

# Banan Ramarushton, PhD

Assistant Teaching Professor | Department of Psychology  
Director of the Psychedelic Study of Consciousness and Human Experiences Lab  
University of Denver  
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## EDUCATION

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- 2024      **Doctor of Philosophy**, Behavioral Science, University of North Texas, Denton, TX  
*Minor*: Research Methodology, Measurement, and Statistics  
*Dissertation*: Vine of the soul: The potential of ayahuasca for reducing depression, anxiety, and stress among ceremony participants and the role of rumination
- 2021      **Master of Science**, Psychology, University of North Texas, Denton, TX  
*Thesis*: Investigating the role of parenting in the link between social anxiety and coping-related drinking motives among adolescents
- 2019      **Bachelor of Science**, Psychology, University of Texas at Arlington, Arlington, TX  
*Minor*: Biology

## TEACHING EXPERIENCE

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### Teaching Experience at the University of Denver: 2024-Current

Social Psychology; Fall, 2024  
Personality; Fall, 2024  
Psychology of Women; Winter, 2025  
Foundations of Psychological Science; Winter 2025

### Teaching Experience at the University of North Texas: 2019-2024

General Psychology I; Fall, 2020  
Psychology of Women; Spring, 2021  
Personality; Fall, 2023  
Psychology of Women; Spring, 2024

## MANUSCRIPT ACTIVITY (\*denotes equal contributions by authors)

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### Published Peer-reviewed Manuscripts

15. **Ramarushton, B.**, Thompson, L., Slavish, D.C., Knapp, A.A., Blumenthal, H. (under review). Short-term prospective and reciprocal relations between social anxiety symptoms and sleep quality among community-recruited adolescents.
14. McClain, P., Zamboanga, B. L., **Ramarushton, B.**, Walukevich-Dienst, K., Thompson, L., Ford, K., Blumenthal, H., Ham, L., Bartholomew, J., Michikyan, M., Harkness, A., & Regan, P. (in press). Pregaming in the digital age: Why do university students drink before joining a virtual social event with friends or family?
13. Zamboanga, B. L., Newins, A. R., Walukevich-Dienst, K., Merrill, J. E., **Ramarushton, B.**, Kim, S. Y., Perrotte, J. K., & Lui, P. P. (in press). Motives to play drinking games and their relevance to drinking game behaviors and consequences in a national sample of university students in the United States: A replication study. *Psychology & Health*.
12. Ford, K., Zamboanga B. L., Bacon, M., **Ramarushton, B.**, Van Hedger, K., Blumenthal, H., Hurlocker, M. C., & Madson, M. B., and The Harm Reduction Team. (in press). The party's not over: Living situation, perceived party norms, and drinking games behavior among college students during the pandemic (COVID-19). *Journal of American College Health*.
11. Thompson, L.M., Slavish, D.C., Messman, B.A., Dietch, J.R., Kelly, K., Ruggero, C., Taylor, D.J., **Ramarushton, B.**, & Blumenthal, H. (in press). Alcohol use predicts longer but more fragmented sleep: A daily diary study of alcohol, sleep, and PTSD in nurses. *International Journal of Behavioral Medicine*.

10. **Ramarushton, B.**, Blumenthal, H., Ryals, A., Boals, A., & Thompson, L. (2024). The Therapeutic Potential of Psychedelics on Reducing Rumination: A Mini-Review. *Psychedelic Medicine*, 2(3), 146-152.
9. Griffith, E.L., **Ramarushton, B.**, Davis, K.P., Contractor, A.A., & Boals, A. (2024). Relations between trauma-based subgroups and posttrauma health outcomes: A latent class analysis. *Journal of Traumatic Stress*.
8. \***Ramarushton, B.**, \*Zamboanga, B. L., Walukevich-Dienst, K., Thompson, L., Griffith, E. L., Blumenthal, H., McClain, P., Bartholomew, J. B., Regan, P., Harkness, A., Cano, M. A., Michikyan, M. (2024). The more, the merrier! A multilevel latent class analysis of college students' drinking game behaviors during the COVID-19 pandemic. *Translational Issues in Psychological Science*.
7. Zamboanga, B. L., **Ramarushton, B.**, Thompson, L., Blumenthal, H., McClain, P., & CURES collaborators. (2024). Examining the Factor Structure and Correlates of Motives to Drink before Attending a Virtual Social Event during COVID-19 among University Students. *Substance Use and Misuse*.
6. Zamboanga, B. L., **Ramarushton, B.**, Blumenthal, H., Thompson, L., Ham, L. S., Bartholomew, J. B., Schwartz, S. J., Harkness, A., Subrahmanyam, K., McClain, P., Regan, P., & Michikyan, M. (2024). Business as usual? Drinking games participation among college students before and during an academic pandemic (COVID-19) year. *Journal of American College Health*, 1-8.
5. **Ramarushton, B.**, Blumenthal, H., Slavish, D.C, Kaminski, P.L, & Ramadan, T., Lewis, S. (2024). Psychological control relates to coping-related drinking motives via social anxiety among adolescents: A cross-sectional mediation analysis. *Alcohol*.
4. **Ramarushton, B.**, Griffith, E.L., Messman, B.A., Contractor, A.A., Slavish, D.C., Zamboanga B.L., & Blumenthal, H. (2023). Latent profiles of posttraumatic stress disorder symptoms and sleep disturbances: Associations with drinking to cope motives among college students. *Journal of Psychiatric Research*, 167, 37-45.
3. Zamboanga, B. L., Blumenthal, H., **Ramarushton, B.**, Napper, L. E., Hurlocker, M. C., Ford, K., Bacon, M., Madson, M.B., & Harm Reduction Research Team. (2023). What pandemic? A multisite study of drinking motives and drinking games participation among college students during a pandemic (COVID-19) academic year. *Addictive Behaviors*, 138, 107560.
2. Bilsky, S., Blumenthal, H., **Ramarushton, B.**, Lewis, S., & Leen-Feldner, E. W. (2022). Pediatric psychotropic polypharmacy: An evaluation of the correlates and prevalence across assessment cycles in the national health and nutrition examination survey. *Journal of Child and Adolescent Psychopharmacology*, 32(8), 416-425.
1. Lui, P. P., \*Tsong, Y., \*Pham, S., \***Ramarushton, B.**, Quezada, L., Del Rio, M., & Zamboanga, B. L. (2020). Explaining the alcohol immigrant paradox: Perspectives from Mexican American adults. *Journal of Latinx Psychology*, 9(2), 109-124.

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POSTER/ PAPER/SYMPOSIA PRESENTATIONS (\*denotes student mentee)

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28. **Ramarushton, B.**, \*Cantu, K., \*Jones, C., Zamboanga, B. L., \*McClain, P., & Blumenthal, H. (2023). *Time since last used LSD and past-year psychopathology: Results from a national survey*. Poster presented at the Collaborative Perspectives on Addictions Conference, Denver, CO.
27. Zamboanga, B. L., Duryea, P. R., McClain, P., McChargue, D. E., **Ramarushton, B.**, & Thompson, L. (2023). *Masculine Drinking Norms and Alcohol Protective Behavioral Strategies among Diverse College Men*. Poster abstract submitted to the Collaborative Perspectives on Addictions Conference, Denver, CO.
26. **B. Ramarushton** (Chair), *Cognitive, emotional, and behavioral correlates of pregaming and alcohol-related consequences* [Symposium]. Presented at the annual meeting of the Collaborative Perspectives on Addiction, Denver, Colorado.
25. Thompson, L., **Ramarushton, B.**, & Blumenthal, H. (2023). *Mistake Rumination and Sleep Quality Among Adolescent Girls*. Poster presented at the annual meeting of the Society for Research on Adolescence, San Diego, CA.
24. Zamboanga, B. L., **Ramarushton, B.**, McClain, P., Bacon, M., Williams, E., Thompson, L., Blumenthal, H., and the COVID-19 University Research on Education and Sustainability (CURES) Study Group (2023). *Motives to drink before a virtual social event during COVID-19: The pre-zooming motives inventory*. Poster presented at the annual meeting of the Collaborative Perspectives on Addictions, Albuquerque, NM.
23. Zamboanga, B., **Ramarushton, B.**, Blumenthal, H., Ford, K., Hurlocker, M., Shelton, D., Bacon, M., & Madson, M. B. (2022). *Drinking Motives and Perceived COVID Threat as Correlates of Drinking Games Participation during a Pandemic Academic Year among College Students: A Multisite Study*. Poster presented at the annual meeting of the Research Society on Alcohol, Orlando, FL.
22. Ford, K., Zamboanga, B. L., **Ramarushton, B.**, Blumenthal, H., Hurlocker, M. C., & Madson, M. B. (2022). *Who was Most at Risk for Playing Drinking Games During a Pandemic (COVID-19) Academic Year? A Multisite College*

*Alcohol Study*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York City, NY.

21. Henderson, R. M.\*, Ramarushton, B., Ledesma, A.\*, Gentea, F.\*, Hanes, J., & Blumenthal, H. (2022). *Rape Myth Acceptance and Coping Strategies*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York City, NY.
20. Thompson, L., Ledesma, A.\*, Gentea, F.\*, O'Banon, M.\*, **Ramarushton, B.**, & Blumenthal, H. (2022). *Hyperarousal symptoms, sleep quality, and cannabis use coping motives among emerging adults*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York City, NY.
19. Baker, A.\*, **Ramarushton, B.**, & Blumenthal, H. (2021). *The Role of Pubertal Development in the Link between Anxious Rearing and Social Anxiety among Adolescents*. Poster presented at the annual meeting of Harvard Women in Psychology's Trends in Psychology Summit, Cambridge, MA.
18. Baker, A.\*, Hall, M.\*, **Ramarushton, B.**, Hasan, F., Lewis, S., & Blumenthal, H. (2021). *Primary Caregiver Anxiety Sensitivity and Offspring Social Anxiety: Relative Role of Parent- and Child-Reported Anxious Rearing Practices*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies – Parenting and Families Special Interest Group, New Orleans, LA.
17. Mann, E., Gournay, L. R., Bilsky, S., Blumenthal, H., **Ramarushton, B.**, Lewis, S., & Leen-Feldner, E. W. (2021). *Pediatric Psychotropic Polypharmacy: An Evaluation of the Correlates and Prevalence across Assessment Cycles in the National Health and Nutrition Examination Survey*. Poster presented at the annual meeting of the Anxiety and Depression Association of America, Virtual Meeting.
16. O'Banon, M.\*, **Ramarushton, B.**, Thompson, L., Rodriguez-Keklak, K.\*, Baker, A.\*, Lewis, S., Blumenthal, H. (2022), *Emotional Suppression, Family Cohesion, and School Refusal among Adolescents*. Poster presented at the annual meeting of the Society for Research on Adolescence, San Diego, CA.
15. **Ramarushton, B.**, Blumenthal, H., Slavish, D., Hasan, F., Baker, A.\*, Hall, M.\*, & Stucky, V.\* (2021). *Social Anxiety and Sleep Disturbance in Adolescence*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies – Behavioral Sleep Medicine Special Interest Group, New Orleans, LA.
14. Thompson, L., **Ramarushton, B.**, Hanes, J., Baker, A.\*, Hall, M.\*, Stucky, V.\*, & Blumenthal, H. (2021). *Relationship between Voluntary Disengagement Coping and Sleep Problems among Trauma-exposed Adolescents*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies – Behavioral Sleep Medicine Special Interest Group, New Orleans, LA.
13. Hasan, F., **Ramarushton, B.**, Kannard, E., & Blumenthal, H., (2020). *Social Support as a Protective Factor for Risky Drinking Motives for Adolescents with Anxious Attachment*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies – Addictive Behaviors Special Interest Group, Virtual Meeting.
12. Kannard, E.\*, **Ramarushton, B.**, Hinojos, A.\*, Lee, C.\*, Hanes, J., Blumenthal, H. (2020). *Peer Support's Role in Adolescent Female Perceptions of Parent Relationships and Generalized Anxiety*. Poster presented at the annual meeting of the American Psychological Association, Virtual Meeting.
11. Kannard, E.\*, **Ramarushton, B.**, Hinojos, A.\*, Lee, C.\*, Hanes, J., Blumenthal, H. (2020). *Perceptions of Interpersonal Relationships and the Correlation to Female Adolescent Social Anxiety*. Paper presented at the annual meeting of the Southwestern Psychological Association, Virtual Meeting.
10. Lee, C.\*, **Ramarushton, B.**, Kelm, H.\*, Smart, A.\*, & Blumenthal, H. (2020). *Depression, Anxiety Sensitivity, and Drinking Motives in an Adolescent Sample*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies Convention, Virtual Meeting.
9. Pham, S., Lui, P. P., **Ramarushton, B.**, Blumenthal, H., & Madson, M. B. (2020). *Drinking motives and protective behavioral strategies: Ethnic differences in alcohol use outcomes*. Poster presented at the annual meeting of the Collaborative Perspectives on Addiction, Virtual Meeting.
8. **Ramarushton, B.**, Blumenthal, H., Kearns, N., Hinojos, A.\*, Rafiuddin, H.\*, Kannard, E.\* (2020). *The Role of Anxiety Sensitivity in Clarifying Racial/Ethnic Differences in Problematic Alcohol Use among Underage College Students*. Poster presented at the annual meeting of the Society for Research on Adolescents, Virtual Meeting.
7. Smart, A.\*, **Ramarushton, B.**, Lee, C.\*, Kelm, H.\*, Harris, T.\*, & Blumenthal, H. (2020). *The Role of Parental Psychological Control in Self-Consciousness and Adolescent Social Anxiety*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies Convention, Virtual Meeting.
6. Smart, A.\*, **Ramarushton, B.**, Lee, C.\*, Kelm, H.\*, Harris, T.\*, & Blumenthal, H. (2020). *The Role of Parental Psychological Control in Self-Consciousness and Adolescent Social Anxiety*. Poster presented at the University of North Texas Psychology Department Research Fair.

5. Smart, A.\*, Baker, A.\*, **Ramarushton, B.**, Watson, M.\*, & Blumenthal, H. (2020). *The Role of Parental Acceptance in Adolescent Negative Affect and Trauma Symptomology*. Poster presented at the annual meeting of the Southwestern Psychological Association, San Antonio, TX.
4. Watson, M.\*, **Ramarushton, B.**, Kannard, E.\*, & Blumenthal, H. (2020). *Investigating the Link Between Panic Symptoms, Parenting, and Substance Use Among Adolescents*. Poster presented at the annual meeting of the Southwestern Psychological Association annual convention, San Antonio, TX.
3. Watson, M., **Ramarushton, B.**, Carey, C., Smart, A.\*, Baker, A.\*, Blumenthal, H. (2020). *Pain-related Fears May Predict Subsequent Alcohol and Non-Medical Prescription Drug Use among Adolescents*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies– Addictive Behaviors Special Interest Group, Virtual Meeting.
2. Watson, M.\*, **Ramarushton, B.**, & Blumenthal, H. (2020). *Gender Differences in Pain-Related Fears and Subsequent Non-Medical Prescription Drug Use Among Adolescents*. Poster presented at the University of North Texas Psychology Department Research Fair.
1. **Ramarushton, B.**, Blumenthal, H., Kearns, N., Cole, D.\*, Espinoza, M.\*, Smart, A.\* (2019). *The Role of Anxiety Sensitivity in Clarifying Racial/Ethnic Differences in Drinking Motives among College Students*. Poster presented at the annual meeting of the American Psychological Association, Virtual Meeting.

## AD-HOC JOURNAL REVIEWER

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- Addiction Research & Theory
- Depression & Anxiety
- Journal of Adolescent Health
- Journal of Ethnicity in Substance Abuse
- Journal of Traumatic Stress

## DEPARTMENTAL SERVICE ROLES

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- Artificial Intelligence (AI) Working Group: Winter 2025
- Psi Chi Faculty Advisor, Academic Year: 2024-2025

## INTERNAL AWARDS AND EXTERNAL FUNDING

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2024	<p><b>APA Collaborative Perspectives on Addiction Travel Award</b> (\$500)</p> <p><b>Psychology Department Graduate Student Support Grant</b> (University of North Texas, \$250)</p> <p><b>College of Liberal Arts &amp; Social Sciences Graduate Student Support Grant</b> (University of North Texas, \$300)</p>
2021-2022	<p><b>710US-1310</b> (Canopy Growth USA LLC, \$139,357)  <i>A Combined Phase Change Test of the Safety and Effects of CHI-559 and CHI-558 on Sleep</i>  <b>Role:</b> Graduate Research Assistant  <b>Team:</b> Heidemarie, B. (Co-PI); Slavish, D. C. (Co-PI); Contractor, A. A. (Co-I)</p> <p><b>710US-1309</b> (Canopy Growth USA LLC, \$139,556)  <i>A Combined Phase Change Test of the Safety and Effects of CHI-556 and CHI-557 on Relaxation</i>  <b>Role:</b> Graduate Research Assistant  <b>Team:</b> Heidemarie, B. (Co-PI); Slavish, D. C. (Co-PI); Contractor, A. A. (Co-I)</p>
2022	<b>Ladenberger Honor Student in Psychology Award</b> (University of North Texas, \$1,500)
2021	<b>Psychology Department Graduate Student Support Grant</b> (University of North Texas, \$100)

2020

**The American Psychological Association of Graduate Students 2020 Virtual Convention Grant**  
(APAGS, \$125)

**Psychology Department First Year Travel Grant** (University of North Texas, \$200)

## **ASSOCIATION MEMBERSHIP**

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- American Psychological Association (APA); Division 50 member
- Society for Research on Adolescents (SRA)
- Association for Behavioral and Cognitive Therapies (ABCT)