

Sarah C. Westen

Curriculum Vitae

CONTACT INFORMATION

University of Florida
 Department of Clinical & Health Psychology
 Health Science Center, P.O. Box 100165, Gainesville, FL 32610-0165

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ACADEMIC APPOINTMENT

Clinical Assistant Professor 2019-present
 Department of Clinical and Health Psychology
 University of Florida

EDUCATION AND TRAINING

University of Florida **JDRF National Psychology Fellowship** 2018-present
 Gainesville, FL Postdoctoral Associate, Dept. of Clinical and Health Psychology
& JDRF Division of Pediatric Endocrinology, Dept. of Pediatrics

University of Florida **JDRF Psychological Excellence in Diabetes Training Fellowship** 2017-2018
 Gainesville, FL **Bringing Science Home (BSH) Initiative – The Patterson Foundation Fellowship**
& JDRF Postdoctoral Associate, Dept. of Clinical and Health Psychology
& BSH Division of Pediatric Endocrinology, Dept. of Pediatrics

University of Florida **Chief Intern, Clinical Psychology Pre-Doctoral Internship/Residency** 2016-2017
Health Science Center Underserved Pediatric Psychology Track
 Gainesville, FL

University of Florida **Doctor of Philosophy** (awarded 8/2017) 2012-2017
 Gainesville, FL **Clinical and Health Psychology**
Concentration: Pediatric Clinical Psychology
 Department of Clinical and Health Psychology
 College of Public Health and Health Professions
 Dissertation: *Adherence in Youth with Type 1 Diabetes on Multiple Daily Injections and Insulin Pump Therapy and Associated Psychological Factors*
 Mentor: David Janicke, Ph.D., ABPP
 Cumulative GPA: 4.0

University of Florida **Master of Science** (awarded 5/2014) 2012-2014
 Gainesville, FL **Clinical and Health Psychology**
Concentration: Pediatric Clinical Psychology
 Dept. of Clinical and Health Psychology, College of Public Health and Health Professions
 Thesis: *Family Mealtime Functioning and Parental Concerns and Feeding Practices*
 Mentor: David Janicke, Ph.D., ABPP
 Cumulative GPA: 4.0

NIH **2-Year Intramural Research Training Award (IRTA)** 2010-2012
 Bethesda, MD **National Institute of Mental Health**
Office of the Clinical Director, Clinical Research Center

& Pediatric Psychosocial Support and Research Program, National Cancer Institute

Primary Mentor: Maryland Pao, M.D.; Secondary Mentor: Lori Wiener, Ph.D.

Union College
Schenectady, NY**Bachelor of Science** (awarded 6/2009)

2005-2009

Neuroscience; Minors in Psychology and PhilosophyHonors Thesis: *Biomarker Correlates of Neuropsychological Effects of Videogame-Enhanced Exercise for Older Adults: Role of Growth Factors*

Mentor: Cay Anderson-Hanley, Ph.D.

Cumulative GPA: 3.8; Magna Cum Laude; Honors Distinction (Dept. of Neuroscience)

AREAS OF INTEREST

Pediatric Psychology

Type 1 Diabetes

Consultation & Liaison

Adolescent Psychotherapy

Adherence to Medical Regimens

Family Functioning

Young Adult Psychotherapy

Adjustment to Medical Illness

Weight and Feeding Concerns

HONORS AND AWARDS

Aug 2018-Aug 2020

Recipient; Loan Repayment Program, National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health**\$97,300.00 LRP Grant**Project Entitled: *Sleep, Adherence, and Glycemic Control in Pediatric Type 1 Diabetes*

July 2018-July 2019

Recipient; Juvenile Diabetes Research Foundation (JDRF) National Fellowship in Psychology

One of four national psychology fellows selected to train with leading pediatric diabetes experts to enhance psychological care of children with type 1 diabetes

July 2018

Recipient; Children with Diabetes Friends for Life ® 2018 Fellowship

One of seventeen early career health professionals selected to attend a week-long fellowship training program at Friends for Life® and learn from interdisciplinary experts in diabetes

January 2018

Recipient; Drotar-Crawford Postdoctoral Research Grant in Pediatric Psychology

Society of Pediatric Psychology (SPP; American Psychological Association Division 54) annual grant awarded to the top research proposal in all areas of pediatric psychology (\$10,000)

Project Entitled: *Sleep, Adherence, and Glycemic Control in Pediatric Type One Diabetes*

July 2017-July 2018

Postdoctoral Fellowship Recipient; JDRF Psychological Excellence in Diabetes Training

July 2017-July 2018

Postdoctoral Fellowship Recipient; Bringing Science Home – The Patterson Foundation

November 2015

Recipient; Mary Jo Kupst Trainee Award and Grant for Research in Resilience

Society of Pediatric Psychology (SPP; American Psychological Association Division 54) annual grant awarded to outstanding research study proposal within the area of pediatric resilience and family functioning (\$1000)

Project Entitled: *Disease-Specific Psychological Factors and Adherence in Youth with Type 1 Diabetes on Multiple Daily Injections and Insulin Pump Therapy: The Mediating Role of Family Responsibility Sharing*

November 2015

Recipient; Geoffrey Clark-Ryan Memorial Award for Pediatric Research

Awarded to the top research proposal in pediatric research via the Center for Child and Family Studies at the University of Florida

Project Entitled: *Adherence in Youth with Type 1 Diabetes on Multiple Daily Injections and Insulin Pump Therapy and Associated Psychological Factors*

- November 2015 **Nominated; Florence Shafter Memorial Award for Excellence in Psychotherapy**
Nominated for excellence in psychotherapy and commitment to service delivery in the Department of Clinical and Health Psychology, University of Florida
- 2013 **Poster Award Winner**, Society of Pediatric Psychology Annual Conference (APA Division 54); New Orleans, LA
- 2013 **Robert Wood Johnson Foundation 2012 Year in Research: Top 5 Most Influential Research Articles Award**
Awarded in reference to: Anderson-Hanley, C., Arciero, P., Brickman, A., Nimon, J., Okuma, N., Westen, S., Merz, M., Pence, B.D., Woods, J.A., Kramer, A.F., & Zimmerman, E. (2012). Exergaming improves older adult cognition: A cluster randomized clinical trial. *American Journal of Preventive Medicine*, 42(2), 109-119.
- 2012 **Outstanding Poster Award**, NIH Spring Research Festival, National Institutes of Health
- 2011 **Outstanding Poster Award**, NIH Spring Research Festival, National Institutes of Health
- 2009 **Magna Cum Laude, Honors Distinction**, Union College
- 2009 **Honors Distinction**, Department of Neuroscience, Union College
- 2008 **Summer Research Fellowship Recipient**, Union College
- 2007 **Summer Research Fellowship Recipient**, Union College
- 2005 – 2009 **Dean’s Scholarship**, Union College
- 2005 – 2009 **Dean’s List**, Union College

MENTORED STUDENT HONORS AND AWARDS

- April 2019 **Exemplary Methods/Statistics Poster Award Winner (Cheyenne Reynolds, BS)**, Society of Pediatric Psychology Annual Conference (APA Division 54); New Orleans, LA
- April 2019 **Student Travel Award (Cheyenne Reynolds, BS)**, Society of Pediatric Psychology Annual Conference (APA Division 54); New Orleans, LA.
- May 2018 **First Runner-Up (Mina Entessari, BS)**, Top Thesis Awards, Department of Biology, University of Florida

LEADERSHIP

- April 2019-present **Chair, American Psychological Association Diabetes Special Interest Group Society of Pediatric Psychology, Division 54**
- Use evidenced-based approaches to assess and treat the biopsychosocial factors associated with morbidity in diabetes

- Increase collaborative opportunities between pediatric psychologists who conduct research and provide clinical care to pediatric patients with diabetes and their families
- Promote an integrated team approach to the medical management of pediatric diabetes

Jan. 2018-present

JDRF Psychosocial Advisory Committee

Multi-site working group led by Nicole Johnson, DrPH; National Director, JDRF Mission

- The aim of this advisory committee is to led research initiatives to promote JDRF's missions in diabetes psychology research

Sept. 2016-present

Diabetes Consortium in Depression/Psychosocial Screening

Multi-site working group led by Maureen Monaghan, Ph.D.

- The aim of this multi-site working group is to collaborate on depression and psychosocial screening methods in pediatric diabetes clinics with a goal to nationally disseminate findings and problem solve barriers to screening and intervention

Sept. 2016-present

American Diabetes Association and Type 1 Diabetes Exchange Mental Health Working Group

Multi-site collaborative working group led by Alicia McAuliffe-Fogarty, Ph.D., CPsychol (Vice President, Lifestyle Management Team, American Diabetes Association)

- The aim of this collaborative working group is to conduct clinical research that expands knowledge about mental health access, utilization, and burdens in the type 1 diabetes community
- Using information garnered from these projects, the working group will develop educational pieces (publications, lecture series, infographics, and hand-outs) and community outreach projects (events, support groups, trainings, and potential interventions)

November, 2018

Attendee, JDRF Psychosocial Roundtable : November 9, 2018, Chicago IL

- JDRF held a roundtable meeting in Chicago focused on psychosocial issues in diabetes care. Approximately 30 endocrinologists, psychologists, researchers, organizational and industry representatives, and patients and patient advocates were present for the discussion, which aimed to identify actionable steps that JDRF and other partner organizations can take regarding psychosocial care in diabetes.

April 2018-April 2019

Co-Chair, American Psychological Association Diabetes Special Interest Group Society of Pediatric Psychology, Division 54

- Use evidenced-based approaches to assess and treat the biopsychosocial factors associated with morbidity in diabetes
- Increase collaborative opportunities between pediatric psychologists who conduct research and provide clinical care to pediatric patients with diabetes and their families
- Promote an integrated team approach to the medical management of pediatric diabetes

April 2017-April 2018

Elected Representative, Student Records and Forms Task Force

Department of Clinical and Health Psychology. Gainesville, FL

- Assist with a department-wide initiative to transfer graduate student and intern academic progress records and evaluation forms from paper format to an electronic database
- Act as the pre-doctoral intern representative (2016-2017), and postdoctoral representative (2017-present)

July 2014-Sept 2018

Elected Representative, Electronic Records Committee

UF Health Psychology Clinic. Gainesville, FL

- Assist with a department-wide initiative to transfer clinical record keeping from paper charting to electronic charting
- Act as the graduate student representative (2014-2016), pre-doctoral intern representative (2016-2017), and postdoctoral representative (2017-present)
- Issues discussed include patient confidentiality, role of psychology notes in an patient- and provider-accessible medical record, continuity of care

July 2016-June 2017 **Elected Chief Intern, Department of Clinical and Health Psychology Pre-Doctoral Internship Program**

UF Health Psychology Clinic. Gainesville, FL

- Represent pre-doctoral interns in faculty discussions regarding clinical and research training opportunities and clinic operations

April 2014-April 2017 **Elected Trainee Member-at-Large, American Psychological Association Diabetes Special Interest Group**

Society of Pediatric Psychology, APA Division 54

- Promote an integrated team approach to the medical management of pediatric diabetes
- Leader of Trainee Mentorship Initiative
- Leader of Training Hub sub-committee which disseminates trainee resources and stimulates trainee involvement in diabetes clinical and research experiences

July 2014-July 2016 **Elected Student Representative, Clinic Operations Group (2-year term)**

UF Health Psychology Clinic. Gainesville, FL

- Represent graduate students in discussions related to how to spend clinic funds, on what divisions, and provide suggestions on how administrative duties can be better streamlined

Sept. 2006-June 2009 **Editor, *The Concordiensis* Union College Student Newspaper**

UF Health Psychology Clinic. Gainesville, FL

- “Science and Technology” column weekly editor from March, 2008 to June 2009
- Scientific article writer from September 2006 to June 2009
- Column interests: Stimulating awareness and dismantling stigma behind mental illness; reporting advances in psychological and neurological research

ACTIVE RESEARCH PROTOCOLS

Principal Investigator Sleep, Adherence, and Glycemic Control in Adolescents with Type 1 Diabetes

Department of Clinical and Health Psychology, University of Florida, Gainesville, FL

Division of Pediatric Endocrinology, Department of Pediatrics, UF Health, Gainesville, FL

Co-Investigators: David Janicke, PhD, ABPP; Desmond Schatz, MD; Anastasia Albanese-O’Neill, PhD., ARNP, CDE; Michael Haller, MD

Principal Investigator Adherence in Youth with Type 1 Diabetes on Multiple Daily Injections and Insulin Pump Therapy and Associated Psychological Factors

Department of Clinical and Health Psychology, University of Florida, Gainesville, FL

Division of Pediatric Endocrinology, Department of Pediatrics, UF Health, Gainesville, FL

Co-PI: David Janicke, PhD, ABPP

Co-Investigators: Desmond Schatz, MD; Anastasia Albanese-O’Neill, PhD., ARNP, CDE; Michael Haller, MD; Jennifer Warnick, MS

Co-Investigator Depression Screening in Diabetes Clinics: Patient Reported Outcomes in Clinical Care*

Department of Clinical and Health Psychology, University of Florida, Gainesville, FL

Division of Pediatric Endocrinology, Department of Pediatrics, UF Health, Gainesville, FL

PI: Alana Resmini, PhD

Co-Investigators: Sarah Westen, PhD; Laura Jacobsen, MD; David Janicke, PhD, ABPP

*Multi-site study in collaboration with Vanderbilt University, Stanford University, Children's National Medical Center, Cincinnati Children's Medical Center, and University of Colorado at Denver

- Co-Investigator** **Effectiveness of a Pilot Telehealth Intervention for Youth with Type 1 Diabetes Mellitus**
Department of Clinical and Health Psychology, University of Florida, Gainesville, FL
Division of Pediatric Endocrinology, Department of Pediatrics, UF Health, Gainesville, FL
PI: David Janicke, PhD, ABPP
Co-Investigators: Sarah Westen, PhD; Brian Olsen, PhD; Anastasia Albanese-O'Neill, PhD, ARNP, CDE; Olivia Soutullo, MS; Alana Resmini, PhD; Jennifer Warnick, MS
- Co-Investigator** **Introducing Continuous Glucose Monitoring Technology at Diagnosis in Pediatric Type 1 Diabetes: A Proof of Concept Study**
Division of Pediatric Endocrinology, Department of Pediatrics, UF Health, Gainesville, FL
PI: Paul Hiers, MD
Co-Investigators: Sarah Westen, PhD; Anastasia Albanese-O'Neill, PhD, ARNP, CDE; Brittant Bruggeman, MD; Michael Haller, MD; Chelsea Zimmerman, MD
- Co-Investigator** **Extension for Community Health Outcomes Pilot**
University of Florida Diabetes Institute, Gainesville, FL
PIs: Michael Haller, MD; Ashby Walker, PhD
Co-Investigators: Sarah Westen, PhD; Angelina Bernier, MD; Eleni Sheehan, ARNP; Claudia Anez-Zabala; Xanadu Roque, BS; Sydney Look; Jason Konopack, MD, MPH; Stephanie Filipp; Matthew Gurka, PhD
- Co-Investigator** **Telehealth Support During Transition for Young Adults with Type 1 Diabetes**
Division of Pediatric Endocrinology, Department of Pediatrics, UF Health, Gainesville, FL
PI: Anastasia Albanese-O'Neill, PhD, ARNP, CDE
Co-Investigators: Sarah Westen, PhD; Angelina Bernier, MD; Giovanna Beauchamp, MD; Desmond Schatz, MD; Michael Haller, MD
- Co-Investigator** **Psychosocial Screening for Youth with Type 1 Diabetes and their Caregivers**
Division of Medical Psychology, UF Health, Gainesville, FL
PI: Brian Olsen, PhD
Co-Investigators: Sarah Westen, PhD; Desmond Schatz, MD; Michael Haller, MD; Olivia Soutullo, MS; Alana Resmini, PhD
- Co-Investigator** **Parents of Young Adults with Type 1 Diabetes: An Exploratory Study**
Division of Pediatric Endocrinology, Department of Pediatrics, UF Health, Gainesville, FL
PI: Anastasia Albanese-O'Neill, PhD, ARNP, CDE
Co-Investigators: Sarah Westen, PhD; Michael Haller, MD
- Co-Investigator** **Validity of Using Ecological Momentary Assessment (EMA) to Assess Adherence to Glucose Monitoring in Adolescents with Type 1 Diabetes**
Department of Clinical and Health Psychology, University of Florida, Gainesville, FL
Division of Pediatric Endocrinology, Department of Pediatrics, UF Health, Gainesville, FL
PIs: David Janicke, PhD, ABPP; Jennifer Warnick, MS (mentored)
Co-Investigators: Sarah Westen, PhD; Desmond Schatz, MD; Michael Haller, MD; Anastasia Albanese-O'Neill, PhD, ARNP, CDE
- Co-Investigator** **Diabetes Psychology Integration Survey**
Department of Clinical and Health Psychology, University of Florida, Gainesville, FL

SCHOLARLY WORK

(Peer-Reviewed Manuscripts)

- Westen, S. C., Mitchell, T., Mayer-Brown, S., Resmini Rawlinson, A., Ding, K., & Janicke, D. M. (in press). Mother and Father Controlling Feeding Behaviors and Associations with Observed Family Mealtime Functioning. *Journal of Pediatric Psychology*.
- Albanese-O'Neill, A., Schatz, D.A., Thomas, N., Bernhardt, J.M., Cook, C.L., Haller, M.J., Bernier, A.V., Silverstein, J.H., Westen, S.C., & Elder, J.H. (2019). Designing Online and Mobile Diabetes Education for Fathers of Children with Type 1 Diabetes: Mixed Methods Study. *JMIR Diabetes*, 4(3):e13724. DOI: 10.2196/13724
- Westen, S. C., Warnick, J., Albanese-O'Neill, A., Schatz, D., Haller, M., Entessari, M., & Janicke, D. (2019). Objectively-measured adherence in adolescents with type 1 diabetes on multiple daily injections and insulin pump therapy. *Journal of Pediatric Psychology*, 44(1), 21-31. Doi: 10.1093/jpepsy/jsy064.
- Albanese-O'Neill, A., Beauchamp, G., Thomas, N., Westen, S.C., Johnson, N., Schatz, D., Haller, M.J. (2018). Transition Education for Young Adults with Type 1 Diabetes: Pilot Feasibility Study for a Group Telehealth Intervention. *JMIR Diabetes*, 3(4):e10909. doi: 10.2196/10909.
- Balkhi, A., Reid, A., Westen, S. C., Olsen, B., Janicke, D., & Geffken, G. (2015). Telehealth interventions to reduce management complications in type 1 diabetes: A review. *World Journal of Diabetes*, 15:6(3), 371-379.
- Janicke, D. M., Steele, R. G., Gayes, L. A., Lim, C. S., Clifford, L. M., Schneider, E. M., Carmody, J. K., & Westen, S. C. (2014). Systematic review and meta-analysis of comprehensive behavioral family lifestyle interventions addressing pediatric obesity. *Journal of Pediatric Psychology*, 39(8), 809-825.
- Armstrong, B., Westen, S. C., Janicke, D. (2014). The role of overweight perception and depressive symptoms in child and adolescent unhealthy weight control behaviors: A mediation model. *Journal of Pediatric Psychology*, 39(3), 340-348.
- Stanley, I. H., Snyder, D., Westen, S., Ballard, E. D., Kapetanovic, S., Wharff, E. A., Ginnis, K., Teach, S. J., Bridge, J. A., Pao, M., & Horowitz, L. M. (2013). Self-reported recent life stressors and risk of suicide in pediatric emergency department patients. *Clinical Pediatric Emergency Medicine*, 14(1), 35-40.
- Anderson-Hanley, C., Arciero, P. J., Westen, S. C., Nimon, J., & Zimmerman, E. (2012). Neuropsychological benefits of stationary bike exercise and a cybercycle exergame for older adults with diabetes: An exploratory analysis. *Journal of Diabetes Science and Technology*, 6(4), 849-857.
- Anderson-Hanley, C., Arciero, P., Brickman, A., Nimon, J., Okuma, N., Westen, S., Merz, M., Pence, B.D., Woods, J.A., Kramer, A.F., & Zimmerman, E. (2012). Exergaming improves older adult cognition: A cluster randomized clinical trial. *American Journal of Preventive Medicine*, 42(2), 109-119.
- Anderson-Hanley, C., Nimon, J.P., & Westen, S.C. (2010). Cognitive health benefits of strengthening exercise for community dwelling older adults. *Journal of Clinical and Experimental Neuropsychology*, 32(9), 996-1001.

(Manuscripts Under Review)

Warnick, J.L., Westen, S.C., Filipp, S., Albanese-O'Neill, A., Schatz, D., Haller, M.J., & Janicke, D.M. (under review). The Use of Ecological Momentary Assessment to Measure Self-Monitoring Blood Glucose Adherence in Youth with Type 1 Diabetes.

(Published Report)

Westen, S.C., Anderson, L., Barry, S., Look, S., Pinto, S., Albanese-O'Neill, A., Kemp, C., Haller, M., Schatz, D., Olsen, B., Janicke, D., Weissberg-Benchell, J., & Johnson, N. (2018). Barriers and Facilitators of Participation in Clinical Trials Among Youth and Young Adults with Type 1 Diabetes and Their Caregivers. JDRF Study Report.

(Book Chapter)

Westen, S. C. (2012). Counseling with special populations: Teenagers and adolescents. In Jim Rogers and David Lester (Eds.), *Crisis Intervention and Counseling by Telephone (and the Internet)* (3rd ed.). Springfield: Charles C Thomas Publisher, Ltd.

(Editorial)

Westen, S.C. (2004). Life with diabetes. *Medicine Publications' Diabetes Focus*, Third Quarter Issue.

(Doctoral Dissertation)

Westen, S. C. (2017). Adherence in Youth with Type 1 Diabetes on Multiple Daily Injections and Insulin Pump Therapy and Associated Psychological Factors. (Doctoral Dissertation). University of Florida, Gainesville, FL.

(Master's Thesis)

Westen, S.C. (2015). Family Mealtime Functioning and Parental Feeding Concerns and Practices. (Master's Thesis). University of Florida, Gainesville, FL.

(Undergraduate Honors Thesis)

Westen, S.C. (2009). Mediating effects of brain-derived neurotrophic factor (BDNF) and insulin-like growth factor-1 (IGF-1) on cognitive outcomes from videogame-enhanced exercise for older adults: Results from the Cybercycle Study. (Undergraduate Honors Thesis). Union College, Schenectady, NY.

(Mentored Undergraduate Honors Thesis)

*** = designates Principal Investigator and supervisor of student work**

*Entessari, M. (2018). Parental Fear of Hypoglycemia and Adherence in Adolescents with Type 1 Diabetes on Insulin Pump Therapy. (Undergraduate Thesis). University of Florida, Gainesville, FL.

(Published Abstracts)

Westen, S., Anderson, L., Barry, S., Look, S., Pinto, S., Albanese-O'Neill, A., Kemp, C., Haller, M., Papadakis, J., Schatz, D., Olsen, B., Janicke, D., Weissberg-Benchell, J., & Johnson, N. (2019). *Barriers and Facilitators of Participation in Clinical Trials among Youth and Young Adults with Type 1 Diabetes and Their Caregivers*. (Abstract). *Diabetes*, 68(Suppl. 1), 805-P. June, 2019. <http://doi.org/10.2337/db19-805-P>.

- Westen, S.C., Warnick, J., Entessari, M., Albanese-O'Neill, A., Schatz, D., Haller, M., & Janicke, D. (2018). Poor Adherence in Adolescents with Type 1 Diabetes Associated with Distress, Fear of Hypoglycemia, and Executive Functioning. (Abstract). *Diabetes*, 67(Suppl. 1), 847-P. July, 2018. <https://doi.org/10.2337/db18-847-P>.
- Warnick, J., Westen, S.C., Albanese-O'Neill, A., Schatz, D., Haller, M., & Janicke, D. (2018). Examination Of Accuracy Of Self-Reported Blood Glucose Using mHealth Data Collection. (Abstract). *Diabetes*, 67(Suppl. 1), 846-P. July, 2018. <https://doi.org/10.2337/db18-846-P>
- Albanese-O'Neill, A., Westen, S.C., Thomas, N., Haller, M., & Schatz, D. (2018). "It Was All Trial and Error"—The Perspective of Parents of Emerging Adults with Type 1 Diabetes during the Transition to Independence. (Abstract). *Diabetes*, 67(Suppl. 1), 719-P. July, 2018. <https://doi.org/10.2337/db18-719-P>
- Westen, S. C., Sanders, K., Warnick, J., Gillen, S., Albanese-O'Neill, A., Haller, M., Schatz, D., & Janicke, D. M. (2017). Parent fear of hypoglycemia predicts frequency of adolescent blood glucose monitoring. (Abstract). *Diabetes*, 66(Suppl. 1), A219. June, 2017.
- Warnick J., Westen S., Janicke D. (2017). Ecological Momentary Assessment to Measure Motivators and Barriers to Blood Glucose Monitoring in Youth with Type 1 Diabetes. (Abstract). *Annals of Behavioral Medicine*, 51, S1050-S1051.
- Westen, S. C., Balkhi, A., Olsen, B., Janicke, D. M., & Geffken, G. R. (2016, April). Behavioral health screening and intervention in pediatric diabetes clinics: Provider perspectives and attitudes regarding the role of psychology and psychology trainees. In D. Duke & S. Patton (Chairs), Diabetes clinical roundtable discussion: Behavioral health screening protocols for clinics. Talk to be presented at the annual meeting of the Society of Pediatric Psychology, American Psychological Association Division 54, Atlanta, Georgia.
- Westen, S. C., Stromberg, S. E., Janicke, D. M. (2015, April). The relationship between child body dissatisfaction and parent-assisted weight loss. *Society of Pediatric Psychology*.
- Bailey, B., Westen, S. C., Clifford, L., & Janicke, D. M. (2015, April). Family functioning as a moderator of motivation to engage in a rural intervention program for overweight and obese youth. *Society of Pediatric Psychology*.
- Westen, S. C., Mayer-Brown, S., Mitchell, T., & Janicke, D. M. (2014, March). Parental Feeding Concerns and Practices as Predictors of Family Mealtime Functioning. *Society of Pediatric Psychology*.
- Clifford, L.M., Andrew, G. G., Westen, S. C., & Janicke, D. M. (2014, March). Parent cardiometabolic conditions as a risk factor for adverse medical and psychosocial outcomes in overweight and obesity treatment children. *Society of Pediatric Psychology*.
- Mayer-Brown, S., Westen, S.C., Mitchell, T., & Janicke, D. M. (2014, March). The potential influence of parents' BMI on family mealtime interactions. *Society of Pediatric Psychology*.
- Westen, S. C., Armstrong, B., Janicke, D. (2013, April). The role of overweight perception and depressive symptoms in child and adolescent unhealthy weight control behaviors: A serial mediation model. *Society of Pediatric Psychology*.
- Snow, J., Wiggs, E.A., Westen, S., Bryant J., Pao, M., Gahl, W., & Gunay-Aygun, M. (2012). Neurocognitive characteristics of Joubert syndrome. *Fortieth Annual International Neuropsychology Society Meeting Abstracts: Epilepsy/Genetics and Genetic Disorders/Medical Disorders (Child and Adult)*, p. 123.
- Westen, S.C., Snyder, D., Ginnis, K., Cannon, E., Ballard, E., Pao, M., Bridge, J., & Horowitz, L. (2011). Self-reported recent stressors in pediatric emergency department patients screened for suicide risk. *Scientific Proceedings of the American Academy of Child and Adolescent Psychiatry (AACAP)*, 38, p. 318.

- Kakar, R., Westen, S., Pao, M., & Akil, M. (2011). Integrating Neuroscience in the Training of Psychiatrists: An NIMH Initiative. Abstract 952. *Biological Psychiatry*, 69(9S), 290S.
- Anderson-Hanley, C., Arciero, P., Nimon, J., Westen, S., & Zimmerman, E. (2011). Neuropsychological Effects of Exercise; Greater Impact Among Older Persons with Diabetes. *Thirty-Ninth Annual International Neuropsychology Society Meeting Abstracts: Executive Functions/Frontal Lobes*, p. 45.
- Westen, S.C., Anderson-Hanley, C., Nimon, J.P., & Arciero, P.J. (2009). Mediating Effects of Brain-Derived Neurotrophic Factor (BDNF) and Insulin-Like Growth Factor-1 (IGF-1) on Cognitive Outcomes from Videogame-Enhanced Exercise for Older Adults: Results from the Cybercycle Study. Abstract D160. *Annals of Behavioral Medicine*, 37(S1), p. s221.
- Anderson-Hanley, C., Nimon, J.P., Westen, S.C., De Matteo, L., Arciero, P.J., & Okuma, N. (2009). Neuropsychological Effects of Videogame-Enhanced Exercise for Older Adults: Results from the Cybercycle Study. Abstract D175. *Annals of Behavioral Medicine*, 37(S1), p. s224.
- Arciero, P.J., Anderson-Hanley, C., Nimon, J.P., Westen, S.C., De Matteo, L., Okuma, N., & Klein, R. (2009). Physiological Effects of Videogame-Enhanced Exercise for Older Adults: Results from the Cybercycle Study. Abstract D159. *Annals of Behavioral Medicine*, 37(S1), p. s220.
- Nimon, J.P., Westen, S.C., De Matteo, L., Anderson-Hanley, C., Arciero, P.J., & Okuma, N. (2009). The Theory of Planned Behavior and Videogame-Enhanced Exercise for Older Adults: Results from the Cybercycle Study. Abstract D176. *Annals of Behavioral Medicine*, 37(S1), p. s225.
- Westen, S.C., Anderson-Hanley, C., Nimon, J.P., Cohen, B., & Carini, A. (2008). Neuropsychology Effects of Exercise for Aging Women: Role of Steroid Hormone Biomarkers. Abstract C071. *Annals of Behavioral Medicine*, 35(S1), p. s128.

(Invited Talks)

- Westen, S. C. (2019, August). Fear of Hypoglycemia. Extension for Community Health Outcomes (ECHO) Type 1 Diabetes. UF Diabetes Institute, University of Florida and Stanford University.
- Westen, S. C. (2019, May). Diabetes and Substance Use/Addiction. Extension for Community Health Outcomes (ECHO) Type 1 Diabetes. UF Diabetes Institute, University of Florida and Stanford University.
- Westen, S.C. (2019, February). Psychological Components of T1D for Parents/Caregivers. JDRF Type 1 Nation Summit. Chicago, IL.
- Westen, S. C. (2019, May). Anxiety and Diabetes. Extension for Community Health Outcomes (ECHO) Type 1 Diabetes. UF Diabetes Institute, University of Florida and Stanford University.
- Westen, S. C. (2019, January). Diabulimia and Disordered Eating. Extension for Community Health Outcomes (ECHO) Type 1 Diabetes. UF Diabetes Institute, University of Florida and Stanford University.
- Westen, S. C. (2019, January). Screening for Depression and Diabetes Burnout. Extension for Community Health Outcomes (ECHO) Type 1 Diabetes. UF Diabetes Institute, University of Florida and Stanford University.
- Westen, S. C. (2018, November). Factors Affecting Adherence Behaviors in Youth with Type 1 Diabetes. Faculty Candidate Seminar. Department of Clinical and Health Psychology, College of Public Health and Health Professions, University of Florida.
- Westen, S.C. (2018, October). Behavioral health and type 1 diabetes. Presented at the 2018 Project ECHO Grant Kick-Off, A Helmsley Foundation Initiative, Gainesville, FL.

- Westen, S. C. (2018, May). Diabetes anxiety, stress, and disordered eating. Presented at the 2018 Students with Diabetes National Conference, Tampa, FL.
- Westen, S. C.*, Warnick, J. *, Albanese-O'Neill, A., Schatz, D., Haller, M., & Janicke, D. M. (2018, April). Novel measurement of adherence in adolescents with type one diabetes using data sharing technology and ecological momentary assessment. In E. O'Donnell & J. Pierce (Chairs), Diabetes Special Interest Group Symposium: Focus on Diabetes Technology. Paper presented at the Society for Pediatric Psychology Annual Conference, Orlando, FL.
*Equal contributions
- Westen, S.C. (2018, February). Psychology and type 1 diabetes: Application of clinical and research perspectives from pediatrics. Presented to the Grand Rounds of the Department of Endocrinology, Diabetes & Metabolism, University of Florida, Gainesville, FL.
- Westen, S. C. (2017, November). Insulin restriction in young women with type 1 diabetes: Implications related to weight stigma, adherence, and psychological health. In Westen, S. C., Walker, A., O'Neal, L., Guyer, L., Scarton, L., & Limacher, M. (Panel), A Panel Discussion on Women, Diabetes, and Health Equity. Paper presented at the University of Florida Diabetes Institute World Diabetes Day Symposium, Gainesville, FL.
- Westen, S. C. & Olsen, B. (2017, October). The role of mental health in the management and adherence of type 1 diabetes. Presented to the Program in Genetics & Epidemiology of Neuropsychiatric Symptoms (PGENeS), University of Florida College of Medicine, Department of Psychiatry, Gainesville, FL.
- Westen, S. C. (2017, May). Type 1 diabetes: Management, adherence, and the role of psychology. Presented to the department of Clinical and Health Psychology Colloquium, College of Public Health and Health Professions, University of Florida, Gainesville, FL.
- Westen, S. C. & Resmini, A. (2017, April). Suicide Risk Assessment in the Pediatric Diabetes Clinic. Talk presented to the Endocrine Core Curriculum Conference, Department of Pediatric Endocrinology, University of Florida Health, Gainesville, FL.
- Resmini Rawlinson, A., Westen, S. C., Soutullo, O. R., Olsen, B., & Janicke, D. M. (2017, March). Pediatric psychology services in diabetes outpatient clinics: A trainee-driven example. In D. Duke & J. Pierce (Chairs), Diabetes Special Interest Group Symposium: Sustainable Models of Integrated Pediatric Psychology Services in Diabetes Clinic Settings. Paper presented at the Society for Pediatric Psychology Annual Conference, Portland, Oregon.
- Westen, S. C., Balkhi, A., Olsen, B., Janicke, D. M., & Geffken, G. R. (2016, April). Behavioral health screening and intervention in pediatric diabetes clinics: Provider perspectives and attitudes regarding the role of psychology and psychology trainees. In D. Duke & S. Patton (Chairs), Diabetes clinical roundtable discussion: Behavioral health screening protocols for clinics. Talk to be presented at the annual meeting of the Society of Pediatric Psychology, American Psychological Association Division 54, Atlanta, Georgia.
- Westen, S. C. (2015, November). The psychology of adherence: Psychological factors behind adherence in the type 1 diabetes population. In C. A. Kemp (Chair), *Living Your Best Life: A World Diabetes Day Symposium*. Symposium conducted at the World Diabetes Day Symposium meeting, sponsored by the Juvenile Diabetes Research Foundation, Sarasota Memorial Hospital, and Manatee Technical College, Bradenton, FL.
- Westen, S. (2013, November). Family mealtime functioning and parental concerns and feeding practices. Talk presented at the Department of Clinical and Health Psychology's Fall Research Symposium, Gainesville, FL.
- Westen, S. C. (2013, November). *Family Mealtime Functioning and Parental Concerns and Feeding Practices*. Presented at the 2013 Fall Research Symposium of the Department of Clinical and Healthy Psychology, Gainesville, FL.

Westen, S. C. (2012, March). *Psycho-social implications of obesity in pediatric Cushing's syndrome and susceptibility to eating disorders post-treatment*. Presented at the weekly research meeting of the Office of the Clinical Director, NIMH, Bethesda, MD.

Westen, S. C., Wiener, L. (2011, July). *Pediatric Psycho-Oncology Professionals (PPOP) Website*. Presented at the weekly research meeting of the Office of the Clinical Director, NIMH, Bethesda, MD.

Westen, S. C. (2010, September). *Dismantling myths about suicide: An effort to reduce stigmatization*. Presented at the weekly research meeting of the Office of the Clinical Director, NIMH, Bethesda, MD.

(Poster Presentations)

* = designates Principal Investigator and supervisor of student work

Westen, S., Anderson, L., Barry, S., Look, S., Pinto, S., Albanese-O'Neill, A., Kemp, C., Haller, M., Papadakis, J., Schatz, D., Olsen, B., Janicke, D., Weissberg-Benchell, J., & Johnson, N. (2019). *Barriers and Facilitators of Participation in Clinical Trials among Youth and Young Adults with Type 1 Diabetes and Their Caregivers*. Poster session and moderated poster discussion presented at the 79th Scientific Sessions of the American Diabetes Association, San Francisco, CA.

*Reynolds, C.M., Warnick, J., Albanese-O'Neill, A., Schatz, D., Haller, M., Janicke, D.M., & Westen, S. C. (2019, April). Diabetes Distress Mediates a Relationship between Executive Functioning and Disordered Eating in Adolescents with Type 1 Diabetes. To be presented at the Society of Pediatric Psychology Annual Conference, New Orleans, LA, April, 2019.

Westen, S. C., Warnick, J., Entessari, M., Albanese-O'Neill, A., Schatz, D., Haller, M., & Janicke, D. (2018, June). Insulin Restriction Linked to Reduced Self-Monitoring of Blood Glucose in Adolescents with Type 1 Diabetes. Poster presented to the 2018 Pediatric Research Day, University of Florida, Gainesville, FL.

Westen, S.C., Warnick, J., Entessari, M., Albanese-O'Neill, A., Schatz, D., Haller, M., & Janicke, D. (2018, June). Poor Adherence in Adolescents with Type 1 Diabetes Associated with Distress, Fear of Hypoglycemia, and Executive Functioning. Poster presented to the 2018 American Diabetes Association Scientific Sessions, Orlando, FL.

Warnick, J., Westen, S.C., Albanese-O'Neill, A., Schatz, D., Haller, M., & Janicke, D. (2018, June). Examination of Accuracy of Self-Reported Blood Glucose Using mHealth Data Collection. Poster presented to the 2018 American Diabetes Association Scientific Sessions, Orlando, FL.

Albanese-O'Neill, A., Westen, S.C., Thomas, N., Haller, M., & Schatz, D. (2018, June). "It Was All Trial and Error"—The Perspective of Parents of Emerging Adults with Type 1 Diabetes during the Transition to Independence. Poster presented to the 2018 American Diabetes Association Scientific Sessions, Orlando, FL.

Westen, S. C., Warnick, J., Entessari, M., Albanese-O'Neill, A., Schatz, D., Haller, M., & Janicke, D. (2018, April). Insulin Restriction Linked to Reduced Self-Monitoring of Blood Glucose in Adolescents with Type 1 Diabetes. Poster presented to the 2018 Society of Pediatric Psychology Annual Conference, Orlando, FL.

Warnick, J., Westen, S. C., Albanese-O'Neill, A., Schatz, D., Haller, M., & Janicke, D. (2018, April). Validity of Ecological Momentary Assessment compared to Self-Report to Measure Blood Glucose Monitoring Adherence in Type 1 Diabetes. Poster presented to the 2018 Society of Pediatric Psychology Annual Conference, Orlando, FL.

Westen, S. C., Sanders, K., Warnick, J., Gillen, S., Albanese-O'Neill, A., Haller, M., Schatz, D., & Janicke, D. M. (2017, June). Parent fear of hypoglycemia predicts frequency of adolescent blood glucose monitoring. Poster presented at the American Diabetes Association 77th Scientific Sessions 2017, San Diego, CA.

- Warnick J., Westen S., Janicke D. (2017, April). Ecological Momentary Assessment to Measure Motivators and Barriers to Blood Glucose Monitoring in Youth with Type 1 Diabetes. Society of Behavioral Medicine 38th Annual Meeting & Scientific Sessions, San Diego, CA. April, 2017.
- Westen, S. C., Stromberg, S. E., Janicke, D. M. (2015, April). The relationship between child body dissatisfaction and parent-assisted weight loss. Poster presented at the National Conference in Pediatric Psychology (Division 54), San Diego, CA.
- Bailey, B., Westen, S. C., Clifford, L., & Janicke, D. M. (2015, April). Family functioning as a moderator of motivation to engage in a rural intervention program for overweight and obese youth. Poster presented at the National Conference in Pediatric Psychology (Division 54), San Diego, CA.
- Clifford, L.M., Andrew, G. G., Westen, S. C., & Janicke, D. M. (2014, March). Parent cardiometabolic conditions as a risk factor for adverse medical and psychosocial outcomes in overweight and obesity treatment children. Poster presented at the National Conference on Pediatric Psychology (Division 54), Philadelphia, PA.
- Mayer-Brown, S., Westen, S.C., Mitchell, T., & Janicke, D. M. (2014, March). The potential influence of parents' BMI on family mealtime interactions. Poster presented at the National Conference on Pediatric Psychology (Division 54), Philadelphia, PA.
- Westen, S. C., Mayer-Brown, S., Mitchell, T., & Janicke, D. M. (2014, March). Parental Feeding Concerns and Practices as Predictors of Family Mealtime Functioning. Poster presented at the National Conference on Pediatric Psychology (Division 54), Philadelphia, PA.
- Westen, S. C., Armstrong, B., Janicke, D. (2013, April). The role of overweight perception and depressive symptoms in child and adolescent unhealthy weight control behaviors: A serial mediation model. Presented at The National Conference in Pediatric Psychology (APA Division 54), New Orleans, LA.
- Snow, J., Wiggs, E.A., Westen, S., Bryant, J., Pao, M., Gahl, W.A., & Gunay-Aygun, G. (2012, February). *Neurocognitive characteristics of Joubert syndrome*. Poster presented at the 40th annual meeting of the International Neuropsychology Society Meeting, Montreal, Canada.
- Westen, S.C., Snyder, D., Ginnis, K., Cannon, E., Ballard, E., Pao, M., Bridge, J., & Horowitz, L. (2011, October). *Self-reported recent stressors in pediatric emergency department patients screened for suicide risk*. Poster presented at the annual meeting of the American Academy of Child and Adolescent Psychiatry, Toronto, Canada.
- Kakar, R., Westen, S., Pao, M., Akil, M. *Integrating neuroscience in the training of psychiatrists: An NIMH initiative*. (2011, September) Presented at the NIMH 15th Annual DIRP Scientific Retreat, Lancaster, PA; (2011, May) Poster presented at the NIH Spring Research Festival, Bethesda, MD; (2011, May) Presented at the 66th annual meeting of the Society of Biological Psychiatry, San Francisco, CA.
- Wiener, L., Zadeh, S., Battles, H., Billings, N., Pao, M., Ludi, E., Westen, S., Martinez, P., & Margolis, R. (2011, May). *The Pediatric Oncology Branch: Psychosocial Support & Research Program*. Poster presented at the Pediatric Oncology Branch Poster Day, NIH, Bethesda, MD.
- Anderson-Hanley, C., Arciero, P., Nimon, J., Westen, S., & Zimmerman, E. (2011, February). *Neuropsychological effects of exercise: Greater impact among older persons with diabetes*. Poster presented at the 39th annual meeting of the International Neuropsychology Society, Boston, MA.
- Westen, S.C., Anderson-Hanley, C., Nimon, J.P., & Arciero, P. (2009, April). *Mediating effects of brain-derived neurotrophic factor (BDNF) and insulin-like growth factor-1 (IGF-1) on cognitive outcomes from videogame-enhanced exercise for older adults: Results from the Cybercycle Study*. Poster presented at the 30th annual meeting of the Society of Behavioral Medicine. Montreal, Canada.

August, 2019

Nimon, J.P., Westen, S.C., De Matteo, L., Anderson-Hanley, C., Arciero, P.J., & Okuma, N. (2009, April). *The theory of planned behavior and videogame-enhanced exercise for older adults: Results from the Cybercycle Study*. Poster presented at the 30th annual meeting of the Society of Behavioral Medicine, Montreal, Canada.

Anderson-Hanley, C., Nimon, J.P., Westen, S.C., De Matteo, L., Arciero, P., & Okuma, N. (2009, April). *Neuropsychological effects of videogame-enhanced exercise for older adults: Results from the Cybercycle Study*. Poster presented at the 30th annual meeting of the Society of Behavioral Medicine. Montreal, Canada.

Arciero, P.J., Anderson-Hanley, C., Nimon, J.P., Westen, S.C., De Matteo, L., Okuma, N., & Klein, R. (2009, April). *Physiological effects of videogame-enhanced exercise for older adults: Results from the Cybercycle Study*. Poster presented at the 30th annual meeting of the Society of Behavioral Medicine, Montreal, Canada.

Westen, S.C., Anderson-Hanley, C., Nimon, J.P., & Cohen, B. *Neuropsychological effects of exercise for aging women: Role of steroid hormone biomarkers*. (2008, May) Presented at the 18th Annual Steinmetz Symposium, Union College, Schenectady, NY; (2008, March) Presented at the 29th annual meeting of the Society of Behavioral Medicine, San Diego, CA.

Nimon, J.P., Anderson-Hanley, C., & Westen, S.C. (2008, March). *Neuropsychological effects of low-impact exercise for community-dwelling older adults*. Poster presented at the 29th annual meeting of the Society of Behavioral Medicine, San Diego, CA.

SELECT MEDIA COVERAGE

UF Diabetes Institute University of Florida Year in Review 2018

Recognized as a 2018 JDRF National Psychology Fellowship recipient

https://www.flipsnack.com/ufdiabetesinstitute/uf-diabetes-institute-2019-year-in-review/full-view.html?fbclid=IwAR00tjM-0bF_EEgJB6ko_AZUoBAWPnUKxNknBXfMMhEu7zI5p93HIZfq0w

Children with Diabetes Friends for Life ® 2018 Fellows

July, 2018

Recognized as a 2018 Children with Diabetes Friends for Life ® Fellow

<http://www.childrenwithdiabetes.com/activities/Orlando2018/Fellows.htm>

UF Diabetes Institute & College of Public Health and Health Professions: UF Health Receives National Fellowship Award to Improve Psychological Care for Children with Diabetes, by Jill Pease

May, 2018

Recognized as a 2018 JDRF National Psychology Fellowship recipient

<https://diabetes.ufl.edu/2018/05/11/uf-health-receives-national-fellowship-award-to-improve-psychological-care-for-children-with-diabetes/>

<https://phhp.ufl.edu/2018/05/10/uf-health-receives-national-fellowship-award-to-improve-psychological-care-for-children-with-diabetes/>

UF Department of Clinical and Health Psychology: CHP Alumnus and Postdoc Elected as Co-Chair of APA Special Interest Group in Diabetes

April, 2018

Recognized as a 2018-2020 Co-Chair of the American Psychological Association's Special Interest Group in Pediatric Diabetes

<https://chp.phhp.ufl.edu/2018/04/03/chp-alumnus-and-post-doc-elected-co-chair-of-apa-special-interest-group-in-diabetes/>

UF Department of Clinical and Health Psychology: Dr. Sarah Westen Receives APA Grant

January, 2018

Recognized as a 2018 recipient of American Psychological Association's Division 54 Drotar-Crawford Pediatric Psychology Postdoctoral Research Grant

<https://chp.phhp.ufl.edu/2018/01/03/dr-sarah-westen-receives-apa-grant/>

T1DToolkit.org

2016-2018

Recognized as a team member of T1DToolkit.org. The purpose of the website is to provide evidenced based diabetes education and knowledge in a format that makes the information easy to find, easy to understand, and easy to use. It was designed to complement the diabetes education provided in clinic, and developed in partnership with pediatric endocrinologists, certified diabetes educators, dietitians, psychologists, artists, graphic designers, people with T1D, and parents of children with T1D of all ages.

<http://t1dtoolkit.org/?team=sarah-westen>

UFHealth: World Diabetes Day Event At UF Diabetes Institute to Focus on Women and the Disease, by Doug Bennett

November, 2017

A news editorial discussing an invited panelist talk titled, “Insulin restriction in young women with type 1 diabetes” presented at the 2017 World Diabetes Day event of the UF Diabetes Institute

<https://ufhealth.org/news/2017/world-diabetes-day-event-uf-diabetes-institute-focus-women-and-disease>

DrGator: A Spotlight on Women: Panel Discussion on Women, Diabetes, and Health Equity Commemorates World Diabetes Day, Tyler Francischine

November, 2017

<https://news.drgator.ufl.edu/2017/11/15/a-spotlight-on-women/>

Student Spotlight: Diabetes Special Interest Group of the Society of Pediatric Psychology

October, 2015

Recognized as the “Student Spotlight” recipient in the Fall 2015 Newsletter of the Diabetes Special Interest Group, Society of Pediatric Psychology, American Psychological Association Division 54

CNN Health: ‘Exergames’ Boost Brain Function Among Seniors, by Jacque Wilson

January, 2012

Report on: Anderson-Hanley, C., Arciero, P., Brickman, A., Nimon, J., Okuma, N., Westen, S., Merz, M., Pence, B.D., Woods, J.A., Kramer, A.F., & Zimmerman, E. (2012). Exergaming improves older adult cognition: A cluster randomized clinical trial. *American Journal of Preventive Medicine*, 42(2), 109-119.*

*The publication led to stories in 80 national and international media outlets in early January 2012, including **CNN**, **Time** magazine, the Albany, New York **Times Union**, **WPIX** (New York City), the **Daily Mail of London**, **Globe and Mail** (Toronto), **MD India**, **AGI.it** (Italy), and an assortment of medical, science, and gaming blogs.

Real Simple Magazine: Mood-Boosting Workouts, Tori Rodriguez

September, 2011

Report on: Anderson-Hanley, C., Nimon, J.P., & Westen, S.C. (2010). Cognitive health benefits of strengthening exercise for community dwelling older adults. *Journal of Clinical and Experimental Neuropsychology*, 32(9), 996-1001.

Times Union: Does Some Pretend Have Real Benefit?, by Cathleen Crowley

November, 2008

Report on the first phase of the Cybercycle Study: Anderson-Hanley, C., Arciero, P., Brickman, A., Nimon, J., Okuma, N., Westen, S., Merz, M., Pence, B.D., Woods, J.A., Kramer, A.F., & Zimmerman, E. (2012). Exergaming improves older adult cognition: A cluster randomized clinical trial. *American Journal of Preventive Medicine*, 42(2), 109-119.

Senior Health and Wellness Program Newsletter, Catholic Charities of Schenectady County

January, 2008

Report on: Westen, S.C., Anderson-Hanley, C., Nimon, J.P., Cohen, B., & Carini, A. (2008). Neuropsychology Effects of Exercise for Aging Women: Role of Steroid Hormone Biomarkers. Abstract C071. *Annals of Behavioral Medicine*, 35(S1), p. s128.

TEACHING EXPERIENCE

(Course Instruction)

- Summer 2019 **Instructor for CLP4302 “Introduction to Clinical Psychology”**
Department of Clinical and Health Psychology, Gainesville, FL
- Fall 2019 **Guest Lecturer for CLP4134 “Introduction to Pediatric Psychology”**
Department of Clinical and Health Psychology, Gainesville, FL
- Prepared and led a special topic lecture discussion: “Factors Affecting Adherence Behaviors in Youth with Type 1 Diabetes”
 - Course overseen by Joy Gabrielli, Ph.D.
- Fall 2013-Fall 2018 **Guest Lecturer for CLP4134 “Introduction to Pediatric Psychology”**
Department of Clinical and Health Psychology, Gainesville, FL
- Prepared and led a special topic lecture discussion: “Pediatric Type 1 Diabetes”
 - Course overseen by David Janicke, Ph.D., ABPP
- Spring 2018 **Guest Lecturer for the UF Diabetes Institute’s “Type 1 Diabetes Directed Research” Course**
University of Florida Diabetes Institute, Gainesville, FL
- Prepared and led a special topic lecture discussion: “Psychological Research in Type 1 Diabetes Highlights from Pediatric Psychology”
 - Course overseen by Ashby Walker, Ph.D.
- Oct. 2016 **Instructor for Departmental Seminar “Writing Therapy Notes in EPIC”**
Department of Clinical and Health Psychology,, Gainesville, FL
- Led a seminar on converting therapy notes from paper charting to UF Health’s electronic medical record system for graduate students, pre-doctoral interns, and post-doctoral associates
 - Instruction overseen by Shelley Heaton, Ph.D. (Director, UF Psychology Clinic)
- Aug. 2015-Dec. 2015 **Co-Instructor for CLP4134 “Introduction to Pediatric Psychology”**
Department of Clinical and Health Psychology,, Gainesville, FL
- Prepared and led lectures for a 100+ student undergraduate course
 - Wrote and prepared weekly quizzes, midterm, and final exams
 - Course overseen by David Janicke, Ph.D., ABPP
- Jan. 2014-May 2014 **Teaching Assistant for CLP6420 “Clinical Psychological Assessment”**
Part of Certificate program, teaches how drugs impact neurological functioning
Enrollment of approximately 20 students per semester
- Assisted in instruction on the administration and scoring procedures for a variety of intellectual and cognitive functioning tests
 - Course overseen by Shelley Heaton, Ph.D.
- Feb 2008 **Instructor, “Clinical Neuropsychology Protocol Administration: Scoring and Norming Data”**
Union College, Schenectady, NY
- Taught proper protocol procedures and techniques to score and evaluate neuropsychological data to fellow research assistants
 - Supervised by Cay Anderson-Hanley, Ph.D.

(Clinical Supervision)

- March 2015-present **Clinical Supervisor (vertical supervision)**
UF Psychology Clinic, UF Health, Gainesville, FL
- Provide vertical supervision to Clinical and Health Psychology, Counseling Psychology, and School Psychology doctoral students providing diagnostic assessment and therapy services to children and adolescents with type 1 diabetes and their families
 - Supervision overseen primarily by David Janicke, Ph.D., ABPP; Brian Olsen, PhD; and Brenda Wiens, Ph.D.
- Jan. 2015-Aug. 2015 **Clinical Supervisor (vertical supervision)**
Division of Pediatric Endocrinology, UF Health Pediatrics, Gainesville, FL
Gerold L. Schiebler Children's Medical Services Center, UF Health, Gainesville, FL
- Provide vertical supervision to School Psychology doctoral students training to provide psychological consult and liaison services in an outpatient pediatric Diabetes Clinic
 - Supervision overseen by Gary Geffken, Ph.D. and Brian Olsen, Ph.D.

(Research Supervision)

- Jan 2018-present **Research Supervisor, Emerging Scholars Program**
Center for Undergraduate Research, University of Florida
- Directly supervise an undergraduate student (Rylea Trudeau) for one year in a program designed to teach entry-level scholars in all aspects of research design
- April 2018-Aug 2018 **Research Supervisor, Medical Student Research Program**
College of Medicine, University of Florida
- Directly supervise a medical student (Sydney Look) for a summer program designed to teach medical students all aspects of research design
- Aug 2017-May 2018 **Research Supervisor, Undergraduate Honors Thesis**
Pediatric Psychology Lab, Department of Clinical and Health Psychology, UF Health, Gainesville, FL
- Directly supervise an undergraduate senior thesis student (Mina Entessari) in the design, implementation, and writing of honors thesis, entitled "Parental fear of hypoglycemia and adherence in adolescents with type 1 diabetes on insulin pump therapy"
- July 2016-May 2017 **Research Supervisor, Undergraduate Training in Type 1 Diabetes Studies**
Pediatric Psychology Lab, Department of Clinical and Health Psychology, UF Health, Gainesville, FL
- Manage and supervise a team of eight undergraduate and post-baccalaureate research assistants in research projects related to type 1 diabetes
 - Responsible for weekly scheduling, oversight of students while working in a multidisciplinary diabetes team setting, instruct on the processes of research from protocol creation to data analysis and publication
 - Supervision overseen by David Janicke, Ph.D., ABPP

(Additional Experience)

- Sept. 2007-June 2009 **Tutor, Union College Writing Center**
Union College, Schenectady, NY
- Tutored undergraduate students in scientific writing, general technical writing, and the French language
 - Supervised by Mary Mar, Ph.D.

- Sept. 2006-Dec. 2006 **Tutor/Volunteer, Union College Student Support Services**
Union College, Schenectady, NY
- Developed study materials and appropriate methods of learning for a student with learning disabilities

CLINICAL RESEARCH TRAINING

- Aug. 2010-June 2016 **Graduate Research Assistant, Pediatric Psychology Lab**
Department of Clinical and Health Psychology, University of Florida; Gainesville, FL
 Mentor: David Janicke, Ph.D., ABPP
- Actively participate in clinical research projects described below
 - Provide supervision to undergraduate research assistants
 - Participate in study development, recruitment, consent and assessment procedures, data analyses, and manuscript preparation
- July 2015-June 2016 **Therapist, Cognitive Behavior Therapy for Pediatric Behavioral Sleep Disorders**
Department of Clinical and Health Psychology, University of Florida, Gainesville, FL
 Supervisors: David Janicke, Ph.D., ABPP; Christina McCrae, Ph.D.
- Serve as a lead therapist within an individual family therapy treatment program for children with behavioral sleep disorders
 - Write treatment manuals, conduct treatment fidelity analysis
- June 2014-Jan. 2015 **Focus Group Co-Facilitator, Assessing Mother and Child Health Concerns and Needs Among Mothers with Diabetes**
Department of Clinical and Health Psychology, University of Florida, Gainesville, FL
HealthStreet, University of Florida, Gainesville, FL
 Supervisors: Lisa Clifford, Ph.D., David Janicke, Ph.D., ABPP
- Co-facilitate focus groups with mothers with diabetes to identify barriers and facilitators of parenting practices to support healthy child growth
 - Ultimate goal to learn how to best recruit, engage, and retain families in research-related family-based obesity prevention interventions
- Jan. 2013-Dec. 2014 **Child Group Leader, Community-Based Healthy Lifestyle Intervention for Rural Preschoolers (CHIRP Study)**
Department of Clinical and Health Psychology, University of Florida, Gainesville, FL
Cooperative Extension Offices within Northern Florida
 Supervisors: David Janicke, Ph.D., ABPP; Crystal Stack Lim, Ph.D., Lisa Clifford, Ph.D.
- Serve as a child group leader and therapist in a rural healthy lifestyle intervention program for children ages 3-7
 - Conduct screening assessments, assist in development of treatment manuals, collect and enter data from research projects, conduct literature reviews, supervise undergraduate research assistants
- Aug 2012-Dec 2013 **Graduate Research Assistant, The Extension Family Lifestyle Intervention Project (E-FLIP for Kids)**
Department of Clinical and Health Psychology, University of Florida, Gainesville, FL
Cooperative Extension Offices within Northern Florida
 Supervisors: David Janicke, Ph.D., ABPP; Crystal Stack Lim, Ph.D., Lisa Clifford, Ph.D.
- Conduct screening assessments, collect and enter data from research projects, conduct literature reviews, supervise undergraduate research assistants within the context of a randomized controlled trial assessing the effectiveness of two behavioral weight management interventions in an important and at-risk population, overweight and obese children and their parents in rural counties

- Aug 2012-May 2014 **Lead Investigator, Family Mealtime Functioning and Parental Concerns and Feeding Practices (Master's Thesis Research)**
Department of Clinical and Health Psychology, University of Florida, Gainesville, FL
 Mentor: David Janicke, Ph.D., ABPP
- Examine the relationship between parental responsibility, concerns about child weight, and control practices in child feeding with overall observed family mealtime functioning
 - Conduct phone screens and over 70 home-visits to conduct live video-recordings of family mealtimes
 - Trained in the Mealtime Interaction Coding System (MICS; Dickstein et al., 1994)
- June 2010-June 2012 **National Institutes of Health Intramural Research Training Award Recipient**
Office of the Clinical Director, National Institute of Mental Health; Bethesda, MD
 Supervisor: Maryland Pao, M.D.
Pediatric Psychosocial Support and Research Program of the National Cancer Institute; Bethesda, MD
 Supervisor: Lori Wiener, Ph.D.
 Additional Supervisors: Mayada Akil, M.D.; Joyce Chung, M.D.; John Dsurney, Ph.D., ABPP; Lisa Horowitz, Ph.D., MPH; Suad Kapetanovic, M.D.; Joseph Snow, Ph.D., ABCN
- General Duties (NIMH, NCI):**
- Shadowed patient consults under clinicians within the NIMH Psychiatry Consultation-Liaison Service
 - Attended interdisciplinary psychiatry consult-liaison rounds, psycho-social rounds within the Pediatric Oncology Branch of the National Cancer Institute, and NIH Grand Rounds
 - Coordinated meeting agendas, wrote meeting minutes, and compiled relevant literature for two weekly research meetings in the NIMH Office of the Clinical Director and the NIMH Clinical Fellows Psychiatry Seminar series
 - Conducted comprehensive literature reviews; took part in discussions of data analysis and screening tool development; maintained participant databases
- NIH Clinical Research (NIMH):**
- ***Cushing's Syndrome and Pediatric Obesity***: Reviewed the diagnostic and psycho-social implications of weight gain in pediatric Cushing's syndrome and susceptibility to eating disorders post-treatment
 - ***Interventions in Pediatric Oncology Anxiety and Depression***: Assisted in protocol development to validate the extension of the Kiddie-Schedule for Affective Disorders and Schizophrenia Present and Lifetime Version (K-SADS-PL) to youth ages 18-24 as preparation for an RCT of antidepressant use in pediatric oncology patients
 - ***Neurovascular Magnetic Resonance Imaging in the Assessment of HIV-Associated Neurocognitive Disorders***: Trained in the administration of a comprehensive neuropsychological test battery for HIV+ study participants; attended interdisciplinary meetings aimed at protocol development
 - ***The Neuropsychology of Joubert Syndrome***: Reviewed neuropsychological patient charts to provide a more precise characterization of the neurocognitive phenotype of this rare inherited developmental abnormality in the largest group of Joubert patients assembled to date
 - ***Self-reported Recent Stressors in Pediatric Emergency Department Patients Screened for Suicide Risk***: Identified and categorized life stressors reported by pediatric ED patients; stratified data by patients' level of suicide risk and by medical or psychiatric chief complaint to examine differences
 - ***Tool Development for Detecting Risk of Suicide in Pediatric Emergency Departments***: Assisted in coding patient chief complaints using ground theory and open coding; working knowledge of the Joint Commission's National Patient Safety Goals

NIH Programmatic Research (NIMH):

- ***Integrating Neuroscience in the Training of Psychiatrists:*** Co-facilitated focus groups of psychiatry residents to evaluate the feasibility and efficacy of clinical neuroscience online teaching

NIH Clinical Projects (NIMH):

- ***Tracking Anxiety and Depression in DOCK8 Treatment with Interferon:*** Shadowed patient therapy sessions; involved in interdisciplinary therapy, treatment, and care discussions; routinely administered the Hospital Anxiety and Depression Scale, and measures within the Patient Reported Outcomes Measurement Information System (PROMIS) and tracked patient diagnostic results

NIH Pediatric Oncology Branch Interdisciplinary Projects (NCI and NIMH):

- Website Content Researcher and Editor: ***Pediatric Psycho-Oncology Professionals*** website
- Assisted in revisions of ***My Choice, My Voice*** (an adolescent-geared revision of Aging with Dignity's "Five Wishes" advance directive)
- ***The Use of an Adapted Pediatric Distress Thermometer in an Outpatient Setting:*** Trained in protocol procedures and administration of the Distress Thermometer to pediatric patients; provided protocol IRB support, inclusive of writing Amendments and the annual IRB Continuing Reviews
- ***Characterizing Lone Parenting – A Multi-institutional Pilot Study of the Perceptions of Support and Perceived Stress of Lone Parents of Children with Cancer:*** Provided protocol IRB support, inclusive of writing Amendments and the annual IRB Continuing Reviews

June 2008-June 2009

Honors Baccalaureate Thesis Research

Departments of Psychology and Biology, Union College, Schenectady, NY

Skidmore College, Department of Exercise Science, Saratoga Springs, NY

Primary Mentor: Cay Anderson-Hanley, Ph.D.

Additional Mentors: Paul Arciero, Ph.D.; Brian Cohen, Ph.D.

Thesis: Mediating effects of brain-derived neurotrophic factor (BDNF) and insulin-like growth factor-1 (IGF-1) on cognitive outcomes from videogame-enhanced exercise for older adults: Results from the Cybercycle Study

- Evaluated BDNF and IGF-1 levels via Enzyme-Linked ImmunoSorbent Assay (ELISA) analysis
- Administered over 30 pre- and post-intervention clinical neuropsychological evaluations

Feb. 2006-June 2009

Head Research Assistant, Healthy Aging and Neuropsychology Research Lab

[paid work experience, 10-20 hours per week]

Union College, Schenectady, NY

Supervisor: Cay Anderson-Hanley, Ph.D.

- Administered neuropsychology test protocols on participants; reviewed existing literature; recruited research study subjects; created and maintained participant databases; analyzed and scored data; presented in community and national conferences

June 2008-Sept. 2008

Summer Research Fellow

Department of Neuroscience, Union College, Schenectady, NY

Supervisor: Cay Anderson-Hanley, Ph.D.

- Wrote grant proposal and awarded funding from the Union College Undergraduate Research Fellowship Program (competitive selection process) to study the mediating effects of brain-derived neurotrophic factor (BDNF) and insulin-like growth factor-1

(IGF-1) on changes in neuropsychological performance in older adults over four weeks of a low-intensity anaerobic exercise program

June 2007-Sept. 2007

Summer Research Fellow

Department of Neuroscience, Union College, Schenectady, NY

Supervisor: Cay Anderson-Hanley, Ph.D.

- Wrote grant proposal and awarded funding from the Union College Undergraduate Research Fellowship Program (competitive selection process) to study the possible mediating effects salivary estradiol and cortisol on changes in neuropsychological function in post-menopausal women and their daughter caregivers over four weeks of a low-intensity anaerobic exercise program

SUPERVISED CLINICAL PRACTICA

July 2016-present

Pediatric Endocrinology

Division of Pediatric Endocrinology, UF Health Shands Children's Hospital, Gainesville, FL

Primary Supervisors:

David Janicke, Ph.D., ABPP, Professor and Associate Chair, Child Area Head *

Desmond Schatz, M.D., President, Medicine and Science, American Diabetes Association and Professor and Associate Chair**

Michael Haller, M.D., Division Chief, Pediatric Endocrinology**

Anastasia Albanese-O'Neill, ARNP, Ph.D., CDE**

*Department of Clinical and Health Psychology, University of Florida

**Pediatric Endocrinology, UF Diabetes Institute, UF Health Shands Children's Hospital

- Provide outpatient intervention services for children, adolescents, and young adults with type 1 diabetes to address psychological factors affecting medical adherence, adjustment concerns, and individual or family psychological needs
- Multi-disciplinary environment (e.g., physician team, nursing, dietetics/nutritionist, diabetes education, psychiatry) both verbally and through written documentation in patient electronic medical records
- In addition to outpatient consultation and liaison, actively carry a weekly case load of up to 10 children and young adults with type 1 diabetes for outpatient psychotherapy treatment

Oct. 2013-present

Psychotherapy & Intervention

Psychology Clinic, UF Health, University of Florida, Gainesville, FL

Supervisors: David Janicke, Ph.D., ABPP; Lori Waxenberg, Ph.D., ABPP; Brenda Wiens, Ph.D.; Shelley Heaton, Ph.D.; William Perlstein, Ph.D.; Deidre Pereira, Ph.D.; Nicole Whitehead, Ph.D.; Ronald Rozensky, Ph.D., ABPP

- Conduct individual and family-based therapy in a hospital-based outpatient psychology clinic with children, adolescents, and adults for various presenting problems
- Training in Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), Dialectical Behavioral Therapy (DBT), CBT for Sleep Disorders, and Pain Treatment
- Specialty focus includes adherence-related concerns and mental health commodities in chronic illness (including type 1 diabetes, inflammatory bowel disease, and cancer)

June 2013-present

Inpatient Consultation & Liaison Services for Children and Adults

UF Health Shands Hospital, Gainesville, FL

Supervisors: David Janicke, Ph.D., ABPP; Shelley Heaton, Ph.D.

- Provide inpatient consultation & liaison services for children and adolescents who are receiving inpatient medical services at UF Health; ongoing psychotherapy provided as needed to address presenting concerns, adjustment, and individual or family psychological needs

- Communicate assessment findings and treatment recommendations to multi-disciplinary care teams both verbally and via documentation in patient electronic medical records

- Oct. 2016-Dec. 2016 **Pre-Doctoral Internship Practicum in Medical Psychology**
UF Psychology Clinic, Gainesville, FL
 Supervisors: Deidre Pereira, Ph.D.; Patricia Durning, Ph.D., Stephanie Smith, Ph.D., Glenn Ashkanazi, Ph.D., Robert Guenther, Ph.D., ABPP
- Conducted psychodiagnostic evaluations in multiple adult medical populations and clinics (e.g., psycho-oncology, reproductive medicine, inpatient neurotrauma)
- June 2016-Sept. 2016 **Pre-Doctoral Internship Practicum in Craniofacial Anomalies**
UF Health Craniofacial Center, Gainesville, FL
 Supervisor: Shelley Heaton, Ph.D.
- Provided interprofessional outpatient consultations (assessment and brief intervention) for parents and children with cleft palate and other craniofacial abnormalities regarding normal child development, coping with the disorder and required medical treatment
 - Provided diagnostic assessment for the evaluation of emotional, cognitive, and behavioral problems or concerns when needed
 - Communicated with interdisciplinary team consistent of health professionals from pediatrics, surgery, speech-language pathology, otolaryngology, audiology, nursing, pediatric dentistry, oral and maxillofacial surgery, orthodontics, and maxillofacial
- Jan. 2016-May 2016 **Advanced Practicum in Pediatric Inflammatory Bowel Disease**
UF Health Inflammatory Bowel Disease Clinic, Gainesville, FL
 Supervisor: David Janicke, Ph.D., ABPP
- Provided interprofessional outpatient consultations (assessment and brief intervention) for children and adolescents with Inflammatory Bowel Disease and their families
- Aug. 2015-Dec 2015 **Advanced Practicum in Pediatric HIV/AIDS**
Department of Pediatrics, UF Health, University of Florida, Gainesville, FL
 Supervisor: Brenda Wiens, Ph.D.
- Provided interprofessional outpatient consultations (assessment and brief intervention) for children and adolescents with HIV/AIDS and their families
- May 2015-Aug. 2015 **Advanced Practicum in Inpatient Pediatric Hematology and Oncology**
Division of Pediatric Hematology/Oncology, Department of Pediatrics, UF Health, Gainesville, FL
 Supervisors: Shelley Heaton, Ph.D.; Erika Mellott, Psy.D.
- Provide inpatient consultation & liaison services for children, adolescents, and young adults with cancer to address adjustment concerns, individual or family psychological needs, and barriers to treatment
 - Actively communicate with a multi-disciplinary team (e.g., physicians, nurses, social workers, child life specialists, psychiatrists, and psychologists) both verbally and through written documentation in patient electronic medical records
- Jan. 2015-Aug. 2015 **Advanced Practicum in Type 1 Diabetes**
Division of Pediatric Endocrinology, UF Health Pediatrics, Gainesville, FL
Gerold L. Schiebler Children's Medical Services Center, UF Health, Gainesville, FL
UF Health Pediatric Specialties, Gainesville, FL
 Supervisors: Gary Geffken, Ph.D.; Brian Olsen, Ph.D.
- Provide outpatient consultation & liaison services for children, adolescents, and young adults with type 1 diabetes to address psychological factors affecting medical adherence, adjustment concerns, and individual or family psychological needs

- Actively communicate with a multi-disciplinary team (e.g., physicians, nurses, nutritionists, diabetes educators, medical students, psychiatrists, and psychologists) both verbally and through written documentation in patient electronic medical records
- Provide vertical supervision to two School Psychology doctoral students rotating through the Diabetes Clinics

Aug. 2014-Dec. 2014 **Rural Practicum in School-Based Mental Health Services, Lake City, FL**
National Rural Behavioral Health Center, University of Florida, Gainesville, FL
Columbia County School District, Lake City, FL
Supervisor: Brenda Wiens, Ph.D.

- Provide weekly individual and family psychological therapy for the Columbia County School District to children and adolescents with a variety of psychological conditions
- Work with school officials and parents to address psychosocial needs of the students

April 2014-June 2014 **Practicum in Medical Psychology**
Psychology Clinic, UF Health, University of Florida, Gainesville, FL
Supervisors: Glenn S. Ashkanazi, Ph.D.; Deidre Pereira, Ph.D.

- Assess the psychosocial functioning of adults presenting with medically-related problems or those presenting as adult organ transplant candidates
- Prepare psychological reports integrating interview and self-report data to provide diagnostic summary, interpretive feedback, and treatment recommendations

Jan. 2014-March 2014 **Practicum in Clinical Child Assessment**
Psychology Clinic, UF Health, University of Florida, Gainesville, FL
Supervisor: Brenda Wiens, Ph.D.

- Assess intellectual, cognitive, and academic abilities in children presenting with ADHD, Learning Disorder, Anxiety Disorder, Mood Disorders, neurodevelopmental disorders, and behavior disorders using parent and child interview and psychological testing
- Prepared integrative psychological reports including interpretive feedback and recommendations in order to provide thorough feedback to families

Oct. 2013-Dec 2013 **Practicum in General Mental Health**
Psychology Clinic, UF Health, University of Florida, Gainesville, FL
Supervisor: Lori Waxenberg, Ph.D., ABPP

- Conduct psychotherapy intake interviews with adult patients with various presenting mental health concerns, interpreted results of psychological questionnaires, and prepared comprehensive psychological reports with interpretive feedback

June 2013-Sept. 2013 **Practicum in Pediatric Neuropsychology**
Psychology Clinic, UF Health, University of Florida, Gainesville, FL
Supervisor: Shelley Heaton, Ph.D.

- Conduct comprehensive neuropsychological testing with children and adolescents with various presenting problems (e.g., traumatic brain injury, epilepsy, metabolic disorders, cerebral abnormalities, cognitive disorders, and language disorders)
- Conduct parent and child interviews
- Prepare integrated psychological reports including interpretive feedback and recommendations
- Participate in feedback sessions with parents, providing concrete explanation of the results, their implications, and recommendations

SPECIALIZED TRAINING, PROFESSIONAL DEVELOPMENT, AND DIDACTIC COLLOQUIA

Aug. 2012-present **Center for Child and Pediatric Psychology and Family Studies Research Seminars**

Department of Clinical and Health Psychology, University of Florida, Gainesville, FL

- Attend weekly 60-minute presentations by faculty and graduate students focused on clinical and research issues in pediatric and clinical child psychology

Aug. 2012-present

Clinical Colloquium

Department of Clinical and Health Psychology, University of Florida, Gainesville, FL

- Attend weekly 60-minute presentations by faculty, graduate students, and guest speakers concerning theory, research, and health management issues in clinical psychology

Jan. 2015-May 2016

Cognitive Behavioral Therapy for Pediatric Behavioral Sleep Disorders

Department of Clinical and Health Psychology, University of Florida, Gainesville, FL

- Co-developed and trained as lead therapist for a manualized treatment program for children with behavioral sleep disorders

Nov. 2012

The McMaster Mealtime Interaction Coding System (MICS)

Department of Clinical and Health Psychology, University of Florida, Gainesville, FL

- Trained as a reliable coder for a behavior observation coding system for assessing family mealtime interactions using The McMaster Mealtime Interaction Coding System (MICS; Dickstein, Hayden, Schiller, Seifer, & San Antonio, 1994)

July 2010-Nov. 2011

Crisis Response Network and Well Aware Webinars

Crisis Response Network, Inc.

- “How Young is Too Young? Age-Appropriate Programs to Foster Suicide Prevention,” Dennis Embry, Ph.D. (11/02/11); “Guiding Light: Helping Parents Comprehend the Potential for Suicide in their Children,” Donna Holland Barnes, Ph.D. and Raymond Zablotsny, M.D. (10/18/11); “Cry for Help: Can Children Elementary-Age and Younger Really be Suicidal?,” Cynthia R. Pfeffer, M.D. (09/27/11); “Generation Wired: Social Networking and Engaging Youth in Suicide Prevention,” David Reynolds, MPH, CPH and Susan Keys, Ph.D. (03/23/11); “When a Youth Dies by Suicide,” Scott Boland, Ed.D. (11/03/10); “Exploding the Myths about Suicide,” Thomas Joiner, Ph.D. (07/16/2010)

Sept. 2011

Overweight and Obesity – Public and Scientific Challenges and Perspectives

National Institutes of Health; Bethesda, MD

- This panel was sponsored by the NIH as part of the NIH Health & Wellness Expo; led by Van S. Hubbard, M.D., Ph.D.

Sept. 2011

Suicide in the US: Finding Pathways to Prevention

National Institute of Mental Health; Bethesda, MD

- This panel was sponsored by the NIMH in honor of World Suicide Prevention Day; led by Jane Pearson, Ph.D.

July 2011

NVivo9 Qualitative Data Analysis Software Training

QSR International Workshop; Washington, D.C.

- This two-day advanced training course covered NVivo9.1, a software package used for data management and to assist with thematic coding in qualitative research

May 2011

Connect the Dots: Understanding Children’s Mental Health

National Institute of Mental Health, Bethesda, MD

- This panel was sponsored by NIMH as part of National Children’s Mental Health Awareness Day; led by Daniel Pine, M.D., Ellen Leibenluft, M.D., and others

Sept. 2011-Nov. 2011

Ethical and Regulatory Aspects of Clinical Research

National Institutes of Health, Bethesda, MD

August, 2019

- This 10-week foundational training course was offered by the National Institutes of Mental Health Department of Bioethics and taught a framework for evaluating the ethics of a clinical research protocol, identified critical elements of informed consent, and discussed controversial issues relating to human subject research

Oct. 2010

Borderline Personality Disorder – The Myth and New Reality

National Institute of Mental Health Director's Innovation Speaker Series

- This seminar was presented by Marsha Linehan, Ph.D.

Oct. 2010

IRB Investigator Training

Combined Neuroscience (CNS) IRB, National Institutes of Health; Bethesda, MD

- This NIH workshop covered the IRB review process: preparing an initial protocol and consents, continuing review and amendment requirements, monitoring and reporting adverse events, recruitment and advertising, subject compensation and travel, and data and safety monitoring
- The workshop included training on NIH-grant specific protocols

Dec. 2009-May 2010

Administrative Assistant

Medscribe Healthcare Recruiters, Fairport, NY

[paid full-time employment]

- Conducted phone interviews with healthcare and legal professionals, evaluated applicant credentialing, accounts payable/accounts receivable, balanced the weekly budget, and other administrative duties

PROFESSIONAL MEMBERSHIPS

Sleep Special Interest Group, Society of Pediatric Psychology, APA Division 54

2018 – Present

Diabetes Special Interest Group, Society of Pediatric Psychology, APA Division 54

2014 – Present

Adherence Special Interest Group, Society of Pediatric Psychology, APA Division 54

2014 – Present

Society of Pediatric Psychology, APA Division 54

2013 – Present

American Psychological Association, Student Affiliate

2012 – 2017

American Psychological Association for Graduate Students

2012 – 2017

Psi Chi, The National Honor Society in Psychology

2008 – Present

EDITORIAL ACTIVITIES

Journal Reviews:

- *Diabetes Spectrum*
- *Hindawi Publishing Corporation*
- *Journal of Pediatric Nursing*

- *Journal of Pediatric Psychology*
- *Pediatrics*

VOLUNTEER EXPERIENCE

- Feb. 2015-Mar 2015 **Mental Health Therapist for the Underserved**
University of Florida Equal Access Clinic and UF Health Care One Clinic, Gainesville, FL
 February 2015 – March 2015
 Supervisors: Lori Waxenberg, Ph.D., ABPP; Jim Davis, LCSW
- Provide free psychological treatment services via a partnership between Free Therapy Night, a student-run specialty clinic integrated within a network of primary care clinics, and UF Health's Care One clinic, which provides services to over-utilizers of the UF Health Shands Hospital E.R.
- Sept. 2008-June 2009 **"Safe House" Co-founder, Vice President, and Volunteer**
Union College, Schenectady, NY
- Provided emergency availability and continuous long-term support to survivors of domestic and/or sexual violence
 - Cooperated with Greek Life, Campus Safety, and the Union College Administration in order to create a more safe environment for all students, faculty, and staff through education and awareness
- Mar. 2007-June 2007 **Clinical Neuropsychology Volunteer**
Wesley Health Care Center, Saratoga Springs, NY
 Supervisor: Cay Anderson-Hanley, Ph.D., Union College
- Conducted and evaluated neuropsychology evaluations and participated in a service learning project to interview and write the life story of a patient at Wesley Health Care Center (included review of patient charts)
- Nov. 2007 **Psychometrician, Memory Evaluation Protocol**
Ten Eyck Community Center, Schenectady, NY
Alzheimer's Foundation of America: National Memory Screening Day
 Supervisor: Cay Anderson-Hanley, Ph.D., Union College
- Performed free confidential memory screenings and provided follow-up resources and educational materials to those in the community concerned about memory loss
 - Evaluations took place at local community and senior centers
- June 2006-Aug. 2006 **Pediatric Neurology Internship**
Department of Pediatric Neurology, University of Rochester, Rochester, NY
 Supervisor: Allison King, M.D.
- Sat-in on patient history interviews, observed pediatric neurological examinations, and received instruction on neurological medication implementation and reading electrocardiograms

AWARDED FUNDING

(Fellowships, Scholarships and Assistantships)

- July 2018-July 2019 **Juvenile Diabetes Research Foundation (JDRF) National Fellowship in Psychology**
\$60,000.00
 University of Florida Postdoctoral Fellowship
- July 2017-July 2018 **Juvenile Diabetes Research Foundation (JDRF)**

University of Florida Postdoctoral Fellowship

- July 2017-July 2018 **Bringing Science Home – The Patterson Foundation**
University of Florida Postdoctoral Fellowship
- Aug 2012-June 2017 **Graduate Assistant, Department of Clinical and Health Psychology**
\$60,000.00 stipend across 4-years
College of Public Health and Health Professions, University of Florida
- April 2017 **Recipient (Summer Semester); University of Florida Graduate School Scholarship**
\$1,346.19
Office of Graduate Minority Programs, University of Florida
Awarded a competitive Supplemental Retention Scholarship to help cover the cost of tuition during pre-doctoral internship
Scholarship Goal: This award honors recipients for their dedication to clinical and research endeavors working with underserved or minority populations (i.e., pediatric chronic illness)
- January 2017 **Recipient (Spring Semester); University of Florida Graduate School Scholarship**
\$897.46
Office of Graduate Minority Programs, University of Florida
Awarded a competitive Supplemental Retention Scholarship to help cover the cost of tuition during pre-doctoral internship
Scholarship Goal: This award honors recipients for their dedication to clinical and research endeavors working with underserved or minority populations (i.e., pediatric chronic illness)
- June 2010-June 2012 **Recipient, Intramural Research Training Award, National Institutes of Health**
~56,000.000 across 2 years
Office of the Clinical Director, National Institute of Mental Health
- (Grant Funding)**
- August 2018 **Division of Loan Repayment, National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health**
\$97,300.00
Project Entitled: *Sleep, Adherence, and Glycemic Control in Pediatric Type 1 Diabetes*
- April 2018 **Juvenile Diabetes Research Foundation (JDRF)**
\$1500.00
Project Entitled: *Barriers and Facilitators of Clinical Trial Participation in Pediatric Type 1 Diabetes*
- January 2018 **American Psychological Association (APA)**
\$10,000.00
Recipient of the 2018 Drotar-Crawford Research Grant in Pediatric Psychology (Society of Pediatric Psychology, APA Division 54)
Project Entitled: *Sleep, Adherence, and Glycemic Control in Pediatric Type 1 Diabetes*
- November 2016 **Center for Pediatric Psychology & Family Studies Mini-Grant**
\$500.00
Research grant awarded to outstanding research study proposals within pediatric, clinical child, or family psychology
Project Entitled: *Longitudinal Extension: Adherence in Youth with Type 1 Diabetes on Multiple Daily Injections and Insulin Pump Therapy and Associated Psychological Factors*

- November 2015 **Recipient; Mary Jo Kupst Trainee Grant for Research in Resilience**
\$1,000.00
 Society of Pediatric Psychology (SPP; American Psychological Association Division 54) annual grant awarded to outstanding research study proposal within the area of pediatric resilience and family functioning
 Project Entitled: *Disease-Specific Psychological Factors and Adherence in Youth with Type 1 Diabetes on Multiple Daily Injections and Insulin Pump Therapy: The Mediating Role of Family Responsibility Sharing*
- November 2015 **Center for Pediatric Psychology & Family Studies Mini-Grant**
\$500.00
 Research grant awarded to outstanding research study proposals within pediatric, clinical child, or family psychology
 Project Entitled: *Adherence in Youth with Type 1 Diabetes on Multiple Daily Injections and Insulin Pump Therapy and Associated Psychological Factors*
- November 2015 **Center for Pediatric Psychology & Family Studies Mini-Grant**
\$500.00
 Research grant awarded to outstanding research study proposals within pediatric, clinical child, or family psychology
 Project Entitled: *Pediatric Type 1 Diabetes Ecological Momentary Assessment (EMA) Study*
- November 2013 **Center for Pediatric Psychology & Family Studies Mini-Grant**
\$500.00
 Research grant awarded to outstanding research study proposals within pediatric, clinical child, or family psychology
 Project Entitled: *The Role of Diabetes Knowledge and Attitudes on Health Promotion Behaviors among Mother's with Diabetes Parenting a Young Child*
- November 2012 **Center for Pediatric Psychology & Family Studies Mini-Grant**
\$500.00
 Research grant awarded to outstanding research study proposals within pediatric, clinical
 Project Entitled: *Family Mealtime Interactions and Parent and Child Overweight Status*
- May 2008-June 2009 **Union College Internal Education Fund**
\$630.00
 Research grant awarded to outstanding research study proposals within neuroscience
 Project Entitled: *Mediating effects of brain-derived neurotrophic factor (BDNF) and insulin-like growth factor-1 (IGF-1) on cognitive outcomes from videogame-enhanced exercise for older adults: Results from the Cybercycle Study*

(Travel Grants)

Role: Principal Investigator; Mentor of Student Research

Agency: Society of Pediatric Psychology

Institution: American Psychological Association

Title: Diabetes Distress Mediates a Relationship between Executive Functioning and Disordered Eating in Adolescents with Type 1 Diabetes.

Co-Authors: Reynolds, C.M., Warnick, J., Albanese-O'Neill, A., Schatz, D., Haller, M., Janicke, D.M, & Westen, S. C.

Term: 04/2019

Total Costs: \$500.00

Awarded support to attend the Society of Pediatric Psychology Annual Conference; New Orleans, LA

Role: Principal Investigator

Agency: Division of Pediatric Endocrinology

Institution: Department of Pediatrics, University of Florida

Title: Poor Adherence in Adolescents with Type 1 Diabetes Associated with Distress, Fear of Hypoglycemia, and Executive Functioning.

Co-Authors: Jennifer Warnick, MS; Mina Entessari, BS; Anastasia Albanese-O'Neill, PhD, ARNP, CDE; Desmond Schatz, MD; Michael Haller, MD; David Janicke, PhD, ABPP

Term: 06/2018

Total Costs: \$1200.00

Awarded support to attend the American Diabetes Association 78th Scientific Sessions; Orlando, FL

Role: Principal Investigator

Agency: Division of Pediatric Endocrinology

Institution: Department of Pediatrics, University of Florida

Title: Parent fear of hypoglycemia predicts frequency of adolescent blood glucose monitoring.

Co-Authors: Kayleigh Sanders, BS; Jennifer Warnick, MS; Stefani Gillen, BS; Anastasia Albanese-O'Neill, PhD, ARNP, CDE; Michael Haller, MD; Desmond Schatz, MD; David Janicke, PhD, ABPP

Term: 04/2017

Total Costs: \$1200.00

Awarded support to attend the American Diabetes Association 77th Scientific Sessions; San Diego, CA

Role: Principal Investigator

Agency: Graduate Student Council

Institution: University of Florida

Title: Parent fear of hypoglycemia predicts frequency of adolescent blood glucose monitoring.

Co-Authors: Kayleigh Sanders, BS; Jennifer Warnick, MS; Stefani Gillen, BS; Anastasia Albanese-O'Neill, PhD, ARNP, CDE; Michael Haller, MD; Desmond Schatz, MD; David Janicke, PhD, ABPP

Term: 04/2017

Total Costs: \$350.00

Awarded support to attend the American Diabetes Association 77th Scientific Sessions; San Diego, CA

Role: Principal Investigator

Agency: Office of Research

Institution: University of Florida Health Science Center

Title: Parent fear of hypoglycemia predicts frequency of adolescent blood glucose monitoring.

Co-Authors: Kayleigh Sanders, BS; Jennifer Warnick, MS; Stefani Gillen, BS; Anastasia Albanese-O'Neill, PhD, ARNP, CDE; Michael Haller, MD; Desmond Schatz, MD; David Janicke, PhD, ABPP

Term: 04/2017

Total Costs: \$400.00

Awarded support to attend the American Diabetes Association 77th Scientific Sessions; San Diego, CA

Role: Principal Investigator

Agency: Center for Child and Family Studies

Institution: Department of Clinical and Health Psychology, University of Florida

Title: Parent fear of hypoglycemia predicts frequency of adolescent blood glucose monitoring.

Co-Authors: Kayleigh Sanders, BS; Jennifer Warnick, MS; Stefani Gillen, BS; Anastasia Albanese-O'Neill, PhD, ARNP, CDE; Michael Haller, MD; Desmond Schatz, MD; David Janicke, PhD, ABPP

Term: 04/2017

Total Costs: \$300.00

Awarded support to attend the American Diabetes Association 77th Scientific Sessions; San Diego, CA

Role: Primary Author

Agency: Graduate Student Council

Institution: University of Florida

Title: Behavioral health screening and intervention in pediatric diabetes clinics: Provider perspectives and attitudes regarding the role of psychology and psychology trainees

Co-Authors: Amanda Balkhi, MS; Brian Olsen, Ph.D. David Janicke, Ph.D, ABPP; Gary Geffken, Ph.D.

Term: 04/2016

Total Costs: \$350.00

Awarded support to attend The National Conference in Pediatric Psychology (APA Division 54); Atlanta, GA

Role: Primary Author

Agency: Student Travel Award Committee (STAC) Travel Grant

Institution: Department of Clinical and Health Psychology, University of Florida

Title: Behavioral health screening and intervention in pediatric diabetes clinics: Provider perspectives and attitudes regarding the role of psychology and psychology trainees

Co-Authors: Amanda Balkhi, MS; Brian Olsen, Ph.D. David Janicke, Ph.D, ABPP; Gary Geffken, Ph.D.

Term: 04/2016

Total Costs: \$200.00

Awarded support to attend The National Conference in Pediatric Psychology (APA Division 54); Atlanta, GA

Role: Primary Author

Agency: Student Travel Award Committee (STAC) Travel Grant

Institution: Department of Clinical and Health Psychology, University of Florida

Title: The Relationship between Body Dissatisfaction and Parent-Assisted Weight Loss

Co-Authors: Sarah Stromberg, M.S.; David Janicke, Ph.D., ABPP

Term: 04/2015

Total Costs: \$200.00

Awarded support to attend The National Conference in Pediatric Psychology (APA Division 54); San Diego, CA

Role: Primary Author

Agency: Office of Research

Institution: University of Florida Health Science Center

Title: The Relationship Between Body Dissatisfaction and Parent-Assisted Weight Loss

Co-Authors: Sarah Stromberg, M.S.; David Janicke, Ph.D., ABPP

Term: 04/2015

Total Costs: \$200.00

Awarded support to attend The National Conference in Pediatric Psychology (APA Division 54); San Diego, CA

Role: Primary Author

Agency: Student Travel Award Committee (STAC) Travel Grant

Institution: Department of Clinical and Health Psychology, University of Florida

Title: Family Mealtime Functioning and Parental Feeding Concerns and Practices

Co-Authors: Sarah Mayer-Brown, M.S.; Tarrah Mitchell, M.S.; David Janicke, Ph.D., ABPP

Term: 03/2014

Total Costs: \$125.00

Awarded support to attend The National Conference in Pediatric Psychology (APA Division 54); Philadelphia, PA

Role: Primary Author

Agency: Office of Research

Institution: University of Florida Health Science Center

Title: Family Mealtime Functioning and Parental Feeding Concerns and Practices

Co-Authors: Sarah Mayer-Brown, M.S.; Tarrah Mitchell, M.S.; David Janicke, Ph.D., ABPP

Term: 03/2014

Total Costs: \$125.00

Awarded support to attend The National Conference in Pediatric Psychology (APA Division 54); Philadelphia, PA

Role: Principal Investigator

Agency: Center for Pediatric Psychology & Family Studies

Institution: University of Florida Health Science Center

Title: The Role of Overweight Perception and Depressive Symptoms in Child and Adolescent Unhealthy Weight Control Behaviors: A Serial Mediation Model

Co-Authors: Bridget Armstrong, M.S.; David Janicke, Ph.D., ABPP

Term: 04/2013

Total Costs: \$400.00

Awarded support to attend The National Conference in Pediatric Psychology (APA Division 54); New Orleans, LA

Role: Primary Author

Agency: Office of Research

Institution: University of Florida Health Science Center

Title: The Role of Overweight Perception and Depressive Symptoms in Child and Adolescent Unhealthy Weight Control Behaviors: A Serial Mediation Model

Co-Authors: Bridget Armstrong, M.S.; David Janicke, Ph.D., ABPP

Term: 04/2013

Total Costs: \$400.00

Awarded support to attend The National Conference in Pediatric Psychology (APA Division 54); New Orleans, LA

Role: Primary Author

Agency: Internal Education Fund

Institution: Union College

Title: Neuropsychological effects of exercise for aging women: Role of steroid hormone biomarkers

Co-Author: Cay Anderson-Hanley, Ph.D.

Term: 03/2008

Total Costs: \$796.00

Awarded support to attend 29th Annual Society of Behavioral Medicine Conference; San Diego, CA