

# Sophia C Ryan

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## EDUCATION

Appalachian State University, Boone North Carolina  
Masters in Geography  
Graduation: exp. May 2023

University of Vermont, Burlington Vermont  
Bachelors in Geography, Minor in Geology; Cum Laude  
Graduation: May 2018

The School for Field Studies, Costa Rica  
Fall 2016

Community College of Vermont; Continuing Education  
Spring & Summer 2020

## RELATED EXPERIENCE

Graduate Student Researcher, Appalachian State University  
Boone, NC 2021-present  
Conduct large scale analyses regarding the geography of mental health; collaborate with fellow students and faculty members; Prepare, submit, and revise research analyses for publication

AmeriCorps Educator, Teton Science Schools  
Jackson WY, 2019  
Instruct 1<sup>st</sup>-12<sup>th</sup> graders in STEM literacy, leadership, and connection to place; develop curriculum for the Youth Conservation Leadership Institute; lesson plan and instruct with other educators

Undergraduate Researcher, University of Vermont  
Burlington VT, 2017-18  
Conduct field and lab research on water chemistry; primary undergraduate researcher leading fellow undergraduates in field and lab work; present research at multiple geoscience conferences

Teaching Assistant, University of Vermont  
Burlington VT, 2017  
Plan and hold review sessions; meet with students during office hours; grade assignments

Undergraduate Researcher, National Science Foundation at The Pennsylvania State University  
State College PA, 2016  
Conduct research regarding stream water chemistry; collaborate with other students and faculty mentors; develop both field and lab research skills; present research at water research conference

## AWARDS & FELLOWSHIPS

Domer Research Award, Cratis D. Williams Graduate School Appalachian State University  
2023

Chancellor Fellowship Recipient, Cratis D. Williams Graduate School Appalachian State University  
2021-23

Diversity Fellowship Recipient, Cratis D. Williams Graduate School, Appalachian State University  
2022

North Carolina Tuition Stipend Recipient, Appalachian State University  
2022-2023

Outstanding Senior Award – University of Vermont Geography Department Award for Academic Excellence  
May 2018

Member of Gamma Theta Upsilon Geographical Honors Society  
2017-Present

## GRANTS

National Science Foundation – Human-Environment and Geographical Sciences Grant \$6,000  
2022-23

Appalachian State Student and Faculty Excellence Grant \$400, \$200  
2022-23

Appalachian State Graduate Student Government Association Grant \$500  
2021

Gamma Theta Upsilon Travel Grant \$250  
2021

University of Vermont Travel Grant \$500  
2016

## ADDITIONAL SKILLS

Microsoft, google and Adobe suites; QGIS, ArcGIS Desktop and ArcGIS Pro; RStudio, SPSS and SaTScan; Experience coding in CSS, HTML and JavaScript; Bilingual: English and Spanish

## PUBLICATIONS

**Ryan, S.C.**, J.D. Runkle, M. M. Sugg, D. Singh, S. Green, and L. Wertis., (2022) "Spatio-temporal clustering of adolescent bereavement in the United States during the extended response to COVID-19: A follow-up study". *Journal of Adolescent Health*. [10.1016/j.jadohealth.2022.08.021](https://doi.org/10.1016/j.jadohealth.2022.08.021)

**Ryan, S.C.**, Runkle, J.D., Andersen, L.M., Sugg, M.M. (2022) "Spatial analysis of mental health and suicide clustering among older adults in North Carolina: An exploratory analysis". *Social Science and Medicine -Mental Health*. <https://doi.org/10.1016/j.ssmmh.2022.100162>

Sugg, M.M., Runkle J.D., **Ryan, S.C.**, Singh, D., Green, S., and Thompson, M., (2023) "A follow-up retrospective analysis of essential workers and their children throughout the COVID-19 pandemic: 2020 - 2021". *Public Health Reports*. <https://doi.org/10.1177/0033354922114817>

**Ryan, S.C.**, M. M. Sugg, J.D. Runkle and Matthews, J., (2023) "Ecological analysis of greenspace and mental health in North Carolina: Consideration of rural and urban neighborhoods". *Family and Community Health*. (Accepted).

**Ryan, S.C.**, Desjardins, M., Runkle, J.D., Wertis, L., Sugg, M.M. (2023) "Evaluating Co-Occurring Space-Time Clusters of Depression and Suicide-Related Outcomes Before and During the COVID-19 Pandemic". *Spatial and Spatio-Temporal Epidemiology*. (Under Review).

Sugg, M.M., Runkle J.D., **Ryan, S.C.**, and Wertis, L., (2022) "The Causal Effects of Maternal Health and Extreme Disasters: A Difference-In Difference Analysis of the South Carolina 2015 Floods". *International Journal of Disaster Risk Reduction*. (Under Review).

Sugg, M.M., **Ryan, S.C.**, Spurlock, T., Hege, A., Chidozie Ogwu, M., Schroeder Tyson, J., Shay, E., Renwick, K., Duncan, S., Hendren, C.O., Runkle, J.D., and R. Manan (2022). "Climate Change and Health in Rural Mountain Environments: Summary of a Workshop on Knowledge Gaps, Barriers, and Opportunities for Action". *Climatic Change*. (Under Review).

Sugg, M.M., Wertis, L. **Ryan, S.C.**, Green, S., Singh, D., and J.D Runkle, (2023). Cascading Disasters and Mental Health: The February 2021 Winter Storm and Power Crisis in Texas, USA. *Science of the Total Environment* (Under Review).

**Ryan, S.C.**, Sugg, M.M, Runkle, J.D., Wertis, L., Singh, D., Green, S. and M. Meagher (2023). "Short-term changes in mental health help-seeking behaviors following exposure to multiple social stressors and a natural disaster". *American Journal of Public Health*. (Under Review).

**Ryan S.C.**, Sugg, M.M. and J.D. Runkle (2023). "Association between urban greenspace, tree canopy cover and intentional deaths: An exploratory geospatial analysis". *Urban Forestry and Urban Greening*. (Under Review).

#### CONFERENCE PRESENTATIONS

**Ryan S.C.**, Sugg, M.M., Runkle, J.D. and B. Thapa (March 2023). "Investigation of the protective effects of greenspace on adolescent mental health". American Association of Geographers Annual Conference – Paper Presentation.

**Ryan S.C.**, Sugg, M.M. and J.D. Runkle (February 2022). "Greenspace and mental health: is there an association?". American Association of Geographers Annual Conference – Poster Presentation.

**Ryan S.C.**, Sugg, M.M. and J.D. Runkle (April 2022). "Greenspace and mental health in rural and urban neighborhoods in North Carolina". NC BREATHE Conference – Invited Student Speaker.

**Ryan, S.C.**, Wemple, B., Ross, D. (2018). Quantifying stream phosphorus dynamics and total suspended sediment export in forested watersheds in Vermont. *Geol. Soc. Amer. Abs. Prog.* 50. doi: 10.1130/abs/2018NE-311131.

**Ryan, S.C.**, Hoagland, B., Russo, T., Kim, H., Brantley, S. (2016). Temporal variability in the water chemistry of a first order stream. CUAHSI Biennial Symposium, National Conservation Training Center.