

Henry (Raffles) Cowan, PhD

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EDUCATION

- 2022 **PhD, Psychology (Clinical)**, Northwestern University
Advisors: Dan McAdams, PhD; Vijay Mittal, PhD
Quantitative Methods Certificate
- 2021 – 2022 **Predoctoral Internship**, Adult Psychopathology (Early Psychosis Concentration)
The Ohio State University College of Medicine
Advisor: Nicholas Breitborde, PhD
- 2018 **MA, Psychology (Clinical)**, Northwestern University
- 2010 **Honours BSc, Psychology and Criminology**, University of Toronto
Advisor: Romin Tafarodi, PhD
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PROFESSIONAL APPOINTMENTS

- 2024 – Present **Assistant Professor**, Psychology (Clinical Science), Michigan State University
- 2022 – 2024 **Postdoctoral Scholar**, Early Psychosis Intervention Center, Psychiatry and Behavioral Health, The Ohio State University
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ACADEMIC AWARDS

- 2023 **Serious Mental Illness/Serious Emotional Disturbance Research Award**, American Psychological Association, Division 18 (Psychologists in Public Service)
- 2023 **Early Career Award**, Schizophrenia International Research Society
- 2019 **Graduate Travel Award**, Society for Personality and Social Psychology
- 2018 **Graduate Travel Award**, Association for Philosophy and Psychology
- 2017 **Doctoral Foreign Study Award**, Canadian Institutes of Health Research
- 2017 **Research Poster Award**, Association for Research in Personality
- 2017 **Student Research Award**, Association for Psychological Science
- 2008 **Undergraduate Student Research Award**, National Science and Engineering Research Council, Canada
- 2008 **Study Abroad Scholarship**, University of Toronto

EDITORIAL/REVIEW ACTIVITIES

Ad-Hoc Journal Reviews

<i>Molecular Psychiatry</i>	<i>Psychiatry and Clinical Neurosciences</i>
<i>Translational Psychiatry</i>	<i>Journal of Personality</i>
<i>Biological Psychiatry</i>	<i>Memory</i>
<i>Psychological Medicine</i>	<i>Expert Review of Neurotherapeutics</i>
<i>Journal of Psychopathology and Clinical Science</i>	<i>Frontiers in Psychiatry</i>
<i>Clinical Psychological Science</i>	<i>Qualitative Health Research</i>
<i>Clinical Psychology Review</i>	<i>PLoS One</i>
<i>Schizophrenia Bulletin</i>	<i>Psychology Research and Behavior Management</i>
<i>Schizophrenia Research</i>	<i>Family Process</i>
<i>Schizophrenia</i>	<i>Developmental Cognitive Neuroscience</i>
<i>Journal of Nervous and Mental Disease</i>	<i>Nordic Journal of Psychiatry</i>
<i>Journal of Clinical Psychology</i>	<i>General Hospital Psychiatry</i>

Journal Features

Evolutionary Perspectives on Imaginative Culture: A Review of Evolutionary Articles on Imaginative Culture—Self-Narratives (biannual feature, 2020 – 2023)

Conference Program Committees

Association for Research in Personality, 2025, Evanston, IL, USA

Conference Abstract Reviews

Society for Philosophy and Psychology

Book Proposal/Manuscript Reviews

Cambridge University Press

External Grant Reviews

University of Ljubljana

RESEARCH FUNDING

NARSAD Young Investigator Award, Brain & Behavior Research Foundation

Project title: *Scalable, ecologically valid, multimethod assessment of disturbed sense of agency in psychotic disorders*

Role: Principal Investigator

Sponsor: Katharine Thakkar, PhD

Total direct costs: \$69,225

Funded period: 1/2025 – 1/2027

Doctoral Foreign Study Award, Canadian Institutes of Health Research (DFS-152268)

Project title: *Cortical midline structures and self-reflection in youth at ultra-high risk for psychosis*

Role: Principal Applicant

Advisors: Dan McAdams, PhD; Vijay Mittal, PhD

Total funding: \$125,000

Funded period: 9/2017 – 12/2020

SMALL AWARDS (<\$50,000)

Research Grant, International Society for the Science of Existential Psychology

Project title: *The narrative sweet spot? Evaluating how repetition impacts the felt authenticity of telling and re-telling personal narratives*

Role: Co-Investigator

Principal applicant: Joseph Maffly-Kipp (graduate student mentee)

Total funding: \$3,000

Funded: 1/2024

Destination OSU Mentored Research Funding, The Ohio State University

Project title: *A new symptom assessment method for early psychosis*

Role: Principal Applicant (Mentor)

Total funding: \$12,000

Funded period: 8/2023 – 4/2024

PUBLICATIONS

(*mentored first author)

PEER-REVIEWED ARTICLES

2024 and In Press

37. Turner, A. F., Thomsen, D. K., Tuval-Mashiach, R., Sevilla-Liu, A., Cowan, H. R., Sumner, S., McAdams, D. P. (in press). Narrative identity in context: How adults in Japan, Denmark, Israel, and the United States narrate difficult life events. *Journal of Personality and Social Psychology*.
36. Moe, A. M., Cowan, H. R., Manges, M., Wastler, H. M., Hamilton, S., Kilicoglu, M., Holmes, A., Breitborde, N. J. K. (in press). The influence of complex psychiatric comorbidities on treatment for clinical high-risk for psychosis: A preliminary study. *Early Intervention in Psychiatry*.
35. Cowan, H. R., Lind, M (in press). Narrative identity disturbances in psychopathology: An ecologically valid transdiagnostic framework. *Journal of Psychopathology and Clinical Science*.
34. Olson, G. M., Damme, K. S. F., Cowan, H. R., Allende, L. M. and Mittal, V. A. (in press). Emotional tone in clinical high risk for psychosis: Novel insights from a natural language analysis approach. *Frontiers in Psychiatry*.

33. **Cowan, H. R.**, Mittal, V. A., Addington, J., Bearden, C. E., Cadenhead, K. S., Cornblatt, B. A., Keshavan, M., Mathalon, D. H., Perkins, D. O., Stone, W., Tsuang, M. T., Woods, S. W., Cannon, T. D., & Walker, E. F. (2024). Longitudinal trajectories of premorbid social and academic adjustment in youth at clinical high risk for psychosis: Implications for conversion. *Schizophrenia Bulletin*, online ahead of print. <https://doi.org/10.1093/schbul/sbae050>.
32. **Cowan, H. R.**, Williams, T. F., Mittal, V. A., Addington, J., Bearden, C. E., Cadenhead, K. S., Cornblatt, B. A., Mathalon, D. H., McGlashan, T. H., Perkins, D. O., Tsuang, M. T., Woods, S. W., Cannon, T. D., Keshavan, M., Stone, W., Walker, E. F. (in press). The complex latent structure of attenuated psychotic symptoms: Hierarchical and bifactor models replicated in two large samples at clinical high risk for psychosis. *Schizophrenia Bulletin*.
31. **Cowan, H. R.**, Williams, T. F., Mittal, V. A. (2024). Mapping psychosis risk states onto the Hierarchical Taxonomy of Psychopathology using hierarchical symptom dimensions. *Clinical Psychological Science*, 12(1), 3-21. doi: 10.1177/21677026221146178
30. Lundin, N. B., Blouin, A., **Cowan, H. R.**, Moe, A. M., Wastler, H. M., Breitborde, N. J. K. (2024). Identification and diagnosis of psychosis risk and first-episode psychosis: Advice for clinicians. *Psychology Research and Behavior Management*, 17, 1365-1383.
29. Williams, T. F., Williams, A. L., **Cowan, H. R.**, Walker, E. F., Cannon, T. D., Bearden, C. E., Keshavan, M., Cornblatt, B. A., Addington, J., Woods, S. W., Perkins, D. O., Mathalon, D. H., Cadenhead, K. S., Stone, W. S., Mittal, V. A. (2024). The Hierarchical Taxonomy of Psychopathology in clinical high risk for psychosis: Validation and extension. *Journal of Psychopathology and Clinical Science*, 133(3), 235-244. doi: 10.1037/abn0000893
28. Hamilton, S. A., Wastler, H. M., Moe, A. M., **Cowan, H. R.**, Lundin, N. B., Guirgis, H. H., Parris, C. J., Stearns, W. H., Manges, M. E., Holmes, A. C., Blouin, A., & Breitborde, N. J. K. (in press). Symptomatic and functional outcomes among individuals at clinical high risk for psychosis participating in step-based care. *Psychiatric Services*.
27. **Cowan, H. R.**, McAdams, D. P., Ouellet, L., Jones, C. M., Mittal, V. A. (2023). Self-concept and narrative identity in youth at clinical high risk for psychosis. *Schizophrenia Bulletin*. Online ahead of print. doi: 10.1093/schbul/sbad142
- 2023**
26. Wastler, H. M., **Cowan, H. R.**, Hamilton, S. A., Lundin, N. B., Manges, M., Moe, A. M., & Breitborde, N. J. K. (2023). Within-person relationships between attenuated positive symptoms and suicidal ideation among individuals at clinical high risk for psychosis. *Archives of Suicide Research*. Online ahead of print. doi: 10.1080/13811118.2023.2269209
25. **Cowan, H. R.**, Lundin, N. B., Moe, A. M., & Breitborde, N. J. K. (2023). Discrepancies between self and caregiver perceptions of agency in first-episode psychosis. *Journal of Psychiatric Research*, 162, 220-227. doi: 10.1016/j.jpsychires.2023.05.035
24. Lundin, N. B., **Cowan, H. R.**, Singh, D. K., & Moe, A. M. (in press). Lower cohesion and altered first-person pronoun usage in the spoken life narratives of individuals with schizophrenia. *Schizophrenia Research*, 259, 140-149. doi: 10.1016/j.schres.2023.04.001

23. Wastler, H. M., **Cowan, H. R.**, Hamilton, S. A., Lundin, N. B., Manges, M., Moe, A. M., & Breitborde, N. J. K. (2023). Variability in suicidal ideation during treatment for individuals at clinical high risk for psychosis: The importance of repeated assessment. *Early Intervention in Psychiatry*, online ahead of print. doi: 10.1111/eip.13413.

2022

22. Turner, A., Couch, N., **Cowan, H. R.**, Otto-Meyer, R., Murthy, P., Logan, R., Rogers, L., McAdams, D. (2022). Narrative identity in black and white: Stories of life's high and low points told by African American and White adults. *Journal of Research in Personality*, 101, 104298. doi: 10.1016/j.jrp.2022.104298
21. **Cowan, H. R.**, Damme, K. S. F., Mittal, V. A. (2022) Interactions between the cortical midline structures and sensorimotor network track maladaptive self-beliefs in clinical high risk for psychosis. *Schizophrenia*, 8(74), 1-9. doi: 10.1038/s41537-022-00279-z
20. *Patton, H. N., **Cowan, H. R.**, Mittal, V. A. (2022). Changes in core beliefs over time predict symptoms and functioning in clinical high risk for psychosis. *Early Intervention in Psychiatry*, 16(3), 311-315. doi: 10.1111/eip.13156 *Post-baccalaureate mentee
19. Hitzenko, K., **Cowan, H. R.**, Goldrick, M., Mittal, V. A. (2022). Racial and ethnic biases in computational approaches to psychopathology. [Letter to the editor] *Schizophrenia Bulletin*, 48(2), 285-288. Online ahead of print. doi: 10.1093/schbul/sbab131

2021

18. *Zhu, D., **Cowan, H. R.**, Azis, M., Mittal, V. A. (2021). Reciprocal social behaviour and related deficits in individuals at clinical high risk for psychosis. *Psychiatry Research*, 306, 114224. doi: 10.1016/j.psychres.2021.114224 *Postbaccalaureate mentee
17. **Cowan, H. R.**, Mittal, V. A., McAdams, D. P. (2021). Narrative identity in the psychosis spectrum: A systematic review and developmental model. *Clinical Psychology Review*, 88, 102067. doi: 10.1016/j.cpr.2021.102067
16. Gupta, T., Strauss, G.P., **Cowan, H.R.**, Pelletier-Baldelli, A., Ellman, L.M., Schiffman, J., Mittal, V.A. (2021). Secondary sources of negative symptoms in those meeting criteria for a clinical high-risk syndrome. *Biological Psychiatry: Global Open Science*, 1(3), 210-218. doi: 10.1016/j.bpsgos.2021.05.008
15. **Cowan, H. R.**, Mittal, V. A. (2021). Transdiagnostic dimensions of psychiatric comorbidity in individuals at clinical high risk for psychosis: A preliminary study informed by HiTOP. *Frontiers in Psychiatry*, 11, 614710. doi: 10.3389/fpsy.2020.614710
14. *Turner, A., **Cowan, H. R.**, Otto-Meyer, R., McAdams, D. P. (2021) The power of narrative: The emotional impact of the Life Story Interview. *Narrative Inquiry*, Online Ahead of Print Mar 31, 2021. doi: 10.1075/ni.19109.tur *Graduate student mentee

2020

13. Gupta, T., **Cowan, H. R.**, Strauss, G. P., Walker, E. F., Mittal, V. A. (2020) Deconstructing negative symptoms in individuals at clinical high-risk for psychosis: Evidence for volitional and diminished emotionality subgroups that predict clinical presentation and functional outcome. *Schizophrenia Bulletin*, 47(1), 54-63. doi: 10.1093/schbul/sbaa084

12. Cowan, H. R. & Mittal, V. A. (2020). Three types of psychotic-like experiences in youth at clinical high risk for psychotic disorders. *European Archives of Psychiatry and Clinical Neuroscience*, 271(4), 733-744. doi:10.1007/s00406-020-01143-w
11. Cowan, H. R., Mittal, V. A., Allen, D. N., Gold, J. M., Strauss, G. P. (2020). Heterogeneity of emotional experience in schizophrenia: Trait affect profiles predict clinical presentation and functional outcome. *Journal of Abnormal Psychology*, 129(7), 760-767. doi: 10.1037/abn0000554
10. *Greene, R., Cowan, H. R., McAdams, D. P. (2020). Personality and coping in life challenge narratives. *Journal of Research in Personality*, 86, 103960. doi: 10.1016/j.jrp.2020.103960 *Undergraduate mentee
9. Reischer, H. N., Cowan, H. R. (2020). Quantity over quality? Reproducible psychological science from a mixed methods perspective. *Collabra: Psychology*, 6(1), 26. doi: 10.1525/collabra.284
8. Cowan, H. R. (2020). Is schizophrenia research relevant during the COVID-19 pandemic? [Letter to the editor]. *Schizophrenia Research*, 220, 271-272.. doi: 10.1016/j.schres.2020.04.002
7. *Ristanovic, I., Vargas, T., Cowan, H. R., Mittal, V. A. (2020). Consistent exposure to psychosocial stressors and progressive intolerance to stress in individuals at clinical high-risk for psychosis. *Schizophrenia Bulletin Open*, sgaa004. doi: 10.1093/schizbullopen/sgaa004 *Graduate student mentee

2019 and Earlier

6. Cowan, H. R., Chen, X., Jones, B. K., & McAdams, D. P. (2019). The single greatest life challenge: How late-midlife adults construct narratives of significant personal challenges. *Journal of Research in Personality*, 83, 103867. doi: 10.1016/j.jrp.2019.103867
5. Cowan, H. R. (2019) Can a good life be unsatisfying? Within-person dynamics of life satisfaction and psychological well-being in late-midlife. *Psychological Science*, 30(5). 697-710. doi: 10.1177/0956797619831981
4. Vargas, T., Damme, K. S. F., Hooker, C., Gupta, T., Cowan, H. R., & Mittal V. A. (2019). Differentiating implicit and explicit theory of mind and associated neural networks in youth at clinical high-risk for psychosis. *Schizophrenia Research*, 208, 173-181. doi: 10.1016/j.schres.2019.03.013
3. Damme, K. S. F., Pelletier-Baldelli, A., Cowan, H. R., Orr, J. O., & Mittal, V. A. (2019). Distinct and opposite profiles of connectivity during self-reference task and rest in youth at clinical high-risk for psychosis. *Human Brain Mapping*, 40(11), 3254-3264. doi: 10.1002/hbm.24595
2. Cowan, H. R., McAdams, D. P., & Mittal, V. A. (2019). Core beliefs in healthy youth and youth at ultra high-risk for psychosis: Dimensionality and links to depression, anxiety, and attenuated psychotic symptoms. *Development and Psychopathology*, 31. 379-392. doi:10.1017/S0954579417001912
1. Kumar, M., Cowan, H. R., Erdman, L., Kaufman, M., & Hick, K. (2016). Reach Out and Read is feasible and effective for adolescent parents: A pilot study. *Maternal and Child Health*, 20(3), 630-638. doi:10.1007/s10995-015-1862-3

CONFERENCE PROCEEDINGS

1. Hitzenko, K., **Cowan, H. R.**, Goldrick, M., Mittal, V. A. (2021, Jun). Automated coherence measures fail to index thought disorder in individuals at risk for psychosis. *Proceedings of the Seventh Workshop on Computational Linguistics and Clinical Psychology: Improving Access*. 129-150.

BOOK CHAPTERS

2. Gupta, T., Damme, KSF., Osborne, KJ., Vargas, TG., Ristanovic, I., Frosch, IR., Zarubin, VC., Hitzenko, K., Williams, TF., **Cowan, H. R.**, Mittal, VA. (2021). Psychotic disorders and risk-states in adolescence: Etiology, developmental considerations, and treatment. In *Comprehensive Clinical Psychology, 2nd ed., Volume 5: Case conceptualization and treatment: Children and adolescents*. Elsevier.
1. McAdams, D. P. & **Cowan, H. R.** (2020). Mimesis and myth: Evolutionary roots of psychological self-understanding. In Carroll, J. C., Clasen, M., & Jonsson, E. (eds.) *Evolutionary Perspectives on Imaginative Culture*. Springer International Publishing: Heidelberg, Germany. doi: 10.1007/978-3-030-46190-4_5

SELECTED ACADEMIC PRESENTATIONS

(Presenting author, mentored presenting author, or award-winning)

BROWN BAG & COLLOQUIUM TALKS

9. Cowan, H. R. (2024, Feb). *Narrative self-disturbance in the development of psychotic disorders*. **Texas A&M University** Existential Psychology Collaboratory, College Station, TX.
8. Cowan, H. R. (2023, Sept). *Psychosis in the Hierarchical Taxonomy of Psychopathology*. EPICENTER speaker series, **The Ohio State University College of Medicine**, Early Psychosis Intervention Center, Columbus, OH.
7. Cowan, H. R. (2022, Jun). *Narrative identity in the psychosis spectrum*. EPICENTER speaker series, **The Ohio State University College of Medicine**, Early Psychosis Intervention Center, Columbus, OH.
6. Cowan, H. R. (2021, Mar). *Mapping the structure of narrative identity*. Brown Bag speaker series, **Washington University in St. Louis Department of Psychology**, Social/Personality area, St. Louis, MI.
5. Cowan, H.R. (2021, Mar) *Narrative identity in the psychosis spectrum*. Brown bag speaker series, **Northwestern University Department of Psychology**, Clinical area, Evanston, IL
4. Cowan, H.R. (2019, Oct). *Satisfaction, the good life, and academic publishing*. Brown Bag speaker series, **University of Illinois—Urbana Champaign Department of Psychology**, Counselling Psychology division, Champaign, IL.
3. Cowan, H.R. (2019, Jan) *Can a good life be unsatisfying?* Brown bag speaker series, **Northwestern University Department of Psychology**, Clinical/Personality area, Evanston, IL
2. Cowan, H.R. (2018, Jan) *Core beliefs in healthy youth and youth at ultra high risk for psychosis*. Brown bag speaker series, **Northwestern University Department of Psychology**, Clinical/Personality area, Evanston, IL

1. Cowan, H.R. (2016, Oct) *Please describe your single greatest challenge: Life challenge narratives in the context of personality and psychological well-being*. Brown bag speaker series, **Northwestern University Department of Psychology**, Clinical/Personality area, Evanston, IL

CONFERENCE TALKS

14. **Oral presentation:** Cowan, H. R., Blouin, A., Lundin, N. B., Zaccaria, M., Paul, A., Breitborde, N. J. K. (2024, March). *Validating HiTOP in early psychosis: Symptoms and problems in daily living*. Paper presented at the **Hierarchical Taxonomy of Psychopathology (HiTOP) Conference**, San Diego, CA.
13. **Oral presentation:** Cowan, H. R., Williams, T. F., Mittal, V. M., Addington, J., Bearden, C. E., Cadenhead, K. S., Cannon, T. D., Cornblatt, B. A., Perkins, D. O., Mathalon, D. H., Woods, S. W., Walker, E. F. (2023, Sept). *Making sense of a general symptom factor in psychosis risk*. Innovative Ideas paper presented at the annual meeting of the **Society for Research in Psychopathology**, St. Louis, MI.
12. **Symposium:** Cowan, H. R., Turner, A., McAdams, D. P. (2023, July). *Narrative identity, emotions, and well-being over the years*. Paper presented at the biennial meeting of the **Association for Research in Personality**, Evanston, IL. Symposium chair: Hollen N. Reischer
11. **Oral presentation:** Cowan, H. R. (2023, June). *The basic self, narrative self, and narrative identity in psychopathology*. Paper presented at the **Special Interest Conference on Narrative Identity**, Lille, France.
10. **Oral presentation:** Cowan, H. R., Lundin, N. B., Moe, A. M., Breitborde, N. J. K. (2023, May). *Agency is in the eye of the beholder: Mismatches in perceived efficacy between individuals with first episode psychosis and their caregivers*. Paper presented at the annual meeting of the **Schizophrenia International Research Society**, Toronto, ON, Canada. *Received SIRS Early Career Award*.
9. **Symposium:** Cowan, H. R. (2022, May). *Narrative identity in mental illness*. Paper presented at the biennial meeting of **Narrative Matters**, Atlanta, GA. Symposium chair: Gerben J. Westerhoff.
8. **Data blitz:** Cowan, H. R., McAdams, D. P., Mittal, V. A. (2020, Jul). *Narrative identity and risk for psychosis*. Data blitz paper presented at the biennial meeting of the **Association for Research in Personality**, Meeting held online.
7. **Oral presentation:** Cowan, H. R., Mittal, V. A., Allen, D. N., Gold, J. M., Strauss, G. P. (2020, Apr) *Cluster analysis finds three clinically-relevant subgroups of trait emotional experience in schizophrenia outpatients*. Oral E-Poster presented at the annual meeting of the **Schizophrenia International Research Society**, Meeting held online.
6. **Symposium:** Cowan, H.R., Reischer, H.N. (2019, Jun) *Ethical issues in sharing complex data*. Paper presented at the biennial meeting of the **Association for Research in Personality**, Grand Rapids, MI. Symposium chair: Hollen N. Reischer.
5. **Data blitz:** Cowan, H.R. (2019, Jun) *Can a good life be unsatisfying? Within-person dynamics of life satisfaction and psychological well-being*. Data blitz paper presented at the biennial meeting of the **Association for Research in Personality**, Grand Rapids, MI.
4. **Oral presentation:** Cowan, H.R. (2018, Jul) *Can a meaningful life be unsatisfying?* Paper presented at the annual meeting of the **Society for Philosophy and Psychology**, Ann Arbor, MI. *Received SPP Graduate Travel Award*.
3. **Symposium:** Cowan, H.R. (2018, Mar) *Exploratory factor analysis in narrative research*. Paper presented at the annual meeting of the **Society for Personality and Social Psychology**, Atlanta, GA. Symposium chair: Jen Guo. *Received Graduate Travel Award*.

2. **Invited presentation:** Cowan, H.R., McAdams, D.P., Mittal, V. M. (2017, May) *Core beliefs in healthy youth and youth at ultra-high risk for psychosis*. Student Research Award address at the annual meeting of the **Association for Psychological Science**, Boston, MA. *Received APS Student Research Award*.
1. **Oral Presentation:** Cowan, H.R., Chen, X., Jones, B., McAdams, D.P. (2017, Apr) "Please describe your single greatest life challenge": *Adults' greatest life challenges inform personality and psychological well-being*. Paper presented at the annual meeting of the **Midwestern Psychological Association**, Chicago, IL.

CONFERENCE POSTERS

16. Cowan, H. R., Wright, A. C., Pedersen, S. L., Mukherjee, D., Lazarus, S., Fournier, J. C. (2024, Oct). *Shared and unique effects of internalizing symptoms and neuroticism on cognitive-affective experience in daily life*. Poster presented at the annual meeting of the **Society for Research in Psychopathology**, Montréal, QC, Canada.
15. Cowan, H. R., Wright, A. C., Pedersen, S. L., Mukherjee, D., Lazarus, S., Fournier, J. C. (2023, Jul). *Cognitive-affective mechanisms linking neuroticism, self-consciousness, and angry hostility to daily experience in an internalizing spectrum sample*.
14. Cowan, H. R., McAdams, D. P., Mittal, V. A. (2022, Sept). *Narrative identity: A new perspective on development and personal identity in psychotic disorders*. Poster presented at the annual meeting of the **Society for Research in Psychopathology**, Philadelphia, PA.
13. Cowan, H. R., McAdams, D. P., Mittal, V. A. (2021, Sept). *Narrative identity and clinical high risk for psychosis*. Poster presented at the annual meeting of the **Society for Research in Psychopathology**, Meeting held online.
12. Reischer, H. N. & Cowan, H. R. (2021, May). *Ten recommendations for conducting reproducible psychological science from a mixed methods perspective*. Poster presented at the annual meeting of the **Association for Psychological Science**, Meeting held online. *Received Scott O. Lilienfeld APS Travel Award*.
11. Cowan, H.R., Mittal, V. A. (2021, May). *HiTOP detachment predicts the onset of psychotic disorders: A preliminary study*. Poster presented at the annual meeting of the **Association for Psychological Science**, Meeting held online.
10. Cowan, H.R., Mittal, V. A. (2021, April). *Transdiagnostic dimensions of psychiatric comorbidity in individuals at clinical high risk for psychosis: A preliminary study informed by HiTOP*. Poster presented at the annual meeting of the **Schizophrenia International Research Society**, Meeting held online.
9. Cowan, H. R., Mittal, V. A., Allen, D. N., Gold, J. M., Strauss, G. P. (2020, May). *Three clinically-relevant subgroups of trait emotional experience in schizophrenia outpatients*. Poster presented at the annual meeting of the **Association for Psychological Science**, Meeting held online.
8. Cowan, H. R., Mittal, V. A., Allen, D. N., Gold, J. M., Strauss, G. P. (2020, May) *Trait affect profiles predict clinical presentation and functional outcome in schizophrenia*. Poster presented at the annual meeting of the **Society for Affective Science**, Meeting held online.
7. Cowan, H.R. (2020, Feb) *The meta-structure of well-being in an undergraduate sample*. Poster presented at the annual meeting of the **Society for Personality and Social Psychology**, New Orleans, LA.
6. Cowan, H.R. (2019, Feb) *Can a good life be unsatisfying? Within-person dynamics of life satisfaction and psychological well-being*. Poster presented at the annual meeting of the **Society for Personality and Social Psychology**, Portland, OR. *Received SPSP Graduate Travel Award*.
5. *Greene, Cowan, H. R., McAdams, D. P. (2019, Feb). *Personality and coping in life challenge narratives*. Poster presented at the annual meeting of the **Society for Personality and Social Psychology**, Portland, OR. *Undergraduate mentee.

4. Cowan, H.R., McAdams, D.P., Mittal, V.M. (2018, Sept) *Self-concept and non-clinical psychosis*. Poster presented at the annual meeting of the **Society for Research in Psychopathology**, Indianapolis, IN.
3. Cowan, H.R., Chen, X., Jones, B., McAdams, D.P. (2017, Jun) “*Please describe your single greatest challenge*”: *Life challenge narratives reflect personality and well-being*. Poster presented at the biennial meeting of the **Association for Research in Personality**, Sacramento, CA. *Received ARP Poster Award*.
2. Cowan, H.R., McAdams, D.P., Mittal, V. M. (2017, May) *Core beliefs in healthy youth and youth at ultra-high risk for psychosis*. Poster presented at the annual meeting of the **Association for Psychological Science**, Boston, MA. *Received APS Student Research Award*.
1. Kumar, M., **Cowan, H.R.**, Erdman, L., Kaufman, M., Hick, K. (2014) *Reading and Adolescent Parents: A clinical reading intervention*. Poster presented at the **Saban Research Institute**, Los Angeles, CA. *Received Best Poster Award*.

OUTREACH AND ENGAGEMENT

PUBLIC SCIENCE COMMUNICATION

3. **Cowan, H. R.** (2021, Oct 27) People with psychosis can heal by rebuilding their life stories. *Psyche*.
2. **Cowan, H. R.** (2019, Nov 27) What is your single greatest life challenge? *Character & Context*.
1. ****Bastarache, E., **Cowan, H. R.** (2017). Graduate Student Poster Award winners' column. *P: The Online Newsletter for Personality Science*, 12. ****Authors contributed equally.**

PUBLIC PRESENTATIONS

1. Cowan, H. R. (2024, Mar). *Psychosis in the Hierarchical Taxonomy of Psychopathology*. Talk presented to the **Hopewell Health Centers** Providers Case Meeting, Athens OH.

RESEARCH EXPERIENCE

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|-------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2022 – 2024 | Postdoctoral Researcher, Early Psychosis Intervention Center (EPICENTER)
Psychiatry and Behavioral Health, The Ohio State University, Columbus, OH
<i>PI: Nicholas Breitborde, PhD</i> |
| 2021 – 2022 | Psychology Intern, Early Psychosis Intervention Center (EPICENTER)
Psychiatry and Behavioral Health, The Ohio State University, Columbus, OH
<i>PI: Nicholas Breitborde, PhD</i> |
| 2021 – 2022 | Psychology Intern, Mood and Anxiety Program
Psychiatry and Behavioral Health, The Ohio State University, Columbus, OH
<i>PI: Jay Fournier, PhD</i> |

- 2015 – 2021 **Graduate Student, Study of Lives Research Group**
Psychology, Northwestern University, Evanston, IL
PI: Dan McAdams, PhD
- 2016 – 2021 **Graduate Student, Adolescent Development and Preventative Treatment (ADAPT) Lab**
Psychology, Northwestern University, Evanston, IL
PI: Vijay Mittal, PhD
- 2014 – 2015 **Interventionist, Prevention of Alzheimer’s Disease with Cognitive Remediation plus Transcranial Direct Current Stimulation in Mild Cognitive Impairment and Depression**
Centre for Addiction and Mental Health, Toronto, Canada
PI: Benoit Mulsant, MD
- 2013 – 2014 **Research Analyst, Nicotine Dependence Clinic**
Centre for Addiction and Mental Health, Toronto, Canada
PI: Peter Selby, MD
- 2013 – 2014 **Research Coordinator, Young Families Program**
2012 – 2013 **Research Assistant, Young Families Program**
The Hospital for Sick Children, Toronto, Canada
PI: Miriam Kaufman, MD
- 2013 **Research Assistant, Tafarodi Lab**
Psychology, University of Toronto
PI: Romin Tafarodi, PhD
- 2007 – 2009 **Research Assistant, Cognitive Neuroscience Lab**
Psychology, University of Toronto
PI: Susanne Ferber, PhD

ACADEMIC MENTORSHIP

INDIVIDUAL MENTORSHIP

Graduate Students/Postdoctoral Scholars

Joseph Maffly-Kipp (7/2023 – present)
Margaret Manges (3/2023 – present)
Ariana Turner (9/2019 – 6/2022)
Courtney Jones (6/2020 – 11/2020)
Leah Ouellet (6/2020 – 11/2020)
Ivanka Ristanovic (9/2018 – 6/2019)

Undergraduate/Post-Baccalaureate Students

Bee Zaccaria (7/2023 – 8/2024)
Alexis Paul (7/2023 – 8/2024)
Denise Zou (2/2020 – 6/2021)
Hillary Patton (6/2020 – 4/2021)
Rachel Greene (9/2017 – 2/2019)

MENTORSHIP PROGRAMS**Postdoctoral Mentor**, Destination OSU, The Ohio State University (2023 – Present)

- Research mentorship for undergraduate students from nontraditional backgrounds who recently transferred from community college.

Graduate Student Peer Mentor, Psychology Department, Northwestern (2016 – 2019)

- Career developmental and supportive mentorship for first-year graduate students in the Psychology department.

Senior Peer Mentor, First-Year Learning Communities, University of Toronto (2008 – 2009)

- Structured mentorship for a group of 12 undergraduate students throughout their first year, including academic, research, and interpersonal skills in the transition to university.

TEACHING EXPERIENCE**COURSES TAUGHT**

2019

Co-Instructor, Psychology Department

Northwestern University

Psychology Research Methods (2019; co-instructor: Melisa Menciloglu): A small undergraduate course (25 students) which trains students to find, read, and apply psychological research; design and conduct a psychological research study; and report their study in an APA-style research manuscript. Students rated the overall quality of instruction 5.5/6.0 on teaching evaluations.

TEACHING ASSISTANTSHIPS

2015 – 2019

Teaching Assistant, Psychology Department

Northwestern University

Statistical Methods in Psychology (2018; instructor: Michael Bailey, PhD): One quarter, 80 undergraduate students

Personality Psychology (2017; instructor: Dan McAdams, PhD): One quarter, 120 undergraduate students

Psychology Research Methods (2017; instructor: Ben Gorvine, PhD): One quarter, 30 undergraduate students, assisted students with design and analysis of group projects

Introduction to Clinical Psychology (2016; instructor: Jeff Sieracki, PhD): One quarter, 65 undergraduate students

Psychopathology (2016; instructor: Sara Broaders, PhD): One quarter, 65 undergraduate students, led a discussion section with 20 students

Introduction to Psychology (2015; instructor: Wendi Gardner, PhD): One quarter, 270 undergraduate students

2017

Teaching Assistant, School of Professional Studies

Northwestern University

Psychology Research Methods (2017; instructor: Ben Gorvine, PhD): One quarter, 25 continuing education students, assisted students with design and analysis of group projects

2014 **Teaching Assistant**, Psychology Department
 University of Toronto
Drugs, Sex, and Rock 'n' Roll: Addiction as a disorder of consumption (2014; instructor: Peter Selby, MD): One semester, 65 undergraduate students

GUEST LECTURES

2017 **Personality Traits in Historical and Cultural Context**
Personality Psychology, Northwestern University

2017 **Factor Analysis with Demonstrations in R**
Psychology Research Methods, Northwestern University

2015 **The Substance Abuse Puzzle**
Introduction to Psychology, Northwestern University

2014 **The Traumatic Lives of Substance Users**
Drugs, Sex, and Rock 'n' Roll: Addiction as a disorder of consumption, University of Toronto

OTHER TEACHING EXPERIENCE

2016 **Workshop Leader**, Psychology Department
 Northwestern University
Qualitative Research Methods: Workshop series on grounded theory, ethnography, participatory action research, and narrative analysis, 10 graduate students

2011 – 2012 **Teacher, English as a Second Language**
 LyB Language Institute, Talara, Piura Province, Perú

PROFESSIONAL ACTIVITIES

SERVICE AND LEADERSHIP

Program Committee Member, Association for Research in Personality, 2025, Evanston, IL, USA

Session Co-Chair, *Biomarkers and Clinical Outcomes*, Schizophrenia International Research Society, Toronto, ON, Canada (May 2023)

Co-Facilitator, Diversity Journal Club Series on Local Neighborhood Disparities, Psychiatry, The Ohio State University (2023)

Graduate Student Representative, Psychology, Northwestern (2018 – 2019 and 2020 – 2021)

Co-Founder, NUMethods, Quantitative Methods Reading Group, Northwestern (2017 – 2019)

Co-Founder, QualQuest, Qualitative Methods Reading Group, Northwestern (2016 – 2018)

SCIENTIFIC MEMBERSHIPS

Hierarchical Taxonomy of Psychopathology (HiTOP) Consortium

Schizophrenia International Research Society

Society for Research in Psychopathology

Association for Research in Personality

Society for Personality and Social Psychology

Society for Philosophy and Psychology

Association for Psychological Science

Society for a Science of Clinical Psychology

CLINICAL EXPERIENCE

- 2022 – Present **Postdoctoral Researcher, Early Psychosis Intervention Center (EPICENTER)**
 The Ohio State University Wexner Medical Center, Columbus, OH
Supervisor: Nicholas Breitborde, PhD
- 2021 – 2022 **Psychology Intern, Adult Psychopathology (Early Psychosis Concentration)**
 The Ohio State University Wexner Medical Center, Columbus, OH
Supervisors: Nicholas Breitborde, PhD; Sophie Lazarus, PhD
- 2020 – 2021 **Clinical Trainee, Radically Open Dialectical Behavior Therapy Practicum**
 The Family Institute at Northwestern University, Evanston, IL
Supervisor: Michael Maslar, PsyD
- 2018 – 2020 **Clinical Trainee, Dialectical Behavior Therapy Practicum**
 The Family Institute at Northwestern University, Evanston, IL
Supervisor: Dr. Michael Maslar, PsyD
- 2018 – 2019 **Clinical Trainee, Integrative Systemic Therapy Practicum**
 The Family Institute at Northwestern University, Evanston, IL
Supervisor: Dr. Jay Lebow, PhD
- 2017 – 2018 **Clinical Trainee, Cognitive Behavior Therapy for Depression Practicum**
 The Family Institute at Northwestern University, Evanston, IL
Supervisor: Thomas Alm, PsyD
- 2016 – 2018 **Clinical Trainee, Cognitive Behavior Therapy for Anxiety Practicum**
 The Family Institute at Northwestern University, Evanston, IL
Supervisor: Rick Zinbarg, PhD (2016 – 2017); Thomas Alm, PsyD (2017 – 2018)

CLINICAL ASSESSMENT

- 2021 – Present **Clinical Assessor, Psychosis Risk and Psychotic Disorders**
 Early Psychosis Intervention Center (EPICENTER)
 The Ohio State University, Columbus, OH
Supervisor: Nicholas Breitborde, PhD
- 2017 – 2022 **Clinical Assessor, Serious Mental Illness Risk and Early Identification**
 Adolescent Development and Preventative Treatment (ADAPT) Lab
 Northwestern University, Evanston, IL
Supervisor: Vijay Mittal, PhD
- 2016 – 2017 **Clinical Assessor, Integrated Psychodiagnostic Assessment Practicum**
 The Family Institute at Northwestern University, Evanston, IL
Supervisor: Rick Zinbarg, PhD
- 2016 – 2017 **Clinical Assessor, Psychological Assessment of Young Adults**
 Psychology, Northwestern University, Evanston, IL
Supervisor: Rick Zinbarg, PhD

CLINICAL SUPERVISION

- 2022 – 2023 **Group Leader and Supervisor, Family Psychoeducation Group**, Psychiatry Department
The Ohio State University, Columbus, OH
Vertical Supervisor: Nicholas Breitborde, PhD
Supervised clinical psychology interns co-leading a psychoeducation and problem-solving group for caregivers of individuals with psychotic disorders.
- 2021 **Clinical Supervisor, Cognitive Behavior Therapy**, Psychiatry Department
The Ohio State University, Columbus, OH
Vertical Supervisor: Ashleigh Pona, PhD
Supervised 5 medical residents in delivery of cognitive behavior therapy.
- 2016 – 2017 **Peer Supervisor, Psychological Assessment of Young Adults**
Psychology, Northwestern University, Evanston, IL
Supervisor: Rick Zinbarg, PhD
Provided weekly peer supervision of ongoing assessments