

## CURRICULUM VITAE

### Emily Sáez-Santiago, Ph.D.

#### GENERAL INFORMATION

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License: Licensed Psychologist, Puerto Rico, No. 2300

#### EDUCATIONAL HISTORY

2003 Ph.D. in Psychology  
Major area: Clinical Psychology  
University of Puerto Rico, Río Piedras Campus  
2002 Clinical Psychology Internship  
Bellevue Hospital  
New York University, School of Medicine  
1995 B.A. in Psychology  
University of Puerto Rico, Río Piedras Campus

#### POSITIONS

2014-present **Director & Clinical Psychologist**  
Clinic of Evidence-based Psychological Practices  
Institute for Psychological Research  
University of Puerto Rico, Río Piedras Campus  
2012-present **Project Manager**  
National Institute of Mental Health Outreach Partnership Program in  
Puerto Rico  
Institute for Psychological Research  
University of Puerto Rico, Río Piedras Campus  
2008-present **Assistant Research Scientist**  
Institute for Psychological Research  
University of Puerto Rico, Río Piedras Campus

- 2005-2014            **Clinical Psychologist in Private Practice**  
San Juan, Puerto Rico
- 2003-2008            **Assistant Research Scientist**  
University Center of Psychological Services and Studies  
University of Puerto Rico, Río Piedras Campus
- 2004–2009            **Clinical Psychologist**  
Pediatric Diabetes Foundation  
San Juan, Puerto Rico
- 2004-2012, 2017    **Instructor**  
Department of Psychology  
University of Puerto Rico, Río Piedras Campus
- 2001–2002            **Pre-doctoral Intern**  
Department of Psychology, Bellevue Hospital / NYU School of  
Medicine  
New York City, New York
- 1998-2001            **Pre-doctoral Investigator**  
University Center of Psychological Services and Studies  
University of Puerto Rico, Río Piedras Campus
- 1993-1998            **Research Assistant**  
University Center of Psychological Services and Studies  
University of Puerto Rico, Río Piedras Campus

## CONSULTATION

- 2004 – 2005            Reviewer of the Spanish translation and recording the voice of the  
*Assessment of Liability and Exposure to Substance Abuse*, a computerized  
measure  
PI: Ty Rydenour, Prevention Research Center for the Promotion of  
Human Development, College of Health and Human Development  
The Pennsylvania State University

## HONORS AND AWARDS

- 2005                    NIMH Child Health Intervention Prevention and Services grant awardee
- 1999                    Graduate Student Award of the Interamerican Society of Psychology
- 1996                    Fellowship of Primary Care Health Professionals
- 1995                    Magna cum Laude, University of Puerto Rico, Río Piedras

1995	American Psychological Association's Minority Undergraduate Students of Excellence (MUSE)
1994	Golden Key National Honor Society
1994-1995	NIMH COR Fellow, University of Puerto Rico, Río Piedras
1993-1994	NIMH COR Affiliate Fellow, University of Puerto Rico, Río Piedras
1990-2003	Honor Dean's List, University of Puerto Rico, Río Piedras

## RESEARCH GRANTS

### Current:

2017-2019 *Validación de Instrumentos que Miden Correlatos de la Obesidad en Adolescentes de Puerto Rico.* Role: Principal Investigator. Institutional Funding for Research, University of Puerto Rico, Río Piedras

### Past:

2011-2016 *Exploring CBT-DM's Absolute and Relative Efficacy for Depressed T1DM Latino Youth,* Principal Investigator: E. Cumba; Role: Co-Investigator, NIDDK, R03DK92547

2008-2014 *School-based Prevention Program for Depression in Latino Pre-Adolescents;* Role: Principal Investigator, NIMH, K23MH081135

2004-2009 *Parent Intervention in CBT for Depressed Latino Youth,* Principal Investigator: G. Bernal; Role: Clinical Supervisor & Parental Intervention Facilitator, NIMH, R01MH67893

2004-2006 *Group CBT for Depression in Puerto Rican youth with IDDM,* PI: J. Rosselló; Minority underrepresented supplement Principal Investigator: E. Sáez-Santiago, NIDDK, R21DK64747s

1998- 2001 *Family Environment and Depression in Adolescents;* Role: Principal Investigator, NIMH, F31MH11925

**NON-FUNDED RESEARCH EXPERIENCE**

2011- 2013                    *Association between Obesity and Depression Symptoms in Puerto Rican Adults*, Co-Investigator: José E. Laborde; Role: Co-Investigator

**SERVICES GRANTS / CONTRACTS**Pending:

2018-2019                    *Terapia Cognitiva-Conductual Enfocada en Trauma para Niños y Adolescentes* (continuation). Victims of Crime Act, Department of Justice of Puerto Rico. Role: Director

Active:

2018-2019                    *Apoyo Psicológico para Niños/as y Adolescentes después de los huracanes*. Fundación Ángel Ramos. Role: Director

2017-2018                    *Terapia Cognitiva-Conductual Enfocada en Trauma para Niños y Adolescentes*. Victims of Crime Act, Department of Justice of Puerto Rico. Role: Director

2015-2020                    National Institute of Mental Health Outreach Partnership in Puerto Rico, National Institute on Drug Abuse. Contract Number: HHSN271201400134P. Role: Project Manager

Past:

2016-2018                    *Servicios Psicológicos Basados en Evidencia a Niños/as y Adolescentes Víctimas de Violencia Comunitaria*. Victims of Crime Act, Department of Justice of Puerto Rico. Director: D. Pérez; Role: Coordinator of Clinical Component (\$190,191)

2016-2018                    *La Violencia y Eventos Traumáticos en la Niñez: Modelo de Cuidado Escalonado Basado en la Evidencia como Alternativa para su Manejo y Mitigación*. Victims of Crime Act, Department of Justice of Puerto Rico. Co-directors: M. Sánchez Cesáreo & C. Pérez Perdomo; Role: Leader of Clinical Services (\$600,000)

2013-2014                    National Institute of Mental Health Outreach Partnership in Puerto Rico, National Institute on Drug Abuse. Contract Number: HHSN271201500268P. Role: Project Manager (\$7,500)

**CLINICAL EXPERIENCE:**

2014-present                    Cognitive-behavioral therapy for adolescents and adults, family therapy, parental psychoeducation, and psychological consultation at the *Clínica*

*Especializada en Prácticas Psicológicas Basadas en Evidencia* at the Institute for Psychological Research, University of Puerto Rico, Río Piedras Campus

- 2013-2015 Supervision of graduate students conducting group CBT for adolescents with depression and diabetes type 1 at the Institute for Psychological Research
- 2005-2014 Play therapy, psychotherapy for adolescents and adults, couples and family therapies, and psychometric evaluations in private practice in San Juan, Puerto Rico
- 2005-2008 Facilitator of a psychoeducational intervention for parents of depressed adolescents in Puerto Rico at the Institute for Psychological Research
- 2005-2009 Supervision of graduate students conducting individual CBT for adolescents with depression at University Center of Psychological Services and Studies
- 2004–2009 Individual psychotherapy for children and adolescents with type 1 diabetes and family consultations at the Pediatric Diabetes Foundation, San Juan, Puerto Rico
- 2004-2005 Group CBT for adolescents with depression and type 1 diabetes in Puerto Rico at the University Center of Psychological Services and Studies
- 2001–2002 Individual, group (for trauma and pain management) and family psychotherapy for children, adolescents and adults; initial interviews, and psychological assessments at Bellevue Hospital, NYC. Rotations: Geriatric Psychiatric Inpatient Unit, Bilingual Treatment Clinic (for Spanish speaking outpatients), and Child Psychiatric Inpatient Unit.
- 1996-2000 Individual and group CBT for adolescents with depression in Puerto Rico at the University Center of Psychological Services and Studies
- 1995-1997 Individual, group and family psychotherapy, play therapy, psychological assessments and intakes at the University Center of Psychological Services and Studies, the Psychiatric State Hospital Ramón Fernández Marina and the Mental Health Clinic of the Capital (Hoare Hospital)

**TEACHING EXPERIENCE:**Undergraduate:

General Psychology

Psychopathology

Graduate:

Research Practicum

Practice in Clinical Psychology V

Workshops:

1. Sáez-Santiago, E. (June, 2008; October, 2010; January, 2011; 16 hours each time). *Adiestramiento sobre el Programa de Estrategias para Mantener un Ánimo Saludable*. Workshop for public school teachers and counselors, San Juan, Puerto Rico.
2. Sáez-Santiago, E., Bonilla, K., Fernández, R., López, C., & Pagán, L. (August 15 & 21, 2009; 16 hours). *Adiestramiento sobre el Programa de Estrategias para Mantener un Ánimo Saludable*. Workshop for public school teachers and counselors, San Juan, Puerto Rico.
3. Sáez-Santiago, E., & Rivera-Medina, C.L. (April 23-24, 2009; 16 hours). *Medición de Síntomas de Trastornos Psicológicos y Factores de Riesgo en Estudiantes Universitarios/as* (16 hours). Workshop for counselors and psychologists of the University of Puerto Rico, Cayey, Puerto Rico.
4. Sáez-Santiago, E. & Jiménez Chafey, M.I. (March 25, 2011). *Retos del CBT con Adolescentes* (4 CE). Continuing education for psychologists, Institute for Psychological Research, San Juan, Puerto Rico.
5. Sáez-Santiago, E. & Jiménez Chafey, M.I. (February 17, 2012; 2 hours). *Terapia de Grupo con Adolescentes*. Training for the Diabetes and Depression Research Project, Institute for Psychological Research, San Juan, Puerto Rico.
6. Sáez-Santiago, E. (March 9, 15 & 29; April 14; June 8, 2012; 15 hours). *Terapia Cognitivo-Conductual para Adolescentes*. Training for the Diabetes and Depression Research Project, San Juan, Puerto Rico.
7. Sáez-Santiago, E. (March 4 & September 17, 2016). *Técnicas conductuales y cognitivas* (4 CE). Continuing education for psychologists and counselors, Institute for Psychological Research, San Juan, Puerto Rico.
8. Sáez-Santiago, E. (April 1 & September 17, 2016). *Terapia Cognitivo-Conductual para Adolescentes* (4 CE). Continuing education for psychologists and counselors, Institute for Psychological Research, San Juan, Puerto Rico.
9. Sáez-Santiago, E. & Jiménez Chafey, M.I. (April 15 & October 29, 2016). *Terapia Cognitivo-Conductual con Adolescentes* (3 CE). Continuing education for psychologists and counselors, Institute for Psychological Research, San Juan, Puerto Rico.
10. Sáez-Santiago, E. & Feliciano, V. (April 21, May 5 & 12, 2016; 8 hours each time). *Mental Health First Aid*. Workshop to a general audience as part of SAMSHA Project Now at the University of Puerto Rico, Río Piedras Campus.
11. Sáez-Santiago, E. & Feliciano, V. (January, 20 & 27, February 3, 2017; 8 hours each time). *Mental Health First Aid*. Workshop to UPR security officers, university housing proctor, students of Universidad Interamericana and administrative staff of Dewey University and

Universidad Pentecostal Mizpa as part of SAMSHA Project Now at the University of Puerto Rico, Río Piedras Campus.

12. Feliciano, V. & Sáez-Santiago, E. (December, 2016). Comportamiento Suicida y Evaluación de Riesgo. Training for staff of two Victim of Crime Act Projects at Institute for Psychological Research, San Juan, Puerto Rico.
13. Sáez-Santiago, E. & Feliciano, V. (June 15, 2018; 8 hours). Mental Health First Aid. Workshop to UPR-RP faculty and teachers of the Department of Education of Puerto Rico, Project Now at the University of Puerto Rico, Río Piedras Campus.

#### Dissertation Committees:

1. Rivera Dueño, M.T. (2007). *Conducta Agresiva, Sintomatología Depresiva y Funcionamiento Familiar en una Muestra Clínica y de Comunidad en Jóvenes Puertorriqueños/as*. [Aggressive Behavior, Depressive Symptomatology and Family Functioning in a clinical and community sample of Puerto Rican Youth]. Unpublished doctoral dissertation. Department of Psychology, University of Puerto Rico, Río Piedras. (Second member)
2. Birriel Rivera, M. (2008). *Intrusos en el Pensamiento: Prevalencia de Ideas Obsesivas en Adultos Puertorriqueños*. [Intrusive Thoughts: Prevalence of Obsessive Ideas in Puerto Rican Adults]. Unpublished doctoral dissertation. Department of Psychology, University of Puerto Rico, Río Piedras. (Second member)

#### Doctoral Candidate Essays:

1. Rivera-Dueño, M.T. (2007). Una Mirada a Orientación e Identidad Sexual en la Adolescencia. Unpublished manuscript. Department of Psychology, University of Puerto Rico, Río Piedras. (Second member)
2. Torres Arroyo, J. (2015). La Necesidad de Intervenciones Efectivas: Retos Clínicos, Sociales y Metodológicos. Unpublished manuscript. Department of Psychology, University of Puerto Rico, Río Piedras. (Third Member)

### **EDITORIAL EXPERIENCE**

2006	Ad Hoc Reviewer, <i>Journal of Health Care for the Poor and Underserved, Institute on Health Care for the Poor and Underserved</i> , Meharry Medical College, Nashville, TN
2008, 2011	Ad Hoc Reviewer, <i>Family Process</i> , Blackwell Publishing, Malden, MA
2014-present	Ad Hoc Reviewer, <i>Journal of Latina/o Psychology</i> , American Psychological Association
2015-present	Ad Hoc Reviewer, <i>Revista Puertorriqueña de Psicología</i> , Puerto Rico Psychology Association

**SELECTED CONTINUING EDUCATION**

- 2017 Advance Training on Trauma-Focused Cognitive Behavioral for Children and Adolescents (16 hours)
- 2016 Basic Training on Trauma-Focused Cognitive Behavioral for Children and Adolescents (16 hours)  
Rowan University
- 2015 Mental Health First Aid USA Instructor Course (32 hours)  
National Council for Behavioral Health, Maryland Department of Mental Health Hygiene, and Missouri Department of Mental Health
- 2014 Certificate in Health Psychology (48 CE)  
Puerto Rico Psychology Association
- 2012 Applied Suicide Intervention Skills Training (15 hours)
- 2012 Introduction to Focus Groups as Qualitative Research (SurvMeth652)  
Summer Institute in Survey Research Techniques  
Institute for Survey Research, University of Michigan, Ann Arbor
- 2010 Multilevel Analysis of Survey Data (Psychology/Sociology 988.202)  
Summer Institute in Survey Research Techniques  
Institute for Survey Research  
University of Michigan, Ann Arbor
- 2010 Qualitative Analyses and the use of NVivo
- 2009 Multilevel Modeling
- 2009 Successes and Faults of Family Therapy in the First Decade of XXI Century
- 2008 Mediation Analyses
- 2007 Multidisciplinary Treatment for Eating Disorders
- 2006 Promoting School-Based Mental Health Through After School Prevention Projects
- 2006 Using Active-Directive REBT to Facilitate Change in Difficult Adolescents
- 2006 Role of Families in Preventing and Adapting to HIV/AIDS
- 2006 NIMH Workshop for Emerging Research Investigators in Pediatric Mental Health: Making a Successful Transition to Research Career Independence
- 2005 Diabetes: Epidemiology, impact on the family and its future
- 2005 Effect Sizes and Intervals of Confidence
- 2005 Cognitive Therapy for Personality Disorders
- 2004 Educational Program in Diabetes for Parents and Children
- 2004 Diabetes and Women: Prevention, Research and Treatment
- 2004 Analyzing Developmental Trajectories
- 2004 Advances in Health Outcomes Measurement. Exploring the Current State and the Future Applications of Item Response Theory, Item Banks, and Computer-adaptive Testing.
- 2004 Growth Modeling and Time Survival Analysis

2000	Regression and Correlation and Introduction to Structural Equations Model
2000	Analysis of Variance and Structural Equations Model (intermediate level)
1999	Theory of Item Response
1997	Group Dynamics
1995	Psycho-ballet

## OTHER PROFESSIONAL ACTIVITIES

**Reviewer of proposals** for the 2017 Annual Convention of the Psychology Association of Puerto Rico

**Reviewer of proposals** for the 1er Congreso Estudiantil: La Psicología y su Propuesta ante los Retos de la Época, Universidad Metropolitana & Puerto Rico Association of Psychology (2017)

**Coordinator of Continuing Education Certificate** on Cognitive-Behavioral Therapy Applied to Puerto Rico, Institute for Psychological Research (February-April 2016 & September-November, 2016)

**Guest Lecturer** at the Theories of Psychotherapy and Personality graduate course at the University of Puerto Rico, Río Piedras Campus (2014, 2015, 2016)

**Reviewer of proposals** for the 2016 Caribbean Regional Congress of Psychology

**Reviewer of proposals** for the 2015 Annual Convention of the Psychology Association of Puerto Rico

**Member of the Ad Hoc Committee of the Psychology Association of Puerto Rico** to evaluate problems related to the EPPP and the licensing of psychologists in Puerto Rico (February-April, 2015)

**Visit to the Ponce School of Medicine** (April 2011)

**Visit to the *Prevention Research Center* at the Arizona State University** (March, 2009 & February, 2006)

**Moderator of two group discussions** on investigation of transference in neurosciences with researchers at the University of Puerto Rico (October 27 & 28, 2008)

**Summer externship with Dr. Maria Kovacs** at the Western Psychiatric Institute and Clinic at the University of Pittsburgh (July 1999)

### Mass media participations:

#### Radio:

1. *La Salud y la Diabetes*, Radio Isla 1320 AM (February 12 and 19, 2013; May 2014, January 21, 2016)

2. *En Arroz y Habichuelas* de Salud 1520 AM (April 14, 2013; March 6, 2014)
  3. *Investigando y Re[buscando]*, Radio Universidad 89.7 FM (February 22, 2013)
- All participations to educate about depression and diabetes type 1 in youth, emotional and behavioral challenges of diabetes treatment and to promote research recruitment

Television:

1. WIPR Channel 6 (February 21, 2013) about the parental involvement in children education
2. Viva la Tarde in WAPA TV (August, 2017) about traumatic experiences in children and adolescents.

Newspaper:

1. Interview with Laura Pérez Sánchez, *El Nuevo Día*, for the article *Traductores de Conocimiento* (September 29, 2011)
2. Interview for the article *Inquietantes los trastornos mentales entre los jóvenes* in *Diálogo* (August 10, 2011)
3. Press conference to announce projects funded by the Department of Justice through VOCA (February 15, 2017)

## **PROFESSIONAL MEMBERSHIP**

Psychology Association of Puerto Rico - Recruitment and Retention Committee (2016), Member of the Board of Directors (2013-2014), Ethics Committee (2012)  
Member of the Board of Evidenced-based Practices for Puerto Rico (2011-present)  
American Psychological Association  
Society for Prevention Research  
Interamerican Society of Psychology

## **PUBLICATIONS**

Doctoral Dissertation:

1. Sáez-Santiago, E. (2003). *Influencia del Ambiente Familiar en los Síntomas de Depresión y del Desorden de Conducta en Adolescentes Puertorriqueños/as*. Unpublished doctoral dissertation. University of Puerto Rico, Río Piedras.

Peer-reviewed articles:

2. Sáez-Santiago, E., & Rosselló, J. (1997). Percepción sobre los conflictos maritales, ajuste familiar y sintomatología depresiva en adolescentes puertorriqueños. *Interamerican Journal of Psychology*, 31, 279-291.
3. Velázquez, M., Sáez-Santiago, E., & Rosselló, J.(1999). Coping strategies and depression in Puerto Rican adolescents: An Exploratory Study. *Cultural Diversity and Ethnic Minority Psychology*, 6, 65-75.
4. Sáez-Santiago, E. (2001). Relación entre el ambiente familiar, los síntomas depresivos y los problemas de conducta en adolescentes puertorriqueños/as. *Interamerican Journal of Psychology*, 35,113-125.

5. Sáez Santiago, E. & Rosselló, J. (2005). Contexto familiar, síntomas depresivos y del trastorno de conducta en un grupo de adolescentes puertorriqueños/as. *Revista Puertorriqueña de Psicología*, 16, 1-25.
6. Bernal, G., & Sáez-Santiago, E. (2006). Culturally sensitive psychosocial interventions for Latinos and Latinas. *Journal of Community Psychology*, 34,121-132.
7. Laborde, J. & Sáez-Santiago, E. (2013). Association between obesity and symptoms of depression in Puerto Rican Adults. *Puerto Rico Health Sciences Journal*, 32, 132-137.
8. Sáez-Santiago, E., Rodríguez-Ocasio, G., & Rodríguez-Hernández, N. (2013). Aceptación al Programa Estrategias para Mantener un Ánimo Saludable: Un Programa de Prevención de la Depresión para Adolescentes. *Interamerican Journal of Psychology*, 47(2), 329-338.
9. Cumba-Avilés, E. & Sáez-Santiago, E. (2016). Research Program on Type 1 Diabetes and Youth Depression in Puerto Rico. *Revista Puertorriqueña de Psicología*, 27 (1), 44-60.
10. Sáez-Santiago, E. & Torres, J. (2016). Viabilidad de la implementación de una intervención de prevención de la depresión facilitada por maestras en Puerto Rico. *Revista Puertorriqueña de Psicología*, 27 (2), 368-380.
11. Zhen-Duan, J., Jacquez, F., & Sáez-Santiago, E. (2018). Boricua de Pura Cepa: Ethnic Identity, Cultural Stress and Self-Concept in Puerto Rican Youth. *Cultural Diversity and Ethnic Minority Psychology*. Advance online publication. <http://dx.doi.org/10.1037/cdp0000199>
12. Bernal, G., Rosselló, J., Rivera-Medina, C., Cumba-Avilés, E., Nazario, L., Reyes, M. L., Sáez-Santiago, E, & Duarte, Y. (under review). Can CBT be optimized with Parent Psychoeducation? A randomized effectiveness trial of adolescents with Major Depression in Puerto Rico.
13. Sáez-Santiago, E., Cumba-Avilés, E., & Rosselló, J. (in progress). Parent-child relation, depressive symptoms, and glycemic control in Puerto Rican adolescents with type 1 diabetes.

#### Book chapters:

14. Sáez-Santiago, E., & Bernal, G. (2003). Depression in Ethnic Minorities: Latinos and Latinas, African-Americans, Asian-Americans, and Native-Americans. In G. Bernal, J.E. Trimble, A. K. Burlew, & F.T.L. Leong (Eds.), *Handbook of Racial Ethnic Minority Psychology* (pp.401-428). Thousand Oaks: Sage.
15. Bernal, G., & Sáez-Santiago, E. (2005). Toward culturally-centered and evidenced-based treatments for depressed adolescents. In W. Pinsoff & J. Lebow (Eds.), *Family Psychology: The Art of the Science* (pp.471-489). New York: Oxford University Press.
16. Bernal, G., Cumba, E., & Sáez, E. (2006) Cultural and relational process and depression in Latino adolescent., In S. Beach and N. Kaslow (Eds.), *Relational processes and DSM-V: Neuroscience, Assessment, Prevention and Intervention*., Washington, D.C.: American Psychiatric Publishing, Inc.
17. Bernal, G., Sáez-Santiago, E., & Galloza, A. (2009). Evidence-based approaches to working with Latino youth and families. In F. A. Villaruel, G. Carlo, J.M. Grau, M. Azmitia, N.J. Cabrera, & T.J. Chahin (Eds.) *Handbook of U.S. Latino Psychology. Developmental and Community-Based Perspectives* (309-328). Sage Publications: Thousand Oaks.
18. Sáez-Santiago, E., Bernal, G., Reyes, M., & Bonilla, K. (2012). Development and Cultural Adaptation of the Taller de Educación Psicológica para Padres y Madres: A Psychoeducational Intervention for Parents of Latino Adolescents with Depression. In G.

Bernal & M. Domenech Rodríguez (Eds.) Cultural adaptation: Tools for Evidence-Based Practice with Diverse Populations. Washington, DC: APA Press.

19. Sáez-Santiago, E., Rodríguez, N., Nuñez, A. & Bernal, G. (2017). Cultural adaptation of a school-based depression prevention program for adolescents in Puerto Rico. In E.C. Lopez, S. G. Nahari, & S. L. Proctor (Eds.). *The Handbook of Multicultural School Psychology* (pp. 172-189). Routledge: New York.

#### Edited book:

20. Serrano-García, I., Ortiz Nolasco, N., Capps Ortiz, N., Rodríguez Madera, S., Sáez-Santiago, E., Toro Rodríguez, V. (2014). *Familias en Puerto Rico: Contextos, retos y alternativas para la práctica*. San Juan, PR: Psychology Association of Puerto Rico.

#### Intervention manuals:

21. Rosselló, J., Jiménez Chafey, M. I., Sáez-Santiago, E. (2004). *Manual de Terapia Cognitiva Conductual para la Depresión en Adolescentes con Diabetes Tipo 1*. Unpublished manuscript. University of Puerto Rico, Río Piedras, Puerto Rico.
22. Rosselló, J., Jiménez-Chafey, M.I., Sáez-Santiago, E., Borrero, N., & De Jesús, D. (2006) *Manual de Prevención de Depresión: Cómo Fomentar un Estado de Ánimo Saludable*. Manuals for facilitators and participants. Unpublished manuscript. University of Puerto Rico, Río Piedras, Puerto Rico.
23. Sáez, E., Bonilla, K., Galloza, A., López, C. (2009). *Programa de Estrategias para Mantener un Ánimo Saludable*. Manuals for facilitators and participants. Unpublished manuscript. University of Puerto Rico, Río Piedras, Puerto Rico.

#### Bulletins and Magazines:

24. Sáez-Santiago, E. (2006). Cómo identificar la depresión en adolescentes. *Belleza y Salud*, 41, 82-83.
25. Sáez-Santiago, E. (2011). Implantación y evaluación de programa de prevención de la depresión en Escuelas. [Implementation and evaluation of a school-based prevention program for depression]. *Clave*, 1, 2. Institute for Psychological Research, University of Puerto Rico.
26. Saéz Santiago, E. (2013). ¿Es viable implantar un programa de prevención de la depresión en escuelas puertorriqueñas? [Is it feasible to implement a depression prevention program in Puerto Rican schools?] *Clave*, 3, 3. Institute for Psychological Research, University of Puerto Rico.

#### **SELECTED PRESENTATIONS**

1. Velázquez, M., Sáez-Santiago, E., & Rosselló, J. (July, 1995). *Estrategias de Manejo y Depresión en Adolescentes Puertorriqueños*. Oral presentation at the XXV Interamerican Congress of Psychology, San Juan, Puerto Rico.

2. Sáez-Santiago, E. & Rosselló, J. (July, 1997). *Percepción sobre los Conflictos Maritales en los Padres, Ajuste Familiar y Sintomatología Depresiva en Adolescentes*. Oral presentation at the XXVI Interamerican Congress of Psychology, Sao Paulo, Brazil.
3. Sáez-Santiago, E. & Rosselló, J. (June, 1998). *Relación entre el Funcionamiento Familiar, Conflictos Maritales entre Padres, Sintomatología Depresiva y Problemas de Conducta en Adolescentes Puertorriqueños/as*. Oral presentation at the XVI World Conference on Health Promotion and Health Education, San Juan, Puerto Rico.
4. Sáez-Santiago, E. & Rosselló, J. (July, 1998). *Ambiente Familiar, Conflictos Maritales entre Padres, Sintomatología Depresiva y Problemas de Conducta en Adolescentes puertorriqueños/as*. Oral presentation at the Iberoamerican Congress of Psychology, Madrid, Spain.
5. Sáez-Santiago, E. & Rosselló, J. (June, 1999). *Ambiente Familiar, Síntomas Depresivos y Problemas de Conducta en una Muestra Clínica y una de Comunidad de Adolescentes Puertorriqueños/as*. Oral presentation at the XXVII Interamerican Congress of Psychology, Caracas, Venezuela.
6. Sáez-Santiago, E. & Rosselló, J. (August, 1999). *Family Environment, Depression and Behavior Problems in Puerto Rican Adolescents*. Poster presentation at the American Psychological Association Annual Convention, Boston, Massachusetts.
7. Sáez-Santiago, E. & Rosselló, J. (Jul, 2001). *Influencia del Ambiente Familiar en la Depresión y el Desorden de Conducta en Adolescentes Puertorriqueños/as*. Oral presentation at the XXVIII Interamerican Congress of Psychology, Santiago, Chile.
8. Sáez-Santiago, E. & Rosselló, J. (November, 2001). *Influencia del Ambiente Familiar en la Depresión y el Desorden de Conducta en Adolescentes Puertorriqueños/as*. Oral presentation at the Puerto Rico Association of Psychology Annual Convention.
9. Rosselló, J. & Sáez-Santiago, E. (September, 2003). *Estado de Ánimo Deprimido en la Niñez y Adolescencia: Trece Años de Investigación*. Oral presentation at the Second Congress of "Programa Avance", Carolina, Puerto Rico.
10. Jiménez, M.I., Sáez-Santiago, E., & Centeno, F. (February, 2004). *El Estudiante con Diabetes y su Manejo en la Escuela*. Oral presentation at the Annual Convention of the Puerto Rico Private School Association, San Juan, Puerto Rico.
11. Jiménez, M.I. & Sáez-Santiago, E. (May, 2004). *Estrategias de Manejo de Estrés para Personas con Diabetes*. Oral presentation at the Annual Diabetes Fair, Puerto Rican Diabetes Association, Ponce, Puerto Rico.
12. Sáez-Santiago, E. & Jiménez, M.I. (June, 2004). *Estrategias Conductuales para Trabajar con la Obesidad Infantil*. Second Conference of Nutrition and Breast Feeding, WIC Program, San Juan, Puerto Rico.
13. Sáez-Santiago, E. & Rosselló, J. (September, 2004). *Influencia del Ambiente Familiar en los Síntomas de la Depresión y del Desorden de Conducta en Adolescentes Puertorriqueños/as*. Oral presentation at the Puerto Rican Second Conference of Public Health, San Juan.
14. Sáez-Santiago, E. & Rosselló, J. (October, 2004). *Relación entre Expresividad Emotiva del Padre y la Madre con la Sintomatología Depresiva y Control Glucémico en Adolescentes Puertorriqueños/as con Diabetes Tipo 1*. Oral presentation at the First Regional Congress of the Interamerican Society of Psychology, Guatemala City, Guatemala.
15. Sáez-Santiago, E. & Rosselló, J. (November, 2004). *Expresividad Emotiva del Padre y la Madre, Sintomatología Depresiva y Control Glucémico en Adolescentes con Diabetes*. Oral presentation at the Puerto Rico Association of Psychology Annual Convention.

16. Sáez-Santiago, E. (February, 2005). *Depresión en Niños/as y Adolescentes*. Oral presentation at the Annual Convention of the Puerto Rico Private School Association, San Juan, Puerto Rico.
17. Sáez Santiago, E. & Rosselló, J. (June, 2005). *Expresividad Emotiva en Padres y Madres, Valores Familiares, y Sintomatología Depresiva en Adolescentes Puertorriqueños/as con Diabetes*. Oral presentation at the Interamerican Congress of Psychology, Buenos Aires, Argentina.
18. Sáez Santiago, E. & Rosselló, J. (July, 2005). *Impact of CBT in the Perception of Parental Expressed Emotion in Depressed Adolescents with Type 1 diabetes*. Oral presentation at the European Congress of Psychology, Granada, Spain.
19. Jiménez-Chafey, M.I., Sáez-Santiago, E., Rosselló, J., Borrero, N., & De Jesús, D. (February 2006). *Psicología Positiva en el Salón de Clases*. Oral presentation at the Annual Convention of the Puerto Rico Private School Association, San Juan, Puerto Rico.
20. Reyes, M.L., Sáez-Santiago, E., & Bernal, G. (October, 2006). *Taller Psicoeducativo para Padres y Madres de Adolescentes con Depresión: Análisis de Grupos*. Oral Presentation at the Annual Convention of the Psychology Association of Puerto Rico. San Juan, Puerto Rico.
21. Sáez-Santiago, E. (November, 2006). *Diabetes y Familia*. Oral presentation at the Cardio-Diabetes Symposium, San Juan, Puerto Rico.
22. Sáez-Santiago, E. (November, 2006). *Parental expressed emotion and its relation to depressive symptoms and glycemic control in Puerto Rican adolescents with type 1 diabetes*. Poster and oral presentation at the Latino Mental Health Conference. Santa Fe, New Mexico.
23. Sáez-Santiago, E. (January, 2007). *Trastornos Mentales y Desempeño Académico en Estudiantes Universitarios*. Oral presentation at the Faculty Meeting, University of Puerto Rico, Cayey Campus.
24. Sáez-Santiago, E. & Bernal, G. (August 2007). *Psychoeducational Intervention for Puerto Rican Parents: Adaptation and Development*. Oral presentation at the American Psychological Association Annual Convention, San Francisco, California.
25. Sáez-Santiago, E., Reyes, M.L., & Bernal, G. (August, 2007). *Psychoeducational Intervention for Parents of Puerto Rican Adolescents with Depression: Preliminary Results*. Oral presentation at the American Psychological Association Annual Convention, San Francisco, California.
26. Centeno, F. & Sáez-Santiago, E. (May, 2008). *Psicopatología Materna y sus Implicaciones para el Tratamiento Individual de Adolescentes con Depresión*. Oral presentation at the III Iberoamerican Congress of Health Qualitative Research, San Juan, Puerto Rico.
27. Sáez-Santiago, E., Bonilla, K., Galloza, A. & López, C. (February, 2009). *Programa de Estrategias para Mantener un Ánimo Saludable: Un Programa de Prevención para la Depresión*. Oral presentation at the Annual Convention of the Puerto Rico Private School Association, San Juan, Puerto Rico.
28. Sáez-Santiago, E., Rodríguez, G., & Rodríguez, N. (June, 2011). *Aceptación de un Programa de Prevención de la Depresión por Jóvenes Puertorriqueños/as*. Oral presentation at the Interamerican Congress of Psychology, Medellín, Colombia.
29. Sáez-Santiago, E. (September, 2011). *Cómo Promover un Ánimo Saludable en Jóvenes*. Conference at the NIMH Outreach Partnership Program, San Juan, Puerto Rico.
30. Sáez-Santiago, E. (November, 2011). *Impact of EMAS on Depressive Symptoms and Mediators of depression*. Oral presentation at the Caribbean Regional Conference of Psychology, Nassau, Bahamas.

31. Sáez-Santiago, E. (November, 2011). *Psycho-educational Intervention for Parents of Adolescents in Treatment for Depression: TEPSI*. Oral presentation at the Caribbean Regional Conference of Psychology, Nassau, Bahamas.
32. Rodríguez, N., Rodríguez, G., & Sáez-Santiago, E. (March, 2012). Estrategias para Mantener un ánimo Saludable en escuelas puertorriqueñas: Un programa de prevención. Oral presentation at the Caribbean Congress of Psychology, Dominican Republic.
33. Sáez-Santiago, E. (April, 2012). *Impacto de un programa de prevención en los Síntomas de Depresión de Jóvenes Puertorriqueños/as*. Poster presentation at the International Congress of Clinical Psychology, Santander, Spain.
34. Sáez-Santiago, E. (April, 2012). *Desarrollo y Aceptación de un Programa de Prevención de la Depresión en Escuelas Puertorriqueñas*. Poster presentation at the International Congress of Clinical Psychology, Santander, Spain.
35. Sáez-Santiago, E. (May, 2012). *Feasibility of a School-based Prevention Program for Depression Facilitated by Teachers in Puerto Rico*. Oral presentation at the APA Division 45 Biennial Conference, Ann Arbor, Michigan.
36. Sáez-Santiago, E. (May, 2012). *Herramientas para la Promoción de Salud Mental en el Salón de Clases*. Oral presentation at the NIMH Outreach Partnership Program, San Juan, Puerto Rico.
37. González, J., Rodríguez, G. & Sáez-Santiago, E. (June 2012). *Psicología en las escuelas: Viabilidad y retos en la implementación de un programa de prevención*. Oral presentation at the International Congress of Community Psychology, Barcelona, Spain.
38. Torres, J., & Sáez-Santiago, E. (June 2012). *Retos a considerar a la hora de implantar un programa de prevención para promover la salud mental en un contexto escolar*. Oral presentation at the International Congress of Community Psychology, Barcelona, Spain.
39. Rodríguez, G., Torres, L., & Sáez-Santiago, E. (2012). "Con el Mono Trepao." Taller para el Manejo de Estrés en el Plantel Escolar. Workshop presented at Alejandro Tapia y Rivera public school, Trujillo Alto, P.R.
40. Laborde, J.E. & Sáez-Santiago (October, 2012). Association between Obesity and Depression Symptoms in Puerto Rican Adults. Roundtable at the 2012 Annual Convention of the American Public Health Association, San Francisco, California.
41. Sáez-Santiago, E. (November, 2012). *Aceptación de Estudiantes a un Programa de Prevención de la Depresión Facilitado por Maestros/as*. Oral presentation at the Annual Convention of the Puerto Rico Association of Psychology. Río Grande, Puerto Rico.
42. Sáez-Santiago, E. (May, 2012). Promoción de Salud Mental en Adolescentes. Workshop presented at Las Américas public school, San Juan, P.R.
43. Sáez-Santiago, E. (June, 2013). *Ambiente Familiar y Depresión en Adolescentes Puertorriqueños/as*. Oral presentation by invitation at the Fatherhood and Healthy Families Institute, San Juan, Puerto Rico.
44. Sáez-Santiago, E., Cintrón, M., Nuñez, A., & Santiago, M.R. (June 2013). Relaciones Parentales y la Depresión en Adolescentes de Puerto Rico. Symposium presented at the Interamerican Congress of Psychology, Brasilia, Brasil.
45. Cumba-Avilés, E. & Sáez-Santiago, E. (August, 2013). *Manejando los Retos de la Diabetes Juvenil en la Familia*. Oral Presentation at the NIMH OPP in Puerto Rico, University of Puerto Rico, Río Piedras Campus, San Juan, Puerto Rico.

46. Sáez-Santiago, E. & Cumba-Avilés, E. (September, 2013). *Estudios sobre la Depresión y Diabetes Juvenil en Puerto Rico*. Oral presentation by invitation at the First Simposium of Health Psychology of Puerto Rico, San Juan, Puerto Rico.
47. Sáez-Santiago, E. & Cumba-Avilés, E. (September, 2013). *Aspectos Psicológicos de la Diabetes y Obesidad en Jóvenes*. Oral presentation at the *Train of Trainers: Educando Educadores*, Diabetes Association of Puerto Rico, San Juan, Puerto Rico.
48. Sáez Santiago, E. (February 2014). *Treatment and Prevention for Depression in Latino Adolescents*. Oral presentation by invitation at the *15<sup>th</sup> Annual National Fatherhood & Families Conference, Fathers & Families Coalition of America*, Henderson, Nevada.
49. Sáez-Santiago, E. (May, 2014). *Promoción de Salud Mental en Adolescentes*. Workshop presented at Venus Gardens public school, San Juan, P.R.
50. Sáez Santiago, E. & Cumba Avilés, E. (July, 2014). *Relación entre padre/madre e hijo/a, síntomas de depresión y control glucémico en adolescentes con diabetes tipo 1 en Puerto Rico*. Oral presentation at the Interamerican Regional Congress of Psychology, San Salvador, El Salvador.
51. Sáez Santiago, E. & Cumba Avilés, E. (September, 2014). *Aspectos psicológicos de la diabetes y obesidad en niños/as y adolescentes*. Oral presentation at the *Train of Trainers* de la Asociación Puertorriqueña de Diabetes, San Juan, Puerto Rico.
52. Sáez-Santiago, E., Fernández-Vargas, R., Rodríguez-Corcelles, L., & Cumba-Avilés, E. (November, 2014). *Terapia Cognitiva-Conductual Grupal para Adolescentes con Diabetes y Depresión en Puerto Rico*. Oral presentation at the Annual Convention of the Puerto Rico Psychology Association, Río Grande, Puerto Rico.
53. Sáez Santiago, E. & Rivera Urdaz, J.F. (February, 2015). *Promoción de Salud Mental en el Salón de Clases*. Oral presentation at the Annual Convention of the Puerto Rico Private School Association, San Juan, Puerto Rico.
54. Cumba-Avilés, E., & Sáez-Santiago, E. (2015, marzo). *Terapia Cognitiva-Conductual para Adolescentes con Diabetes y Depresión*. Oral presentation by invitation at the 2015 Symposium of the Puerto Rico Psychology Association, Gurabo, PR.
55. Sáez Santiago, E., Rivera Urdaz, J.F., & Rodríguez, N. (April, 2015). *Promoción de Salud Mental en el Salón de Clases*. Workshop for health teacher at the Department of Education of Puerto Rico, San Juan, Puerto Rico.
56. Sáez-Santiago, E. (July, 2015). *Effectiveness of a Universal Prevention Program for Depression in Adolescents of Puerto Rico*. Oral presentation at the 14th European Congress of Psychology, Milan, Italy.
57. Cumba-Avilés, E., Sáez-Santiago, E., Jiménez-Chafey, M.I., Bernal, G., & Rosselló, J. (July, 2015). *Efficacy of Group Cognitive-Behavioral Treatment for Latino Youth with Type 1 Diabetes and Depression*. Paper presented at the 14th European Congress of Psychology, Milan, Italy.
58. Sáez-Santiago, E. (August, 2015). *Outreach Partnership Program at the Institute for Psychological Research*. Poster presentation at the NIMH Outreach Partnership Program Annual Meeting, Bethesda, Maryland.
59. Sáez-Santiago, E. (September, 2015). *Viabilidad de una intervención de prevención de la depresión en adolescentes facilitada por maestros/as*. Poster presentation at 1ra Conferencia Avances en la Investigación y Acción con la Niñez y Juventud, Universidad de Puerto Rico, Recinto de Mayagüez, PR.

60. Cumba-Avilés, E., Sáez-Santiago, E., Jiménez-Chafey, M.I., Bernal, G., & Rosselló, J. (September, 2015). *Eficacia Inicial de la Terapia Cognitiva-Conductual en Adolescentes Latinos/as con Diabetes Tipo 1 y Depresión*. Poster presentation at 1ra Conferencia Avances en la Investigación y Acción con la Niñez y Juventud, Universidad de Puerto Rico, Recinto de Mayagüez, PR.
61. Sáez-Santiago, E. & Cumba-Avilés, E. (September, 2015). *Aspectos psicológicos de la diabetes y obesidad en niños/as y adolescentes*. Oral presentation at the Train of Trainers of the Puerto Rico Diabetes Association, San Juan, Puerto Rico.
62. Sáez-Santiago, E. (November, 2015). Implementación de un Programa de Prevención de la Depresión en Escuelas. Oral presentation at Institute for Psychological Research Seminar.
63. Bernal, G., Sáez-Santiago, E. & Rosa Y. (November, 2015). *Clínica Especializada en Prácticas Psicológicas Basadas en la Evidencia*. Oral presentation at the Annual Convention of the Puerto Rico Psychology Association, San Juan, Puerto Rico.
64. Sáez-Santiago, E. (November, 2015). *Uso de técnicas conductuales y cognitivas para la promoción de salud mental en el salón de clase*. Oral presentation by invitation at the 15vo Encuentro Internacional de Educación y Pensamiento, San Juan, Puerto Rico.
65. Vélez, B. & Sáez Santiago, E. (February, 2016). *Retos de la Heteronormatividad: Cómo promover aceptación, inclusión y seguridad en las escuelas*. Oral presentation at the Annual Convention of the Association of Private Schools of Puerto Rico, San Juan, Puerto Rico.
66. Sáez-Santiago, E. (March, 2016). *Estrategias para Mantener el Ánimo Saludable en jóvenes de escuela intermedia*. Oral presentation by invitation at the 2016 Symposium of the Puerto Rico Psychology Association, Carolina, Puerto Rico.
67. Rosa Rodríguez, Y. & Sáez-Santiago, E. (April, 2016). *Manejo Efectivo del Estrés*. Workshop to security officials of the University of Puerto Rico, Río Piedras Campus, San Juan, Puerto Rico.
68. Jiménez Chafey, Sáez-Santiago, E. & Cumba-Avilés, E. (April, 2016). *Salud Mental en Adolescentes con Diabetes Tipo 1*. Oral presentation to the Mental Services Administration Health and Addiction (ASSMCA) Community support interagency committee, Bayamón, Puerto Rico.
69. Feliciano, V. & Sáez-Santiago, E. (October, 2016). *Cómo Ayudar a Alguien que ha Pasado por un Evento Traumático*. Oral presentation invited by Psi Chi, University of Puerto Rico, Río Piedras Campus.
70. Saéz-Santiago, E. (February, 2017). *Evaluación y Manejo de Riesgo: Maltrato, Abuso Sexual, Acoso y Conducta Agresiva*. Oral presentation for staff of Proyecto de Apoyo a Niños/as y Adolescentes (Victim of Crime Act Project) at Institute for Psychological Research, San Juan, Puerto Rico.
71. Saéz-Santiago, E. (February, 2017). *Instrumentos de Medición*. Oral presentation for staff of Proyecto de Apoyo a Niños/as y Adolescentes (Victim of Crime Act Project) at Institute for Psychological Research, San Juan, Puerto Rico.
72. Saéz-Santiago, E. (March, 2017). *Evaluación y Manejo de Riesgo: Maltrato, Abuso Sexual, Acoso y Conducta Agresiva*. Oral presentation for staff of Proyecto de Apoyo a Niños/as y Adolescentes (Victim of Crime Act Project) at University of Puerto Rico, Medical Sciences Campus, San Juan, Puerto Rico.
73. Saéz-Santiago, E. (July, 2017). *Proyecto de Apoyo a Niños/as y Adolescentes*. Poster presentation at the Annual Meeting of the NIMH Outreach Partnership Program, Bethesda, MD

74. Saéz-Santiago, E. & Feliciano, V. (December, 2017). *¿Cómo ayudar a alguien que ha pasado por un evento traumático?* Oral presentation at Psi Chi UPR-RP chapter, University of Puerto Rico, Río Piedras.
75. Sáez-Santiago, E., Feliciano, V. & Pérez-Jiménez, D. (January, 2018). *Servicios Psicológicos Basados en la Evidencia para Niños/as y Adolescentes Víctimas de Violencia Comunitaria.* Symposium presented at the Annual Convention of the Puerto Rico Psychology Association. Ponce, Puerto Rico.
76. Saéz-Santiago, E. (February, 2018). *Manejo de emociones en niños/as y adolescentes.* Oral presentation at AmeriCorps, Península de Cantera, San Juan, Puerto Rico.
77. Saéz-Santiago, E. & Feliciano, V. (April, 2018). *¿Cómo ayudar a estudiantes que viven experiencias traumáticas?* Oral presentation at the Annual Convention of the Association of Private Education of Puerto Rico, San Juan, Puerto Rico.