

Kara M. Link

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*Curriculum Vitae***EDUCATION**

2024 – Present **University of New Mexico, Albuquerque, NM**
 Doctor of Philosophy in Psychology (Concentration: Diversity and Health Data Science)
Pursuing an Emphasis in Quantitative Methods
 Mentors: Cassandra Boness, Ph.D. & Katie Witkiewitz, Ph.D.

2017 – 2021 **University of Washington, Seattle, WA**
 Bachelor of Arts in Psychology, *magna cum laude* (GPA: 3.95)
Minor in Spanish

HONORS & AWARDS

2025 Travel Award, 48th Annual Research Society on Alcohol Scientific Meeting (\$500)
2023 Trainee Travel Award, 25th Annual Rehabilitation Psychology Conference (\$300)
2017 – 2021 Dean's List, University of Washington

RESEARCH SUPPORT

2025 **Society of Addiction Psychology (SoAP) Student Research Grant**
President-Elected Proposal
Title: Moving Toward Recovery: An Explanatory Sequential Mixed Methods Study of Recovery-Oriented Fitness Communities
Role: Principal Investigator
Amount Awarded: \$1,000

RESEARCH EXPERIENCE

11/2025 – Present **Predoctoral Fellow**
National Institute on Alcohol Abuse and Alcoholism (NIAAA) Institutional Research Training Grant 5T32 AA01810
Advisors: Cassandra Boness, Ph.D. & Katie Witkiewitz, Ph.D.

8/2024 – Present **Graduate Research Assistant**
Boness Addictions Lab, University of New Mexico/Center on Alcohol, Substance Use, And Addictions (CASAA), Albuquerque, New Mexico
Advisor: Cassandra Boness, Ph.D.

8/2024 – Present **Graduate Research Assistant**
Addictive Behaviors and Quantitative (ABQ) Research Lab, University of New Mexico/Center on Alcohol, Substance Use, And Addictions (CASAA), Albuquerque, New Mexico
Advisor: Katie Witkiewitz, Ph.D.

- 6/2023 – Present** **Contract Researcher**
The Phoenix: A National Sober Community
Advisors: Beth Collinson, Ph.D. & Katie Heinrich, Ph.D.
- 8/2022 – 8/2024** **Research Study Coordinator**
 10/2021– 7/2022 Research Study Assistant
Multiple Sclerosis Rehabilitation and Wellness Research Center, University of Washington
 Department of Rehabilitation Medicine, Seattle, Washington
Advisors: Dawn Ehde, Ph.D., Kevin Alschuler, Ph.D., & Lindsey Knowles, Ph.D.
- 1/2021 – 3/2022** **Research Assistant**
Teen ADHD Lab, Center for Child Health, Behavior, and Development, Seattle Children's
 Research Institute, Seattle, Washington
Advisor: Margaret Sibley, Ph.D.

PUBLICATIONS

Peer-reviewed manuscripts:

1. **Link, K. M.**, Bryant, B. E., & Boness, C. L. (2025). Reducing stigma and enhancing care for people who use alcohol. *J. Health Serv Psych.* <https://doi.org/10.1007/s42843-025-00124-8>
2. **Link, K.**, Knowles, L. M., Alschuler, K. N., & Ehde, D. M. (2023). Characterizing cannabis use in a sample of adults with multiple sclerosis and chronic pain: An observational study. *Multiple Sclerosis and Related Disorders*, 75, 104742. <https://doi.org/10.1016/j.msard.2023.104742>
3. Johansson, M., Greenwood, L., Torres Antunez, G., **Link, K.**, & Sibley, M. H. (2023). Predictors of Engagement Barriers for Adolescent ADHD Treatment. *Journal of Attention Disorders*, 27(5), 499-509. <https://doi.org/10.1177/10870547231153876>
4. Sibley, M. H., **Link, K.**, Torres Antunez, G., & Greenwood, L. (2022). Engagement barriers to behavior therapy for adolescent ADHD. *Journal of Clinical Child and Adolescent Psychology*, 52(6), 1-16. <https://doi.org/10.1080/15374416.2022.2025597>
5. Sibley, M. H., Shelton, C., Garcia, I., Monroy, J., Hill, D. M., Johansson, M., **Link, K.**, Greenwood, L., Torres Antunez, G., & Reyes Francisco, J.C. (2022). Are there long-term effects of behavior therapy for adolescent ADHD?: A qualitative study. *Child Psychiatry & Human Development*, 54(4), 985-996. <https://doi.org/10.1007/s10578-021-01294-4>

Manuscripts under review:

1. Hughes, A., Zackowski, K., Prakash, R., Chiaravalloti, N., Kratz, A., Senders, A., Turner, A., Knowles, L. M., **Link, K.**, Smith, E., Valentine, T., Alschuler, K., Rumrill, S., Bishop, M., Beier, M., Sullivan, A., & Ehde, D. M. (under review). *Psychosocial wellness outcomes of nonpharmacological interventions for individuals with multiple sclerosis: A systematic scoping review.*
2. Newman, A., Jensen, M., **Link, K. M.**, Littlebull, K., Fuentes, M., Roberts, C., John, R., & Pett, R. (under review). *Preferences for chronic pain treatment among American Indian and Alaska Natives.*
3. Boness, C. L., Tuchman, F., Sweat, J., **Link, K. M.**, Witkiewitz, K., & Simms, L. (under review). *Computerized Adaptive Testing for Assessing Substance Use and Substance Use Disorder: A Systematic Review.*
4. Ehde, D. M., **Link, K. M.**, Phillips-Reindel, K., Green, C., Goldberg, E., Curran, M., & Heinemann, A. W. (under review). *Efficacy of Telehealth Cognitive Behavioral Therapy for Chronic Pain in Employed Adults with a Physical Disability: A Randomized Controlled Trial.*

Manuscripts in preparation:

1. **Link, K. M.**, Heinrich, K. M., Barkey, T., & Collinson, B. (in preparation). *Stories from the Desert: A Qualitative Study of the Phoenix Moab Retreat Using Photovoice Methodology*.
2. Greene, R. N., **Link, K. M.**, Call, C. C., & Boness, C. L. (in preparation). *Structural and external validation of the Four Domain Food Insecurity Scale (4D-FIS)*.

PEER-REVIEWED PRESENTATIONS

Oral presentations:

* indicates speaker

1. *Knowles, L. M., Orsborn, S., **Link, K. M.**, Turner, A., Kratz, A., Collins, L., & Ehde, D. M. *Developing Cognitive Behavioral Therapy Components for Multiple Sclerosis Fatigue Using the Multiphase Optimization Strategy: A Mixed Methods Randomized Pilot Trial* [Oral presentation]. Submitted to the 2026 Rehabilitation Psychology Mid-Winter Conference, Charlotte, NC.
2. *Heinrich, K., **Link, K. M.**, Collinson, B. (2024, November 20). *Stories from an Immersive Nature Experience in the Desert with The Phoenix: A Sober Active Community* [Speed talk]. 2024 Global Outdoor Health Summit, San Antonio, TX.

Poster presentations:

1. **Link, K. M.**, Greene, R. N., Call, C. C., Vega, D., Witkiewitz, K., & Boness, C. L. (2025, June). *Examining associations between homelessness risk and alcohol use disorder severity in adults who use alcohol* [Poster presentation]. 48th Annual Research Society on Alcohol Scientific Meeting, New Orleans, LA.
2. **Link, K. M.**, Greene, R. N., Call, C. C., Vega, D., Witkiewitz, K., & Boness, C. L. (2025, April 3). *Homelessness Risk as a Potentially Relevant Contextual Factor Associated with the Addiction Cycle Domains* [Poster presentation]. Collaborative Perspectives on Addiction 2025 Annual Meeting, Providence, RI.
3. Sweat, J., Boness, C. L., Tuchman, F., **Link, K. M.**, Witkiewitz, K., & Simms, L. (2025, April 3). *Computerized adaptive testing for assessing substance use: A systematic review* [Poster presentation]. Collaborative Perspectives on Addiction 2025 Annual Meeting, Providence, RI.
4. **Link, K. M.**, Collinson, B., & Heinrich, K. (2025, March 18). *The Phoenix: Redefining Youth Recovery Through Activity-Based and Digital Recovery Support* [Poster presentation]. 2025 Joint Meeting on Youth Prevention, Treatment, and Recovery, Baltimore, MD.
5. Newman, A., Jensen, M., **Link, K. M.**, Littlebull, K., Fuentes, M., Roberts, C., John, R., & Pett, R. (2024, April 16). *Preferences for chronic pain treatment among American Indian and Alaska Natives* [Poster presentation]. 2024 Annual Scientific Meeting for the United States Association for the Study of Pain (USASP), Seattle, WA.
6. **Link, K. M.**, Alschuler, K. N., & Ehde, D. M. (2024, February 17). *Relationships between mindfulness facets and pain-related variables in a sample of adults with multiple sclerosis and chronic pain* [Poster presentation]. 26th Annual Rehabilitation Psychology Conference, Austin, TX.
7. **Link, K. M.**, Knowles, L. M., Alschuler, K. N., & Ehde, D. M. (2023, February 18). *Characterizing cannabis use in a sample of adults with multiple sclerosis and chronic pain* [Poster presentation]. 25th Annual Rehabilitation Psychology Conference, Austin, TX. *Trainee travel award earned (\$300)
8. Johansson, M., Greenwood, L., Torres Antunez, G., **Link, K.**, & Sibley, M. H. (2022, November 20). *Clinical characteristics and sociodemographic factors predicting engagement barriers for adolescent ADHD treatment* [Poster presentation]. 56th Annual Convention of the Association for Behavioral and Cognitive Therapies, New York City, NY.
9. Johansson, M., Greenwood, L., Torres Antunez, G., **Link, K.**, & Sibley, M. H. (2022, May 20). *Clinical characteristics and sociodemographic factors predicting engagement barriers for adolescent ADHD treatment* [Poster presentation]. 2022 University of Washington Undergraduate Research Symposium, Seattle, WA.

NON-PEER-REVIEWED PRESENTATIONS

*shared first-authorship

1. *Pattison, S.J., *Robles, S.R., *Link, K. M., Mistretta, E. G., Alschuler, K. N., & Ehde, D. M. (2024, May 14). *Research Interests of Adults with Multiple Sclerosis in the UW MS Rehabilitation and Wellness Research Registry* [Poster presentation; co-presented by first three authors]. 2024 Institute for Translational Health Sciences (ITHS) Symposium, Seattle, WA.

CLINICAL EXPERIENCE

2024 – 2025	Alcohol Specialty Clinic, University of New Mexico Telephone Screener <i>Supervisor:</i> Jane Ellen Smith, Ph.D.
2024 – 2025	General Psychology Clinic, University of New Mexico Telephone Screener <i>Supervisor:</i> Elizabeth Yeater, Ph.D.
2024 – 2025	Healing Opioid Misuse and Pain Through Engagement (HOPE) Trial Study Therapist providing psychoeducation on overdose prevention and harm reduction strategies for participants who use opioids and experience chronic pain. <i>Supervisor:</i> Megan Kirouac, Ph.D.
2022 – 2024	Multiple Sclerosis Rehabilitation and Wellness Research Center, University of Washington Neuropsychological Assessment Administration (40 training hours; 129 hours with study participants) <i>Supervisors:</i> Dawn Ehde, Ph.D., Kevin Alschuler, Ph.D., Nora Fritz, Ph.D., and Anna Kratz, Ph.D.
2021 – 2024	Multiple Sclerosis Rehabilitation and Wellness Research Center, University of Washington, Telephone Screener <i>Supervisors:</i> Dawn Ehde, Ph.D. & Kevin Alschuler, Ph.D.

CLINICAL TRAINING

2025	Mindfulness-Based Relapse Prevention (MBRP) Clinician training and continuing education workshop presented at the 48th Annual Research Society on Alcohol Scientific Meeting. <i>Instructors:</i> Katie Witkiewitz, Ph.D. & David “Ikela” Moniz-Lewis, M.S.
2021	Suicide Assessment and Risk Determination Using the Columbia Suicide Severity Rating Scale University of Washington, Department of Rehabilitation Medicine, Seattle, Washington <i>Instructors:</i> Mary Curran, MSW & Jamie Tingey, Ph.D.

TEACHING EXPERIENCE

2020 **Undergraduate Teaching Assistant**, *Understanding Statistics in Psychology (PSYCH 315)*,
University of Washington
Instructor: Dana Nelson, Ph.D.

ADVANCED METHODOLOGY TRAINING

2025 **Introduction to Structural Equation Modeling** (20 hours)
CenterStat
Instructors: Dan Bauer, Ph.D., & Patrick Curran, Ph.D.

2022 **Seminar in Advanced Quantitative Methods** (26 hours)
University of Washington, Seattle, Washington
Instructor: Laura Little, Ph.D

PROFESSIONAL AFFILIATIONS

Division 22: Rehabilitation Psychology, American Psychological Association	Student Affiliate
Division 50: Society of Addiction Psychology, American Psychological Association	Student Affiliate
American Psychological Association (APA)	Student Member
Research Society on Alcohol (RSA)	Student Member

PROFESSIONAL SERVICE AND COMMITTEE MEMBERSHIP

2025 – Present	Albuquerque Healthcare for the Homeless (AHCH) Program Review Committee	Committee Member
2024 – Present	Application Statement Feedback Program (ASFP)	Student Editor

OTHER

Language: Spanish – professional working proficiency

Technology: SPSS (data analysis), R (data analysis), **Qualtrics** (construction and management of web-based surveys), **REDCap** (construction and management of clinical databases), **ActiLife** (management of actigraphy data), **EndNote** (literature review and manuscript preparation), **Epic Hyperspace** (medical abstraction), **ATLAS.ti** (qualitative coding)

Certification: CITI Training in Health Information Privacy and Security, Good Clinical Practice, and Human Subjects Research