Kate Landino
642 Tobin Hall, University of Massachusetts, Amherst
Amherst MA 01003
klandino@umass.edu · (201)-275-7110

Updated 10/2026

EDUCATION

The University of Massachusetts, Amherst
Ph.D. Clinical Psychology 2026 – present
Primary Advisor: Jamie Parnes, Ph.D.

Skidmore College, Saratoga Springs, NY 2020 – 2024
Bachelor of Arts, Psychology
Bachelor of Arts, Political Science
Cumulative GPA: 3.95, *summa cum laude*; Psychology GPA: 3.95

HONORS & AWARDS

University of Massachusetts, Amherst
Spaulding-Smith Fellowship ($87,859.20 over two years) 2026 – present

- Awarded by the Office of Inclusion and Excellence and nominated by the Psychology Department, this award provides financial support to students pursuing doctorate level degrees in STEM fields with an emphasis on supporting students of high-academic achievement from diverse backgrounds.
- Fellows receive academic funding for the full academic year in their first and fourth years, including summers, in addition to access to professional development opportunities through matched peer mentors and workshops.
- Eligible to receive a Fellows Travel Grant for up to $600 per academic year for training opportunities, conferences, workshops and research.

Skidmore College
Dean's List Honors 2020 – 2024
Pi Sigma Alpha, National Political Science Honor Society 2022 – 2024
Psi Chi, International Honor Society in Psychology 2024 – 2025
SEE-Beyond Summer Experience Fund ($4000) 2022

- This award invites students to explore new techniques, technologies, or modes of inquiry or expression; to apply their academic-year learning to real-world challenges; and to clarify the interrelationship between their educational and post-baccalaureate goals.
- Completed an internship with the Borgen Project, a non-profit organization committed to ending global poverty through government and humanitarian aide

PEER-REVIEWED PUBLICATIONS

*indicates joint first authorship

Braun, T.D., Bhuptani, P.H., Min, J., Dreyer-Oren, S., Adebayo, L., **Landino**, **K**., Sanchez-Lopez, C., & Abrantes, A.M.. (under review). Momentary self-compassion buffers links between stressful events and affect dysregulation with drinking urges among women in early recovery: An ecological momentary assessment study.

Kraines, M.A.,*, **Landino**, **K**.,*, Carpenter, L., Kvaka, A., Bergeron, A., Gonsalves, M., Gold, M., Tirrell, E., Koch, R., & Abrantes, A.M.. (in prep.). An Initial Investigation of the Impact of Craving on Emotional Working Memory in Women with Alcohol Use Disorder and Depressive Symptoms.

Landino, K., O'Keeffe, B.J., Wells, T.T., Krug Marks, CP., & Kraines., M.A. (in prep.). The Moderating Relationship of Interpersonal Rejection on Depression and Irritability Symptoms.

Tuck, L., Kraines, M.A., Amer, E., **Landino, K**., Bergeron, A., & Abrantes, A.M. (in prep.). A preliminary investigation of the impact of frustration on affective inhibition in women with alcohol use disorder and elevated depressive symptoms.

Basting, E., Cristello, J., Parnes, J., Dobani, F., **Landino, K**., Minieri, J., Miranda Jr., R. (in prep.). Momentary affect, perceived emotion regulation difficulties, and alcohol craving among adolescents and young adults with alcohol use disorder.

POSTER PRESENTATIONS

LaFreniere, L., Fravel, K., & **Landino, K.**, (November, 2024). Sense of Meaning in Behavioral Activation: Depression Moderates Meaning Benefits of Active Versus Passive Activities. Poster presented at the 58th annual convention of the Association for Behavioral and Cognitive Therapies, Pennsylvania, Philadelphia.

Landino, K., Amer, E., Kraines, M.A., & Abrantes, A.M., (April, 2025). Spirituality and alcohol cravings in women with AUD: The indirect effect of abstinence self-efficacy. Poster presented at the 13th annual Collaborative Perspectives on Addiction Conference, Providence, Rhode Island.

Landino, K., Amer, E., Kraines, M.A., & Abrantes, A.M. (April, 2025). Spirituality and Alcohol Cravings in Women with AUD: The Indirect Effect of Abstinence Self-Efficacy. Poster presented at the 27th Annual Mind Brain Research Symposium at Brown University, Providence, RI.

Kraines, M.A., Amer, E., **Landino, K**., Bergeron, A. & Abrantes, A.M. (April, 2025). A preliminary investigation of the impact of frustration on affective inhibition in women with alcohol use disorder and elevated depressive symptoms. Poster Presented at the 45th Annual Conference of the Anxiety and Depression Association of America, Las Vegas, Nevada.

Landino, K., Kraines, M.A., Wallace G., Browne, J., Amer, E., Battle, C., & Abrantes, A.M. (March, 2026). Preliminary Evidence of a Lifestyle Physical Activity Intervention: Improving Sleep Outcomes in Women with Depression and Alcohol Use Disorder. Poster presented at the 28th Annual Mind Brain Research Symposium at Brown University, Providence, RI.

Carlon, H., Kunicki, Z., Neutz, C., **Landino, K.,** & Kraines M.A. (March 2026). A Latent Profile Analysis of Mindfulness Traits Among Adults with Elevated Depressive Symptoms. Poster presented at the 28th Annual Mind Brain Research Symposium at Brown University, Providence, RI.

SYMPOSIA

Kraines, M.A., Wallace, G., Browne, J., Amer, E., Bergeron, A., **Landino, K**., Battle, C., & Abrantes, A.M. (2025, November). Effects of a lifestyle physical activity intervention on sleep in women with depression and alcohol use disorder. In K. Szuhany & X. Kredlow (Chairs): Moving to rest: Exploring exercise as a pathway to better sleep in psychiatric populations. Symposium presented at the 59th Annual Conference of the Association for Behavioral and Cognitive Therapies, New Orleans, LA.

RESEARCH & CLINICAL EXPERIENCE

Butler Hospital/Warren Alpert Medical School at Brown University, Behavioral Medicine and Addictions Research Unit, Providence, RI 2024 – 2026

Clinical Research Assistant, General Responsibilities

- Conducting phone screens with participants for studies listed below, scheduling appointments based on staff and participant availability.
- Developing and editing manual of procedures for new protocol within studies.
- Participate in and present in monthly journal club meetings.
- Attending weekly to bi-weekly clinical training meetings to review patients' diagnostic criteria, discussing any cases across studies in the department of clinical interest.
- Present recruitment and retention reports at weekly study meetings.
- Training interns on screening procedures, shadowing appointments and other tasks as needed, such as qualitative interview transcription.

Project HEART:
Study Title: Testing the Efficacy of a Technology-Supported Lifestyle Physical Activity Intervention Among Women with Depression in Alcohol Treatment (R01AA028186)
Principal Investigator: Ana Abrantes, Ph.D.

One of two RAs responsible for oversight of daily operations, data management and collection, and recruitment for a phase 2, large-scale RCT enrolling 176 women in treatment for alcohol use disorder with depression. Outcomes include alcohol use disorder symptomatology, coping, depressive symptoms, increases in physical activity, and cardiorespiratory fitness.

- Recruiting participants in early recovery programs for alcohol use disorder and depression
- Screening for suicidal ideation with the Modified Scale for Suicide Ideation (MSSI), connecting at-risk patients with clinicians for risk assessment and relapse management.
- Screening hospital charts through EPIC and approaching potential participants in partial hospital and intensive outpatient programs for substance use, including screening individuals through REDCap in accordance with extensive eligibility criteria.
- Conducting Structured Clinical Interviews for the DSM-5
- Modules: substance use disorders, alcohol use disorder, major depressive disorder, mania, psychotic disorders and eating disorders.
- Managing Ecological Momentary Assessment data and retention rates.
- Scheduling and conducting follow-up assessments with enrolled participants, including phosphatidylethanol (PEth) testing, assisting an exercise test for cardiovascular fitness, and reporting notable adverse and severe adverse events to the IRB.

The MAT Process Study: Study Title: Affective Executive Functioning as a Mechanism of Treatments for Depression Symptoms (K23AT011388)
Principal Investigator: Morganne Kraines, Ph.D.

Serve as primary Research Assistant and Study Coordinator for an NIH/NIMH-funded clinical trial testing affective executive function as a mechanism of mindfulness-based cognitive therapy (MBCT) via a randomized controlled trial in adults with elevated depression symptoms (n = 76).

- Conducting phone screens with potential participants and administer the Patient Health Questionnaire 8 (PHQ-8).
- Facilitating informed consent at in-person study appointments.
- Tracking, scheduling and conducting in-person baseline, follow-up and endpoint assessments including administering:

- Structured Clinical Interview for DSM-5 (SCID-5) to screen for mood and
- psychotic symptoms
- Montreal Cognitive Assessment (MoCA) to screen for cognitive deficits
- Systematic Assessment for Treatment Emergent Effects (SAFTEE)
- Cognitive tasks (Affective n-Back, Affective Go/No-Go, and Affective Internal
- Switching tasks) via Inquisit by Millisecond
- Semi-structured qualitative endpoint interview
- Self-report surveys

Project LINC: Study Title: Study Title: Effect of Cannabis Use on Alcohol Craving and Consumption among those in Alcohol Treatment (R01AA030990)
Principal Investigator: Rachel Gunn, PhD

Managing on-site recruitment at Butler Hospital for the Center for Alcohol and Addiction Studies (CAAS) at Brown University. Project LINC investigates the effect of cannabis use on alcohol craving and consumption among those in alcohol treatment, utilizing ambulatory assessment watches and ecological momentary assessment to examine momentary and longitudinal impacts of cannabis use on alcohol craving and consumption on adults in treatment.

- Screening hospital charts on EPIC to recruit patients from the adult substance partial hospital program.
- Approaching and screening potential participants in line with eligibility criteria, and connecting potential participants with researchers at CAAS.
- Coordinating on-site access for CAAS researchers to conduct in-person assessments at Butler Hospital.

Project CHOICE: Study Title: Choosing Healthy Options in Coping with Emotions, a Personalized-Feedback EMA/EMI Study for Emerging Adults Leaving Psychiatric Partial Hospitalization (R34AA028572)
Principal Investigator: Ana Abrantes, PhD

Developing a smartphone app intervention designed to help young adults improve their coping mechanisms after leaving a partial hospital program. The app utilizes Ecological Momentary Assessment intervention to offer personalized coping strategies in real-time for emerging adults in a psychiatric partial hospitalization program who use alcohol to cope with negative affect.

- Transcription of qualitative interviews and qualitative coding for publication and presentation at ABCT.

Skidmore College, Department of Psychology, Saratoga Springs, NY
Lab Manager & Research Assistant, TREAT Lab 2022 - 2024
Primary Investigator: Lucas Lafreniere, PhD

- Running an experiment with human participants examining savoring effects/positive emotion regulation and behavioral activation in creative practices and creative experiences.
- Contributing to study development, hypotheses, and experimental development.
- Scheduling participants and RAs to maintain regular data collection while promoting open and clear communication between lab members, PI, participants and the public.

TEACHING & MENTORSHIP EXPERIENCE

Skidmore College, Health Promotion Services, Saratoga Springs NY
Peer Health Educator, Sexual Wellness Committee & Wellness Center Staff 2021 – 2022

- Promoting wellness for students campus-wide through regular programming of events, both educational and social.
- Contributing to committee meetings to provide students with information about sexual health, mental health, etc..
- Providing confidential counseling to peers during Wellness Center shifts

Skidmore College, Saratoga Springs, NY
President & Music Director, The Drastic Measures Acapella 2021 – 2024

- Arranging and selecting music for the charity, gender-inclusive acapella group on campus.
- Leading music rehearsals for 7 hours weekly, developing time management and group leadership skills.
- Scheduling rehearsals, and communicating with other leaders to book spaces, performances and other administrative responsibilities within the group.

VOLUNTEER WORK

Sojourner House, *Project Crew Member,* Providence, RI 2025 – 2026

- Assisted with events for a local non-profit that provides comprehensive services to survivors of abuse, domestic violence, sexual abuse & human trafficking.
- Completing training on trauma-informed care, boundaries and self-disclosure, harm reduction and de-escalation in order to work directly with clients in shelters.

Youth Pride, Inc., *Volunteer*, Providence RI 2025 – 2026

- Fundraising and supporting events across RI and MA dedicated to LGBTQ+ youth and young adults.

Zankel Experience Network Mentoring Program, *Mentor,* Saratoga Springs NY 2025 – 2026

- The ZEN Mentoring Program seeks to connect current Skidmore students with recent Skidmore alumni, based on shared academic areas. Mentors provide student participants with opportunities to share Skidmore experiences with alumni, develop strategies to manage challenges at Skidmore, learn about mentors' career paths, and gain their advice for succeeding at Skidmore and beyond.
- Conducting one to two meetings monthly with two student mentees majoring in psychology to share advice about transitioning to post-graduate life, edit students' resumes and CVs, and guide students to navigate Skidmore's resources for internship and job opportunities.

Cambiando Vidas, *Service Trip,* Lavapie Dominican Republic 2019

- Built a home for a family in need in the Dominican Republic.
- Practiced conversational Spanish skills with local communities.

CERTIFICATIONS

CITI Human Subjects Research Certification
CITI Good Clinical Practice Certification
Overdose Education & Prevention Training, Brown University/BWell Health Promotion
Basic Life Support Skills (CPR), American Red Cross
Bloodborne Pathogens Certificate
Montreal Cognitive Assessment (MoCA) Administration & Scoring

SKILLS & PROGRAMS

Google Suite, Microsoft 365 Suite, Zoom, Canva, Slack, Later, SPSS, Qualtrics, RedCAP, EPIC, FaxCOM, CSPro, Metricwire/Catalyst, Fitabase/Fitbit
Languages: Conversational Spanish