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## Charlotte J. Hagerman

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### Education

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*The George Washington University*, Washington, D.C. August 2016-August 2021  
PhD, Applied Social Psychology

*University of Mary Washington*, Fredericksburg, VA August 2010-May 2014  
BS, Psychology

### Employment

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*Assistant Research Professor* November 2021-present  
Drexel University, Weight, Eating, and Lifestyle Science (WELL) Center

*Postdoctoral Researcher* July 2021-October 2021  
Drexel University, Weight, Eating, and Lifestyle Science (WELL) Center

- Faculty Supervisors: Dr. Evan Forman and Dr. Meghan Butryn

*Graduate Research and Teaching Assistantships* August 2016-May 2021  
George Washington University, Health Cognitions and Behavior Lab

- Faculty Supervisor: Dr. Michelle Stock

*Predoctoral Intern* Summer 2018, Summer 2019  
National Human Genome Research Institute, Social and Behavioral Branch

- Faculty Supervisor: Dr. Susan Persky

*Research Coordinator* June 2014-August 2016  
Georgetown University Medical Center, Lombardi Comprehensive Cancer Center

- Faculty Supervisors: Dr. Kathryn Taylor and Dr. Kim Davis

### Publications

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For a full list of published works, please see

<https://www.ncbi.nlm.nih.gov/myncbi/charlotte.hagerman.1/bibliography/public/>

Butryn, M.L., **Hagerman, C.J.**, Crane, N.T., Ehmann, M.M., Forman, E.M., Milliron, B., & Simone, N. (2023). A proof-of-concept pilot test of a behavioral intervention to improve adherence to dietary recommendations for cancer prevention. *Cancer Control*. 30, 10732748231214122. doi:10.1177/10732748231214122

**Hagerman, C.J.**, Ehmann, M.M., Taylor, L., Forman, E.M. (2023). The role of self-compassion and its individual components in adaptive responses to dietary lapses. *Appetite*, 107009. doi: 10.1016/j.appet.2023.107009

**Hagerman, C.J.**, Macura, Z., Stock, M.L., Moore, P.J., & Dodge, T. (2023). The effects of implicit theories on body weight information avoidance. *Experimental Psychology*. 70(3), 180-191. doi: 10.1027/1618-3169/a000585

- Crane, N., **Hagerman, C.J.**, Horgan, O., Butryn, M.L. (2023). Patterns and predictors of engagement with digital self-monitoring during the maintenance phase of a behavioral weight loss program: Quantitative study. *JMIR mHealth and uHealth*. 11, e45057. doi:10.2196/45057
- Butryn, M.L., Kerrigan, S., **Hagerman, C.J.**, Crane, N.T., & Godfrey, K. (2023). Do monthly coaching calls influence proximal participant adherence in a behavioral weight loss program? *Journal of Behavioral Medicine*. 46, 699–706. doi:10.1007/s10865-023-00394-x
- Miller, N.A., Ehmann, M.M., **Hagerman, C.J.**, Forman, E.M., Arigo, D., Spring, B., LaFata, E.M., Zhang, F., Milliron, B., & Butryn, M.L. (2023). Sharing digital self-monitoring data with others to enhance long-term weight loss: A randomized controlled trial. *Contemporary Clinical Trials*. 129, 107201. doi:10.1016/j.cct.2023.107201
- Hagerman, C.J.**, Miller, N.A., & Butryn, M.L. (2023). Latent profile analysis of physical activity motivation during behavioral weight loss treatment. *Psychology of Sport & Exercise*, 66,102376. doi: 10.1016/j.psychsport.2022.102376
- McCausland, H.C., **Hagerman, C.J.**, Ehmann, M.M. & Butryn, M.L. (2023). Understanding the relationship between subclinical depressive symptoms and physical activity in behavioral weight loss treatment. *Obesity Science & Practice*, 1- 12. doi: 10.1002/osp4.661
- Forman, E.M., Berry, M.P., Butryn, M.L., **Hagerman, C.J.**, Huang, Z., Juarascio, A.S., LaFata, E.M., Ontañón, S., Tilford, J.M., Zhang, F. (2023). Using artificial intelligence to optimize delivery of weight loss treatment: protocol for an efficacy and cost-effectiveness trial. *Contemporary Clinical Trials*. 124, 107029. doi: 10.1016/j.cct.2022.107029
- Forman, E.M., Butryn, M.L., Chwyl, C., Crane, M.M., Dart, H., **Hagerman, C.J.**, Manasse, S.M., Onu, M.C., Sun, J.H., Veling, H., & Zhang, F. (2022). Gamification and neurotraining to engage men in behavioral weight loss: Protocol for a factorial randomized controlled trial. *Contemporary Clinical Trials*. 124, 107010. doi: 10.1016/j.cct.2022.107010
- Butryn, M.L., Crane, N., Lufburrow, E., **Hagerman, C.J.**, Forman, E.M., Zhang, F. (2022). The Role of physical activity in long-term weight loss: 36-Month results from a randomized controlled trial. *Annals of Behavioral Medicine*. 57(2), 146-154. doi: 10.1093/abm/kaac028
- Call, C.C., D'Adamo, L., Crane, N.T., **Hagerman, C.J.**, Butryn, M.L. (2022). The relation of grit to weight loss maintenance outcomes. *Journal of Contextual Behavioral Science*. 24, 60-64. doi: 10.1016/j.jcbs.2022.03.008
- Hagerman, C.J.**, Stock, M.L., Beekman, J.B., Yeung, E., & Persky, S. (2021). The ironic effects of dietary restraint in situations that undermine self-regulation. *Eating Behaviors*, 43. doi: 10.1016/j.eatbeh.2021.101579
- Hagerman, C.J.**, Ferrer, R., & Persky, S. (2021). The influence of implicit theories and perceived risk on parents' feeding behavior and pursuit of obesity risk information. *Journal of Health Psychology*. 27(12), 2714-2728. doi: 10.1177/13591053211061412
- Deros, D.E., **Hagerman, C.J.**, Kramer, J.A., Anderson, E.D., Regis, D., McKee, A.B., Mckee, B.J., Stanton, C.A., Niaura, R., Abrams, D.B., Ramsaier, M., Fallon, S., Harper, H., & Taylor, K.L. (2021). Evidence for the immediate impact of lung cancer screening on smoking-related outcomes. *Journal of Thoracic Disease*, 13(8): 4947–4955. doi:10.21037/jtd-20-3267

- Hagerman, C.J., Hoffman, R.K., Vaylay, S., & Dodge, T.** (2021). Implementation intentions to prevent smoking: A systematic review of the literature. *Nicotine & Tobacco Research, 23*(7), 1085–1093. doi:10.1093/ntr/ntaa235
- Hagerman, C.J., Ferrer, R.A., Klein, W.M.P., & Persky, S.** (2020). Association of parental guilt with harmful versus healthful eating and feeding from a virtual reality buffet. *Health Psychology, 39*(3), 199–208. doi: 10.1037/hea0000831
- Hagerman, C.J., Stock, M.L., Molloy, B.K., Beekman, J.B., Klein, W.M.P., & Butler, N.** (2020). Combining a UV photo intervention with self-affirmation or self-compassion exercises: Implications for skin protection. *Journal of Behavioral Medicine, 1*-11. doi: 10.1007/s10865-019-00104-6
- Hagerman, C.J., Bellini, P.G., Davis, K.M., Hoffman, R.M., Aaronson, D.S., Leigh, D.Y., Zinar, R.E., Penson, D., Van Den Eeden, S., & Taylor, K.L.** (2017). Physicians' perspectives on the informational needs of low-risk prostate cancer patients. *Health Education Research, 32*(2), 134-152. doi: 10.1093/her/cyx035
- Davis, K.M., Bellini, P.G., **Hagerman, C.J.**, Leigh, D., Zinar, R., Van Den Eeden, S.K., Hoffman, R.M., Leimpeter, A., & Taylor, K.L. (2017). Physicians' perceptions of factors influencing the treatment decision-making process for men with low-risk prostate cancer. *Urology, 107*, 86-95. doi: 10.1016/j.urology.2017.02.056
- Taylor, K.L., **Hagerman, C.J.**, Luta, G., Bellini, P.G., Stanton, C., Abrams, D.B., Kramer, J.A., Anderson, E., Regis, S., McKee, A., McKee, B., Niaura, R., Harper, H., & Ramsaier, M. (2017). Preliminary evaluation of a telephone-based smoking cessation intervention in the lung cancer screening setting: A randomized clinical trial. *Lung Cancer, 108*, 242-246. doi:10.1016/j.lungcan.2017.01.020
- Taylor, K.L., Hoffman, R.M., Davis, K.M., Luta, G., Leimpeter, A., Lobo, T., Kelly, S.P., Shan, J., Aaronson, D., Tomko, C., Starosa, A., **Hagerman, C.J.**, & Van Den Eeden, S.K. (2016). Treatment preferences for active surveillance vs. active treatment among men with low-risk prostate cancer. *Cancer Epidemiology, Biomarkers, & Prevention, cebp-1079*. doi: 10.1158/1055-9965.EPI-15-1079
- Hagerman, C.J., Tomko, C.A., Stanton, C.A., Kramer, J.A., Abrams, D.B., Anderson, E.A., & Taylor, K.L.** (2015). Incorporating a smoking cessation intervention into lung cancer screening programs: Preliminary studies. *The Journal of Psychosocial Oncology, 33*(6), 703-723. doi: 10.1080/07347332.2015.1082171
- Papp, L. J., **Hagerman, C.**, Gnoleba, M. A., Erchull, M. J., Liss, M., Miles-McLean, H., & Robertson, C. M. (2015). Exploring perceptions of slut-shaming on Facebook: Evidence for a reverse sexual double standard. *Gender Issues, 32*(1), 57-76. doi: 10.1007/s12147-014-9133-y
- Miles-McLean, H., Liss, M., Erchull, M. J., Robertson, C. M., **Hagerman, C.**, Gnoleba, M. A., & Papp, L. J. (2014). "Stop looking at me!" Interpersonal sexual objectification as a source of insidious trauma. *Psychology of Women Quarterly, 39*(3), 363-374. doi: 10.1177/0361684314561018
- Schiffrin, H. H., Liss, M., Geary, K., Miles-McLean, H., Tashner, T., **Hagerman, C.**, & Rizzo, K. (2014). Mother, father, or parent? College students' intensive parenting attitudes differ by referent. *Journal of Child and Family Studies, 23*(6), 1073-1080. doi: 10.1007/s10826-013-9764-8

### **Manuscripts under Review**

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- Hagerman, C.J., Crane, N., Onu, M., Butryn, M.L., and Forman, E.M.** (under review). Psychological and behavioral responses to daily weight gain during behavioral weight loss treatment.

Knudsen, F.M., **Hagerman, C.J.**, Chabria, R.S., McCausland, Ehmann, M.M., Schumacher, L.M., Butryn, M.L. (under review) Racial differences in physical activity engagement, barriers, and enjoyment during weight loss.

## Presentations

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\*indicates mentoring

**Hagerman, C.J.**, Butryn, M.L., Hong, A., & Forman, E.M. (2024, March). *Goal Disengagement in Response to Weight Gain during Behavioral Weight Loss Programs*. Live Research Spotlight Presentation to be presented at the Society of Behavioral Medicine Conference, Philadelphia, PA.

Butryn, M.L., **Hagerman, C.J.**, Crane, N.T., Ehmann, M., Forman, E.F., Milliron, B.J., & Simone, N. (2024, March). *Improving adherence to dietary recommendations for cancer prevention through behavioral intervention*. Poster to be presented at the annual meeting of the Society of Behavioral Medicine, Philadelphia, PA.

**Hagerman, C.J.**, Taylor, L., Ehmann, M., & Forman, E.M. (2023, April). *The Role of Self-Compassion and Its Individual Components in Adaptive Responses to Dietary Lapses*. Poster presented at the 44th Annual Convention of the Society of Behavioral Medicine, Phoenix, AZ.

Ehmann, M., Crane, N., **Hagerman, C.J.**, Butryn, M.L. (2023, April). *The Relationship Between Household Social Discouragement of Healthy Eating and Psychological Control of Eating*. Poster presented at the 44th Annual Convention of the Society of Behavioral Medicine, Phoenix, AZ.

Forman, E.M. Berry, M.P., Chwyl, C., Coffman, D.L., Karbassi, N., Sun, J., Taylor, L., Butryn, M.L., Juarascio, A.S., **Hagerman, C.J.**, & Manasse, S.M. (2023, April) Evaluating the efficacy of mindfulness and acceptance-based treatment components for weight loss. In Bricker, J. (Chair) *Innovative solutions to improve the impact of acceptance-based treatments for weight loss*. Symposium presented at the 44th Annual Convention of the Society of Behavioral Medicine, Phoenix, AZ.

Nwanze, C.\*, **Hagerman, C.J.**, Forman, E.M. (2023, April). *Eating to Cope: Analyzing Racial Differences in Overeating, Perceived Stress, and Depression*. Poster accepted for the 44th Annual Convention of the Society of Behavioral Medicine, Phoenix, AZ.

Forman, E.M., **Hagerman, C.J.**, Onu, M.C., Chwyl, C., Manasse, S.M., Hopkins, C.M., Dart, H., Sun, J.H., & Crane, M.M. (2023, April). *Designing a Gamified Neurotraining and Behavioral Weight Loss Program for Men: Using Previous Findings and Advisory Board Input*. Poster to be presented at the 44th Annual Convention of the Society of Behavioral Medicine, Phoenix, AZ.

Forman, E.M., Manasse, S.M., Veling, H., Berry, M.P., Onu, M.C., & **Hagerman, C.J.** (2023, April). *Randomized Controlled Trial Comparing the Effects of Three Types of Inhibitory Control Training on Food Choices*. Talk presented at the 44th Annual Convention of the Society of Behavioral Medicine, Phoenix, AZ.

Knudsen, F. M.\*, **Hagerman, C. J.**, & Butryn, M. L. (2023, April). *Racial differences in physical activity barriers, enjoyment, and engagement over the course of a behavioral weight loss intervention*. Poster to be presented at the 44th Annual Conference of the Society of Behavioral Medicine, Phoenix, AZ.

Chwyl, C., Hannah, D., **Hagerman, C.J.**, & Forman, E.M. (2023, April). *A Mixed Methods Examination of Men's Attitudes towards Gamified and Traditional Group-Based Behavioral Weight Loss Designing a Gamified*

*Neurotraining and Behavioral Weight Loss Program for Men*. Poster to be presented at the 44th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Phoenix, AZ.

**Hagerman, C.J.**, Miller, N., Butryn, M.L. (2022, November). *Physical activity motivation and its relation to behavior within behavioral weight loss treatment*. Poster to be presented at ObesityWeek, San Diego, CA.

- Project invited to be presented as an Early Career Researcher “Flash Talk” contest

McCausland, H.C.\*, **Hagerman, C.J.**, Butryn, M.L. (2022, November) *The Relationship Between Depression Symptoms and Physical Activity in Behavioral Weight Loss*. Poster to be presented at ObesityWeek, San Diego, CA.

Miller, N. A.\*, **Hagerman, C. J.**, Butryn, M. L., & Stock, M. L. (2022, May). *Weight-related health information avoidance in women with overweight or obesity*. Poster presented at the annual meeting of the Association for Psychological Science, Chicago, IL, United States.

**Hagerman, C.J.**, Stock, M.L., Yeung, E.W., & Beekman, J.B. (2021, February). *Restrained eating may amplify the influence of cravings and low self-control on unhealthy eating: Evidence from a daily diary study*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, virtual conference.

**Hagerman, C.J.** & Stock, M.L. (2020, April). *The influence of social exclusion and perceived norms on college students' willingness to binge drink*. Poster accepted for the annual meeting of the Society of Behavioral Medicine, San Francisco, CA. (Conference cancelled).

**Hagerman, C.J.**, Persky, S., Ferrer, R. (2019, August). *Predictors of Parents' Pursuit and Avoidance of Obesity Risk Information*. Poster presented at the National Institutes of Health Summer Poster Day, Bethesda, MD.

- Also presented at the National Genome Research Institute Summer Poster Day, Bethesda, MD (2019, August).

**Hagerman, C.J.**, Stock, M.L., Manceaux, M.\*, Gibbons, F.X., Richman, Laura S. (2019, July). *Using affirmation exercises to buffer the effect of social exclusion among black young adults: Quantitative and qualitative analyses*. Poster presented at the Self-Affirmation Mechanisms and Theory Conference, Pittsburgh, PA.

Persky, S., **Hagerman, C.J.**, Ferrer, R., & Klein, W.M.P. (2019, June). *Using the VR buffet to disentangle the influence of guilt on child feeding*. Poster presented at the annual CyberPsychology, CyberTherapy, and Social Networking Conference, Norfolk, VA.

Skillings, A.\*, Wang, X.\*, **Hagerman, C.J.**, Stock, M.L. (2019, April). *Predictors of willingness and intentions to binge drink among college students*. Poster presented at the George Washington University Research Days, Washington, D.C.

Boniell, M.\*, **Hagerman, C.J.**, Stock, M.L. (2019, April). *Associations between ostracism, the need to belong, and social comparison orientation on maladaptive eating and marijuana use and cognitions*. Poster presented at the George Washington University Research Days, Washington, D.C.

**Hagerman, C.J.**, Dwyer, L.A., Stock, M.L., Houlihan, A., & Aubuchon, K.E. (2019, March). *Racial and gender differences in sun protection cognitions and behaviors among Latinx, Asian, and White young adults*. Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, D.C.

- AuBuchon, K.E., **Hagerman, C.J.**, Stock, M.L., & Gibbons, F.X. (2019, March). *Racial discrimination, racial identity, and their effect on tobacco and marijuana use among Black young adults*. Poster presented at the annual meeting of Society for Behavioral Medicine, Washington, D.C.
- Hagerman, C.J.**, Klein, W.M.P, Ferrer, R., & Persky, S. (2018, August). *The role of parental guilt and Body Mass Index in eating and child feeding*. Poster presented at the National Institutes of Health Summer Poster Day, Bethesda, MD.
- Also presented at the National Genome Research Institute Summer Poster Day, Bethesda, MD (2018, August).
- Solonsky, R.\*, **Hagerman, C.J.**, & Perksy, S. (2018, August). *Investigating the role of parent and child gender on parents' feeding practices*. Poster presented at the National Institutes of Health Summer Poster Day, Bethesda, MD.
- Also presented at the National Genome Research Institute Summer Poster Day, Bethesda, MD (2018, August).
- Hagerman, C.J.**, Stock, M.L., Molloy, B.K., Klein, W.M.P., & Beekman, J.L. (2018, April). *Combining a UV photo intervention with self-affirmation or self-compassion exercises: Implications for skin protection*. Poster presented at the annual meeting of the Society of Behavioral Medicine, New Orleans, Louisiana.
- Deweese, S.\*, Zanutti, P.\*, **Hagerman, C.J.**, & Stock, M.L. (2018, March). *Sun protection cognitions and behaviors among white and Hispanic young adults*. Poster presented at the George Washington University Research Days, Washington, D.C.
- Apselund, J.G.\*, **Hagerman, C.J.**, Stock, M.L., Dodge, T. (2017, April). *Marijuana use motives among college student users and non-users*. Poster presented at the George Washington University Research Days, Washington, D.C.
- Hagerman, C.**, Davis, K.M., Bellini, P.G., Leigh, D., Zinar, R., Van Den Eeden, S.K., Hoffman, R.M., Leimpeter, A., & Taylor, K.L. (2016, April). *Physicians' perceptions of recommending active surveillance for men with low-risk prostate cancer: A qualitative study*. Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, DC.
- Taylor, K.L., **Hagerman, C.**, Bellini, P.G., Regis, S., McKee, A.B., Ramsaier, M., Harper, H., Kramer, J.A., Anderson, E.A., Stanton, C.A., Abrams, D.B., Zinar, R., & Leigh, D. (2016, April). *A randomized pilot study of a smoking cessation intervention in the lung cancer screening setting*. Paper presented at the annual meeting of the Society of Behavioral Medicine, Washington, DC.
- Bellini, P.G., Davis, K.M., **Hagerman, C.**, Zinar, R., Leigh, D., Van Den Eeden, S.K., Hoffman, R.M., Leimpeter, A., & Taylor, K.L. (2016, April). *An assessment of factors influencing physicians' treatment recommendations for low-risk prostate cancer*. Paper presented at the annual meeting of the Society of Behavioral Medicine, Washington, DC.
- Hagerman, C.**, Tomko, C.A., Stanton, C.A. Kramer, J.A., Abrams, D.B., Anderson, E.A., & Taylor, K.L. (2015, February). *Incorporating a smoking cessation intervention into lung cancer screening programs: Preliminary studies*. Poster presented at the annual meeting of the Society for Research on Nicotine and Tobacco, Philadelphia, PA.
- Storey, E., **Hagerman, C.**, Bell, A., & McBride, C. (2014, May). *Turning to food under stress: The roles of attentional focus and dietary restraint*. Poster presented at the annual meeting of the Association for Psychological Science, San Francisco, CA.

- Paper presented at the annual meeting of the Virginia Psychological Association, Virginia Beach, VA. (2014, April).

Miles-McLean, H., Robertson, C.M., **Hagerman, C.**, Gnoleba, M.A., Papp, L.J., Liss, M., & Erchull, M. (2013, May). *Conceptualizing objectification as a form of insidious trauma*. Poster presented at the annual meeting of the Association for Psychological Science, Washington D.C.

- Also presented at the Women's and Gender Studies Undergraduate Research Forum at the University of Mary Washington, Fredericksburg, VA. (2013, March).

**Hagerman, C.**, Papp, L.J., & Gnoleba, M. (2014, May). *Exploring the sexual double standard through "slut shaming" on Facebook*. Poster presented at the annual meeting of the Association for Psychological Science, San Francisco, CA.

- Paper presented at the annual meeting of the Virginia Psychological Association, Richmond, VA. (2013, May).

## Research Support

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*CURE Formula Grant through the Pennsylvania Department of Health* Expected Spring 2024

- PI: Charlotte Hagerman
- \$75,000 to test the preliminary effectiveness of Habitual Health, a behavioral weight loss intervention focused entirely on habit formation and disruption
- Proposal nominated for funding, expected 2024

*Weight, Eating, and Lifestyle (WELL) Center Pilot Research Seed Grant* March 2023

- PI: Charlotte Hagerman
- \$39,200 to develop, refine, and test the feasibility and acceptability of Habitual Health, a behavioral weight loss intervention focused entirely on habit formation and disruption

*Weight, Eating, and Lifestyle (WELL) Center Pilot Research Seed Grant* August 2022

- PI: Charlotte Hagerman
- \$4,330 to conduct ecological momentary assessment examining predictors of weighing avoidance and responses to daily weigh-ins among adults with overweight/obesity participating in a behavioral weight loss intervention

*Co-Investigator, R01DK12564* 2021-present

Using Artificial Intelligence to Optimize Delivery of Weight Loss Treatment

- PI: Evan Forman
- Funding Agency: National Institute of Diabetes and Digestive and Kidney Disease

*Co-Investigator, R01 DK129300* September 2022-present

Sharing Digital Self-Monitoring Data with Others to Enhance Long-Term Weight Loss: A Randomized Trial using a Factorial Design

- PI: Meghan Butryn
- Funding Agency: National Institute of Diabetes and Digestive and Kidney Disease

*Co-Investigator, R01DK128524*

2021-present

Engaging Men in Weight Loss with a Game-Based mHealth and Neurotraining Program

- PI: Evan Forman
- Funding Agency: National Institute of Diabetes and Digestive and Kidney Disease

*Co-Investigator, R01DK119658*

2021-present

Mindfulness and acceptance-based interventions for obesity: Using a factorial design to identify the most effective components

- PI: Evan Forman
- Funding Agency: National Institute for Diabetes and Digestive and Kidney Diseases

## **Mentorship and Teaching Experience**

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*Instructor, Independent Study*

Fall 2022

Health Information Processing, Drexel University

- Independent study on health information processing within the context of lifestyle modification interventions for upper-level doctoral student
- Prepare guided reading list, lead discussions, and mentor independent writing projects on health information processing through a social psychological lens
- Student: Christina Chwyl

*Minority Pipeline for Obesity and Eating Disorder Research (mPOWER) Fellowship Mentor*

Summer 2022

Drexel University, WELL Center

- Summer mentorship program to engage young researchers from traditionally underrepresented backgrounds in the obesity and eating disorders field
- Mentee: Chinemerem Nwanze

*Masters' Thesis Committee Member*

Drexel University

- Marny Ehmann, PhD Student
- Hannah McCausland, Masters Student

Spring 2023

Spring 2023

*Instructor*

Fall 2020

Psychology of Weight, Eating, and Body Image, George Washington University

- Original course developed for the Graduate Instructorship Fellowship, in which doctoral students are funded to teach a class that they designed

*Instructor*

Summer 2020

Health Psychology, George Washington University

- Course within the GWU Health Disparities Summer Institute

*Graduate Teaching Assistant*

Spring 2017, Fall 2017, Spring 2018, Fall 2019, Spring 2020

Social Psychology, George Washington University

- Faculty Supervisors: Dr. Brian Green, Dr. Tonya Dodge, Dr. Michelle Stock, Dr. Janine Beekman

*Graduate Teaching Assistant for Writing-Intensive Lab Course*

Research Methods for Applied Social Psychology, George Washington University

Fall 2018, Spring 2019

Research Methods for Developmental Psychology, George Washington University

Fall 2016

- Faculty Supervisors: Dr. Peg Barratt, Dr. Paul Poppen, Dr. Lisa Bowleg



- Led weekly lab sessions by lecturing on relevant course material, facilitating class discussions, and supervising class activities and semester-long projects

#### *Guest Lecturer*

Social Psychology, George Washington University

- Attraction (online lecture) April 2020
- Helping October 2019
- Group Processes March 2018
- Health Psychology December 2017
- Attraction October 2017
- Prejudice Spring 2017

### **Clinical Experience**

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#### *Lifestyle Modification Coach*

March 2021-present

WELL Center, Drexel University

- Study clinician for nine groups of participants undergoing behavioral weight loss treatment or dietary modification intervention
- Provide gold-standard behavioral weight loss treatment, conducting individual calls and group sessions to promote healthy weight control among individual with overweight/obesity
- Apply acceptance and commitment therapy (ACT) principles to behavioral weight loss treatment

#### *Smoking Cessation Telephone Counselor*

September 2014-August 2016

Georgetown University Medical Center, Lombardi Comprehensive Cancer Center

- Conducted telephone counseling for smoking cessation as part of a randomized controlled trial testing this intervention for lung cancer screening patients
- Used motivational interviewing techniques to encourage long term, older smokers to quit

#### *Counseling Intern*

January 2013-May 2013

Lighthouse Counseling

- Assisted in group therapy at a substance abuse outpatient therapy practice in Fredericksburg, VA
- Observed intakes and evaluations
- Prepared case reports for the Rappahannock Area Alcohol Safety Action Program (RAASAP)

### **Service Roles**

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#### *Interim Director, MPower Fellowship*

2023-2024

WELL Center, Drexel University

- Interim director of the annual Minority Pipeline for Obesity and Eating Disorder Research (MPower) Fellowship
- Fellowship designed to provide research experience and mentorship to underrepresented racial/ethnic minority individuals who are interested in pursuing a career in eating disorders and/or obesity research.

### **Honors and Awards**

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#### *Dean's Graduate Instructorship*

April 2020

- Fellowship awarded by the Colombian College of Arts and Sciences at George Washington University to a doctoral candidate to design and teach their own undergraduate course while receiving financial support for dissertation research

*Outstanding Graduate Teaching Assistant Award*

March 2020

- Awarded by the Department of Psychological and Brain Sciences at George Washington University to a graduate student teaching assistant who demonstrates excellence in the classroom

*Outstanding Abstract Award*

February 2018

- Awarded by the Women's Health Special Interest Group of the 2018 Society of Behavioral Medicine Conference for the poster abstract submission of *Combining a UV photo intervention with self-affirmation or self-compassion exercises: Implications for skin protection*

Inducted into Phi Beta Kappa Society

April 2014

**Additional Employment Experience***Research Consultant and Interviewer*

July 2017-August 2019

Georgetown University Medical Center, Lombardi Comprehensive Cancer Center

- Used experience from coordinating a randomized controlled trial for smoking cessation to provide feedback on interviews, counseling protocol, and study procedures for the larger, R01-funded expansion of this project
- Conducted follow-up telephone interviews with participants

*Assessment Specialist*

Summer 2017

George Washington University, Office of Academic Planning and Assessment

- Faculty supervisors: Dr. Cheryl Beil and Dr. Irene Foster
- Worked on a meta-assessment, an evaluation of the general education and program assessments being conducted at the university
- Reviewed, scored, and provided personalized feedback on course assessments to over 150 faculty
- Analyzed all data from meta-assessments and presented it to university staff and department chairs

**Skills and Training***Statistics*

- Proficient in SPSS, SAS, MPlus
- Graduate Coursework in Statistics
  - Multilevel Modeling, George Washington University Spring 2020
  - Structural Equation Modeling, George Washington University Fall 2018
  - Exploratory and Multivariate Data Analyses, George Washington University Fall 2017
  - Advanced Statistical Modeling and Analysis, George Washington University Spring 2017
  - Statistical Modeling and Analysis, George Washington University Fall 2016
  - Introduction to Biostatistics, Georgetown University Spring 2016

*Data Management*

- Proficient in REDCap Data Management System
- Proficient in NVivo Software for qualitative data management
  - Attended two-day NVivo training workshop in Washington, D.C. (April, 2015)

*Motivational Interviewing for Smoking Cessation*

- Attended Motivational Interviewing Training led by Dr. Jennifer Frey at Georgetown University Medical Center (March, 2017)
- Attended the University of Massachusetts' Medical School's Tobacco Treatment Specialist Core Certification Training (September, 2014)

*Last updated: December 2023*