

Brittany Lancaster, Ph.D.Email: Brittany.lancaster@msstate.edu**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 <i>Dissertation Title:</i> 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 <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	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
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Licensure

08/2025-Present	Licensed Psychologist , Mississippi License #65 1229
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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

2025-present	<p>NIH R01 Grant</p> <p>Title: Implementation of the New Pediatric Obesity Clinical Practice Guideline in Rural Families and Clinics: A Randomized Clinical Trial</p> <p>Grant #: R01NR021278</p> <p>Total Award Amount: \$2,976,754</p> <p>Role: Co-I</p>
2024	<p>NIH F32 Grant**</p> <p>Title: The Impact of Perceptions and Objective Measures of the Rural Environment on Physical Activity of Youth in a Pediatric Obesity Intervention</p> <p>Grant #: F32DK138552</p> <p>Total Award Amount: \$141,570</p> <p>Role: PI</p> <p>**Funding declined due to obtaining a faculty position</p>
2021	<p>Texas Tech University's Department of Psychological Sciences Research Funding</p> <p>Funding amount: \$3,000</p>
2020-2021	<p>Graduate Student Research Support Award</p> <p>*awarded by Texas Tech University's Graduate School</p> <p>Funding amount: \$1,000</p>
2019-2020	<p>Doctoral Dissertation Completion Fellowship</p> <p>*awarded by Texas Tech University's Graduate School</p> <p>Funding amount: 1 year of funding for graduate stipend</p>

Grants in Progress

2025	<p>NIH R21 Proposal</p> <p>Title: Testing the Feasibility and Acceptability of a Social Media Break Intervention to Support Adolescent Mental Health</p> <p>Role: Primary Investigator</p> <p>Status: Under Review Submitted September of 2025</p>
2025	<p>NIH R01 Proposal</p> <p>Title: An Experimental Approach to Emotion Regulation: Testing a Personalized Exercise Bout for Decreasing Negative Affect</p> <p>Primary Investigator: Hilary DeShong</p> <p>Role: Co-Investigator</p> <p>Status: Under Review Submitted June of 2025</p>

Grants Not Funded

- 2025 Mississippi Center for Clinical and Translational Research
Title: From Policy to Practice: Adherence of Pediatric Obesity Clinics to AAP Guidelines
Role: Primary Investigator
Co-investigator: Megan Holmes, PhD
- 2024 ECHO ISPCTN Concept Proposal
Title: Take a Break!
Role: Co-PI
Co-primary 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.
Role: Primary Investigator
Co-investigator: Megan Holmes, PhD

Publications

*Publications (n = 17; *indicates co-first authors, **mentored trainees)*

- Forseth, B., Carlson, J., **Lancaster, B.**, Trofimoff, A.**, Glover, K., Hendel, K.R., Hoff, G., & Davis, A.M. (In Press). School participation in a health behavior program: Qualitative perspectives from schools that did and did not adopt the iAmHealthy program. *Translational Behavioral Medicine*, 15(1), ibaf036. <https://doi.org/10.1093/tbm/ibaf036>
- Forseth, B., Carlson, J.A., Ortega, A., Steel, C., **Lancaster, B.**, Fitzpatrick, L.K., Jiang, Q., & Davis, A.M. (2025). 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. (2025). Mental health outcomes of a pediatric focused obesity RCT in rural communities. *Health Psychology*. doi:10.1037/hea0001518
- Lancaster, B.**, Hefner, T., & Van Allen, J. (2025). Co-Sleeping with a pet: Exploring the impact on youth sleep. *Journal of Pediatric Psychology*, 50(4), 377-386. doi: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*, 50(3), 280-288. 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*, 50(7), 579-599. 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.**, Sweenie, 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 medial and instant electronic communication. *The Cambridge Handbook of Applied Psychological Ethics* (1st Ed.).

Manuscripts Under Review and in Preparation (n = 4; **indicates mentored trainee)

- Lancaster, B.**, Wallisch, A., Knapp, E. A., Li, X., McCormack, L. A., Hirko, K. A., Bekelman, T. A., & Hockett, C. W., for the ECHO Cohort Consortium. (Under Review). *Exploring sleep outcomes in youth across settings: Are there differences based on rurality or medically underserved status in the ECHO cohort?*

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.*

Halbriech, E.D.,** **Lancaster, B.,** Littlefield, A.K., & Van Allen, J. (Under review). Examining the relationship between pet ownership and prosocial behaviors.

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 = 43; *indicates mentored trainee author)

Okuno, H.*, Chuning, A.E.*, Maholland, M. Bricken, Z., **Lancaster, B.,** Forseth, B., Olalde, M., Fleming, K., Swinburne Romine, R., & Davis, A.M. (Accepted). *Food insecurity, food environment, and BMIz in rural youth: An exploratory path analysis from iAmHealthy, a family-based obesity intervention study.* Poster accepted for presentation at the North American Society for Pediatric Gastroenterology, Hepatology, & Nutrition (NASPAGAN), Chicago IL.

Cox, B.*, **Lancaster, B.,** & Van Allen, J. (Accepted). *Parental sleep knowledge and bedtime worries in children.* Poster accepted 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. (Accepted). *The association between quality of life with BMI and step counts in children living in rural areas.* Poster accepted 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., Hubbard, 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., 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 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.**, 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.

Research Experience

08/2024-present

Assistant Professor

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

Psychological Research Methods, In-Person, Graduate 8000-Level, Fall 2025

- Designed and facilitated seminar-style course sessions emphasizing critical analysis of research methodology
- Guided clinical psychology graduate students in evaluating, discussing, and applying advanced research methods to their work

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, Slido

- 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

- 2025-present **Undergraduate Curriculum Committee Member**
Department of Psychology, Mississippi State University, Mississippi State, MS
- 2024-present **Clinical Training Committee Member**
Clinical Psychology Program, Mississippi State University, Mississippi State, MS
- Participate in regular faculty meetings regarding student and programmatic issues such as voting on student readiness for internship and hiring decisions
 - Aiding the clinical program in student recruitment and APA accreditation
- 2024-present **Clinic Committee Member**
Mississippi State University Psychology Clinic, Mississippi State University, Mississippi State, MS
- Participate in weekly meetings with all licensed and license-eligible faculty to discuss client appropriateness for the training clinic
 - Provide clinical consultation to other Clinic Committee members
 - Assist in decisions regarding student clinical training

- 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

2025- present **Mentor for the Society of Clinical Child and Adolescent Psychology Mentorship Program**
Division 53; Society of Clinical Child and Adolescent Psychology
• Regularly meeting with a graduate student in Division 53 to support their professional development

04/2025 **Mentor for Obesity SIG's Stroll with a Mentor**
Obesity Special Interest Group, Division 54

- 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
- Supervised by Ann Davis, PhD
- 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 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)