagement; I also conducted policy research and contributed to child welfare advocacy materials.

GRANTS & AWARDS

Sleep Research Society 2025 First Time Attendee Award

Honors Colleges Research Grant | \$2,000 University of Arkansas 2023

2ND Place: National Undergraduate Research Week Poster Competition | University of Arkansas 2023

Outstanding Research Assistant | CODA Laboratory, University of Arkansas 2023

Excellence in Psychology Award | Murray State College 2021

MEMBERSHIPS & COMMITTEES

American Psychological Association 2024-Current

National Latinx Psychological Association 2023-2024

University of Kansas Department of Psychology (Clinical) Admissions Committee 2024