

# Craig Jeffrey Robb Sewall, Ph.D, LCSW

[CJS227@pitt.edu](mailto:CJS227@pitt.edu)

<https://www.craigsewall.com/>

## **EDUCATION:**

**Doctor of Philosophy in Social Work**, April 2021

*University of Pittsburgh*, Pittsburgh, PA

Dissertation: *Identifying mechanisms that explain the relationship between digital technology use and well-being*

Committee: Daniel Rosen (Chair), Christina Newhill, Shaun Eack, Tina Goldstein

**Master of Social Work**, August 2012

*University of Pittsburgh*, Pittsburgh, PA

**Bachelor of Arts-- Sociology** (Emphasis in Human Services), May 2009

*Westmont College*, Santa Barbara, CA

## **LICENSURE AND CERTIFICATIONS:**

**Licensed Clinical Social Worker (LCSW)**, June 2015—Present

## **RESEARCH INTERESTS**

Digital technology and psychosocial well-being; leveraging technology to improve understanding of suicidality; quantitative methods; longitudinal methods

## **TEACHING INTERESTS**

Research methods; statistics; human behavior in the social environment; clinical social work practice

## **PEER-REVIEWED PUBLICATIONS:**

*\*Indicates statistical consultant on project*

Sewall, C.J.R. & Parry, D.A. (2021). The role of depression in the discrepancy between estimated and actual smartphone use: A cubic response surface analysis. *Technology, Mind, and Behavior*. DOI: 10.1037/tmb0000036

Parry, D.A., Davidson, B.I., Sewall, C.J.R., Fisher, J.T., Mieczkowski H., & Quintana, D.S. (2021). A systematic review and meta-analysis of discrepancies between logged and self-reported digital media use. *Nature Human Behavior*. DOI: 10.1038/s41562-021-01117-5

Sewall, C.J.R., Goldstein, T.R., & Rosen, D. (2021). Objectively measured digital technology use during the COVID-19 pandemic: Impact on depression, anxiety, and suicidal ideation among young adults. *Journal of Affective Disorders*, 288, 145-147. DOI: 10.1016/j.jad.2021.04.008

Sewall, C.J.R., Girard, J.M., Merranko, J., Hafeman, D., Goldstein, B.I., Strober, M., Hower, H., Weinstock, L.M., Yen, S., Ryan, N.D., Keller, M.B., Liao, F., Diler, R.S., Gill, M.K., Axelson, D., Birmaher, B., & Goldstein, T.R. (2020). A Bayesian multilevel analysis of the longitudinal associations between relationship quality and suicidal ideation and attempts among youth with bipolar disorder. *Journal of Child Psychology and Psychiatry*. DOI: 10.1111/jcpp.13343

Rauktis, M.E., Hoy-Gerlach, J., Sewall, C.J.R.\*, Lee, H., & Bickel, L. (2021). Preliminary findings of a ten-item scale to assess the commitment of low-income owners to their companion animals. *Anthrozoös*, 34(1), 109-126. DOI: 10.1080/08927936.2021.1878682

Sewall, C.J.R., Bear, T.M., Merranko, J., & Rosen, D. (2020). How psychosocial well-being and usage amount predict inaccuracies in retrospective estimates of digital technology use. *Mobile Media & Communication*, 8(3), 379-399. DOI: 10.1177/2050157920902830

Biernesser, C., Sewall, C.J.R., Brent, D., Bear, T., Mair, C., & Trauth, J. (2020). Social Media Use and Deliberate Self-Harm Among Youth: A Systematized Narrative Review. *Children & Youth Services Review*, 116. DOI: 10.1016/j.chilyouth.2020.105054

Sewall, C.J.R., Goldstein, T.R., Salk, R.H., Merranko, J., Gill, M.K., Strober, M., Keller, M.B., Hafeman, D., Ryan, N.D., Yen, S., Hower, H., Liao, F., & Birmaher, B. (2020). Interpersonal relationships and suicidal ideation in youth with bipolar disorder. *Archives of Suicide Research*, 24(2), 236-250. DOI: 10.1080/13811118.2019.1616018.

Jacobs, L.A., Ashcraft, L., Sewall, C.J.R., Folb, B.L., & Mair, C. (2020). Ecologies of juvenile re-offending: A

systematic review of risk factors. *Journal of Criminal Justice*, 66, DOI: 10.1016/j.jcrimjus.2019.101638

Cochran, G., Pacella, M., Ringwald, W., Repine, M., Hruschak, V., Beaugard, C., **Sewall, C.**, Rosen, D., Alarcon, L.H., Tarkin, I.S., Moloney, G.B., & Corcos, A. (2020). Opioid use patterns and risk characteristics among injured patients. *Substance Abuse*, 41(1), 24-28. DOI: 10.1080/08897077.2019.1635065

Theisen, K.M., Myrnga, J.M., Hale, N., Cochran, G., **Sewall, C.\***, Macleod, L.C., Jacobs, B.L., & Davies, B.J. (2019). Excessive opioid prescribing after major urologic procedures. *Urology*, 123, 101-107. DOI: 10.1016/j.urology.2018.06.057

Eaton-Stull, Y., & **Sewall, C.** (2019). Canine complements to psychological first aid. *Human-Animal Interaction Bulletin*, 7(2), 70-80.

### **MANUSCRIPTS UNDER REVIEW:**

Jacobs, L.A., Ashcraft, L., **Sewall, C.J.R.**, Folb, B.L., & Wallace, D. Recidivism in context: A meta-analysis of neighborhood concentrated disadvantage and repeat offending

### **BOOK CHAPTERS**

**Sewall, C.J.R.**, Goldstein, T.R., & Brent, D.A. (*in press*). Youth Suicide. In M.K. Dulcan (Ed.), *Dulcan's textbook of child and adolescent psychiatry* (2nd ed.). Arlington, VA: American Psychiatric Association Publishing

### **PEER-REVIEWED CONFERENCE PRESENTATIONS:**

- 5/2021 Parry, D., Davidson, B., **Sewall, C.J.R.**, Fisher, J., Mieczkowski, H., Quintana, D. *A Systematic Review and Meta-analysis Examining the Accuracy of Self-reported Digital Media Use* [Paper presentation]. 71<sup>st</sup> Annual International Communication Association Conference. *Virtual due to COVID-19*
- 4/2021 Hamilton, J.L., Biernesser C., **Sewall, C.J.R.**, Zelazny, J., Rode, N., Porta, G., Hamilton, E., Poling, K., Brent, D., Franzen, P., Goldstein, T.R. *Nighttime Social Media Use and Sleep Among Adolescents at High Risk for Suicide: Data from Two Studies Using Mixed Methods and Prospective Designs* [Paper presentation]. Society for Research in Child Development. *Virtual due to COVID-19*
- 4/2021 **Sewall, C.J.R.** *A longitudinal analysis of the association between objectively-measured digital technology use and suicidal ideation*. [Paper presentation]. American Association of Suicidology. *Virtual due to COVID-19*
- 4/2021 **Sewall, C.J.R.**, Lombardi, B., Jansen, T. *Statistical Methods for Modeling Change Over Time* [Methods workshop]. Society for Social Work and Research. *Virtual due to COVID-19*
- 1/2021 **Sewall, C.J.R.** *Identifying mechanisms that explain the relationship between digital technology use and psychosocial well-being* [Paper presentation]. Society for Social Work and Research. *Virtual due to COVID-19*
- 1/2021 Ashcraft, L., **Sewall, C.J.R.**, Jacobs, L. *Recidivism in Context: A Meta-Analysis of Neighborhood Concentrated Disadvantage and Repeat Offending* [Paper presentation]. Society for Social Work and Research. *Virtual due to COVID-19*
- 8/2020 Hamilton, J.L., Goldstein, T.G., **Sewall, C.J.R.**, Zelazny, J., Gibbons, B., Roede, N., & Franzen, P.L. *Social Media Use and Actigraphic Measures of Sleep Timing Among High-Risk Adolescents* [Paper presentation]. SLEEP. Philadelphia, PA. *Virtual due to COVID-19*
- 8/2020 Franzen, P.L., Merranko, J., Zelazny, J., Hamilton, J.L., **Sewall, C.J.R.**, & Goldstein, T.R. *Temporal associations between sleep and suicidality in ultra-high risk adolescents and college students during an intensive longitudinal study* [Paper presentation]. SLEEP. Philadelphia, PA. *Virtual due to COVID-19*
- 1/2020 **Sewall, C.J.R.**, Rosen, D., Bear, T. *How Much Time Do You Spend on Your Smartphone? Examining the Inaccuracies of Self-Reported Estimates of Smartphone Use and the Implications for Detecting Effects*. [Poster presentation]. Society for Social Work and Research, Washington DC
- 1/2020 Jacobs, L., Ashcraft, L., **Sewall, C.J.R.** *Ecologies of Reoffending: A Systematic Review of Risk and Protective Factors for Justice-Involved Youth*. Society for Social Work and Research, Washington DC
- 10/2019 **Sewall, C.J.R.**, Goldstein, T.R., Merranko, J., Gill, M.K., Strober, M.A., Keller, M., & Birmaher, B. *Examining Prospective Associations Between State vs. Trait Relationship Quality and Suicidal Ideation*

*among Bipolar Youth* [Poster presentation]. IASR/AFSP International Summit on Suicide Research, Miami, FL

- 10/2019 Goldstein, T.R., Franzen, P., Merranko, J., Gratzmiller, S., Gibbons, B., Hamilton, J., Zelazny, J., **Sewall, C.J.R.**, Scott, L., Poling, K., Brent, D. *Last Night's Sleep Predicts Today's Suicidal Ideation among At-risk Adolescents & College Students: Preliminary Results from a Longitudinal Multi-method Investigation of the Sleep-Suicide Association* [Paper presentation]. IASR/AFSP International Summit on Suicide Research, Miami, FL
- 3/2019 Levenson, J.C., Biernesser, C., Hamilton, J.L., **Sewall, C.J.R.**, Zelazny, J. *Development of a Brief, Multi-Platform Measure of Social Media Use* [Poster presentation]. University of Pittsburgh Department of Psychiatry's Research Resources Revue, Pittsburgh, PA
- 6/2018 **Sewall, C.J.R.**, Goldstein, T.R., Salk, R.H., Gill, M.K., Strober, M., Keller, M., & Birmaher, B. *Interpersonal relationship quality and suicidal ideation among youth with bipolar disorder* [Poster presentation]. University of Pittsburgh Department of Psychiatry Research Day conference, Pittsburgh, PA

## **RESEARCH EXPERIENCE:**

**Graduate Student Assistant**, University of Pittsburgh School of Social Work  
*September 2017-Present*, Pittsburgh, PA

- Developed and carried out independent research project—including funding acquisition, IRB approval, primary data collection, data management, and data analysis—culminating in a publication in the journal *Mobile Media & Communication*, with additional publications in preparation
- Acted as primary investigator on multiple research studies involving cross-disciplinary team of psychologists and psychiatrists. Two of these projects have resulted in publications in well-established journals in the fields of suicidology and adolescent mental health, respectively. A third, currently ongoing, was a finalist for a \$25,000 pilot grant from the University of Pittsburgh CTSI
- Utilized skills in data analysis, data management, project management, clinical assessment, research design, and writing to assist multiple senior research mentors with a range of projects
- Assisted with manuscript development for federal grant examining effectiveness of patient navigation intervention for reducing opioid misuse and abuse
- Provided statistical analysis for study investigating opioid prescribing practices following urologic procedures
- Assisted with statistical analysis, data visualization, and manuscript development for study examining opioid misuse patterns among injured patients
- Conducted comprehensive clinical research assessments (including the A-LIFE, Sleep SCID, and CSSR-S) with adolescent participants involved in a study examining sleep and suicidality

## **CLINICAL/PROFESSIONAL EXPERIENCE**

**Counselor**, Allegheny College Counseling Center  
*February 2014- August 2017*, Meadville, PA

- Earned the responsibility for managing and analyzing Counseling Center data/statistics
- Utilized Counseling Center data/statistics to inform Center's policy, identify outreach targets, and develop outreach strategies
- Designed and conducted behavioral health crisis intervention program for residence life and security staff
- Designed "Overcoming Procrastination" workshop for student leader conference
- Investigated numerous available mental health apps for effectiveness and reliability and compiled handout that was frequently utilized by students
- Reviewed research to aid in professional and personal development, including cognitive psychology, behavioral economics, neurobiology, behavioral therapy interventions, technological innovation, and other relevant scientific research
- Provided evidence-based individual and group therapy to over 60 students per academic semester
- Conducted comprehensive behavioral assessments to identify areas of concern, diagnosis, and treatment plan
- Collaborated with faculty and staff offices on campus to provide behavioral health presentations to students, staff, and faculty.
- Completed yearly trainings to maintain clinical licensure on variety of behavioral subjects including: cognitive-behavioral therapy, crisis intervention, dialectical-behavior therapy, neurobiology, LGBTQ+ issues, and trauma

- Honed crisis intervention skills through daytime urgent appointments, as well as evening/weekend on-call.

**Adult Outpatient Therapist, Turtle Creek Valley Community Services**

*January 2012- February 2014, Pittsburgh, PA*

- Conducted evaluative research project to assess program engagement and retention
- Provided individual psychotherapy and treatment planning services to socio-culturally diverse adult population
- Performed biopsychosocial assessments to determine presenting problems and appropriate level of care
- Effectively managed caseload of over 100 clients
- Completed clinical documentation, including goal plans, session progress notes, and intake assessments via electronic record in accordance with performance standards
- Participated weekly in clinical supervision with program director and case consultation with treatment team
- Designed and facilitated two therapeutic groups covering self-acceptance and wellness

**Foster Care Case Manager, Families United Network Inc.**

*September 2010- October 2012, Pittsburgh, PA*

- Provided counseling, guidance, and referrals to socio-culturally diverse array of foster children, foster families, and biological families to facilitate prompt attainment of goals and objectives
- Conducted safety assessments, biopsychosocial assessments, and developmental assessments of/with children in placement
- Managed, supported, and facilitated caseload of children in substitute care
- Created individualized service plans to ensure client safety, well-being, and attainment of goals/objectives
- Effectively responded to crisis calls and situations, including overnight and weekend on-call

**Permanency Specialist Intern, Families United Network Inc.**

*May 2011- December 2011, Pittsburgh, PA*

- Completed comprehensive written profiles for adoptive children by conducting interviews and reviewing historical, medical, and academic files
- Organized and directed public awareness and support event for National Adoption Month, and conducted trainings and informational sessions with prospective adoptive parents
- Explored issues of loss, attachment, interpersonal relationships, and identity with child and family during adoption preparation services.

**Therapeutic Support Staff, Community Services Group**

*March 2010- July 2010, Harrisburg, PA*

- Supervised therapeutic activities, crisis intervention techniques, emotional support, and additional psychosocial rehabilitative activities
- Provided one-on-one therapeutic support to children with behavioral, emotional, and developmental difficulties
- Taught skills needed to enhance functional independence for community living

**Case Manager, Susquehanna Harbor Safe Haven**

*October 2009- February 2010, Harrisburg, PA*

- Supported and supervised individuals at a residential facility for chronically homeless men with a diagnosed mental illness
- Met with residents and aided in planning, referrals, goal setting, and follow-up

**TEACHING EXPERIENCE**

**Teaching Assistant, University of Pittsburgh School of Social Work**

*August 2019-December 2019, Pittsburgh, PA*

- Provided student support to 50 students in graduate-level *Social Work Practice with Diverse Populations* course
- Lectured and assisted with leading group exercises and discussion
- Graded assignments in a timely and thorough fashion

**Teaching Assistant, University of Pittsburgh School of Social Work**

*January 2020-April 2020, Pittsburgh, PA*

- Provided teaching support to two sections of graduate-level *Human Behavior: Mental Health* courses
- Contributed clinical and research expertise to assist with course content, lectures, and discussions
- Lectured and assisted with leading group exercises and discussion

- Graded assignments and tests in a timely and thorough fashion

## **TRAINING AND PROFESSIONAL DEVELOPMENT**

Bayesian Data Analysis, Multilevel Structural Equation Modeling, Structural Equation Modeling, Multilevel Modeling, Inferential Statistics, Survival Analysis, Multiple Regression, Advanced Research Methods, Survey Methodology, Measurement in Social and Behavioral Sciences, Social Science Theory

## **INSTITUTIONAL SERVICE:**

### **University of Pittsburgh**

- Doctoral Committee Representative, Social Work Doctoral Student Organization, September 2019—May 2020

### **Allegheny College**

- Co-Chair, Student Affairs Research Committee, September 2016—August 2017
- Member, Administrative Advisory Committee, August 2014-May 2016

## **FUNDING:**

- Recipient of a research award to complete independent research project as primary investigator
- Recipient of research award to fund primary data collection for dissertation
- Finalist for \$25,000 pilot grant from University of Pittsburgh Clinical and Translational Science institute [not selected for funding]

## **AWARDS & HONORS:**

- **Dean Scholar** (awarded to top 2% of School of Social Work graduating class), *University of Pittsburgh*, 2012
- **Achievement in Pedagogy**, *University of Pittsburgh*, December 2018

## **MEMBERSHIP AND AFFILIATIONS:**

- Society for Social Work and Research
- Association for Behavioral and Cognitive Therapies
- Association for Psychological Science

## **PROFESSIONAL PRESENTATIONS AND PROJECTS:**

2/2021	Presentation, “Using crowdsourcing tools for online participant recruitment and data collection: Tutorial and Strategies.” <i>University of Pittsburgh</i> , Pittsburgh PA
9/2019	Presentation, “A Primer on Multilevel Structural Equation Modeling.” <i>University of Pittsburgh</i> , Pittsburgh PA
3/2019	Biernesser, C., Zelazny, J., <b>Sewall, C.J.R.</b> <i>Social Media and Adolescent Suicide: Risks, Benefits, and a Novel Monitoring Intervention</i> . Annual Child & Adolescent Mental Health Conference: NAMI Keystone PA, Pittsburgh, PA.
3/2019	Presentation, “Examining the discrepancy between estimated and actual smartphone use: Implications for measuring effects.” <i>University of Pittsburgh</i> , Pittsburgh, PA.
11/2018	Lecture, “Suicide Risk Assessments: Basic Overview and Ethical Considerations.” <i>University of Pittsburgh</i> , Pittsburgh, PA.
9/2016	Report/Presentation, “Allegheny College Counseling Center: Clinical and Utilization Data, Ten-year Trend Analysis.” <i>Allegheny College</i> , Meadville, PA.
9/2016	Report/Presentation, “Allegheny College Counseling Center: Demographic Data, Four-year Trend Analysis.” <i>Allegheny College</i> , Meadville, PA.
2/2016	Report/Presentation, “Allegheny College Counseling Center vs. Average Counseling Center: Comparing Utilization Data to Similar Institutions. <i>Allegheny College</i> , Meadville, PA.
5/2016	Workshop, “How to Intervene in a Behavioral Health Crisis.” <i>Allegheny College</i> , Meadville, PA.
8/2014	Workshop, “Overcoming Procrastination.” <i>Allegheny College</i> , Meadville, PA.