

# CHRISTINE GALLIGAN, MHA

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*Behavioral Science Researcher · AI/NLP for Mental Health · Mixed-Methods & Longitudinal Studies*

## RESEARCH SUMMARY

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Behavioral science researcher bridging applied psychology, physiological measurement, and AI/NLP systems. Designed and led a 3.5-year IRB-approved longitudinal HRV study with 32+ Alzheimer's caregivers evaluating sensory and behavioral interventions on stress and resilience. Conducted 350+ qualitative stakeholder interviews across clinical and consumer populations. Built a GPT/RAG language-model platform (CGAdvocacy) applying retrieval-augmented generation to health policy analysis. Trained in COM-B, Self-Determination Theory, motivational design, and human subjects research (CITI, IRB). NSF iCorps program participant. Seeking to apply mixed-methods expertise and AI/NLP fluency to IRiSS research on evidence-based PTSD treatment.

## EDUCATION & ADVANCED TRAINING

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**Master of Health Administration (MHA)** — Virginia Commonwealth University, Richmond, VA | 2015–2018 | Executive Board

**B.S. Public Health Sciences, Minor: Business Administration** — Clemson University, Clemson, SC | 2011–2015 | Calhoun Honors College

**MIT CSAIL: Human-Computer Interaction for UX Design** — 2021

**CIRCAA Scholar, VCU Health** — 2020–2021 | Interdisciplinary aging and care research fellowship

**ACHE Fellowship, Novant Health** — 2017–2018 | Systems leadership and healthcare operations

## RESEARCH EXPERIENCE

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### Research Assistant, Center for Success in Aging

2011 – 2015

*Public Health Sciences, Clemson University — Clemson, SC*

- Designed and led 3.5-year IRB-approved longitudinal study with 50+ Alzheimer's family caregivers measuring heart rate variability (HRV) coherence response to sensory and behavioral interventions (nature imagery, aromatherapy, personalized music).
- Operated emWave2 biofeedback devices for controlled physiological data collection; analyzed HRV coherence metrics demonstrating measurable stress reduction and emotional regulation effects from non-pharmacological interventions.
- Developed personalized music-based interventions for cognitive engagement in dementia patients and caregiver respite; program adopted by 7 community centers, serving 100+ families.
- Trained 12 undergraduate research staff in CITI human subjects protocols, consent administration, data collection, and quantitative/qualitative coding.
- Presented findings at Clemson Creative Inquiry Poster Forum (2014, 2015) and Alzheimer's Advocacy Conference; co-authored "A Personal Journey Through Alzheimer's" (All About Seniors Magazine, 2015).

### Founder & Principal Researcher, Applied AI Research

Jan 2022 – Present

*Kutuhala Studio — Boulder, CO*

- Built CGAdvocacy, a GPT/RAG-powered language model platform applying retrieval-augmented generation to healthcare policy analysis—engineered retrieval architecture, prompt design, and evaluation workflows; achieved 30% faster policy review cycles vs. manual baseline.
- Designed Somatag, a patent-pending biosensing wearable platform (10 claims), with physiological state ontology synthesized from 40+ peer-reviewed studies on HRV, affect, and closed-loop intervention design.
- Authored 6+ mixed-methods foresight and evidence synthesis reports (GLP-1s, gut-brain axis, precision medicine, emotion tech) integrating peer-reviewed literature, market data, and stakeholder interviews.
- Contributed to NSF iCorps program frameworks governing responsible AI/ML deployment in health decision-making contexts.

### Senior Research Strategist

Jan 2021 – Dec 2021

*The Linus Group — Boulder, CO*

- Conducted 350+ semi-structured expert interviews across 10+ pharmaceutical and biotech organizations; applied qualitative coding and thematic analysis to shape 5–7 year innovation pipelines.
- Scoped 1,000-person quantitative survey study mapping unmet health needs in aging populations; developed instruments and sampling strategy.
- Led behavior insight research and future-state scenario development for aging and chronic disease interventions.

### Applied Research, Analytics & Clinical Operations

2014 – 2019

CVS Health / Aetna Digital · Philips Innovation · Novant Health · MedStar Health · Mass General Hospital · VCU Health

- At CVS/Aetna: Managed 12 digital health pilots serving 70M+ members; designed evaluation protocols using pharmacy claims data and behavioral outcomes analysis; achieved 15% YoY medication adherence improvement.
- At MedStar Health: Built 550-measure enterprise quality analytics database; applied mixed-methods evaluation to clinical performance and patient safety data.
- At Mass General: Conducted field research on hospital discharge processes; contributed to opioid response quality improvement initiatives.
- At Novant Health: Secured \$180K behavioral health research grant; designed and evaluated ER peer recovery intervention programs across 3 rural hospitals.

## RESEARCH SKILLS & METHODS

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Longitudinal Study Design · IRB Protocols & CITI Certification · Mixed-Methods Research · Qualitative Coding & Thematic Analysis · Semi-Structured Interviewing · HRV / Psychophysiological Measurement · Behavioral Intervention Design · COM-B · Self-Determination Theory · Motivational Design · SDoH Frameworks

AI/NLP & Technical: GPT/RAG Systems · Prompt Engineering · LLM Evaluation · Python · SQL · Tableau · Google Looker · Figma · Mixed Methods Data Analysis

## SELECTED PUBLICATIONS & PRESENTATIONS

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Galligan, C. (2026). The Doctor's Dilemma, Reimagined: Why We Keep Building Tools That End Up in Drawers.

Galligan, C. (2025). Governance as Proof of Trust. Podcast with Dr. Kate Eisenberg, Dyna AI.

Galligan, C., Lockwood, J. (2025). Quantum & Emerging Tech. Lightning Talk with Elevate Quantum.

Galligan, C. (2024). AI Is Reshaping Personalized Healthcare Strategy Forever. American Journal of Healthcare Strategy.

Galligan, C. (2024). Future of Microbiome · Gut-Brain Axis Market Intelligence. Kutuhala Studio client reports.

Galligan, C., Marion, G. (2015). A Personal Journey Through Alzheimer's. All About Seniors Magazine.

Galligan, C. (2014, 2015). Effects of Thoughts and Sensory Experiences on Dementia and Related Disorders. Clemson Creative Inquiry Poster Forum (9th & 10th Annual).

## CERTIFICATIONS & TRAINING

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CITI Human Subjects Research · Microsoft: Generative AI & Azure AI Fundamentals · NSF iCorps West · IDEO: Design Thinking · MGH: Collaborative Negotiations · VCU Health: Aging Systems

## LANGUAGES

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English (Native/Bilingual) · Spanish (Professional)