

Savannah R. Roberts

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Education

Ph.D. Student in Clinical and Developmental Psychology beginning Fall 2020

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

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

Arigo, D., Mogle, J.A., Brown, M.M., **Roberts, S. R.**, Pasko, K., Butryn, M.L., & Symons
 Downs, D. (2020). Accelerometer cut point methods among midlife women with

cardiovascular risk markers. *Menopause*. Advance online publication. doi: 10.1097/GME.0000000000001498

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

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., 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

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

Manuscripts Under Review

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.

Butryn, M. L., Martinelli, M. K., Godfrey, K. M., **Roberts, S. R.**, Zhang, F., & Forman, E. M. (under review). Impact of counselor surveillance of digital self-monitoring data on weight loss maintenance: a randomized controlled trial.

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., **Roberts, S. R.**, Maheux, A. J., Hipwell, A. E., & Stepp, S. D. (under review). Developmental trajectories of adolescent girls' borderline personality symptoms and sexual risk behaviors.

Nesi, J., Choukas-Bradley, S., Maheux, A. J., **Roberts, S. R.**, Sanzari, C., Widman, L., & Prinstein, M. J. (under review). 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. (under review). Exploring transgender adolescents' body image concerns and disordered eating: Semi-structured interviews with nine gender minority youth.

Manuscripts in Preparation

Roberts, S. R., Maheux, A. J., Bryen, C. P., Carrino, E. A., Thoma, B. T., Salk, R. H., & Choukas-Bradley, S. (manuscript in preparation). Gender minority adolescents' perceptions of feminism.

Roberts, S. R., Salk, R. H., Thoma, B. T., Romito, M., Levine, M. D., Choukas-Bradley, S. (manuscript in preparation). Disordered eating disparities between transgender and cisgender adolescents.

Roberts, S. R., Maheux, A. J., Ladd, B. A., & Choukas-Bradley, S. (invited book chapter in preparation). Social media use, body image, and disordered eating in adolescence. In J. Nesi, E. H. Telzer, & M. J. Prinstein (Eds.), *Handbook of Adolescent Digital Media Use and Mental Health*. Abingdon, UK: Routledge. Cambridge, England: Cambridge University Press.

Choukas-Bradley, S., **Roberts, S. R.**, Maheux, A. J., & Nesi, J. (manuscript 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. T. (manuscript in preparation). Body image and self-objectification among sexual and gender minority adolescents.

Conference Presentations

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 [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 40th 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 40th 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 40th 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 40th 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 40th 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 52nd 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 52nd 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 126th 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 39th 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 39th 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 39th 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 39th 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 39th 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

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

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

Assessor

July 2017 - present

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

June 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

Service Experience

Graduate Student Mentor March 2020 - Present

Society of Clinical Child and Adolescent Psychology (Division 53)

- Provide weekly and monthly support to undergraduate and postbaccalaureate mentees applying to Clinical Psychology Ph.D. programs

Ad hoc Peer Reviewer (with mentor) Aug 2019 - Present

Psychology of Women Quarterly, Sex Roles

- Reviewed manuscripts for publication

Admissions Counselor July 2016 – July 2017

Office of Undergraduate Admissions, Western Washington University

Supervisor: Jessica Savage, M.A.

- Provided counseling to prospective students regarding applications to undergraduate institutions, including conversations regarding whether they were admitted or denied
- Conducted individual academic counseling with students and their families

President September 2012 – June 2016

To Write Love on Her Arms, Western Washington University

- Led student club dedicated to providing resources for improved mental health
- Served as liaison between students seeking mental health services and campus services
- Provided education and resources to incoming students regarding depression, anxiety, eating disorders, and suicidality
- Facilitated weekly meetings, and initiated partnerships with university counseling services and suicide prevention teams
- Organized events including annual suicide prevention walks and 5Ks, as well as quarterly campus mental health fairs

Professional Affiliations

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