

MARGARET SALA, PH.D.

ACADEMIC APPOINTMENTS

Postdoctoral Fellowship, Drexel WELL Center 2020 - Present
Drexel University, Philadelphia, PA
Supervisor: Evan Forman, Ph.D.

EDUCATION & TRAINING

Clinical Health Psychology Intern, VA Connecticut Healthcare System 2019 - 2020
- West Haven

Ph.D. Candidate, Clinical Psychology, Southern Methodist University 2020
Minor: Quantitative Methods
Mentor: Austin Baldwin, Ph.D.
Dissertation Title: *A Mindfulness-Based Physical Activity Intervention: A Pilot Randomized Controlled Trial*

M.A., Clinical Psychology, Southern Methodist University 2016
Mentor: Austin Baldwin, Ph.D.
Thesis Title: *Post-Exercise Affective Response: Examining Differences Between Regular and Infrequent Exercisers*

B.S., The University of North Carolina at Chapel Hill 2011
Majors: Business and Psychology
Mentors: Cynthia M. Bulik, Ph.D. & Mae Lynn Reyes-Rodríguez, Ph.D.
Honors Thesis: *Race, Ethnicity, and Eating Disorders*

EXTERNAL FUNDING

Society of Multivariate Experimental Psychology Travel Award 2020
Total Award: \$1,000

National Science Foundation Graduate Research Fellowship 2016 - 2019
Total Award: \$138,000

P.E.O. Scholar Award 2018 - 2019
Total Award: \$15,000

American Psychological Association (APA) Dissertation Research Award 2018
Total Award: \$1,000

Hogg Foundation Frances Fowler Wallace Dissertation Award 2018
Total Award: \$1,500

Society for Health Psychology Graduate Student Research Award 2018
Total Award: \$1,500

American Psychological Association Junior Scientist Fellowship 2015
Total Award: \$1,000

HONORS AND AWARDS

Research Day Poster Session Dean’s Award (\$250), SMU	2018
Willis Tate Outstanding Psychology Graduate Student Award (\$700), SMU	2016
Research Fellowship at the Center of Excellence for Eating Disorders, UNC	2014
National Eating Disorder Association Travel Award (\$400)	2013
Medlin Scholarship for Business and the Liberal Arts (\$1,000), UNC	2011
Helen Craig Wardlaw Scholarship (\$1,000), UNC	2010
Honors Research Grant (\$300), UNC	2010
Phi Beta Kappa, UNC	2010
Pogue Scholarship, UNC (full tuition and room and board)	2007 – 2011
Dean’s List, UNC	2007 – 2011

PEER-REVIEWED PUBLICATIONS (* indicates mentee co-author)

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1. **Sala, M.**, Geary, B., Baldwin, A.S. (In press). A mindfulness-based physical activity intervention: a randomized pilot study. *Psychosomatic Medicine*.
 2. **Sala, M.**, Linde, J.A., Crosby, R.D., & Pacanowski C.R (In press). Affect and engagement in healthy and unhealthy weight control behaviors in college women: An ecological momentary assessment study. *Eating Behaviors*.
 3. **Sala, M.**, Linde, J.A., Crosby, R.D., & Pacanowski C.R (In press). State body dissatisfaction predicts positive and negative affect but not weight control behaviors: An ecological momentary assessment study. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*.
 4. **Sala, M.**, & Levinson, C.A. (2020). Mindfulness and body checking. *Mindfulness*. Epub ahead of print: doi: 10.1007/s12671-020-01445-z
 5. **Sala, M.**, Shankar Ram, S.* , Vanzhula, I.A., & Levinson, C.A (2020). Mindfulness and eating disorder psychopathology: A meta-analysis. *International Journal of Eating*

Disorders. Epub ahead of print: doi: 10.1002/eat.23247

6. **Sala, M.**, Rochefort, C., Lui, P.P., & Baldwin, A.S. (2020). Mindfulness and health behaviors: A meta-analysis. *Health Psychology Review*, 14(3), 345-393. doi: 10.1080/17437199.2019.1650290
7. Vanzhula, I., **Sala, M.**, Christian, C., Hunt, R.A., Keshishian, A.C, Wong, V.Z., Ernst, S., Spoor, S.P., & Levinson, C.A (2020). Avoidance coping during mealtimes predicts higher eating disorder symptoms. *International Journal of Eating Disorders*, 53(4), 625-630. doi: 10.1002/eat.23254
8. **Sala, M.**, Brosf, L.C., & Levinson, C.A. (2019). Repetitive negative thinking predicts eating disorder behaviors: A pilot ecological momentary assessment study in a treatment seeking eating disorder sample. *Behaviour Research and Therapy*, 112, 12-27. doi: 10.1016/j.brat.2018.11.005
9. **Sala, M.**, Vanzhula, I., & Levinson C.A. (2019). A longitudinal study on the association between facets of mindfulness and eating disorder symptoms in individuals diagnosed with eating disorders. *European Eating Disorder Review*, 27(3), 295-305. doi: 10.1002/erv.2657
10. Levinson, C.A., **Sala, M.**, Murray, S., Ma, J. Rodebaugh, T. L., & Lenze, E.C. (2019). Diagnostic, clinical, and personality correlates of food anxiety during a food exposure in patients diagnosed with an eating disorder. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*. Epub ahead of print. doi: 10.1007/s40519-019-00669-w
11. **Sala, M.**, Han, K., Acevedo, S.F., Krawczyk, D.C., & McAdams, C.J. (2018). Oxytocin receptor polymorphism decreases midline neural activations to social stimuli in anorexia nervosa. *Frontiers in Psychology*, 9, 2183. doi: 10.3389/fpsyg.2018.02183
12. **Sala, M.**, Egbert, A.H., Lavender, J.M., & Goldschmidt, A.B. (2018). Affect, reward, and punishment in anorexia nervosa: a narrative overview. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*, 23(6), 731-737. doi: 10.1007/s40519-018-0588-9
13. Schaumberg, K., Reilly, E.E., Anderson, L.M., Gorrell, S., Wang, S.B., & **Sala, M.** (2018). Improving prediction of eating-related behavioral outcomes with zero-sensitive regression models. *Appetite*, 129(1), 252-261. doi: 10.1016/j.appet.2018.06.030
14. Levinson, C.A., **Sala, M.**, Fewell, L.K., Brosf, L.C., Fournier, L., & Lenze, E.J. (2018). Meal and snack-time eating disorder cognitions predict eating disorder behaviors and vice versa in a treatment seeking sample: A mobile technology based ecological momentary assessment study. *Behaviour Research and Therapy*, 105, 36-42. doi: 10.1016/j.brat.2018.03.008
15. **Sala, M.**, Brosf, L.C., Rosenfield, D., Fernandez, K.C., & Levinson, C.A. (2017). Stress is associated with exercise differently among individuals with higher and lower eating disorder

- symptoms: An ecological momentary assessment study. *International Journal of Eating Disorders*, 50(12), 1413-1420. doi: 10.1002/eat.22799
16. **Sala, M.**, & Levinson, C.A. (2017). A longitudinal study on the association between facets of mindfulness and disinhibited eating. *Mindfulness*, 8(4), 893-902. doi: 10.1007/s12671-016-0663-0
 17. **Sala, M.**, Haller, D.L, Laferrère, B., Homel, P., & McGinty, J. (2017). Predictors of attrition before and after bariatric surgery. *Obesity Surgery*, 27(2), 548-551. doi: 10.1007/s11695-016-2510-8
 18. **Sala, M.**, Breithaupt, L., Bulik, C.M., Hamer, R.M., La Via, M., & Brownley, K.A. (2017). A double-blind, randomized pilot trial of chromium picolinate for overweight individuals with binge eating disorder: Effects on glucose regulation. *Journal of Dietary Supplements*, 14(2), 191-199. doi: 10.1080/19390211.2016.1207124
 19. Baldwin, A.S., Denman, D.C., **Sala, M.**, Marks, E.G., Shay, L.A., Craddock Lee, S., Skinner, C.S., Wiebe, D.J., & Tiro, J.A. (2017). Translating self-persuasion into an HPV vaccine promotion intervention for parents in safety-net clinics. *Patient Education and Counseling*, 100(4), 736-741. doi: 10.1016/j.pec.2016.11.014
 20. Hofmeir, S., Runfola, C.D., **Sala, M.**, Gagne, D.A., Brownley, K.A., & Bulik, C.M. (2017). Body image, aging, and identity in women over 50: The gender and body image (GABI) study. *Journal of Women and Aging*, 29(1), 3-14. doi: 10.1080/08952841.2015.1065140
 21. Stano, S., Alam, F., Wu, L., Dutia, R., Ng, S.N., **Sala, M.**, McGinty, J. & Laferrère, B. (2017). Effect of meal size and texture on gastric pouch emptying and glucagon like peptide 1 after gastric bypass surgery. *Surgery for Obesity and Related Diseases*, 13(12), 1975-1983. doi: 10.1016/j.soard.2017.09.004
 22. **Sala, M.**, Baldwin, A.S., & Williams, D.M. (2016). Affective and cognitive predictors of affective response to exercise: Examining unique and overlapping variance. *Psychology of Sports & Exercise*, 27, 1-8. doi: 10.1016/j.psychsport.2016.07.005
 23. **Sala, M.**, & Levinson, C.A. (2016). The longitudinal relationship between worry and disordered eating: Is worry a precursor or consequence of disordered eating? *Eating Behaviors*, 23, 28-32. doi: 10.1016/j.eatbeh.2016.07.012
 24. **Sala, M.**, Heard, A.M., & Black, E.A.* (2016). Emotion-focused treatments for anorexia nervosa: a systematic review of the literature. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*, 21(2), 147-164. doi: 10.1007/s40519-016-0257-9
 25. Chmielewski, M., **Sala, M.**, Tang, R., & Baldwin, A.S. (2016). Examining the construct validity of affective judgments of physical activity measures. *Psychological Assessment*, 28(9), 1128-1141. doi: 10.1037/pas0000322

26. Breithaupt, L., **Sala, M.**, Hamer, R.M., Bulik, C.M., La Via, M., & Brownley, K.A. (2016). Feasibility and acceptability of chromium supplementation for binge eating disorder. *Journal of Nutritional Medicine and Diet Care*, 2(10), 1-6. doi: 10.23937/2572-3278.1510010
27. Reyes-Rodríguez, M.L., García, M., Silva, Y., **Sala, M.**, Quranta, M., & Bulik, C.M. (2016). Storytelling: Development of *fotonovelas* to raise awareness of eating disorders in Latinos in the United States. *Revista Mexicana de Trastornos Alimentarios*, 7(1), 17-23. doi: 10.1016/j.rmta.2016.03.002
28. **Sala, M.**, Reyes-Rodríguez, M.L., Bulik, C.M., & Bardone-Cone, A.M. (2013). Race, ethnicity and eating disorder recognition by peers. *Eating Disorders: The Journal of Treatment and Prevention*, 21(5), 423-436. doi: 10.1080/10640266.2013.827540
29. Reyes-Rodríguez, M.L., **Sala, M.**, Von Holle, A., Unikel, C., Bulik, C.M., Cámara-Fuentes, L., & Suárez-Torres, A. (2011). A description of disordered eating behaviors in Latino males. *Journal of American College Health*, 59(4), 266-272. doi: 10.1080/07448481.2010.502205

BOOK CHAPTERS AND BOOK REVIEWS

1. Chwyl, C., **Sala, M.** & Forman, E.M. (in press). Obesity: 3rd Wave Case Conceptualization. In W. O'Donahue & A. Masuda (Eds.) *Behavior Therapy: First, Second, and Third Waves*. New York: Springer Press.
2. Baldwin, A.S. & **Sala, M.** (2018). Perceived satisfaction with health behavior change. In D.M. Williams, R.E. Rhodes, & M. Conner (Eds.), *Affective Determinants of Health Behavior*. New York: Oxford University Press.
3. Baldwin, A.S., & **Sala, M.** (2017). Promotion of healthy behavior. In A. Wenzel (Ed.), *The SAGE Encyclopedia of Abnormal and Clinical Psychology*. Thousand Oaks, CA: Sage Publications.
4. Baldwin, A.S., & **Sala, M.** (2017). Healthy behavior. In A. Wenzel (Ed.), *The SAGE Encyclopedia of Abnormal and Clinical Psychology*. Thousand Oaks, CA: Sage Publications.
5. **Sala, M.** (2015). Review of the book *Eating Disorders, Addictions, and Substance Use Disorders: Research, Clinical, and Treatment Perspectives* by Timothy Brewerton and Amy Baker Dennis. *Eating Disorders: The Journal of Treatment and Prevention*, 23(3), 275-278.

CHAired SYMPOSIA AT NATIONAL CONFERENCES

1. **Sala, M.**, & Brosof, L.C. (November, 2017). *Exercise in individuals with disordered eating: How and for whom might it be beneficial?* Symposium presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA

CONFERENCE ORAL PRESENTATIONS

1. **Sala, M.**, Geary, B., & Baldwin, A.S. (March, 2019). *An audio-recorded mindfulness exercise intervention: A pilot randomized controlled trial*. Paper presentation at the Society of Behavioral Medicine, Washington, DC.

2. **Sala, M.**, Shankar Ram, S.*, Vanzhula, I.A., & Levinson, C.A. (March, 2019). *Mindfulness and eating disorder psychopathology: A meta-analysis*. Paper presentation at the Academy of Eating Disorders, International Conference on Eating Disorders, New York, NY.
3. Levinson, C.A., **Sala, M.**, Murray, S., Rodebaugh, T.L., & Lenze, E.J. (November, 2018). *Diagnostic, clinical, and personality correlates of food anxiety during a short course of mealtime exposure therapy in patients diagnosed with an eating disorder*. In Farrell, N.R., & Rancourt, D. (chairs), *Food anxiety during exposure therapy in patients with eating disorders*. Paper presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.
4. **Sala, M.**, Vanzhula, I., Juarascio, A., Vazzano, K., & Levinson, C.A. (April, 2018). *Incorporating mindfulness into eating disorder research and treatment*. Workshop presentation at the Academy for Eating Disorders, International Conference on Eating Disorders, Chicago IL.
5. Vanzhula, I., **Sala, M.**, & Levinson, C.A. (April, 2018). *Improving acting with awareness may be key to a successful mindfulness-based intervention for eating disorders*. Paper presentation at the Academy for Eating Disorders, International Conference on Eating Disorders, Chicago IL.
6. **Sala, M.**, Rochefort, C., Lui, P., & Baldwin, A.S. (March, 2018). *Mindfulness and health behaviors: A meta-analysis*. Oral presentation at the Society for Personality and Social Psychology, Social and Personality Health Network Preconference, Atlanta, GA.
7. **Sala, M.**, Brosof, L.C., Rosenfield, D., Fernandez, K.C. & Levinson, C.A. (November, 2017). *Stress impacts exercise differently among individuals with high and low levels of eating disorder symptoms: An ecological momentary assessment study*. In **Sala, M.** & Brosof, L.C. (chairs), *Exercise in individuals with disordered eating: How and for whom might it be beneficial?* Paper presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
8. Brosof, L. C., **Sala, M.**, Fernandez, K.C., & Levinson, C.A. (November, 2017). *Body dissatisfaction moderates the relationship between social anxiety and exercise frequency: An ecological momentary assessment study*. In **Sala, M.** & Brosof, L.C. (chairs), *Exercise in individuals with disordered eating: How and for whom might it be beneficial?* Paper presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
9. Heard, A.M., **Sala, M.**, Breithaupt, L., Becker, K.R., & Lavender, J.M. (June, 2017). *Integrating basic behavioral, psychological, and neurobiological research into the study of eating disorders*. Workshop presentation at the Academy for Eating Disorders, International Conference on Eating Disorders, Prague, Czech Republic.
10. **Sala, M.**, Heard, A.M., Manasse, S.M., & Baldwin, A.S. (March, 2017). *Applying for*

graduate funding from the National Science Foundation and the National Institute of Health.
Panel discussion at the Society of Behavioral Medicine, San Diego, CA.

11. Baldwin, A.S., **Sala, M.**, Tang, R., & Chmielewski, M. (January, 2017). *Construct validity of affective judgments of physical activity measures: Current limitations and implications.* Oral presentation at the Society for Personality and Social Psychology Health Preconference, San Antonio, TX.
12. Ferrari, M., **Sala, M.**, Vazzano, K., & Spotts-De Lazzer, A. (May, 2016). *The art of making things happen: Understanding the advocacy landscape.* Workshop presentation at the Academy for Eating Disorders, International Conference on Eating Disorders, San Francisco, CA.
13. Reyes-Rodríguez, M.L., **Sala, M.**, Von Holle, A., & Bulik, C.M. (June, 2010). *Latino males: A description of disordered eating behaviors.* Paper presentation at the Academy for Eating Disorders, International Conference on Eating Disorders, Salzburg, Austria.

CONFERENCE POSTERS

1. **Sala, M.**, Linde, J.A., Crosby, R.D., & Pacanowski, C.R. (September, 2019). *Body satisfaction predicts positive and negative affect: An ecological momentary assessment study.* Poster to be presented at the Eating Disorder Research Society, Chicago, IL.
2. **Sala, M.**, Brosof, L. C., & Levinson, C.A. (March, 2019). *Rumination predicts eating disorder behaviors: An ecological momentary assessment study in a clinical eating disorder sample.* Poster presentation at the Academy of Eating Disorders, International Conference on Eating Disorders, New York, NY.
3. Vanzhula I.A., **Sala, M.**, Christian, C., & Levinson, C.A. (November, 2018). *Avoidance predicts lower anxiety in the short-term but increased eating disorder symptoms over time.* Poster presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.
4. Ma, J., **Sala, M.**, Rodebaugh, T., Lenze, E.C., & Levinson, C.A. (April, 2018). *Correlates of food anxiety during a meal in patients diagnosed with an eating disorder.* Poster presentation at the Academy of Eating Disorders, International Conference on Eating Disorders, Chicago, IL.
5. **Sala, M.** & Levinson, C.A. (April, 2018). *A longitudinal study on the association between facets of mindfulness and disinhibited eating.* Poster presentation at the International Conference on Eating Disorders, Chicago, IL.
6. **Sala, M.**, Rosenfield, D., & Baldwin, A.S. (March, 2017). *Post-exercise affective response: Examining differences between regular and infrequent exercisers.* Poster presentation at the Society of Behavioral Medicine, San Diego, CA.
7. **Sala, M.**, Rosenfield, D., & Baldwin, A.S. (January, 2017). *Affective response after*

exercising. Poster presentation at the Society for Personality and Social Psychology Health Preconference, San Antonio, TX.

8. Holter, M., Stano, S., Rimawi, F., **Sala, M.**, Espinosa, C., McGinty, J., Belsley, S., Koshy, N., Dutia, R., & Laferrère, B. (June, 2016). *Greater increase in insulin clearance after gastric bypass compared to gastric banding in patients with type 2 diabetes*. Poster presentation at the American Diabetes Association, New Orleans, LA.
9. **Sala, M.**, & Levinson, C.A. (May, 2016). *The longitudinal relationship between worry and disordered eating: Is worry a precursor or consequence of disordered eating?* Poster presentation at the Academy of Eating Disorders, International Conference on Eating Disorders, San Francisco, CA.
10. **Sala, M.**, Chmielewski, M., Tang, R., & Baldwin, A.S. (April, 2016). *The convergent and discriminant validity of affective judgments of physical activity measures*. Poster presentation at the Society of Behavioral Medicine, Washington, DC.
11. **Sala, M.**, Brandon, A.R., Hynan, L.S., Baldwin, A.S., & Puzziferri, N. (November, 2015). *The Bariatric Behavior Efficacy Measure (BB-EM) to inform post-bariatric surgery interventions*. Poster presentation at The Obesity Society, Los Angeles, CA.
12. Homel, P., Laferrère, B., **Sala, M.**, McGinty, J., & Haller, D.L. (August, 2015). *Psychological predictors of patient attrition in post bariatric surgery follow up*. Poster presentation at the American Psychological Association Convention, Toronto, Canada.
13. **Sala, M.**, Kangas, J.L., & Baldwin, A.S. (April, 2015). *Associations with affective response during exercise: Comparing implicit and affective attitudes and behavioral intentions*. Poster presentation at the Society of Behavioral Medicine Annual Meeting, San Antonio, TX.
14. **Sala, M.**, Breithaupt, L., Hamer, R.M., Bulik, C.M., La Via, M., & Brownley, K.A. (April, 2015). *A double blind, randomized pilot trial of chromium picolinate for binge eating disorder: Effects on glucose regulation*. Poster presentation at the Academy for Eating Disorders, International Conference on Eating Disorders, Boston, MA.
15. Breithaupt, L., **Sala, M.**, Hamer, R.M., Bulik, C.M., La Via, M., & Brownley, K.A. (April, 2015). *Feasibility and acceptability of chromium for binge eating disorder*. Poster presentation at the Academy for Eating Disorders, International Conference on Eating Disorders, Boston, MA.
16. Boron-Brenner, D., Rimawi, F., **Sala, M.**, Espinosa, C., Dutia R., McGinty J., Moize, V., & Laferrère, B. (November, 2014). *Meal pattern affects hunger and glycemia after Roux-en-Y gastric bypass*. Poster presentation at The Obesity Society, Boston, MA.
17. Dutia, R., Rimawi, F., Boron-Brenner, D., **Sala, M.**, Espinosa, C., McGinty, J., & Laferrère, B. (November, 2014). *Roux-en-Y gastric bypass improves postprandial lipemia*. Poster presentation at The Obesity Society, Boston, MA.

CLINICAL EXPERIENCE

VA Connecticut Healthcare System 2019 - 2020

Clinical Health Psychology Intern

- Provide individual therapy for individuals with eating disorders, obesity, chronic pain, insomnia, and adjustment to medical conditions in primary care
- Lead MOVE weight-loss group
- Co-lead a Dialectical Behavior Therapy (DBT) group
- Conduct assessments in the chronic pain multidisciplinary clinic
- Therapist for the inpatient consultation service
- Conduct pre-surgical evaluations for transplants and weight loss surgery

North Texas VA Medical Center

General Mental Health Practicum Student

- Provided individual Acceptance and Commitment Therapy (ACT)
- Co-led a DBT group

Baylor Scott & White Medical Center

2017 - 2018

Center for Medical Psychology Practicum Student

- Provided individual therapy for insomnia, adjustment to cancer, weight management, depression, and anxiety
- Conducted pre-surgical evaluations for bariatric patients
- Led a weekly group lifestyle intervention for weight loss, based on the Diabetes Prevention Program (DPP) protocol
- Co-led a weekly cognitive biobehavioral group intervention for cancer patients (Cancer to Health)

Texas Health Presbyterian Hospital

2016 - 2017

Eating Disorder Program Practicum Student

Supervisors: Donald Hafer, Ph.D. & Anna Brown, Ph.D

- Served as an individual Enhanced Cognitive Behavior Therapy (CBT-E) therapist in an adult outpatient, partial hospitalization, residential, and inpatient eating disorder unit
- Led DBT, ACT, and mindfulness groups and co-led cognitive processing groups

SMU Psychology Clinic

2015 - 2019

Practicum Student

Supervisors: Lorelei Simpson Rowe, Ph.D., Buck Hampson, Ph.D., & Ray Levy, Ph.D.

- Administered intelligence, achievement, and psychological testing to adults and children, and provided treatment recommendations
- Provided individual therapy for a variety of issues spanning from insomnia, anxiety disorders, and depressive disorder
- Provided Integrative Behavioral Couple Therapy

The Anxiety and Depression Research Center at SMU

2015 - 2016

Study Therapist

Supervisors: Alicia Meuret, Ph.D. (primary), Michelle Craske, Ph.D., & Michael Treanor, Ph.D.

- Provided treatment for anxiety and depressive disorders as part of a clinical research study
- Administered Exposure and Response Prevention

REVIEWER EXPERIENCE

Ad Hoc Reviewer:

PLoS One

Obesity Reviews

Journal of Substance Abuse Treatment

Journal of Behavioral Medicine

Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity

Journal of Addiction and Research Therapy

Cognitive Therapy and Research

International Journal of Behavioral Nutrition and Physical Activity

MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS

Academy of Eating Disorders (Advocacy and Communications Committee, 2015 – 2018)

American Psychological Association

American Psychological Association for Graduate Students

Association of Behavioral and Cognitive Therapists

Society for Health Psychology (APA Division 38)

Society for Behavioral Medicine

TEACHING EXPERIENCE

Instructor of Record, University of North Texas at Dallas Summer 2017

Course: Research Methods (Online)

Undergraduate students at UNT

Instructor of Record, University of North Texas at Dallas Fall 2017

Course: Research Methods

Undergraduate students at UNT

Teaching Assistant, University of North Carolina at Chapel Hill Spring 2011

Course: Mergers and Acquisitions

Undergraduate and graduate students at UNC

SERVICE

SMU Faculty Search Committee Student Representative 2018 – 2019

SMU Graduate Student Representative 2016 – 2017

UNDERGRADUATE MENTORING

NOTE: These relationships involved significant mentoring of an undergraduate student. All mentees either published a paper or gave a talk on the collaborative work.

Skylar Jayes (Distinction Project), SMU
 Elizabeth Black (Research Assistant), SMU

Fall 2016 – Spring 2017
 Spring 2015 – Spring 2016

ADDITIONAL RESEARCH TRAINING

Introduction to Structural Equation Modeling , 3 day training Instructors: Patrick Curran and Daniel Bauer	2020
Multiphase Optimization Strategy , full day training Instructor: Dr. Linda Collins	2017
Meta-Analysis Techniques , 5 day training Instructors: Drs. Betsy Becker and Ariel Aloe	2015

ADDITIONAL CLINICAL TRAINING

Dialectical Behavior Therapy , New Haven, CT, 8 week training Instructors: Drs. Seth Axelrod, Emily Cooney, and Suzanne Decker	2019
Motivational Interviewing , West Haven, CT, 2 day training Instructor: Dr. Steve Martino	2019
Mindfulness-Based Eating Awareness , Lenox, MA, 3 day training <i>Faculty Assistant</i> Instructors: Dr. Jean Kristeller and Andrea Lieberstein	2018
Cognitive Processing for PTSD , Dallas, TX, 2 day training Instructor: Dr. Amy Williams	2018
Motivational Interviewing , Plano, TX, 1 day training Instructor: Dr. Lloyd Berg	2018
Acceptance-Based Behavioral Therapy , San Diego, CA, 2 day training Instructor: Drs. Susan Orsillo and Lizabeth Roemer	2017
Acceptance and Commitment Therapy , Frisco, TX, 3 day training Instructor: Dr. Amy Murrell	2017
Treatment for Affective Disorders , UCLA, 2 day training Instructor: Drs. Michelle Craske and Michael Treanor	2015
Structural Clinical Interview for DSM-5 Disorder , SMU, full day training Instructor: Dr. Alicia Meuret	2015
Couples Therapy Workshop , SMU, 2 day training Instructor: Dr. Lorelei Simpson Rowe	2014

SELECTED SKILLS

Statistical Programs: R, SAS, SPSS, Mplus

Languages: Fluent in Spanish and Russian