

J. MAYA HERNANDEZ

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EDUCATION

- 2018 - Present **University of California, Irvine**, Irvine, CA
Doctor of Philosophy (Ph.D.), Social Ecology
Primary Advisor: Candice Odgers, Ph.D.
- 2018 - 2020 **University of California, Irvine**, Irvine, CA
Master of Arts (M.A.), Social Ecology
Thesis Title: [Early Adolescents' Wellbeing in the Digital Age: A Social Ecological Approach Based on the Adolescent Brain Cognitive Development \(ABCD\) Study.](#)
- 2013 - 2014 **Harvard University Extension School**, Cambridge, MA
Post-Baccalaureate, Health Careers Program
- 2009 - 2012 **Johns Hopkins University**, Baltimore, MD
Bachelor of Arts (B.A.), Psychological and Brain Sciences

RESEARCH INTERESTS

- Understanding risks and opportunities of social technologies on adolescent psychosocial development and mental health
- Exploration of differential impacts of social technology as a tool to address mental health inequity among historically marginalized adolescents
- Triangulation of methodologies (i.e., quantitative, qualitative, community-based research) to improve dissemination and implementation of evidence-based research to support adolescent mental health.

PUBLICATIONS

In Preparation or Submission

Hernandez, J.M., Ben-Joseph, E.P., Reich, S., Charmaraman, L. (*In Submission*). Parental digital media monitoring: US family characteristics and early adolescent social technology use

Hernandez, J.M., Listo America Inc., Schueller, S., Molina, K., Ito, M., Cabrera, J.D., (*In Prep*). Youth Participatory Action Research in Latinx Adolescent Social Media Use and Wellbeing.

Hernandez, J.M., Charmaraman, L., Schaefer, H. (*In Prep*). Conceptualizing the role of racial-ethnic identity in U.S. adolescent social technology use and wellbeing.

Published (Peer Reviewed)

Hernandez J.M., Ahumada, V. (*In Press*). Assets-Based Inclusive Design as a Social Movement to Promote Equitable Distributions of Power: An Exploration of Latine Health and Development in the Digital Age. *Interactions Magazine*, Association for Computing Machinery.

- Ahumada, V., **Hernandez, J.M.**, Badillo-Urquiola, K., (2021) A Call for Action: Conceptualizing Assets-Based Inclusive Design as a Social Movement to Address Systemic Inequities. *Extended Abstracts of the 2021 CHI Conference on Human Factors in Computing Systems. Association for Computing Machinery*, New York, NY, USA, Article 12, 1–4.
<https://doi.org/10.1145/3411763.3450368>
- Heathcote, L.C., Timmers, I., Kronman, C. K., Mahmud, F., **Hernandez, J. M.**, Bentley, J., Youssef, A. M., Pine, D.S., Borsook, D., & Simons, L. E. (2019). Brain signatures of threat-safety discrimination in adolescent chronic pain. *PAIN*.
<https://doi.org/10.1097/j.pain.0000000000001753>
- Timmers, I., Simons, L. E., **Hernandez, J. M.**, McCracken, L. M., & Wallace, D. P. (2019). Parent psychological flexibility in the context of pediatric pain: Brief assessment and associations with parent behaviour and child functioning. *European Journal of Pain*, 23(7), 1340 - 1350.
<https://doi.org/10.1002/ejp.1403>
- Rodriguez, S. T., Jang, O., **Hernandez, J. M.**, George, A. J., Caruso, T. J., & Simons, L. E. (2019). Varying screen size for passive video distraction during induction of anesthesia in low-risk children: A pilot randomized controlled trial. *Pediatric Anesthesia*, 29(6).
<https://doi.org/10.1111/pan.13636>
- Stone, A. L., Walker, L. S., Heathcote, L. C., **Hernandez, J. M.**, Basch, M. C., Wilson, A. C., & Simons, L. E. (2019). Somatic Symptoms in Pediatric Patients With Chronic Pain: Proposed Clinical Reference Points for the Children’s Somatic Symptoms Inventory (Formerly the Children’s Somatization Inventory). *The Journal of Pain*, 20(8), 932 - 940.
<https://doi.org/10.1016/j.jpain.2019.02.005>
- Timmers, I., Park, A. L., Fischer, M. D., Kronman, C. A., Heathcote, L. C., **Hernandez, J. M.**, & Simons, L. E. (2018). Is Empathy for Pain Unique in Its Neural Correlates? A Meta-Analysis of Neuroimaging Studies of Empathy. *Frontiers in Behavioral Neuroscience*, 12.
<https://doi.org/10.3389/fnbeh.2018.00289>
- Heathcote, L. C., Rabner, J., Lebel, A., **Hernandez, J. M.**, & Simons, L. E. (2018). Rapid Screening of Risk in Pediatric Headache: Application of the Pediatric Pain Screening Tool. *Journal of Pediatric Psychology*, 43(3), 243–251. <https://doi.org/10.1093/jpepsy/jsx123>
- Simons, L. E., Erpelding, N., **Hernandez, J. M.**, Serrano, P., Zhang, K., Lebel, A. A., Sethna, N. F., Berde, C. B., Prabhu, S. P., Borsook, D. (2016). Fear and Reward Circuit Alterations in Pediatric CRPS. *Frontiers in Human Neuroscience*, 9.
<https://doi.org/10.3389/fnhum.2015.00703>
- Published (Non-Peer Reviewed)*
- Hernandez, J.M.**, Karan, M.F., Uhls, Y.T. (2020). The COVID-19 Tip Sheets. Los Angeles, CA.
<https://www.scholarsandstorytellers.com/covid-tip-sheet>
- Ito, M., Odgers, C., Schueller, S., Cabrera, J., Conaway, E., Cross, R., & **Hernandez, M.** (2020). Social Media and Youth Wellbeing: What We Know and Where We Could Go. Irvine, CA.

Connected Learning Alliance. <https://connectedlearning.uci.edu/youth-connections-for-wellbeing/>

Book Chapters

Charmaraman, L., Delcourt, C.G., **Hernandez, J.M.**, Youth Advisory Board. (*In Prep*). Adolescent girls co-design more positive digital ecosystems: An action research journey via a Youth Advisory Board. In C. James & M. Ito (Eds.), *HX Essay Collection*. MIT Press.

Hernandez, J.M., Schuller, S., Charmaraman, L. (*In Submission*). Digital sociocultural contexts of youth assets and wellbeing. In G.A.D. Liem & D.M. McInerney (Eds.), *Research on Sociocultural Influences on Research and Motivation – 14th Volume*. Information Age Publishing.

Charmaraman, L., **Hernandez, J.M.**, Hodes, R. (*In Press*). Marginalized and understudied populations using digital media. In J. Nesi, E.H. Telzer, & M.J. Prinstein (Eds.), *Handbook of Adolescent Digital Media Use and Mental Health*. Cambridge University Press.

PRESENTATION & WORKSHOPS

Presentations

Hernandez, J.M., Pearl Ben-Joseph, E., Charmaraman, L. (2022). Reevaluating parental monitoring behaviors of early adolescent social technology use in the US: A mixed methods approach. *72nd International Communications Association Conference*; Paris, France (Virtual)

Hernandez, J.M., Pearl Ben-Joseph, E., Charmaraman, L. (2022) Influences of Parental Monitoring Styles and Technofence on Early Adolescent Social Technology Use. Individual Paper to be presented at *American Educational Research Association 2022 Annual Meeting*; San Diego, CA (Virtual)

Hernandez, J.M., Cabrera, J.D., Ito, M. (2021) Youth Participatory Action Research in Latinx Adolescent Social Media Use and Wellbeing. Poster presented at *APA 2021 Technology, Mind, and Society Conference*; Virtual due to COVID-19

Hernandez, J.M., Odgers, C.L., Schueller, S., Uban, K.A. (2021). A Social Ecological Approach to Early Adolescents' Wellbeing in the Digital Age. Poster presented at *Society for Research in Child Development Virtual Biennial Meeting*; Virtual due to COVID-19

Hernandez, J.M. (2020). Early Career and Emerging Scholarship Presentation. *Development in the Digital Age 2020 Flash Conference*; Virtual due to COVID-19

Pearl Ben-Joseph, E., **Hernandez, J. M.**, Charmaraman, L. (2020). Restriction to communication: A mixed-method study of parental monitoring style, family closeness, and adolescent screen behaviors. Paper Symposium presented at *Society for Research on Adolescence Biennial Conference*; San Diego, CA. [canceled due to COVID-19]

Timmers, I., Kronman, C. A., Fischer, M. D., Park, A. L., Heathcote, L. C., **Hernandez, J. M.**, Simons, L. E. (2018). Is empathy for pain unique in its neural correlates? A meta-analysis of neuroimaging studies of empathy. Poster presented at the *Society for Neuroscience Annual Conference*; San Diego, CA

Simons, L. E., Heathcote, L. C., Timmers, I., Kronman, C., Mahmud, F., **Hernandez, J. M.**, Borsook, D. (2018). Neural Response to Extinction Learning in Pediatric Chronic Pain. Poster presented at the *Social and Affective Neurosciences Society Annual Conference*; Brooklyn, NY

Heathcote, L. C., **Hernandez, J. M.**, Kronman, C.K., Mahmud, F., Crum, A. J., Simons, L. E. (2018). Stress Mindset in Children and Young Adults with Chronic Pain: A Preliminary Investigation. Poster presented at the *Society for Affective Sciences Annual Conference*; Los Angeles, CA

Jang, O., Rodriguez, S., Caruso, T. J., Joseph, A., **Hernandez, J. M.**, Simons, L. E. (2017). A bed-mounted screen-based approach to managing preoperative anxiety in young children undergoing mask induction of anesthesia. Poster presented at the *American Pain Society Annual Conference*; Pittsburg, PA

Heathcote, L. C., Rabner, J., Lebel, A., **Hernandez, J. M.**, Simons, L. E. (2017). Rapid Screening of Prognostic Risk in Pediatric Headache: Application of the Pediatric Pain Screening Tool (PPST). Poster presented at the *Society of Pediatric Psychology Annual Conference*; Portland, OR

Hernandez, J. M., Basch, M. C., Heathcote, L. C., Perlo, S., Walker, L. S., Simons, L. E. (2017). Children's Somatization Inventory (CSI-24): Examining symptom clusters and clinical reference points in relation to healthcare utilization. Poster presented at the *Society of Pediatric Psychology Annual Conference*; Portland, OR

Garrett, A., Miklowitz, D. J., **Hernandez, J. M.**, Walshaw, P. D., Singh, M. K., DeGeorge, D., Chang, K. (2016). Functional Connectivity of the Dorsalateral Prefrontal Cortex is Modulated by Psychotherapy for Youth with Mood Dysregulation at High-Risk for Bipolar Disorder. Symposium presented at the *American Association for Child and Adolescent Psychiatry Annual Meeting Symposia*; New York, NY

Hernandez, J. M., DeGeorge, D.P., Goffin, K., Shah, S., Backes, C., Garrett, A., Chang, K., Singh, M. (2015). Executive Functioning Vulnerabilities in Youth at Risk for Major Mood Disorders. Poster presented at the *American Association for Child and Adolescent Psychiatry Annual Meeting*; San Antonio, TX

Hernandez, J. M., Zhang, K., Simons, L. E., Linnman, C., Serrano, P., Beccera, L., Borsook, D. (2015). Evoked brain response to fearful faces in pediatric complex regional pain syndrome (CRPS). Poster presented at the *American Pain Society Annual Scientific Meeting*; Palm Springs, CA

Basch, M., Smith, A. M., Hogan, M., **Hernandez, J. M.**, Chow, E., Zhang, K., Simons, L. E. (2015). GET Living: Implementation of graded exposure treatment for youth with chronic pain and associated disability. Poster presented at the *Society of Pediatric Psychology Annual Conference*; San Diego, CA

Workshops

Ahumada-Newhart, V., **Hernandez, J.M.** (2020). An assets-based design approach to promote digital equity for Latino youth and their communities. Workshop Position Paper for *CSCW*

2020 *Virtual Workshop: Call for Position Papers - Asset-Based Design*.
<https://doi.org/10.5281/zenodo.4317906>

Hernandez, J.M. (2020). Social ecological views on adolescent mental health in the digital age. Workshop Position Paper for *CHI 2020 Call for Position Paper – Technology Ecosystems: Rethinking Resources for Mental Health*. Virtual due to COVID-19

RESEARCH EXPERIENCE

- Sept. 2021 – Present **Connecting the EdTech Research EcoSystem (CERES)**, *Department of Informatics, UCI*
Principal Investigator: Candice Odgers, Ph.D., Gillian Hayes, Ph.D.
Graduate Scholar
- Jun. 2020 – Present **Center for Scholars & Storytellers**, *Department of Psychology, UCLA*
Principal Investigator: Yalda T. Uhls, Ph.D., MBA
Junior Fellow – Youth Engagement Taskforce and AA-PI Representation
- Jun. 2019 – Present **Youth, Media, and Wellbeing Lab**, *Wellesley Centers for Women, MA*
Principal Investigator: Linda Charmaraman, Ph.D.
Graduate Student Researcher –Early adolescent social technology use and parental monitoring: Implications for psychosocial and behavioral health.
- Apr. 2019 – Present **Connected Learning Lab**, *Department of Informatics, UCI*
Principal Investigator(s): Candice Odgers, Ph.D., Mizuko Ito, Ph.D., & Stephen Schuller, Ph.D.
Graduate Student Researcher – Youth Connections for Wellbeing Project
- Sept. 2016 – Aug. 2018 **Biobehavioral Pediatric Pain Lab**, *Stanford University School of Medicine, CA*
Principal Investigator(s): Laura Simons, Ph.D., Samuel Rodriguez, M.D.
Clinical Research Coordinator/Lab Manager
- Jun. 2015 – Feb. 2016 **Center for Interdisciplinary Brain Science Research**, *Stanford University School of Medicine, CA*
Principal Investigator(s): Allan Reiss, M.D., Lara Foland-Ross, Ph.D.
Neuroimaging Research Coordinator
- Jan. 2014 – May 2015 **Biobehavioral Pediatric Pain Lab**, *Boston Children’s Hospital, MA*
Principal Investigator(s): Laura Simons, Ph.D., Christine Sieberg, Ph.D.
Research Intern

TEACHING EXPERIENCE

- Nov. 2021 **Invited Guest Lecturer**, *Calderwood Seminar in Public Writing Wellesley College, Wellesley, MA*
Professor Linda Charmaraman, PhD
Social Technologies and Adolescent Development

Sept. 2019 – Present **Active Learning Graduate Leader**, *Department of Psychological Sciences, University of California, Irvine, CA*
Professor Amy Dent, PhD
SE H190: Honors Research (Fall 2019 - present)
SE 13: Statistical Analysis in Social Ecology (Fall 2019)

Sept. 2018 – Jun. 2021 **Graduate Teaching Assistant**, *Department of Psychological Sciences, University of California, Irvine, CA*
P104S: The Social Animal – Intro to Social Psychology
Professor Joanne Zinger, Ph.D. – *Fall 2018*
P100 Children in the Digital Age
Professor Candice Odgers – *Spring 2021*

HONORS AND AWARDS

2021-2022	Social Ecology Mentorship Award (\$200)
2018-2019	Newkirk Graduate Fellowship (\$8,000)
2018-2019	Daniel and Jeannette Stokols Social Ecology Award (\$2,000)
May 2015	American Pain Society Young Investigators Travel Award (\$750)
Dec. 2012	Dean's List – Johns Hopkins University

PROFESSIONAL AFFILIATION

2020-Present	ACM Special Interest Group Computer Human Interactions (Member)
2020-Present	Society for Research in Child Development (Member)
2020-Present	Asian American Psychological Association (Member)
2019-Present	Society for Research in Adolescence (Member)
2015-2017	APA Div. 54 Society for Pediatric Psychology (Member)

PROFESSIONAL SERVICE

2021-Present	Asian Mental Health Collective 501(c)(3) - Volunteer Researcher
2021	Lego World Builder Consultation
2021	Disney Channel Television Script Consultation
2020-2021	Connected Learning Lab Graduate Committee - Communications
2018-2020	UCI Science in Action (SIA) Initiative

SKILLS

R, RStudio	GraphPad Prism	Participatory Research
SPSS	E-Prime	Mixed Methods
FSL	Qualtrics/REDCap	Grant Writing
Microsoft Office	BIOPAC Psychophysiology	Research Management

LANGUAGES

English – Fluent, Native
Japanese – Fluent, Native
Spanish – Beginner

EXTERNAL

Torchbearer Committee Member, *Go for Broke National Education Center, Los Angeles, CA*

Chairperson, *Northern California Cherry Blossom Festival Queen Program, San Francisco, CA*

Executive Committee Member, *Northern California Cherry Blossom Festival, San Francisco, CA*

Community Volunteer, *Nisei Week Foundation, Los Angeles, CA*

Former Design Director, *Hanaya Floral Design, Cambridge, MA*

Former Student Teacher, *JHU Making Neuroscience Fun, Baltimore, MD*

Former Student Clinical Volunteer, *Baltimore Rescue Mission Clinic, Baltimore, MD*

Former Mental Health Worker, *Sheppard Pratt Hospital, Baltimore, MD*