

# LEILA S. AZARBAD, PH.D.

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Professor of Psychology, Ruge Fellow  
Licensed Clinical Psychologist  
North Central College  
30 N. Brainard Street, Naperville IL 60540  
630.637.5379  
lazarbad@noctrl.edu  
<https://www.northcentralcollege.edu/profile/lazarbad>

## EDUCATION

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- 2007                      **Post-Doctoral Fellowship**, Rush University Medical Center,  
Health psychology/Behavioral medicine
- 2006                      **Ph.D.**, University of Virginia, Clinical Psychology  
Dissertation: *Predictors of weight-loss expectations among pre-operative  
bariatric surgery patients*
- 2006                      **Pre-Doctoral Internship**, Rush University Medical Center,  
Health Psychology track
- 2002                      **M.Ed.**, University of Virginia, Clinical and School Psychology  
Master's thesis: *Assessing depressive symptoms in African American college  
women: The BDI-II and CES-D*
- 2001                      **B.A.**, Illinois Wesleyan University, Summa Cum Laude with Research  
Honors Major: Psychology Minor: Spanish  
Honors thesis: *Cognitive and physiological processes underlying written  
disclosure*

## ACADEMIC APPOINTMENTS

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- 2010 – present                      **North Central College**, Naperville, IL  
Professor of Psychology (2020 – present)  
Associate Professor of Psychology (2015 – 2020)  
Assistant Professor of Psychology (2010 – 2015)
- 2008 – 2010                      **Rush University Medical Center**, Department of Behavioral  
Sciences, Chicago, IL, Assistant Professor
- 2008, 2006                      **University of Illinois at Chicago**, Department of Psychology,  
Chicago, IL, Adjunct Professor

## PEER-REVIEWED PUBLICATIONS

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- Keeney, J., & **Azarbad, L.** (2017). Examining binge eating symptoms in male and female undergraduate athletes and non-athletes. *Performance Excellence Movement, Winter edition*, 12-14.
- Hall, B.J., Hood, M.M., **Azarbad, L.**, Ivan, I., & Corsica, J. (2013). Confirmatory factor analysis of the Beck Depression Inventory-II in bariatric surgery candidates. *Psychological Assessment, 25(1)*, 294-299.
- Grupski, A., Hood, M.M., Hall, B., **Azarbad, L.**, Fitzpatrick, S., & Corsica, J. (2013). Examining the Binge Eating Scale in Screening for Binge Eating Disorder with Bariatric Surgery Candidates. *Obesity Surgery, 23(1)*, 1-6.
- Corsica, J., Hood, M.M., & **Azarbad, L.**, Ivan, I. (2012). Revisiting the Revised Master Questionnaire for the Psychological Evaluation of Bariatric Surgery Candidates. *Obesity Surgery, 22(3)*, 381-388.
- Hood, M.M., Corsica, J., **Azarbad, L.** (2011). Do patients seeking laparoscopic adjustable gastric banding surgery differ from those seeking gastric bypass surgery? A comparison of psychological profiles across ethnic groups. *Obesity Surgery, 21(4)*, 440-447.
- **Azarbad, L.**, & Gonder-Frederick, L. (2010, June, Women's Mental Health Issue). Obesity in Women. *Psychiatric Clinics of North America, 33(2)*, 423-440.
- **Azarbad, L.**, Corsica, J., Hall, B., & Hood, M. (2010). Psychosocial correlates of binge eating in Hispanic, African American, and Caucasian women presenting for bariatric surgery. *Eating Behaviors, 11(2)*, 79-84.
- Corsica, J., **Azarbad, L.**, McGill, K., Wool, L., & Hood, M. (2010). The Personality Assessment Inventory: Clinical utility, psychometric properties, and normative data for bariatric surgery candidates. *Obesity Surgery, 20(6)*, 722-731.
- Bauchowitz, A., **Azarbad, L.**, Day, K., & Gonder-Frederick, L. (2007). Evaluation of expectations and knowledge in bariatric surgery patients. *Surgery for Obesity and Related Diseases, 3(5)*, 554-558.
- Bauchowitz, A., Gonder-Frederick, L., Olbrisch, M., **Azarbad, L.**, Ryee, M., Woodson, M., Miller, A., & Schirmer, B. (2005). Psychosocial evaluation of bariatric surgery candidates: A survey of present practices. *Psychosomatic Medicine, 67(5)*, 825-832.
- Gonder-Frederick L., Bauchowitz, A., **Azarbad, L.**, Bender, S., Ryee, M., Miller, A., & Schirmer, B. (2004, November/December). Patient knowledge in bariatric surgery: Assessment and implications. *Bariatric Times, 1(2)*, 1-4.

## RESEARCH PRESENTATIONS

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- **Azarbad, L.,** & Keeney, J. (2019, March). *Does a single bout of aerobic exercise affect body image and exercise identity?* Poster presentation accepted at the 2019 annual meeting of the Society of Behavioral Medicine, Washington, DC (Presentation canceled due to illness).
- **Azarbad, L.,** & Keeney, J. (2018, March). *Comparing the effectiveness of food induction craving techniques: Are GIFs best?* Poster presentation given at the 2018 annual meeting of the Society of Behavioral Medicine, New Orleans, LA.
- **Azarbad, L.,** & Keeney, J. (2017, March). *Severity of depressive symptoms affects weight loss goals, eating pathology, and dieting behaviors in college women.* Poster presentation given at the 2017 annual meeting of the Society of Behavioral Medicine, San Diego, CA.
- Keeney, J., & **Azarbad, L.** (2016, September). *Does sport participation and gender matter? Examining binge eating symptoms in male and female undergraduate athletes and non-athletes.* Oral presentation given at the 2016 annual meeting of the Association for Applied Sport Psychology.
- **Azarbad, L.,** & Keeney, J. (2016, March). *Predictors of ideal weight loss goals in college students.* Poster presented at the 2016 annual meeting of the Society of Behavioral Medicine, Washington, D.C.
- Keeney, J., & **Azarbad, L.** (2016, March). *Predictors of binge eating in undergraduate athletes.* Poster presented at the 2016 annual meeting of the Society of Behavioral Medicine, Washington, D.C.
- **Azarbad, L.,** & Keeney, J. (2015, April). *Gender differences in predictors of binge eating in college students.* Poster presented at the 2015 annual meeting of the Society of Behavioral Medicine, San Antonio, TX.
- Rivera, N., **Azarbad, L.,** & Kelley, K. (2013, May). *Integrating psychology internships into the curriculum.* Roundtable discussion facilitated at the annual Midwestern Psychological Association Conference, Chicago, IL.
- **Azarbad, L.** (2012, September). *Unrealistic weight loss expectations predict treatment failure one year after weight loss surgery.* Oral presentation given at the North Central College Sesquicentennial Faculty Research Mini-Conference, Naperville, IL.
- Hood, M. M., Grupski, A., Hall, B., **Azarbad, L.,** Corsica, J., Fitzpatrick, S., & Ivan, I. (2011, April). *Utility of the Binge Eating Scale in predicting Binge Eating Disorder diagnoses in bariatric surgery candidates.* Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington D.C., and the Rush University Medical Center Research Forum, Chicago, IL.
- Jackson, J. L., Patel, P., **Azarbad, L.,** Pisani, B. A., & Corsica, J. (2011, March). *Denial as a possible predictor of rejection episodes among heart transplant patients.* Poster presented at the annual meeting of the American Psychosomatic Society, San Antonio, TX. **Selected as outstanding contribution to the field and invited for press release.**

- Ivan, I., Azarbad, L., Corsica, J., & Hood, M. (2010, April). *Weight loss expectations predict one-year post-operative weight loss among African American women undergoing gastric bypass surgery*. Mentored research project of Iulia Ivan, B.A., at Rush University Medical Center, and poster presented at the annual meeting of the Society of Behavioral Medicine, Seattle, WA.
- **Azarbad, L.**, Hall, B., Corsica, J., Hood, M., & Gonder-Frederick, L. (2010, April). *Patient knowledge and unrealistic weight loss expectations predict treatment failure one year after gastric bypass surgery*. Poster presented at the annual meeting of the Society of Behavioral Medicine, Seattle, WA.
- Hood, M., Corsica, J., & **Azarbad, L.** (2010, April). *Comparison of psychosocial profiles in patients presenting for gastric banding and gastric bypass surgeries*. Poster presented at the annual meeting of the Society of Behavioral Medicine, Seattle, WA.
- Corsica, J., Hood, M., & **Azarbad, L.** (2010, April). *Revisiting the Revised Master Questionnaire: Psychological assessment and outcome prediction in bariatric surgery candidates*. Poster presented at the annual meeting of the Society of Behavioral Medicine, Seattle, WA.
- Corsica, J., Hood, M., **Azarbad, L.**, Gagnon, C., & Lofland, K. (2009, October). *What determines perception of disability? Hint: It's not medical condition*. Poster presented at the 34th Annual scientific meeting of the Midwest Pain Society, Chicago, IL. *Awarded 2nd place prize for best presentation*.
- Ivan, I., **Azarbad, L.**, Corsica, J., & Hood, M. (2009, October). *Does binge eating mediate the relationship between ADHD characteristics and obesity severity?* Mentored research project of Iulia Ivan, B.A., and poster presented at the annual scientific meeting of The Obesity Society, Washington, D.C.
- Bauchowitz, A., **Azarbad, L.**, and Gonder-Frederick, L. (2006, October). *The male bariatric surgery patient*. Poster presented at the annual meeting of the North American Association for the Study of Obesity, Boston, MA.
- **Azarbad, L.**, Gonder-Frederick, L., Sheras, P., Bauchowitz, A., & Day, K. (2006, March). *Predictors of weight-loss expectations among pre-operative bariatric surgery patients*. Poster presented at the annual meeting of the Society of Behavioral Medicine (SBM), San Francisco, CA. *Winner of the SBM Meritorious Student Abstract Award*.
- Bauchowitz, A., Gonder-Frederick, L., **Azarbad, L.**, Ryee, M., Miller, A., & Schirmer, B. (2004, June). *Common misconceptions about bariatric surgery: Utilization of the gastric bypass knowledge quiz for assessment of patient knowledge*. Poster presented at the annual meeting of the American Society for Bariatric Surgery, San Diego, CA.
- Bauchowitz, A., Gonder-Frederick, L., Olbrisch, M., **Azarbad, L.**, Ryee, M., Miller, A., & Schirmer, B. (2004, June). *Psychosocial evaluation criteria for bariatric surgery candidates: A survey of present practices*. Paper presented at the annual meeting of the American Society for Bariatric Surgery, San Diego, CA.

- Gonder-Frederick L., Bauchowitz, A., **Azarbad, L.**, Ryee, M., Miller, A., & Schirmer, B. (2004, March). *Factors contributing to depression in bariatric surgery candidates*. Poster presented at the annual meeting of the Society of Behavioral Medicine, Baltimore, MD.
- Gonder-Frederick L., Bauchowitz, A., **Azarbad, L.**, Ryee, M., Miller, A., & Schirmer, B. (2004, March). *Cognitive variables in psychological evaluations of bariatric patients*. Poster presented at the annual meeting of the Society of Behavioral Medicine, Baltimore, MD.
- **Azarbad, L.**, McKnight, L., Sheras, P., & Loper, A. (2003, August). *Assessing depressive symptoms in African American college women: The BDI-II and CES-D*. Poster presented at the annual meeting of the American Psychological Association, Toronto, Canada.
- **Azarbad, L.** (2001, April). *Cognitive and physiological processes underlying written disclosure*. Undergraduate senior thesis, Illinois Wesleyan University, and poster presented at the annual meeting of the John Wesley Powell Research Conference, Bloomington, IL.

## RESEARCH and PROFESSIONAL DEVELOPMENT GRANTS

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- North Central College  
Faculty Personnel Development Committee Faculty Seminar Grant (2016)  
Interdisciplinary Health Reading Group  
Total: \$2100
- North Central College  
Faculty Personnel Development Committee Instructional Development Grant (2016)  
Development of PSY 293: Careers in Psychology  
Total: \$1125
- North Central College  
Faculty Personnel Development Committee Instructional Development Grant (2013)  
Development of PSY 490: Seminar in Obesity and Disordered Eating  
Total: \$1387.50
- North Central College  
Faculty Personnel Development Committee Research Grant (2012)  
An investigation of weight loss expectations, depression, and binge eating among college students  
Total: \$1500
- North Central College  
Faculty Personnel Development Committee Instructional Development Grant (2012)  
Development of PSY 282: Stress and Coping  
Total: \$1500

- North Central College  
 Faculty Personnel Development Committee Instructional Development Grant (2011)  
 Development of PSY 385: Health Psychology  
 Total: \$1250
  
- Rush University Medical Center  
 Department of Behavioral Sciences Incubator Grant (2010)  
 Food addiction in severely obese bariatric surgery patients: Prevalence and impact on treatment outcome  
 Total: \$10,000  
 Role: Co-Investigator
  
- Rush University Medical Center  
 Department of Behavioral Sciences Incubator Grant (2009-10)  
 A Post-Operative Cognitive-Behavioral Intervention to Enhance Weight Loss in Gastric Banding Patients  
 Total: \$10,000  
 Role: Principal Investigator
  
- Rush University Medical Center  
 Department of Behavioral Sciences Incubator Grant (2009-10)  
 Effects of a minimal-contact weight loss program on weight loss and CPAP compliance among individuals with obstructive sleep apnea.  
 Total: \$10,000  
 Role: Co-Investigator

## **MENTORED STUDENT RESEARCH PROJECTS & PRESENTATIONS**

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- Maria Kalantzis and Naomi Hill (2020). *To think about food or not think about food: Comparing guided imagery techniques in reducing food cravings*. Poster presentation accepted at the 2020 NCC Rall Symposium. Conference canceled due to COVID-19.
  
- Maria Kalantzis, Honors Thesis (2019-20). *Cross-cultural examination of disordered eating patterns in Scottish and American college students: Student and mental health professional perspectives*. Oral presentation accepted at the 2020 Association for Psychological Science conference and the 2020 NCC Rall Symposium. Both conferences canceled due to COVID-19.
  
- Noah Cordoba, Senior Thesis (2019). *"Who is the 21st century environmentalist? The relationship among environmental views, personality traits, and demographic characteristics."* Oral presentation given at the 2020 National Council on Undergraduate Research Conference and the Midwestern Psychological Association conference; **Recipient of an MPA Psi Chi Regional Research Award**.
  
- Corinne Lam, Senior Thesis (2019). *Laughing My ACE Off: Influence of Adverse Childhood Experiences and Perceived Humor on Physiological and Self-Reported Stress*.

- Abigail Schwarz, Richter Grant project (2018-19). *We're all in this together: Ayurveda and biomedical physician perceptions of pain treatment in southern India*. Poster presented at the 2019 Midwestern Psychological Association research conference and the NCC Rall Symposium.
- Maria Kalantzis, Richter Grant project (2018-19). *Examination of disordered eating in Scottish college students: Student and mental health professional perspectives*. Poster presented at the 2019 National Council for Undergraduate Research Conference and the NCC Rall Symposium.
- Kyle Lo Vecchio, Honors Thesis (2018-19). *An investigation of the influence of race and gender on eating disorder identification and stigma*. Oral presentation given at the 2019 National Council for Undergraduate Research Conference and the NCC Rall Symposium.
- Peter Malandrino, Noah Cordoba, & Elijah McCarrell-Bradley (2018-19). *Running away from body issues? The impact of a single bout of aerobic exercise on body image*. Poster presented at the 2019 NCC Rall Symposium.
- Anthony Mackar, Alexis Childs, & Luke Joiner, Independent Study (2018-19). *What is the best way to induce a food craving? Comparing the effectiveness of craving induction techniques*. Poster presented at the 2019 Midwestern Psychological Association research conference and the NCC Rall Symposium.
- Valerie Janak, Senior Thesis (2018-19). *The relationship between food choice and physical activity in college students*. Poster presented at the 2019 NCC Rall Symposium.
- Mikayla Strasser, Honors Thesis (2017-18). *Does locus of control influence the effectiveness of guided vs. self-directed meditation?* Poster presented at the 2018 Midwestern Psychological Association research conference and the 2018 National Council for Undergraduate Research Conference.
- Amy Simmons, Independent Study (2017-18). *The lonely extravert vs. the connected introvert: Do they differ in frequency of social media usage?*
- Kimberly Porsovigan, Senior Thesis (2017-18). Judging a [Face]book by its Cover: Do Facebook "Likes" Influence Judgements of Self-Esteem and Interpersonal Attractiveness?
- Jesus Martinez, Honors Thesis (2016-17). *Far from Normal: How a live, theatrical performance affects audience attitudes toward mental illness*. Poster presentation given at the 2017 National Council on Undergraduate Research (NCUR) Conference.
- Jennifer Schmidt, Senior Thesis (2016-17). *An apple a day keeps pessimism away? The relationship among fruit and vegetable consumption, optimism, and meaning in life*. Poster presentation given at the 2017 Midwestern Psychological Association Research Conference and NCC Rall Symposium.
- Mitchell Smith, Senior Thesis (2016-17). *Does mindset matter? Effects of mindset on working memory*. Oral presentation given at the 2017 NCC Rall Symposium.
- Ashley Miller, Honors Thesis (2015-16). *Dog park or a walk in the park? Comparing the effectiveness of surrogate dog and nature interactions on physiological stress reduction*. Oral presentation given at the 2016 NCC Rall Symposium.

- Mikayla Strasser, Independent Study (2016). *Guided imagery as a mechanism for increasing self-efficacy for yoga*. Poster presentation given at the 2016 Honors Council of the Illinois Region (HCIR) Research Symposium.
- Morgan Miller, Honors Thesis (2015-16). *Feminist attitudes and body image: The influence on college students' clothing choices*.
- Kaitlyn Brown, Senior Thesis (2015). *The relationship between religiosity and perceptions of eating disorder treatment*. Oral presentation given at the 2015 NCC Rall Symposium.
- Allison Deckinga, Senior Thesis (2015). *The relationship between selfies and self-esteem*. Oral presentation given at the 2015 NCC Rall Symposium.
- Megan Schomaker, Senior Thesis (2015). *A relapse prevention program for patients suffering from anorexia nervosa*. Poster presented at the 2015 NCC Rall Symposium.
- Elizabeth Hoffman, Honors Thesis (2014-15). *The effects of religiosity and scripture on state anxiety*. In progress. Poster presented at the 2015 Midwestern Psychological Association Research Conference, National Council on Undergraduate Research (NCUR) Conference, and NCC Rall Symposium.
- Molly Reese, Honors Thesis (2014-15). *Relationship between social rhythm and quality of life in individuals diagnosed with Bipolar Disorder*. Poster presented at the 2015 Midwestern Psychological Association Research Conference, National Council on Undergraduate Research (NCUR) Conference, and the NCC Rall Symposium.
- Meghan Pickett, Honors Thesis (2014-15). *Students versus counselors part II: A cross-cultural comparison of Scottish and American undergraduate stress and outreach programming*. In progress. Poster presented at the 2015 Midwestern Psychological Association Research Conference, and oral presentations given at the National Council on Undergraduate Research (NCUR) Conference and NCC Rall Symposium.
- Milena Gotra, Senior Thesis (2014). *Dieting is stressful! An investigation of the relationship between different diets and stress levels in college students*. Poster presented at the 2015 Midwestern Psychological Association Research Conference.
- Caitlin Farmer, Senior Thesis (2014). *Is there a relationship between certain types of diets and binge eating?* Poster presented at the 2015 Midwestern Psychological Association Research Conference.
- Meghan Pickett, Richter Grant Project (2013-14). *Students vs. counselors: A preliminary, qualitative cross-cultural investigation of prominent stressors and outreach programming from the perspective of British undergraduates and university counselors*. Data collected at the University of Glasgow. Oral presentation given at the 2014 Honors Council of the Illinois Region (HCIR) Research Symposium and National Council on Undergraduate Research (NCUR) Conference, and poster presentation given at 2014 NCC Rall Symposium. **Paper published in peer-reviewed student journal, *NCUR Proceedings*.**



- Yekaterina Pavlopoulos, Honors Thesis (2013-14). *Political values and mental health status: Identifying the more salient predictor of favorability*. Poster presented at 2014 National Council on Undergraduate Research (NCUR) Conference and NCC Rall Symposium.
- Amanda Henderson, Honors Thesis (2013-14). *Student perceptions of expectations of violence in response to the implementation of school resource officers*. Poster presented at 2014 NCC Rall Symposium.
- Tara Savino, Senior Thesis (2013-2014). *The effectiveness of motivational techniques combined with conditioning and endurance to improve youth football players' performance*. Poster presented at 2014 Midwestern Psychological Association Research Conference and 2014 NCC Rall Symposium.
- Patrick Noonan, Senior Thesis (2013-14). *Ethnic differences in dieting behaviors and eating pathology in undergraduate students*. Poster presented at 2014 NCC Rall Symposium.
- Madison Henry, Honors Thesis (2012-13). *From professional MD to Web MD: How online healthcare information is impacting the clinician-patient relationship*. Poster presented at 2013 National Council on Undergraduate Research (NCUR) Conference and NCC Rall Symposium.
- Nancy Guzman, Senior Thesis (2012-13). *Nature and prevalence of binge eating in undergraduate students*. Oral presentation given at 2013 NCC Rall Symposium and 2014 National Council on Undergraduate Research (NCUR) Conference, and poster presentation given at 2014 Midwestern Psychological Association Research Conference.
- Jacey Keeney, Senior Thesis (2012-13). *Binge eating in student athletes*. Poster presented at 2013 Midwestern Psychological Association Research Conference and NCC Rall Symposium.
- Kelly Flack, Senior Thesis (2012-13). *Examining the correlation between eating behaviors and perception of meaning in life*. Poster presented at 2014 Midwestern Psychological Association Research Conference.
- Rachel Davis, Senior Thesis (2012-13). *Perceived barriers to physical activity among first-year college students and openness to health class*. Poster presented at 2013 NCC Rall Symposium.
- Angela Frelander, Senior Thesis (2011-12). *The influence of perceived action and ethnic background on weight bias among undergraduate students*. Oral presentation given at the 2012 Associated Colleges of the Chicago Area (ACCA) Research Symposium and NCC Rall Symposium.
- Sevil Arin, Senior Thesis (2011-12). *Psychotherapy modality preferences among residents in a psychiatric nursing home*. Poster presented at the 2012 Associated Colleges of the Chicago Area (ACCA) Research Symposium and NCC Rall Symposium.
- Kristin Kiper, Honors Thesis (2010-11). *A two generational look into the public's knowledge and perceptions of mental disorders*. Oral presentation given at the 2011 Midwestern Psychological Association (MPA) Research Conference and NCC Rall Symposium. **Recipient of a 2012 MPA Psi Chi Regional Research Award.**

### Dissertation Committees

- Jaclyn Keeney, Doctoral Dissertation External Committee Member (Ph.D. in Clinical Psychology, Rosalind Franklin University, 2017-2019). *Examining changes in physical activity during the first year of college among former high school athletes and former high school non-athletes.*
- Daisy Obetsanov, Doctoral Dissertation External Committee Member (Psy.D. in Clinical Psychology, Palo Alto University, 2013-2015). *A phenomenological study of women undergoing gastric bypass surgery.*

### **CLINICAL POSITIONS**

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- **Rush University Medical Center, Department of Behavioral Sciences** (2008 - 2010)

Position: Licensed Clinical Psychologist/Assistant Professor  
Duties: Provided individual diagnostic assessment and outpatient psychotherapy to adults experiencing a wide range of psychiatric disorders; Conducted psychological evaluations for bariatric surgery and cardiac transplant candidates; Provided clinical supervision to psychology residents and post-doctoral fellows.

- **Rush University Medical Center, Outpatient Psychotherapy Service** (2006 - 2007)

Position: Post-Doctoral Fellow  
Duties: Conducted comprehensive psychological evaluations and provided outpatient psychotherapy to adults experiencing a variety of Axis I and II disorders; Served as Coordinator of Services for Outpatient Psychotherapy Clinic.

- **Rush University Medical Center, Pre-Doctoral Internship** (2005 - 2006)

Position: Psychology Resident, Health Psychology track  
Duties: Completed a one-year clinical psychology internship comprised of inpatient and outpatient clinical work across the following rotations: Outpatient Psychotherapy, Rehabilitation/Geriatric Psychology, Sleep Disorders, and Psychosocial Oncology.

- **Center for Clinical Psychology Services, University of Virginia** (2002 - 2005)

Position: Therapist  
Duties: Provided comprehensive psychological assessment and individual/family psychotherapy to children and adults.

- **Commonwealth Center for Children and Adolescents (2004 - 2005)**
  - Position: Therapist
  - Duties: Conducted psychological assessment and provided short-term individual and family therapy to adolescents in an inpatient, state psychiatric hospital.
  
- **Behavioral Medicine Center, University of Virginia Health System (2003 - 2004)**
  - Position: Therapist
  - Duties: Provided psychological assessment and cognitive-behavioral therapy to children, adolescents, and adults; Led support group for pre- and post-operative bariatric surgery patients.
  
- **International Family Medicine Clinic, University of Virginia Health System (2003 - 2004)**
  - Position: Therapist
  - Duties: Provided cognitive-behavioral therapy for depression and anxiety disorders and taught parent training courses to Farsi-speaking, Middle-Eastern refugees in a primary care setting.
  
- **Monticello High School (2002)**
  - Position: School Psychology Intern
  - Duties: Conducted cognitive, educational, and social-emotional assessments; Provided individual counseling and crisis intervention to high school students; Provided consultation to teachers and staff.

## HONORS and AWARDS

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- Ruge Fellow Award for Excellence in Teaching, North Central College, 2018
- Certificate of Reviewing Excellence, *Eating Behaviors* Journal, 2014
- Clarence F. Dissinger Memorial Award for Distinguished Teaching by a Junior Faculty Member at North Central College, 2013
- Beck Institute for Cognitive Therapy Scholarship, 2010
- Society of Behavioral Medicine Meritorious Student Research Award, 2006
- Research Travel Grant Award, University of Virginia, 2006 & 2003
- Curry School of Education Foundation Scholarship, University of Virginia, 2005
- Graduate Research Assistantship, University of Virginia, 2001 – 2005
- Graduate Teaching Assistantship, University of Virginia, 2004
- American Psychological Association Research Travel Grant Award, 2003
- Summa Cum Laude with Research Honors, Illinois Wesleyan University, 2001
- Alpha Gamma Delta Foundation Scholarship, 2001
- Outstanding Senior Award, Department of Psychology, Illinois Wesleyan University, 2001
- Illinois Wesleyan University Achievement Scholarship, 1997 – 2001

## COLLEGE & COMMUNITY SERVICE

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- Faculty Member, Student Accommodations Group of the NCC COVID-19 Institutional Response Team, Summer 2020
- Co-Presenter, NCC CoVID-19 Webinar “Understanding the Physiological and Psychological Aspects of CoVID-19,” August 2020
- Social Media Coordinator, NCC Department of Psychology & Neuroscience, 2016 – present
- At-Large Member, Promotion and Tenure Committee, 2017 – 2020
- Faculty Member, Day of Giving Committee, 2019
- Chair, Richter Grant Committee, 2016 – 2017
- Faculty Member, Richter Grant Committee, 2016
- Faculty Co-Advisor, Positive Healthy Active Minds Evolving (PHAME) student organization (mental health advocacy group), 2013 – present
- At-large Member, Undergraduate Academic Standing Committee, 2015 – 2018
- Faculty Member, Career Development Center Faculty Advisory Board, 2017 – 2018
- Faculty Advisor, Love Your Melon student organization (pediatric cancer advocacy student organization), 2015 – 2016
- Science Division Representative, Academic Programs and Policies Committee (APPC), 2013 – 2015
- Faculty Member, Academic Programs and Policies Committee (APPC) Subcommittee on Academic Minors, 2013 – 2015
- Secretary, Academic Programs and Policies Committee (APPC), 2011 – 2012
- Faculty Member, Student Conduct Hearing Panel, North Central College, 2010 – present
- Faculty Member, Committee on Student Evaluation and Promotion, Rush Medical College, 2009 – 2010
- Faculty Member, Curriculum Committee, Department of Behavioral Sciences, Rush University Medical Center, 2009 – 2010
- Chair, Grand Rounds Committee, Department of Behavioral Sciences, Rush University Medical Center, 2008 – 2009
- Resident Representative, Advisory Committee, Rush Univ. Medical Center, 7/05 – 12/05
- Campus Representative, American Psychological Association of Graduate Students Advocacy Coordinating Team, 2003 – 2005
- Red Cross Disaster Team Volunteer, Charlottesville, Virginia, 2002 – 2005
- Spanish-English Translator, Charlottesville Department of Social Services, 2002 – 2004

## EDITORIAL ACTIVITIES

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- Ad hoc reviewer, *Eating Behaviors*, 2009 – present
- Abstract reviewer, Society of Behavioral Medicine (2009 – present)
- Abstract reviewer, Midwestern Psychological Association (2011 – 2017)
- Ad hoc reviewer, *Nutrition and Metabolism* (2010 – 2014)
- Ad hoc reviewer, *Journal of Pediatric Psychology* (2007 – 2009)

## **PROFESSIONAL AFFILIATIONS**

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- Society of Behavioral Medicine, Obesity and Eating Disorders Special Interest Group
- American Psychological Association (general) and Division 38 (Health Psychology)
- Midwestern Psychological Association
- Council on Undergraduate Research