

FRANCISCO N. RAMOS
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EDUCATION

2018 - 2022

Bachelor of Arts: Psychology and Economics

University of Southern California (USC)

Psychology Major GPA 4.0

Cumulative GPA: 3.92, *Magna Cum Laude*

RESEARCH EXPERIENCE

Jun 2023 - Present

Depression Treatment Laboratory Manager

University of Southern California

PI: Iony D. Ezawa, Ph.D.

- **CBI RCT project:** Oversee daily operations of an NIMH-funded randomized clinical trial (#2 R44 MH132202-02A1) assessing the efficacy of a metaverse-based peer-supported mental health intervention.
 - o Create and maintain study database and participant records in REDCap
 - o Recruitment, supervision and weekly mentorship of three research assistants on intake, data review and compensation responsibilities for the clinical trial
 - o Lead data wrangling and cleaning procedures for data from 300+ participants over a 10-week active condition for each participant and 6 months of follow-up assessment.
 - o Review study protocols on a monthly basis and revise for IRB approval when needed
 - o Maintain clinicaltrials.gov registration
 - o Lead study intake and technology onboarding sessions
 - o Engage in ongoing meetings with collaborators from Vanderbilt University and Innerworld Inc., the organization that developed and hosted the intervention, to present study updates, coordinate trial logistics, and ensure protocol compliance from all teams.
 - o Contribute to writing of published protocol manuscript.
- **RIPTIDE project:** Assist in study conceptualization and analytic plan for a randomized clinical trial utilizing intensive longitudinal assessment to examine the processes of change in online Cognitive Behavioral Therapy and online Acceptance and Commitment Therapy for depression.
 - o Lead study intake sessions, which included administration of the depression module of the Mini-International Neuropsychiatric Interview (MINI) and the Columbia-Suicide Severity Rating Scale (the latter when applicable)
 - o Contribute to writing of published protocol manuscript.

- **Metaverse Attitudes project:** Conduct mixed-methods study (N=545) examining predictors of interest in peer-supported mental health interventions in the metaverse.
 - o Analyze quantitative data with multiple linear and logistic regression modeling in R
 - o Lead content analysis of ~480 open-ended responses with Atlas.ti
 - o Lead publication of manuscript in specialized journal and poster presentations.
- **MADRES project:** Translate various psychometric measures and qualitative structured interviews from English to Spanish for a study on sociocultural barriers to mental health care from the perspectives of providers and clients.
- Maintain lab website and lab social media presence by assisting in the creation of the lab website using Wix and Wordpress
- Announce recruitment openings/closings monthly through lab website and social media posts, as well as post information and announcements about lab members and their work to social media outlets.

Sep 2024 – Present

Research Assistant

Measurement and Multilevel Modeling Lab, University of Southern California

PI: Hok Chio (Mark) Lai, Ph.D.

- Contribute to science communication through writing and posting of article to lab website introducing proper use of random forest machine learning models for a psychological dataset, including an R tutorial. Currently self-publishing an addendum to original post focusing on algorithmic variable selection methods using random forest.
- Conduct systematic review of 50 journal articles for meta-analysis of measurement invariance of the Center for Epidemiologic Studies – Depression scale across male/female gender. Manuscript to be submitted for publication.

Jan 2024 – Present

International Researcher/Collaborator

Hospital Virgen del Mirón Research Group, Soria, Spain.

- Ongoing contributions to studies on the treatment of mental health disorders which led to presentations at various European and world conferences.

Sep 2022 - Jun 2023

Research Assistant

Depression Treatment Laboratory, University of Southern California

PI: Iony D. Ezawa, Ph.D.

- Spearheaded the design, composition of IRB protocol, and participant recruitment of an independent research project with 540 participants examining factors associated with interest in peer-supported mental health interventions in the metaverse.
- Oversaw online recruitment using Prolific of over 500 participants to complete a study utilizing vignettes to compare participants' perceived helpfulness of cognitive therapeutic methods versus validation methods and contextual factors that predict rated helpfulness. Final manuscript submitted for publication.

Aug 2020 - Dec 2020

Student Researcher

Non-Experimental Research Methods, University of Southern California

Instructor: Clayton Stephenson, Ph.D.

- Conducted ethnographic study on the impact of instructors' teaching styles on their own as well as on the shared community of students' engagement and mental health in online courses. Led qualitative analysis on self- and group-collected data using inductive content analysis with a two-stage coding approach. Manuscript submitted for publication consideration.

Jan 2019 - May 2019

Student Researcher

Experimental Research Methods, University of Southern California

Instructor: Dr. William Breland, Ph.D.

- Conducted experimental study with simulated data on the therapeutic value of massively multiplayer online role-playing games for social anxiety and loneliness. Analyzed data using a 3 x 2 multivariate analysis of covariance in SPSS.

CLINICAL EXPERIENCE

Sep 2022 - Jun 2023

Behavioral Therapist

Creative Solutions for Hope, Costa Mesa, CA

Supervisor: Ronald Godoy, Board Certified Behavior Analyst.

- Worked with 5 patients (ages 5-11) with autism spectrum disorder during in-home therapy sessions.
- Recorded data on presence/absence of maladaptive behaviors and accuracy of skill use during skill acquisition procedures.
- Applied modified behavioral analysis principles to foster self-help skills and adaptive behaviors.

PUBLICATIONS

Ramos, F. N., Bernstein, R. A., & Ezawa, I. D. (2024). Assessing predictive factors of attitudes toward peer-supported mental health interventions in the metaverse: mixed methods study. *JMIR XR and Spatial Computing*, 1, e57990. DOI: 10.2196/57990

Dao, A., Bernstein, R. A., **Ramos, F. N.**, Beasley, B., & Ezawa, I. D. (2025). Unpacking the chain of change in group CBT and ACT for depression: A protocol for a randomized clinical trial. *Contemporary Clinical Trials*, 107907-. <https://doi.org/10.1016/j.cct.2025.107907>

Robinson, N., **Ramos, F. N.**, Hollon, S. D., Han, G. T., & Ezawa, I. D. (2025). Cognitive Behavioral Immersion for depression: Protocol for a three-arm randomized controlled trial of peer-based coaching in the metaverse. *JMIR Research Protocols*, 14e65970. <https://doi.org/10.2196/65970>

SCIENCE COMMUNICATION

Ramos, F. N. (2025). Measurement & Multilevel Modeling Lab: Introducing Machine Learning Models for Psychologists – Random Forest. Retrieved from <https://mmmlab.rbind.io/posts/2025-03-25-random-forest/>.

CONFERENCE PRESENTATIONS

1. Fernández González, B., Martínez Abella, A., García Villalobos, I., Martínez Andreu, B., Garcés Carretero, I., Cuesta Matia, I., & **Ramos, F. N.** (2025, April). *Estimated consumption of psychoactive substances in a group of chronic psychotics*. Abstract submitted to the 33rd European Psychiatric Association (EPA) Congress, Madrid, Spain.

2. Fernández González, B., García Villalobos, I., Martínez Andreu, B., Martínez Abella, A., **Ramos, F. N.**, Garcés Carretero, I., & Cuesta Matia, I. (2025, April). *Cognitive functioning in addictive patients' treatment with NAP*. Abstract submitted to the 33rd European Psychiatric Association (EPA) Congress, Madrid, Spain.
3. Dao, A., Bernstein, R. A., **Ramos, F. N.**, & Ezawa, I. D. (2024, November). *Reward responsiveness as a mediator of treatment outcomes in CBT and ACT: An ecological momentary study*. Poster presented at the 58th annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
4. Martínez Gallardo, R., Martínez Abella, A., García Villalobos, I., Fernández González, B., Valiente Peña, B., Martínez Andreu, B., Sanz García, C., Palomar Ciria, N., & **Ramos, F. N.** (2024, November). *Clinical improvement in a sample of patients referred to an active rehabilitation program*. Presented at the 24th World Congress of Psychiatry, Mexico City.
5. **Ramos, F. N.**, Martínez Gallardo, R., Bernstein, R. A., Ezawa, I. D., Valiente Peña, B., García Villalobos, I., Cuesta Matia, I., Fernández González, B., & Martínez Abella, A. (2024, September). *Assessing attitudes and predictive factors towards peer-supported mental health interventions in the metaverse*. Poster presented at the 34th European College of Neuropsychopharmacology (ECNP) Congress, Milan, Italy.
6. **Ramos, F. N.**, Bernstein, R. A., & Ezawa, I. D. (2024, June). *Assessing predictive factors of attitudes toward peer-supported mental health interventions in the metaverse*. Poster presented at the 3rd annual virtual convention of the Society of Digital Mental Health.
7. **Ramos, F. N.**, Bernstein, R. A., & Ezawa, I. D. (2024, June). *Assessing predictive factors of attitudes toward peer-supported mental health interventions in the metaverse*. Poster presented online at the 55th annual convention of the Society of Psychotherapy Research, Ottawa, Canada.
8. Dao, A., Bernstein, R. A., **Ramos, F. N.**, & Ezawa, I. D. (2024, May). *Reward responsiveness as a mediator of treatment outcomes in CBT and ACT: An ecological momentary study*. Poster presented at the Association for Psychological Science annual convention, San Francisco, CA.
9. **Ramos, F. N.**, Bernstein, R. A., & Ezawa, I. D. (2023, November). *Assessing attitudes and predictive factors toward peer-supported mental health interventions in the metaverse*. Poster presented at the 57th annual convention of the Association for Behavioral and Cognitive Therapies, Seattle, Washington.

HONORS AND AWARDS

2024	Society of Digital Mental Health Student Poster Award <i>Awarded to students or post-baccalaureate researchers to recognize research demonstrating rigor, innovation, and ability to advance access to high-quality digital mental health services.</i>
2018 - 2022	USC Presidential Scholarship <i>Awarded as National Merit Scholarship Finalist in 2017-2018. Award given annually to only 100 incoming first-years who have demonstrated exceptional academic achievement and leadership potential.</i>
2018 - 2022	USC Dornsife Dean's List <i>Awarded to students with a GPA of 3.5 or higher with a minimum of 12 units of letter-graded registered coursework (6 semesters on List).</i>

PROFESSIONAL DEVELOPMENT SESSIONS ATTENDED

- 58th annual convention of the Association of Behavioral and Cognitive Therapies (ABCT), Philadelphia, Pennsylvania. November 2024.
- Congreso Internacional Multidisciplinar sobre el tratamiento de la depresión. Asociación Española de Psicología Sanitaria (AEPSIS). May 2024.

- International Multidisciplinary Congress on the Treatment of Depression. The Spanish Association of Health Psychology (AEPSIS). May 2024.
- XXV Congreso Virtual Internacional de Psiquiatría, Psicología y Salud Mental - INTERPSIQUIS. May 2024.

PEER REVIEWER

Sep 2023 Journal of Medical Internet Research (JMIR) Formative Research (ad-hoc reviewer. Supervisor: Dr. Iony D. Ezawa)

ADDITIONAL SKILLS

Data analysis skills:

- Regression analysis (linear, binary/ordinal logistic, ridge, robust)
- Machine learning and feature selection (e.g., Random Forest, LASSO regression)
- Data cleaning and data wrangling
- Thematic and content analyses of qualitative data
- Ecological momentary assessment
- Moderation analysis
- Measurement invariance analysis
- Familiar with continuous-time longitudinal models (e.g., Dynamic SEM)

Data software:

- R
- Quarto
- Atlas.ti
- Prolific
- Qualtrics
- SPSS

Research and productivity tools:

- REDCap
- MS Office
- Onedrive
- Wordpress

Languages:

- English (native fluency)
- Spanish (native fluency)
- French (limited working proficiency)

Specialty Coursework:

- Neuropsychopharmacology

PROFESSIONAL AFFILIATIONS

- Association for Behavioral and Cognitive Therapies
- Society for Psychotherapy Research
- Asociación Española de Psicología Sanitaria (AEPSIS)