

Isabel Leslie Barros

Designing digital therapeutics, consciously.

DANCING WITH THE TRICKSTER – San Francisco, CA

01/17 – Present

Video-submission platform and virtual community of individuals who have had extraordinary human experiences (EHE)

Research Collaborator

- Co-designed an online survey to collect individual EHE's (ex. near death experiences).
- Curating video submissions and editing expert interviews.
- Managing social media strategy.

UNIVERSITY OF CALIFORNIA – Santa Cruz, CA

01/15 – 07/22

The Quantitative Study of Dreams

Research Collaborator

- Analyzed raw frequencies and indices of dream diaries (an ex-sex worker, a blind woman, a veteran, and one translated from Italian).
- Conducted content analysis (using a thirteen empirical scale system) and thematic analysis.
- Mentored a high-school psychology researcher designing a dream and emotion study.

THE SOUND PROJECT – Reno, NV

10/21 – 4/22

A multi-sensory music listening experience and psychophysiology intervention enhancing exercise recovery

User Experience (UX) Designer & Researcher

- Performed generative research, early concept testing, and concept refinement of experience utilizing spatial sound, binaural beats, haptics, biofeedback, and a personalization algorithm.
- Created personas, user stories, customer journey maps, and empathy maps of users.
- Developed theoretical framework for intervention based on inter-individuating differences.

CALIFORNIA STATE UNIVERSITY – Long Beach, CA

08/19 – 1/22

Health Attention Research Team (HeART Lab), Department of Psychology

Principal Investigator

- Designed and remotely-delivered a week-long, computerized, anxiety intervention to 100 participants in 5 conditions.
- Programmed response time tasks (Python, Psychopy E-prime) to modify attentional biases and assess threat bias.
- Added high frequency sound stimuli (Hemisync) to 2 of the conditions to stimulate auditory driving, increase engagement and improve training outcomes.
- Collected and analyzed post-launch feedback.

Lab Manager

- Handled day-to-day operations of a cardiovascular psychophysiology lab (running weekly meetings, mentoring, scheduling, project timelines) with a team of ten undergraduate and graduate researchers.

LUCID CARE- Palo Alto, CA

08/18- 08/19

Mindfulness-based stress reduction (MBSR) intervention delivered in virtual-reality (VR) to treat substance use disorders (SUD)

Operations Manager

- Implemented MBSR VR in 5 SUD treatment centers in the Greater Los Angeles Area.
- Collected patient feedback in an agile environment, relaying relevant information to CTO, enhancing user experience.
- Analyzed data collected from 200+ patients, providing centers and investors with progress reports, contributing to a predictive learning algorithm.
- Provided technical support through software updates and debugging.

STANFORD UNIVERSITY - Stanford, CA

08/15 – 06/17

Early Life Stress and Resilience Program, Stanford Medicine

Research Assistant

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- Prepared and collected assessment data on-site in public schools for longitudinal children’s mindfulness study
- Scored and entered assessment data (Behavior Assistant System for Children (BASC), Wide Range Achievement Test (WRAT), and HIPAA-compliant Research Electronic Data Capture (REDCap) database)

SONIMA FOUNDATION - East Palo Alto, CA

08/15 – 06/17

Educational strategies to manage stress and support the development of social, emotional, and academic learning competencies.

Health and Wellness Provider

- Taught neuroscience, mindfulness, and movement practices to youth (K-12) in private, public, and correctional schools.
- Designed and implemented curriculum, maintaining fidelity with affiliate-study requirements.
- Interfaced with teachers, parents and students.

TRANSFORMATIVE TECHNOLOGIES LAB & CONFERENCE (TTL & TTC) - Palo Alto, CA

01/16 – 12/16

Human Wellbeing and Tech Conference

Director of Marketing

- Managed social media strategy and marketing campaign for 3-day conference with over 700 attendees.
- Developed community partnerships.

PUBLICATIONS

- Miller, A., Barros I., Callendar, A., Schroeder, G., Shakeshaft, M., St. Ours, S., Lucero J., Miller., K. (2022). *High-Trait Anxious Individuals Show Positive Relationship between HRV and Threat Bias*. (In Review).
- Holzinger, B., Mayer, L., Barros, I., Nierwetberg, F., & Klösch, G. (2020). *The Dreamland: Validation of a Structured Dream Diary*. *Frontiers in Psychology*, 11.
- Domhoff, W.; *Emergence of Dreaming—Mind Wandering, Embodied Simulation, and the Default Network* (Oxford University Press, 2017) (Acknowledged)

PRESENTATIONS

- Barros, I., Brymwitt, W., Callender, A., Miller, K. (2021). *Improving Effectiveness of a Remotely Delivered Attention Bias Modification Intervention Using Multi-Layered Binaural Beats* [Oral Paper Presentation]. Western Psychological Association Conference, Virtual Conference
- Brymwitt, W., Barros, I., Callender, A., Miller, K. (2021). *Addition of Complex Binaural Beat Input to Enhance Effectiveness of Attention Bias Modification Intervention* [Oral Paper Presentation]. Psych Day Research Competition, CSULB, Long Beach, CA, United States
- Barros, I., (2020, April 15). *Brief Mindfulness-Based Stress Reduction Interventions Delivered Via Virtual Reality and Their Effect on Heart Rate Variability and Threat Bias* [Poster Presentation]. Psych Day Research Competition, CSULB, Long Beach, CA, United States
- Miller, A., Shakeshaft, M., Barros, I., Manuck., S.B., Miller, K.G. (2020, March 11-14). *Heart Rate Variability Moderates the Relationship Between Trait Anxiety and Biased Attention to Threat* [Oral Paper Presentation]. Annual Scientific Meeting of the American Psychosomatic Society, Long Beach, CA, United States (Conference Canceled)
- Tran, J., Lucero, J., Barros, I., Shakeshaft, M., Miller, K.G., & Urizar, G.G. (2020, March 11-14). *The Relationship Between Coping Styles and Prenatal Salivary Alpha Amylase Among Low Income Mothers* [Oral Paper Presentation]. Annual Scientific Meeting of the American Psychosomatic Society, Long Beach, CA, United States (Conference Canceled)
- Riveros, R., Yang, X.F., Gan, S., Barros, I., Dang, O. & Immordino-Yang, M.H. (2019). *Developing Goals and Imagining Worlds: How Do Adolescents Build Value-Based Life Purpose and Thoughtful Citizenship?* [Oral Paper Presentation]. 11th USC Annual Graduate Research Symposium, Los Angeles, CA, United States

EDUCATION

California State University, Long Beach, CA

12/21

Master of Arts in Psychological Research

Thesis: Improving Effectiveness of An Attention Bias Modification Intervention Using Binaural Beats: An Exploratory Study

Vanderbilt University, Nashville, TN

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Bachelor of Science in Human & Organizational Development (Track: Community Leadership & Development)