

Joanna Leigh Workman, Ph.D.
CURRICULUM VITAE

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POSITIONS

- 2015 – Assistant Professor, Department of Psychology
University at Albany, State University of New York
- 2010 – 14 Postdoctoral Fellow, Adviser: Liisa A.M. Galea, Ph.D.
Department of Psychology, University of British Columbia, Vancouver, Canada

EDUCATION

- Ph.D., 2010 Psychology (Behavioral Neuroscience), Adviser: Randy J. Nelson, Ph.D.
The Ohio State University, Columbus, Ohio
Dissertation: Role of Environmental Factors in Affective, Immune, and Cognitive
Processes in Seasonally Breeding Rodents
- M.A., 2008 Psychology (Behavioral Neuroscience), Adviser: Randy J. Nelson, Ph.D.
The Ohio State University, Columbus, Ohio
- B.A., 2005 Psychology, Ohio University, Athens, Ohio
magna cum laude

GRANTS AND FELLOWSHIPS

Active

Faculty Research Award Program, University at Albany Faculty Seed Funding: \$9,335
Title: Can prolactin mitigate depression-like behavior and protect hippocampal
neurogenesis during chronic stress?
PI: **Workman, J.L.**, Term: May 1, 2017 – April 30, 2019

NARSAD Young Investigator Grant, Brain & Behavior Research Foundation: \$60,000
Title: Role of lactation and oxytocin in depressive-like behaviors during the postpartum
period: an animal model of postpartum depression.
PI: **Workman, J.L.**, Term: February 2013 – July 2017 (extended)

Completed

Postdoctoral Fellowship, Canadian Institutes of Health Research: \$135,000 CAD

PI: **Workman, J.L.**, Term: May 2012 – April 2015 (declined January 2015)

Young Investigator Grant, Coast Capital Savings Depression Research Fund: \$60,000 CAD

PI: **Workman, J.L.**, Term: September 2011 – August 2013

Unfunded

R01, NIH (NICHD), Amount requested: \$1,245,518

Title: Roles of lactation and prolactin in hippocampal plasticity and behavior.

PI: **Workman, J.L.**

PUBLICATIONS ([†]GRADUATE STUDENT; [‡]UNDERGRADUATE RESEARCH ASSISTANT)

26. Gobinath, A.R., **Workman, J.L.**, Chow, C., Lieblich, S.E., Galea, L.A.M. 2017. Sex-dependent effects of maternal corticosterone and SSRI treatment on hippocampal neurogenesis across development. *Biology of Sex Differences*. 8: 20.
25. **Workman, J.L.**, Gobinath, A.R., [‡]Kitay, N.F., Chow, C., Brummelte, S., Galea, L.A.M. 2016. Parity modifies the effects of fluoxetine and corticosterone on behavior, stress reactivity, and hippocampal neurogenesis. *Neuropharmacology*. 105: 443-453.
24. Wainwright, S.R., **Workman, J.L.**, Tehrani, A., Hamson, D.K., Chow, C., Lieblich, S.E., Galea, L.A.M. 2016. Testosterone has antidepressant efficacy in a chronic unpredictable stress model of depression in gonadectomised adult male rats. *Hormones and Behavior*. 79: 58-69.
23. Gobinath, A.R., **Workman, J.L.**, Chow, C., Lieblich, S.E., Galea, L.A.M. 2016. Maternal postpartum corticosterone and fluoxetine differentially affect adult male and female offspring on anxiety-like behavior, stress reactivity, and hippocampal neurogenesis. *Neuropharmacology*. 101: 165-78.
22. **Workman, J.L.***, Rainecki, C.*, Weinberg, J., Galea, L.A.M. 2015. Alcohol and pregnancy: effects on maternal care, HPA axis function, and hippocampal neurogenesis in adult females. *Psychoneuroendocrinology*. 57: 37-50. *Equal contributors.
21. **Workman, J.L.**, Chan, M.Y.T., Galea, L.A.M. 2015. Prior high corticosterone exposure reduces activation of immature neurons in the ventral hippocampus in response to spatial and non-spatial memory. *Hippocampus*. 25 (3): 329-344.
20. Goel, N., **Workman, J.L.**, Lee, T.T.Y., Innala, L., Viau, V. 2014. Sex differences in the HPA axis. *Comprehensive Physiology*. 4: 1121-1155.

19. **Workman, J.L.**, Crozier, T., Lieblich, S.E., Galea, L.A.M. 2013. Reproductive experience does not persistently alter prefrontal cortical-dependent learning but does alter strategy use dependent on estrous phase. *Hormones and Behavior*. 64: 439-447.
18. **Workman, J.L.**, Brummelte, S., Galea, L.A.M. 2013. Postpartum corticosterone administration reduces dendritic complexity and increases the density of mushroom spines of hippocampal CA3 arbours in dams. *Journal of Neuroendocrinology*. 25: 119-130. **Cover Image.**
17. **Workman, J.L.***, Barha, C.K.* , Galea, L.A.M. 2012. Endocrine substrates of cognitive and affective changes during pregnancy and postpartum. *Behavioral Neuroscience*. 126 (1): 54-72. *Equal contributors.
16. **Workman, J.L.**, [‡]Manny, N., Walton, J.C., Nelson, R.J. 2011. Short day lengths alter stress and depressive-like responses, and hippocampal morphology in Siberian hamsters. *Hormones and Behavior*. 60 (5): 520-8.
15. **Workman, J.L.**, Fonken, L.K., Gusfa, J., [‡]Kassouf, K.M., Nelson, R.J. 2011. Post-weaning environmental enrichment alters affective responses and interacts with behavioral testing to alter nNOS immunoreactivity. *Pharmacology, Biochemistry, and Behavior*. 100 (1): 25-32.
14. **Workman, J.L.**, [‡]Weber, M.D., Nelson, R.J. 2011. Dietary arginine depletion reduces depressive-like responses in male, but not female, mice. *Behavioural Brain Research*. 223 (1): 81-7.
13. Weil, Z.M., **Workman, J.L.**, Karelina, K., Nelson, R.J. 2011. Short photoperiods alter cannabinoid receptor expression in hypothalamic nuclei related to energy balance. *Neuroscience Letters*, 491 (2): 99-103.
12. **Workman, J.L.**, Nelson, R.J. 2011. Potential animal models of seasonal affective disorder. *Neuroscience and Biobehavioral Reviews*, 35 (3): 669-79.
11. Fonken, L.K., **Workman, J.L.**, Walton, J.C., Morris, J.M., Weil, Z.M., Nelson, R.J. 2010. Light at night increases body mass by shifting the time of food intake. *Proceedings of the National Academy of Sciences*, 107 (43): 18664-9.
10. **Workman, J.L.***, [‡]DeWitt, S.J.* , Fonken, L.K., Nelson, R.J. 2010. Environmental enrichment enhances delayed-type hypersensitivity in both short- and long-day Siberian hamsters. *Physiology and Behavior*, 99 (5): 638-643. *Equal contributors.
9. Navara, K.J., **Workman, J.L.**, Oberdick, J., Nelson, R.J. 2010. Short day lengths skew prenatal sex ratios toward males in Siberian hamsters. *Physiological and Biochemical Zoology*. 83 (1): 127–134.

8. **Workman, J.L.**, [†]Johnson E.M., Martin, L.B., Nelson, R.J. 2009. Butyric acid suppresses palatable food consumption in Siberian hamsters (*Phodopus sungorus*) housed in winter-, but not summer-like, conditions. *Canadian Journal of Zoology*, 87 (9): 749-754.
7. Fonken, L.K., Finy, M.S., Walton, J.C., Weil, Z.M., **Workman, J.L.**, Ross, J., Nelson, R.J. 2009. Influence of light at night on murine anxiety- and depressive-like responses. *Behavioural Brain Research*, 205 (2): 349-354.
6. **Workman, J.L.**, Bowers, S.L., Nelson, R.J. 2009. Environmental enrichment interacts with photoperiod to alter spatial learning and hippocampal dendritic morphology. *European Journal of Neuroscience*, 29: 161-170.
5. **Workman, J.L.**, Weil, Z.M., Tuthill, C.R., Nelson, R.J. 2008. Maternal pinealectomy increases depressive-like responses in Siberian hamster offspring. *Behavioural Brain Research*, 189: 387–391.
4. **Workman, J.L.**, Trainor, B.C., Finy, M.S., Nelson, R.J. 2008. Inhibition of neuronal nitric oxide reduces anxiety-like responses to pair housing. *Behavioural Brain Research*, 18: 109–115.
3. Weil, Z.M., **Workman, J.L.**, Nelson, R.J. 2007. Housing condition alters immunological and reproductive responses to day length in Siberian hamsters (*Phodopus sungorus*). *Hormones and Behavior*, 52: 261–266.
2. Trainor, B.C., **Workman, J.L.**, Jessen, R., Nelson, R.J. 2007. Impaired nitric oxide synthase signaling dissociates social investigation and aggression. *Behavioral Neuroscience*, 121: 362-369.
1. Weil, Z.M., Martin, L.B., **Workman, J.L.**, Nelson, R.J. 2006. Immune challenge retards seasonal reproductive regression: Evidence for terminal investment? *Biology Letters*, 2: 393-396.

MANUSCRIPTS SUBMITTED OR IN PREPARATION

Gobinath A.R., Richardson, R., Chow, C., **Workman, J.L.**, Lieblich, S.E., Barr, A.M., Galea, L.A.M. Voluntary running influences the efficacy of fluoxetine treatment in a model of postpartum depression. Submitted.

[†]De Guzman, R.M., Saulsbery, A.I., **Workman, J.L.** Early postnatal undernutrition blunts affective behavioral responses and increases hippocampal neurogenesis in adolescent rats. Submitted.

[†]De Guzman, R.M., Saulsbery, A.I., **Workman, J.L.** Higher nursing demand buffers behavioral and glucocorticoid responses to a stressor despite suppressing hippocampal neurogenesis. Projected submission date: August, 2017.

[†]Medina, J., **Workman, J.L.** Maternal experience and neurogenesis. Invited Review: The Journal of Neuroscience Research. Projected submission date: November, 2017.

Saulsbery, A.I., **Workman J.L.** Lactation and maternal mental health: Insights from animal models. Projected submission date: January, 2018.

PRESENTATIONS

Workman, J.L., Gobinath, A.R., [‡]Solomon, S., Chow, C., Galea, L.A.M. 2014. Disrupted lactation increases depression-like behavior in postpartum rats. Washington, District of Columbia: Society for Neuroscience. Nanosymposium.

Workman, J.L. 2014. Environmental and experiential influences on hippocampal plasticity and behavior: implications for depression. Temple University, Philadelphia, PA.

Workman, J.L., [‡]Kitay, N.F., Chow, C., Galea, L.A.M. 2013. Effects of fluoxetine in corticosterone-induced depressive-like phenotypes in postpartum and nulliparous females. Malahide, Ireland: International Behavioral Neuroscience Society. Travel Award Symposium.

Workman, J.L., Brummelte, S., Galea, L.A.M. 2011. Elevated corticosterone during the postpartum period reduces complexity of basal arbors of pyramidal cells in the CA3 hippocampal subfield. Washington, District of Columbia: Society for Neuroscience. Nanosymposium.

HONORS AND AWARDS

2015	College of Arts and Sciences Travel Award, University at Albany
2013	Canadian Institutes for Health Research Travel Award
2013	International Behavioral Neuroscience Society Travel Award. Malahide, Ireland
2012	Certificate for Exceptional Contribution to the Quality of <i>Neuroscience</i>
2011	Postdoctoral Fellows Office Travel Award, University of British Columbia
2010	Hayes Graduate Research Forum Award, 2nd Place, The Ohio State University
2010	Service Award, Psychology 100 Program, The Ohio State University
2010	Society for Behavioral Neuroendocrinology Travel Award. Toronto, Canada
2009	Service Award, Psychology 100 Program, The Ohio State University
2008	Psychology Department Travel Award, The Ohio State University
2008	Teaching Award, Psychology 100 Program, The Ohio State University
2008	Certificate in the Teaching of Psychology, The Ohio State University
2005 – 06	University Fellowship (tuition waiver and stipend), The Ohio State University

PROFESSIONAL MEMBERSHIPS

- 2013 – International Behavioral Neuroscience Society (IBNS)
- 2008 – Society for Neuroscience (SfN)
- 2006 – Society for Behavioral Neuroendocrinology (SBN)
- 2004 – Phi Beta Kappa

MENTORING

Graduate Students

- 2015 – Rose M. De Guzman (Ph.D. expected 2020, University at Albany)
- 2017 – Joanna Medina (Ph.D. expected 2020, University at Albany)

Undergraduate Honors Theses

University of British Columbia:

- 2014 Sophia Solomon, B.A. Honours

The Ohio State University:

- 2009 Samuel J. DeWitt, Ph.D.
- 2008 Kathleen Kassouf, M.D.
- 2008 Michael D. Weber, Ph.D.
- 2007 Eric Johnson, B.A.

TEACHING

University at Albany

Undergraduate:

- Introduction to Biopsychology and Behavioral Neuroscience (APSY 214)
- Advanced Biopsychology and Behavioral Neuroscience (APSY 314)
- Neuroscience and Psychology of Stress (APSY 450T)
- Topics in Neuroscience (ABIO/APSY 490, lecture: Parenting and Plasticity)

Graduate:

- Topics in Behavioral Neuroscience (APSY 779)
- Advanced Behavioral Neuroscience (APSY 713)

The Ohio State University

- 2006 – 10 Introduction to Psychology (PSYCH 100; Instructor of record)

AD HOC REVIEWER

Journals

<i>Animal Welfare</i>	<i>Journal of Neuroendocrinology</i>
<i>Behavioural Brain Research</i>	<i>Molecular Psychiatry</i>
<i>Behavioral Neuroscience</i>	<i>Neuropharmacology</i>
<i>Brain, Behavior, and Immunity</i>	<i>Neuroscience</i>
<i>Biological Psychiatry</i>	<i>Neuroscience and Biobehavioral Reviews</i>
<i>Chronobiology International</i>	<i>Neurotoxicology</i>
<i>European Journal of Psychiatry</i>	<i>Physiology and Behavior</i>
<i>Frontiers in Neuroendocrinology</i>	<i>Pharmacology, Biochemistry, and Behavior</i>
<i>Hippocampus</i>	<i>PLoS One</i>
<i>Hormones & Behavior</i>	<i>Psychoneuroendocrinology</i>
<i>Journal of Comparative Physiology</i>	<i>Psychopharmacology</i>
<i>Journal of Experimental Zoology A</i>	<i>Proceedings of the Royal Society B</i>
<i>Journal of Neuroscience</i>	<i>Stress</i>

Grant Agencies

National Science Foundation (NSF), Natural Sciences and Engineering Research Council of Canada (NSERC)

PROFESSIONAL SERVICE AND OUTREACH

2015	Editorial Board, <i>Hormones and Behavior</i>
2015	Volunteer for Brain Awareness Day, Hudson-Berkshire Chapter of SfN
2013	Volunteer judge and speaker; Vancouver Brain Bee, University of British Columbia
2012	Committee member; Postdoctoral Travel Award, University of British Columbia
2011	Panelist; Mentoring Workshop, University of British Columbia
2011	Volunteer Judge; Vancouver Brain Bee, University of British Columbia
2010 – 14	Undergraduate Research Mentor, University of British Columbia
2010	Volunteer for Brain Awareness Week, CoSI, Columbus, Ohio
2009 – 10	Chair, Assessment Committee, Psychology 100, The Ohio State University
2009	Volunteer, Brain Awareness Week, CoSI, Columbus, Ohio
2008 – 09	Co-chair, Assessment Committee, Psychology 100, The Ohio State University
2008 – 10	Peer mentor for new instructors, Psychology 100, The Ohio State University
2007 – 10	Undergraduate research mentor, The Ohio State University

DEPARTMENTAL SERVICE

2015 –	Website Committee
2015 – 16	Awards Committee
2015 – 16	Life Sciences Research Building Steering Committee

UNIVERSITY SERVICE

Fall 2016 Brainstorming Session: The Future of Research at UAlbany