

Curriculum Vitae

NIKOLA M. ZAHARAKIS, PH.D.

Center for Behavioral Health Research, College of Social Work
University of Tennessee, Henson Hall, 209
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Education

6/11 – 12/15

Virginia Commonwealth University, Richmond, VA

Doctor of Philosophy, December 2015

Major: Applied Developmental Psychology

Dissertation: *Examining the Parent-Adolescent Bond and Parent-Offspring Marijuana Communication on Marijuana Use and Problems: A Test of Primary Socialization Theory* (Defended December 2015)

Advisor: Wendy L. Kliewer, Ph.D.

8/08 – 5/11

Virginia Commonwealth University, Richmond, VA (APA Accredited)

Master of Science, May 2011

Major: Clinical Psychology

Concentration: Child/Adolescent Clinical and Applied Developmental Psychology

Thesis: *A Qualitative Analysis of Messages Conveyed in Parent-Adolescent Communication about Substance Use: Variations Along Dimensions of Maternal and Familial History of Substance Abuse* (Defended May 2010)

Advisor: Wendy Kliewer, Ph.D.

8/05 – 6/06

University of Pennsylvania, Philadelphia, PA

Non-Traditional Graduate Studies, School of Social Work and Social Policy

Completed 6 Credits in Public Health Policy and Law

8/01 – 6/05

Macaulay Honors College at Hunter College, New York, NY

Bachelor of Arts, Cum Laude

Major: Psychology (Minor: Economics)

9/04 – 5/05

Columbia University, New York, NY

MOSAIC Research Internship Program

HIV Center for Clinical and Behavioral Studies, Columbia University

Research Experience

- **Postdoctoral Research Associate**, Center for Behavioral Health Research, College of Social Work, University of Tennessee, January 2017 – Present
- **Assistant Research Scientist / Senior Research Coordinator**, Commonwealth Institute for Child and Family Studies, Department of Psychiatry, Virginia Commonwealth University, June 2016 – December 2016
- **Senior Research Coordinator**, Commonwealth Institute for Child and Family Studies, Department of Psychiatry, Virginia Commonwealth University, March 2015 – June 2016

- **Project Manager**, Commonwealth Institute for Child and Family Studies, Department of Psychiatry, Virginia Commonwealth University, March 2013 – March 2015
- **Clinical Research Manager**, Commonwealth Institute for Child and Family Studies, Department of Psychiatry, Virginia Commonwealth University, June 2012 – March 2013
- **Research Coordinator**, Writing for Health Project (P.I. Kliever, Ph.D.), Clark-Hill Institute for Positive Youth Development, January 2011 – October 2014
- **Graduate Research Assistant**, Kliever Prevention Research Lab, Clark-Hill Institute for Positive Youth Development, Virginia Commonwealth University, June 2008 – May 2012
- **Research Coordinator**, Treatment Research Center, Center for Studies of Addiction, University of Pennsylvania, July 2006 – May 2008
- **Research Technician**, Treatment Research Center, Center for Studies of Addiction, University of Pennsylvania, July 2005 – June 2006

Grants Under Review / In Revision

Mason, M. Principal Investigator. Sabo, R. & **Zaharakis, N.** Co-Investigators. *National Institutes of Health, National Institute on Drug Abuse*. PA-16-072 (R01): Treating Cannabis Use Disorder among Young Adults: A Randomized Clinical Trial of Text vs. In-Person Delivered Peer Network Counseling. \$3,744,537. Submitted 10/05/16.
Study Dates: 7/1/17 – 6/30/22.
Impact score: 51, 44% percentile.

Grants Submitted

Zaharakis, N., Principal Investigator. Kliever, W., Sponsor. *National Institutes of Health, National Institute on Drug Abuse*. PA-11-111, 1F31DA003051-01A1: Development of the Alcohol and Other Drug Communication Scale.
Originally submitted 4/5/11. Impact score: 41, 56% percentile.
Resubmitted 12/7/12, Impact score: 34, 34% percentile.

Peer-Reviewed Publications

1. Kliever, W., Pillay, B., Borre, A., **Zaharakis, N.**, Drazdowski, T., & Jaggi, L. (In Press). Community violence exposure, family management practices, and substance use in youth: A Cross-Cultural Study. *South African Journal of Psychology*. Advance Online Publication. DOI: 10.1177/0081246316667918.
2. Mason, M. J., Sabo, R., & **Zaharakis, N. M.** (In press). Peer Network Counseling as Brief Treatment for Urban Adolescent Heavy Cannabis Users. *Journal of Studies on Alcohol and Drugs*.
3. Mason, M. J., **Zaharakis, N. M.**, & Sabo, R. (2016). Reducing Social Stress in Urban Adolescents with Peer Network Counseling. *Journal of Child and Family Studies*, 1-9. Advanced Online Publication. 10.1007/s10826-016-0515-5.
4. Mason, M. J., Golladay, G., Jiranek, W., Cameron, B., Silverman, J. J., **Zaharakis, N. M.**, & Plonski, P. (2016). Depression Moderates the Relationship Between Pain and the Nonmedical Use of Opioid

Medication Among Adult Outpatients. *Journal of addiction medicine*. Advanced Online Publication. doi: 10.1097/ADM.0000000000000253.

5. Mennis, J., Mason, M., Light, J., Rusby, J., Westling, E., Way, T., **Zaharakis, N.**, & Flay, B., (2016). Does substance use moderate the association of neighborhood disadvantage with perceived stress and safety in the activity spaces of urban youth? *Drug and alcohol dependence*, 165, 288-292. Doi: 10.1016/j.drugalcdep.2016.06.019.
6. Kliewer, W., Riley, T., **Zaharakis, N.**, Borre, A., Drazdowski, T. K., & Jäggi, L. (2016). Emotion dysregulation, anticipatory cortisol, and substance use in urban adolescents. *Personality and Individual Differences*, 99, 200-205. Doi: 10.1016/j.paid.2016.05.011.
7. Mason, M., Mennis, J., Way, T., **Zaharakis, N.**, Campbell, L. F., Benotsch, E. G., ... & King, L. (2016). Text Message Delivered Peer Network Counseling for Adolescent Smokers: A Randomized Controlled Trial. *The Journal of Primary Prevention*, 1-18. Doi: <http://dx.doi.org/10.1007/s10935-016-0439-2>.
8. Mason, M., Mennis, J., Light, J., Rusby, J., Westling, E., Crewe, S., Way, T., Flay, B., & **Zaharakis, N.** (2016). Parents, Peers, and Places: Young Urban Adolescents' Microsystems and Substance Use Involvement. *Journal of Child and Family Studies*, 25, 1441-1450. Doi: 10.1007/s10826-016-0392-y
9. Mason, M., Mennis, J., **Zaharakis, N.**, & Way, T., (2016). The Dynamic Role of Urban Neighborhood Effects in a Text-Messaging Adolescent Smoking Intervention. *Nicotine & Tobacco Research*, 18, 1039-1045. Doi: 10.1093/ntr/ntv245.
10. Mennis, M., Mason, M., Way, T., & **Zaharakis, N.** (2016). The role of tobacco outlet density in a smoking cessation intervention for urban youth. *Health and Place*, 38, 39-47. Doi: 10.1016/j.healthplace.2015.12.008.
11. Mason, M., Mennis, J., Way, T., Lanza, S., Russell, M., & **Zaharakis, N.** (2015). Time-Varying Effects of a Text-based Smoking Cessation Intervention for Urban Adolescents. *Drug & Alcohol Dependence*, 157, 99-105. Doi: 10.1016/j.drugalcdep.2015.10.016.
12. Mason, M., Light, J., Campbell, L., Keyser-Marcus, L., Crewe, S., Way, T., Saunders, H., King, L., **Zaharakis, N.**, & McHenry, C. (2015). Peer Network Counseling: A Randomized Controlled Trial with At-Risk Urban Adolescents Journal of Substance Abuse Treatment. *Journal of Substance Abuse Treatment*, 58, 16-24. Doi: 10.1016/j.jsat.2015.06.013.
13. Mason, M., Mennis, J., Way, T., Light, J., Rusby, J., Westling, E., Crew, S., Flay, B., Campbell, L., **Zaharakis, N.**, & McHenry, C. (2015). Young Urban Adolescents' Perceived Activity Space Risk, Peer Networks, and Substance Use. *Health and Place*, 34, 143-149. Doi: 10.1016/j.healthplace.2015.04.005.
14. Kliewer, W., Borre, A., Wright, A., Jaggi, L., Drazdowski, T., & **Zaharakis, N.** (2015). Parental emotional competence and parenting in low-income families with adolescents. *Journal of Family Psychology*, 30, 33-42. Doi: 10.1037/fam0000136.
15. Mason, M., Mennis, J., Linker, J., Bares, C. & **Zaharakis, N.** (2014). Peer Attitudes Effects on Adolescent Substance Use: The Moderating Role of Race and Gender. *Prevention Science*, 15, 56-64. Doi: 10.1007/s11121-012-0353-7.

16. Mason, M.J., **Zaharakis, N.** & Benotsch, E.G. (2014). Social Networks, Substance Use, and Mental Health in College Students. *Journal of American College Health*, 62, 470-477. Doi: 10.1080/07448481.2014.923428.
17. Mason, M., Ola, B., **Zaharakis, N.** & Zhang, J. (2014). A Meta-Analysis of Text Message-Based Interventions for Adolescent and Young Adult Substance Use. *Prevention Science*, 16, 181-188. Doi: 10.1007/s11121-014-0498-7.
18. Mason, M., Campbell, L., **Zaharakis, N.**, Foster, R., & Richards, S. (2014). Levels of teen dating violence and substance use in an urban adolescent emergency department sample. *Journal of Developmental & Behavioral Pediatrics*, 35, 576-581. Doi: 10.1097/DBP. 0000000000000095.
19. Kliewer, W. & **Zaharakis, N.** (2013). Community violence exposure, coping, and problematic alcohol and drug use among urban, female caregivers: A prospective study. *Personality and Individual Differences*, 55, 361-366. Doi: 10.1016/j.paid.2013.03.020
20. **Zaharakis, N. M.**, Taylor, K. & Kliewer, W. (2013). What Do Urban Black Mothers Tell Their Adolescents about Alcohol and Other Drugs?. *Journal of Research on Adolescence*, 25, 75-80. Doi: 10.1111/jora.12094.
21. Chakravorty S., Kuna S.T., **Zaharakis, N.**, O'Brien C.P., & Oslin D. (2010). Covariates of Craving in Actively Drinking Alcoholics. *The American Journal on Addictions*, 19, 450-457. Doi: 10.1111/j.1521-0391.2010.00067.x.

Book Chapters

1. Mason, M., Aplasca, A., Morales, R., **Zaharakis, N.**, & Linker, J. (2016). Psychiatric Comorbidity and Complications. *Child and Adolescent Psychiatric Clinics of North America*. Advanced Online Publication. Doi: 10.1016/j.chc.2016.02.0007.
2. Kliewer, W., & **Zaharakis, N.** (2014). Family-based models of drug etiology. In L.M. Scheier & W.B. Hansen (Eds.), *Parenting and Teen Drug Use* (pp. 37-61). New York, New York: Oxford University Press.
3. Kliewer W., Reid-Quiñones K., & **Zaharakis, N.** (2014). Religion and spirituality during childhood. In T. P. Gullotta & M. Bloom (2nd Ed.), *Encyclopedia of Primary Prevention and Health Promotion*. Spring Publishing: USA.

Manuscripts Under Review Or In Preparation

1. **Zaharakis, N. M.**, Mason, M. J., Mennis, J., Light, J., Rusby, J. C., Westling, E., Crewe, S., Flay, B. R., & Way, T. (2017, Invited Revision). School, Friends, and Substance Use: Gender Differences on the Influence of Attitudes toward School and Close Friends on Cannabis Involvement. *Prevention Science*. Manuscript submitted for publication.
2. Mason, M. J., Mennis, J., Light, J., Rusby, J. C., Westling, E., Crewe, S., **Zaharakis, N. M.**, Way, T., & Flay, B. R. (2017, Invited Revision). Neighborhood Disorder, Peer Network Health, and Substance Use Among Young Urban Adolescents. *Drug and Alcohol Dependence*. Manuscript submitted for publication.

3. Rusby, J. C., Mason, M., Gau, J. M., Westling, E., Light, J. M., Mennis, J., **Zaharakis, N.M.**, & Flay, B. R. (2017). Longitudinal Study on Relational Victimization and Peer Network Health in urban African-American Adolescents: Moderating Effects of Gender and Antisocial Behavior. *Journal of Applied Developmental Psychology*. Manuscript submitted for publication.
4. Mason, M., **Zaharakis, N.**, Mennis, J., Light, J., Rusby, J., Westling, E., Crewe, S., Way, T., & Flay, B. (In Preparation). Urban Adolescent Depression Symptoms and Substance Use and the Moderating Effect of Peer Network Health and Family History. *Journal TBD*.
5. **Zaharakis, N.** & Kliewer, W. (In Preparation). Parenting Profiles and College Student Marijuana Use: A Study of Parent-Youth Communication about Marijuana. *Journal TBD*.

Presentations

1. **Zaharakis, N.** (August, 2016). Practical Steps in Text-Message Communication Delivery and Management to Improve Client Outcomes. Invited Paper Presentation at the National Frontier and Rural Addiction Technology Transfer Center, funded by the Substance Abuse Mental Health Services Administration, Health and Human Services, Annual Summit Meeting, Wilmington, DE.
2. **Zaharakis, N. M.**, Mason, M. J., Mennis, J., Light, J., Rusby, J. C., Westling, E., Crewe, S., Way, T., & Flay, B. (May, 2016). Parents, Peers, and Places: Young Urban Adolescents' Microsystems and Substance Use Involvement. Poster presented at the Society for Prevention Research Annual Meeting, San Francisco, CA.
3. **Zaharakis, N.** & Kliewer, W. (May, 2015). Parent-Offspring Communication about Marijuana and Marijuana Use among Emerging Adults. Poster presented at Society for Prevention Research Annual Meeting, Washington, D.C.
4. Riley, T., Kliewer, W., **Zaharakis, N.**, Borre, A., Drazdowski, T., Jaggi, L. (March, 2015). Family Stressors, Emotion Dysregulation, Anticipatory Cortisol Response, and Substance Use in Urban Adolescents. Poster presented at Society for Research on Child Development Annual Meeting, Philadelphia, PA.
5. Mason, M., Ola, B., **Zaharakis, N.**, & Zhang, J. (May, 2014). A Meta-Analysis of Text Message-Based Interventions for Adolescent and Young Adult Substance Use. Poster presented at Society for Prevention Research Annual Meeting, Washington, D. C.
6. Mennis, J., Mason, M.J., Light, J., Rusby, J., Westling, E., Way, T., & **Zaharakis, N.** (April, 2014). Integrating Ecological Momentary Assessment (EMA) with GPS Data to Study Geographic Characteristics of Adolescent Substance Use: Preliminary Results. Symposia presented at Association of American Geographers Annual Meeting, Tampa FL.
7. Ulmer, L. & **Zaharakis, N.** (March, 2013). Investigation of the Moderating Effects of Peer Support for Aggression on the Relationship between Peer Victimization and Aggression and Delinquency. Poster presented at Eastern Psychological Association Annual Meeting, New York, New York.
8. Wheat, E. Taylor, K. **Zaharakis, N.** & Mehari, K. (May, 2012). Age and Gender Differences in Victimization Experienced by Urban Youth. Poster presented at Society for Prevention Research Annual Meeting, Washington, D.C.
9. **Zaharakis, N.** & Kliewer, W. (April, 2012). Community violence exposure, coping, and problematic alcohol and drug use among urban, female caregivers: A prospective study. Poster presented at the 2012 Graduate Student Research Symposium, Virginia Commonwealth University, Richmond, VA.
10. **Zaharakis, N.**, Rogers, L., Turner, C., Marks, J., & Kliewer, W. (March, 2011). Do Moms Send Different Messages About Alcohol, Tobacco and Other Drugs to Daughters than Sons? Poster presented at Society for Research on Child Development Biennial Meeting, Montreal, Canada.

11. Taylor, K., Wheat, E., & **Zaharakis, N.** (April, 2010). Adolescent Coping with Physical and Relational Aggression. Poster presented at 2010 Graduate Research Symposium, Virginia Commonwealth University, Richmond, VA.
12. **Zaharakis, N.**, & Kliever, W. (March, 2010). A Grounded Theory Approach to Understanding Parent-Adolescent Communication about Substance Use. Symposia presented at Society for Research on Adolescence Biennial Meeting, Philadelphia, PA.
13. Taylor, K., Wheat, E., & **Zaharakis, N.** (March, 2010). Changes in Coping over Two Periods of Adolescence. Poster presented at 2010 Graduate Research Symposium, College of William & Mary, Williamsburg, VA.
14. Kliever, W., **Zaharakis, N.** & Reid-Quinones, K. (May, 2009). The Protective Effects of Parent-Adolescent Communication against Substance Abuse. Symposia presented at Society for Prevention Research Annual Meeting, Washington, D.C.
15. **Zaharakis, N.**, Courtright, L., Prasad, D., Stoeckle, J., Sorensen, L., Kampman, K., Pettinati, H.M., Lynch, K., Murphy, S., & Oslin, D.W. (June, 2008). Design and implementation of an adaptive treatment trial for alcohol dependence. Poster presented at Research Society on Alcoholism Scientific Meeting, Washington, D.C.
16. Chakravorty, S., Pettinati, H., Dundon, W. **Zaharakis, N.** Kampman, K. & Oslin, D. (June, 2007). The relationship between sleep disturbances and alcohol craving. Poster presented at Research Society on Alcoholism Scientific Meeting, Chicago, IL.

Clinical Experience

Center for Psychological Services and Development, Department of Psychology, VCU

- **ADHD Practicum Clinician** – ADHD Clinic, August 2011 – June 2012
Supervisor: Joshua Langberg, Ph.D., LCP, and Heather Jones, Ph.D., LCP
- **Assessment Practicum Clinician** – Assessment Clinic, May 2011 – July 2012
Supervisors: Mary Beth Heller, Ph.D., LCP, NCSP and Rebecca Stredny, Psy.D. APBB, LCP
- **Group Therapist** – Social Skills Program, June – September 2011
Supervisor: Christine Nelson, Ph.D., LCP
- **Student Clinician** – General Practicum Team, August 2010 – August 2011
Supervisor: Christine Nelson, Ph.D., LCP

Assessment Training

Trained to administer:

Addiction Severity Index (ASI)
Behavioral Assessment for Children, Second Edition (BASC-2)
California Verbal Learning Test, Second Edition (CVLT-2)
Family Check-Up Assessment (FCU)
Kiddie Schedule of Affective Disorders and Schizophrenia, Present & Lifetime (KSDADS-PL)
Minnesota Multiphasic Personality Inventory, Second Edition (MMPI-2)
Schedule of Affective Disorders and Schizophrenia (SADS)
Time-Line Follow Back Assessment (TLFB)
Wechsler Abbreviated Scales of Intelligence, Second Edition (WASI-II)
Wechsler Adult Intelligence Scales, Fourth Edition (WAIS-IV)
Wechsler Individual Achievement Tests, Fourth Edition (WIAT-IV)

Wechsler Intelligence Scales for Children, Fourth Edition (WISC-IV)
Woodcock-Johnson Tests of Achievement (WJ-ACH)
Woodcock-Johnson Tests of Cognitive Abilities (WJ-COG)

Teaching Experience

- **Preceptor**, M3 Medical Student Foundational Elective: Research in Child Psychiatry, Virginia Commonwealth University, May 2016 – June 2016
- **Didactics Lecturer**, Psychiatry Fellows Didactics Course: Research Methods: Foundations of Evidence. Virginia Commonwealth University, May 2015 – Present
- **Adjunct Instructor**, Psychology 340: Introduction to the Helping Relations, Virginia Commonwealth University, May 2012 – June 2012
- **Teaching Assistant**, Psychology 494: Prevention Research Internship, Virginia Commonwealth University, June 2008 to December 2010 and August 2011 to May 2012
- **Teaching Assistant**, Psychology 214: Application of Statistics, Virginia Commonwealth University, Summer Sessions: June – July 2009 and May 2010 – July 2010

Training/Certificates

Qualitative Inquiry and Research Training, Temple University, January 2012.
Four-day training on qualitative research methodologies and software.

Family Check Up Intervention, Virginia Commonwealth University, September 2014 & August 2011.
Two-day training on administration of Family Check Up Intervention (Dishion et al., 2002)

Working with Lesbian/Gay/Bisexual/Transgender (LGBT) Youth 101, April 2011.
One-day workshop on clinical issues in working with LGBTQ adolescents.

Collaborative Institutional Training Initiative, January 2017.
Online course in research ethics and participant protection in human subjects' research.

Certified Clinical Research Coordinator Training, University of Pennsylvania, July 2003.
Two-day training course in effective management and coordination of clinical trials.

Professional Memberships

American Psychological Society
Society for Prevention Research

Special Skills

SPSS PASW Statistics 23.0 Software
RedCAP Web-based Survey and Database Software Program
Sawtooth Software SSI Web CAPI Creation Software
Microsoft Word, Excel, Powerpoint, Access
TextIt – Automated Web-based Text Messaging Platform
Microsoft Office (Word, Excel, Powerpoint, Access)
Proficient Mplus skills

Honors/Awards

Outstanding Developmental Graduate Student Award, March 2013.
John P. Hill Award for Adolescent Research, April 2012.
Golden Key International Honor Society, March 2005.
Psi Chi Honor Society, Inducted December 2004.
Dean's List, Hunter College, 2001-2005.

Service

- **Invited Manuscript Reviewer**, *Tobacco Prevention & Cessation*, October 2016.
- **Invited Manuscript Reviewer**, *World Medical & Health Policy*, September 2016.
- **Invited Manuscript Reviewer**, *Journal of Child & Family Studies*, September 2016.
- **Research Consultant**, Division of Child Psychiatry, March 2015 – Present
- **Student Representative**, VCU Developmental Psychology Program, August 2012 – June 2013
- **Treasurer**, Society for the Advancement of Psychology, August 2009 – July 2010
- **Mentor**, Psi Chi-SAP Mentoring Project, September 2009 – May 2010
- **Panelist**, Society for the Advancement of Psychology, Graduate School Workshops, October – November 2009