

## Savannah R. Roberts

University of Delaware  
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 105 The Green  
 Newark, DE 19716  
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### Education

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**Ph.D. Student in Clinical and Developmental Psychology** Aug. 2020 – Present  
 University of Delaware  
 Newark, DE  
 Advisor: Dr. Sophia Choukas-Bradley | [Teen and Young Adult Lab](#)

**Ph.D. Student in Clinical and Developmental Psychology** Aug. 2019 – Aug. 2020  
 University of Pittsburgh  
 Pittsburgh, PA  
 Advisor: Dr. Sophia Choukas-Bradley

**B.S. Psychology with Honors, *magna cum laude*** Sept. 2012 – June 2016  
**B.A. Spanish with Honors, *magna cum laude***  
 Western Washington University, Bellingham, WA  
 Honors Thesis: Influence of Gender on the Perception of Anorexia Nervosa  
 Advisors: Dr. Anna Ciao and Dr. Alexander Czopp

**Universidad Pablo de Olavide** Aug. 2014 – Dec. 2014  
 Seville, Spain  
 Language, Business, and Applied Social Sciences Concentration (Study Abroad)

### Honors, Awards, & Scholarships

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APAGS/Psi Chi Junior Scientist Fellowship (\$1,000)	2020
Society for Research on Adolescence Emerging Scholars Travel Award (\$200)	2020
Society for Research on Adolescence Student Poster Award	2020
University of Pittsburgh Arts and Sciences Fellowship (\$23,500)	2019-2020
Western Washington University Honors Program	2012-2016
Western Undergraduate Exchange Scholarship (\$35,000)	2012-2016
Western Foundation Distinguished Scholar (\$2,000)	2012-2016
Western Washington University Merit Scholarship (\$8,000)	2012-2016
Academic Programs International Affiliate Scholarship (\$250)	2014
Western Foundation Annual Scholarship (\$2,000)	2012
Bowman Family Distinguished Scholarship (\$1,000)	2012

### Peer-Reviewed Publications

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**Roberts, S. R.,** Ciao, A. C., & Czopp, A. M. (2018). Influence of gender on the evaluation of anorexia nervosa. *International Journal of Eating Disorders*, 51(10), 1162-1167.  
 doi:10.1002/eat.22917

- Arigo, D., Mogle, J.A., Brown, M.M., **Roberts, S. R.**, Pasko, K., Butryn, M.L., & Symons Downs, D. (2020). Differences between accelerometer cut point methods among midlife women with cardiovascular risk markers. *Menopause*, 27(5), 559-567. doi:10.1097/GME.0000000000001498
- Butryn, M. L., Godfrey, K. M., Martinelli, M. K., **Roberts, S. R.**, Forman, E. F., & Zhang, F. (2020). Digital self-monitoring: does adherence or association with outcomes differ by self-monitoring target? *Obesity Science & Practice*, 6(2), 126-133. doi:10.1002/osp4.391
- Butryn, M. L., Martinelli, M. K., Godfrey, K. M., **Roberts, S. R.**, Zhang, F., & Forman, E. M. (2020). Counselor surveillance of digital self-monitoring data: A pilot randomized controlled trial. *Obesity*, 28(12), 2339-2346. doi:10.1002/oby.23015
- Call, C. C., **Roberts, S. R.**, Schumacher, L. M., Remmert, J. E., Kerrigan, S. G., & Butryn, M. L. (2020). Perceived barriers to physical activity during and after a behavioral weight loss program. *Obesity Science and Practice*, 6(1), 10-18. doi:10.1002/osp4.373
- Choukas-Bradley, S., Hipwell, A. E., **Roberts, S. R.**, Maheux, A. J., & Stepp, S. D. (2020). Developmental trajectories of adolescent girls' borderline personality symptoms and sexual risk behaviors. *Journal of Abnormal Child Psychology*, 48, 1649-1658. doi:10.1007/s10802-020-00699-4
- Butryn, M. L., Martinelli, M. K., Remmert, J. E., **Roberts, S. R.**, Zhang, F., Forman, E. M., & Manasse, S. M. (2019). Executive functioning as a predictor of weight loss and physical activity outcomes. *Annals of Behavioral Medicine*, 53(10), 909-917. doi:10.1093/abm/kaz001
- Godfrey, K. M., Butryn, M. L., Forman, E. M., Martinez, M., **Roberts, S. R.**, & Sherwood, N. E. (2019). Depressive symptoms, psychological flexibility, and binge eating in individuals seeking behavioral weight loss treatment. *Journal of Contextual Behavioral Science*, 14, 50-54. doi:10.1016/j.jcbs.2019.09.005
- Remmert, J. E., Convertino, A. D., **Roberts, S. R.**, Godfrey, K. M., & Butryn, M. L. (2019). Stigmatizing weight experiences in healthcare: Associations with BMI and eating behaviors. *Obesity Science & Practice*, 5(6), 555-563. doi:10.1002/osp4.379
- Remmert, J. E., Tsai, A. G., **Roberts, S. R.**, & Butryn, M. L. (2019). Communication between patients and primary care physicians after behavioral weight loss. *Primary Health Care Research & Development*, 20, e75. doi:10.1017/S1463423619000124

## **Manuscripts Under Review**

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- Roberts, S. R.**, Salk, R. H., Thoma, B. C., Romito, M., Levine, M. D., Choukas-Bradley, S. (revise and resubmit). Disparities in disordered eating between gender minority and cisgender adolescents.

**Roberts, S. R.**, Maheux, A. J., Ladd, B. A., & Choukas-Bradley, S. (invited book chapter under review). The role of social media in adolescents' body image and disordered eating. In J. Nesi, E. H. Telzer, & M. J. Prinstein (Eds.), *Handbook of Adolescent Digital Media Use and Mental Health*. Cambridge, England: Cambridge University Press.

Ciao, A. C., Munson, B., Pringle, K., **Roberts, S. R.**, Lalgee, L., Lawley, K., & Brewster, J. (revise and resubmit). Inclusive dissonance body image interventions for college students: Two randomized-controlled trials of the EVERYbody Project.

Maheux, A. J., **Roberts, S. R.**, Evans, R., Widman, L., & Choukas-Bradley, S. (revise and resubmit). Associations among adolescents' pornography consumption and self-objectification, body comparison, and body shame.

Nesi, J., Choukas-Bradley, S., Maheux, A. J., **Roberts, S. R.**, Sanzari, C., Widman, L., & Prinstein, M. J. (revise and resubmit). Selfie appearance investment and peer feedback concern: A multi-method investigation of adolescent selfie practices and psychosocial adjustment.

Romito, M., Salk, R. H., **Roberts, S. R.**, Thoma, B. T., Levine, M. D., & Choukas-Bradley, S. (revise and resubmit). Exploring transgender adolescents' body image concerns and disordered eating: Semi-structured interviews with nine gender minority youth.

Arigo, D., **Roberts, S. R.**, & Butryn, M. L. (under review). Social comparisons between group members during behavioral weight loss treatment: Comparison direction, scale, and associations with weight loss maintenance.

Carrino, E. A., Bryen, C. P., Maheux, A. J., Stewart, J. L., **Roberts, S. R.**, Widman, L., & Choukas-Bradley, S. (under review). Equal rights or special treatment? An investigation of U.S. adolescent girls' and boys' feminist self-labeling and definitions.

Choukas-Bradley, S., Maheux, A. J., **Roberts, S. R.**, Hutchinson, E. A., Lu, C., Ladouceur, C. D., & Silk, J. S. (under review). How do I look online when I'm stuck at home? Body image concerns and depressive symptoms in adolescent girls during the COVID-19 pandemic.

## **Manuscripts in Preparation**

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**Roberts, S. R.**, Chandler, M., Wilson, M., & Ciao, A. C. (in preparation). Comparing the effect of objectifying and body positive media on young women's body image: Implications for the Body Positive Movement.

**Roberts, S. R.**, Maheux, A. J., Bryen, C. P., Carrino, E. A., Thoma, B. C., Salk, R. H., & Choukas-Bradley, S. (in preparation). Gender minority adolescents' perceptions of feminism.

Choukas-Bradley, S., **Roberts, S. R.**, Maheux, A. J., & Nesi, J. (in preparation). The role of social media in adolescent girls' body image concerns and mental health: A biopsychosociocultural model.

Choukas-Bradley, S., Salk, R. H., Maheux, A. J., **Roberts, S. R.**, & Thoma, B. C. (in preparation). Body image and self-objectification among sexual and gender minority adolescents.

Maheux, A. J., **Roberts, S. R.**, Widman, L., Nesi, J., & Choukas-Bradley, S. (in preparation). Longitudinal associations between adolescent social media use and depressive symptoms: The role of appearance-related social media consciousness.

## Conference Presentations

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**Roberts, S. R.**, Maheux, A. J., Salk, R., Romito, M., Thoma, B. C., Levine, M. D., & Choukas-Bradley, S. (2021, June). *Disparities in Body Image Concerns and Disordered Eating between Subgroups of Gender Minority Adolescents*. Paper talk submitted to the International Conference of Eating Disorders, virtual conference.

Choukas-Bradley, S., **Roberts, S. R.**, Maheux, A. J., & Nesi, J. (2021, April). Adolescent girls' social media use, body image, and mental health: Proposing a developmental–sociocultural framework. In S. Choukas-Bradley (Chair), *New advances in the study of adolescents' social media use: Theoretical and empirical perspectives*. Symposium submitted to the biannual conference of the Society for Research in Child Development, virtual conference.

Maheux, A. J., **Roberts, S. R.**, Nesi, J., Galla, B. M., & Choukas-Bradley, S., (2021, April). *Quantifiable peer feedback on social media: Differences by gender and associations with depressive symptoms*. In S. X. Xiao (Chair), *Gender today: Advances in the gendered nature of children's and adolescents' peer relationships*. Symposium at biannual meeting of Society for Research in Child Development.

Maheux, A. J., **Roberts, S. R.**, Widman, L., Nesi, J., & Choukas-Bradley, S. (2021, February). *Longitudinal Associations Between Adolescent Social Media Use and Depressive Symptoms: The Role of Appearance-Related Social Media Consciousness*. Poster accepted for presentation at the Society for Personality and Social Psychology annual convention.

**Roberts, S. R.**, Ladd, B. A., Maheux, A. J., & Choukas-Bradley, S. (2021, February). *The effect of the thin and muscular ideal on adolescents' body image*. Poster accepted for presentation at the Society for Personality and Social Psychology annual convention.

Ladd, B. A., **Roberts, S. R.**, Maheux, A. J., Bryen, C. P., Carrino, E. A., Thoma, B. C., Goldstein, T. R., Salk, R. H., Marshal, M. P., & Choukas-Bradley, S. (2020, November). *Exploring sexual behavior and attraction of LGBTQ+ adolescents with*

*bipolar disorder: A qualitative analysis.* Poster to be presented at the Society for the Scientific Study of Sexuality virtual conference.

**Roberts, S. R.,** Ladd, B. A., Maheux, A. J., & Choukas-Bradley, S. (2020, November). *Gender differences in body image disturbances in adolescents: Implications for the tripartite influence model of body image.* Poster to be presented at the 54th Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

**Roberts, S. R.,** Salk, R. H., Romito, M., Thoma, B. C., Levine, M. D., & Choukas-Bradley, S. (2020, November). *Associations among disordered eating, transition milestones, and gender identity congruence in a nationwide U.S. sample of gender minority adolescents.* Poster to be presented at the 54th Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Romito, M., Salk, R. H., **Roberts, S. R.,** Thoma, B. C., Levine, M. D., & Choukas-Bradley, S. (2020, April). *Exploring transgender adolescents' body image concerns and disordered eating.* Poster at annual meeting for the Midwestern Psychological Association, Chicago, IL. (Conference canceled)

**Roberts, S. R.,** Salk, R. H., Choukas-Bradley, S., Romito, M., Thoma, B. T., & Levine, M. D. (2020, March). Disparities in disordered eating between transgender and cisgender adolescents in a nationwide U.S. sample. Symposium at annual meeting of the Society for Research on Adolescence, San Diego, CA. (Conference canceled)

**Roberts, S.R.,** Maheux, A.J., Bryen, C.P., Carrino, E.A., Salk, R.H., Thoma, B.C., & Choukas-Bradley, S. (2020, March). *"Keep TERFs off our turf!": A mixed methods investigation of gender minority adolescents' perceptions of feminism.* Poster at biannual meeting of the Society for Research on Adolescence, San Diego, CA. (Conference canceled)

- Received the Society for Research on Adolescence's [Student Poster Award](#)

Choukas-Bradley, S., Romito, M., Salk, R. H., **Roberts, S. R.,** Thoma, B. T., & Levine, M. D. (2020, March). Body image and disordered eating among transgender youth: A qualitative investigation. Symposium at biannual meeting of the Society for Research on Adolescence, San Diego, CA. (Conference canceled)

Nesi, J., Choukas-Bradley, S., Maheux, A.J., **Roberts, S.R.,** Sanzari, C., Widman, L., & Prinstein, M.J. (2020, March). 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 at annual meeting of the Society for Research on Adolescence, San Diego, CA. (Conference canceled)

Butryn, M. L., Godfrey, K. M., **Roberts, S. R.,** Martinelli, M. K., Forman, E. M., & Zhang, F. (2019, November). *Digital self-monitoring in behavioral weight loss: Adherence and association with outcomes.* Poster presented at the annual meeting of The Obesity Society, Las Vegas, NV.

- Arigo, D., Brown, M. M., **Roberts, S. R.**, Mogle, J., Pasko, K., Butryn, M. L., & Symons Downs, D. (2019, March). *Examining differences between accelerometer cut point methods among midlife women with cardiovascular risk markers: A two-study approach*. Poster presented at the 40<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington DC.
- Butryn, M. L., Forman, E. M., Zhang, F., **Roberts, S. R.**, & Godfrey, K. (2019, March). *An experimental test of physical activity promotion during weight loss maintenance*. Poster presented at the 40<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington DC.
- Martinez, M., **Roberts, S. R.**, Call, C. C., & Butryn, M. L. (2019, March). *Is greater variety in type of physical activity associated with greater amount of exercise during behavioral weight loss?* Poster presented at the 40<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington DC.
- Remmert, J. E., Convertino, A., **Roberts, S. R.**, Godfrey, K. M., & Butryn, M. L. (2019, March). *The relationship between stigmatizing weight experiences in healthcare, BMI, and eating behaviors*. Paper presented at the 40<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington DC.
- Roberts, S. R.**, Colao, C. F., Call, C. C., & Butryn, M. L. (2019, March). *Hedonic hunger: Association with eating behavior and depression*. Poster presented at the Academy of Eating Disorders International Conference on Eating Disorders, New York, NY.
- Roberts, S. R.**, Rysdon, B., Colao, C. F., Bell, A. E., & Butryn, M. L. (2019, March). *Increasing enjoyment of physical activity through behavioral weight loss*. Poster presented at the 40<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington DC.
- Call, C. C., **Roberts, S. R.**, Schumacher, L. M., Remmert, J. E., Kerrigan, S. G., & Butryn, M. L. (2018, November). *Barriers to physical activity throughout behavioral weight loss*. Poster presented at the 52<sup>nd</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.
- Roberts, S. R.**, Colao, C. F., & Butryn, M. L. (2018, November). *The role of hedonic hunger in behavioral weight loss*. Poster presented at the 52<sup>nd</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.
- Call, C. C., Sininsky, S., Convertino, A. D., **Roberts, S. R.**, & Butryn, M. L. (2018, August). *Behavioral and psychological factors that counteract physical activity during behavioral weight loss*. Poster presented at the 126<sup>th</sup> Annual Convention of the American Psychological Association, San Francisco, CA.

- Butryn, M. L., Zhang, F., Remmert, J. E., **Roberts, S. R.**, & Forman, E. M. (2018, April). *Baseline executive functioning predicts weight loss and physical activity outcomes in a lifestyle modification program*. Poster presented at the 39<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.
- Call, C. C., Piers, A. D., Wyckoff, E. P., **Roberts, S. R.**, Lowe, M. R., Forman, E. M., & Butryn, M. L. (2018, April). *Weight suppression in behavioral weight loss: relationship to weight loss and treatment satisfaction*. Poster presented at the 39<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.
- Chandler, M., **Roberts, S. R.**, Sturm, M., Wilson, M., & Ciao, A. C. (2018, April). *The effects of body positive advertisement campaigns*. Poster presented at the Academy of Eating Disorders International Conference on Eating Disorders, Chicago, IL.
- Remmert, J. E., **Roberts, S. R.**, Tsai, A. G., & Butryn, M. L. (2018, April). *Communication between patient and primary care physician after lifestyle modification*. Poster presented at the 39<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.
- Roberts, S. R.**, Remmert, J. E., Convertino, A. D., & Butryn, M. L. (2018, April). *Hedonic hunger as a potential barrier to success in behavioral weight loss*. Poster presented at the 39<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.
- Roberts, S. R.**, Ciao, A. C., & Czopp, A. M. (2018, April). *Gender differences in the awareness of anorexia nervosa and weight loss behaviors among college students*. Poster presented at the Academy of Eating Disorders International Conference on Eating Disorders, Chicago, IL.
- Sininsky, S. M., **Roberts, S. R.**, Call, C. C., Forman, E. M., & Butryn, M. L. (2018, April). *Enjoyment of physical activity as a predictor of greater weight loss*. Poster presented at the 39<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.
- Roberts, S. R.**, Ciao, A. C., & Czopp, A. M. (2017, April). *Influence of gender on assessment of anorexia nervosa*. Poster presented at the Western Psychological Association Annual Conference, Sacramento, CA.
- Chandler, M., **Roberts, S. R.**, Ciao, A. C., Sturm, M., Allyn, A. (2017, April). *The effects of body positive advertisement campaigns*. Poster presented at the Western Psychological Association Annual Conference, Sacramento, CA.
- Roberts, S. R.**, Ciao, A. C., & Czopp, A. M. (2017, March). *Influence of gender on perception of anorexia nervosa*. Poster presented at the Society for Personality and Social Psychology Annual Conference, San Antonio, TX.

Ciao, A. C., Ohls, O., Pringle, K. D., **Roberts, S. R.**, & Allyn, A. (2016, April). *Should eating disorder prevention be more inclusive? A focus group study of college students*. Paper presented at the Academy of Eating Disorders International Conference on Eating Disorders, San Francisco, CA.

**Roberts, S. R.**, & Czopp, A. M. (2016, March). *La mujer ideal: Cross-cultural differences in sexism in Spain & the United States*. Poster presented at the Society for Personality and Social Psychology Annual Conference, San Diego, CA.

## Research Experience

### Graduate Research Assistant

August 2019 – present

#### *Teen and Young Adult Lab, University of Delaware*

*Lab Director:* Sophia Choukas-Bradley, Ph.D.

- Study the sociocultural factors that contribute to body image disturbances during adolescence
- Research the role of social media in disseminating societal appearance pressures to adolescents and young adults
- Conduct literature reviews, data analysis, and manuscript preparation regarding differences in body image disturbances and disordered eating among sexual and gender minority youth
- Perform quantitative and qualitative data analysis

### Research Coordinator

July 2017 – July 2019

#### *Center for Weight, Eating and Lifestyle Science, Drexel University*

An Innovative, Physical Activity-Focused Approach to Weight Loss Maintenance

Data Sharing to Provide Responsive Support and Accountability

*Principal Investigator:* Meghan L. Butryn, Ph.D.

- Coordinated two NIH-funded randomized clinical trials for obesity; one utilizing in-person and remote treatment with digital data collection to promote weight loss ( $N = 90$ ), and the other utilizing acceptance-based therapy and physical activity promotion for weight loss ( $N = 320$ )
- Oversaw participant recruitment, assessed eligibility through online and phone screening
- Monitored device usage and analysis (FitBits, wireless scales, heart rate monitors, and accelerometers)

### Independent Senior Honors Thesis

September 2015 – June 2018

#### *Psychology and Honors Departments, Western Washington University*

Senior Honors Thesis: Influence of Gender on the Perception of Anorexia Nervosa

*Faculty Advisors:* Anna C. Ciao, Ph.D., Alexander M. Czopp, Ph.D.

- Directed an independent research project regarding the effect of gender on the perception and stigmatization of anorexia nervosa ( $N = 438$ )
- Independently compiled results and wrote manuscript, which was published in *International Journal of Eating Disorders*
- Created study design, wrote IRB proposal, and administered all study measures
- Compiled master database and completed all data analysis



**Research Assistant**

June 2015 – July 2017

***Eating & Body Image Lab, Western Washington University****Principal Investigator:* Anna C. Ciao, Ph.D.

- Assisted with the execution of multiple studies, including the development of an inclusive eating disorder prevention program adapted from The Body Project ( $N = 36$ ),
- Examined the effect of body-positive media on body image in undergraduate women ( $N = 270$ )
- Co-facilitated focus groups and eating disorder prevention groups
- Transcribed group content and assisted with codebook development and qualitative analysis
- Assisted with creation of treatment manual
- Managed initial study requirements such as writing IRB proposal and participant recruitment

**Research Assistant**

September 2014 – July 2017

***Prejudice & Discrimination Lab, Western Washington University****Principal Investigator:* Alexander M. Czopp, Ph.D.

- Conducted an independent study examining cross-cultural differences in sexism between Spain and the United States ( $N = 190$ )
- Translated original study materials and vignettes into Spanish

**Clinical Experience****Graduate Student Study Therapist**

November 2020 - present

***Weight, Eating, and Lifestyle Science Center, Drexel University****Principal Investigator:* Adrienne Juarascio, Ph.D.

- Provide individual therapy to adults with bulimia nervosa (BN) and binge eating disorder (BED) using manualized treatment
- Treatment includes mindfulness and acceptance-based behavioral treatments (MABTs) that utilize the following components: mindful awareness, distress tolerance, emotion modulation, and values-based decision making

**Graduate Student Clinician**

August 2019 - present

***Psychological Services Training Center, University of Delaware****Clinic Director:* Timothy Fowles, Ph.D.

- Provide individual therapy to adult and child clients using evidence-based treatments
- Cases cover a range of diagnoses and clinical presentations
- Currently treating child anxiety (using CBT) and adult disordered eating (using CBT-E)

**Group Interventionist**

January 2018 – December 2018

***Center for Weight, Eating and Lifestyle Science, Drexel University****Principal Investigator:* Meghan L. Butryn, Ph.D.

- Co-led behavioral weight loss groups for adults with overweight or obese BMIs
- Provided behavioral weight loss treatment according to a manualized protocol, guided participants in setting behavioral goals, monitored daily food records and physical activity logs, and provided feedback on caloric intake and physical activity
- Organized weekly supervision meetings to discuss treatment planning and case conceptualization
- Monitored client progress using online portal that continuously collected client data from digital devices, including food logs, scales, and physical activity monitors

**Assessor**

July 2017 – July 2019

***Center for Weight, Eating and Lifestyle Science, Drexel University****Principal Investigator:* Meghan L. Butryn, Ph.D.

- Conducted participant assessments with individuals with overweight or obese BMIs ( $N = 410$ ) participating in randomized clinical trials
- Evaluated changes in weight, physical activity, heart rate, and blood pressure
- Assessments included the delivery of numerous surveys, anthropometric measurements, a treadmill-based task, and the explanation of research devices (e.g. accelerometer and heart rate monitor)
- Trained to conduct the Eating Disorder Diagnostic Interview (EDDI)

**Group Facilitator: The Body Project**

March 2015 – June 2016

***Eating & Body Image Lab, Western Washington University***

Should Eating Disorder Prevention Be More Inclusive? A Focus Group of College Students.

*Principal Investigator:* Anna C. Ciao, Ph.D.

- Co-facilitated inclusive eating disorder prevention groups on a college campus, adapted from *The Body Project*
- Assisted with intervention development, conducted focus groups, and delivered manualized intervention
- Prepared group materials, and coordinated follow-up and compensation for group participants

**Teaching Experience****GRE Instructor**

July 2018 – July 2019

***Kaplan Test Prep***

- Independently taught month-long classes of 3-15 students on GRE preparation
- Monitored student performance and provided individualized feedback for areas of improvement

**Guest Lecturer**

June 2018 – September 2018

***Psychology Department, Drexel University***

Introduction to Abnormal Psychology

*Instructor:* Jocelyn E. Remmert, M.A.

- Assisted instructor in undergraduate-level abnormal psychology class
- Guest lectured research methodologies class, assisted with exam development, and responded to student inquiries

**Teaching Assistant**

January 2018 – March 2018

***Psychology Department, Drexel University***

Psychology of Eating Disorders and Obesity

*Instructor:* Meghan L. Butryn, Ph.D.

- Assisted instructor in undergraduate course that provided introduction to eating disorders and obesity
- Prepared course materials, assisted with exam development, and graded student exams and quizzes

**Teaching Assistant**

March 2016 – June 2016

***Psychology Department, Western Washington University***

Introduction to Abnormal Psychology

*Instructor:* Anna C. Ciao, Ph.D.

- Assisted instructor in undergraduate-level abnormal psychology course
- Taught review sessions prior to exams for classes of 85 students
- Prepared course materials and graded student exams
- Provided feedback on student writing assignments
- Created exam study guides, responded to student inquiries, and provided individual student assistance

**Teaching Assistant**

September 2015 – December 2015

***Psychology Department, Western Washington University***

Introduction to Social Psychology

*Instructor:* Alexander M. Czopp, Ph.D.

- Assisted instructor in undergraduate-level course on introduction to social psychology
- Taught review sessions for class of approximately 75 students
- Provided feedback and mentorship on student projects, responded to student inquiries, and provided tutoring for students requiring additional assistance

**Teaching Assistant**

March 2015 – June 2015

***Psychology Department, Western Washington University***

Introduction to Psychology

*Instructor:* Alexander M. Czopp, Ph.D.

- Assisted instructor in undergraduate-level course on introduction to the field of psychology
- Taught review sessions for class of 175 students
- Created exam study guides, proctored exams, and held office hours for individual student assistance

**Professional Affiliations**

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Academy for Eating Disorders	2016 – present
Society for Research on Adolescence	2019 – present
American Psychological Association	2019 – present
Division 53: Society of Clinical Child and Adolescent Psychology	2019 – present
Association for Psychological Science	2019 - present
Society for the Science of Clinical Psychology	2019 - present
Association for Behavioral and Cognitive Therapies	2018 - present
Society for Behavioral Medicine	2017 - present
Society for Personality and Social Psychology	2015 - 2017