**Christina M. Sanzari**

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**EDUCATION**

**Ph.D. in Clinical Psychology** Expected May 2025

University at Albany, State University of New York

Advisor: Julia M. Hormes, Ph.D.

**M.A. in Clinical Psychology** August 2022

University at Albany, State University of New York

Thesis: *U.S. Health Professionals’ Perspectives on Orthorexia Nervosa: Clinical Utility, Measurement and Diagnosis, and Perceived Influence of Sociocultural Factors*

Advisor: Julia M. Hormes, Ph.D.

**B.A. in Psychology** May 2018

Minor: Business

Skidmore College,Saratoga Springs, NY.

Thesis Advisor: Corinne A. Moss-Racusin, Ph.D.

GPA: 3.94

**PEER-REVIEWED PUBLICATIONS**

1Indicates joint first-authorship

1. Carrino, E. A., Flatt, R. E., Pawar, P. S., **Sanzari, C. M.,** Tregarthen, J. P., Argue, S., Thornton, L. M., Bulik, C. M., & Watson, H. J. (in press). Sociodemographic and Clinical Characteristics of Treated and Untreated Adults with Bulimia Nervosa or Binge-eating Disorder Recruited for a Large-Scale Research Study. *Journal of Eating Disorders.*
2. Miller, M., Breiner, C., **Sanzari, C. M.,** Perry, T., Hormes, J. M. (in press). Peer ethnicity as a mediator in the relationship between ethnic identity and body appreciation in Black college-aged women. *Journal of Black Psychology.*
3. Birgegård, A., Mantilla, E. F., Borg, S., **Sanzari, C. M.,** Padalecki, S. Breithaupt, L. & Bulik, C. M. (in press). The need for diagnostic clarity around atypical anorexia nervosa in research and clinical practice. *Eating Behaviors.*
4. Garcia, S. C.1, **Sanzari, C. M.**1**,** Coffino, J., Blau, L. E. & Hormes, J. M. (in press). Stigmatization of Binge Eating Disorder: Implicit Associations with Weight Status and Femininity. *Eating Behaviors.*
5. **Sanzari, C. M.,** Gorrell, S. Anderson. L. M, Reilly, E. E, Niemiec, M.A., Orloff, N. C., Anderson, D. A, & Hormes, J. M. (in press). The impact of social media use on body image and disordered eating behaviors: Content matters more than duration of exposure. *Eating Behaviors.*
6. Breiner, C. Miller, M., Hamilton, A., Cruz Garcia, S., **Sanzari, C.M.,** & Hormes, J. H. (in press) Exploring the relationship between food disgust and avoidant/restrictive food intake disorder (ARFID) presentations in a non-clinical collegiate sample. *International Journal of Eating Disorders*
7. Miller, M. L., **Sanzari, C. M.,** Timko, C.A., & Hormes, J. M. (in press). Impact of Virtual Adjunctive Cognitive Remediation Therapy on Cognitive Flexibility and Treatment Outcomes in Comorbid Anorexia Nervosa and Exercise Dependence as Quantified Using Novel Biomarkers: A Stage 1 Registered Report. *International Journal of Eating Disorders*
8. **Sanzari, C. M.,** & Hormes, J. M. (in press). U.S. Health Professionals’ Perspectives on Orthorexia Nervosa as a discrete clinical diagnosis. *Eating and Weight Disorders: Studies on Anorexia, Bulimia and Obesity*
9. Pawar, P. S., Thornton, L. M., Flatt, R. E., **Sanzari, C. M.,** Carinno, E. A., Tregarthen, J. P, Argue, S., Bulik, C. M., & Watson, H. J.(in press). Binge-Eating Disorder with a History of Anorexia Nervosa in the General Population. *International Journal of Eating Disorders*
10. MacDermod, C., Pettie, M. A., Carrino, E. A., Garcia, S. C., Padalecki, S., Finch, J. E., **Sanzari, C.M., …** Bulik, C. M. (2022). Recommendations to encourage participation of individuals from diverse backgrounds in psychiatric genetic studies. *American journal of medical genetics. Part B, Neuropsychiatric genetics : the official publication of the International Society of Psychiatric Genetics,* 189(5), 163–173.
11. Ashburn-Nardo, L., Moss-Racusin, C. M., Smith, J. L., **Sanzari, C. M.,** Vescio, T. K., & Glick, P. (in press). The Reproducibility movement in psychology: Does researcher gender affect how people perceive scientists with a failed replication? *Frontiers in Psychology.*
12. Liu, R. T., Cheek, S. M., Walsh, R. F. L., Sheehan, A. E., **Sanzari, C. M.** (2022). Suicide and non-suicidal self-injury in children. *JAMA Psychiatry*
13. **Sanzari, C. M.,** Levin, R. Y., & Liu, R. T. (2021). Prevalence, predictors, and treatment of eating disorders: A national study. *Psychological Medicine.*
14. **Sanzari, C. M.,** & Hormes, J. M. (2021) Psychological and professional repercussions of the COVID-19 pandemic in female faculty with children: An investigation of outcomes across different academic career stages. *The Behavior Therapist,* *44*, 290-298.
15. **Sanzari, C. M.,** Dennis, A., & Moss-Racusin, C. A. (2021). Should I stay or should I go?: Penalties for briefly de-prioritizing work or childcare. *Journal of Applied Social Psychology, 51*(4), 334-349. Featured in Harvard Kennedy School’s *Women and Public Policy Program's Gender Action Portal.*
16. Nesi, J., Choukas-Bradley, S., Maheux, A. J., Roberts, S. R., **Sanzari, C. M.**, Widman, L., & Prinstein, M. J. (2021). Selfie appearance investment and peer feedback concern: Multi-method investigation of adolescent selfie practices and adjustment. *Psychology of Popular Media*, *10,* 488-499.
17. Moss-Racusin, C. A., **Sanzari, C. M.**, Bogdan, E., Nahabedian, D., & Brown, S.S. (2021) Expecting better: Benefits of paternity leave for anticipated well-being. *Analyses of Social Issues and Public Policy, 21,* 806-832.
18. Liu, R. T., Lawrence, H. R., Burke, T., Paszek, C., **Sanzari, C. M.**, Maitlin, C., Levin, R. Y., & Zhu, X. (2021). Passive and active suicidal ideation among left-behind children in rural China: An evaluation of intrapersonal and interpersonal vulnerability and resilience. *Suicide and Life-Threatening Behavior, 51*, 1213-23.
19. Liu, R. T., Rowan-Nash, A. D., Sheehan, A. E., Walsh, R., **Sanzari, C. M.,** Korry, B. J., & Belenky, P. (2020). Reductions in anti-inflammatory gut bacteria are associated with depression in a sample of young adults. *Brain, behavior, and immunity*, *88*, 308–324.
20. **Sanzari, C. M.,** & Liu, R. T. (2019). Temporal trends in treatment utilization for disordered eating in U.S. adolescents from 2004 through 2017: A nationally representative study. *Journal of Adolescent Health, 65,* 564-566. Featured in *The American Journal of Medicine+* newsletter.
21. Liu, R. T., Sheehan, A. E., Walsh, R. F. L., **Sanzari, C. M.,** Cheek, S. M., & Hernandez, E. M. (2019). Prevalence and correlates of non-suicidal self-injury among lesbian, gay, bisexual, and transgender individuals: A systematic review and meta-analysis. *Clinical Psychology Review, 74,* 1017-83*.*
22. Moss-Racusin, C. A., **Sanzari, C. M.**, Caluori, N., & Rabasco, H. (2018). Gender bias produces gender gaps in STEM engagement. *Sex Roles, 79,* 651-670.

**MANUSCRIPTS UNDER REVIEW AND IN PREPARATION**

**Sanzari, C. M.,** Pawar, P. S., Watson, H. J., Flatt, R. E., Thornton, L. M., Tregarthen, J. P., Argue,

S., Bulik, C. M. (under review). Disorders of gut-brain interaction in binge-type eating disorders: a community-based study.

Gorrell, S., **Sanzari, C. M.,** Ziegenhardt, P. S., spell, J., Johnson, M. G., Whitlow, B., 7 saigal, M

(in prep). Preventing eating pathology among elite adolescent ballet dancers: A pilot trial of the Athlete Body Project.

**Sanzari, C. M.,** Costello, K. & Hormes, J.M. (in prep). A Multi-method investigation of gender

bias in the eating disorders field.

**Sanzari, C.M.** & Lydecker, J.A. (in prep). Parental internalized bias and overvaluation:

Associations with child disordered eating.

Miller, M. L., **Sanzari, C. M.,** & Hormes, J. M. (in prep). Demographics moderate the protective

effects of feminist identity against pathological eating behaviors in emerging adults.

**GRANTS**

**Graduate Research Fellowship Program ($138,000)** 2020-2025

National Science Foundation [Grant No. 1645421]

Title: *Using tDCS to clarify the neural underpinnings of binge-eating behaviors in obese teens*

**Louise C. and Earl M. Applegate Award ($500)** Spring 2023

Initiatives for Women

**Graduate Student Association Professional Development** Spring2021-present

University at Albany, State University of New York

**Graduate Student Association Research Grant** Spring2021-present

University at Albany, State University of New York

**Research Committee Rising Scholar Award ($1,000)** October 2022

National Collegiate Athletic Association

**Karen R. Hitchcock New Frontiers Fund Awards ($1,000)** Spring 2021, 2022

Initiatives for Women

**Unfunded**

**Registration Scholarship Award** March 2023

Female Athlete Conference

**Student Research Grant** February 2022

Academy for Eating Disorders

**Graduate Student Research Grant** October 2022

National Collegiate Athletic Association

**INVITED AND CONFERENCE PRESENTATIONS**

**Sanzari, C. M.,** Gorrell, S. Anderson. L. M, Reilly, E. E, Anderson, D. A, & Hormes, J. M. *The*

*impact of social media use on body image and disordered eating behaviors: Content matters more than duration of exposure.* Talk to be presented at the annual meeting of the International Conference on Eating Disorders, Washington, D.C.

Liu, R. T., Walsh, R., Sheehan, A., Cheek S., & **Sanzari, C. M.** *Suicide and non-suicidal self-injury*

*in preadolescent children: A meta-analysis of prevalence and correlates*. Symposium talk to be presented at the annual meeting of the Society for Research on Child Development, Salt Lake City, Utah.

Liu, R. T., Walsh, R., Sheehan, A., Cheek S., & **Sanzari, C. M.** *Prevalence and correlates of*

*suicide and self-injury in children*. Symposium talk to be presented at the annual meeting of the International Summit on Suicide Research, Barcelona Spain.

Birgegard, A., Forsen Mantilla, E., **Sanzari, C. M.,** Padalecki, S., Borg, S., Breithaupt, L., & Bulik,

C. (September, 2022). *The need for diagnostic clarity around atypical anorexia nervosa in research and clinical practice.* Talk presented at the annual meeting of the Nordic Congress on Eating Disorders, Oslo, Norway.

**Sanzari, C.M.,** Pawar, P. S., Thornton, L. M., Flatt, R. E., Carrino, E. A., Tregarthen, J. P., Argue,

S., Bulik, C. M., & Watson, H. J. (June, 2022). *Binge-Eating Disorder with and without a History of Anorexia Nervosa.* Talk presented at the annual meeting of the International Conference on Eating Disorders, virtual.

Miller, M., **Sanzari, C. M.,** & Hormes, J. M. (June, 2022). *Cognitive and behavioral inflexibility in*

*exercise dependence: a transdiagnostic process underpinning behavioral addictions.* Talk presented at the annual meeting of the International Conference on Behavioral Addictions, Nottingham, U.K.

**Sanzari, C. M.,** Bogdan, E., Nahabedian, D., Brown, S. S., Moss-Racusin, C. M. (February, 2020).

*Expecting Better: Experimental Investigations of the Benefits of Paternity Leave for Anticipated Well-Being,* Talk presented at the annual meeting of the Society for Personality and Social Psychology.

**Sanzari, C. M.** (October, 2017). *Summer Research Position at Harvard University.* Invited speaker,

Board of Trustees Plenary Lunch, Skidmore College, Saratoga Springs, NY.

Moss-Racusin, C. A., Pietri, E., Hennes, E. P., Dovidio J., Brescoll, V. L., Rabasco, H., Caluori, N.,

**Sanzari, C. M.**, & Handelsman, J. (November, 2016). *Gender Bias in STEM fields.* Invited speaker, Institute on Inclusion and Inclusive Classrooms, Ferris State University, Grand Rapids, MI.

Moss-Racusin, C. A., **Sanzari, C. M.**, Louis, K., Dennis, A. (November, 2016). *The Impact of*

*Gender Bias on Women in STEM fields.* Invited speaker, Social Cognition and Intergroup Dynamics lab, Skidmore College, Saratoga Springs, NY.

**CONFERENCE POSTER PRESENTATIONS**

* **Sanzari, C. M.,** Miller, M. L., & Hormes, J.H. *Barriers to Help-Seeking Behavior for Female Collegiate Student-Athletes.* Poster to be presented at the annual meeting of the Female Athlete Conference, Boston, MA.
* Miller, M. L., **Sanzari, C. M.,** & Hormes, J.H. *The sport doesn’t matter: examining the moderating role of sport type in the transdiagnostic effect of cognitive inflexibility in maintaining exercise pathology.* Poster to be presented at the annual meeting of the Female Athlete Conference, virtual.
* **Sanzari, C. M.,** Miller, M., & Hormes, J. M. (November, 2022). *U.S. Health Professionals’ Opinions of Orthorexia Nervosa.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
* Garcia Cruz, S., **Sanzari, C. M.,** & Hormes, J. M. (November, 2022). Stigmatization of Binge Eating Disorder: Implicit Associations with Weight Status and Femininity. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
* \*Gatti, M.J., Garcia Cruz, S., **Sanzari, C.M.,** Hormes J.M. (May, 2022). *Exploring Perceptions to Alcohol Use Disorder (AUD) and Binge-eating Disorder (BED).* Poster presented at the University at Albany's Annual Center for Undergraduate Research and Creative Engagement, Albany NY.
* **Sanzari, C.M.** & Hormes, J.M. (November, 2021). *Psychological and professional repercussions of the COVID-19 pandemic in female faculty with children: An investigation of outcomes across different academic career stages.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, virtual.
* **Sanzari, C.M.,** Miller, M., Breiner, C. & Hormes, J.M. (November, 2021). *Investigating the relationship between sports team membership, exercise behaviors and motives, and psychological flexibility.* Poster presented at the Association for Behavioral and Cognitive Therapies annual convention, virtual.
* Miller, M., **Sanzari, C.M.,** Breiner, C. & Hormes, J.M. (November, 2021). *Weight and Shape Related Flexibility Mediates the Association Between Drive for Muscularity and Exercise Dependence in Men.* Poster presented at the Association for Behavioral and Cognitive Therapies annual convention, virtual.
* Miller, M., **Sanzari, C.M.,** Breiner, C. & Hormes, J.M. (November, 2021). *Exploring Associations Between Exercise Motives and Behaviors and Cognitive and Behavioral Flexibility.* Poster presented at the Association for Behavioral and Cognitive Therapies annual convention, virtual.
* **Sanzari, C. M.,** Levin, R. Y., & Liu, R.T. (June, 2021). *Lifetime prevalence, correlates, and treatment of eating disorders among preadolescent children: A national study.* Poster presented in the Best Poster Category at the annual meeting of the International Conference on Eating Disorders, virtual.
* **Sanzari, C.M.,** Levin, R.Y., Maitlin, C., & Liu, R.T. (November, 2020). *Temporal trends in adolescent problematic weight management behaviors from 1999 through 2013: A nationally representative study.*Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, virtual.
* Maitlin, C., Levin, R. Y., **Sanzari, C. M.**, Bettis, A. H., Liu, R. T. (November, 2020). *Parenting, Anxiety, and Depression in Adolescent Inpatients.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, virtual.
* Maitlin, C., Levin, R. Y., Liu, R. T., Zhu, X., & **Sanzari, C. M.** (November, 2020). *Risk and Resilience Correlates with Non-suicidal Self-injury Among Left Behind Adolescents in Rural China.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, virtual.
* Levin, R.Y., **Sanzari, C.M.**, Maitlin, C., Bettis, A.H., & Liu, R.T (November, 2020). *Child maltreatment and observed parenting as predictors of suicidal ideation in adolescent inpatients.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, virtual.
* Levin, R. Y., Maitlin, C., **Sanzari, C. M.**, & Liu, R. T. (November, 2020). *Life Stress, Early Maltreatment, and Prospective Associations with Depression and Anxiety in Preadolescent Children: A Six-year Multi-wave Study.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, virtual.
* Cheek, S., Liu, R. T., Sheehan, A. E., Walsh, R., **Sanzari, C. M., &** Hernandez, E. M. (November, 2020). *Prevalence of Non-suicidal Self-injury Among Lesbian, Gay, Bisexual, and Transgender Individuals: A Systematic Review and Meta- analysis.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, virtual.
* Nesi, J., Choukas-Bradley, S., Maheux, A.J., Roberts, S. R., **Sanzari, C. M.**, Widman, L., & Prinstein, M. J. (March, 2020). *Selfie appearance investment and peer feedback concern: An investigation of adolescent selfie practices and psychosocial adjustment.* In M. Zimmer-Gembeck, Immersion in Social Media: Associations of Preoccupation, Appearance, Selfies, and Comments with Mental and Physical Health. Symposium presented at annual meeting of the Society for Research on Adolescence, San Diego, CA.
* Bodgan, E., **Sanzari, C.M.,** Nahabedian, D., Brown, S.S., & Moss-Racusin, C. A. (February, 2020). *Something is Better than Nothing: Any Form of Paid Parental Leave Improves Projected Outcomes.* Poster presented at the annual meeting of the Society for Personality and Social Psychology, New Orleans, LA.
* **Sanzari, C. M.,** Walsh, R., Sheehan, A., & Liu, R. T. (November, 2019). *Temporal trends in adolescent treatment utilization for disordered eating from 2004 through 2017: A nationally representative study.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
* Walsh, R. F. L., **Sanzari, C. M.,** Sheehan, A. E., & Liu, R. T. (November, 2019). *Temporal trends in peer victimization among sexual minority and heterosexual adolescents*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
* Sheehan, A. E., Walsh, R. F. L., **Sanzari, C. M**., & Liu, R. T. (November, 2019). *Mental health service utilization by race/ethnicity in a nationally representative sample from 2004 through 2017.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
* **Sanzari, C. M.,** & Liu, R. T. (March, 2019). *Temporal trends in adolescent treatment utilization for disordered eating from 2004 through 2017: A nationally representative study.* Poster presented at the annual Mind Brain Research Convention of Brown University’s Albert Medical School, Providence, RI.
* Bogdan, E., **Sanzari, C. M.,** Nahabedian, D.,& Moss-Racusin, C. A. (February, 2019). *Parental leave policies shape undergraduate’s predicted future relationship satisfaction.* Poster presented at the annual meeting of the Society for Personality and Social Psychology, Portland OR.
* **Sanzari, C. M.,** & Moss-Racusin, C. A. (February, 2019). *Backlash against women who temporarily deprioritize caregiving.* Poster presented at the annual meeting of the Society for Personality and Social Psychology, Portland OR.
* **Sanzari, C. M.,** & Moss-Racusin, C. A. (February, 2019). *Backlash against women who temporarily deprioritize caregiving.* Poster presented at the annual meeting of the Capital District Feminist Consortium Conference, Saratoga Springs, NY.
* **Sanzari, C. M.,** Dennis, A., Caluori, N., Rabasco, H., & Moss-Racusin, C. A. (March, 2018). *The existence of gender bias depresses women’s STEM outcomes*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Atlanta, GA.
* Bays, R. B., **Sanzari, C. M.**., & vom Eigen, K. (March, 2018). *Back to the future: Comparing past and planned future actions.* Poster presented at the annual meeting of the Eastern Psychological Association, Atlanta, GA.
* **Sanzari, C. M.,** Dennis, A., Louis, K., Ager, G., Warren B., Guizarry, D., Moss-Racusin, C. A. (March, 2017). *Gender bias undermines STEM engagement*. Poster presented at the annual meeting of the Eastern Psychological Association, Boston, MA.
* Bays, R.B. & **Sanzari, C.M.** (March, 2017). *Back to the future: Comparing past and planned future actions.* Poster presented at the annual meeting of the Eastern Psychological Association, Boston, MA.

**SCIENCE COMMUNICATIONS**

**Sanzari, C.** & Abbaspour, A*.* (2021, July 10). *Could Targeting Gut Microbes Help Treat Anorexia Nervosa?* Exchanges—Blog of the UNC Center of Excellence for Eating Disorders.

<https://uncexchanges.org/2021/07/10/could-targeting-gut-microbes-help-treat-anorexia-nervosa/>

Bulik, C., MacDermod, C., Cruz Garcia, S., & **Sanzari, C.** (2021, August 22). *Why Participant Diversity Is Essential for Genetic Studies Of Eating Disorders.* Exchanges—Blog of the UNC Center of Excellence for Eating Disorders.

<https://uncexchanges.org/2021/08/22/why-participant-diversity-is-essential-for-genetic-studies-of-eating-disorders/>

**RESEARCH EXPERIENCE**

**Health Behaviors Laboratory** Fall 2020 to present

Department of Psychology

University at Albany, State University of New York

Graduate Assistant

*Principal Investigator:* Julia Hormes, PhD

* Develop and conduct research on eating pathology and exercise behaviors. Primary interests include the psychosocial risk factors related to eating disorder development in adolescence, and maladaptive eating and health-related behaviors in athletes.
* Current studies include a longitudinal examination of eating disorder risk and protective factors in athletes, psychological flexibility and maladaptive exercise in collegiate athletes and non-athletes
* Supervise undergraduate research assistant participation in data collection and quantitative analysis.

**Center of Excellence for Eating Disorders (CEED)**  Summer 2021

Department of Psychiatry   
University of North Carolina—Chapel Hill

UNC School of Medicine

Principal Investigator: Cynthia Bulik, Ph.D.

*Summer Research Fellow*

* Engaged in weekly seminar series and weekly research meetings combined with Karolinska Institute Centre for Eating Disorders Innovation (CEDI), covering a wide range of topics in the eating disorder field.
* Created novel recruitment materials including a short film, flyers, and email announcements for the Eating Disorders Genetic Initiative Project.
* Gained experience with scientific communication for the public by writing blog posts about eating disorders research.
* Conduct literature review on the etiological, mechanistic, biological and sociocultural differences between anorexia nervosa restricting subtype and all other eating disorder diagnoses.

**Adolescent Mood and Behavior Lab** Summer 2018-Summer 2020

Department of Psychiatry and Human Behavior  
Brown University Alpert Medical School

Principal Investigator*:* Richard Liu, Ph.D.

*Clinical Research Assistant*

* Screened, recruited, and conducted assessments for several NIMH-funded studies using a battery of neurocognitive tasks, ecological momentary assessment (EMA), and ambulatory measures of psychosocial stress, sleep, and physiological arousal in predicting risk for suicidal behavior in adolescent inpatients.
* Administered semi-structured clinical interviews with adolescents and caregivers.
  + Kiddie-Schedule for Affective Disorders and Schizophrenia (K-SADS); Mini-International Neuropsychiatric Interview for Children and Adolescents (MINI Kid); Columbia-Suicide Severity Rating Scale (C-SSRS); Self-Injurious Thoughts and Behaviors Interview (SITBI); Suicide Intent Scale (SIS); Children’s Depression Rating Scale (CDRS); Child and Adolescent Services Assessment (CASA).
* Administered, trained, and supervised research staff on computerized behavioral tasks related to implicit cognitions of self-harm and depression, distress tolerance, grit, emotion regulation, and risk taking.
  + Distress Tolerance Task (DTT), Mirror Tracing Persistence Task (MTPT), Facial Emotion Recognition Task (FERT), Self-Referential Encoding Task (SRET), Implicit Association Task (IAT) with a mood induction task, Paced Auditory Serial Addition Task (PASAT), Emotional Stop-Signal Task (E-SST), Academic Discipline Task, Probabilistic Learning Task (PLT), Trier Social Stress Task for Children (TSST-C).
* Administered and scored tests of neurocognitive functioning in adolescents.
  + Cambridge Neuropsychological Test Automated Battery (CANTAB), Stop Signal Task (SST), Delay Discounting Task (DDT), Wechsler Abbreviated Scale of Intelligence II (WASI-II), Verbal Fluency, the Letter-Number Sequencing (LNS) subtest of the Wechsler Intelligence Scale for Children-V (WISC-V), N-Back.
* Recruited, screened, and conducted stimulation sessions for a NIMH-funded study investigating the potential for transcranial direct current stimulation (tDCS) to modulate impulsivity in suicidal adolescents.
  + Prepared neoprene cap with electrodes to collect electroencephalography (EEG) data.
  + Recorded and monitored EEG and event-related potential (ERP) data pre- and post- tDCS stimulation.
  + Administered tDCS targeting left orbitofrontal cortex and right inferior frontal gyrus.
* Recruited, screened, and conducted assessments with individuals ages 18-30 in a study examining pro-inflammatory processes as a potential mediator in the relationship between gut dysbiosis and depression.

**Social Cognition and Intergroup Dynamics Lab** Fall 2016-Spring 2018

Department of Psychology, Skidmore College

Principal Investigator*:* Corinne Moss-Racusin, Ph.D.

*Lab Manager*

* Led lab meetings which involved troubleshooting data collection, facilitating discussions about scientific journal articles, coordinating guest speakers, and presenting information on psychology conferences.
* Coordinated data collection for multiple experiments on the ways in which gender bias undermines women’s STEM outcomes, and the influence of parental leave policies on men’s and women’s future aspirations and relationship expectations.
* Trained and supervised 20 undergraduate research assistants on data collection techniques.

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**Memory & Cognition Lab** Fall 2015-Spring 2018Department of Psychology, Skidmore College

Principal Investigator: Rebecca Brooke Bays, Ph.D.

*Lab Manager*

* Organized laboratory schedules and trained undergraduate research assistants on all projects: investigated 1) cognitive differences in the encoding of past experiences and future plans and 2) how visual aids may help or hinder accurate recall.
* Scored, input, and analyzed source memory data.
* Managed all aspects of lab for two semesters while PI was on sabbatical and parental leave.

**Gilbert Lab**  Summer 2017

Department of Psychology, Harvard University

Principal Investigator: Daniel Gilbert, Ph.D.

*Research Assistant*

* Conducted research projects analyzing affective forecasting and social interactions with local community and M-Turk populations.
* Independently collected data from 100 participants in a field experiment assessing expectations of social interactions in a community sample of adults.

**The Infant Cognition Center** Summer 2016

Department of Psychology, Yale University

Principal Investigator: Karen Wynn, Ph.D.

*Research Assistant*

* Attended weekly lab meetings to discuss literature on infants’ social cognition and their understanding of the physical world.
* Collected data using the looking time paradigm for four studies on infant cognition.

**Intergroup Relations Lab** Summer 2015

Department of Psychology, Yale University

Principal Investigator: John Dovidio, Ph.D.

*Research Assistant*

* Recruited, scheduled, and tested participants in a study assessing how gender and body posture interact to influence perceptions of power.
* Recorded and monitored EEG and event-related potential (ERP) data during computerized tasks measuring implicit associations between gender, posture, and power.

**CLINICAL EXPERIENCE**

**Practicum Therapist** Fall 2023 to present

Yale Teen Program of Weight and Eating Research  
New Haven, CT

*Supervisor:* Janet Lydecker, Ph.D.

* Deliver evidence-based cognitive behavioral therapy and mindfulness for adolescents with bulimia and higher weight, and adolescents with binge eating and higher weight
* Deliver and evaluate intervention delivery in the context of randomized clinical trials
* Attend individual and group supervision, including assessment supervision

**Practicum Therapist** Fall 2023 to present

MindWell Psychology

Latham, NY

*Supervisor:* Christina Colgary, Ph.D.

* Deliver empirically supported individual treatment to 4-5 adolescents and young adults weekly who present with a range of clinical concerns (i.e., ADHD, anxiety, depression, OCD, PTSD, eating disorders)
* Attend individual and group supervision with a doctoral-level psychologist
* Attend weekly didactic seminars on a range of topics (e.g., assessment, CBT, DBT, family therapy)

**Practicum Therapist** July 2022 to May 2023

Intensive Outpatient Program for Eating Disorders, HPA/LiveWell

Albany, NY

*Supervisor:* Ross Krawczyk, Ph.D.

* Co-led Exposure Therapy group sessions with 8-15 adolescents and adults with a range of eating disorder diagnoses
* Co-led Dialectical Behavior Therapy and Cognitive Behavioral Therapy group sessions with 8-15 adolescents and adults with a range of eating disorder diagnoses
* Conducted individual check-ins and therapeutic weights with 5-7 clients weekly
* Completed nutrition checks at mealtime and provide support during mealtime
* Attended weekly treatment team meetings
* Attended group supervision with a licensed doctoral-level psychologist
* Conducted Neuropsychiatric Assessments via the Woodcock Johnson

**Practicum Therapist** August 2021 to May 2022

Psychological Services Center

Albany, NY

*Supervisor:* James Boswell, Ph.D., Mitchell Earleywine, Ph.D.

* Provide psychotherapy to individuals (ages 18-30) using cognitive behavioral approaches and exposure therapy.
* Conduct intake assessments using a variety of screening and psychosocial history measures, such as the MINI and the SCID.
* Attend weekly individual and group supervision with licensed psychologist.
* Attend didactic seminars on psychopharmacology, suicide assessment and prevention, domestic violence, mandated reporting and duty to warn.

**Clinical Intern**

St. Peter’s Addiction Recovery Outpatient CenterSpring 2018

Saratoga Springs, NY

* Shadowed clinicians leading group and individual therapy sessions for people with alcohol and substance use problems.
* Observed CBT treatment sessions with adolescent and adult clinical populations.
* Shadowed clinicians conducting individual psychosocial intake assessments.
* Attended weekly supervision meetings with the treatment team.

**TEACHING & MENTORSHIP**

**Instructor of Record, Skidmore College** Fall 2023

Course: Eating Disorders

* Create a course syllabus, lecture slides, group activities, and projects for an advanced undergraduate elective course on eating disorders
* Lecture and facilitate class discussion in-person, twice a week to 18 students

**Instructor of Record, University at Albany, SUNY** Spring 2023

Course: Psychology of Child Development

* Created a course syllabus, lecture slides, study guides and exams with content related to the psychology of child development
* Lectured in-person, twice a week for one semester to 205 undergraduate students
* Held office hours weekly and facilitated class discussion on relevant topics

**Instructor of Record, University at Albany, SUNY** Summer 2022

Course: Introduction to Psychology

* Created a course syllabus condensing introductory to psychology material into a 6-week accelerated online course.
* Created PowerPoint slides with relevant information and recorded 2-3 lectures each week to further explain the material.
* Held office hours weekly and facilitated class discussion on relevant topics.

**APSY 101 Discussion Leader** Fall 2021

University at Albany, SUNY

* Developed presentations and led discussion sections to expand on materials covered in introductory psychology textbook and lectures; created brief quizzes to test student understanding of presented topics.
* Completed as a requirement of the Teaching Practicum Seminar at UAlbany.

**Teaching Assistant** Fall 2020-Spring 2021

University at Albany, State University of New York

* Abnormal Psychology, Instructor: Maha Mian, M.A.
* Health Psychology, Instructor: Sonja Miller, Ph.D.

**Psychology Undergraduate Mentorship Program** Fall 2020 to present

University at Albany, State University of New York

* Volunteer as a peer mentor to provide guidance, support, and encouragement to undergraduates interested in pursuing a professional degree in psychology, particularly serving individuals who come from populations underrepresented in the field of psychology develop the skills and experience necessary to achieve this goal.

**First Gen Scholars Mentor Program** Spring 2022 to present

University at Albany, State University of New York

* Volunteer as a First Gen mentor available to any undergraduate UAlbany students for academic advising and professional development
* Attend yearly First Gen Scholars Mentor Program Training to acquire skills specifically tailored toward helping First Gen students navigate the college experience

**Early Career Special Interest Group Mentorship Program** Fall 2021 to present

Academy for Eating Disorders

* Volunteer as an AED mentor to meet monthly with undergraduate students applying to Clinical Psychology Ph.D. programs to provide guidance, resources, and advice on how to navigate the application process.

**Mentorship Program** Summer 2021 to present

Society of Clinical Child and Adolescent Psychology (Division 53)

* Volunteer as a mentor to meet monthly with undergraduate students interested in a career in child or adolescent psychology

**Peer Academic Coach Captain** Fall 2017-Spring 2018

Office of Student Academic Services

Skidmore College

* Worked directly with the Skidmore Peer Tutor Coordinator to develop a new tutoring program that offers major-specific, nightly study sessions to all students.
* Responsible for selecting and supervising fellow psychology peer tutors.
* Served as the liaison between psychology faculty and students to integrate the new tutoring program into the current curriculum.
* Managed weekly tutor schedule, created and offered time management, study skills, and content review sessions for all psychology majors.

**Peer Tutor** Spring 2017-Spring 2018

Office of Student Academic Services

Skidmore College

* Independently tutored students in statistical analyses taught in Social Psychology Research Methods course or for Introduction to Psychological Science in one-on-one or group settings.

**HONORS & AWARDS**

**Student Poster Exposition Award** Fall 2021

Association for Behavioral and Cognitive Therapies

Women’s Issues Special Interest Group

**Student Opportunity Fund Award ($400, $700)** Fall 2017, 2018

Skidmore College

**Michele Kelly ’72 Memorial Award** Spring 2018

Skidmore College

* Awarded annually to a student in the Department of Psychology on the basis of excellence in independent research within the department

**Thoroughbred Society Award** Fall 2014-Spring 2018

Skidmore College

* Awarded every semester to varsity student-athletes who achieve at least a 3.67 GPA.

**Travel to Present Award ($660)** Spring 2018

Skidmore College

* Awarded to students to present research or creative projects at a conference or a professional meeting.

**Senior Scholar Athlete Award** Spring 2018

Skidmore College

* Awarded annually to two senior athletes who exhibit an outstanding level of dedication, discipline, and accomplishment in both his or her academic and athletic pursuits at Skidmore.

**SEE-Beyond Internship Award ($4,000)** Summer 2017

Skidmore College

* The Summer Educational Experience- Learning Beyond the Campus Award is granted by Skidmore College to students participating in an intensive summer internship that encourages the application of their academic-year learning to real-world challenges, selected from a competitive pool of students.

**Academic Pursuit Fund Award ($850)** Spring 2017

Skidmore College Student Government Association

* Received academic award to attend the annual Society for Personality and Social Psychology conference in San Antonio, Texas.

**Foley Psychology Department Research Fund Award ($300)** Spring 2017

Skidmore College Psychology Department

* Awarded to help fund senior thesis research, selected from a competitive pool of students in their junior year.

**Responsible Citizen Internship Award ($4,000)** Summer 2016, 2017

Skidmore College

* Award granted by Skidmore College to students participating in an intensive summer research internship that encourages responsible citizenship that also is relevant to coursework, selected from a competitive pool of students.

**SERVICE**

**Ad-hoc Reviewer**

*Nutrition, Frontiers in Sociology, Eating and Weight Disorders: Studies on Anorexia, Bulimia and Obesity, Eating Behaviors, Psychology of Popular Media, Journal of Eating Disorders*

**Women’s Issues Special Interest Group** Fall 2022 to present

Association for Behavioral and Cognitive Therapies

*Student Representative*

* Develop a mentorship program that matches experienced psychologists with early career psychologists and graduate students to facilitate professional development among the women members of ABCT
* Create a social media presence for the special interest group in order to promote engagement and increase membership

**Social Media Committee** Fall 2020 to Spring 2022

Academy for Eating Disorders

*Events Advertising Coordinator*

* Selected by committee members to identify upcoming events and create a social media strategy and calendar for advertising these events as part of the social media committee
  + Create graphics for these events through Canva
* Disseminate knowledge and increase engagement regarding eating disorders and related concerns through social media
* Participate in monthly meetings with international group of eating disorder professionals to collaborate and discuss best practices for utilizing social media for the dissemination of eating disorder knowledge

**Social Cognition and Intergroup Dynamics Lab** Fall 2020 to present

Department of Psychology, Skidmore College

Principal Investigator: Corinne Moss-Racusin, Ph.D.

*Invited Panelist*

* Answered questions from current lab members regarding post-undergraduate careers in psychology
* Discussed my experience as a graduate student in a Clinical Psychology PhD program with prospective graduate students

**Clinical Psychology Student Representative** Fall 2020-Spring 2021

University at Albany, State University of New York

* Alert faculty in the Clinical Psychology Ph.D. program of issues or questions raised by peers to discuss in clinical area meetings.

**PROFESSIONAL MEMBERSHIPS**

Association for Behavioral and Cognitive Therapies

Women's Issues in Behavior Therapy Special Interest Group

Eating Disorders and Eating Behaviors Special Interest Group

Academy for Eating Disorders

Sport and Exercise Special Interest Group

**COMPUTER SKILLS**

SPSS, R, Qualtrics, REDCap, Microsoft Office, Canva

**REFERENCES**

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