

**Brittany Lancaster, Ph.D.**

Email: Brittany.lancaster@msstate.edu

**Education & Post-Graduate Training**

08/2022-07/2024	<b>Post-Doctoral Fellow</b> , University of Kansas Medical Center, Kansas City, KS Primary Advisor: Ann Davis, Ph.D., MPH, ABPP
08/2015-08/2022	<b>Doctor of Philosophy</b> , Texas Tech University, Lubbock, TX Clinical Psychology <i>Dissertation Title:</i> The Effect of Pet Ownership on Youth Sleep Dissertation Advisor: Jason Van Allen, Ph.D.
07/2021-07/2022	<b>Psychology Intern</b> , 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	<b>Graduate Certificate in Psychological Methods and Analysis</b> Texas Tech University, Lubbock, TX
08/2015-05/2018	<b>Master of Arts</b> , Texas Tech University, Lubbock, TX Clinical Psychology <i>Thesis Title:</i> 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	<b>Bachelor of Arts</b> , Texas Tech University, Lubbock, TX Major: Psychology, Minor: General Business

**Professional Positions**

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

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

In Progress	Mississippi Center for Clinical and Translational Research Title: From Policy to Practice: Adherence of Pediatric Obesity Clinics to AAP Guidelines. Co-investigator: Megan Holmes, PhD Invited to submit: January 2025
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### Grants Not Funded

2024	ECHO ISPCTN Concept Proposal Title: Take a Break! Co-investigators: Jyoti Angal, MPH, CIP & Haley McGowan, DO
2024	Mississippi State University's Advancing Collaborative Research Program Title: From Policy to Practice: Adherence of Pediatric Obesity Clinics to AAP Guidelines. Co-investigator: Megan Holmes, PhD

### Publications

*Publications (n = 16; \*indicates co first authors, \*\*mentored trainees)*

Forseth, B., Carlson, J.A., Ortega, A., Steel, C., **Lancaster, B.**, Fitzpatrick, L.K., Jiang, Q., & Davis, A.M. (In Press). O the places rural children will go...to get physical activity: A cross-sectional analysis. *BMC Public Health*, 25(1), 1-13.

<https://doi.org/10.1186/s12889-025-22442-8>

**Lancaster, B.**, Goldenberg, E.\*\*, Trofimoff, A.\*\*, Dai, Y.\*\*, Forseth, B., Swinburne Romine, R., Fleming, K., & Davis, A.M. (In Press). Mental health outcomes of a pediatric focused obesity RCT in rural communities. *Health Psychology*.

- Lancaster, B.,** Hefner, T., & Van Allen, J. (2025). Co-Sleeping with a pet: Exploring the impact on youth sleep. *Journal of Pediatric Psychology*, jsaf016. <https://doi.org/10.1093/jpepsy/jsaf016>
- 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. (2025). A family-based behavioral group obesity randomized control feasibility trial across a clinical trials network: A focus on contact hours. *Journal of Pediatric Psychology*, jsae110. doi:10.1093/jpepsy/jsae110
- 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*, jsae054. 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, 1-4. 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, 1-8. 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*, 68, 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 media and instant electronic communication. *The Cambridge Handbook of Applied Psychological Ethics* (1<sup>st</sup> Ed.).

Manuscripts Under Review and in Preparation (n = 2; \*\*indicates mentored trainee)

**Lancaster, B.**, Chang, D., Lee, J., Snowden, J., Lawrence, L., Hubberd, D.E., Phan, T.T., Hsia, D.S., Hockett, C.W., Pyles, L., Kong, A.S., Roberts, J., McCulloh, R., Darden, P., & Davis, A.M. (Under review). *Retention, blinding, and health outcomes from a rural pediatric obesity feasibility randomized control trial.*

Forseth, B., Carlson, J., **Lancaster, B.**, Trofimoff, A.\*\*, Glover, K., Hendel, K.R., Hoff, G., & Davis, A.M. (Under review). School participation in a health behavior program: Qualitative perspectives from schools that did and did not adopt the iAmHealthy program

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.**, Lelakowska, 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 = 42; \*indicates mentored trainee author)

Cox, B.\*, **Lancaster, B.**, & Van Allen, J. (Submitted). *Parental sleep knowledge and bedtime worries in children*. Poster submitted for presentation at Mississippi Psychological Association Conference, Biloxi, MS.

- Okuno, H.\*, Forseth, B., **Lancaster, B.**, Chuning, A.\*, Fleming, K., Swinburne Romine, R., & Davis, A.M. (Submitted). *The association between quality of life with BMI and step counts in children living in rural areas*. Poster abstract submitted for presentation at the Obesity Week Annual Conference, Atlanta, GA.
- Washington, A.\*, Davis, A., & **Lancaster, B.** (2025, April). *Does parental education affect BMI change in a pediatric obesity treatment?* Mississippi State University Undergraduate Research Symposium, Mississippi State, MS.
- Lancaster, B.**, Chang, D., Lee, J., Snowden, J., Lawrence, L., Hubberd, D.E., Phan, T.T., Hsia, D.S., Hockett, C.W., Pyles, L., Kong, A.S., Roberts, J., McCulloh, R., Darden, P., & Davis, A.M. (2025, April). *Retention and blinding outcomes for a feasibility RCT of a televideo pediatric obesity intervention in rural communities*. Pediatric Academic Societies Annual Conference, Honolulu, HI.
- Chuning, A.\*, **Lancaster, B.**, Fleming, K., Forseth, B., Okuno, H.\*, Nelson, E. & Davis, A. (2025, April). *Applying family stress theory to the food insecurity/childhood obesity paradox: Path model results from a rural pediatric obesity intervention study*. 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., Sweenie, 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 Annual Conference, 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.**, Sweenie, 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.

## 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:* 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 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
- 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

- March 2025     **Presenter – Clinical Psychology Program Brown Bag**  
Clinical Psychology Program, Mississippi State University, Mississippi State, MS  
*Presentation title:* Building Grants, Bridging Disciplines: Strategies for Successful Interdisciplinary Collaborations  
*Presented with:* Megan Holmes, PhD
- 2024-2025     **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
  - Solicited student views on issues related to the clinical psychology program
  - Attend faculty meetings to represent the student view and act as a representative to the clinical faculty for students with concerns
- 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
- Invited Departmental Talks (Other Institutions)*
- 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, TN  
Virtual presentation delivered to psychology interns  
*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, TX  
Virtual presentation delivered to psychology graduate students  
*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, TX  
In-person paid presentation delivered to psychology graduate students  
*Delivered with:* Tabitha Fleming, Ph.D.
- University Service*
- 02/2025 **Spring Graduate Research Symposium Judge**  
Mississippi State University
- Evaluated graduate student’s poster presentations
- 04/2023 **Poster Presentation Judge**  
University of Kansas Medical Center Student Research Forum
- Evaluated medical student’s poster presentations

Community Service

- 06/2023 **Presentation Title: Healthy Lifestyles: Practical Strategies to Improve Nutrition and Physical Activity**  
Kansas Leadership Education in Neurodevelopment and Related Disabilities, Kansas City, KS  
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  
*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  
*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  
*Delivered with:* Tarrah Mitchell, Ph.D.
- 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

- 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  
*Delivered with:* Michelle Roley-Roberts, Ph.D. & Henry A. Willis, Ph.D.
- 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 American Journal of Preventative Medicine  
2025 Behavioral Medicine

2024-2025	Journal of Pediatric Psychology
2024	JMIR Formative Research
2023- 2024	Digital Health
2023	Contemporary Clinical Trials
2022- 2023	Journal of Child and Family Studies
2023	European Journal of Developmental Psychology
2022	Pediatric Obesity
	<ul style="list-style-type: none"> <li>• Supervised by Ann Davis, PhD</li> </ul>
2022	The Journal of Medical Internet Research
	<ul style="list-style-type: none"> <li>• Supervised by Rachelle Ramsey, PhD</li> </ul>
2018	Journal of Pediatric Psychology
	<ul style="list-style-type: none"> <li>• Supervised by Jason Van Allen, PhD</li> </ul>

## Clinical Experience

### University of Kansas Medical Center

#### **Inpatient Psychology Practicum**

10/2022-05/2024	<p><i>Supervisor:</i> Stephen Lassen, Ph.D.</p> <p><i>Population:</i> 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).</p> <ul style="list-style-type: none"> <li>• 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</li> <li>• Provided monthly support sessions (e.g., coping strategies, vicarious trauma psychoeducation) to nursing staff in the aforementioned units</li> </ul>
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#### **Pediatric Feeding Team**

08/2022-08/2023	<p><i>Supervisor:</i> Ann Davis, Ph.D., MPH, ABPP</p> <p><i>Population:</i> Youth experiencing difficulties with feeding, primarily youth with autism spectrum disorder experiencing picky eating.</p> <ul style="list-style-type: none"> <li>• 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</li> <li>• Work in an integrated team with an occupational therapist and registered dietitian to make comprehensive treatment plans</li> </ul>
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### Cincinnati Children's Hospital Medical Center: Clinical Internship

#### **Sleep Rotation**

01/2022-07/2022	<p><i>Supervisor:</i> Kelly Byars, Psy.D.</p> <p><i>Population:</i> 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.</p> <ul style="list-style-type: none"> <li>• Utilized evidence-based strategies (e.g., gradual extinction, scheduled awakenings, CBT, reinforcement) in an outpatient setting</li> <li>• Collaborated on treatment plans with pulmonologists and neurologists</li> </ul>
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#### **Diabetes Rotation**

03/2022-07/2022	<p><i>Supervisor:</i> Laura Smith, Ph.D.</p> <p><i>Population:</i> Youth coping and adjusting to type 1 diabetes.</p>
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- 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**

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

## 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)