

Brittany Lancaster, Ph.D.

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Education & Post-Graduate Training

- 08/2022-07/2024 **Post-Doctoral Fellow**, University of Kansas Medical Center, Kansas City, KS
Primary Advisor: Ann Davis, Ph.D., MPH, ABPP
- 08/2015-08/2022 **Doctor of Philosophy**, Texas Tech University, Lubbock, TX
Clinical Psychology
Dissertation Title: The Effect of Pet Ownership on Youth Sleep
Dissertation Advisor: Jason Van Allen, Ph.D.
- 07/2021-07/2022 **Psychology Intern**, Cincinnati Children's, Cincinnati, OH
APA-Accredited Pre-Doctoral Clinical Psychology Internship
Behavioral Medicine Track
Training Director: Sanita Ley, Ph.D.
Research Advisor: Rachelle Ramsey, Ph.D.
- 08/2015-05/2019 **Graduate Certificate in Psychological Methods and Analysis**
Texas Tech University, Lubbock, TX
- 08/2015-05/2018 **Master of Arts**, Texas Tech University, Lubbock, TX
Clinical Psychology
Thesis Title: The Mediating Effect of Self-Esteem on the Relationship between Parenting Practices and Hope
Thesis Advisor: Jason Van Allen, Ph.D.
- 08/2011-05/2014 **Bachelor of Arts**, Texas Tech University, Lubbock, TX
Major: Psychology, Minor: General Business

Professional Positions

- 08/2024-Present **Assistant Professor**, Mississippi State University, Mississippi State, MS
Department of Psychology

Selected Honors and Awards

- 2022 SPPAC Sleep SIG Student Poster Award
- 2022 SPPAC Digital Health SIG Student Poster Award
- 2021-2022 Robert Earl Maxey Clinical Psychology Scholarship
- 2020-2021 Clinical Psychology Program Research Award
- 2020-2021 Robert Earl Maxey Clinical Psychology Scholarship
- 2020 CASA Advocate of the Year
- 2019-2020 Major General Vincent Luchsinger Scholarship
- 2018-2020 Texas Tech University Graduate School Travel Award
- 2018-2019 Robert Earl Maxey Clinical Psychology Scholarship
- 2017-2018 Andreychuk Scholarship
- 2014 Summa Cum Laude with Honors
- 2014 Highest Ranking Graduate: College of Arts and Sciences
- 2012-2013 Student Academic-Citizenship Award
- 2011-2014 Presidential Scholarship
- 2013-2014 Arts and Science's Winer Scholarship
- 2013-2014 Texas Tech University's Chancellor's Council Scholarship

2013-2014	Texas Tech Honor's College Scholarship
2012-2013	Texas Tech Parent's Association Scholarship
2012	Chick-fil-A Scholarship
2011	Texas Tech Top 10% Scholarship
2011	Frenship Foundation for Leadership Character Scholarship

Grants Awarded, Fellowships, and Research Funding

01/2024	NIH F32 Grant** Title: The Impact of Perceptions and Objective Measures of the Rural Environment on Physical Activity of Youth in a Pediatric Obesity Intervention Grant #: F32DK138552 Total Award Amount: \$141,570 **Funding declined due to obtaining a faculty position
2021	Department of Psychological Sciences Research Funding Funding amount: \$3000
2020-2021	Graduate Student Research Support Award *awarded by Texas Tech University's Graduate School Funding amount: \$1000
2019-2020	Doctoral Dissertation Completion Fellowship *awarded by Texas Tech University's Graduate School Funding amount: 1 year of funding for graduate stipend

Grants in Progress

Under Review	ECHO ISPCTN Concept Proposal Title: Take a Break! Co-investigators: Jyoti Angal, MPH, CIP & Haley McGowan, DO Primary Review Process: Passed Steering Committee Review: Revise and Resubmitted on November 22, 2024
Under Review	Mississippi State University's Advancing Collaborative Research Program Title: From Policy to Practice: Adherence of Pediatric Obesity Clinics to AAP Guidelines. Co-investigators: Megan Holmes, PhD Grant submission: October 15, 2024

Publications

*Publications (n = 14; *indicates co first-authors)*

- Davis, A.M.*, Darden, P.*, **Lancaster, B.**, Chang, D., Cushing, C.C., Janicke, D.M., Lim, C.S., Olalde, M., Bullard, S., McCulloh, R., Perry, D., Pyles, L., Staiano, A.E., Serrano-Gonzalez, M., Davis, D.W., & Jelalian, E. (In press). A family-based behavioral group obesity randomized control feasibility trial across a clinical trials network: A focus on contact hours. *Journal of Pediatric Psychology*.
- Lancaster, B.**, Hefner, T., Leslie-Miller, C.J., Sexton, K., Bakula, D.M., Van Allen, J., Cushing, C.C., Lim, C.S., Janicke, D.M., Jelalian, E., Dayani, K., & Davis, A.M. (2024). Systematic review and meta-analysis of psychological interventions to prevent or treat pediatric chronic disease in rural communities. *Journal of Pediatric Psychology*. doi: 10.1093/jpepsy/jsae054

- Zhang, E., Davis, A., Jimenez, E., **Lancaster, B.**, Serrano-Gonzalez, M., Chang, D., Lee, J., Lai, J., Pyles, L., VanWagoner, T., & Darden, P. (2024). Validation of remote anthropometric measurements in a rural randomized pediatric clinical trial in primary care settings. *Scientific Reports*, *14*(1), 411. doi: 10.1038/s41598-023-50790-1
- Davis, A., **Lancaster, B.**, Fleming, K., Swinburne Romine, R., Forseth, B., Nelson, E., Dreyer Gillette, M., Faith, M., Sullivan, D.K., Pettee Gabriel, K., Dean, K., & Olalde, M. (2024). Effectiveness of a pediatric weight management intervention for rural youth (iAmHealthy): Primary outcomes of a cluster randomized control trial. *Pediatric Obesity*, *19*(3), e13094. doi: 10.1111/ijpo.13094
- Lancaster, B.**, Sweeney, R., Noser, A., Roberts, C., & Ramsey, R. (2023). Sleep mHealth applications and behavior change techniques evaluation. *Behavioral Sleep Medicine*, *21*(6), 1-17. doi: 10.1080/15402002.2022.2161548
- Lancaster, B.** & Van Allen, J. (2023). Hope and pediatric health. *Current Opinions in Psychology*, *49*. doi:10.1016/j.copsyc.2022.101500
- Forseth, B., **Lancaster, B.**, Olalde, M., Befort, C.A., Swinburn Romine, R.E., Dreyer Gillette, M.L., Dean, K.M., Nelson, E., & Davis, A.M. (2023). Recruitment and reach in a school-based pediatric obesity intervention trial in rural areas. *Frontiers in Public Health*, *11*, 1-10. doi: 10.3389/fpubh.2023.1181757
- Davis, A.*, Befort, C.*, **Lancaster, B.**, Tuck, C., Polivka, B., Carlson, J., Fleming, K., Swinburne Romine, R., Dean, K., & Murray, M. (2023). Rationale and design of integrating a parents first obesity intervention with a pediatric weight management intervention for rural families – Evaluating the ripple effect. *Contemporary Clinical Trials*, *128*. doi: 10.1016/j.cct.2023.107140
- Noser, A.E., **Lancaster, B.**, Hommel, K.A., Roberts, C.M., King, J., Alt, E., Fredericks, E.M., & Ramsey, R.R. (2023). Use of behavior change techniques and quality of commercially available inflammatory bowel disease apps. *Digestive Diseases and Sciences*, 1-13. doi: 10.1007/s10620-023-07884-7
- Simmons, C. S., Schmidt, A. T., **Lancaster, B.**, & Van Allen, J. (2021). Executive function capacity links future thinking and exercise intent. *Applied Neuropsychology: Child*, *11*(4), 752-760. doi:10.1080/21622965.2021.1960529
- Lancaster, B.**, & Van Allen, J. (2020). JPP Student Journal Club Commentary: Future considerations for sleep research with cancer survivors and their siblings. *Journal of Pediatric Psychology*, *45*(7), 717-719. doi:10.1093/jpepsy/jsaa054
- Schroeder, S., Van Allen, J., Dhurandhar, E., **Lancaster, B.**, Heidari, Z., Cazenave, K. Boone, D., & Erdman, P. (2019). Riding into health: A case study on an equine-assisted childhood obesity intervention. *International Journal of Environmental Research and Public Health*, *16*(3), 4835. doi:10.3390/ijerph16234835
- Van Allen, J., **Lancaster, B.**, & Seegan, P. L. (2017). A qualitative examination of contributing factors and treatment considerations for pediatric obesity among parents of rural preschoolers. *Clinical Practice in Pediatric Psychology*, *5*(4), 353-363. doi:10.1037/cpp0000210

Book Chapters (n =1)

- Van Allen, J., Seegan, P. L., **Lancaster, B.**, & Gunstream, D.* (2018). Therapy with children and adolescents in an era of social medial and instant electronic communication. *The Cambridge Handbook of Applied Psychological Ethics* (1st Ed.).

Manuscripts Under Review and in Preparation (n = 5; *indicates co first-authors; **indicates mentored trainee)

- Lancaster, B.**, Hefner, T. & Van Allen, J. (Under review). The effect of pet ownership on youth sleep.
- Forseth, B., Carlson, J.A., Ortega, A., Steel, C., **Lancaster, B.**, Fitzpatrick, L.K., Jiang, Q., & Davis, A.M. (Under review). O the places rural children will go...to get physical activity: A cross-sectional analysis.
- Forseth, B., **Lancaster, B.**, Trofimoff, A.**, Glover, K., Arlinghaus, K., Hoff, G., Carlson, J., Sullivan, D.K., Fleming, K., Romine, R.S., & Davis, A.M. (In preparation). School participation in a pediatric obesity treatment: Qualitative perspectives from schools that did and did not adopt the iAmHealthy program.
- Lancaster, B.**, Goldenberg, E.**, Trofimoff, A.**, Dai, Y.**, Forseth, B., Swinburne Romine, R., Fleming, K., & Davis, A.M. (Under review). Mental health outcomes of a pediatric obesity RCT in rural communities.
- Van Allen, J., **Lancaster, B.**, Steele, R.G., Cordts, K., Littlefield, A., & Fite, P. J. (In preparation). The development and initial validation of the Child and Adolescent Scales of Hope: A revised version of Snyder's Children's Hope Scale.

Conference Presentations

Conference Symposiums (n = 3)

- Lancaster, B.**, Olalde, M., Tuck, C., Forseth, B., & Davis, A. (2024, April). Finding unique ways to engage rural communities: iAmHealthy Parents First. In B. Lancaster (Chair), *Novel approaches to engaging rural communities in pediatric obesity interventions: Methods, outcomes, and future directions*. Symposium presented at the Society of Pediatric Psychology Annual Conference, New Orleans, LA.
- Lancaster, B.**, Lelakowksa, G., Seegan, P., & Van Allen, J. (2020, March). Pilot telemedicine obesity intervention: Outcomes, challenges, and next steps. In A. Psihogios (Chair), *Accelerating digital health interventions through an iterative development process: Methods, outcomes, and future directions*. Symposium presented at the Society of Pediatric Psychology Annual Conference, Dallas, TX.
- Lancaster, B.**, & Van Allen, J. (2019, October). *The effect of pet dog ownership on empirical measures of child physical activity*. Symposium presented at the Current Perspectives on Animal Assisted Interventions Conference, Lubbock, TX.

Conference Poster Presentations (n = 37; *indicates mentored trainee author)

- Chuning, A.*, **Lancaster, B.**, Fleming, K., Forseth, B., Okuno, H.*, Nelson, E. & Davis, A. (Accepted). *Applying family stress theory to the food insecurity/childhood obesity paradox: Path model results from a rural pediatric obesity intervention study*. Poster accepted for presentation at the Society of Pediatric Psychology Annual Conference, Phoenix, AZ.
- Okuno, H.*, **Lancaster, B.**, Forseth, B., Fleming, K., Swinburne Romine, R., & Davis, A.M. (2024, November). *Assessing stigma and satisfaction in the iAmHealthy pediatric obesity intervention study*. Obesity Week Annual Conference, San Antonio, TX.

- Leslie-Miller, C.J., **Lancaster, B.**, Sexton, K., Hefner, T., Bakula, D., Van Allen, J., Cushing, C., Cushing, C., Janicke, D.M., Jelalian, E., Lim, C., Dayani, K., & Davis, A.M. (2024, April). *Systematic review and meta-analysis of psychological interventions to prevent or treat pediatric chronic disease in rural communities*. Society of Pediatric Psychology Annual Conference, New Orleans, LA.
- Dai, Y.*, **Lancaster, B.**, Olalde, M., & Davis, A.M. (2024, April). *iAmHealthy's effects on stigma and bullying perpetration*. University of Kansas Medical Center's Student Research Forum, Kansas City, KS.
- Marchetto, G.*, **Lancaster, B.**, & Davis, A.M. (2024, April). *Effect of iKanEat intervention on child quality of life*. University of Kansas Medical Center's Student Research Forum, Kansas City, KS.
- Goldenberg, E.*, **Lancaster, B.**, & Davis, A.M. (2024, April). *The effect of iAmHealthy, a family-based telehealth pediatric obesity intervention, on child depressive symptoms*. University of Kansas Medical Center's Student Research Forum, Kansas City, KS.
- Rosario-Vicente, G., Chuning, A.*, **Lancaster, B.**, Dreyer Gillette, M., Nelson, E.L., Befort, C., & Davis, A.M. (2024, April). *Does parent BMI explain the relationship between food insecurity and child BMIz in a rural pediatric obesity intervention?* Society of Pediatric Psychology Annual Conference, New Orleans, LA.
- Chuning, A.*, Rosario-Vicente, G., **Lancaster, B.**, Nelson, E.L., & Davis, A.M. (2024, April). *Rates of food insecurity and its influence on parent/child dyad mental health and BMI in a rural pediatric obesity intervention*. Society of Pediatric Psychology Annual Conference, New Orleans, LA.
- Roberts, C., Sweeney, R., Noser, A., **Lancaster, B.**, Schwartz, J., Devonshire, A. & Ramsey, R. (2024, April). *Review of behavior change techniques and quality in food allergy apps*. Society of Pediatric Psychology Annual Conference, New Orleans, LA.
- Chuning, A. E.*, **Lancaster, B.**, Nelson, E.L., & Davis, A.M. (2024, March). *Rates of food insecurity influence mental health and weight for parents & children in rural Kansas*. 2024 Kansas State Capitol Graduate Research Summit, Topeka, KS.
- Lancaster, B.**, Fleming, K., Swinburne Romine, R., Forseth, B., Nelson, E., Dreyer Gillette, M., Faith, M., Sullivan, D.K., Pettee Gabriel, K., Dean, K., Olalde, M., & Davis, A. (2023, October). *Effectiveness of a pediatric weight management intervention for rural youth (iAmHealthy): Primary outcomes of a randomized control trial*. The Obesity Society ObesityWeek, Dallas, TX.
- Forseth, B., Arlinhaus, K., **Lancaster, B.**, Trofimoff, A.*, Carlson, J.A., Fleming, K., Sullivan, D.K., & Davis, A.M. (2023, October). *School-level factors impacting adoption of an obesity treatment in rural schools*. The Obesity Society ObesityWeek, Dallas, TX.
- Trofimoff, A.*, Olalde, M., Forseth, B., **Lancaster, B.**, & Davis, A. (2023, October). *Cost analysis of iAmHealthy: A family-based childhood obesity telehealth intervention*. The annual scientific meeting of the Midwest Society for Pediatric Research, Chicago, IL.
- Lancaster, B.**, Lee, J., Snowden, J., Hubberd, D., Bimali, M., Jelalian, E., Cushing, C., Janicke, D., Stack Lim, C., Olalde, M., Bullard, S., Perry, D., Pyles, L., Staiano, A., Serrano-Gonzalez, M., Davis, D.W., Matlock, K., Phan, T., Hsia, D....Davis, A. (2023, April). *A rural pediatric obesity pilot trial across the ISPCTN: A focus on health outcomes and the impact of contact hours*. Pediatric Academic Societies, Washington, DC.

- Lancaster, B.,** Skelton, L.*, Hefner, T. & Van Allen, J. (2023, April). *The effect of pet ownership on youth sleep*. Society of Pediatric Psychology Annual Conference, Chicago, IL.
- Forseth, B., **Lancaster, B.,** Carlson, J., Dreyer Gillette, M., Nelson, E., & Davis, A. (2023, April). *Outcomes in a rural pediatric obesity RCT (iAmHealthy): Perceptions of the environment impacting change in physical activity and BMIz*. Society of Pediatric Psychology Annual Conference, Chicago, IL.
- Lancaster, B.,** Sweeney, R., Noser, A., Roberts, C., & Ramsey, R. (2022, April). *Sleep mHealth applications and behavior change techniques review*. Society of Pediatric Psychology Annual Conference, Phoenix, AZ.
- Lancaster, B.,** Skelton, L.*, Bunk, S.*, & Van Allen, J. (2021, April). *Does parental sleep knowledge impact sleep duration?* Society of Pediatric Psychology Annual Conference, Virtual Conference.
- Fleming, T., Mathai, B., **Lancaster, B.,** Bunk, S.*, & Van Allen, J. (2021, April). *Physicians on physical punishment: A mixed methods approach*. Society of Pediatric Psychology Annual Conference, Virtual Conference.
- Lelakowska, G., Lancaster, V.*, Hefner, T.*, Wood, E.*, **Lancaster, B.,** & Van Allen, J. (2021, April). *Executive functioning as a moderator in the association between depression and pediatric quality of life*. Society of Pediatric Psychology Annual Conference, Virtual Conference.
- Skelton, L.*, **Lancaster, B.,** & Van Allen, J. (2021, March). *Behavioral interventions for chronically ill youth: A meta-analysis*. Undergraduate Research Conference, Virtual Conference.
- Lelakowska, G., **Lancaster, B.,** Schoener, E.*, & Van Allen, J. (2020, March). *Examining the relationship of hope and parental support on youth quality of life*. Society of Pediatric Psychology Annual Conference, Dallas, TX.
- Dunaway, A.*, O'Zoude, T.*, **Lancaster, B.,** & Van Allen, J. (2020, March). *Anxiety and health-related quality of life: The role of sleep onset difficulties*. Society of Pediatric Psychology Annual Conference, Dallas, TX.
- Lancaster, B.,** Bunk, S.*, Lelakowska, G., & Van Allen, J. (2019, November). *Sleep and weight status: The impact of age*. Pediatric Sleep Medicine Conference, Naples, FL.
- Lelakowska, G., Derting, K.*, **Lancaster, B.,** & Van Allen, J. (2019, November). *Sleep and peer victimization: The impact on youth internalizing problems*. Pediatric Sleep Medicine Conference, Naples, FL.
- Schroeder, K., Van Allen, J., Dhurandhar, E., **Lancaster, B.,** Boone D., Heidari, Z., Cazenave K., & Erdman, P. (2019, August). *Riding into weight loss: An equine-assisted childhood obesity intervention for youth*. Animal Summit 2019 (Division 32 Program) at the American Psychological Association Convention, Chicago, IL.
- Lancaster, B.,** Fleming, T., Boone, D., & Van Allen, J. (2019, April). *The role of body-esteem in the relationship between BMI percentile and motivation to exercise*. Society of Pediatric Psychology Annual Conference, New Orleans, LA.
- Boone, D., **Lancaster, B.,** & Van Allen, J. (2019, April). *Parental concern regarding child weight as a moderator between parental restriction and child BMI percentile*. Society of Pediatric Psychology Annual Conference, New Orleans, LA.
- Heidari, Z., **Lancaster, B.,** & Van Allen, J. (2019, April). *Body-esteem moderates the relationship between internalizing ideal body types and hope in youth*. Society of Pediatric Psychology Annual Conference, New Orleans, LA.

- Lelakowska, G., **Lancaster, B.**, & Van Allen, J. (2019, April). *Body mass index, externalizing problems, and victimization in youth: Direct and interactive effects*. Society of Pediatric Psychology Annual Conference, New Orleans, LA.
- Lancaster, B.**, Mathai, B., & Van Allen, J. (2018, October). *Goal importance as a moderator between agency and goal attainment*. National Conference in Clinical Child and Adolescent Psychology, Kansas City, MO.
- Lancaster, B.** & Van Allen, J. (2018, August). *Self-esteem as a mediator of the relationship between parenting practices and hope*. Society of Clinical Child and Adolescent Psychology (Division 53) Program at the American Psychological Association Convention, San Francisco, CA.
- Lancaster, B.**, Heidari, Z., Boone, D. & Van Allen, J. (2018, April). *Self-esteem as a moderator of the relationship between hope and pediatric quality of life*. Society for Pediatric Psychology Annual Conference, Orlando, FL.
- Boone, D., **Lancaster B.**, & Van Allen, J. (2018, April). *Parent communication as a moderator of the relationship between BMI percentile and hope in an adolescent sample*. Society for Pediatric Psychology Annual Conference, Orlando, FL.
- Van Allen, J., Seegan, P., Boone, D., Heidari, Z., **Lancaster, B.**, & Parkman, T. (2018, April). *Do pediatric psychology interventions provide psychosocial benefits? A systematic review and meta-analysis*. Society for Pediatric Psychology Annual Conference, Orlando, FL.
- Lancaster, B.**, Boone, D., Parkman, T., & Van Allen, J. (2016, September). *Hope as a moderator of anxiety and quality of life in an adolescent sample*. National Conference in Clinical Child and Adolescent Psychology, Lawrence, Kansas.
- Boone, D., **Lancaster B.**, & Van Allen, J. (2016, September). *Internalizing symptoms as a moderator of the relationship between parent communication and social withdrawal behaviors in adolescents*. National Conference in Clinical Child and Adolescent Psychology, Lawrence, Kansas.
- Lancaster, B.**, Van Allen, J. & Cushing, C. C. (2014, April). *Validation of the Child and Adolescent Scales of Hope*. Texas Tech University's Undergraduate Research Conference, Lubbock, Texas.

Additional Invited Presentations

- 10/2024 *Presentation Title: **Translatable Skills to Hone in Graduate School***
 Joint Division 53/37 Student Webinar
 National virtual presentation delivered to students at various stages of training
Presentation delivered with: Michelle Roley-Roberts, Ph.D. & Henry A. Willis, Ph.D.
- 10/2024 *Presentation Title: **Pediatric Rural Health***
 Center for Children's Healthy Lifestyles and Nutrition, Kansas City, MS
 Virtual presentation delivered to psychology graduate students
- 10/2023 *Presentation Title: **UTPPIC Post-Doc Panel***
 University of Tennessee Professional Psychology Internship Consortium, Memphis, Tennessee
 Virtual presentation delivered to psychology interns
Presentation delivered with: Mikaela Overton, Ph.D., Emily Bernstein, Ph.D., Kelsey Maloney, Ph.D., Nicole Seymour, Ph.D., & Tabitha Fleming, Ph.D.

- 08/2023 *Presentation Title: **Clinical Psychology Career Panel***
 Department of Psychological Sciences, Lubbock, Texas
 Virtual presentation delivered to psychology graduate students
Presentation delivered with: Molin Shi, Ph.D., Babetta Mathai, Ph.D., Dianna Kalpakian, Ph.D., Allison Morton, Ph.D., Kelsey Maloney, Ph.D., & Nicole Seymour, Ph.D.
- 07/2023 *Presentation Title: **Various Pathways to a Research Career***
 Department of Psychological Sciences, Lubbock, Texas
 In-person paid presentation delivered to psychology graduate students
Presentation delivered with: Tabitha Fleming, Ph.D.
- 06/2023 *Presentation Title: **Healthy Lifestyles: Practical Strategies to Improve Nutrition and Physical Activity***
 Kansas Leadership Education in Neurodevelopment and Related Disabilities, Kansas City, Kansas
 Virtual presentation delivered to caregivers of youth with developmental disabilities
- 03/2022 *Presentation Title: **Depression and Anxiety in Youth***
 Archbishop Moeller High School, Cincinnati, Ohio
 In-person presentation delivered to caregivers of youth at a private school
Presentation delivered with: Christine Lee, Ph.D.
- 06/2021 *Presentation Title: **Dealing with Grief and Loss in the School Setting***
 Campus Alliance Telehealth Resources (CATR)
 Virtual presentation delivered to school personnel across West Texas
Presentation delivered with: Tarrah Mitchell, Ph.D.
- 04/2021 *Presentation Title: **Anxiety and Stress***
 Campus Alliance Telehealth Resources (CATR)
 Virtual presentation delivered to school personnel across West Texas
Presentation delivered with: Tarrah Mitchell, Ph.D.

Research Experience

- 08/2024-present **Assistant Professor**
 Department of Psychology, Mississippi State University, Mississippi State, Mississippi
- Pursuing research related to health behavior promotion among children and families in medically underserved areas with collaborators across multiple colleges and universities
- 07/2022-07/2024 **Post-doctoral Fellowship**
 University of Kansas Medical Center, Kansas City, KS
Supervisor: Ann Davis, Ph.D., MPH, ABPP
 Lab focus: Improving health behaviors, conducting clinical trials of empirically supported interventions for medically underserved youth
- Preparing abstracts/manuscripts for publication
 - Preparing grant submissions (i.e., TL1, F32)
 - Assisting with multiple NIH grant-funded projects evaluating obesity treatment outcomes for families from rural communities

- Contribute to project development and manuscript preparation with the ECHO IDeA States Pediatric Clinical Trials Network
- Collaborate with stakeholders across rural communities (e.g., nurses, physical education teachers)
- Actively involved in recruitment across rural communities for a RCT in collaboration with medical clinics and elementary schools
- Assisted with qualitative and quantitative data analysis (using Actigraph, SPSS, Excel)

07/2021-07/2022

O’Grady Resident: Research Rotation

Cincinnati Children’s Hospital Medical Center, Cincinnati, OH

Supervisor: Rachelle Ramsey, Ph.D.

Lab focus: Improve health outcomes and adherence among children and adolescents with chronic health conditions

- Participated in training to learn how to code behavior change techniques and utilize the Mobile Applications Rating Scale
- Reviewed the content and quality of mHealth management apps that are available to patients with sleep difficulties and patient with inflammatory bowel disease and food allergies
- Conducted literature review evaluating efficacious behavior change techniques for improving sleep
- Prepared abstracts/manuscripts for publication

08/2015-08/2022

Graduate Research Assistant, Lab Manager

Clinical Psychology, Texas Tech University, Lubbock, TX

Supervisor: Jason Van Allen, Ph.D.

Lab focus: ENERGY (Examining Nutrition, Exercise, and Rest in Growing Youth) Lab; health behaviors in children and their families

- Led a grant-funded project examining the impact of pet ownership on youth physical activity and sleep
- Data analysis (using Actigraph, SPSS, SAS, Mplus, and Excel)
- Organized lab meetings and data collection
- Actively involved in recruitment and data collection for various projects across multiple settings (e.g., schools, summer camps, participant’s homes)
- Mentored undergraduate and post-baccalaureate research assistants for graduate school applications, conference submissions, and professional development
- Supervised undergraduate research assistants with lab-related tasks (e.g., directing data entry and verification procedures)
- Assisted in creation of multiple IRB proposals and manuscripts
- Co-investigator on a research study gathering quantitative and qualitative data within a medical setting
- Experience in moderating focus groups with medical residents and attendings in a hospital setting
- Conducted various literature reviews and assisted with meta-analyses related to youth physical and mental health

06/2016-08/2016

Graduate Research Assistant

Clinical Psychology, Texas Tech University, Lubbock, TX

Supervisor: Andrew Littlefield, Ph.D.

- Conducted a literature review on the Motivational Interviewing Treatment Integrity (MITI) 3.1 manual and underwent informal coder training
- Scored and coded pre- and post-Motivational Interviewing training data from the Video Assessment of Simulated Encounters-Revised (VASE-R) obtained from clinical and counseling psychology students and medical doctors in residency

Research Training

11/2024

Write Winning Grant Proposals, Starkville, MS*Trainer:* John Robertson, PhD*Description:* This workshop comprehensively addressed both practical and conceptual aspects of writing competitive NIH grant proposals.

11/2023

Dissemination and Implementation (D&I) Short Course*Theme:* Pragmatic Methods to Sustain Impact and Advance Equity
The University of Wisconsin-Madison Institute for Clinical and Translational Research, Madison, WI*Trainer:* Amy Kilbourne, PhD, J.D. Smith, PhD & Danny Almirall, PhD*Description:* This 2-day workshop focused on methods to move from clinical to implementation trials and utilizing the implementation research logic model in community engaged studies.**Teaching & Mentoring Experience**

08/2024-Present

Assistant Professor

Mississippi State University, Mississippi State, MS

Introduction to Developmental Psychology, In-Person, Undergraduate, 3000-Level, Fall 2024, Spring 2025

- Developed course lectures, materials, and exams, which were presented in face-to-face lectures
- Experience utilizing Canvas

Directed Individual Study, undergraduate research assistants

- Fatima Gonzalez, Spring 2025-present
- Brianna Cox, Fall 2024-present
- Arisa Washington, Fall 2024-present

Thesis Committees

- Ryan Harra 2024-present
- Victoria Garriques 2024-present

Manuscript Exam Paper Committees

- Nicole Colon 2024-present

Advising graduate trainees:

- Annie Chuning, University of Kansas 2023 - present
- Ali Golik, University of Kansas 2023 – present

- 08/2023-01/2024 **Online Course Developer**
 University of Kansas Medical Center, Kansas City, KS
Developing Telehealth Programs, Virtual, Graduate
- Developed curriculum and accessible course materials
 - Experience utilizing Blackboard Ultra, Anthology Ally, Panopto
- 01/2017-05/2017 **Graduate Teaching Instructor**
 Texas Tech University, Lubbock, TX
Developmental Psychology, In-Person, Undergraduate, 4000-Level
- Developed course lectures, materials, and exams, which were presented in face-to-face lectures
 - Experience utilizing Blackboard
- 08/2016-12/2016 **Graduate Teaching Instructor**
 Texas Tech University, Lubbock, TX
Introduction to Psychology, In-Person, Undergraduate, 1000-Level
- Developed course lectures, materials, and exams, which were presented in face-to-face lectures
 - Experience utilizing Blackboard
- 01/2012-05/2014 **Honors College Mentor**
 Texas Tech University, Lubbock, TX
First Year Experience Course, In-Person, Undergraduate
- Developed course materials related to professional development and academic success and presented lectures to Honors College Freshman

Teaching Training

- August 2024 **New Faculty Teaching Academy**
 Mississippi State University, Online, 3-weeks

Professional Service

Departmental Service

- 2024-2025.1 **Search Committee Member**
 Mississippi State University, Mississippi State, MS
- Assisted with the Department of Psychology's Clinical Faculty Search Committee
- 2022-2024 **Post-Doctoral Social Chair**
 Center for Children's Healthy Lifestyles & Nutrition, Kansas City, Missouri
- Organized regular social events for the Center for Children's Healthy Lifestyles and Nutrition post-doctoral fellows
 - Planned annual writing retreat
- 2020-2021 **Clinical Psychology Program Student Representative to the Faculty**
 Texas Tech University, Lubbock, Texas
- Elected to be the student representative of the clinical psychology students at Texas Tech University
 - Solicited student views on issues related to the clinical psychology program

- 2015-2017 **Fundraising Committee Member**
Clinical Council, Texas Tech University, Lubbock, TX
- Organized fundraising opportunities for the graduate Clinical Council
 - Helped increase the presence of Clinical Council in the community
- 2015-2016 **Student Government Association Representative**
Clinical Council, Texas Tech University, Lubbock, TX
- Attended meetings regarding funding and policies for student organizations
 - Increased the presence of the Clinical Council at Texas Tech University
 - Ensured procedures were followed to secure funding for our organization
- University Service*
- 04/2023 **Poster Presentation Judge**
University of Kansas Medical Center Student Research Forum
- Evaluated medical student's poster presentations
 - Attend faculty meetings to represent the student view and act as a representative to the clinical faculty for students with concerns
- Community Service*
- 2019-2021 **Court Appointed Special Advocate (CASA) of the South Plains Volunteer**
CASA of the South Plains, Lubbock, TX
- Advocated on behalf of children in foster care (~15 hours per month).
Responsible for interviewing relevant parties, forming trusting relationships with the children on the case, and provide recommendations directly to a judge regarding the child's needs and most appropriate, permanent placement
- State, National, & International Service*
- 2017-2019 **Obesity Special Interest Group Student/Trainee Member at Large**
American Psychological Association's Division 54
- Elected to be the student representative member on the executive committee of the American Psychological Association's Division 54 Obesity Special Interest Group
 - Organized mentorship walks during annual Division 54's conferences and provided the trainee perspective during committee discussions
- 04/2019 **Student Ambassador**
Society of Pediatric Psychology Annual Conference (SPPAC)
- Disseminated conference relevant information to attendees
 - Assisted in the organization of general conference tasks (e.g., set up)

Ad Hoc Reviewer:

- 2025 Behavioral Medicine
2024 Journal of Pediatric Psychology
2024 JMIR Formative Research
2023- 2024 Digital Health
2023 Contemporary Clinical Trials
2023 Journal of Child and Family Studies
2023 European Journal of Developmental Psychology
2022 Pediatric Obesity
- Supervised by Ann Davis, PhD

- 2022 Journal of Child and Family Studies
2022 The Journal of Medical Internet Research
- Supervised by Rachelle Ramsey, PhD
- 2018 Journal of Pediatric Psychology
- Supervised by Jason Van Allen, PhD

Clinical Experience

University of Kansas Medical Center

Inpatient Psychology Practicum

- 10/2022-05/2024 *Supervisor:* Stephen Lassen, Ph.D.
Population: Parents of youth in the Neonatal Intensive Care Unit; hospitalized children and adolescents coping and adjusting with acute and chronic medical diagnoses (e.g., cancer, medical trauma).
- Provide brief, evidence-based interventions to children, adolescents, and their families in the Pediatric Intensive Care Unit, Neonatal Intensive Care Unit, General Pediatrics Unit, and the Burn Center Unit
 - Provided monthly support sessions (e.g., coping strategies, vicarious trauma psychoeducation) to nursing staff in the aforementioned units

Pediatric Feeding Team

- 08/2022-08/2023 *Supervisor:* Ann Davis, Ph.D., MPH, ABPP
Population: Youth experiencing difficulties with feeding, primarily youth with autism spectrum disorder experiencing picky eating.
- Utilize evidence-based strategies (e.g., CBT, reinforcement, exposure) while working with both parents and youth to improve a variety of feeding problems in an outpatient setting
 - Work in an integrated team with an occupational therapist and registered dietician to make comprehensive treatment plans

Cincinnati Children's Hospital Medical Center: Clinical Internship

Sleep Rotation

- 01/2022-07/2022 *Supervisor:* Kelly Byars, Psy.D.
Population: Youth experiencing disruptions in sleep including sleep onset associations, insomnia, and sleep apnea. A monthly clinic was specifically devoted to working with youth with neurodevelopmental difficulties.
- Utilized evidence-based strategies (e.g., gradual extinction, scheduled awakenings, CBT, reinforcement) in an outpatient setting
 - Collaborated on treatment plans with pulmonologists and neurologists

Diabetes Rotation

- 03/2022-07/2022 *Supervisor:* Laura Smith, Ph.D.
Population: Youth coping and adjusting to type 1 diabetes.
- Utilized evidence-based strategies (e.g., CBT, ACT, exposure therapy) to improve concerns associated with type 1 diabetes (e.g., adjustment to social situations, fear of injections, adherence)

Outpatient Therapy Rotation

07/2021-07/2022

Supervisor: Kristin Rich, Ph.D.

Population: Children and adolescents coping and adjusting with chronic medical diagnoses and/or youth with general mental health concerns.

- Provided evidence-based interventions (e.g., Unified Protocol, CAT Project, Parent Management Training) in an outpatient setting

Gastroenterology Rotation

07/2021-01/2022

Supervisor: Michael Mellon, Ph.D.

Population: Youth coping and adjusting with GI conditions including inflammatory bowel disease, rumination, constipation, and encopresis.

- Provided brief, evidence-based interventions on a consultation basis in an ambulatory setting and an outpatient setting
- Collaborated within an interdisciplinary team and communicated with physicians, nurses, and other medical professionals on treatment plans

Epilepsy Rotation

11/2021-03/2022

Supervisor: Shannon Brothers, Ph.D.

Population: Children and adolescents with epilepsy presenting to the CCHMC Comprehensive Epilepsy Program.

- Provided brief consultation services to assist families with coping with an epilepsy diagnosis and address behavioral and adherence issues
- Collaborated within an interdisciplinary team including neurologists, pharmacists, nurse practitioners, and social workers

Cardiology Assessment Rotation

07/2021-10/2021

Supervisor: Stacey Morrison, Psy.D.

Population: Youth whose congenital heart condition and complex medical history place them at higher risk for developmental disorder or disability.

- Conducted psychological evaluations, responsible for assessment planning, administration, and scoring, report writing, and feedback

Texas Tech University

Trauma Assessment/Treatment Practicum

01/2018-06/2021

Center for Superheroes, Lubbock, TX

Supervisor: Tarrah Mitchell, Ph.D. and Michael Gomez, Ph.D.

Population: Children and adolescents with a suspected history of trauma. Center primarily serves children within the foster care system, which includes families from low SES and diverse ethnic backgrounds

- Provided Trauma-Focused Cognitive Behavioral Therapy and other evidence-based treatments to youth who have experienced trauma
- Conducted evidence-based assessments (e.g., WISC-V, CATS) and wrote comprehensive psychological evaluations to inform diagnosis and treatment

Trauma Treatment & General Mental Health Practicum

07/2020-06/2021

Adversity and Resilience Community Center, Lubbock, TX

Supervisor: Michael Gomez, Ph.D.

Population: Predominately youth with a suspected history of trauma.

- Conducted Trauma-Focused Cognitive Behavioral Therapy and Parent Management Therapy with youth who have experienced trauma
- Helped create tools and resources for therapists to use when delivering teletherapy services

Pediatric Psychology Practicum

07/2017-07/2020

University Medical Center, Lubbock, TX

Supervisor: Jason Van Allen, Ph.D.

Population: Youth adjusting to acute/chronic medical diagnoses.

- Provided brief, evidence-based interventions to patients in the Pediatric Intensive Care Unit, Neonatal Intensive Care Unit, General Pediatrics Unit, and the Burn Center Unit
- Provided outpatient therapy for children and families in need of more intensive and/or structured services
- Collaborated within interdisciplinary teams and communicated with physicians, nurses, and other medical professionals on treatment plans

Internal Medicine Practicum

08/2018-05/2019

Texas Tech University Health Sciences Center, Lubbock, TX

Supervisor: Sheila Garos, Ph.D.

Population: Community adults and couples coping and adjusting with acute, as well as chronic, medical diagnoses.

- Provided brief evidence-based therapy to adults and couples in an ambulatory setting
- Collaborated within an interdisciplinary teams and patients to improve health behaviors (e.g., weight management, sleep hygiene)

Examining Nutrition, Exercise, and Rest in Growing Youth (ENERGY) Program

08/2016-08/2018

Texas Tech University, Lubbock, TX

Supervisor: Jason Van Allen, Ph.D.

Population: Primarily Latinx community children/adolescents with overweight/obesity and their caregiver(s).

- Conducted a 10-week family-based behavioral pediatric obesity intervention with families in person and through telemedicine
- Co-facilitated an 8-week, 2-hour group that administered an obesity intervention in a group format to children with obesity

Advanced Clinical Practicum and Psychological Assessment Experience

06/2017-07/2019

Texas Tech University Psychology Clinic, Lubbock, TX

Supervisors: Catherine Epkins, Ph.D., Adam Schmidt, Ph.D., Jason Van Allen, Ph.D., and Andrew Littlefield, Ph.D.

Population: Community adults, families, adolescents, and children

- Conducted clinical interviews and administered relevant psychological assessments (e.g., WAIS-IV, CDI-II) to children, adolescents, and adults to aid in case formulation
- Provided evidence-based treatments (e.g., CBT, ACT) to individuals with various psychological issues

Specialized Clinical Training

- Summer 2020 **Problematic Sexual Behaviors in Children Regional Training**
Oklahoma University Health Sciences Center, Oklahoma City, OK
Trainer: Jennifer Shields, Ph.D.
Description: This 2-day training focused on assessment and treatment of youth problematic sexual behaviors using a cognitive behavioral approach
- Spring 2020 **Trauma-Focused Cognitive-Behavioral Therapy Web 2.0 Training**
The Medical University of South Carolina
Online Training Course
Description: TF-CBT Web 2.0 is an 11-hour online training that discusses the treatment of PTSD in youth using a cognitive behavioral approach
- Summer 2019 **Components for Enhancing Clinician Experience and Reducing Trauma (CE-CERT)**
Texas Tech University Health Sciences Center, Lubbock, TX
Trainer: Michael Gomez, Ph.D.
Description: This 1-day training provided resources in identifying, preventing, and addressing vicarious trauma in professionals
- Spring 2017 **Advanced Training in Motivational Interviewing**
Texas Tech University, Lubbock, TX
Trainers: Andrew K. Littlefield, Ph.D. and David Trotter, Ph.D.
Description: This 4-day training provided motivational interviewing skills and a brief training regarding screening for substance use/abuse in adults
- Fall 2017 **TF-CBT Introductory Training**
Texas Tech University Health Sciences Center, Lubbock, TX
Trainer: Michael Gomez, Ph.D.
Description: This 2-day training consisted of training for the assessment and treatment of PTSD in youth using a cognitive behavioral approach

Professional Affiliations

- The Obesity Society (2023 – Present)
American Psychological Association: Division 53 (2023 – Present)
NIH's IDeA States Pediatric Clinical Trials Network (2022 – Present)
American Psychological Association (2017 – Present)
American Psychological Association: Division 54 (2015 – Present)
Journal of Pediatric Psychology Journal Club (2019 – 2020)