

## ASHLEY M. ARAIZA

Department of Psychology  
Angelo State University (ASU)  
ASU Station #10907, San Angelo, TX 76909  
Office: Academic Building 104G  
Phone: 325-486-6718 | Email: [ashley.araiza@angelo.edu](mailto:ashley.araiza@angelo.edu)

### PROFESSIONAL APPOINTMENTS

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2021- Assistant Professor of Psychology, Angelo State University, San Angelo, TX

### EDUCATION

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2021 Ph.D. Social Health Psychology, Stony Brook University (SBU)  
2019 Advanced Graduate Certificate in Quantitative Methods, SBU  
2018 M.A. Psychology, SBU  
2016 M.A. General Experimental Psychology, California State University, San Bernardino (CSUSB)  
2014 B.A. Psychology–Biological Psychology, *Magna Cum Laude*, CSUSB

### HONORS AND AWARDS

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2020 Solomon Asch Early Career Prize for Best Paper, *Social Psychological Bulletin*  
2019 Outstanding Student/Trainee Abstract Award, Health Decision Making  
Society for Behavioral Medicine Annual Convention, Health Decision Making Group  
2016 Finalist, Paper with the Best Use of Quantitative Data  
California State University Social Science Research & Instructional Center Annual Symposium  
2016 Outstanding Graduate Student, College of Social & Behavioral Sciences, CSUSB  
2015 Outstanding Graduate Service, Department of Psychology, CSUSB  
2014 Outstanding Undergraduate Service, Department of Psychology, CSUSB  
2013-2014 Department Honors, Psychology, CSUSB  
2013-2014 Presidential Letter, three academic quarters / Dean's List, five academic quarters, CSUSB

### FELLOWSHIPS, GRANTS, AND FUNDING

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Underline denotes student collaborator/mentee

2022 Undergraduate Faculty-Mentored Grant, Spring 2022 (Student: James Harry), ASU  
2020-2021 Alliance for Graduate Education and the Professoriate Training Fellowship, SBU (*unfunded*)  
2021 W. Burghardt Turner Academic Year Research Grant for Spring 2021, SBU  
2021 Graduate Registration Award, Society for Personality & Social Psychology Virtual Convention  
2016-2021 W. Burghardt Turner Graduate Fellowship, SBU (*funded*)  
2017-2020 W. Burghardt Turner Annual Summer Research Grants, SBU  
2017-2020 Spring Travel Grants, Center for Inclusive Education, SBU  
2019 Travel Grant, Graduate Student Organization, SBU  
2019 Travel Grant, Department of Psychology, SBU  
2018 Endowed Award Fund for Social and Health Psychology, SBU  
2015-2016 National Institutes of Health NIH-RISE Grant, Graduate Research Fellowship, CSUSB (*funded*)  
2014-2016 Graduate Equity Fellowship, Office of Graduate Studies, CSUSB (*funded*)  
2015 California State University Future Scholars Scholarship, CSUSB  
2015 Faculty/Student Research Grant, Office of Student Research, CSUSB  
2014 Helen Estremera and Charles Lewin Scholarship, CSUSB  
2014-2016 Travel Grants, Office of Student Research, CSUSB

## TEACHING EXPERIENCE

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### Instructor of Record

- 2021- ASU Courses: General Psychology  
 Social Psychology  
 Experimental Psychology  
 Health Psychology  
 Psychology of Stereotypes, Prejudice, and Discrimination  
 Social Psychology (Graduate)
- 2018-2022 SBU Courses: Introduction to Psychology  
 Research Methods and Writing in Psychology  
 Health Psychology

### Laboratory Instructor

- 2017-2021 SBU Courses: Statistical Methods in Psychology  
 Research Methods and Writing in Psychology  
 Research Lab: Social Psychology  
 Correlation and Regression (Graduate)
- 2015 CSU Courses: Introduction to Experimental Psychology

### Teaching Assistant

- 2016-2021 SBU Courses: Statistical Methods in Psychology  
 Survey in Social Psychology  
 Psychology of Self Control  
 Psychology of Women's Health  
 Correlation and Regression (Graduate)  
 Multivariate Methods (Graduate)
- 2014-2016 CSU Courses: Psychological Statistics  
 Introduction to Experimental Psychology  
 Psychology of Social Behavior  
 Experimental Psychology: Social

### Other Teaching Activities

- 2021 Guest Lecture: Farmingdale State College, Research Methods in Psychology
- 2017 SBU Courses: Psychology of Women's Health, Supplemental Instructor (Topic: Eating)
- 2015 CSU Courses: Health Psychology, Guest Lecturer (Topic: Health Behaviors)
- 2013-2014 CSU Courses: Academic Writing, Supplemental Instructor (All Disciplines)  
 Introduction to Experimental Psychology, Supplemental Instructor

### Teaching Training Activities

- 2021 Digital Accessibility Certificate, Archer College of Health and Human Services, ASU
- 2020-2021 Alliance for Graduate Education and the Professoriate Teaching Training, SBU
- 2021 Online Teaching Certificate, Center for Excellence in Teaching and Learning, SBU

## **MENTORING EXPERIENCE**

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### Thesis Advisory Committees

- 2022 Kathryn Black, M.S. Counseling Psychology Program (ASU)  
Title: Exploring the role of the vestibular cortex in relation to EMDR therapy: Literature review  
Role: Committee Member
- 2022 Cassidy Martin, Undergraduate Honors Program (ASU)  
Title: TBD  
Role: Committee Member

### Undergraduate Projects Supervised

- 2021-2022 James Harry, Directed Independent Research (ASU)  
Title: Predictors of exercise motivation and intrinsic motivation in college students  
Role: Faculty Mentor
- 2018-2019 Gianna D'Ambrozio, Psychology Honors Program (SBU)  
Title: Judgments of health behaviors implicate a self-enhancement rather than self-centric bias  
Role: Honors Supervisor, under the direction of the Faculty Adviser, Dr. Antonio L. Freitas

### Research Assistants Supervised

- 2021- ASU: James Harry, Rocky Ybarra
- 2017-2021 SBU: Gianna D'Ambrozio, Morgan Beladoff, Steven Honovic, Jenna Petrik, Catherine Tumminello
- 2015-2016 CSUSB: Kamiya Stewart (Graduate Student), Delaine Baronia, Timothy Baum, Josue Becerra, Eric Berru, Natalie Callely, Aleena Cantuli, Natasha Dixon, Ramiro Ferreyra, Gabby Lautfy, Gia Macias, Christopher Mendez, Miriam Oliveros, Arlette Osorno, Tanya Patterson, Florissell Rosales, Amber Stroffolino, John Tenorio, Sarah Tveit, Katie Wren

## **RESEARCH EXPERIENCE**

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- 2021- Stigma, Health, & Appearance (SHAPE) Lab, ASU  
Director: Dr. Ashley M. Araiza
- 2016-2021 Graduate Research Assistant, Self-Regulation & Cognition Lab, SBU  
Director: Dr. Antonio L. Freitas
- 2015-2016 Lab Manager/Graduate Research Assistant, Social Psychophysiology Lab, CSUSB  
Director: Dr. Joseph D. Wellman
- 2014-2016 Graduate Research Assistant, Intergroup Relations Lab, CSUSB  
Director: Dr. Donna M. Garcia
- 2013-2015 Undergraduate Research Assistant/Honors Student, Clinical Psychology Lab, CSUSB  
Director: Dr. Michael R. Lewin

**PUBLICATIONS**

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\*Denotes co-first authorship between first and second authors

\*Wellman, J. D., **Araiza, A. M.**, Nguyen, T. C., Beam, A. J., & Pal, S. (2022). Identifying as fat: Examining weight discrimination and the rejection-identification model. *Body Image: Special Issue on Weight as a Social Identity*, 41(1), 46-51. <https://doi.org/10.1016/j.bodyim.2022.02.008>

\*Wellman, J. D. & **Araiza, A. M.** (2021). Examining the impact of perceived weight discrimination on reported eating and exercise among White and Latino/a adults. *Eating Behaviors*, 42, e101529. <https://doi.org/10.1016/j.eatbeh.2021.101529>

**Araiza, A. M.**, & Freitas, A. L. (2020). Do people devalue the source of threatening health feedback particularly when its criteria are ambiguous and its consequences enduring? *Collabra: Psychology*, 6(1), 17. <https://doi.org/10.1525/collabra.259>

**Araiza, A. M.**, & Freitas, A. L. (2019). Self-esteem relates to expecting others to see us how we see ourselves. *Social Psychological Bulletin*, 14, Article e36957. <https://doi.org/10.32872/spb.v14i3.36957>

**Araiza, A. M.**, Freitas, A. L., & Klein, D. (2019). Social-experience and temperamental predictors of rejection sensitivity: A prospective study. *Social Psychological and Personality Science*, 11(6), 733-742. <https://doi.org/10.1177/1948550619878422>

\*Wellman, J. D., **Araiza, A. M.**, Solano, C., & Berru, E. (2019). Sex differences in the relationships among weight stigma, depression, and binge eating. *Appetite*, 133(1), 166-173. <https://doi.org/10.1016/j.appet.2018.10.029>

**Araiza, A. M.**, & Lobel, M. (2018). Teaching & learning guide for: Stress and eating: Definitions, findings, explanations, and implications. *Social and Personality Psychology Compass*, 12(5), e12391. <https://doi.org/10.1111/spc3.12391>

**Araiza, A. M.**, & Lobel, M. (2018). Stress and eating: Definitions, findings, explanations, and implications. *Social and Personality Psychology Compass*, 12(4), 1-13. <https://doi.org/10.1111/spc3.12378>

Wellman, J. D., **Araiza, A. M.**, Newell, E. E., & McCoy, S. K. (2018). Weight stigma facilitates unhealthy eating and weight gain via fear of fat. *Stigma and Health*, 3(3), 186-194. <https://doi.org/10.1037/sah0000088>

**Araiza, A. M.**, & Wellman, J. D. (2017). Weight stigma predicts inhibitory control and food selection in response to the salience of weight discrimination. *Appetite*, 114(1), 382-390. <https://doi.org/10.1016/j.appet.2017.04.009>

**Manuscripts in Progress**

**Araiza, A. M.**, & Freitas, A. L. (*submitted*). Promoting the unattainable: Motivations and standards related to creating extreme fitness-related media.

**Araiza, A. M.**, Wellman, J. D., Oliver, B. L., & Berru, E. (*revision in preparation*). Examining the effect of framing obesity as a disease versus controllable on executive functioning.

**Araiza, A. M.**, & Freitas, A. L. (*in preparation*). Motivational memes: A review of processes, goals, and outcomes related to online inspiration.

**CONFERENCE PRESENTATIONS**

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*Underline denotes student mentee*

Harry, J., & **Araiza, A. M.** (2022, April). Predictors of exercise motivation and intrinsic motivation in college students. Poster accepted for presentation at the annual National Conference on Undergraduate Research, Virtual.

Ybarra, R., Harry, J., **Araiza, A. M.**, & Livingston, T. N. (2022, April). Does social power buffer against ethnicity-based status threat? Implications for policy decisions. Poster accepted for presentation at the annual meeting of the Southwestern Psychological Association, Baton Rouge, LA.

**Araiza, A. M.**, & Freitas, A. L. (2022, February). Self-efficacy and strivings relate to aspiring toward extreme standards for fitness motivation. Poster presented at the annual meeting of the Society for Personality & Social Psychology, San Francisco/Virtual.

**Araiza, A. M.**, Nguyen, T. C., Beam, A. J., Pal, S., & Wellman, J. W. (2021, October) Is Fat Identity a Buffer Against Weight Discrimination? Examining the Rejection-Identification Model. Paper Data Byte talk presented at the annual meeting of the Society of Southeastern Social Psychologists, Virtual.

**Araiza, A. M.**, & Freitas, A. L. (2021, February). Fitness fantasies: Does fantasizing about the future relate to aspiring toward unattainable standards? Poster presented at the annual meeting of the Society for Personality & Social Psychology, Virtual.

**Araiza, A. M.**, & Freitas, A. L. (2020, February). Does false negative feedback about enduring health consequences promote motivated reasoning about health behaviors? Poster presented at the annual meeting of the Society for Personality & Social Psychology, New Orleans, LA.

**Araiza, A. M.**, D'Ambrozio, G., & Freitas, A. L. (2019, March). Judgments of health behaviors' benefits and harms implicate a self-enhancement rather than self-centric bias. Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, DC.

**Araiza, A. M.**, D'Ambrozio, G., & Freitas, A. L. (2019, February). Judging one's own behaviors as relevant to health: A self-enhancement perspective. Poster presented at the Big Apple Health Psychology Colloquium, New York, NY.

**Araiza, A. M.**, & Freitas, A. L. (2019, February). Does accountability reduce motivated reasoning about ambiguous health behaviors? Poster presented at the annual meeting of the Society for Personality & Social Psychology, Portland, OR.

Oliver, B., **Araiza, A. M.**, Berru, E., & Wellman, J. D. (2019, February). Framing weight as a disease impairs executive functioning. Poster presented at the annual meeting of the Society for Personality & Social Psychology, Portland, OR.

**Araiza, A. M.**, & Freitas, A. L. (2018, May). When do people use their own health behaviors as criteria for evaluating health-relevant information? Investigating motivated reasoning and information ambiguity. Poster presented at the annual meeting of the Association for Psychological Science, San Francisco, CA.

**Araiza, A. M.**, & Freitas, A. L. (2018, March). Health feedback and the health assessment process. Poster presented at the annual meeting of the Society for Personality & Social Psychology, Atlanta, GA.

- Pardo, A., **Araiza, A. M.**, Berru, E., Huff, R., McCoy, S. K., & Wellman, J. D. (2018, March). Examining the relationship between perceived weight stigma and unhealthy eating behavior. Poster presented at the annual meeting of the Society for Personality & Social Psychology, Atlanta, GA.
- Oliver, B., Pardo, A., **Araiza, A. M.**, Berru, E., & Wellman, J. D. (2018, March). Gender moderates the relationship between weight stigma and binge eating among heavy weight individuals. Poster presented at the annual meeting of the Society for Personality & Social Psychology, Atlanta, GA.
- Berru, E., Snead, K., **Araiza, A. M.**, & Wellman, J. D. (2018, March). Perceived weight discrimination predicts exercise and unhealthy food frequency among White but not Latina women. Poster presented at the annual meeting of the Society for Personality & Social Psychology, Atlanta, GA.
- Araiza, A. M.**, & Freitas, A. L. (2017, May). Self-esteem relates to expecting others to see us how we see ourselves. Poster presented at the annual meeting of the Association for Psychological Sciences, Boston, MA.
- Araiza, A. M.**, Berru, E., Becerra, J., & Wellman, J. D. (2017, January). The effects of framing obesity on perceived weight stigma. Poster presented at the annual meeting of the Society for Personality & Social Psychology, San Antonio, TX.
- Berru, E., **Araiza, A. M.**, Dixon, N., & Wellman, J. D. (2017, January). Fearing fat: Exposure to weight stigmatizing images leads to choosing higher calorie foods. Poster presented at the annual meeting of the Society for Personality & Social Psychology, San Antonio, TX.
- Baum, T., Macias, G., Patterson, T., Tveit, S., **Araiza, A. M.**, & Wellman, J. D. (2017, January). Contemplating death leads to the derogation of atheists. Poster presented at the annual meeting of the Society for Personality & Social Psychology, San Antonio, TX.
- Araiza, A. M.** (2016, May). The impact of weight stigma on cognition and eating in individuals who consider themselves overweight. Paper presented at the annual CSUSB Office of Student Research Meeting of the Minds Symposium, San Bernardino, CA.
- Araiza, A. M.** (2016, May). Weight stigma's impact on cognitive ability and food selection in overweight individuals. Paper presented at the annual CSU Social Science Research & Instructional Council Social Science Student Symposium, San Diego, CA.
- Araiza, A. M.**, Wellman, J. D., Newell, E. E., & McCoy, S. K. (2016, April). Weight stigma's impact on eating behaviors and weight gain. Paper presented at the annual meeting of the Western Psychological Association, Long Beach, CA.
- Araiza, A. M.**, Wellman, J. D., McCoy, S. K., Castillo, M. L., Huff, R., & Goetze, R. (2016, March). Fearing fat: Examining weight stigma's relationship to eating behavior. Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, DC.
- Araiza, A. M.**, Wellman, J. D., Newell, E. E., & McCoy, S. K. (2016, January). The ironic effect of fearing fat: Examining women's weight gain over a 10-week period. Poster presented at the annual meeting of the Society for Personality & Social Psychology, San Diego, CA.
- Wellman, J. D., **Araiza, A. M.**, Martinez, R., Guirguis, M., & Ruiz, K. (2016, January). Weight stigma and food choice: Fearing fat leads to choosing higher calorie foods among the overweight. Poster presented at the annual meeting of the Society for Personality & Social Psychology, San Diego, CA.

- Araiza, A. M., & Lewin, M. R.** (2015, May). The relationship among cognitive schemas, coping, and psychological distress in college students. Poster presented at the annual CSUSB Office of Student Research Meeting of the Minds Symposium, San Bernardino, CA.
- Araiza, A. M., & Lewin, M. R.** (2015, April). The relationship between schemas and psychological distress: The role of coping. Poster presented at the annual meeting of the Western Psychological Association, Las Vegas, NV.
- Araiza, A. M., Diaz, Y., & Lewin, M. R.** (2014, November). Early maladaptive schemas, stress, emotion regulation, and alcohol problems in college students. Poster presented at the annual meeting of the Association for Behavioral & Cognitive Therapies, Philadelphia, PA.
- Diaz, Y., **Araiza, A. M.**, Robinson, D., & Lewin, M. R. (2014, November). Insecure attachment and depression: The mediating role of emotion regulation. Poster presented at the annual meeting of the Association for Behavioral & Cognitive Therapies, Philadelphia, PA.
- Diaz, Y., **Araiza, A. M.**, & Lewin, M. R. (2014, November). Early maladaptive schemas and depression: The mediational role of emotion regulation. Poster presented at the annual meeting of the Association for Behavioral & Cognitive Therapies, Philadelphia, PA.
- Araiza, A. M.** (2014, May). Examining early maladaptive schemas, stress, emotion regulation, and alcohol use in college students. Paper presented at the annual CSUSB Office of Student Research Meeting of the Minds Symposium, San Bernardino, CA.
- Araiza, A. M.** (2014, May). Examining early maladaptive schemas, stress, emotion regulation, and alcohol use in college students. Paper presented at the annual UCLA Psychology Undergraduate Research Conference, Los Angeles, CA.
- Araiza, A. M., Diaz, Y., & Lewin, M. R.** (2014, April). Early maladaptive schemas, stress, and health behaviors. Poster presented at the annual meeting of the Western Psychological Association, Portland, OR.
- Diaz, Y., **Araiza, A. M.**, & Lewin, M. R. (2014, April). Schemas, emotion regulation and depression: A comparison of three models. Poster presented at the annual meeting of the Western Psychological Association, Portland, OR.
- Diaz, Y., **Araiza, A. M.**, & Lewin, M. R. (2014, April). Attachment, emotion regulation, and depression. Poster presented at the annual meeting of the Western Psychological Association, Portland, OR.
- Araiza, A. M.** (2014, February). Early maladaptive schemas and college health behaviors: The moderating role of stressful life experiences. Paper presented at the annual CSUSB Office of Student Research Student Research Competition, San Bernardino, CA.

#### **INVITED TALKS AND CAMPUS PRESENTATIONS**

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| 2021 | Psi Chi Club Meeting, ASU<br>Title: Can fat identity or body affirmation buffer against weight discrimination? Examining the Rejection-Identification model & body positivity |
| 2020 | Stigma, Health, and Diversity Lab of Dr. Joseph Wellman, University of Mississippi<br>Title: Social/personality predictors and health implications of biased future thoughts  |

- 2020 Social & Health Psychology Area Seminar, SBU  
Title: Fitness fantasies: Does fantasizing relate to promoting unattainable fitness standards?
- 2019 Social Relations Lab of Dr. Geraldine Downey, Columbia University  
Title: Social-experience and temperamental predictors of rejection sensitivity
- 2018 Social & Health Psychology Area Seminar, SBU  
Title: Self-centric definitions of health behaviors: Motivated reasoning in the face of ambiguity
- 2016 Spring Colloquium Series, CSUSB  
Title: Weight stigma's impact on eating behavior and health
- 2016 Spring Colloquium Series, Graduate Student Panel, CSUSB  
Title: Applying to Ph.D. programs

### **REVIEW AND EDITING EXPERIENCE**

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- 2019- Reviewer: Journal of Experimental Psychology–Applied; Journal of Behavioral Decision Making; Current Psychology; Social Sciences & Humanities Open; Eating & Weight Disorders; Journal of Psychological Inquiry
- 2017 Annual Convention Poster Award Reviewer, American Psychological Association Society for Personality & Social Psychology, Division 8
- 2014-2016 Handling Editor, Psychology Student Research Journal, Department of Psychology, CSUSB
- 2015 Annual Convention Proposal Reviewer, American Psychological Association The Society for the Psychological Study of Social Issues, Division 9

### **SERVICE AND LEADERSHIP ACTIVITIES**

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#### Departmental Service

- 2022 Graduate Research Methods & Statistics Course Consolidation Committee, ASU
- 2021 Course Development, Diversity Committee Undergraduate Professional Development, SBU
- 2020-2021 Committee Member, Diversity Steering Committee: Undergraduate Mentoring, SBU
- 2017-2019 Committee Member, Graduate Student Committee, SBU
- 2017-2018 Alternate Area Senator, Graduate Student Organizing Committee Senator, SBU
- 2017 Committee Member, New Graduate Student Orientation Committee, SBU
- 2013-2015 Assistant to Associate Chair of the Department of Psychology, CSUSB

#### University Service

- 2013-2014 President, Psychology Club, CSUSB Palm Desert Campus; Campus Liaison, Psi Chi, CSUSB
- 2012-2013 Vice President, Psychology Club, CSUSB Palm Desert Campus

#### Professional Service

- 2016 Chair, Paper Talk Session, Western Psychological Association Annual Convention

### **PROFESSIONAL AFFILIATIONS**

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Society for Personality and Social Psychology; Society for Health Psychology (APA Division 38); Society of Southeastern Social Psychologists; Southwestern Psychological Association