

ASHLEY M. ARAIZA

Department of Psychology

Angelo State University

ASU Station #10907, San Angelo, TX 76909

Office: Academic Building 104G

Phone: 325-486-6718 | Email: ashley.araiza@angelo.edu**EMPLOYMENT**

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

EDUCATION

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

FUNDING AND AWARDS

Grants and Awards Received

2023-2024 Faculty Development Mini-Grant–Instructional Innovation, Faculty Learning Commons, ASU
 2021 W. Burghardt Turner Academic Year Research Grant, Spring 2021, SBU
 2021 Graduate Registration Award, Virtual Conference, Society for Personality & Social Psychology
 2020-2021 Alliance for Graduate Education and the Professoriate Training Fellowship, SBU
 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
 2019 Travel Grant, Graduate Student Organization, SBU
 2019 Travel Grant, Department of Psychology, SBU
 2018 Endowed Award Fund for Social and Health Psychology, SBU
 2017-2020 Summer W. Burghardt Turner Annual Research Grants, SBU
 2017-2020 Spring Travel Grants, Center for Inclusive Education, SBU
 2016-2021 W. Burghardt Turner Graduate Fellowship, SBU
 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
 2015-2016 National Institutes of Health NIH-RISE Grant, Graduate Research Fellowship, CSUSB
 2015 Faculty/Student Research Grant, Office of Student Research, CSUSB
 2015 California State University Future Scholars Scholarship, CSUSB
 2015 Outstanding Graduate Service, Department of Psychology, CSUSB
 2014-2016 Graduate Equity Fellowship, Office of Graduate Studies, CSUSB
 2014-2016 Travel Grants, Office of Student Research, CSUSB
 2014 Helen Estremera and Charles Lewin Scholarship, 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

Mentee Grants and Funding Received

- 2023 Undergraduate Faculty-Mentored Grant, Spring 2023 (Student: Gracie Guy), ASU
 2023 Undergraduate Faculty-Mentored Grant, Spring 2023 (Student: Rocky Ybarra), ASU
 2023 Conference Travel Award, Spring 2023 (Student: Gracie Guy), ASU
 2023 Conference Travel Award, Spring 2023 (Student: Johnny Rodriguez), ASU
 2023 Conference Travel Award, Spring 2023 (Student: Rocky Ybarra), ASU
 2022 Undergraduate Faculty-Mentored Grant, Spring 2022 (Student: James Harry), ASU

Select Grants Submitted but **Not Funded**

- 2022 National Institutes of Health NIH-C06 Biomedical Research Facilities Grant, ASU (**Not funded**)
Role: *Primary Author/Internal Co-PI and project organization on an NIH application for funding to construct a biomedical research facility at ASU.* PI: Dean Leslie Mayrand, Ph.D.

PUBLICATIONS

*Asterisk denotes co-first authorship between first and second authors

Underline denotes mentored student

- Araiza, A. M., & Freitas, A. L.** (2023). Communicating extremity: Fitness efficacy and standards relate to using extreme imagery and messaging to create fitness-related media. *Health Communication*, 1-12. <https://doi.org/10.1080/10410236.2023.2199517>
- *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., & Harry, J. (*under review*). Examining psychological needs as predictors of exercise motivation and intrinsic motivation in college students.

Araiza, A. M., Wellman, J. D., & Oliver, B. L. (*under review*). The effect of framing obesity as a disease versus controllable on executive functioning.

Manuscripts in Preparation

Monahan, C., Lytle, A., **Araiza, A. M.**, & Levy, S. R. (*requested revision in preparation*). U.S. stereotypes of older adults living with disabilities (LWD): How perceptions vary based on gender, disability, and older age.

Wellman, J. D., Richmond, B. S., Vieira Zaidan, A. C., **Araiza, A. M.**, Beam, A. J., & Lee, A. A. (*in preparation*). Gender and race differences in weight discrimination's relationship to psychological distress and eating habits.

Araiza, A. M., Vieira Zaidan, A. C., & Wellman, J. D. (*in preparation*). Can identifying as fat buffer the negative consequences of perceived weight discrimination for stress and eating?

Araiza, A. M. (*in preparation*). Expecting weight-based rejection relates to maladaptive eating behavior through public self-awareness, stress, and depression.

Araiza, A. M. (*in preparation*). Examining how perceiving another person's weight loss positively relates to psychological and physical health.

Other Publications

Underline denotes mentored student; *Asterisk denotes faculty mentor/supervisor of project

Araiza, A. M., & Freitas, A. L. (2023, September 22). Who creates extreme "fitspiration"? *Character & Context Blog*. <https://spsp.org/news/character-and-context-blog/araiza-freitas-fitspiration-social-media-unrealistic-body-imagery>

Ybarra, R. & ***Araiza, A. M.** (2023, Spring). How witnessing another person's weight loss relates to physical and psychological health. *Angelo State University Student Research Journal*. https://www.asu-srj.net/wp-content/uploads/2023/08/Ybarra-Rocky_Student-Journal-Submission_Spring-2023.pdf

Guy, G. & ***Araiza, A. M.** (2023, Spring). Examining how political affiliation and sex-role attitudes relate to perceptions of gendered advertisements. *Angelo State University Student Research Journal*. https://www.asu-srj.net/wp-content/uploads/2023/08/Guy-Gracie_Spring-2023-Journal-Submission.pdf

Araiza, A. M., Freitas, A. L., & Klein, D. (2020, December 10). What makes people sensitive to social rejection? *Character & Context Blog*. <https://spsp.org/news-center/character-context-blog/what-makes-people-sensitive-social-rejection>

CONFERENCE PRESENTATIONS

Underline denotes mentored student

Araiza, A. M. (*accepted*). Weight and appearance pressures mediate weight-based rejection sensitivity's relationship to negative affect. [Poster Presentation]. Southwestern Psychological Association, San Antonio, TX.

Guy, G. & **Araiza, A. M.** (*accepted*). Negative affect mediates the association between holding traditional sex-role attitudes and aggression. [Poster Presentation]. Southwestern Psychological Association, San Antonio, TX.

Martin, W., Ybarra, R., & **Araiza, A. M.** (*accepted*). Examining perceptions of others' weight loss, body shape concerns, and dieting intentions. [Poster Presentation]. Southwestern Psychological Association, San Antonio, TX.

- Rodriguez, J., Sherman, T. R., & Araiza, A. M. (accepted). Weight stigma and appearance concerns predict men's social media "eating inspiration" engagement. [Poster Presentation]. Southwestern Psychological Association, San Antonio, TX.
- Scheffel, L. R., & Araiza, A. M. (accepted). Weight-related perceptions and expectations as predictors of uncontrolled eating and emotional eating. [Poster Presentation]. Southwestern Psychological Association, San Antonio, TX.
- Scheffel, L. R., & Araiza, A. M. (accepted). Weight perceptions and well-being: Perceiving oneself as "overweight" relates to psychological distress. [Poster Presentation]. Southwestern Psychological Association, San Antonio, TX.
- Schlather, C., Ybarra, R., & Araiza, A. M. (accepted). Viewing another person's weight loss positively predicts stress and depression severity. [Poster Presentation]. Southwestern Psychological Association, San Antonio, TX.
- Sherman, T. R., Rodriguez, J., & Araiza, A. M. (accepted). Men's social media "fitspiration" engagement relates to obligatory exercise and muscular-Ideal internalization. [Poster Presentation]. Southwestern Psychological Association, San Antonio, TX.
- Araiza, A. M., Wellman, J. W., Nguyen, T. C., Beam, A. J., Pal, S., Vieira Zaidan, A. C., & Wijayatunga, N. N. (accepted).** Does fat identity buffer weight discrimination's consequences for health? [Poster Presentation]. Society for Personality & Social Psychology Health Preconference, San Diego, CA.
- Rodriguez, J., Sherman, T. R., & Araiza, A. M. (accepted). Understanding relationships of men's #fitspiration engagement to psychological health and well-being. [Poster Presentation]. Society for Personality & Social Psychology, San Diego, CA.
- Araiza, A. M. (2023, June).** Public self-awareness partially explains the relationship between appearance-related media pressure and perceived weight discrimination. [Poster Presentation]. Weight Stigma Conference, Denver, CO/Virtual.
- Guy, G. & Araiza, A. M. (2023, April). Perceptions of gender-stereotyped advertisements by political affiliation. [Poster Presentation]. Undergraduate Research Symposium at Angelo State University, San Angelo, TX.
- Mundkowsky, S. & Araiza, A. M. (2023, April). Examining the influence of like count and body type in Instagram photos on women's body image. [Poster Presentation]. Undergraduate Research Symposium at Angelo State University, San Angelo, TX.
- Ybarra, R. & Araiza, A. M. (2023, April). Examining how another person's weight loss influences one's own health motivations and intentions. [Poster Presentation]. Undergraduate Research Symposium at Angelo State University, San Angelo, TX.
- Guy, G. & Araiza, A. M. (2023, March). Examining perceived credibility and motivational power of gender-stereotyped eating advertisements. [Poster Presentation]. Southwestern Psychological Association, Frisco, TX.
- Rodriguez, J., Livingston, T. N., & Araiza, A. M. (2023, March). Can expecting rejection harm health? Weight-based rejection sensitivity relates to unhealthy eating. [Poster Presentation]. Southwestern Psychological Association, Frisco, TX.
- Sherman, T. R., & Araiza, A. M. (2023, March). Examining weight-based rejection sensitivity and psychological distress among U.S. adults. [Poster Presentation]. Southwestern Psychological Association, Frisco, TX.
- Ybarra, R., & Araiza, A. M. (2023, March). Perceptions of celebrities following weight loss: Are they happier? Healthier? More attractive? [Poster Presentation]. Southwestern Psychological Association, Frisco, TX.
- Araiza, A. M., & Freitas, A. L. (2023, February).** Examining individual differences in liking and sharing extreme fitness-related media online. [Poster Presentation]. Society for Personality & Social Psychology, Atlanta, GA.

- Vieira Zaidan, A. C., Richmond, B., Gates, A., **Araiza, A. M.**, Beam, A. J., & Wellman, J. D. (2023, February). The weight of weight discrimination: Weight discrimination's relationship to emotional dysregulation, anxiety, and eating behavior by gender and race. [Poster Presentation]. Society for Personality & Social Psychology, Atlanta, GA.
- Harry, J., & **Araiza, A. M.** (2022, April). Predictors of exercise motivation and intrinsic motivation in college students. [Poster Presentation]. 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 Presentation]. 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 Presentation]. Society for Personality & Social Psychology, San Francisco, CA/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 Talk: Data Byte]. 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 Presentation]. Society for Personality & Social Psychology, San Francisco, CA/Virtual.
- Araiza, A. M.**, & Freitas, A. L. (2020, February). Does false negative feedback about enduring health consequences promote motivated reasoning about health behaviors? [Poster Presentation]. 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 Presentation]. 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 Presentation]. 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 Presentation]. 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 Presentation]. 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 Presentation]. Association for Psychological Science, San Francisco, CA.
- Araiza, A. M.**, & Freitas, A. L. (2018, March). Health feedback and the health assessment process. [Poster Presentation]. 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 Presentation]. 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 Presentation]. 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 Presentation]. 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 Presentation]. 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 Presentation]. 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 Presentation]. 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 Presentation]. 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 Talk]. 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 Talk]. 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 Talk: Symposium]. 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 Presentation]. 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 Presentation]. 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 Presentation]. 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 Presentation]. 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 Presentation]. 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 Presentation]. 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 Presentation]. 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 Presentation]. 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 Talk]. 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 Talk]. 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 Presentation]. 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 Presentation]. Western Psychological Association, Portland, OR.

Diaz, Y., **Araiza, A. M.**, & Lewin, M. R. (2014, April). Attachment, emotion regulation, and depression. [Poster Presentation]. 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 Talk]. CSUSB Office of Student Research Student Research Competition, San Bernardino, CA.

RESEARCH EXPERIENCE

- 2021- Social Experiences, Health, Appearance, & Personality (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

MENTORING EXPERIENCE

Thesis Advisory Committees

- 2022- Faith Kramer, Graduate Advisory Committee (ASU), Role: Committee Member & College of Graduate Studies and Research Representative
Title: The use of RPAs as a strategic ISR asset
- Spring 2022 Cassidy Martin, Undergraduate Honors Thesis (ASU), Role: Committee Member
Title: Predicting prosocial behavior among college students

Undergraduate Projects Supervised

- 2023- Calista Dickey, Research Assistant (ASU)
Directed Independent Research in Spring 2024, Role: Faculty Mentor
Title: Body image and audience impacts on social media posting behaviors
- 2022-2023 Gracie Guy, Honors Student/Research Assistant (ASU)
Directed Independent Research in Spring 2023, Role: Faculty Mentor
Title: Political affiliation and perceptions of gender-stereotyped advertisements
PSY 3301 University Honors Component in Fall 2022, Role: Instructor/Research Adviser
Title: Perceptions of gender-stereotyped advertisements promoting weight loss or muscle gain
- 2022-2023 Sydney Mundkowsky, Honors Student/Research Assistant (ASU)
Project continuation during Spring 2023
PSY 3301 University Honors Component in Fall 2022, Role: Instructor/Research Adviser
Title: Examining the effect of Instagram likes on body image among women who consider themselves overweight
- 2021-2023 Rocky Ybarra, Research Assistant (ASU)
Directed Independent Research in Spring 2023, Role: Faculty Mentor
Title: How other people's weight loss influences psychological well-being and motivation
Directed Independent Research in Fall 2022, Role: Faculty Mentor
Title: Judgments and perceptions of celebrities who have lost weight
- 2021-2022 James Harry, Research Assistant (ASU)
Directed Independent Research in Spring 2022, Role: Faculty Mentor
Title: Predictors of exercise motivation and intrinsic motivation in college students

Spring 2022 Lee Lemke, Honors Student (ASU)

PSY 3301 University Honors Component in Spring 2022, Role: Instructor/Research Adviser
Title: Literature Review: How viewing social media relates to body dissatisfaction and disordered eating habits

2017-2019 Gianna D'Ambrozio, Research Assistant (SBU)

Psychology Honors Program, Role: Supervisor, under Faculty Adviser, Dr. Antonio L. Freitas
Title: Judgments of health behaviors implicate a self-enhancement rather than self-centric bias

Research Assistants Supervised

2021- ASU: Wesley Martin (Graduate Student); Zeleste De Leon, Calista Dickey, Gracie Guy, James Harry, Sydney Mundkowsky, Hemma Rangel, Johnny Rodriguez, Corey Schlather, Taylor Sherman, 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

TEACHING EXPERIENCE

Instructor of Record

2021- ASU Courses: General Psychology
Social Psychology
Experimental Psychology
Health Psychology
Psychology of Stereotypes, Prejudice, and Discrimination
Seminar in Psychological Research
Social Psychology (Graduate)
Multivariate Design & Analysis (Graduate)
Health and Wellness Psychology (Graduate)

2018-2023 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
Psychological Statistics

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

2023 C.R.A.S.H. Culturally Responsive Approaches to Serving Hispanic Students Training, ASU
 2023 Lilly Conference, Austin, TX
 2023 Open-Educational Resources Workshop, ASU
 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

SERVICE AND LEADERSHIP ACTIVITIES

Department Service

2023- Chair, Psychology Bachelor's Academic Program Assessment Committee, ASU
 2023- Psychology Dual-Credit Liaison, ASU
 2023- Editor-in-Chief, Psychology Department Newsletter, ASU
 2021-2022 Member, Graduate Research Methods and Statistics Course Consolidation Committee, ASU
 2021 Developer, Diversity Committee Undergraduate Professional Development Course, SBU
 2020-2021 Member, Diversity Steering Committee: Undergraduate Mentoring, SBU
 2017-2019 Member, Graduate Student Committee, SBU
 2017-2018 Alternate Area Senator, Graduate Student Organizing Committee, SBU
 2017 Member, New Graduate Student Orientation Committee, SBU
 2014-2016 Handling Editor, Psychology Student Research Journal, Department of Psychology, CSUSB
 2013-2015 Assistant to Associate Chair of the Department of Psychology, CSUSB

College Service

2023-2024 Member, College Curriculum Committee, Archer College of Health and Human Services, ASU

University Service

2017-2018 Member, Student Health Advisory Committee, SBU
 2013-2014 President, Psychology Club, CSUSB Palm Desert Campus
 2013-2014 Campus Liaison, Psi Chi, CSUSB
 2012-2013 Vice President, Psychology Club, CSUSB Palm Desert Campus

Professional Service

Ongoing Ad Hoc Reviewer: *Physical Culture and Sport. Studies and Research; New Media and Society; Royal Society Open Science; Health Communication; Stigma and Health; Eating and Weight Disorders; Journal of American College Health; Psychology of Popular Media; Journal of Psychological Inquiry; Journal of Experimental Psychology–Applied; Current Psychology; Social Sciences and Humanities Open; Journal of Behavioral Decision Making; Psychoneuroendocrinology;*

- 2023 Student Poster Award Reviewer, Southwestern Psychological Association Annual Convention
2023 Abstract Reviewer, Southwestern Psychological Association Annual Convention
2023 Student Poster Award Reviewer, Society for Personality & Social Psychology Annual Convention
2022- Abstract Reviewer, Society for Personality & Social Psychology Annual Convention
2022 Judge, Undergraduate Research, Southwestern Psychological Association Annual Convention
2019-2020 Leadership Member and Social Media Coordinator, Big Apple Health Psychology Colloquium
2017 Student Poster Award Reviewer, Society for Personality & Social Psychology Annual Convention
2016 Chair, Paper Talk Session, Western Psychological Association Annual Convention
2015 Proposal Reviewer, Society for the Psychological Study of Social Issues Annual Convention

INVITED PANELS, TALKS, AND CAMPUS PRESENTATIONS

- 2023 Psychology Club Meeting, Faculty Research Panel, ASU
2021 Psi Chi Club Meeting, ASU
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
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

PROFESSIONAL AFFILIATIONS

American Psychological Association
Society for Health Psychology
Society for Personality & Social Psychology
Society of Southeastern Social Psychologists
Southwestern Psychological Association