

Katherine Vrotsos

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Education

Ph.D. Public Health Sciences

Expected: Spring 2028

University of North Texas Health Science Center, Fort Worth, TX
 Concentration: Health Behavior Research
 Advisors: Dr. Dana Litt & Dr. Melissa Lewis

M.A. Psychological Research

Spring 2023

Texas State University, San Marcos, TX
 Advisor: Dr. Ty Schepis
 GPA: 4.0

Master's Thesis: *Examining the Associations Between Exposure to Substance Use on TikTok, Social Norms, and Substance Use Prevalence in Emerging Adulthood*

B.A. Psychology

Spring 2021

University of North Texas, Denton, TX
 Minor: Social Science
 GPA: 4.0

Research Interests

I am particularly interested in investigating individual and environmental differences pertaining to vulnerability, prevention, and interventions for high-risk substance use behaviors, emphasizing intersectionality and harm reduction.

Publications

- Shrestha, N. R., **Vrotsos, K.**, Fajardo, D. R., Baumann, M. R., Howard, K. J., & Perrotte, J. K. (2023). Pathways between adverse change in employment and alcohol use among U.S. women during a global pandemic: The moderating role of conformity to masculine norms. *Substance Use & Misuse*, 58(10), 1177-1186.
<https://doi.org/10.1080/10826084.2023.2212059>
- Schepis, T. S., Duncan, B., & **Vrotsos, K.** (2023). Differences between those engaged in heroin use and prescription opioid misuse. In K. E. Dunn, *Oxford Handbook of Opioids and Opioid Use Disorder*. Oxford, UK: Oxford University Press.
<https://doi.org/10.1093/oxfordhb/9780197618431.013.36>

Manuscripts in Preparation

- Vrotsos, K.**, Schepis, T. S., Howard, K. J., & Perrotte, J. K. (In Preparation). *The indirect effect of protective behavioral strategies on the link between sexism and drinking among women is conditional upon coping motives.*

Presentations

1. **Vrotsos, K.** & Schepis, T. S. (2023, March 23-25). *Racial/ethnic and sexual identity interactions with cocaine use and perceptions in young adult women* [Poster presentation]. The 11th annual convention for the Collaborative Perspectives on Addiction, Albuquerque, NM, United States.
2. Holt, L.J., Looby, A., Schepis, T.S., Benton, S., Delucia, A., Verdier, A., & **Vrotsos, K.** (2022, November). *Preventing prescription stimulant diversion and misuse via a web-based simulation: Development and preliminary usability/usefulness* [Paper presentation]. The 55th Conference of the Association for Behavioral and Cognitive Therapies, New York, NY, United States.
3. Kannard, E., Hanes, J., **Vrotsos, K.**, Lee, C., Arno, C., & Blumenthal, H. (2021, March 17-19). *Gender and racial differences in the moderating role of coping on anxiety and substance use outcomes* [Poster presentation]. The 9th annual convention for the Collaborative Perspectives on Addiction, Portland, OR, United States.

Invited Talks

1. **Vrotsos, K.** (2022, October 28). *Harm reduction: Basic principles and strategies*. Department of Psychology Brown Bag Meeting, Texas State University, San Marcos, TX, United States.

Research Experience

Graduate Research Assistant

Fall 2023-Current

STudying Alcohol and Related Risks (STARR Lab), UNTHSC
Supervisors: Dr. Dana Litt, Ph.D. & Dr. Melissa Lewis, Ph.D.

Individual Study

Fall 2022-Spring 2023

Supervisor: Dr. Ty Schepis, Ph.D.

- Utilized Intersectional Theory to examine differences in substance use prevalence, perceptions of availability and risk of substance use, injection drug use, and specific injection drug use behaviors between young adult women based on race/ethnicity and sexual orientation identities using data from the 2015-2019 National Survey on Drug Use and Health (NSDUH)

Individual Study

Summer 2022-Spring 2023

Supervisor: Dr. Jessica Perrotte, Ph.D.

- Examined the conditional indirect effect of drinking to cope on the relationship between experiences of sexism and alcohol-related outcomes (i.e., use, misuse, and problems) through protective behavioral strategies among college women

Graduate Research Assistant

Fall 2021-Spring 2023

Social, Personal, and Academic College Experiences Study
Supervisor: Dr. Ty Schepis, Ph.D.

- Worked on a remote, multi-site longitudinal study assessing the efficacy of a web-based simulation intervention for preventing prescription stimulant misuse and diversion among college students

Research Assistant	Spring 2020-Summer 2021
Teen Stress and Alcohol Research (St.A.R.) Lab, UNT	
Supervisor: Dr. Heidemarie Blumenthal, Ph.D.	
Syntax Team Member	May 2020-June 2021
Recruitment Team Member	February 2020-June 2021

University Teaching Experience

Graduate Teaching Assistant	Fall 2022-Spring 2023
Course: Introduction to Statistics Laboratory, Texas State University	
Instructor of Record	
Coordinating Professor: Dr. Azucena Mayberry	
San Marcos, TX	

Graduate Instructional Assistant	Spring 2022
Course: Personality Psychology, Texas State University	
Instructor: Dr. Sarah Angulo	
San Marcos, TX	

Graduate Instructional Assistant	Fall 2021
Course: Introduction to Statistics, Texas State University	
Instructor: Dr. Azucena Mayberry	
Round Rock, TX	

Academic Honors and Awards

MAPR Graduate Scholarship, \$500	Fall 2022
Texas State Graduate College Scholarship, \$2,000	Fall 2022-Spring 2023
Spoonamore Graduate Merit Fellowship, \$3,000	Fall 2021-Summer 2022
James T. Rhea Scholarship, \$1,000	Fall 2020-Spring 2021
UNT General Scholarship, \$1,000	Fall 2019-Spring 2020
UNT Excellence Scholarship Year 2, \$5,000	Fall 2018-Spring 2019
UNT Excellence Scholarship, \$5,000	Fall 2017-Spring 2018
UNT President's List	Fall 2017-Spring 2021

Memberships

American Psychological Association Division 5	03/2022-Current
Student Affiliate in Quantitative and Qualitative Methods	
American Psychological Association Division 50	01/2021-Current
Student Affiliate in the Society of Addiction Psychology	
Psi Chi International Honor Society	Fall 2020-Current
University of North Texas Chapter	Induction 12/2020

Certifications

NIDA Good Clinical Practice Certification	Expires 09/2026
CITI Certification	
- Human Subjects Research – Basic Course	Expires 08/2026
- Conflicts of Interest	Expires 09/2024
National Harm Reduction Coalition Online Learning Lab Course Completion Certification:	
- Foundations of Harm Reduction	04/2022
- Overdose Prevention and Response	04/2022
- Engaging People Who Use Drugs	05/2022
DFPS Reporting Suspected Abuse or Neglect of a Child: A Guide for Education Professionals Web-Based Training	02/2020
UNT BioSafety Training	02/2020