

Application Form

Profile

Joshua _____ D _____ Landvatter _____
 First Name Middle Initial Last Name

_____ _____
 Email Address

_____ _____
 Employer Job Title

_____ _____
 Home Address Suite or Apt

_____ _____
 City State Postal Code

_____ _____
 Primary Phone

Which Boards would you like to apply for?

Open Space Trust Fund Advisory Committee: Submitted

Referred by:

Instagram Post

Qualifications

Please tell us about yourself.

First and foremost, I live in the valley with my wife and two daughters. I am currently a PhD student at the U of U. In addition to being a Utah native who grew up in our beautiful wilderness spaces, my education has provided me with unique insight into how the development of open spaces may best promote the well-being of others. Furthermore, am an avid ultra-runner, back-country split boarder, fast packer, and mountaineer. I recreate as much as possible, primarily in the Oquirrh and Wasatch ranges, albeit I do love to get off the beaten path throughout all of Utah.

Why are you interested in serving on a board or commission?

I want to make a difference in preserving and responsibly developing the open spaces that have been critical in my health and well-being throughout my life. In addition to picking up trash wherever I can, this is the least I could do :)

What education, work experience, or volunteer experience do you have that applies to the board you are applying for?

I am currently finishing my last year as a PhD student in the social health psychology program at the University of Utah. I grew up in the Utah outdoors and have found the UT outdoors to be critical to my physical and mental well-being. Importantly, my education focuses on how interactions with our environments and or behaviors in these environments have strong implications for mental and physical health. I am also a current board member of the Oquirrh Foundation, which is dedicated to the preservation and expansion of open spaces within the Oquirrh Mountain range.

What unique perspectives could you bring to the board?

I believe that I would be able to provide evidence-based and scientific insights into decisions or recommendations made by the Open Space Advisory Committee. I am committed to preserving our open spaces and developing them in responsible and inclusive manners.



Upload a Resume

Demographics

Some boards and commissions require membership to be racially, politically or geographically proportionate to the general public. The following information helps track our recruitment and diversity efforts.

Are you a Salt Lake County employee?

Yes No

Are you a current member of another Salt Lake County board or commission?

Yes No

Race/Ethnicity *

District *

District 5

Gender Pronouns *

Age Range *

Languages *

English
 Spanish

Political Affiliation



Curriculum Vitae

Joshua Daniel Landvatter

EDUCATION

University of Utah – Salt Lake City, Utah
201 Presidents Cir, Salt Lake City, UT 84112

August 2021-Present PhD Social & Health Psychology
Major: Psychology

August 2021 Master of Science
Major: Social & Health Psychology

May 2012 Bachelor of Arts Degree
Major: Spanish
Minor: Comparative Literary and Cultural Studies

May 2012 Bachelor of Science Degree
Major: Psychology

Research Experience

Aug. 2020 – Present University of Utah Department of Psychology (Social Neuroscience Lab)
Graduate Research Assistant/Biological Lab Manager/Phlebotomist
Generated and implemented written protocols for a marriage and cardiovascular risk study. This includes the procedures for the researcher(s), dyadic interaction of the married couples, and the biological samples acquisition, centrifugation, plasma extraction, and delivery of whole blood samples to ARUP. Additionally, within this study, I trained all involved researchers on the use of the ECG/Impedance/BP equipment and data acquisition software. Moreover, I have been responsible for the procurement of all lab and medical lab supplies, in addition to maintaining annual biological lab trainings and certifications, in order to be in compliance with university biological lab policies and procedures.

Jan. 2022 – April 2022 University of Utah Department of Psychology (Social Neuroscience Lab)
Research Coordinator
As part of a large multi-site mindfulness study, incorporated a self-administered mindfulness protocol into the department of psychology's SONA student participant pool. Furthermore, ensured that accurate data was being captured and relayed to the PI.

Aug. 2018 – Aug. 2020 University of Utah Department of Psychology (Social Neuroscience Lab)
Masters Thesis Research
Within a laboratory setting, assessed the effect of manipulated perceived support on cardiovascular measures (e.g., blood pressure, HR, Impedance Cardiography and ECG).

Aug. 2018 – Aug. 2020 University of Utah Department of Psychology (Social Neuroscience Lab)
Graduate Research Assistant
One of two main graduate researchers on an early relationships, cardiovascular risk, and ambulatory blood pressure study.

Sept. 2016 - May 2018 University of Utah Department of Psychology, Salt Lake City, Utah
Volunteer Research Assistant
Within the social relationships lab (Uchino Lab), I assisted in literature reviews in addition to data entry.

Oct. 2015 - May 2017 University of Utah Orthopedic Center, Salt Lake City, Utah
Evidence Based Practice Committee

Sept. 2010 – Sept. 2012 University of Utah Neuropsychiatric Institute, Salt Lake City, Utah
 Meet monthly with department representatives regarding the integration of clinical expertise, patient values, and evidence based best practices.
Volunteer Research Assistant
 One of two main experimenters performing cognitive, memory and behavioral tests with patients pre and post electroconvulsive therapy (ECT) and Isoflurane anesthetic gas treatments. These tests would be performed after sitting in on psychiatric patient evaluations with a psychiatrist at the University Neuropsychiatric Institute. Furthermore, I also assisted with data entry and statistical analysis. On average, this took 20-30 hours a week, while working full-time in addition to attending undergraduate courses full-time.

Awards

2023 Department of Psychology
Jack White Award
 The award is given annually to an advanced psychology graduate student who has shown overall excellence in performance, taking into account coursework, research productivity, teaching, and departmental service.

2019 Department of Psychology (Social Area)
Professional Development Award
 Given to a student showing strong professional development.

Teaching Experience

Fall 2021 Department of Psychology
Graduate Instructor
 PSY 3460, Health Psychology

Spring 2019 Department of Psychology
Teaching Assistant
 PSY 2010, Psychology as a Science & Profession

Fall 2018 Department of Psychology
Teaching Assistant
 PSY 3010, Research Methods Psych

Guest Lectures

Fall 2021 Department of Psychology
Guest Lecturer
 Social Psychology (Relationships & Health)

Spring 2019 Department of Psychology
Guest Lecturer
 Psychology as a Science & Profession (Health Psychology)

Fall 2019 University of Utah Psi Chi
Guest Lecturer
 Social Support, Relationships, & Cardiovascular Health

Professional Experience

May 2017 – Aug. 2018 Veterans Affairs Hospital
 500 Foothill Dr, Salt Lake City, UT 84148
Anesthesia Technician (full-time)
 Support staff for the anesthesia providers throughout the hospital. This includes assisting with airway management and placement, induction and intubation, blood salvage (e.g., cell saver) and perfusion, and venous central line placement. As support staff for the anesthesiologists, we were also in charge of the processing and management of relevant labs (e.g., thrombelastography and blood gasses).

March 2013 - May 2017 University of Utah Orthopedic Center
 590 Wakara Way, Salt Lake City, UT 84108

Anesthesia Technician, University Orthopedic Center (full-time)

Meet with sales representatives from medical supply companies, order anesthesia supplies and equipment, and ensure anesthesia workroom, carts, and outreach areas are well stocked. Also under my responsibilities was the operation of the i-STAT blood gas analyzer for preoperative, intra operative and post-operative patients. Furthermore, I was in charge of maintaining all anesthesia department equipment through routine evaluation and performance checks. Moreover, I frequently assisted anesthesiologist with the monitoring, induction, and intubation of patients, in addition to performing blood salvage (e.g., cell-saver) and assisted in the placement of intravenous infusion lines, invasive pressure monitoring devices, and central lines.

Sept 2008 – 2014

University of Utah Hospital, Salt Lake City, Utah
50 N Medical Dr, Salt Lake City, UT 84132

Anesthesia Lead Technician, Main University Hospital (full-time)

Delegated, supervised, and distributed the shift's workload to anesthesia technicians. The anesthesia technician responsibilities include assistance with central line placement and difficult airway management, cell saver and trauma perfusion with the Belmont rapid infuser. As a technician, I was also responsible for the cleaning and maintenance of bronchoscopes and trans esophageal echo probes. In addition to these tasks, I ran a variety of labs such as activated clotting time (ACT; ROTEM'S) and blood glucose. Furthermore, as part of a special anesthesia team, I assisted in the placement of myocardial pacer wires under radiological guidance.

July 2009 – 2014

University of Utah Hospital, Salt Lake City, Utah
50 N Medical Dr, Salt Lake City, UT 84132

Trans-Thoracic Echocardiography Model

Live model for Anesthesia residents to practice and learn proper techniques for trans-thoracic echocardiograph (TTE) exams. I often directed and taught Anesthesia residents how to perform a basic TTE exam, consisting of peri-sternal, apical, and sub-costal windows. During these trainings, mitral, tricuspid, aortic, and pulmonic valves were assessed for pathologies in addition to investigation for signs of pericardial effusion, high atrial pressures, diastology and global heart function.

September 2006 – 2008

Huntsman Cancer Hospital, Salt Lake City, Utah
2000 Cir of Hope Dr, Salt Lake City, UT 84112

Anesthesia Technician/HCA/CAN (full-time)

Anesthesia Tech. for Operating Room, Gastrointestinal Unit, and Radiation Oncology. Health Care Assistant/Certified Nurses Assistant in Operating Room, Same Day Surgery Unit, and Post Anesthesia Care Unit.

September 2006 – 2011

“DJ Double” Mobile Disk Jockey, LLC Cottonwood Heights, Utah

Co-Founder/Owner (home based business)

Founded the Mobile Disk Jockey company that specialized in professional sound, lighting, and music for special events including but not limited to: professional venues, weddings, corporate events, parties, dances, and clubs. Handled all small business operations as well as financial needs including: licensing, billing, insurances, and taxation.

May 2005 - Sept 2006

Woodland Park Care Center, Salt Lake City, Utah
3855 S 700 E, Salt Lake City, UT 84106

Certified Nurse Assistant (group lead)

Colostomy and stoma care, including stoma cleaning, colostomy bag replacement and bag burping. My responsibilities also consisted of urinary catheter care and draining, bed baths, showering residents, adult brief change and cleaning, pressure sore prevention, full and partial assist while eating, walking, and dressing residents, and maintaining dental

hygiene. For most of my time there I acted as group lead for the CNA's. I would make room assignments and make sure that all of the residents' needs were met.

May 2005 - Sept 2006 Love Healthcare Agency, SLC, UT
Certified Nurse Assistant
CNA tasks and responsibilities included Cardiology Unit 9 University Hospital), NCC ICU (University Hospital), Rehabilitation (Pioneer Valley and University Hospital, and Mental Health Worker (Benchmark Hospital).

CERTIFICATIONS

- Advanced Cardiac Life Support (ACLS)
- Anesthesia: Basic Life Support (BLS), Central Line placement, Thrombelastographs, Cell Saver, Belmont Rapid Infuser, i-STAT bloodgas, POC glucometer, and Activated Clotting Time labs. (University of Utah Dept. of Anesthesia)
- Basic Wilderness Life Support (University of Utah School of Medicine)
- CPR & AED/BLS (American Heart Association)
- CPR & First Aid (National Safety Council)
- CNA (Ivy Hall Nursing Academy)
Cert. #UT000057760805

COMMUNITY VOLUNTEER SERVICES

May 2021 – Present The Oquirrh Foundation
Board Member
I am part of a foundation dedicated to the preservation and expansion of public green space. We work closely with local municipalities and organizations such as “Friends of Great Salt Lake” and “Utah physicians for a Healthy Environment” in assessing the health and environmental impacts associated with the development of wild spaces. This consists of meetings and the implementation of outreach programs in order to obtain community involvement.

Aug. 2020 – May 2021 Department of Psychology, Professional Issues & Ethics (PIE) Committee
PIE Committee Member & Social Area Representative
The Professional Issues and Ethics Committee (PIE) serves as an educational and consultation resource for the department concerning professional issues and ethics. The animating goal of the PIE committee is to foster a collaborative, productive, and supportive climate within the Psychology department.

Aug. 2019 – May 2020 Department of Psychology, Social Area Research Group (SARG)
SARG Coordinator
Responsible for the itinerary and procurement of speakers for the social area research group.

March 2016 - 2020 Sandy City Parks and Recreation, Sandy City, Utah
Adopted-Trail Volunteer
Adopted Bells Canyon and Rocky Mouth trails in Sandy city. Responsible for upkeep and care of those particular trails year round. This consists of erosion control and trail maintenance.

Sept 2010 – May 2011 American Chemistry Student Association, Salt Lake Valley
Chemistry Demonstrator
Prepared, transported, and presented chemistry demonstrations to schools throughout the Salt Lake Valley. This required demonstrating a thorough knowledge of the chemical reactions with the ability to answer all questions involved. I most often provided individualized demonstrations for educational levels, grades 1-12. This program peaks the interest of many children and promotes the them to pursue the answers to their curiosities.

Sept 2010 – May 2011 Beacon Heights Elementary School, SLC UT
Kindergarten Teacher's Assistant

- Assisted students with their introduction to Mathematics and English. Provided one-on-one help to students with learning disadvantages. Assisted teacher with cognitive and social/emotional assessments of the students.
- Sept 2009 – June 2010 Horizonte Teaching and Instruction Center, Salt Lake City, Utah
GED/English Teacher's Assistant
 Assisted adult immigrants and refugees with (ESL) English as a Second Language coursework and GED preparation. Presented and prepared lesson plans.
- May 1998 - August 2000 Edwards Hospital Chicago Il
(DCFS) Division of Children and Family Services
 Befriended and played with foster children from the state of Illinois while in the process of being placed into foster families. Would often include sporting activities as well as teaching music.

PUBLICATIONS

- Uchino, B., Tacana, T., Landvatter, J. (2023, June). Social Relationships and Physical Health. EBSCO, Pathways to Research, In Press.
- Sparacio, A., IJzerman, H., Ropovik, I., Filippo, G., Spiessens, C., Uchino, B. N., ... Jiga-Boy, G. M. (2023, April 17). A large, multi-site test of self-administered mindfulness, effects on stress regulation among English speakers. <https://doi.org/10.31234/osf.io/krbn3>
- Uchino, Baucom, B. R. W., Landvatter, J., de Grey, R. G. K., Tacana, T., Flores, M., & Ruiz, J. M. (2022). Perceived social support and ambulatory blood pressure during daily life: a meta-analysis. *Journal of Behavioral Medicine*, 45(4), 509–517. <https://doi.org/10.1007/s10865-021-00273-3>
- Landvatter, Uchino, B. N., Smith, T. W., & Bosch, J. A. (2022). Partner's Perceived Social Support Influences Their Spouse's Inflammation: An Actor–Partner Analysis. *International Journal of Environmental Research and Public Health*, 19(2), 799. <https://doi.org/10.3390/ijerph19020799>
- Uchino, Birmingham, W., Landvatter, J., Cronan, S., Scott, E., & Smith, T. W. (2020). Self-Rated Health and Age-Related Differences in Ambulatory Blood Pressure: The Mediating Role of Behavioral and Affective Factors. *Psychosomatic Medicine*, 82(4), 402–408. <https://doi.org/10.1097/PSY.0000000000000795>
- Uchino, Landvatter, J., Zee, K., & Bolger, N. (2020). Social Support and Antibody Responses to Vaccination: A Meta-Analysis. *Annals of Behavioral Medicine*, 54(8), 567–574. <https://doi.org/10.1093/abm/kaaa029>
- Uchino, Cronan, S., Landvatter, J., (2020). Interpersonal Processes. *Encyclopedia of Behavioral Medicine* (pp. 1-6). https://doi.org/10.1007/978-1-4614-6439-6_1425-3
- Uchino, Cronan, S., Scott, E., Landvatter, J., & Papadakis, M. (2019). Social support and stress, depression, and cardiovascular disease. In *Cardiovascular Implications of Stress and Depression* (pp. 211–223). <https://doi.org/10.1016/B978-0-12-815015-3.00009-X>
- Uchino, Landvatter, J., Cronan, S., Scott, E., Papadakis, M., Smith, T. ., Bosch, J. ., & Joel, S. (2019). Self-Rated Health and Inflammation: A Test of Depression and Sleep Quality as

Mediators. *Psychosomatic Medicine*, 81(4), 328–332.
<https://doi.org/10.1097/PSY.0000000000000683>

Weeks, Tadler, S. C., Smith, K. W., Jacob, E., Saccoman, M., White, A. T., Landvatter, J. D., Chelune, G. J., Suchy, Y., Clark, E., Cahalan, M. K., Bushnell, L., Sakata, D., Light, A. R., & Light, K. C. (2017). Antidepressant and Neurocognitive Effects of Isoflurane Anesthesia versus Electroconvulsive Therapy in Refractory Depression (vol 8, e69809, 2013). *PloS One*, 12(4). <https://doi.org/10.1371/journal.pone.0175668>

Presentations

Landvatter, J. Butner, J. (2022, August). Machine Learning & Blood Glucose in Type-2 Diabetics. Poster presented at the Society of Chaos Theory in Psychological Life Sciences (SCTPLS).