

Presentations, Publications, and Research studies as part of the research committee at The Ohio State University, Office of Student Life, Counseling and Consultation Service:

2021

Patel R. Summer 2021. Nutritional strategies for depression and anxiety: Preliminary study results, and comparison to 2020 dietary guidelines for Americans.

2020:

Lorenz A, Patel R, Fang B, Hamkins S, Miner J. "Mental Health Hot Topics: Healthy ways to use Media for mental health" American College Health Association, COVID Summit 2, December 9, 2020.

Patel R. Nutritional Strategies to Improve Symptoms of Depression, Anxiety, and ADHD. Presented at the American College Health Association Annual Meeting, online. Summer, 2020.

Patel R, Walker T, Weber ZT, Kelley SD, Hansen R (2020) A pilot study using geospatial analysis to identify hot-spot of populations utilizing services at university based counseling centers, Journal of American College Health, DOI: 10.1080/07448481.2020.1798970

Patel R. <https://columbiachronicle.com/columbias-community-searches-for-purpose-while-sheltering-in-place>

2019

Patel R. October 2019. Food strategies for the treatment of depression anxiety and adhd. Invited to present at the Mid American College health association in Detroit Michigan.

Patel R. Food strategies for the treatment of depression and anxiety ADHD. Presented at the American College health association national conference May 2019 Denver Colorado.

Patel R, Hansen R, Truong N. Electronic Gaming (E-Sports) and mental health. Poster presented at the 2019 Big 10 Counseling center conference in Rutgers NJ.

Truong, N. N., Oleksak, K. N., Fitts, B. R., & Hui-Spears, K. (2019). Fostering cross-cultural communication and inclusivity through dialogue-based interventions and multidisciplinary collaboration. Poster session presented at Big Ten Counseling Center Conference, New Brunswick, NJ.

Patel, R. R., Hansen, R., & Truong, N. N. (2019). Gaming and mental health: An overview of a widespread phenomenon, mental health risks, and best practice recommendation for Clinicians working with college students. Poster session presented at Big Ten Counseling Center Conference, New Brunswick, NJ.

Wang, L., McKelvey, D. K., & Wang, S.-Y. (2019, February). Experiences of bilingual/multilingual therapists and trainees at Big 10 university counseling centers. Poster presented at the Big Ten Counseling Center Conference, New Brunswick, NJ.

Lowe, M., Banes, J. M., & Wang, L. (2019, February). Dealing with difficult college situations: A DBT-informed approach. Poster presented at the Big Ten Counseling Center Conference, New Brunswick, NJ.

Boggs, T., Ismail, B. (2019, February). Trainee's Take: Transitioning from a Theoretical Textbook to a Brief Model of Therapy. Poster presented at the annual Big Ten Counseling Conference, Rutgers, NJ.

2018:

Gibbs G, Patel R, Hosni A, Goodman J. A University-Wide Collaborative to Support Students in Addiction Recovery. American College Health Association Annual Conference, May 29th to June 2nd 2018, Washington, DC

Patel R, Hansen R, Schmidt I. Innovative Mobile Technologies for College Counseling Centers. Presentation at the 2018 Big 10 Counseling center conference in College Park, Maryland.

Banes, J., Dubose, K., Walker, T.L., & Hansen, R. (2018). Re-inventing self-care on campus: A three part self-care series reaching students in need. Symposium presented at the Big Ten Counseling Centers Conference, College Park, Maryland.

Autin, K.L., Duffy, R.D., Jacobson, C., Dosani, K., Barker, D., & Bott, E.M. 2018. Career development among undocumented immigrant young adults: A Psychology of Working perspective. *Journal of Counseling Psychology*.

Hui, K., & Lent, R. W. (2018). The roles of family, culture, and social cognitive variables in the career interests and goals of Asian American college students. *Journal of Counseling Psychology*, 65(1), 98-109.
<http://dx.doi.org/10.1037/cou0000235>

Pietrantonio, K.R., & Llamas, J. D. 2018. Systemic Oppression as a Form of Violence Toward Latinx People in U.S. Politics. [Special Edition] *The Challenge of Being Latina: Personal, Political, and Economic. Peace and Conflict: Journal of Peace Psychology*.

McDermott, R. C., Pietrantonio, K. R., Browning, B. R., McKelvey, D. K., Jones, Z. K, & Sevig, T. D. (2018). In Search of Positive Masculine Role Norms: Testing the Positive Psychology Positive Masculinity Paradigm. *Psychology of Men & Masculinity*.

Pietrantonio, K., Wolfgang, A., Hazel, J., and Eblin, M. (2018, February). Story Tellers: Using a Narrative Approach to Help First Generation College Students Build Self Efficacy. Poster Presentation, Big 10 Counseling Centers Conference, University of Maryland, College Park, MD.

Walker, T.L., Banes, J., Dubose, K., Gjessing, R. & Braga, J. (2018). Post-masters clinical fellowships: How UCCs can meet increased student demand. Poster presented at the Big Ten Counseling Centers Conference, College Park, Maryland.

2017:

Walker, T.L. (2017). Cross-racial interactions in the counselor education classroom. Presented at the Association for Counselor Education and Supervision Conference, Chicago, Illinois.

Hui-Spears, K., Autin, K., Shelton, A. & Pagan-Llorens, G. (2017). Being an Ally for DACA Students: Understanding the Past, Present, and Future. Symposium presented at the Big 10 Counseling Center Conference. College Park, MD.

Pietrantonio, K., (November, 2017). Fight, Flight, or Facebook: Cultural Competence with Millennial Anxiety. Symposium Presented at the All Ohio Counselors Conference (AOCC) 2017, Columbus, OH.

Post-Hospitalization Care for International Students: Maximizing Change, Maintaining Gain. Chiaothong Yong, Psy.D; Meera Menon, M.D. and Kayi Hui, Ph.D.—The Ohio State University

Min Ji Yang, Ph.D.; Asmita Pendse, M.A. and Reena Sheth, Ph.D.—University of Michigan Tzu-An Hu, Ph.D.—University of Illinois at Urbana-Champaign. Poster. 2017 Big 10 Counseling center conference in Champaign, Illinois

Patel K, Retting PJ. Spirituality and Wellness Workshop. Poster. 2017 Big 10 Counseling center conference in Champaign, Illinois

Examining the Effectiveness of Outreach Programming for Incoming Chinese International Students—Kayi Hui, Ph.D.; Lauren Wright, M.S. Ed.; Numan Turan, M.S.; R. “Ryan” S. Patel, D.O., FAPA , The Ohio State University. 2017 Big 10 counseling center conference. Poster. 2017 Big 10 Counseling center conference in Champaign, Illinois.

Pietrantonio K, Weber J. Creating Brotherhood: Innovative Practices. Poster. 2017 Big 10 Counseling center conference in Champaign, Illinois.

Hui K, Turan N, Wright L, Kadeba M, Patel R. Increasing utilization of mental health services to International college students through outreach efforts. IRB Approved study presented at the American Psychological Association Annual Meeting in Washington DC 2017.

Gabana N. Using Gratitude Interventions to Build Resilience among College Students. 2017 Big 10 Counseling center conference in Champaign, Illinois.

Patel R, Turan N, Lang J, Hui K, Henn D. Examining the referral process at A University Based Counseling Center: A multidisciplinary perspective. Presented at the 2017 Big 10 Counseling center conference in Champaign, Illinois.

2016:

Pietrantonio, K. & Garriott, P. A Plan for Addressing the Student Debt Crisis in Psychological Graduate Training: Commentary on “Graduate Debt in Psychology: A Quantitative Analysis” (Doran et al., 2016). Training and Education in Professional Psychology.

Trisha L. Raque-Bogdan, Sarah Pionkowski, , Kayi Hui, Kathryn Schaefer Ziemer, Patton O. Garriott. Self-compassion as a mediator between attachment anxiety and body appreciation: An exploratory model. Body Image. Volume 19, December 2016, Pages 28–36

Patel R, Copley L, Raney S, Edwards S. Psychiatry availability at College Counseling Centers: A national study and discussion of potential solutions. Presented at American College Health Association 2016 Annual Meeting.

Adkins K, Davis H, Patel R, Facemire S, Dehili V. Structure and Resiliency in Eating Disorder Treatment Teams. Presented at the 2016 Big Ten College Counseling Center Conference, West Lafayette, IN. IRB Exempt national study.

Hansen, R.W., Patel, R. & Dehili, V. (2016) *Resilience in the Digital Age*. Poster presented at the Big Ten College Counseling Center Conference, West Lafayette, IN.

2015:

Patel, R. Medications Risks and Co-treatment of Addiction: A guide path for therapists. A 75 minute workshop presented at the 2015 Big10 Counseling Centers Conference, Lincoln, Nebraska. February 2015.

Facemire S, Beasley S, Patel R. Supporting and Retaining Students of Color: Improving Racial & Minority Student Utilization through Outreach Efforts. Presented at the 2015 Big10 Counseling Centers Conference, Lincoln, Nebraska; February 2015.