

# MEGAN E. DOUGLAS, Ph.D.

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<https://www.ncbi.nlm.nih.gov/myncbi/megan.douglas.4/bibliography/public/>

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## CURRENT APPOINTMENT

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Research Investigator  
Trauma Research Center  
Baylor Scott & White Research Institute  
Barnett Tower, 3600 Gaston Ave, STE 1202  
Dallas, Texas 75246

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## EDUCATION & TRAINING

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- 2019 – 2021      **Postdoctoral Research/ Clinical Fellowship**  
Baylor Scott and White Research Institute/ Baylor Scott and White Institute for  
Rehabilitation, (Neuropsychology and Rehabilitation Psychology) Dallas, TX; Baylor Scott  
& White Medical Center (Medical Psychology Center) Plano, TX
- 2012 – 2019      **Doctor of Philosophy, Clinical Health Psychology**  
University of North Texas, Denton, Texas  
*Dissertation title:* Healthy Eating in College Students: 24-hour Dietary Recall and Theory of  
Planned Behavior
- 2018 – 2019      **Clinical Psychology APA-Accredited Internship**  
Department of Veterans Affairs Connecticut Healthcare System, West Haven, CT  
Clinical Health Psychology Track
- 2012 – 2014      **Master of Science, Psychology**  
University of North Texas, Denton, Texas  
*Thesis title:* Diabetes Status of Mexican Americans: Impact of Country of Birth
- 2008 – 2012      **Bachelor of Science, Psychology**  
Southeast Missouri State University  
Suma Cum Laude, Honor's Graduate  
*Honor's thesis title:* Parental Bonding, Self-Efficacy and Eating Behaviors of Female  
University Students

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## LICENSURE

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L.P.                      Licensed Psychologist, Texas, #39001

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## RESEARCH INTERESTS

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*Broad* focus includes improving health outcomes for individuals from a biopsychosocial perspective. *Specific* areas of interest include medical trauma, physical rehabilitation, disability, trauma, posttraumatic stress disorder, chronic disease management, obesity, lifestyle interventions, anxiety, depression, eating behaviors, disordered eating, pain, bariatrics, and behavioral sleep medicine.

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**GRANT SUPPORT**


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Current Funding:

**Title:** Long-Term Outcomes of Extracorporeal Membrane Oxygenation Patients in an Integrated System in Texas (LTO-ECMO)

**Funding Source:** Baylor Scott & White Dallas Foundation: Cardiovascular Research Review Committee at Baylor Scott & White Research Institute

**Role:** Principal Investigator (PI)

**Amount:** \$49,978

**Funding Period:** 06/02/2022 - Present

**Description:** The primary objective is to collect longitudinal measures of psychological health, cognitive function, and health related quality of life in patients treated with ECMO and their family members beginning while in the hospital and continuing post-discharge for a 36-month period.

**Title:** Prevention of Posttraumatic Stress: A Randomized Controlled Trial of Brief Prolonged Exposure Therapy for Injured Individuals Admitted to a Level I Trauma Center

**Funding Source:** Department of Defense Health Program Congressionally Directed Medical Research Programs (CDMRP) Traumatic Brain Injury and Psychological Health Research Program (TBIPH) # HT94252310884

**PI =** Ann Marie Warren

**Role:** Co-I

**Funding Period:** 10/01/2023 – 09/30/2027

**Description:** This multi-site RCT will compare a modified brief version of Prolonged Exposure, an evidence based treatment for PTSD, to control at for individuals admitted to Level 1 Trauma centers following a traumatic injury.

**Title:** Targeted Plasticity Therapy for the Treatment of Post-traumatic Stress Disorder

**Funding Source:** Department of Defense Congressionally Directed Medical Research Programs (CDMRP) # HT94252310818

**PIs =** Mark Powers, Jasper Smits, and Seth Hays (multiple PIs)

**Role:** Co-I / Interventionist

**Funding Period:** 11/01/2023 - 10/31/2025

**Description:** This study expands upon a pilot study to examine Vagus Nerve Stimulation or VNS to augment Prolonged Exposure therapy (PE) for PTSD symptoms. The proposed study aims are to assess VNS-dependent improvements in several common metrics of PTSD symptoms and to define whether an extended course of therapy promotes continued benefit.

**Title:** Traumatic Brain Injury Model Systems - Expanding delivery of an evidence-based weight-loss intervention to reach underserved group

**Funding Source:** NIDILRR #90DPTB0023

**PI=** Simon Driver

**Role:** Co-Investigator (Co-I) on local project

**Funding Period:** 9/1/2022 – 8/31/2027

**Description:** Traumatic Brain Injury Model Systems Centers: provide comprehensive, multidisciplinary services to people with traumatic brain injury (TBI) as a prerequisite for conducting research that contributes to the development of and access to evidence-based TBI rehabilitation with the goal of improving the health and function, community living and participation, and employment outcomes of people with TBI. TBIMS Centers generate new knowledge through site-specific research projects, collaborative projects, and contributions of data to the TBIMS national longitudinal database.

**Title:** Baylor Scott & White Spinal Cord Injury Model System- Prevention of Posttraumatic Stress: A RCT of Modified Brief Prolonged Exposure Therapy (Brief PE) During Inpatient Rehabilitation Post Spinal Cord Injury (SCI)

**Funding Source:** NIDILRR #90SIMS0011

**PIs:** Ann Marie Warren (Site PI); Mark Powers (Project PI)

**Role:** Co-I; Interventionist

**Funding Period:** 9/1/2021 – 8/31/2026

**Description:** The SCI Model System grants five-year funding to national leaders in medical research and patient care that provide the highest level of comprehensive specialty services. The primary project involves an intervention/prevention for PTSD symptoms after acute SCI.

**Title:** A National Look at the Psychological Impact of COVID-19

**Funding Source:** BSW Dallas Foundation/ W.W. Caruth, Jr. Fund at Communities Foundation of Texas

PI= Ann Marie Warren

**Role:** Co-Investigator

**Funding Period:** 04/2020-Present

**Description:** The purpose of this study is to examine psychological implications of COVID-19 in a representative sample of 5000 US participants over a six month period. Participants will be recruited to include a sample of 40% health care workers, 30% essential workers and 30% general population.

**Title:** Foundational Ingredients of Robotic Gait Training for People with Spinal Cord Injury During Inpatient Therapy (FIRST)

**Funding Source:** NIDILRR # 90IFRE0043

PI= Chad Swank

**Role:** Co-I

**Funding Period:** 9/1/20-01/31/24

**Description:** To examine intensity as a critical component of robotic gait training during inpatient rehabilitation for people with spinal cord injury.

Previous Funding:

**Title:** Group Lifestyle Balance™ for Individuals With Stroke (GLB-CVA) (GLB-CVA)

**Funding Source:** NIDILRR #90IFRE0021-01-00

PI= Simon Driver (PI)

**Role:** Co-I

**Funding Period:** 9/1/2018-8/31/2021

**Description:** The purpose of this RCT is to examine the efficacy of the Group Lifestyle Balance (GLB) program adapted for people with stroke (CVA) on primary (weight) and secondary outcomes at 3, 6, 12 months from enrollment into the program.

**Title:** Group Lifestyle Balance™ for Individuals With Traumatic Brain Injury (GLB-TBI)

**Funding Source:** NIDILRR # 90DPTB0013

PI= Simon Driver

**Role:** Co-I

**Funding Period:** 9/30/17-09/29/22

**Description:** The purpose of this RCT is to examine the efficacy of a Group Lifestyle Balance™ (GLB) program adapted for people with traumatic brain injury (TBI) on primary (weight) and secondary outcomes at 3, 6, 12, and 18 months from enrollment into the program.

**Title:** Characterization and Treatment of Chronic Pain after Moderate to Severe Traumatic Brain Injury

**Funding Source:** NIDILRR # 90DPTB0017

PI= Felix-Harrison

**Role:** Senior/ Key Personnel

**Funding Period:** 09/30/18-09/29/23

**Description:** Determine chronic pain classification, prevalence, location, duration in participants in the TBIMS NDB

**Title:** Building an Evidence Base for Weight Loss Strategies Among Those With Chronic SCI-The GLB-SCI+ (GLB-SCI+)

**Funding Source:** NIDILRR #90IFRE0022

PI= Katherine Froehlich-Grobe

**Role:** Senior/Key Personnel

**Funding Period:** 6/1/2019-10/31/2021

**Description:** This study's overarching aim is to follow a systematic approach that incorporates community-based participatory research (CBPR) to develop a multi-component weight loss intervention that may yield significant effects for a chronic SCI sample. The approach is to obtain data on the 3 unique strategies (prepackaged/portion-controlled meals; enhanced self-monitoring; the GLB-SCI) to inform design of an empirically supported and consumer-validated multicomponent intervention program, that combines the best of the 3 approaches into one unique intervention, the GLB SCI+.

**Title:** Outcomes After Spinal Cord Injury (OASIS)

**Funding Source:** NIDILRR #90IFRE0003

PI= Mark Powers

**Role:** Co-I/ Interventionist

**Funding Period:** 9/1/2018-8/31/2021

**Description:** The study evaluates the effectiveness of Prolonged Exposure Therapy on a population of individuals with spinal cord injuries. Participants will be randomly assigned to either a treatment as usual or Prolonged Exposure therapy group.

**Title:** Scale Up Trial of Project WOWii to increase exercise among people with spinal cord injury

**Funding Source:** NIDILRR #901FRE0037-01-00

PI= Katherine Froehlich-Grobe

**Funding Period:** 9/1/20-8/31/23

**Role:** Senior/Key Personnel

**Description:** The purpose of this study is to investigate the feasibility, fidelity, and effectiveness of scaling up an evidence- and theory-based virtually delivered physical activity intervention for individuals living with chronic SCI. This program will be delivered via trained, SCI peer facilitators to participants recruited by two Model System SCI rehabilitation hospitals delivery in other rehabilitation settings.

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## PEER REVIEWED JOURNAL ARTICLES

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### Published:

1. **Douglas, M.E.**, Driver, S., Ochoa, C., McShan, E., Callender, L., & Froehlich-Grobe, K. (*In Press with Disability and Rehabilitation*). Health-related self-efficacy for individuals following stroke, traumatic brain injury, and spinal cord injury enrolled in a healthy lifestyle intervention. <https://doi.org/10.1080/09638288.2023.2261845>.
2. Driver, S., McShan, E., Swank, C., Calhoun, S., **Douglas, M.E.**, Holden, A., Bennett, M., Callender, L., Ochoa, O., Mukkamala, S., Kramer, K. (2023). Results of a 12-month randomized controlled trial testing the efficacy of the Diabetes Prevention Program Group Lifestyle Balance (DPP-GLB) for people post stroke (GLB-CVA). <https://doi.org/10.1093/abm/kaad045>. PMID: 37542523
3. da Graca, B., Bennett, M. M., Gottlieb, R. L., **Douglas, M. E.**, Powers, M. B., & Warren, A. M. (2023). Associations of mental health and experience of the COVID-19 pandemic with United States adults' intentions to be vaccinated. *Population Health Management*, 26(5), 317–324. <https://doi.org/10.1089/pop.2023.0136> PMID: 37643305
4. McShan, E.E., Juengst, S., **Douglas, M.E.**, Noorbakhsh, N., Calhoun, C., Bennett, M., Holden, A., Dubiel, R., & Driver, S. (2023) Efficacy of a group-based education intervention for people with traumatic brain injury: supplementary results from a 12-month randomized controlled trial, *Brain Injury*. 37:10, 1205-1214. <https://doi.org/10.1080/02699052.2023.2225874>
5. Waddimba, A.C., DeSpain, S., Bennett, M., **Douglas, M.E.**, & Warren, AM. (*E-Pub ahead of print*, 2023) Longitudinal validation of the Fear of COVID-19 Scale in a nationwide United States sample: An item response theory model across three inflection points of the pandemic. *Stress & Health*. <https://doi.org/10.1002/smi.3259>

6. Guillot, C.R., Kelly, M.E., Phillips, N.B., Su, M., **Douglas, M.E.**, Poe, D. J., Berman, M.E. & Liang, T. (2023). brain-derived neurotrophic factor (BDNF) gene; Depression; Anxiety; executive functioning; deliberate self-harm. *Journal of Psychiatric Research*, 163, 195-201. <https://doi.org/10.1016/j.jpsychires.2023.05.060>
7. Dietch, J.R., **Douglas, M.E.**, & Kim, K.N. (2023) Implicit and explicit stigma of chronotype in Emerging Adults. *Behavioral Sleep Medicine*, 21, 33-44. <https://doi.org/10.1080/15402002.2022.2032068>
8. Powers, M., **Douglas, M.E.**, Driver, S., Sikka, S., Hamilton, R. Swank, C., Callender, L., Ochoa, C., Bennett, M., Stewart, N., Chauvin, G., Rothbaum, B., Warren, A.M. (2022). Prevention of posttraumatic stress during inpatient rehabilitation post Spinal Cord Injury: Study protocol for a randomized controlled trial of Brief Prolonged Exposure therapy (Brief PE). *Contemporary Clinical Trials Communications*, 101030. <https://doi.org/10.1016/j.conctc.2022> . PMID: 36387992; PMCID: PMC9661669.
9. Bennett, M., **Douglas, M.E.**, de Graca, B., Sanchez, K., Powers, M.B., & Warren, A.M. (2022). Attitudes and personal beliefs about the COVID-19 vaccine among people with COVID-19: A mixed-methods analysis. *BMC Public Health*, 22, 1936. <https://doi.org/10.1186/s12889-022-14335-x>
10. Warren, A.M., Bennett, M.M., de Graca, B., Waddimba, A.C., Gottlieb, R.L., **Douglas, M.E.**, & Powers, M.B. (2022). Intentions to receive COVID-19 vaccines in the united states: Sociodemographic factors and personal experiences with COVID-19. *Health Psychology* [Advance online publication] <https://doi.org/10.1037/hea0001225>
11. Driver, S., McShan, E., Swank, C., Calhoun, S., Bennett, M., Callender, L., Holden, A., Juengst, S., Bell, K., **Douglas, M.**, Kramer, K., Dubiel, R. (2022). Efficacy of the Diabetes Prevention Program Group Lifestyle Balance program modified for individuals with TBI (GLB-TBI): Results from a 12-month randomized controlled trial. *Annals of Behavioral Medicine*. <https://doi.org/10.1093/abm/kaac036>
12. **Douglas, M.E.**, Blumenthal, H., & Guarnaccia, C.A. (2022). Theory of planned behavior and college student 24-hour dietary recalls, *Journal of American College Health*, 2022 Jan 25:1-8. <https://doi.org/10.1080/07448481.2021.2015357>. PMID: 35077660
13. Driver, S., **Douglas, M.E.**, Reynolds, M., McShan, E., Swank, C., & Dubiel, R. (2021). A narrative review of biopsychosocial factors which impact overweight and obesity for individuals with acquired brain injury. *Brain Injury*, 1075-1085. <https://doi.org/10.1080/02699052.2021.1953596>. PMID: 34324396.
14. Powers, M. B., Pogue, J. R., Curcio, N., Patel, S., Wierzchowski, A., Thomas, E., Warren, A. M., Adams, M., Turner, E., Carl, E., Froehlich-Grobe, K., Foreman, M., Leonard, K., **Douglas, M.E.**, Bennett, M., & Driver, S. (2021). Prolonged exposure therapy for PTSD in spinal cord injury survivors: Study protocol for a randomized controlled trial. *Contemporary Clinical Trials Communications*, 22:100763. <https://doi.org/10.1016/j.conctc.2021.100763>. PMID: 34013091; PMCID: PMC8113811.
15. Blumenthal, H., Cloutier, R. M., **Douglas, M. E.**, Kearns, N. T., & Carey, C. N. (2021). Desire to drink as a function of laboratory-induced social stress among adolescents. *Journal of Behavior Therapy and Experimental Psychiatry* 70, Article 101617. <https://doi.org/10.1016/j.jbtep.2020.101617>. PMCID: PMC8628538.
16. Masheb, R.M., **Douglas, M.E.**, Kutz, A.M., Marsh, A.G., & Driscoll, M. (2020). Pain and emotional eating: Further investigation of the Yale Emotional Overeating Questionnaire in weight loss seeking patients. *Journal of Behavioral Medicine*, 43(3), 479-486. doi:10.1007/s10865-020-00143-4. PMID: 32107681. <https://pubmed.ncbi.nlm.nih.gov/32107681/>
17. Rogers, J., Peecksen, S., **Douglas, M.E.**, & Simmons, M. (2019). Validation of a reflection rubric for higher education. *Reflective Practice: International and Multidisciplinary Perspectives*, 1-15, <https://doi.org/10.1080/14623943.2019.1676712>

18. Guillot, C. R., Blackledge, S. M., **Douglas, M. E.**, Cloutier, R. M., Liautaud, M. M., Pang, R. D., Kirkpatrick, M. G., & Leventhal, A. M. (2019). Indirect associations of anxiety sensitivity with tobacco, alcohol, and drug use problems through emotional disorder symptoms in adolescents. *Behavioral Medicine*. 46(2):161-169. doi:10.1080/08964289.2019.1573797. PMID: 31039083; PMCID: PMC6821558. <https://pubmed.ncbi.nlm.nih.gov/31039083/>
19. **Douglas, M.E.**, Peecksen, S., Rogers, J., & Simmons, M. (2019). College students' motivation and confidence for ePortfolio use. *International Journal of ePortfolio*. 9(1), 1-16. ISSN 2157-622X <https://www.theijep.com/pdf/IJEP316.pdf>
20. **Douglas, M.E.**, Driver, S., Woolsey, A., & Callender, L. (2018). Evaluation of a 12-month lifestyle intervention by individuals with traumatic brain injuries. *Rehabilitation Psychology*. 64(1), 25-36. doi: 10.1037/rep0000253. PMID: 30570330. <https://pubmed.ncbi.nlm.nih.gov/30570330/>
21. Driver, S., Reynolds, M., **Douglas, M. E.**, & Bennett, M. (2017). Describing weight loss attempts and physical activity among individuals with TBI prior to participation in a weight-loss program. *The Journal of Head Trauma Rehabilitation*. 33(1), E36-E43. doi:10.1097/htr.0000000000000327. PMID: 28520676. <https://pubmed.ncbi.nlm.nih.gov/28520676/>
22. Blumenthal, H., Ham, L. S., Cloutier, R. M., Bacon, A. K., & **Douglas, M. E.** (2016). Social anxiety, disengagement coping, and alcohol-use behaviors among adolescents. *Anxiety, Stress, & Coping*, 29(4), 432-446. <https://doi.org/10.1080/10615806.2015.1058366> . PMCID: PMC4751071.

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#### BOOK CHAPTERS

23. Froehlich-Grobe, K., **Douglas, M.E.**, Ochoa, C., & Betts, A. (2020). Social Determinants of Health. In Lollar, D.J., Horner-Johnson, W., & Froelich-Grobe, K. (Eds.), *Public Health Perspectives on Disability: Science, Social Justice, Ethics, and Beyond*, Second Edition (pp. 53 – 89). Springer. 978-1071608876. [https://doi.org/10.1007/978-1-0716-0888-3\\_3](https://doi.org/10.1007/978-1-0716-0888-3_3)

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#### CONFERENCE PRESENTATIONS and PUBLISHED ABSTRACTS

\* = Mentor of junior (typically undergraduate) first author

1. Driver, S., Leidner, V., Patterson, A., Ochoa, C., McShan, E., Calhoun, S., Suhalka, A., **Douglas, M.E.** (Under Review). A Mixed Methods Evaluation of a Healthy Lifestyle Intervention Adapted for Individuals with Brain Injury. Submitted as a poster to the American College of Sports Medicine, 2024 Annual Meeting, May 28-31, 2024, Boston, MA
2. **Douglas, M.E.**, Warren, AM., Powers, M.B., Danesh, V., Brown, S., Ari, N., Gladden, M., & Vandervest, K. (February 2024). Psychological Outcomes for Survivors of ECMO and their Caregivers. Abstract accepted for the 2024 Rehabilitation Psychology Mid-Year Conference to be held February 22-25 in Austin, TX.
3. Danesh, V, McDonald, AD, Martin, C, Brown, S, Vandervest, K, Stevens, AB, Warren, AM & **Douglas, M.E.** (January 2024). Family perspectives on driving status three months after extracorporeal membrane oxygenation. Abstract accepted for presentation at the 2024 Critical Care Congress, January 21-23, 2024, in Phoenix, Arizona.
4. **Douglas, M.E.**, Tijerina, A., Bennett, M., McShan, E., & Driver, S. (November 2023). Impact of a weight-loss intervention on the cognitive functioning and habit strength of overweight and obese individuals with traumatic brain injury. Poster accepted for presentation at the 57th annual Association for Behavioral and Cognitive Therapies (ABCT) Convention to be held in Seattle, November 16-19,2023.
5. Jacobi, K., Duffeck, D., Elliott, T., **Douglas, M.E.**, & Warren, AM. (2023). Co-Occurring Brain Fog and Fatigue Among Survivors of SARS-CoV-2 (COVID-19): Associations with Depression and Anxiety. Poster presented at the 25th Annual Rehabilitation Psychology Conference in Austin, TX.
6. **Douglas, M.E.**, Sikka, S., Driver, S., Hamilton, R., Stewart, N., Callender, L., Swank, C., Rothbaum, B., Chauvin, G., Pogue, J., Warren, AM, & Powers, M.B. (2023). Two Randomized Controlled Trials of Prolonged

- Exposure treatment for Posttraumatic Stress Disorder following Spinal Cord Injury. Oral presentation delivered at the 25th Annual Rehabilitation Psychology Conference in Austin, TX.
7. Foreman M, Powers MB, Kilgard M, Hays S, Smits J, Wigginton J, Turner E, Chauvin G, McAuliffe M, Warren AM, **Douglas, M.E.**, Naftalis R, Carey H, Warren V, & Rennaker R. (2022). Surgical implantation of a novel, wireless, pulse generator for vagal nerve stimulation (VNS): Preliminary results of a first-in-human study of enhanced neuroplasticity in the treatment of PTSD. Presented at the Texas Surgical Society Meeting.
  8. Driver, S., Swank, C., **Douglas, M.E.**, McShan, E., & Dubiel, R. Weight Loss after Brain Injury: Barriers, Current Approaches, and Results from Two Evidence-Based Programs. (2022). Symposium presented at the American Congress of Rehabilitation Medicine 99th Annual Conference in Chicago, IL.
  9. Agtarap, S., **Douglas, M.E.**, Finn, J., Smith, M., & Silva, M. (2022). Suicide risk screening and assessment practices in a multi-center outcome study following inpatient TBI rehabilitation. Poster presented at the American Congress of Rehabilitation Medicine 99th Annual Conference in Chicago, IL.
  10. **Douglas, M.E.**, Driver, S., Ochoa, C., McShan, E., Callender, L., & Froehlich-Grobe, K. (2022). Health-related Self-efficacy following Stroke, Traumatic Brain Injury, and Spinal Cord Injury. Poster presented at the American Congress of Rehabilitation Medicine 99th Annual Conference in Chicago, IL.
  11. Driver, S., McShan, E. **Douglas, M.E.**, Juengst, S., Noorbakhsh, D., Calhoun, S., Bennett, M., Holden, A., Dubiel, R. (November 2022). Efficacy of a group-based education and self-management intervention for people with traumatic brain injury. Poster submitted for the American Congress of Rehabilitation Medicine 99th Annual Conference in Chicago, IL.
  12. Warren, AM., Bennett, M., **Douglas, M.E.**, Gottlieb, M., Powers, M., & Da Graca, B. Intentions to Receive COVID-19 Vaccines in the United States: Associations with Traumatic Stress Symptoms (November 2022). International Society for Traumatic Stress Studies 2022 Annual Meeting in Atlanta, GA.
  13. Powers, M.P., **Douglas, M.E.**, Driver, S., Sikka, S., Hamilton, R., Swank, C., Callender, L., Ochoa, C., Bennett, M., Stewart, N., Chauvin, G., & Warren, A.M. (May 2022). Prevention of posttraumatic stress: A randomized controlled trial of brief prolonged exposure therapy during inpatient rehabilitation post Spinal Cord Injury. Abstract accepted for presentation at the American Spinal Injury Association 2021 Annual Scientific Meeting.
  14. **Douglas, M.E.**, Holden, A.R., McDonald, L., Driver, S., Sikka, S., Swank, C. (2021). Integrating stakeholder input to develop a robotic gait training intervention for people with SCI during inpatient rehabilitation. Poster presented at the 2021 the American Congress of Rehabilitation Medicine Annual Conference.
  15. Ochoa, C., **Douglas, M.E.**, Froehlich-Grobe, K. (2021). Enhanced self-monitoring to promote weight loss among individuals with spinal cord injury. Poster presented at the Academy of Spinal Cord Injury Professionals 2021 Educational Conference and Expo.
  16. \*Kim, K.N., Dietch, J.R., **Douglas, M.E.** Implicit and explicit stigma towards evening types. (2021) Poster presented at SLEEP 2021, the 35th annual meeting of the APSS (joint meeting of the American Academy of Sleep Medicine and the Sleep Research Society), Virtual Conference.
  17. **Douglas, M.E.**, Driver, S., Swank, C., McShan, E., Calhoun, S. (2020). Impact of COVID-19 on individuals with acquired brain injuries enrolled in a healthy lifestyle intervention. Abstract presented at the ACRM Annual Conference 2020, Virtual Conference.
  18. Swank, C., McShan, E., Calhoun, S., **Douglas, M.E.**, Reynolds, M., Driver, S. (2020). Baseline relationships of walking, physical activity habits and self-perceived recovery after stroke in people engaged in a healthy lifestyle program. Poster presented at the American Heart Association's Scientific Sessions 2020, Virtual Conference.
  19. **Douglas, M.E.**, Blumenthal, H., & Guarnaccia, C. (2020). College student dietary recalls and the Theory of Planned Behavior. Accepted for poster presentation at the 41st Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine. San Francisco, CA. <https://www.sbm.org/meetings/2020> (Conference cancelled due to COVID-19).
  7. **Douglas, M.E.**, Blumenthal, H., & Guarnaccia, C. (April, 2020). College Student Dietary Recalls and the Theory of Planned Behavior. Accepted for poster presentation at the 41st Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine. San Francisco, CA. <https://www.sbm.org/meetings/2020> (Conference cancelled).
  8. Cloutier, R.M, Zamboanga, B, **Douglas, M.E.**, Carey, C., Blumenthal, H. (2018). Do perceived drinking motives of parents and friends predict adolescents' own drinking motives? Poster presented at the Society for Research on Adolescence Biennial Meeting, Minneapolis, MN.

9. Pauldine, M., Cloutier, R., **Douglas, M.E.**, Clark, B., Blumenthal, H. (2018). Pubertal timing and depressive symptoms among female adolescents: An empirical evaluation of the maturation disparity hypothesis. Poster presented at the Society for Research on Adolescence Biennial Meeting, Minneapolis, MN.
10. Walker, J. \*, **Douglas, M.E.**, Dietch, J., Slavish, D., Brown, A., Messman, B., Scott, B., Taylor, D., & Blumenthal, H. (2018; April). Trait anxiety and restrictive eating as predictors of sleep onset latency and sleep quality. Poster presented at the Society of Behavioral Medicine Annual Meeting and Scientific Sessions, New Orleans, LA.
11. Rogers, J., **Douglas, M.E.**, Peecksen, S., & Simmons, M. (2018). Students' reflections on experiential learning activities: Promoting transformative learning. Poster presented at the 2018 Transformative Learning Conference, Oklahoma City, OK.
12. Cloutier, R.M., Kearns, N.T., **Douglas, M.E.**, Fresnedo, M., & Blumenthal, H. (2018). Racial/ethnic differences on emerging adulthood experiences and substance use. Paper presented at the Society for Research on Adolescence Biennial Meeting, Minneapolis, MN.
13. Driver, S., Reynolds, M., Bennett, M. Woolsey, A., Callender, L., **Douglas, M.E.**, & Kramer, K. (2017). 6-month weight loss results from a healthy lifestyle intervention for people with TBI. Paper presented at the American Congress of Rehabilitation Medicine 2017 Conference, Atlanta, GA.
14. **Douglas, M.E.**, Cloutier, R., John, J., Potts, A., Holland, E., & Blumenthal, H. (2017). Influence of weight and sociocultural attitudes on dieting among adolescents. Poster presented at the 51<sup>st</sup> annual convention of the Association of Behavioral and Cognitive Therapies, San Diego, CA.
15. Tristan, E., Pogue, J.R., Cloutier, R.M., Gutierrez, S., McKinnis, S., Dunham, K., **Douglas, M.E.**, & Blumenthal, H. (2017). Imaginary audience and anxiety: Subjective versus physiological responding among adolescent girls. Poster presented at the annual meeting of the Association for Psychological Science, Boston, MA.
20. Driver, S., Reynolds, M., **Douglas, M.E.**, & Bennett, M. (2017). Describing weight loss history among individuals with TBI. Poster presented at the 12th World Congress on Brain Injury, New Orleans, LA.
21. Blackledge, S. M., Guillot, C. R., **Douglas, M. E.**, Liang, T., & Berman, M. E. (2017). Association of a BDNF polymorphism with alcohol problems: cognitive and depressive mediators. Poster presented at the 5th annual Collaborative Perspectives on Addiction Meeting, Albuquerque, NM.
22. Blumenthal, H., Cloutier, R. M., **Douglas, M. E.**, McKinnis, S., & Adams, M. (2016). Real-time social stress response and subsequent initiation of alcohol use among female adolescents. Poster presented at the 4th annual meeting of the Collaborative Perspectives on Addiction, Albuquerque, NM.
23. Jamison, L. K. \*, Adams, M. C., **Douglas, M. E.**, Dunham, K., Pogue, J. R., Cloutier, R. M., & Blumenthal, H. (2016). Body dissatisfaction as a moderator of the relation between sociocultural ideals and internalizing problems among adolescent females. Poster presented at the 50<sup>th</sup> annual meeting of the Association for Behavioral Cognitive Therapies, New York City, NY.
24. Bynion, T., Dunham, K., Kearns, N. T., Cloutier, R. M., **Douglas, M. E.**, & Blumenthal, H. (2015). Self-esteem and pubertal status among female adolescence: The moderating role of social support. Poster accepted for presentation at the annual of the American Psychological Association, Denver CO.
25. Dunham, K., Bynion, T., Kearns, N. T., Cloutier, R. M., **Douglas, M. E.** & Blumenthal, H. (2015). Perceived peer support as a moderator between pubertal status and positive alcohol expectancies. Poster accepted for presentation at the annual meeting of the American Psychological Association, Denver CO.
26. Cloutier, R.M., Blumenthal, H., **Douglas, M.E.**, Lasslett, H., & Liu, K. (2015). A prospective examination of psychophysiological stress responding to the Trier Social Stress Task and the development of social anxiety symptoms. Paper accepted for the 16<sup>th</sup> biennial meeting of the Society for Research on Adolescence, Baltimore, MD.
27. Jamison, L. \*, **Douglas, M. E.**, Cloutier, R. M., Baxley, C., Bynion, T., Javier, G., & Blumenthal, H. (2015). Effects of sociocultural attitudes and a body image Implicit-Association Test on self-esteem among adolescent girls. Poster presented at the 49th annual meeting of the Association for Behavioral and Cognitive Therapies, Obesity and Eating Disorder Special Interest Group, Chicago, IL.
28. Bynion, T., Wilson, S., Cloutier, R. M., **Douglas, M. E.**, Jamison, L., Pogue, J., & Blumenthal, H. (2015). Dimensions of parenting in relation to social anxiety among female adolescents. Poster presented at the 49<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Child and Adolescent Anxiety Special Interest Group, Chicago, IL.
29. **Douglas, M.E.** & Guarnaccia, C.A. (2015). Mexican American diabetes rates: Clinical status versus self-report. Abstract accepted for the 2015 National Conference on Health Statistics, North Bethesda, MD.

30. Phillips, A.S., Guarnaccia, C.A., **Douglas, M.E.** (2015). Sense of control, health, and mortality among diabetic adults: Health and Retirement Study results. Abstract presented at the Gerontological Society of America Annual Scientific Meeting, Orlando, FL.
31. Blumenthal, H., Cloutier, R. M., Ham, L. S., Bacon, A. K., **Douglas, M. E.**, & Akibar, A. (2015). Social anxiety, disengagement coping, and alcohol use behaviors among adolescents. Poster presented at the 49<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
32. Dietch, J.R., Cloutier, R.M., **Douglas, M.E.**, Taylor, D.J. & Blumenthal, H. (2015). Associations between Insomnia symptoms and motives for non-medical prescription stimulant use among college students. Poster presented at the Association for Behavioral and Cognitive Therapies 49<sup>th</sup> Annual Convention, Chicago, IL.
33. Lasslett, H.E., Blumenthal, H., Neumann, C., Cloutier, R.M., Akibar, A.P., & **Douglas, M.E.** (2015) Psychopathic traits and attachment representations in adolescence. Poster presented at the Association for Behavioral and Cognitive Therapies 49<sup>th</sup> Annual Convention, Chicago, IL.
34. **Douglas, M.E.** & Guarnaccia, C.A. (2015). Diabetes reporting accuracy of Mexico-born versus U.S.-born Mexican Americans. Poster presented at Society of Behavioral Medicine Annual Meeting and Scientific Sessions, San Antonio, TX.
35. Villareal, C., Estevez, R.E., **Douglas, M.E.**, Goans, C.R.R., & Ruiz, J.M. (2015). Racial/Ethnic diversity in scientific conferences: Disparities in Representation. Poster presented at Society of Behavioral Medicine Annual Meeting and Scientific Sessions, San Antonio, TX.
36. Phillips, A.S.\*, Guarnaccia, C.A., **Douglas, M.E.**, Martinez, V.T., Edwards, K.G. (2014). Diabetes, depression, race/ethnicity and aging. Abstract presented at the Gerontological Society of America's 67<sup>th</sup> Annual Scientific Meeting, Washington, D.C.
37. Ruiz, J., **Douglas, M.E.**, Estevez, R., Goans, C., Lewis, S. & Villarreal, C. (2014). Racial/Ethnic diversity in the biomedical literature: Evidence of Growing Disparities in Representation. Poster presented at the Society for Behavioral Medicine annual conference, Philadelphia, Pennsylvania.
38. Blumenthal, H., Knapp, A. A., **Douglas, M. E.**, & Lasslett, H. E. (2013). The role of coping-related drinking motives in the relation between anxiety sensitivity and alcohol use among adolescents. Poster presented at the 47<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
39. Blumenthal, H., Edwards, B. A., Lasslett, H. E., Douglas, M. E., & Badour, C. L. (2013). Drinking to cope as a function of posttraumatic stress symptoms in a community-recruited sample of adolescents. Poster presented at the 47<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
40. **Douglas, M. E.** & Overbey, G. (2012). Parental bonding, self-efficacy and eating behaviors of female university students. Poster presented at the Psi Chi Midwestern Psychological Association (MPA) Undergraduate Poster Session, Chicago, IL.

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#### HONORS, AWARDS, and TRAVEL GRANTS

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2021	Health Psychology Award for Clinical Excellence from the Society for Health Psychology, American Psychological Association Division 38 (\$380)
2018	2 <sup>nd</sup> Place Federation of North Texas Area Universities Research Symposium Presenter Award
2018	Department of Psychology Frank Collins Memorial Scholarship (Recognizes a student preparing for research career, preferably in academia, for strong evidence of research trajectory)
2017	Texas Instruments Scholarship-Graduate Student Award
2013- 2016	College of Arts and Sciences Travel Grant Award: Graduate Student Support (awarded annually)
2015	UNT Study Abroad Office Scholarship: Study Abroad Travel Grant
2015	UNT Study Abroad Office: International Education Fee Scholarship
2015	2015 UNT Graduate Exhibition 3rd Place Social and Behavioral Sciences
2014-2015	UNT Graduate Student Research and Fellowship Support Program
2014	3 <sup>rd</sup> Place Department of Psychology Research Day Student Poster Awards
2014	Hsiao-Pei Yang Memorial Scholarship, University of North Texas (\$300)
2012-2019	Dean's List, University of North Texas
2012	Honor Society of Phi Kappa Phi Chapter #260 Fellowship Award (\$1,000)
2012	Jane Stephens Honors Program Honors Scholar Award
2011	Best Paper Award at SEMO Student Research Conference

2008-2012 Dean's List, Southeast Missouri State University  
 2008-2012 Southeast Missouri State University Regent's Scholarship

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## RESEARCH EXPERIENCE

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**June 2022 - Present**      **Research Investigator- Trauma Research Center**  
 Baylor Scott and White Research Institute, Dallas, TX  
 Research Center Co-Directors: Ann Marie Warren, PhD, ABPP-Rp & Mark B. Powers, PhD

The Trauma Research Center (TRC) of BSWRI began in early 2021, bringing together the efforts of experienced researchers whose research focuses on trauma and the psychological conditions resulting from trauma. Research topics of focus include: post-traumatic stress disorder, rehabilitation and adjustment following traumatic injury, provider well-being, psychological resilience, and behavioral medicine.

**April 2021 – Present**      **Research Scientist – Behavioral Health**  
 Baylor Scott and White Research Institute, Dallas, TX  
*A National Look at the Psychological Impact of COVID-19* (BSW Dallas Foundation/ W.W. Caruth, Jr. Fund at Communities Foundation of Texas)  
 Principal Investigator: Ann Marie Warren, PhD, ABPP-Rp, Research Center Director - Behavioral Health, Baylor Scott & White Research Institute and Co-Director of Trauma Research, Baylor University Medical Center, Dallas, TX

The purpose of this study is to examine psychological implications of COVID-19 in a representative sample of 5000 US participants over a six-month period. Participants will be recruited to include a sample of 40% health care workers, 30% essential workers and 30% general population.

**Sep 2019 – Apr 2021**      **Post-Doctoral Research Fellow in Rehabilitation Research**  
 Baylor Scott and White Research Institute/ Baylor Scott and White Institute for Rehabilitation, Dallas, TX  
 Director of Rehabilitation Research, Baylor Scott & White Health Institute for Rehabilitation: Dr. Katherine Froehlich-Grobe; Project Director North Texas TBI Model System Ginger Murchison Chair in Traumatic Brain Injury Research Baylor Scott and White Research Institute: Dr. Simon Driver

As one of over 600 Baylor Scott & White Research Institute Centers or Programs, the rehabilitation research program oversees several clinical research studies. Located in the Baylor Scott & White Institute for Rehabilitation hospital on the Baylor University Medical Center- Dallas campus, study populations primarily focus on improving inpatient and outpatient rehabilitation outcomes and lifelong health. Funding is provided from a variety of competitive sources, including the National Institutes of Health, Patient-Centered Outcomes Research Institute (PCORI), and Centers for Disease Control and Prevention, National Institute for Disability, Independent Living, and Rehabilitation Research (NIDILRR), and foundation funding.

As a post-doctoral fellow I have primarily served as senior/ key-personnel on several NIDILRR-funded randomized clinical trials (RCTs) aimed at improving physical activity, diet, and lifestyle outcomes with evidence-based interventions for individuals with SCI (ClinicalTrials.gov Identifier (NCT): NCT03874988TBI; NIDILRR-funded # 901FRE0037), TBI (NCT03594734), and CVA (NCT03873467). I have also served as a study therapist for an inpatient/outpatient RCT (NCT03624218) evaluating the effectiveness of Prolonged Exposure therapy for patients with SCI and assisted with research as part of the TBI Model Systems program. Additional experiences include dissemination and didactic opportunities,

federal and private foundation grant submissions, and tiered/ interdisciplinary team management and collaboration (interns, master's, and doctoral, and post-doctoral).

- July 2018 – June 2019** **Volunteer Research Assistant**, *Weight Loss Treatment for Veterans with Binge Eating* (ClinicalTrials.gov Identifier: NCT03234881)  
Principal Investigator: Dr. Robin Masheb, Senior Research Scientist in Psychiatry, Yale School of Medicine and Director of the Veterans Initiative for Eating and Weight (VIEW) at VACT, West Haven, CT
- VIEW serves to address the broad spectrum of eating and weight problems in the Veteran population. I served as a research assistant on this RCT to assess the effectiveness of MOVE! (the VA national weight management program; treatment as usual) compared to the concurrent administration of MOVE! + CBT for overweight/ obese Veterans with binge eating.
- Feb 2018 – Apr 2021** **Study Therapist/ Volunteer Research Assistant**, *Outcomes After Spinal Cord Injury: OASIS* (ClinicalTrials.gov Identifier: NCT03624218)  
Principal Investigator: Dr. Mark Powers, Director of Trauma Research, Baylor University Medical Center, Dallas, TX
- This study is a Department of Health and Human Services Administration for Community Living National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR) Field Initiated Project. The objective is to compare prolonged exposure therapy (PE) for posttraumatic stress disorder among spinal cord injury patients to treatment as usual in a randomized controlled trial. I serve as a study therapist for the treatment arm of the study and have assisted with the planning of study initiation and protocol development with the Trauma Research Center team.
- Aug 2017 – May 2018** **Primary Investigator**, University of North Texas  
Co-chairs: Dr. Charles Guarnaccia and Dr. Heidemarie Blumenthal; Primary (Student) Investigator: Megan Douglas, M.S.
- Doctoral dissertation study titled Food Recall Using Internet Tracking (F.R.U.I.T.). This study examines college students' perceptions of healthy eating using the Automated Self-Administered 24-Hour (ASA24®) Dietary Assessment Tool and the Theory of Planned Behavior.
- June 2017 – May 2018** **Graduate Research Assistant**, University of North Texas, Career Connect, Director: Mike Simmons, Ph.D.
- Career Connect was developed as part of the university-wide Quality Enhancement Project, a five-year plan that enhances student learning. My role focused on qualitative analysis of rubric responses intended to provide feedback for students and other research projects related to program efficacy and enhancement.
- Mar 2016 – May 2018** **Volunteer Research Assistant**, *Group Lifestyle Balance in Individuals with Traumatic Brain Injury*
- Rehabilitation Research Department  
Baylor Scott and White Institute for Rehabilitation, Dallas, TX  
Director of Rehabilitation Research: Dr. Simon Driver
- Aug 2016 – May 2017** **Graduate Research Assistant**, *Personality and Smoking Study (PASS)*

Disposition Emotion and Addiction Research (D.E.A.R.) Laboratory  
 University of North Texas, Psychology Department, Denton, TX  
 Laboratory Director: Dr. Casey Guillot

**Aug 2016 – May 2017**    **Co-Primary Investigator**, *College Students Attitudes about Themselves and Others*.

University of North Texas, Psychology Department, Denton, TX  
 Faculty supervisor: Dr. Heidemarie Blumenthal; Co-Primary (Student) Investigators: Megan Douglas, M.S. and Jessica Dietch, M.S.

**Aug 2012 – May 2018**    **Graduate Research Assistant**, *Role of Stress and Anxiety in Adolescent Health-related Behaviors; Adolescent Emotions and Development*

Teen Stress and Alcohol Research (Teen St.A.R.) Laboratory  
 University of North Texas, Psychology Department, Denton, TX  
 Laboratory Director: Dr. Heidemarie Blumenthal

**Aug 2012 – May 2015**    **Graduate Research Assistant**

Diabetes and Psychosocial Research Laboratory  
 University of North Texas, Psychology Department, Denton, TX  
 Laboratory Director: Dr. Charles Guarnaccia

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## CLINICAL EXPERIENCE

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**Sep 2020 – Jan 2021**    **Baylor Scott and White Institute for Rehabilitation- Dallas**

Post-Doctoral Fellow  
 Neuropsychology and Rehabilitation Psychology

Baylor Scott & White Institute for Rehabilitation – Dallas, is a nationally-recognized, 92-bed rehabilitation hospital located on the campus of Baylor University Medical Center. The hospital is accredited from the Commission on Accreditation of Rehabilitation Facilities (CARF), part of several Joint Commissions, and designated as a model system for Traumatic Brain Injury rehabilitation.

The Neuropsychology and Rehabilitation Psychology team involves both inpatient and outpatient psychological services alongside an interdisciplinary team consisting of physicians who specialize in PM&R, OT, PT, speech-language pathology, RT, SW, case managers, dietitians, and therapeutic recreation specialists. My clinical experiences consisted of two primary clinical rotations with the spinal cord injury (SCI) team and Stroke/CVA team. Training experiences included didactics, journal club, clinical intakes, brief neuropsychological and psychodiagnostics screening, participation in interdisciplinary team discussions and treatment planning, patient and family follow-up, and individual brief psychotherapy in an inpatient setting. As available I also saw rehabilitation patients for a variety of other diagnoses including traumatic brain injury (TBI), COVID-19 recovered patients, post-surgery transplant patients, and patients recovering from prolonged or complicated hospitalizations.

*Primary supervisors:* Rose Dunn, Ph.D. and Danielle Miro, Ph.D., ABPP- licensed psychologists

**Nov 2019 – June 2020**    **Baylor Scott & White Medical Center – Plano**

Post-Doctoral Fellow  
 Behavioral and Psychological Health  
 Medical Psychology Center

The Medical Psychology Center provides science-based diagnostic and therapeutic services aimed at helping patients develop strategies for coping with illness and functional disability, improving health, enhancing quality of life, and overcoming emotional problems. The multidisciplinary team includes psychologists, neuropsychologists, nurses, genetic counseling, dietitians, and other disciplines to provide integrated care for improved patient outcomes. Common referrals include bariatric surgical assessments, insomnia, oncology, chronic pain, and chronic disease management.

My training experiences primarily consisted of pre-surgical psychological evaluations for bariatric surgery, clinical health-psychology focused intakes for new patients with a variety of referrals, including chronic pain, oncology, and insomnia, and doing individual and family-based therapy interventions focused on medical psychology presentations. Bariatric and oncology patients in particular included standardized assessments and collaboration with other disciplines, such as psychiatrists, surgeons, nurse navigation, dietitians, and oncologists. Additional supervised experiences included developing and facilitating a weekly 12-week Lifestyle Change Group aimed at assisting pre- and post- weight loss surgery patients with developing essential skills to prepare for or maintain weight loss through evidence-based strategies. I led this group in collaboration with the Baylor Scott & White Medical Center - Plano Weight Loss Surgery program a Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP).

*Training Director and Primary Supervisor:* Jamile Ashmore, Ph.D., ABPP, Clinical Director and Licensed Psychologist. *Additional supervisors:* Timothy Clark, Ph.D., Marie Dahdah, PhD, and Desire Taylor, Ph.D.

**July 2018 –June 2019**      **Department of Veterans Affairs Connecticut Healthcare System**

Pre-Doctoral Clinical Intern

West Haven VA Psychology Service; APA-Accredited Internship

Clinical Health Psychology Track

VA Connecticut Healthcare System - West Haven Campus (VACHS) is a Yale University School of Medicine affiliated education and training institution which provides primary, secondary, and tertiary care services in multiple areas (e.g., medicine, geriatrics, neurology, surgery, and mental health) and specialized services for specific clinical problems. My rotations on the Clinical Health Psychology Track included: Clinical Health Psychology – Primary Care Clinic, MOVE! Weight Management Program, Integrated Pain Clinic, Interdisciplinary Stroke Clinic, Inpatient Consultation- Liaison, Smoking Cessation, and the Clinical Health Psychology Assessment Clinic.

*Training Directors and Primary Supervisors:* John Beauvais, Ph.D. (Director of Predoctoral Training), Jessica Barber, Ph.D. (Coordinator, Clinical Health Psychology Internship Track), John Sellinger, Ph.D., Noel Quinn, Ph.D., Laura Blakley, Ph.D., Valerie Weisser, Ph.D., and Robin Masheb, Ph.D. (Internship Research Mentor)

**Feb 2017 – June 2017;**      **Baylor University Medical Center- Dallas**

**Jan 2018 – May 2018**

Student Clinician

Baylor Medical Psychology Consultants

Baylor Institute for Rehabilitation

Experiences involved consultation and liaison for trauma inpatients, inpatient and outpatient neuropsychological and psychodiagnostic assessment, and clinical outpatient therapy. Patient populations ranged from children to older adults and interventions focused on addressing adjustment to acute or chronic medical illness and PTSD and trauma-related symptoms.

*Texas Licensed Psychologist Supervisors:* Warren Jackson, Ph.D., ABPP and Ann Marie Warren, Ph.D., ABPP

**Aug 2015 – May 2016**     **Veteran’s Affairs North Texas Healthcare System- Dallas VA Medical Center**  
 Student Clinician  
 GOLD Team, External Practicum  
 Substance Abuse Recovery and Rehabilitation Treatment Program (SARRTP)

This SARRTP uses a multidisciplinary team approach to mental health services for veterans with substance use disorders. Practicum opportunities included both inpatient treatment for those in the program (40-bed residential unit) and outpatient clinical services with adult veterans from a wide geographical area.

*Texas Licensed Psychologist Supervisor:* Kathleen Dohoney, Psy.D.

**Aug 2012 – May 2015**     **University of North Texas Psychology Clinic- Denton, TX**  
 Clinical Health Psychology Student, Internal Practicum

This psychology doctoral student training clinic provides sliding-scale outpatient services to a community-based population. Services offered include outpatient psychodiagnostic and neuropsychological assessments and outpatient therapy services (individual, family, couples, and group psychotherapy). As part of doctoral training, student clinicians are required to participate in individual and group supervision, peer-mentoring, case consultation, didactics, and case presentation across multiple internal and adjunct supervisors. Experiences also included emergency on-call hours for the clinic and clinical intakes for new clinic patients.

*Texas Licensed Psychologist Supervisors:* Amy M. Williams, Ph.D. (2014-2015), Charles A. Guarnaccia, Ph.D. (2013-2014), and Mary Roberts, Ph.D. (2012-2013)

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## **WORKSHOPS GIVEN**

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2021; 2022;  
2023     Prolonged Exposure Therapy for Posttraumatic Stress Disorder, Trauma Research Consortium, Baylor University Medical Center, Dallas, TX (Co-presented with Mark B. Powers, PhD)

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## **ATTENDED WORKSHOPS AND OTHER TRAINING**

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2022     Written Exposure Therapy (WET) Consultation: Part II - A brief treatment approach for PTSD with Denise Sloan, Ph.D., Virtually held- hosted by Philadelphia Behavior Therapy Association on January 18<sup>th</sup>, 2023

2022     Crisis Response Planning for Suicidal Patients, Craig Bryan, PsyO, ABPP, Virtual delivery on behalf of STRONG STAR Training Initiative, February 15, 2022

2020     SparkPro Diabetes Prevention Program Lifestyle Coach Training

2019     Group Lifestyle Balance Training Workshop, Mayra Avina, BS; Heather Kitzman-Carmichael, PhD, Baylor Scott & White Health and Wellness Center, Dallas, TX

2019     Motivational Interviewing Two-Day Workshop, Steve Martino, Ph.D., Chief of the Psychology Service at VACHS West Haven/ Professor of Psychiatry at the Yale University School of Medicine

2017; 2018     Prolonged Exposure Therapy for PTSD: Emotional Processing of Traumatic Experience, Mark Powers, Ph.D., Baylor University Medical Center, Dallas, TX

2015     The Advances in Research Design Symposium (TARDIS): Alternative to Statistical Significance Tests, University of North Texas (UNT), Denton, TX

2015     Integrating Salivary Biology into Behavioral, Developmental and Health Science Research; presented by Salimetrics Technical Education Specialist Jennifer Jewell, UNT, Denton, TX

2015     Graduate Student Teaching Excellence Program (GSTEP); provided by the Center for Learning Enhancement, Assessment, and Redesign (CLEAR) at UNT, Denton, TX

2014	Graduate Student Research and Fellowship Support Program: Fellowship and Dissertation Grant Proposal Development Training: Two-day workshop presented by UNT Graduate School and Office of Research, UNT, Denton, TX
2013	Applied Suicide Intervention Skills Training (ASIST): Two-day workshop, training and certification, presented by Living Works, UNT, Denton, TX
2012	Teaching Excellence Seminar, UNT, Denton, TX

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### SELECTED SCHOLARLY and PROFESSIONAL SOCIETIES

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2020 – Present	American Congress of Rehabilitation Medicine
2013 – 2018	Association for Behavioral and Cognitive Therapies
2013 – Present	Society of Behavioral Medicine
2012 – Present	American Psychological Association; Division 38 (Society for Health Psychology) and Division 22 (Rehabilitation Psychology)
2015 - 2016	Association for Psychological Science

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### PROFESSIONAL SERVICE

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2021 - Present	Early Career Professional Council member for the Society for Health Psychology (Division 38)
2022 – Present	Editorial Board for <i>Cognitive Behaviour Therapy</i>
2022	Reviewer for <i>Journal of American College Health</i>
2021 -- 2022	Reviewer for <i>Health Psychology</i>
2020 – 2021	Society for Health Psychology (Division 38) Post-Doc Representative
2020 – 2021	Reviewer for <i>Journal of Adolescent Health</i>
2019 – 2020	Reviewer for <i>Public Health Nutrition</i>
2016 – 2017	Association for Psychological Science Student Grant Competition Reviewer
2015 – 2016	Ad hoc Co-Reviewer: <i>Journal of Adolescent Health</i>
2014 – 2015	Department of Psychology and G.A.S.P. External Practicum Fair: Event Coordinator
2013 – 2015	Health Psychology Research Group, UNT, Coordinator
2014 – 2015	Graduate Association of Students in Psychology, UNT, Clinical Health Representative/ Member
2009 – 2012	Psi Chi (Active Member; President 2011-2010; Secretary 2010-2011)

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### TEACHING EXPERIENCE

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<b>Adjunct Clinical Assistant Professor of Medical Education</b> Texas A&M University, College of Medicine	Affiliated member of the College of Medicine at Texas A&M University; assist with medical resident research training through my current role
<b>Teaching Fellow / Instructor of Record</b> University of North Texas	Adult Development and Aging Quantitative Methods in Psychology Experimental Methods Lab
<b>Teaching Assistant</b> University of North Texas	Developmental Psychology (Dr. Blumenthal) History and Systems of Psychology (Dr. Guillot) Topics in Cross-Cultural Psychology (Study Abroad Course: Dr. Wang) Developmental Psychology (Dr. Wang)

General Psychology II  
Psychology of Women  
Personality (Dr. Barnett)

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**INVITED LECTURES & SUBMISSIONS**

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Fall 2020	<i>The Health Psychologist: "Post-Doc Life: Hurdles During a Global Pandemic"</i>
Fall 2019	<i>Reducing Bariatric Surgery Readmission Rates</i> , BSWH Business Growth Council, Plano, TX
Spring 2017	<i>Behaviorism Influences</i> , History and Systems of Psychology, UNT, Denton, TX
Spring 2017	<i>Social Roles</i> , Adult Development and Aging, UNT, Denton, TX
Fall 2015	<i>Diabetes Mellitus: The Role of Health Psychology</i> , Health Psychology, UNT, Denton, TX
Fall 2014	<i>Psychology and Women's Health Issues</i> , Psychology of Women, UNT, Denton, TX