CURRICULUM VITAE

Name   **Adrian Aguilera, Ph.D.**

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EDUCATION AND PROFESSIONAL EXPERIENCE

2011-Current   **University of California, Berkeley**
Associate Professor (as of 2018)– School of Social Welfare
Director – Digital Health Equity Research Lab
Director – Latinx Center of Excellence
Affiliate Faculty – School of Public Health

2012-Current   **University of California, San Francisco/**
Zuckerberg San Francisco General Hospital
Associate Adjunct Professor – Department of Psychiatry
Affiliate Faculty – Center for Vulnerable Populations
Director – Latino Mental Health Research Program

2011   **University of California, San Francisco**
Postdoctoral Fellow
   Clinical Services Research Training Program (NIMH T32)

2009   **University of California, Los Angeles**
Doctor of Philosophy
   Clinical Psychology - Minor in Community Health Psychology

2009   **San Francisco Veterans Administration**
Clinical Psychology Internship

2006   **University of California, Los Angeles**
Master of Arts
   Psychology

2002   **Stanford University**
Bachelor of Arts
   Psychology with Honors – specialization in Mind Culture and Society
   Comparative Studies in Race and Ethnicity

PEER REVIEWED PUBLICATIONS

1. Hernandez-Ramos, R., Altszyler, E., Figueroa, C. A., Avila-Garcia, P., & Aguilera, A. (2021). Linguistic analysis of Latinx patients' responses to a text messaging adjunct during cognitive behavioral therapy for depression. *Behaviour research and therapy*, 104027.

2. Figueroa, C. A., Luo, T. C., Jacobo, A., Munoz, A., Manuel, M., Chan, D., ... & Aguilera, A. (2021). Conversational Physical Activity Coaches for Spanish and English Speaking Women: A User Design Study. *Frontiers in Digital Health*, *3*.

3. Luo, T. C., Aguilera, A., Lyles, C. R., & Figueroa, C. A. (2021). Promoting physical activity through conversational agents: mixed methods systematic review. *Journal of Medical Internet Research*, *23*(9), e25486.

4. Armstrong, C. C., Aguilera, A., Hwang, J., & Harvey, A. G. (2021). Barriers and Facilitators to Behavior Change for Individuals with Severe Mental Illness who Received the Transdiagnostic Intervention for Sleep and Circadian Dysfunction in a Community Mental Health Setting. *The Journal of Behavioral Health Services & Research*, 1-17.

5. Aguilera, A., Hernandez-Ramos, R., Haro-Ramos, A. Y., Boone, C. E., Luo, T. C., Xu, J., ... & Figueroa, C. A. (2021). A Text Messaging Intervention (StayWell at Home) to Counteract Depression and Anxiety During COVID-19 Social Distancing: Pre-Post Study. *JMIR Mental Health*, *8*(11), e25298.

6. Figueroa, C. A., Luo, T., Aguilera, A., & Lyles, C. R. (2021). The need for feminist intersectionality in digital health. *The Lancet Digital Health*, *3*(8), e526-e533.

7. Figueroa, C. A., Vittinghoff, E., Aguilera, A., & Fukuoka, Y. (2021). Differences in objectively measured daily physical activity patterns related to depressive symptoms in community dwelling women–mPED trial. *Preventive medicine reports*, *22*, 101325.

8. Pathak, L. E., Aguilera, A., Williams, J. J., Lyles, C. R., Hernandez-Ramos, R., Miramontes, J., ... & Figueroa, C. A. (2021). Developing Messaging Content for a Physical Activity Smartphone App Tailored to Low-Income Patients: User-Centered Design and Crowdsourcing Approach. *JMIR mHealth and uHealth*, *9*(5), e21177.

9. Figueroa, C. A., Deliu, N., Chakraborty, B., Modiri, A., Xu, J., Aggarwal, J., ... & Aguilera, A. (2021). Daily Motivational Text Messages to Promote Physical Activity in University Students: Results from a Microrandomized Trial. *Annals of Behavioral Medicine*.

10. Figueroa, C. A., Aguilera, A., Chakraborty, B., Modiri, A., Aggarwal, J., Deliu, N., ... & Lyles, C. R. (2021). Adaptive learning algorithms to optimize mobile applications for behavioral health: guidelines for design decisions. *Journal of the American Medical Informatics Association*.

11. Hernandez-Ramos, R., Aguilera, A., Garcia, F., Miramontes-Gomez, J., Pathak, L. E., Figueroa, C. A., & Lyles, C. R. (2021). Conducting Internet-Based Visits for Onboarding Populations with Limited Digital Literacy to an mHealth Intervention: Development of a Patient-Centered Approach. *JMIR Formative Research*, *5*(4), e25299.

12. McGeough, B. L., Aguilera, A., Capriotti, M. R., Obedin-Maliver, J., Lubensky, M. E., Lunn, M. R., & Flentje, A. (2021). Understanding co-occurring depression symptoms and alcohol use symptoms among cisgender sexual minority women. *Journal of Gay & Lesbian Social Services*, 1-22.

13. Figueroa, C. A., Hernandez-Ramos, R., Boone, C. E., Gómez-Pathak, L., Yip, V., Luo, T., ... & Aguilera, A. (2021). A Text Messaging Intervention for Coping with Social Distancing During COVID-19 (StayWell at Home): Protocol for a Randomized Controlled Trial. *JMIR Research Protocols*, *10*(1), e23592.

14. Figueroa C.A., Demasi O., Hernandez-Ramos R. and Aguilera A. Who benefits most from adding technology to depression treatment and how? An analysis of engagement with a texting adjunct for psychotherapy. *Journal of Telemedicine and e-Health* (2021)

15. Figueroa, C. A., Vittinghoff, E., Aguilera, A., & Fukuoka, Y. (2021). Differences in objectively measured daily physical activity patterns related to depressive symptoms in community dwelling women–mPED trial. *Preventive medicine reports*, *22*, 101325.

16. Aguilera, A., Figueroa, C. A., Hernandez-Ramos, R., Sarkar, U., Cemballi, A., Gomez-Pathak, L., ... & Lyles, C. (2020). mHealth app using machine learning to increase physical activity in diabetes and depression: clinical trial protocol for the DIAMANTE Study. *BMJ open*, *10*(8), e034723.

17. Burgess, E. R., Zhang, R., Ernala, S. K., Feuston, J. L., De Choudhury, M., Czerwinski, M., Aguilera, A., Schueller, S. & Reddy, M. C. (2020). Technology ecosystems: rethinking resources for mental health. *Interactions*, *28*(1), 66-71.

18. Figueroa C.A., Aguilera, A. (2020). The need for a mental health technology revolution in the COVID-19 pandemic. *Frontiers in Psychiatry*.

19. Kravitz R.L., Aguilera A., Chen E.J., Choi Y.K., Hekler E., Karr C.J., Kim K.K., Phatak S., Sarkar S., Schueller S.M., Sim I., Yang J., Schmid C.H. (2020) Feasibility, Acceptability, and Influence of mHealth-Supported N-of-1 Trials for Enhanced Cognitive and Emotional Well-being in US Volunteers. *Frontiers in Public Health.*

20. McGeough, B., & Aguilera, A. (2020). Clinical interventions with sexual minority clients: Review, critique, and future directions. *Journal of Gay & Lesbian Social Services*, 1-19.

21. Avila-Garcia, P., Hernandez-Ramos, R., Nouri, S. S., Cemballi, A., Sarkar, U., Lyles, C. R., & Aguilera, A. (2019). Engaging users in the design of an mHealth, text message-based intervention to increase physical activity at a safety-net health care system. *JAMIA Open*.

22. Barrera, A. Z., Aguilera, A., Inlow, N., & Servin, J. (2019). A preliminary study on the acceptability of a brief SMS program for perinatal women. *Health Informatics Journal*.

23. Nouri, S. S., Avila-Garcia, P., Cemballi, A. G., Sarkar, U., Aguilera, A., & Lyles, C. R. (2019). Assessing Mobile Phone Digital Literacy and Engagement in User-Centered Design in a Diverse, Safety-Net Population: Mixed Methods Study. *JMIR mHealth and uHealth*, *7*(8), e14250.

24. García, Y., Ferrás, C., Rocha, Á., & Aguilera, A. (2019). Exploratory Study of Psychosocial Therapies with Text Messages to Mobile Phones in Groups of Vulnerable Immigrant Women. *Journal of medical systems*, *43*(8), 277.

25. Schueller, S. M., Hunter, J. F., Figueroa, C., & Aguilera, A. (2019). Use of Digital Mental Health for Marginalized and Underserved Populations. *Current Treatment Options in Psychiatry*, *6*(3), 243-255.

26. Carson, T. L., Aguilera, A., Brown, S. D., Peña, J., Butler, A., Dulin, A., ... & Cené, C. W. (2019). A Seat at the Table: Strategic Engagement in Service Activities for Early-Career Faculty From Underrepresented Groups in the Academy. *Academic Medicine*, *94*(8), 1089-1093.

27. Marcelle ET, Nolting L, Hinshaw SP, Aguilera A. (2019). Effectiveness of a Multimodal Digital Psychotherapy Platform for Adult Depression: A Naturalistic Feasibility Study. *JMIR Mhealth Uhealth* 2019;7(1):e10948. DOI: 10.2196/10948

28. Watterson, J. L., Rodriguez, H. P., Aguilera, A., & Shortell, S. M. (2019). Ease of use of electronic health records and relational coordination among primary care team members. *Health care management review*.

29. García, Y., Ferrás, C., Rocha, Á., & Aguilera, A. (2019). Design and acceptability of a psychosocial text messaging intervention for victims of gender-based violence. *Health informatics journal*, 1460458218792688.

30. Aguilera, A., Schueller, S. (2018). Leveraging mobile technologies to improve mental health in underserved populations: Lessons learned from Latino immigrants and homeless populations. *The Behavior Therapist.*

31. Watterson, J. L., Rodriguez, H. P., Shortell, S. M., & Aguilera, A. (2018). Improved Diabetes Care Management Through a Text-Message Intervention for Low-Income Patients: Mixed-Methods Pilot Study. *JMIR diabetes*, *3*(4).

32. Aguilera, A., Ramos, Z., Sistiva, D. Wang, Y. Alegria, M. (2018). Homework completion via telephone and in-person Cognitive Behavioral Therapy among Latinos. *Cognitive Therapy and Research,* 1-8.

33. Bojorquez, I., Aguilera-Guzmán, R. M., Aguilera, A., & Mejía-Arango, S. (2018). Feasibility study of a cell phone intervention to promote mental health among deported mexican migrants. *salud pública de méxico*, *60*(4, jul-ago), 379-380.

34. Garcia, M. E., Ochoa-Frongia, L., Moise, N., Aguilera, A., & Fernandez, A. (2018). Collaborative Care for Depression among Patients with Limited English Proficiency: a Systematic Review. *Journal of general internal medicine*, 1-11.

35. Demasi, O., Feygin, S., Dembo, A., Aguilera, A., Recht, B. (2017) Well-Being Tracking via Smartphone-Measured Activity and Sleep. *JMIR mHealth and uHealth.*

36. Aguilera, A., Bruehlman-Senecal, E., Liu, N., Bravin, J., (2017) Implementing Group CBT for Depression among Latinos in Primary Care. *Cognitive and Behavioral Practice.*

37. García, Y, Ferrás, C., Aguilera, A. & Ávila, P. (2017): Usability and Feasibility Study of a Remote Cognitive Behavioral Therapy System with Long-Term Unemployed Women, *Journal of Technology in Human Services*.

38. Klonoff, D.C., Kerr, D., Wong, J.C., Pavlovic, Y., Koliwad, S., Hu, J., Salber, P., Aguilera, A., Long, W., Hamilton, G., Chen, K.Y., Adi, S. (2017). Digital Diabetes Congress 2017. *Journal of Diabetes Science and Technology.*

39. Aguilera, A., Bruehlman-Senecal, E., DeMasi, O., Avila-Garcia, P., (2017) Automated text messaging as an adjunct to CBT for depression: A clinical trial. *Journal of Medical Internet Research.*

40. Ferrás, C., García, Y., Aguilera, A., & Rocha, Á. (2017). How Can Geography and Mobile Phones Contribute to Psychotherapy?. *Journal of Medical Systems*, *41*(6), 92.

41. Schueller, S. M., Aguilera, A., & Mohr, D. C. (2017). Ecological momentary interventions for depression and anxiety. *Depression and anxiety*, *34*(6), 540-545.

42. Aguilera, A., & Lyles, C.R. (2017) The Case for Jointly Targeting Diabetes and Depression Among Vulnerable Patients Using Digital Technology. *JMIR Diabetes*.

43. Bruehlman-Senecal, E., Aguilera, A., Schueller, S. M. (2017) Phone-based mood ratings prospectively predict psychotherapy attendance in a public hospital clinic. *Behavior Therapy*.

44. Suffoletto, B., & Aguilera, A. (2016). Expanding Adolescent Depression Prevention Through Simple Communication Technologies. *Journal of Adolescent Health*, *59*(4), 373-374.

45. Vázquez, M. Y. G., Sexto, C. F., Rocha, Á., & Aguilera, A. (2016). Mobile Phones and Psychosocial Therapies with Vulnerable People: a First State of the Art. *Journal of medical systems*, *40*(6), 1-12.

46. Aguilera, A., Schueller, S. M., & Leykin, Y. (2015). Daily mood ratings via text message as a proxy for clinic based depression assessment. *Journal of affective disorders*, *175*, 471-474.

47. Aguilera, A. (2015). Digital Technology and Mental Health Interventions: Opportunities and Challenges. *ARBOR Ciencia, Pensamiento y Cultura*, *191*(771), 10-3989.

48. Campos, B., Ullman, J., Aguilera, A., Dunkel-Schetter, C. (2014). Familism and psychological health: The intervening role of closeness and social support. *Cultural Diversity and Ethnic Minority Psychology, 20*(2), 191-201: doi: 10.1037/a0034094

49. Aguilera, A., & Berridge, C. (2014). Qualitative Feedback from a Text Messaging Intervention for Depression: Benefits, Drawbacks, and Cultural Differences. JMIR mHealth and uHealth, 2(4).

50. Leykin, Y., Aguilera, A., Pérez-Stable, E. J., & Muñoz, R. F. (2013). Prompting Depression Treatment Seeking among Smokers: A Comparison of Participants from Six Countries in an Internet Stop Smoking RCT. *Journal of Technology in Human Services, 31*(3), 238-247.

51. Breitborde, N.J.K., Lopez, S.R., Aguilera, A., Kopelowicz, A. (2013). Perceptions of Efficacy, Expressed Emotion: The Case of Emotional Over-involvement. *Journal of Nervous and Mental Disease. 201*(8).

52. Aguilera, A., & Muench, F. (2012). There's an app for that: Information technology applications for cognitive behavioral practitioners. *The Behavior Therapist. 35(4), 65-73.*

53. Morris, M. E., & Aguilera, A. (2012). Mobile, Social, and Wearable Computing and the Evolution of Psychological Practice. *Professional Psychology: Research and Practice. 43*(6), 622

54. Aguilera, A., Leykin, Y., Adler, N., Muñoz, R.F. (2012). Assessing the impact of relative social position and absolute community resources on depression and obesity among smokers. *American Journal of Community Psychology.50(1-2), 211-6*

55. Muñoz, R. F., Aguilera, A., Schueller, S. M., Leykin, Y., & Pérez-Stable, E. J. (2012). From online randomized controlled trials to participant preference studies: Morphing the San Francisco stop smoking site into a worldwide smoking cessation resource. *Journal of Medical Internet Research.14*(1):e5.

56. Leykin, Y., Aguilera, A., Torres, L.D., Perez-Stable, E., Muñoz, R.F. (2012). Interpreting the outcomes of automated Internet-based trials: Example of an international smoking cessation study. *Journal of Medical Internet Research.14*(1):e5.

57. Aguilera, A. & Muñoz, R.F. (2011) Text messaging as an adjunct to cognitive behavioral therapy: A feasibility/usability pilot study. *Professional Psychology: Research and Practice. 42(6), 472-478.*

58. Leykin, Y., Torres, L.D, Aguilera, A., Muñoz, R.F. (2010). Factor structure of the CES-D in a sample of Spanish- and English-speaking smokers on the Internet. *Psychiatry Research, 185(1-2), 30.*

59. Aguilera, A., Lopez, S.R., Breitborde, N.J.K, Kopelowicz, A., Zarate, R. (2010). Expressed emotion, sociocultural context and the course of schizophrenia. *Journal of Abnormal Psychology*, 119(4), 875-85.

60. Aguilera, A., Garza, M.J., Munoz, R.F. (2010). Group Cognitive-Behavioral Therapy for Depression in Spanish: Culture Sensitive Manualized Treatment in Practice. *Journal of Clinical Psychology,* 66(8), 857.

61. Lopez, S.R., Lara, M.C., Kopelowicz, A., Solano, S., Foncerrada, H., Aguilera, A. (2009). La CLAve to increase psychosis literacy of Spanish-speaking community residents and family caregivers. *Journal of Consulting and Clinical Psychology,* 77(4), 12.

62. Aguilera, A., Lopez, S.R. (2008). Community determinants of Latinos' use of mental health services. *Psychiatric Services*, 59(4), 408.

PEER REVIEWED CONFERENCE PROCEEDINGS

DeMasi, O., Aguilera, A., Recht, B. (2016) Detecting Change in Depressive Symptoms from Daily Wellbeing Questions, Personality, and Activity. *Wireless Health 2016, Washington, D.C.*

BOOK CHAPTERS

Aguilera, A., Miranda, J., Aguilar-Gaxiola, S., Organista, K.C., Gonzalez, G., McQuaid, J…Muñoz, R.F. (2016) Depression Prevention and Treatment Interventions: How Clinical Research Training Programs Can Contribute to Evidence-based Practice. In Research on Culturally Informed Evidence-based Psychological Practices. Bernal et al.

PRESENTATIONS

Gómez-Pathak, L., Aguilera, A., Lyles, C., Hernandez-Ramos, R., Miramontes, J., Cemballi, A., & Figueroa, C. (2020, October). Combining user centered design and crowdsourcing to develop motivational messaging for adaptive physical activity smartphone intervention tailored to minority patients. In *APHA's 2020 VIRTUAL Annual Meeting and Expo (Oct. 24-28).* APHA.

Hernandez-Ramos, R., Aguilera, A., Garcia, F., Miramontes, J., Gómez-Pathak, L., Figueroa, C., & Lyles, C. (2020, October). Patient-centered practices for conducting virtual visits with populations with limited digital skills that participate in mHealth interventions. In *APHA's 2020 VIRTUAL Annual Meeting and Expo (Oct. 24-28).* American Public Health Association.

Hunter, J. F., Aguilera, A., Jonassaint, C. R., Yanez, B., & Low, C. A. (2020, July). Improving health equity with mobile technology. In *PSYCHOSOMATIC MEDICINE* (Vol. 82, No. 6, pp. A159-A159).

Aguilera, A., Figueroa, C. A., & Ramos, R. H. (2020, July). MoodText: Automated texting as an adjunct to CBT for Depression among Latinos. In *PSYCHOSOMATIC MEDICINE* (Vol. 82, No. 6, pp. A160-A160).

Figueroa, C., Aguilera, A., Chakraborty, B., Modiri, A., Aggarwal, J., Deliu, N., ... & Lyles, C. (2020, December). Design decisions when using machine learning to optimize behavioral health interventions delivered via smartphones. In *13 th Annual Conference on the Science of Dissemination and Implementation*. AcademyHealth.

Nouri, S.S., Avila-Garcia, P., Cemballi, A.G., Sarkar U., Aguilera A., Lyles, C.R. (2019). Assessing mobile phone digital literacy and engagement in user-centered design in a safety-net population. Society of General and Internal Medicine

Avila-Garcia, P., Nouri, S., Cemballi, A., Sarkar, U., Lyles, C.R., Aguilera, A. (2019). Engaging users in the design of an mHealth, text message-based intervention to increase physical activity in a safety-net healthcare system. Society of General and Internal Medicine

Aguilera, A. (2019). Mobile Phone Interventions To Enhance Behavioral Treatment For Depression. 18th WPA World Congress of Psychiatry. Mexico City, Mexico

Aguilera, A., Avila-Garcia, Bruehlman-Senecal, E. (2019). Technological Literacy and Cultural Considerations in the Development of Mobile Health Interventions for Depression. International Society on Internet Interventions, Auckland New Zealand

Lyles, C.R., Avila-Garcia, P.., Cemballi, A., Javier, C., Sarkar, U., Aguilera, A. (2019). Results from User-Centered Design of a Reinforcement Learning Texting Intervention with Underserved Patients in San Francisco. International Society on Internet Interventions, Auckland New Zealand

Aguilera, A., Avila-Garcia, P., Cemballi, A.G., Barete, R., Lyles, C.R. (2018) Reinforcment Learning to Increase Physical Activity in People with Diabetes and Depression. Computing and Mental Health Workshop at the Annual Computing and Human Interaction meeting. Montreal, Canada.

Little, T. V., Caplan, S., Aguilera, A., Shapiro, E. R., Lovera, A. S., Reyna, P., ... & Chau, P. (2017). Mobile App to Prevent Depression in the Dominican Republic: Sociocultural Adaptations and International Collaborations.

Aguilera, A. Bruehlman-Senecal, E. (2017). Automated text messaging as an adjunct to CBT for depression: A clinical trial. Anxiety and Depression Association of American. San Francisco, CA

Aguilera, A. (2017). The Impact of Discrimination, Hate crimes, and Bigotry in Clinical Contexts. Anxiety and Depression Association of American. San Francisco, CA

Bruehlman-Senecal, E., Aguilera, A. (2016). Micro-interventions to Increase Engagement in Mobile CBT for Depression. International Society for Research on Internet Interventions, Seattle, WA

Aguilera, A. (2016). DIAMANTE: Diabetes & Mental Health Adaptive Tracking and Evaluation Study. Programs to Increase Diversity among Individuals Engaged in Health-Related Research annual meeting. Bethesda, MD

Aguilera, A. (2015). Mobile technologies to reach Latinos with mental health problems. Innovations in Latin@ Behavioral Health Forum. San Francisco, USA

Aguilera, A. (2014). HealthySMS.org: an automated text messaging system to improve health in low-income populations. Northwestern University, Chicago, USA (Invited)

Aguilera, A. (2014). HealthySMS.org: an automated text messaging system for ecological momentary assessment and intervention. Medicine 2.0, Maui, USA

Aguilera, A. (2014). Using text messaging data for clinical decision making. Association for Psychological Science, San Francisco, CA

Aguilera, A. Torres, L, Munoz, R.F. (2013). Supportive Accountability via Text Messaging. International Society for Research on Internet Interventions, Chicago, IL

Aguilera, A. (2013). Mobile Mental Health. Society for Behavioral Medicine, San Francisco, CA

Aguilera A. (2012). Text Messaging to Treat Depression. Robert Wood Johnson New Connections, Princeton, NJ

Aguilera, A. (2011). Mental Health in the Underserved: Translating Knowledge into Innovative Interventions. Institute for Personality and Social Research, Berkeley, CA

Aguilera, A. (2011). Text messaging as and adjunct to CBT for Depression – a Pilot Study. mHealth Summit, Washington, D.C.

Muñoz, R.F., Aguilera, A., Schueller, S., Leykin, .Y, Perez-Stable, E.J. (2011). Making Health Interventions Available Freely Worldwide: A Proof-of-Concept Study. UCSF Health Disparities Conference. San Francisco, CA

Aguilera, A., Leykin, Y., Adler, N., Muñoz, R.F. (2010) Individual and community SES effects on Smoking, Depression, and Obesity. Symposium speaker at Association of Behavioral and Cognitive Therapies, San Francisco, CA

Aguilera, A. (2010). Text messaging to improve depression treatment in low-income communities. Symposium speaker at Association of Behavioral and Cognitive Therapies, San Francisco, CA.

Aguilera, A. (2010). Using text messaging to improve depression treatment in low-income communities. Poster at mHealth Summit, Washington, DC.

Aguilera, A. (2010). Development of a text messaging adjunct for depression. Presentation mHealth networking conference, San Diego, CA.

Aguilera, A. (2010). Using SMS in depression treatment in low-income communities. Presentation and poster at Critical Research Issues in Latino Mental Health Conference, New Brunswick, NJ

Aguilera, A., Lopez, S.R. (2008). Unpacking acculturation & relapse in schizophrenia. Poster at American Psychological Association, Boston, MA.

Aguilera, A., Lopez, S.R. (2008). Acculturation moderates expressed emotion's relationship with relapse and symptom trajectory in schizophrenia. Poster at Association for Psychological Science, Chicago, IL.

Aguilera, A., Lopez, S.R. (2006). Community matters: determinants of Latinos' use of mental health services in Los Angeles, CA. Poster at International Conference of Community Psychology, San Juan, Puerto Rico.

Aguilera, A., Markus, H.R., & Plaut, V.C. (2001). The effects of tokenism and stereotype threat on possible selves. Presentation at 1st annual Stanford Undergraduate Psychology Conference, Palo Alto, CA.

Plaut, V.C., Markus, H.R., & Aguilera, A. (2001). Competing models of diversity: race and conceptions of difference. Poster at Society for Personality and Social Psychology, Savannah, GA.

Aguilera, A., Markus, H.R., & Plaut, V.C. (2000). Possible selves in token conditions. Presentation at The Leadership Alliance Meeting, Chantilly, VA

INVITED PRESENTATIONS

Aguilera, A. (2021). Mobile Health Interventions for Depression in Underserved Communities Boston University Clinical Psychology Colloquium. Boston, MA.

Aguilera, A. (2021). Integrating Equity into Digital Mental Health Interventions. International Council on Social Welfare : The role of ICTs for social inclusion and social welfare. Madrid, Spain

Aguilera, A. (2021). Digital Health Interventions for Depression and Diabetes in Underserved Populations. Wash U Brown School Center for Mental Health Services Research. St. Louis, MO

Aguilera, A. (2021). Integrating Equity and Diversity in Digital Mental Health Interventions. UCSF NIMH T32 Program

Aguilera, A. (2021). Digital Mental Health Interventions. Rush Medical Center Pediatric Grand Rounds

Aguilera, A. (2021). Integrating Equity and Diversity in Digital Mental Health Interventions. UC Berkeley Health Policy and Management Colloquium

Aguilera, A. (2021). Equity and Diversity in Digital Health Interventions. Cal IHEA (Institute for Health Equity and Action)

Aguilera, A. (2021). Integrating Equity and Diversity in Digital Mental Health Interventions. Cisco Tech Health

Aguilera, A. (2020). Integrating Equity and Diversity in Digital Mental Health Interventions. Pear Therapeutics - Pear Share

Aguilera, A. (2020). Integrating Equity and Diversity in Digital Mental Health Interventions for Depression. American Psychiatric Association SMI Adviser

Aguilera, A. (2020). Reinforcement Learning to increase physical activity in Diabetes and Depression. American Diabetes Association

Aguilera, A. (2019). Using Mobile Phones to Improve Mental Health in Vulnerable Populations. Innovations in Social Work Congress, Malaga, Spain.

Aguilera, A. (2019). Leveraging Mobile Technologies to Improve Depression Interventions in Low-Income Populations. UCSF Digital Health Core, San Francisco, CA

Aguilera, A. (2019). Using Mobile Phones to Improve Depression Treatment In Primary Care. ZSFG psychiatry Grand Rounds, San Francisco, CA

Aguilera, A. (2018). Leveraging Mobile Technologies to Improve Depression Interventions in Low-Income Populations. Northwestern University Center for Behavioral Intervention Technologies. Chicago, IL

Aguilera, A. (2017). Digital Health Literacy in Mobile Health Interventions. Brocher Fondation Workshop, Geneva, Switzerland.

Aguilera, A. (2017). Utilizing mobile phones to improve engagement in mental health interventions. Harnessing Technology for Social Good Grand Challenges. University of Southern California, Los Angeles, CA

Aguilera, A. (2016). Tecnologias de la Informacion Applicadas a la Salud Mental. Universidad Autonoma de Mexico Departamento de Psiquiatria y Salud Mental. Mexico City, MX

Aguilera, A. (2016). Mental Health among Latinos in the U.S. El Colegio de la Frontera Immigration Forum. Tijuana, MX

Aguilera, A. (2016). HealthySMS: Automated text messaging to improve depression treatment in low-income populations. National Frontier and Rural Addiction Technology Transfer Center Network Regional Meeting. Austin, TX, USA

Aguilera, A. (2016). HealthySMS: Text messaging to improve depression treatment for Latinos. University of California, Irvine Department of Chicano/Latino Studies Research Colloquium.

Aguilera, A. (2015). MoodText: automated text messaging to improve depression treatment in low-income populations. University of Auckland, New Zealand National Institute for Health Innovation.

Aguilera, A. (2014). Mobile technologies to improve mental health interventions. UC Berkeley Clinical Science Colloquium, Berkeley, CA (Invited).

Aguilera, A. (2014). Utilizing digital health technologies to improve mental health intervention. BRITE Center Invited Address, UCLA, Los Angeles, CA

Aguilera, A. (2014). New Connections Panel. Society for Social Work Research, San Antonio ,TX

Aguilera, A. (2013). Digital Technology and Mental Health Interventions: Opportunities and Challenges. Seminar on International Social Work, Segovia, Spain

Aguilera, A., (2013). Emerging Considerations in Maternal Mental Health forum panelist. Los Angeles, CA

RESEARCH GRANTS

AHRQ 1R01 HS25429-01   Aguilera   09/01/17- 06/31/22
Improving Diabetes and Depression Self-Management via Adaptive Mobile Messaging
This grant proposal seeks to develop and test a personalized motivational text messaging intervention to improve management of diabetes and depression with an emphasis on low-income populations. The findings from this study will aid in the development and dissemination of mobile health tools for chronic illness management in diverse patients
Role: Principal Investigator

HRSA Center of Excellence   Aguilera   7/1/17-6/31/22
Latino Center of Excellence in Behavioral Health
This training grant aims to increase the capacity of social work for Latino populations via capacity building. We will recruit social workers interested in working with Latinos as well as researchers who will study issues related to Latinos.
Role: Principal Investigator

UCSF Department of Psychiatry   Aguilera   1/1/15-12/31/22
Mobile Mental Health for Latinos
Funding to support clinical research at Zuckerberg San Francisco General Hospital to develop and test digital mental health interventions.
Role: Principal Investigator

Tobacco Related Disease Prevention Program   Muñoz   7/1/15 – 7/1/18

Developing and testing a mobile app for smoking cessation in low-income settings
The goal of this project is to develop a mobile health intervention utilizing user centered design techniques and testing the intervention in a population of low-income smokers in both English and Spanish.
Role: Consultant

Sigma Theta Tau International   Caplan   8/1/15 – 8/1/17
Culturally congruent mobile health CBT intervention for depression in the Dominican Republic
The goal of this project is to develop and test a mobile health intervention that utilizes text messaging and interactive voice response systems to promote psychoeducation and self-management.
Role: Co-Investigator

NIMH R21 MH109932   Piette   9/25/15-7/31/17
Animovil: mHealth support for depression management in a low-income country
The goal of this project is to develop and test an interactive voice response (IVR) and text message (SMS) based intervention to disseminate cognitive behavioral therapy with the support of community health workers in Bolivia.
Role: Consultant

Research Program on Migration and Health   Aguilera   8/21/15 - 6/15/17
Prevalence and predictors of mental health outcomes in deported migrants
The goal of this project is to assess mental health outcomes among deported migrants to Mexico as well as migrants currently living in the US.
Role: Principal Investigator

NIMH K23 MH094442   Aguilera   05/22/12 – 03/01/17
Automated text messaging to improve depression treatment in low-income communities
The proposed research project will test whether adding an automated text messaging (SMS) adjunct to group cognitive behavioral therapy (CBT) for depression can increase adherence (homework adherence, attendance, medication adherence) and further reduce depression symptoms.
Role: Principal Investigator

Consejo Nacional de Sciencia y Tecnologia Bojorquez   10/28/14 - 10/28/16
Assessment of mental health in recently deported migrants
The goal of this study is to assess mental health outcomes in recently deported migrants from the US to Mexico utilizing mobile phones as the key method of assessment.
Role: Co-Investigator

Robert Wood Johnson New Connections   Aguilera   11/21/11 – 05/01/13
Text Messaging to Improve Depression Treatment in at-risk Communities
The proposed research seeks to develop an automated text messaging platform for use with ongoing treatment for depression in a public sector hospital setting.
Role: Principal Investigator

JOURNAL SERVICE

Editorial Board

2014- present	JMIR – mHealth & uHealth,
2021-present	Frontiers Digital Health and Human Factors
2021-present	Implementation Research and Practice

TEACHING

2011-current   **University of California, Berkeley**
Psychopathology & Psychosocial Issues – MSW students
Direct Practice in Mental Health – MSW students
Cognitive Behavioral Methods – MSW students
Honors in Social Welfare Course - undergraduates

CLINICAL

2010 – present   **Licensed Clinical Psychologist (California) – PSY24313**

2010 - present   **Zuckerberg San Francisco General Hospital**
Clinical Psychologist
Supervisor

2016 – present   **UC Berkeley Psychology Clinic**
Supervisor

2008 - 2009   **San Francisco VA Medical Center**
Psychology Intern - Supervisors: Kellie Rollins, Psy.D, Russel Lemle, Ph.D.

2008 - 2009   **San Francisco General Hospital, Child and Adolescent Services**
Psychology Intern - Supervisor: Elida Bautista, Ph.D.

2004 - 2008   **UCLA Psychology Clinic**
Clinician - Supervisors: Janice Jones, Ph.D., Alfredo Crespo Ph.D., Jill Waterman, Ph.D., Eric Miller, Ph.D.

2006 - 2007   **San Fernando Mental Health Center**
Clinician - Supervisors: Alex Kopelowicz, M.D, Steve Lopez, Ph.D.

2005 - 2006   **UCLA Center for the Assessment and Prevention of Prodromal States**
Clinician - Supervisor: Mary O'Brien, Ph.D.

PRESS
KQED
http://ww2.kqed.org/futureofyou/2015/09/17/how-texting-might-ward-off-depression/
The therapist in your phone
http://latinousa.org/2015/03/27/the-therapist-in-your-phone/
UC Berkeley News Center
http://newscenter.berkeley.edu/2012/04/09/text-messaging/ (various Internet news outlets published story)
KPIX San Francisco (Local CBS affiliate) Interview
http://sanfrancisco.cbslocal.com/video/7012060-uc-berkeley-texting-therapy-helping-treat-depression/
UCOP Office of Research radio segment
http://www.ucop.edu/sciencetoday/article/27647

Social Work Today
http://www.socialworktoday.com/archive/051412p8.shtml
KQED Forum Radio
https://www.kqed.org/forum/2010101882830/can-therapy-apps-live-up-to-the-hype
ABC 7 Bay Area
https://abc7news.com/stay-well-at-home-uc-berkeley-mental-health-program-coping-coronavirus/9232946/
Berkeley Campus Conversations
https://news.berkeley.edu/2020/05/18/berkeley-conversations-covid-19-digital-and-telehealth-implications-of-covid-19-and-social-distancing/
The Cut
https://www.thecut.com/article/mental-health-therapy-apps.html
Vox
https://www.vox.com/science-and-health/21427156/what-is-teletherapy-mental-health-online-pandemic
Business Insider
https://www.businessinsider.com/cost-of-inequity-americas-225-billion-broken-mental-healthcare-system-2021-4
Business Insider
https://www.businessinsider.com/mental-health-startups-are-forging-the-future-of-preventive-healthcare-2021-6

PROFESSIONAL ORGANIZATIONS

2016-present	Special Interest Group in Computer-Human Interaction
2010-present	Association for Behavioral and Cognitive Therapies
2005-present	National Latino Psychological Association
2000-2010	American Psychological Association
2006-2012	Association for Psychological Science

HONORS AND AWARDS

2015	NHLBI Programs to Increase Diversity in Health Related Researcher (PRIDE) Research on Implementation Science for Equity (RISE)
2012	Instituto Nacional de Psiquiatría (National Institute of Psychiatry), Mexico – Visiting Scholar
2012	UC Berkeley Travel Award
2011	NIH mHealth Summer Institute Participant
2010	American Association of Hispanics in Higher Education Dissertation Competition - Semifinalist
2010	Latino Behavioral Health Institute Grant Workshop Invitee
2009	Robert Wood Johnson Health Disparities Seed Grant
2009	NIH Loan Repayment Program Award
2008	American Psychological Association Conference Travel Award
2007	California Psychological Association – Foundation Scholarship
2006	California Mexico Health Initiative Binational Congress Award
2005 - 2007	UCLA Graduate Division Summer Research Mentorship Award
2005 - 2008	Ford Foundation Predoctoral Fellowship
2005	American Psychological Association Minority Fellowship Award
2004	Cota Robles Fellowship, University of California, Los Angeles

BOARDS

| 2014-present | CareMessage Scientific Advisory Board |
| 2011-2015 | Ensambles Ballet Folklorico De San Francisco Board Member |

OTHER

Languages: Native reading, writing and speaking Spanish – bilingual/bicultural