

## SARAH ELIZABETH (SE) STOECKL

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## EDUCATION

- 2024-Present      **University of California - Irvine**  
PhD, Clinical Psychology (In progress)  
*Advisor: Stephen Schueller, PhD*
- 2017-2021      **Washington University in St. Louis**  
Bachelor of Science, Psychological & Brain Sciences  
Senior Thesis: "User Personality & Chatbot Acceptance"

## RESEARCH EXPERIENCE

- 05/2023-Present      **Graduate Research Assistant** (09/2024-Present)  
**Research Specialist** (05/2023-08/2024)  
University of California - Irvine, [Technology and Mental Health \(TEAM\) Lab](#)  
*Advisor: Stephen Schueller, PhD*
- 03/2023-06/2024      **Research Consultant**  
Liquid Amber Consulting  
*Founder: Acacia Parks, PhD*
- 9/2021-04/2023      **Research Intern**  
Harvard Medical School & Beth Israel Deaconess Medical Center, [Division of Digital Psychiatry](#)  
*Director: John Torous, MD MBI*
- 06/2021-03/2023      **Research Assistant** (08/2021-03/2023)  
**Research Intern** (06/2021-08/2021)  
Twill Therapeutics (formerly Happify Health)  
*Chief Science Officer: Acacia Parks, PhD*
- 12/2021-06/2022      **Research Consultant**  
Found Health  
*Chief Science Officer: Acacia Parks, PhD*
- 01/2021-06/2021      **Independent Study Research Assistant**  
Washington University in St. Louis, [Emotion and Mental Health Lab](#)  
*Advisor: Renee J Thompson, PhD*  
*Supervisor: Natasha Bailen PhD*
- 2017-2021      **Clinical Research Coordinator | Clinical Research Data Coordinator** (concurrent roles)  
Washington University School of Medicine, [Division of Geriatrics and Nutritional Sciences](#)  
*Division Chief: Samuel Klein, MD*

## PUBLICATIONS

### Peer-Reviewed Journal Articles

10. Wong, N., Cheng, N.-Y., Oewel, B., Genuario, K. E., **Stoeckl, S. E.**, Schueller, S. M., Ahmed, I., van der Hoek, A., & Reddy, M. (2025). It's a spectrum: Exploring autonomy, competence, and relatedness in software development processes and tools. CHI Conference on Human Factors in Computing Systems (CHI '25), April 26–May 1, 2025, Yokohama, Japan. ACM. <https://doi.org/10.1145/3706598.3713250>
9. Bevens, W., **Stoeckl, S. E.**, Schueller, S. M., Kim, J., Cha, B. S., Chwa, C., Stadnick, N. A., Best, N. C., & Sorkin, D. H. (2024). Loneliness, online learning and student outcomes in college students living with disabilities: results from the National College Health Assessment Spring 2022. *Frontiers in psychology*, 15, 1408837. <https://doi.org/10.3389/fpsyg.2024.1408837>
8. Boucher, E. M., Ward, H., Miles, C. J., Henry, R. D., & **Stoeckl, S. E.** (2024). Effects of a Digital Mental Health Intervention on Perceived Stress and Rumination in Adolescents Aged 13 to 17 Years: Randomized Controlled Trial. *Journal of medical Internet research*, 26, e54282. <https://doi.org/10.2196/54282>
7. Cook, C. L., Demanarig, D., Metviner, S., Stoppa, T., Milius, H., Grahe, J., Kawabata, Y., Schmidt, K., Sonnentag, T., DeNigris, D., Norvilitis, J., Berry, S., Cuccolo, K., Courtney L, G., Kagalis, A., Hawkins, G., Ogba, K. T. U., Farahani, H., Azadfallah, P., Shane-wSimpson, C., Rosen, L., Obeid, R., Koch, C., Fletcher, T., Volkan, E., Weaver, A, Greenup, C, Cascalheira, C, Redker, C, Girod, C, Lu, Y, Tan, D, Edlund, J, Bell, J, London, L, Stults, C., Otto, N., Moreno, E.J., Balaghi, D., Cummings, J., Kalibatseva, Z., Knapp, B., Anderson, J., Garote, J., Moore, R., Carpenter, K., Holloway, S., Schults, BA., Cooper, C., **Stoeckl, S.E.**, Kaplan, S., Wu, C., Sinclair, J., Ferreira, N., Jia, F., Zlokovich, M.S., Irgens, M. & Moussa Rogers, M. (2023). Personal need for structure as a protective factor on beliefs and coping with COVID-19: A crowd-sourced multicultural exploration. *Social and Personality Psychology Compass*. <https://doi.org/10.1111/spc3.12797>
6. **Stoeckl, S. E.**, Torres-Hernandez, E., Camacho, E., & Torous, J. (2023). Assessing the Dynamics of the Mental Health Apple and Android App Marketplaces. *Journal of technology in behavioral science*, 1–8. <https://doi.org/10.1007/s41347-023-00300-x>
5. Boucher, E., Honomichl, R., Ward, H., Powell, T., **Stoeckl, S. E.**, & Parks, A. (2022). The effects of a digital well-being intervention on older adults: retrospective analysis of real-world user data. *JMIR Aging*, 5(3), e39851. <https://doi.org/10.2196/39851>
4. Montgomery, R. M., Boucher, E. M., Honomichl, R. D., Powell, T. A., Guyton, S. L., Bernecker, S. L., **Stoeckl, S. E.**, & Parks, A. C. (2021). The effects of a digital mental health intervention in adults with cardiovascular disease risk factors: analysis of real-world user data. *JMIR Cardio*, 5(2), e32351. <https://doi.org/10.2196/32351>
3. Boucher, E. M., Harake, N. R., Ward, H. E., **Stoeckl, S. E.**, Vargas, J., Minkel, J., Parks, A. C., & Zilca, R. (2021). Artificially intelligent chatbots in digital mental health interventions: a review. *Expert Review of Medical Devices*, 18(sup1), 37–49. <https://doi.org/10.1080/17434440.2021.2013200>

### Technical Reports

2. Sorkin, D.H.; Mukamel, D.; Eikey, E.; Schueller, S.M.; Schneider, M.; Stadnick, N.; Zheng, K.; Bevens, W.; Borghouts, J.; Ceballos-Corro, E.; Cha, B.S.; Chwa, C.; De Leon, C.; Hobaica, S.; Kim, G.; Li, X.; Mathew, A.B.; Palomares, K.; **Stoeckl, S.E.**; Varisco, R.; Zhao, X. (2024). *Help@Hand Statewide Evaluation: Final Report*. Program of Research in Translational Technology Enabling High Quality Care, University of California, Irvine.

1. Sorkin, D.H.; Mukamel, D.; Eikey, E.; Schueller, S.M.; Schneider, M.; Stadnick, N.; Zheng, K.; Bevens, W.; Borghouts, J.; Ceballos-Corro, E.; Cha, B.S.; Chwa, C.; De Leon, C.; Hobaica, S.; Kim, G.; Li, X.; Mathew, A.B.; Palomares, K.; **Stoeckl, S.E.**; Varisco, R.; Zhao, X. (2023). *Help@Hand Statewide Evaluation: Year 5 Mid-Year Report*. Program of Research in Translational Technology Enabling High Quality Care, University of California, Irvine.  
[https://helppathandca.org/wp-content/uploads/2023/11/Help@Hand-Evaluation\\_Y5.Q1-2-Report.pdf](https://helppathandca.org/wp-content/uploads/2023/11/Help@Hand-Evaluation_Y5.Q1-2-Report.pdf)

## CONFERENCE PRESENTATIONS

### Chaired Symposia

Lake, J, Schleider, J, Campellone, T, Seixas, A. (2023, April). Digital Mental Health Interventions for Adolescents: Leveraging Technology to Address the Increasing Need for Mental Health Care in Youth. Boucher EM, **Stoeckl, S.E.**, (Chairs) *From science and technology to evidence-based practice: enhancing access through integration*. [Symposium]. Anxiety and Depression Association of America, Washington D.C., United States.

### Poster Presentations

**Stoeckl, S. E.**, Bevens, W., Schueller, S. M., Borghouts, J., Eikey, E. V., Schneider, M., Stadnick, N., Zheng, K., Mukamel, D., & Sorkin, D. H. (2024, November 14–17). *Implementation of digital mental health tools in California's behavioral health systems: Insights from the Help@Hand project*. ABCT 58th Annual Convention, Philadelphia, PA, United States.

Boucher E.M., Ward HE, Miles, C, Honomichl, R. D., **Stoeckl, S.E.** (2022, November). *Effects of a digital program on perceived stress and rumination in adolescents aged 13-17 years*. Association for Behavioral and Cognitive Therapies 56th Annual Convention, New York, NY, United States.

**Stoeckl, S.E.**, Hernandez, E, Camacho, E; Torous, J. (2022, August). *Assessing the dynamics of the mental health Apple and Android marketplaces*. American Psychological Association Convention, Minneapolis, MN, United States.

**Stoeckl S.E.**, Boucher E.M., Harake N.R., Ward HE (2022, May). *Agreeable and conscientious, but not open-minded: breadth and intensity of user's impressions of an artificially intelligent chatbot*. Association for Psychological Sciences Convention, Chicago, IL, United States.

Montgomery, R. M., Boucher, E. M., Honomichl, R. D., Powell, T. A., Guyton, S. L., Bernecker, S. L., **Stoeckl, S.E.**, & Parks, A. C. (2022, February). *The effects of a digital mental health intervention in adults with cardiovascular disease risk factors: analysis of real-world user data*. Society for Personality and Social Psychology Convention, San Francisco, CA, United States.

**Stoeckl, S.E.**, Torbitzky, S., Klein, S. (2021, April). *Development of machine-to-machine tools for clinical research*. Clinical Research Training Center Research Training Symposium and Poster Session. Washington University in St. Louis, St. Louis, MO, United States.

**Stoeckl, S.E.**, Klein, S. (2018, Sept) *Clinical study design best practices in REDcap*. REDCapCon 2018. Chicago, IL, United States.

## Oral Presentations

**Stoeckl, S.E.** & Torous, J. (2022, March). *Dynamics of mental health app landscapes: mental health services*. Fifteenth Workshop on Costs and Assessment in Psychiatry, Mental Health Services, Economics, Policy Research. Venice, Italy.

**Stoeckl, S.E.**, Torbitzky, S., Klein, S. (2021, April). *Advancing the use of digital health technologies for data capture & improved clinical trials*. Clinical Research Training Center Research Training Symposium and Poster Session. Washington University in St. Louis, St. Louis, MO, United States.

**Stoeckl, S.E.**, Torbitzky, S. (2020, February). *REDCap in clinical research, building a learning health care system from lab to laptop*. Institute of Clinical & Translational Sciences 3<sup>rd</sup> Annual Symposium, St. Louis, MO, United States. <https://icts.wustl.edu/building-a-learning-health-care-system-from-lab-to-laptop>

**Stoeckl, S.E.**, Torbitzky, S., Klein, S. (2020, September). *Creative uses of REDCap for digital health*. REDCapCon 2020. REDCap annual convention, virtual. <https://projectredcap.org/about/redcapcon>

## HONORS & AWARDS

2024	<b>Graduate Research Fellowship Program</b> , National Science Foundation ( <i>under review</i> )
2024	<b>Diversity Recruitment Fellowship</b> , University of California, Irvine
2024	<b>Social Ecology Merit Award</b> , University of California, Irvine
2023	<b>Student Travel Award</b> , Dissemination and Implementation SIG, ABCT (\$300)
2020-2021	<b>Dean's Honor List</b> , Washington University in St. Louis
2018-2021	<b>Dean's Scholarship</b> , Washington University in St. Louis (\$3000 annually)
2020	<b>Emerging Leader Academy</b> , American Psychological Association
2020	<b>Emerging Leader</b> , Focus St. Louis
2019	<b>Gateway to Success Technology Grant</b> , Washington University in St. Louis (\$1500)

## TEACHING EXPERIENCE

Winter 2022	<b>Teaching Assistant</b> , Washington University in St. Louis, Developmental Psychology
2020-2021	<b>Academic Assistant</b> , Washington University in St. Louis, Center for Teaching and Learning
2017-2020	<b>Workshop Leader</b> , Washington University in St. Louis, Women in Computer Science

## CLINICAL EXPERIENCE (PRE-TRAINING)

2019-present	<b>Crisis Response Volunteer</b> , TrevorChat/ TrevorText Digital Program, Trevor Project
2020-2021	<b>Crisis Support Volunteer</b> , WashU Cares
2018-2021	<b>Group Leader</b> , Open LGBTQIA+, Washington University
2015-2020	<b>Support Line Volunteer</b> , Cancer Support Line
2017-2020	<b>Facilitator</b> , Safe Zones, Washington University

## MENTORSHIP

2024-present	University of California - Irvine, Department of Psychological Science, <b>TEAM Lab</b> <i>Undergraduate Research Assistant: Melanie Zepeda</i>
2021-2022	Harvard Medical School & Beth Israel Deaconess Medical Center, <b>Division of Digital Psychiatry</b> <i>Research Assistants: Luke Scheuer, Edgardo Torres-Hernandez</i>

**SERVICE & OUTREACH**

2025-present **Ad Hoc Reviewer**, Journal of Medical Internet Research (X2)  
 2025-present **Volunteer**, Diversifying Clinical Psychology Weekend, UC Irvine  
 2025 **Oral Presentation Judge**, Undergraduate Research Opportunities Program, UC Irvine  
 2024-present **Volunteer**, LGBTQ Center Orange County  
 2024-present **Volunteer**, UCI LGBT Resource Center  
 2023-present **Cross Collaboration Workgroup**, Dissemination and Implementation SIG, ABCT  
 2023-present **Student Involvement Committee**, Dissemination and Implementation SIG, ABCT  
 2020-2022 **Programmer**, Donate:code  
 2021 **Campus Ambassador**, American Psychological Association  
 2021 **Campus Leader**, Campus Diversity Collective, Washington University  
 2021 **COVID-19 & Social Determinants of Health Work Group**, Washington University  
 2020-2021 **OnCore for Clinical Research Work Group**, Washington University  
 2020-2021 **Programmer**, CoronaTrace  
 2020 **Team Lead**, Focus St. Louis St. Andrew's Resources for Seniors Gap Analysis & Intervention  
 2019 **Event Volunteer**, Margins to Center Speaker Series, Washington University  
 2018 **LGBTQIA+ Committee**, Commission on Diversity and Inclusion, Washington University  
 2017 **Team Leader**, Data Refuge, Environmental Data & Governance Initiative, Washington University

**PROFESSIONAL DEVELOPMENT & TRAINING****Research**

*Qualitative Research Training Series*, American Psychological Association  
*Collection & Analysis of Intensive Longitudinal Data*, American Psychological Association  
*Writing the Study Protocol, Informed Consent, & Adverse Events*, Cambridge Innovation Institute  
*Design for Digital Health Reading Course*, Center for Behavioral Intervention Technologies, Northwestern University  
*Clinical Research Coordinator*, Collaborative Institutional Training Initiative  
*Statistical and Computational Tools for Reproducible Data Science*, National Institute of Health

**Clinical**

*Adult Mental Health First Aid*, Missouri Department of Mental Health  
*Motivational Interviewing*, Missouri Department of Mental Health  
*Screening, Brief Interventions, and Referral for Treatment Training*, Missouri Institute for Mental Health  
*Suicide Lifeguard Training*, Missouri Institute for Mental Health  
*Digital Affect Regulation Certification*, Prospera  
*Suicide Prevention Training*, Missouri Suicide Prevention Network  
*CARE Training (Connect, Accept, Respond, Empower)*, Trevor Project

**Diversity, Equity, & Inclusion**

*Managing Unconscious Bias*, Center for Diversity & Inclusion at Washington University  
*Performative Allyship*, Center for Diversity & Inclusion at Washington University  
*Test-driving methods that promote equity in the implementation process*, DIS SIG Preconference, ABCT 2023  
*Communication Across Cultures*, Office of Diversity, Equity & Inclusion at Washington University  
*Disabilities - A Guide to Inclusion*, Office of Diversity, Equity & Inclusion at Washington University  
*Fundamentals of Diversity, Equity, & Inclusion*, Office of Diversity, Equity & Inclusion at Washington University  
*Safe-Zones Facilitator Training*, Washington University

## **TECHNICAL SKILLS**

**Surveys & Data Collection:** Qualtrics, REDCap, Prolific

**Qualitative Analysis:** NVivo, ATLAS.ti

**Quantitative Analysis:** Python (Pandas, NumPy, SciPy), R

**API Development & Integration:** Flask, FastAPI, JavaScript, Node.js, RESTful APIs, WebSockets

**Database Development & Management:** PostgreSQL, MySQL, NoSQL (MongoDB, DynamoDB)

**Embedded Systems & IoT Development:** BLE, MQTT, Embedded C, C, C++

**Sensor & Motion Data Processing:** Kalman filters, Sensor Fusion (Madgwick, Mahony), real-time signal processing

**Software Testing & Debugging:** Pytest, Selenium

**Version Control & Collaboration:** Git, GitHub, GitLab

**Web Scraping:** Selenium, Scrapy, PyQuery