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Office: (856) 256-4500 x53775201 Mullica Hill Road, Robinson 116G
Glassboro, NJ 08028**PRIMARY ACADEMIC APPOINTMENT**2021-Present **Associate Professor of Psychology:** Rowan University, Glassboro, NJ**ADDITIONAL PROFESSIONAL ROLES**

2021-Present **Associate Member:** Bayreuth Humboldt Centre for International Excellence, University of Bayreuth, Bayreuth, Germany

2020-Present **Affiliated Investigator:** Weight, Eating, and Lifestyle Sciences (WELL) Center, Drexel University, Philadelphia, PA

2019-Present **Assistant Professor of Biomedical Sciences:** Cooper Medical School of Rowan University, Camden, NJ

2018-Present **Adjunct Assistant Professor of Family Medicine:** Rowan School of Osteopathic Medicine, Stratford, NJ

Advisory Board Member, Women's and Gender Studies Program: Rowan University, Glassboro, NJ

2018-2021 **Assistant Professor of Psychology:** Rowan University, Glassboro, NJ

2015-2018 **Associate Faculty, Women's and Gender Studies Program:** The University of Scranton, Scranton, PA

2014-2018 **Assistant Professor of Psychology:** The University of Scranton, Scranton, PA

LICENSURE

2020-Present **Licensed Psychologist in the State of New Jersey**
License Number 6483

2014-Present **Licensed Psychologist in the Commonwealth of Pennsylvania**
License Number PS017648

EDUCATION & TRAINING

2012-2014 **Postdoctoral Research Fellow:** Eating and Weight Disorders Research Program and WELL Center, Drexel University, Philadelphia, PA

2011-2012 **APA-Accredited Internship in Clinical Psychology:** Syracuse VA Medical Center, Syracuse, NY (Specialization in Health Psychology/Behavioral Medicine)

2012 **Doctor of Philosophy, Clinical Psychology (Health Emphasis):** Syracuse University, Syracuse, NY

2007 **Master of Science in Clinical Psychology:** Syracuse University, Syracuse, NY

2005 **Bachelor of Science in Psychology with Minor in English Literature (Summa Cum Laude):** Drexel University, Philadelphia, PA

MARKS OF DISTINCTION

2022	Health and Behavior International Collaborative Award (Mentor): International Behavioral Trials Network
2021	Excellence in Research Award: Rowan University College of Science and Mathematics Short-Term Research Travel Grant: Bayreuth Humboldt Centre of International Excellence, University of Bayreuth (Bayreuth, Germany) Women's Health Special Interest Group Professional Abstract Award: 2021 Annual Meeting of the Society of Behavioral Medicine
2020	Scholar: Mixed Methods Research Training Program, John's Hopkins University Citation Abstract Award: 2020 Annual Meeting of the Society of Behavioral Medicine Frances R. Lax Professional Development Award: Rowan University
2018-2019	Reviewer: National Institutes of Health Early Career Reviewer Program
2018	Distinguished Service Award: Behavioral Informatics and Technology SIG, Society of Behavioral Medicine
2017	Early Career Travel Award: Society of Behavioral Medicine Selected Scholar: Methodology Center Ecological Momentary Assessment Data Analysis Training, Penn State University
2016	Early Career Travel Award: Society of Behavioral Medicine Physical Activity SIG Student Research Award (mentor): Society of Behavioral Medicine
2016	Rosenberg Leadership Development Award: The University of Scranton
2015-2016	Scholar: NHLBI-Sponsored Program to Increase Diversity in Cardiovascular Disease Research (PRIDE-CVD), SUNY Downstate Teaching Enhancement Grant for Health Psychology: The University of Scranton
2014	Obesity & Eating Disorders SIG Citation Poster: Association for Cognitive & Behavioral Therapies Scholar: Young Investigator Colloquium, American Psychosomatic Society
2012	Honorable Mention: Health Decision Making SIG Student Award, Society of Behavioral Medicine
2009-2011	Associate: Women in Science and Engineering Future Professoriate Program, Syracuse University
2008	Outstanding Teaching Assistant Award: Syracuse University
2008-2011	Teaching Associate: Future Professoriate Program, Syracuse University - Awarded Certification in University Teaching
2005	Undergraduate Research Award: Psychology Department, Drexel University
2004 & 2005	Outstanding Poster Presentation Award (1st Prize): Drexel University Research Day
2003-2005	Inductee & Chapter President: Psi Chi International Honor Society in Psychology, Drexel University

RESEARCH PROGRAM

I am a licensed clinical psychologist who specializes in health psychology and behavioral medicine. My research investigates the interplay between physical and emotional health, with particular emphasis on two broad topics. First is improving on the current understanding of social influences on health and health behavior. For example, elucidating the process and consequences of *social comparisons* (i.e., self-evaluations relative to others), in real time, among individuals with medical and psychiatric conditions. In this area, I am most interested in how social comparisons can guide health behaviors relevant to eating and weight (e.g., physical activity, dietary choices) in daily life, and how beneficial comparisons can be facilitated using digital tools such as mobile apps and social media platforms. My recent work has focused on applying this understanding to assess and promote physical activity among women in midlife (ages 40-60) with elevated risk for cardiovascular disease, using intensive longitudinal assessment methods such as daily diaries and ecological momentary assessment as well as mixed quantitative and qualitative approaches. Other contexts relevant to this work include physical inactivity, obesity, cardiovascular disease, diabetes, anorexia and bulimia nervosa (as well as subclinical disordered eating and body dissatisfaction), and Celiac Disease. Second is the improvement of intervention design and

delivery, including rigorous assessment of key constructs of interest. This interest is informed by clinical work in integrated care environments. My focus is twofold: (1) affect-based or emotion regulation interventions such as expressive writing, and (2) optimizing digital health programs and tools by incorporating beneficial social processes via social networking. These interventions can be used as primary or adjunctive techniques in a variety of health-relevant contexts and settings. This work is relevant to a wide range of populations, including disorders of eating and weight, insomnia and other sleep difficulties, substance use disorders, anxiety, and depression.

RESEARCH SUPPORT

Funded

NIH National Heart, Lung, and Blood Institute R03 HL160602. “Predictors of Reactivity to Physical Activity Measurement among Women in Midlife with Elevated CVD Risk: Examination Across 7 Studies.” Principal Investigator; \$100,000. 8/1/2022-7/31/2024.

NIH National Institute of Diabetes and Digestive and Kidney Diseases R01 129300. “Sharing Digital Self-Monitoring Data with Others to Enhance Long-Term Weight Loss: A Randomized Trial using a Factorial Design.” Co-Investigator (PI: Meghan L. Butryn, Ph.D.); \$2,008,700. 7/20/2021-6/30/2026.

NIH National Heart, Lung, and Blood Institute K23 HL136657. “Identifying and Targeting Unique Physical Activity Determinants for Midlife Women.” Principal Investigator; \$762,274. 3/1/2018-2/28/2023.

Pilot Grant, Syracuse VA Center for Integrated Healthcare. “Exploring Stakeholder Ideas for Peer Support in Primary Care-Mental Health Integration.” Co-Investigator (PI: Robyn Fielder, Ph.D.); \$10,000. 2016-2018.

Faculty Research Grant, The University of Scranton. “The Use of Wearable Technology and High Intensity Interval Exercise Regarding Anthropometric and Body Composition Changes Among Post-Menopausal Women.” Co-Investigator (PI: Joan C. Grossman, Ph.D.); \$3,000. 2016-2018.

Summer Research Grant, The University of Scranton. “Web-Based Intervention for Prediabetic Midlife Women.” Principal Investigator; \$3,000. Summer 2015.

Graduate Research Grant, Psi Chi International Honor Society. “Glucose and Heart Rate Response to Selected Social Comparisons among Patients with Type 2 Diabetes.” Principal Investigator; \$1,200. 2011.

Consulting Roles on Funded Grants

SAMHSA H79 SP080965-01. “New Jersey Collaborative to Improve Access to Overdose Treatment.” Consultant/Behavioral Science Team Lead (PI: Richard Jermyn, D.O.); \$184,668. 9/01/2019-8/31/2023.

NSF Cyber-Human Systems Small Grants Program. “CHS:Small: Balancing Individual and Group Needs in an Adaptive Social Motion-Based Game for Health.” Consultant (PI: Jichen Zhu, Ph.D.); \$499,989. 9/1/2018-8/31/2023 (NCE).

NIH National Institute of Diabetes and Digestive and Kidney Diseases R21 DK112741. “Improving Weight Loss Maintenance by Using Digital Data Sharing to Provide Responsive Support and Accountability.” National Institute of Diabetes and Digestive and Kidney Diseases/Office of Behavioral and Social Science Research. Consultant (PI: Meghan L. Butryn, Ph.D.); \$300,000. 9/20/2017-7/31/2019.

PEER-REVIEWED PUBLICATIONS

Of 79 total (40 as first author, 17 as senior author); *Denotes trainee co-author

[See here for associated science communication efforts](#)

- 1) **Arigo, D.**, & König, L.M. (in press). [Examining reactivity to the measurement of physical activity and sedentary behavior among women in midlife with elevated risk for cardiovascular disease.](#) *Psychology & Health*.
- 2) **Arigo, D.**, *Brown, M.M., *Shank, F., & Young, C.M. (in press). [Ecological momentary assessment of relations between social interactions and physical activity outcomes among women in midlife with CVD risk conditions.](#) *Annals of Behavioral Medicine*.
- 3) **Arigo, D.**, *Travers, L., & König, L.M. (in press). [Pain experiences among women in midlife with existing health conditions: Changes across pre-COVID-19, stay-at-home orders, and initial reopening.](#) *Psychology & Health*.
- 4) **Arigo, D.**, *Roberts, S.R., & Butryn, M.L. (in press). [Social comparisons between group members during behavioral weight loss treatment: Comparison direction, scale, and associations with weight loss maintenance.](#) *Psychology & Health*.
- 5) **Arigo, D.**, *Romano, K.A., *Pasko, K., *Travers, L., *Ainsworth, M.C., *Jackson, D. A., & *Brown, M.M. (2022). [A scoping review of behavior change techniques used to promote physical activity among women in midlife.](#) *Frontiers in Psychology*, 13, 855749.
- 6) *Brown, M.M., & **Arigo, D.** (2022). [Changes in life circumstances and mental health symptoms during the COVID-19 pandemic among midlife women with elevated risk for cardiovascular disease.](#) *Journal of Women and Aging*, 34(5), 637-648.
- 7) **Arigo, D.**, Lobo, A.F., *Ainsworth, M.C., *Baga, K., & *Pasko, K. (2022). [Development and initial testing of a personalized, adaptive, and socially focused web tool to support physical activity among women in midlife: Multidisciplinary and user-centered design approach.](#) *JMIR Formative Research*, 6(7), e36280.
- 8) Krukowski, R.A., Blackman Carr, L.T., & **Arigo, D.** (2022). [Prevalence and associated characteristics of COVID-19 pandemic-related tenure clock extensions.](#) *Challenges*, 13, 34.
- 9) *Nastasi, J.A., *Curry, E.M., *Martinez, R.E., **Arigo, D.**, & Raiff, B.R. (2022). [Stepping Up: An evaluation of social comparison of physical activity during Fitbit challenges.](#) *Journal of Technology in Behavioral Science*, 7, 265–276.
- 10) **Arigo, D.**, & Torous, J. (2022). [Development of a mobile assessment tool for understanding social comparison processes among individuals with schizophrenia.](#) *JMIR Formative Research*, 6(5), e36541.
- 11) **Arigo, D.**, *Hevel, D., *Bittel, K., & Maher, J.P. (2022). [Within-person examination of the exercise intention-behavior gap among women in midlife with elevated cardiovascular disease risk.](#) *Psychology of Sport and Exercise*, 60, 102138.
- 12) Bartlett Ellis, R.J., Wright, J.A., Soederberg Miller, L.M., Hekler, E., Jake-Schoffman, D.E., Goldstein, C.M., **Arigo, D.**, & Nebeker, C. (2021). [Lessons Learned: Beta-testing the Digital Health Checklist for Researchers \(DHC-R\) prompts a call to action by behavioral scientists.](#) *Journal of Medical Internet Research*, 23(12), e25414.
- 13) *MacIntyre, R. I., Heron, K. E., *Dawson, C. A., Filipkowski, K. B., & **Arigo, D.** (2021). [Does assessment alter responses? An examination of measurement reactivity in an ecological momentary assessment of body comparisons.](#) *Journal of Social and Clinical Psychology*, 40(4), 304-332.
- 14) **Arigo, D.**, Mogle, J.A., *Brown, M.M., & Gupta, A. (2021). [A multi-study approach to refining ecological momentary assessment measures for use among midlife women with elevated risk for cardiovascular disease.](#) *mHealth*, 7, 143.
- 15) **Arigo, D.**, Mogle, J.A., & Smyth, J.M. (2021). [Relations between social comparisons and physical activity among women in midlife with elevated risk for cardiovascular disease: An ecological momentary assessment study.](#) *Journal of Behavioral Medicine*, 44(5), 579-590.

- 16) **Arigo, D.**, *Brown, M.M., & *DiBisceglie, S. (2021). [Experimental effects of fitspiration messaging on body satisfaction, exercise motivation, and exercise behavior among college women and men](#). *Translational Behavioral Medicine*, 11(7), 1441–1450.
- 17) *Brown, M.M., **Arigo, D.**, Wolever, R., Smoski, M., Hall, M., Brantley, J., & Greeson, J. (2021). [Do gender, anxiety, or sleep quality predict Mindfulness-Based Stress Reduction outcomes?](#) *Journal of Health Psychology*, 26(13), 2656-2262.
- 18) Sucala, M., Cole-Lewis, H., **Arigo, D.**, Oser, M., *Goldstein, S., Hekler, E., & Diefenbach, M. (2021). [Behavior science in the evolving world of digital health: Considerations on anticipated opportunities and challenges](#). *Translational Behavioral Medicine*, 11(2), 495–503.
- 19) *Pasko, K., & **Arigo, D.** (2021). [Perceptions of fitspiration posts on social media and subjective wellbeing indicators among college students: The potential roles of social comparison orientation and regulatory focus](#). *JMIR Mental Health*, 8(9), e26204.
- 20) *DiBisceglie, S., & **Arigo, D.** (2021). [Perceptions of #fitspiration activity on Instagram: Patterns of use, response, and preferences among fitstagrammers and followers](#). *Journal of Health Psychology*, 26, 1233–1242.
- 21) **Arigo, D.**, *Ainsworth, M.C., *Pasko, K., *Brown, M.M., & *Travers, L. (2021). [Predictors of change in BMI over 10 years among midlife and older adults: Associations with gender, CVD risk status, depressive symptoms, and social support](#). *Social Science & Medicine*, 279, 113995.
- 22) *Schumacher, L.M., *Thomas, C., *Ainsworth, M.C., & **Arigo, D.** (2021). [Social predictors of physical activity intentions and behavior among college women](#). *Journal of Behavioral Medicine*, 44, 270-276.
- 23) Veldhuis, C., Nesoff, E.D., *McKowen, A.L.W., *Rice, D., Ghoneima, H; Wootton, A., Papautsky, E.L., **Arigo, D.**, Goldberg, S. & Anderson, J. (2021). [Addressing the critical need for long-term mental health data during the COVID-19 pandemic: Changes in mental health from April to September, 2020](#). *Preventive Medicine*, 146, 106465.
- 24) Zhu, J., *Dallal, D.H., *Gray, R.C., *Villareale, J., Ontañón, S., Forman, E.M., & **Arigo, D.** (2021). [Personalization Paradox: Lessons from personalizing social comparison for physical activity](#). *Proceedings of the Association for Computing Machinery: Human-Computer Interaction*, 5, CSCW1, Article 116.
- 25) **Arigo, D.**, *Brown, M.M., *Pasko, K. *Ainsworth, M.C., *Travers, L., Gupta, A.A., Symons Downs, D., & Smyth, J.M (2020). [Rationale and design of the Women’s Health And Daily Experiences project: Protocol for an ecological momentary assessment study to identify real-time predictors of midlife women’s physical activity](#). *JMIR Research Protocols*, 9(10), e19044.
- 26) *Gray, R.C., Zhu, J., **Arigo, D.**, Forman, E.M., & Ontañón, S. (2020). [Player modeling via multi-armed bandits](#). *Proceedings of Foundations of Digital Games '20*. September 15–18, 2020, Bugibba, Malta.
- 27) *MacIntyre, R., Heron, K.E., Braitman, A.L., & **Arigo, D.** (2020). [An ecological momentary assessment of self-improvement and self-evaluation body comparisons: Associations with college women’s body dissatisfaction and exercise](#). *Body Image*, 33, 264-277.
- 28) **Arigo, D.**, Mogle, J.A., *Brown, M.M., *Roberts, S.R., *Pasko, K., Butryn, M.L., & Symons Downs, D. (2020). [Differences in accelerometer cut point methods among midlife women with cardiovascular risk markers](#). *Menopause*, 27, 559-567.
- 29) **Arigo, D.**, *Brown, M.M., *Pasko, K., & Suls, J.M. (2020). [Social comparison features in physical activity apps: Scoping meta-review](#). *Journal of Medical Internet Research*, 22, e15642.
- 30) **Arigo, D.**, Mogle, J.A., *Brown, M.M., *Pasko, K., *Travers, L., *Sweeder, L., & Smyth, J.M. (2020). [Methods to assess social comparison processes within persons in daily life: A scoping review](#). *Frontiers in Psychology* special issue: *Current Perspectives on Social Comparisons and Their Effects*, 10, 2909.
- 31) **Arigo, D.**, *Pasko, K., & Mogle, J.A. (2020). [Daily relations between social perceptions and physical activity among low-active college women](#). *Psychology of Sport and Exercise*, 47, 101528.
- 32) **Arigo, D.**, Juth, V., Trief., P., Wallston, K., Ulbrecht, J., & Smyth, J.M. (2020). [Unique relations between PTSD symptoms and patient functioning in type 2 diabetes](#). *Journal of Health Psychology*, 25, 652-664.

- 33) *Brown, M.M., **Arigo, D.** *Pasko, K., & Gupta, A. (2019). [Perceptions of social support for weight loss among patients in primary care](#). *Obesity Research and Clinical Practice*, 13, 594-598.
- 34) Shepardson, R.L., Johnson, E.M., Possemato, K., **Arigo, D.**, & Funderburk, J.S. (2019). [Barriers and facilitators to implementation of peer support in Veterans Health Administration Primary Care-Mental Health Integration settings](#). *Psychological Services*, 16, 433-444.
- 35) **Arigo, D.**, & Butryn, M.L. (2019). [Prospective relations between social comparison orientation and weight loss outcomes](#). *Behavioral Medicine*, 45, 249-254.
- 36) **Arigo, D.**, Jake-Schoffman, D.E., Wolin, K., Beckjord, E., & Hekler, E.B., & Pagoto, S.L. (2019). [The history and future of digital health in the field of behavioral medicine](#). *Journal of Behavioral Medicine*, 42, 67-83.
- 37) **Arigo, D.**, & Suls, J.M. (2018). [Smartphone apps providing social comparison for health behavior change: A need for better tailoring to person and context](#). *mHealth*, 4, 46.
- 38) **Arigo, D.**, & Haggerty, K. (2018). [Social comparisons and long-term rehabilitation for traumatic brain injury: A longitudinal study](#). *Journal of Health Psychology*, 23, 1743-1748.
- 39) **Arigo, D.**, *Cornell, M., & Smyth, J.M. (2018). [Social comparisons in adults with type 2 diabetes: Patients' reasons for target selection](#). *Psychology & Health*, 33, 906-924.
- 40) **Arigo, D.**, Pagoto, S., Carter-Harris, L., Lillie, S., & Nebeker, C. (2018). [Using social media for health research: Methodological and ethical considerations for recruitment and intervention delivery](#). *Digital Health*, 4, 1-15.
- 41) *Rodemann, A., & **Arigo, D.** (2018). [Subjective life expectancy among college students](#). *Behavioral Medicine*, 44, 314-323.
- 42) Rohde, P., **Arigo, D.**, Shaw, H., & Stice, E. (2018). [Relation of self-weighing to future weight gain and the onset of eating disorder symptoms](#). *Journal of Consulting and Clinical Psychology* 86, 677-687.
- 43) Rohde, P., Desjardins, C., **Arigo, D.**, Shaw, H., & Stice, E. (2018). [Mediators of two selective prevention interventions targeting both obesity and eating disorders](#). *Behavior Research & Therapy*, 106, 8-17.
- 44) Bachman, J., & **Arigo, D.** (2018). [Reported influences on restaurant-type food selection decision making in a grocery store chain](#). *Journal of Nutrition Education & Behavior*, 50, 555-563.
- 45) Butryn, M.L., *Kerrigan, S.G., **Arigo, D.**, *Raggio, G., & Forman, E.M. (2018). [A pilot test of an acceptance-based behavioral intervention to promote physical activity during weight loss maintenance](#). *Behavioral Medicine*, 44, 77-87.
- 46) Grossman, J.A.C, **Arigo, D.**, & Bachman, J. (2017). [Meaningful weight loss in obese post-menopausal women: A pilot study of high intensity interval training and wearable technology](#). *Menopause*, 25(4), 465-470.
- 47) **Arigo, D.**, Rohde, P., Shaw, H., & Stice, E. (2017). [Psychosocial predictors of physical activity change among college students in an obesity prevention trial](#). *Journal of Physical Activity & Health*, 14, 513-519.
- 48) *Schumacher, L.M., **Arigo, D.**, & *Thomas, C. (2017). [Understanding physical activity lapses among women: Responses to lapses and the potential buffering effect of social support](#). *Journal of Behavioral Medicine*, 40, 740-749.
- 49) **Arigo, D.**, Butryn, M.L., *Raggio, G., Lowe, M.R., & Stice, E. (2016). [Predicting change in physical activity: A longitudinal investigation among weight-concerned college women](#). *Annals of Behavioral Medicine*, 50, 629-641.
- 50) **Arigo, D.**, & *Cavanaugh, J. (2016). [Social perceptions predict change in women's mental health and health-related quality of life during the first semester of college](#). *Journal of Social and Clinical Psychology*, 35, 643-663.
- 51) Funderburk, J.S., **Arigo, D.**, & Kenneson-Adams, A. (2016). [Initial engagement and attrition in a national weight management program: Demographic and health predictors](#). *Translational Behavioral Medicine*, 6, 358-368.

- 52) Butryn, M.L., **Arigo, D.**, *Raggio, G., *Colasanti, M., & Forman, E.M. (2016). [Enhancing physical activity promotion with technology-based self-monitoring and social connectivity: A pilot study](#). *Journal of Health Psychology*, 21, 1548-1555.
- 53) Lowe, M.R., **Arigo, D.**, Butryn, M.L., *Gilbert, J.R., Sarwer, D., & Stice, E. (2016). [Hedonic hunger prospectively predicts onset and maintenance of loss of control eating among college women](#). *Health Psychology*, 35, 238-244.
- 54) **Arigo, D.** (2015). [Promoting physical activity among women using wearable technology and online social connectivity: A feasibility study](#). *Health Psychology and Behavioral Medicine*, 3, 391-409.
- 55) **Arigo, D.**, Smyth, J.M., & Suls, J.M. (2015). [Perceptions of similarity and response to selected comparison targets in type 2 diabetes](#). *Psychology & Health*, 30, 1206-1220.
- 56) **Arigo, D.**, Funderburk, J.S., *Hooker, S., Dundon, P., Dubbert, P. et al. (2015). [The Veterans Health Administration's MOVE!® weight management program: Primary care clinicians' perceptions of program implementation](#). *Military Medicine*, 180, 1027-1033.
- 57) *Berner, L. A., **Arigo, D.**, Mayer, L.E.S., Sarwer, D., & Lowe, M.R. (2015). [Examination of central body fat deposition as a risk factor for loss-of-control eating](#). *American Journal of Clinical Nutrition*, 102, 729-735.
- 58) Butryn, M.L., **Arigo, D.**, *Raggio, G.A., Kaufman, A.I., *Kerrigan, S.G., & Forman, E.M. (2015). [Measuring the ability to tolerate activity-related discomfort: Initial validation of the Physical Activity Acceptance Questionnaire \(PAAQ\)](#). *Journal of Physical Activity & Health*, 12, 717-726.
- 59) **Arigo, D.**, *Schumacher, L.M., *Pinkasavage, E., & Butryn, M.L. (2015). [Addressing barriers to physical activity among women: A feasibility study using social networking-enabled technology](#). *Digital Health*, 1, 1-12.
- 60) **Arigo, D.**, Smyth, J.M., Haggerty, K., & *Raggio, G.A. (2015). [The social context of the relationship between glycemic control and depressive symptoms in type 2 diabetes](#). *Chronic Illness*, 11, 33-43.
- 61) **Arigo, D.**, *Hooker, S., Funderburk, J.S., Dundon, M., Dubbert, P. et al. (2015). [Perceptions of attrition from a national primary care weight management program](#). *Primary Health Care Research & Development*, 16, 147-156.
- 62) *Pinkasavage, E., **Arigo, D.**, & *Schumacher, L.M. (2015). [Social comparison, negative body image, and disordered eating behavior: The moderating role of coping style](#). *Eating Behaviors*, 16, 72-77.
- 63) **Arigo, D.**, *Schumacher, L.M., & *Martin, L.M. (2014). [Upward appearance comparison and the development of eating pathology in college women](#). *International Journal of Eating Disorders*, 47, 467-470.
- 64) **Arigo, D.**, Suls, J., & Smyth, J.M. (2014). [Social comparisons and chronic illness: Literature synthesis and clinical implications](#). *Health Psychology Review*, 8, 154-214.
- 65) *Raggio, G., Butryn, M.L., **Arigo, D.**, *Mikorski, R., & Palmer, S. (2014). [Prevalence and correlates of sexual morbidity in long-term breast cancer survivors](#). *Psychology & Health*, 29, 632-650.
- 66) Gellis, L.A., **Arigo, D.**, & Elliott, J.C. (2013). [Cognitive Refocusing Technique for insomnia: A randomized controlled trial in university students](#). *Behavior Therapy*, 44, 100-110.
- 67) **Arigo, D.**, *Anskis, A.M., & Smyth, J.M. (2012). [Psychiatric comorbidities in women with Celiac Disease](#). *Chronic Illness*, 8, 45-55.
- 68) **Arigo, D.**, & Smyth, J.M. (2012). [The benefits of expressive writing on sleep difficulty and appearance concerns for college women](#). *Psychology & Health*, 27, 210-226.
- 69) Smyth, J.M., & **Arigo, D.** (2009). [Recent evidence supports emotion regulation interventions for improving health in at-risk and clinical populations](#). *Current Opinion in Psychiatry*, 22, 205-210.
- 70) **Arigo, D.**, Kloss, J.D., Kneile, K., & Gilrain, K. (2007). [Beliefs about sleep and perceived sleep quality are associated with quality of life among perimenopausal women](#). *Behavioral Sleep Medicine*, 5, 241-255.

- 71) Platek, S., Raines, D., Gallup, G., Mohamedd, F., Thomson, J.W., Myers, T., Panyavina, I., Levin, S.L., Davis, J., Fonteyn, L.C.M., & **Arigo, D.** (2004). [Reactions to children's faces: Males are more affected by resemblance than females are, and so are their brains.](#) *Evolution and Human Behavior*, 25, 394-405.

PUBLISHED BOOK CHAPTERS / ENCYCLOPEDIA ENTRIES

- 72) Smyth, J.M., & **Arigo, D.** (in press). Expressive Writing. In H.S. Friedman (ed): *Encyclopedia of Mental Health, 3rd Edition*. Waltham, MA: Elsevier.
- 73) Nebeker, C., Bartlett-Ellis, R., & **Arigo, D.** (2021). Risk/benefit assessment and privacy. In S. Panicker & B. Stanley (eds.), *Handbook of Research Ethics in Psychological Science*. Washington, DC: American Psychological Association.
- 74) **Arigo, D.**, & *Pasko, K. (2020). Physical activity monitors. *Encyclopedia of Behavioral Medicine, 2nd Edition*. New York, NY: Springer.
- 75) Juth, V., **Arigo, D.**, & Smyth, J.M. (2019). Expressive Writing. In K. Sweeny & M. Robbins. (eds): *Encyclopedia of Health Psychology, 2nd Edition*. New York, NY: Wiley.
- 76) Norcross, J. C. Goldfried, M. R., & **Arigo, D.** (2016). Integrative Theories. In J. C. Norcross, G. R. VandenBos, & D. K. Freedheim (Eds.), *APA Handbook of Clinical Psychology (5 volumes)*. Washington, DC: American Psychological Association.
- 77) **Arigo, D.**, & Smyth, J.M. (2016). Expressive Writing. In H.S. Friedman (ed): *Encyclopedia of Mental Health, 2nd Edition*. Waltham, MA: Elsevier.
- 78) Smyth, J.M., Pennebaker, J.W., & **Arigo, D.** (2012). What are the health effects of disclosure? In A. Baum, T. Revenson, & J. Singer (Eds.), *Handbook of Health Psychology (2nd ed., pp. 175-191)*. New York, NY: Taylor & Francis.
- 79) Smyth, J.M., Nazarian, D., & **Arigo, D.** (2008). Expressive writing in the clinical context. In J. Denollet, I. Nyclíček, & A. Vingerhoets (Eds.), *Emotion Regulation: Conceptual and Clinical Issues*. New York, NY: Springer.

MANUSCRIPTS UNDER REVIEW / REVISION

- 1) **Arigo, D.**, *Gray, R.C., *Dallal, D.H., *Villareale, J., & Zhu, J. (under review). Selection and response to physical activity-based social comparisons in a digital environment: A series of daily assessment studies. *JMIR Human Factors*.
- 2) *Dochat, C., Afari, N., & **Arigo, D.** (under review). Psychometric validation of the Celiac Disease-Specific Quality of Life Survey (CD-QOL) in adults with celiac disease in the United States. *Quality of Life Research*.
- 3) *Travers, L., Greeson, J.M., Angelone, D.J., & **Arigo, D.** (under review). Relations between PTSD symptoms after a natural disaster and pain interference among older adults. *Journal of Gerontology: Psychological Sciences*.
- 4) *Romano, K.A., Heron, K.E., & **Arigo, D.** (under review). Temporal sequencing of naturalistic associations between body satisfaction and physical activity: An ecological momentary assessment study among women in midlife with elevated cardiovascular risk. *Body Image*.
- 5) Waring, M.E., **Arigo, D.** Rudina, L.R., Pagoto, S.L., Moore Simas, T.A., & Horkachuck, A.B. (under review). Interest in an Instagram-delivered gestational weight gain intervention among pregnant women with pre-pregnancy overweight or obesity who use Instagram. *International Journal of Behavioral Medicine*.

SELECTED CONFERENCE PRESENTATIONS

*Denotes trainee co-author; SIG = Special Interest Group

- 1) **Arigo, D.**, *Ainsworth, M.C., *Pasko, K., *Travers, L., *Baga, K., *Edwards., K., *Hernandez, D., & Mogle, J.A. (2022, June). *Social Comparison and Social Support Messages to Promote Physical Activity in Daily Life among Midlife Adults: A Pilot Ambulatory Micro-Randomized Trial*. Paper presented at the annual meeting of the Society of Ambulatory Assessment (virtual).
- 2) **Arigo, D.**, *Baga, K., *Ainsworth, M.C., *Pasko, K., Lassiter, J.M., Raiff, B.R., & Lobo, A F. (2022, June). *Development and Testing of a Personalized, Adaptive Web Tool to Promote Daily Physical Activity among Women in Midlife*. Poster presented at the annual meeting of the Society of Ambulatory Assessment (virtual).
- 3) *Ainsworth, M. C., *Hughes, A., *Hernandez, D., & **Arigo, D.** (2022, April). *#T1D: Perceptions and Use of Type 1 Diabetes Content on Social Media*. Poster presented at the Society of Behavioral Medicine annual meeting, Baltimore, MD.
- 4) *Travers, L., König, L.M., & **Arigo, D.** (2022, April). *Pain Experiences among Women in Midlife with Existing Health Conditions: Changes across the COVID-19 Pandemic*. Poster presented at the Society of Behavioral Medicine annual meeting, Baltimore, MD.
- 5) **Arigo, D.**, *Baga, K., *Ainsworth, M.C., *Pasko, K., & Lobo, A.F. (2022, April). *Development and Testing of a Personalized, Adaptive Web Tool to Promote Physical Activity among Women in Midlife*. Poster presented at the Society of Behavioral Medicine annual meeting, Baltimore, MD.
- 6) **Arigo, D.**, *Brown, M.M., *Pasko, K.P., *Vendetta, E., *Travers, L., Gupta, A.A., Ainsworth, M.C., Symons Downs, D., & Smyth, J.M. (2021, July). *Ecological Momentary Assessment of Psychological and Social Influences on Physical Activity among Midlife Women with CVD Risk*. Paper presented at the 2021 virtual International Congress of Behavioral Medicine.
- 7) **Arigo, D.**, Mogle, J.A., *Brown, M.M., & Gupta, A.A. (2021, April). *A Multi-Stage Approach to Refining Ecological Momentary Assessment Measures for Use among Midlife Women with Elevated Risk for Cardiovascular Disease*. In K.E. Heron (Chair), *Using Mixed-Methods Designs to Refine Ecological Momentary Assessment Studies of Health Behaviors in Diverse Populations*. Symposium presented at the 2021 Virtual Annual meeting of the Society of Behavioral Medicine.
- 8) **Arigo, D.**, *Brown, M.M., Ainsworth, M.C., *Pasko, K.P., *Travers, L., *Vendetta, E., Gupta, A.A., Ainsworth, M.C., Symons Downs, D., & Smyth, J.M. (2021, April). *Time-Sensitive Relations between Social Comparisons and Physical Activity among Midlife Women with Elevated CVD Risk*. Paper presented at the 2021 virtual annual meeting of the Society of Behavioral Medicine.
- 9) **Arigo, D.**, *Brown, M.M., *Ainsworth, M.C., *Travers, L., *Vendetta, E., & *Pasko, K.P. (2021, April). *Physical Activity among Midlife Women with Elevated CVD Risk: Changes Across Pre-COVID-19, Stay-at-Home, & Reopening Periods*. Poster presented at the 2021 virtual annual meeting of the Society of Behavioral Medicine. (**Women's Health Special Interest Group Abstract Award Winner.**)
- 10) **Arigo, D.** (Chair), Breland, J., Brown, S., Cadmus-Bertram, L., Goldstein, C.; *Goldstein, S., Jonassaint, C., Manasse, S., Thomas, J.G., & Whited, M. (2021, April). *Writing Winning Training Grants: Development, Responding to Critiques, and Incorporating Technology into Proposals*. Pre-conference workshop presented at the 2021 virtual annual meeting of the Society of Behavioral Medicine.
- 11) *Travers, L., *Brown, M.M, *Pasko, K. & **Arigo, D.** (2021, April.) *Momentary Reports of Physical Pain among Midlife Women with Elevated Risk for Cardiovascular Disease*. Poster presented at the 2021 virtual annual meeting of the Society of Behavioral Medicine.
- 12) *Brown, M. M., *Pasko, K., *Travers, L., & **Arigo, D.** (2021, April.) *Does Social Physique Anxiety Predict Physical Activity Patterns in Midlife Women at Risk for Cardiovascular Disease?* Poster presented at the 2021 virtual annual meeting of the Society of Behavioral Medicine.
- 13) *Pasko, K., & **Arigo, D.** (2021, April.) *Relations between Social Support, Personal Mastery, and Health Behaviors among Older Adults with Cancer*. Poster presented at the 2021 virtual annual meeting of the Society of Behavioral Medicine.

- 14) **Arigo, D.**, *Brown, M.M., *Shank, F., & Young, C.M. (2021, February). *Time-Sensitive Relations between Perceptions of Social Interactions and Physical Activity Outcomes among Midlife Women with Elevated CVD Risk*. Poster presented at the 2021 virtual Annual Convention of the Society for Social and Personality Psychology (Health Preconference Session).
- 15) Bodenlos, J., Pekmezi, D., & **Arigo, D.** (2020, August). *Innovative Strategies for Teaching and Mentoring in Behavioural Medicine*. Pre-conference workshop accepted at 2020 International Congress of Behavioral Medicine. Canceled due to COVID-19.
- 16) **Arigo, D.**, *Pasko, K.P., *Brown, M.M., *Vendetta, E., *Travers, L., Gupta, A.A., Ainsworth, M.C., Symons Downs, D., & Smyth, J.M. (2020, May). *Daily Social Influences on Physical Activity among Midlife Women with CVD Risk: An Ecological Momentary Assessment Study*. Poster presented at the 2020 virtual annual meeting of the UConn Center for mHealth and Social Media.
- 17) *Ainsworth, M.C., *Brown, M.B., Gupta, A.A., & **Arigo, D.** (2020, May). *Apps for Weight Loss Support: Do Primary Care Patients Use them, and Do They Help?* Poster presented at the 2020 virtual annual meeting of the UConn Center for mHealth and Social Media.
- 18) *Brown, M.B., *Kwiatek, B., *Vendetta, E., & **Arigo, D.** (2020, May). *The Effect of #Fitspiration Messaging on College Students' Exercise and Self-Perceptions*. Poster presented at the 2020 virtual annual meeting of the UConn Center for mHealth and Social Media.
- 19) **Arigo, D.**, *Brown, M.M., *Pasko, K.P., *Vendetta, E., *Travers, L., Gupta, A.A., *Ainsworth, M.C., Symons Downs, D., & Smyth, J.M. (2020, April). *Daily Social Influences on Physical Activity among Midlife Women with CVD Risk: An Ecological Momentary Assessment Study*. Poster accepted at the 2020 annual meeting of the Society of Behavioral Medicine, San Francisco, CA. Canceled due to COVID-19.
- 20) Sucala, M., Cole-Lewis, H., **Arigo, D.**, Oser, M., *Goldstein, S., Heckler, E., & Diefenbach, M. (2020, April). *The Role of Behavioral Medicine in the Evolving World of Digital Health*. Paper accepted at the 2020 annual meeting of the Society of Behavioral Medicine, San Francisco, CA. (**Citation Abstract Award winner.**) Canceled due to COVID-19.
- 21) *MacIntyre, R.I., Heron, K.E., **Arigo, D.**, & Filipkowski, K. Does Assessment Alter Responses? *An Examination of Reactivity in an Ecological Momentary Assessment of Body Comparisons*. Poster accepted at 2020 annual meeting of the Society of Behavioral Medicine, San Francisco, C.A. Canceled due to COVID-19.
- 22) *Surampudy, K., Gupta, A.D., Petrides, J., & **Arigo, D.** (2020, March). *Patient Perception about Dietary Weight Loss Supplements versus Anti-Obesity Medications*. Poster presented at the annual meeting of the American College of Osteopathic Family Physicians, New Orleans, LA.
- 23) **Arigo, D.**, *Brown, M.M., Mogle, J.A., *Pasko, K., *Sweeder, L., & Smyth, J.M. (2019, June). *Methods to Assess Social Comparisons Within Persons Over Time: A Rapid Review*. Paper presented at the 2019 biannual meeting of the Society for Ambulatory Assessment, Syracuse, NY.
- 24) **Arigo, D.**, *Brown, M.M., & Gupta, A. (2019, June). *Ecological Momentary Assessment of Social Experiences: Patient Feedback on Social Constructs and Item Clarity*. Poster presented at the 2019 biannual meeting of the Society for Ambulatory Assessment, Syracuse, NY.
- 25) *MacIntyre, R.I., Heron, K.E., **Arigo, D.**, & Braitman, A.L. (2019, June). *An Examination of the Natural Occurrence of Upward Body-Focused Comparison Cognitive Responses using an Ecological Momentary Assessment Study*. Paper presented at the 2019 biannual meeting of the Society for Ambulatory Assessment, Syracuse, NY.
- 26) **Arigo, D.**, & *Pasko, K. (2019, March). *Daily Social Experiences and Physical Activity among Midlife Women with CVD Risk: A Pilot Ecological Momentary Assessment Study*. In K.E. Heron (Chair), *Social Processes in Daily Life: What Do They Mean for Women's Weight Control Behaviors?*. Symposium presented at the 2019 Annual meeting of the Society of Behavioral Medicine, Washington, D.C.
- 27) **Arigo, D.**, *Brown, M.M., *Pasko, K., and Bachman, J.A. (2019, March). *Social Influences on Midlife Women's Food Intake Recording in the Natural Environment: A Pilot Ecological Momentary Assessment Study*. In R.J. Crochiere (Chair), *Measuring Proximal Factors Associated with Change in*

Weight-Related Behaviors with Advanced Technology. Symposium presented at the 2019 Annual meeting of the Society of Behavioral Medicine, Washington, D.C.

- 28) **Arigo, D.**, *Brown, M.M., Mogle, J.A., *Roberts, S., *Pasko, K., Butryn, M.L., & Symons Downs, D. (2019, March). *Assessing Physical Activity among Midlife Women with Cardiovascular Risk Markers: Differences between Accelerometer Cut Point Methods.* Poster presented at the 2019 Annual meeting of the Society of Behavioral Medicine, Washington, D.C.
- 29) Brown, M.* , **Arigo, D.**, & Greeson, J. (2019, March). *Do Gender, Anxiety, or Sleep Quality Predict Mindfulness-Based Stress Reduction Outcomes?* Poster presented at the 2019 Annual meeting of the Society of Behavioral Medicine, Washington, DC.
- 30) DiBisceglie, S., * Brown, M.*, Vendetta, E.,* Jules, D.,* Bradely, J.,* & **Arigo, D.** (2019, March). *The Effect of #Fitspiration Messaging on College Students' Fitness Center Use: An Experimental Pilot Study.* Poster presented at the 2019 Annual meeting of the Society of Behavioral Medicine, Washington, DC.
- 31) Pasko, K.,* & **Arigo, D.** (2019, March). *Does Social Support Buffer against the Influence of Depressive Symptoms on Motivation for Illness Management in Prediabetes?* Poster presented at the 2019 Annual meeting of the Society of Behavioral Medicine, Washington, DC.
- 32) **Arigo, D.**, Pasko, K., Plantier, N., & Montalbano, E. (2018, May.) *Social Comparison Opportunities in Mobile Apps for Increasing Physical Activity: A Systematic Review.* Poster presented at the 2018 annual meeting of the UConn Center for mHealth and Social Media, Storrs, CT.
- 33) **Arigo, D.**, Pasko, K., and DiBisceglie, S. (2018, April). *Relations between Daily Social Perceptions and Objectively Assessed Physical Activity among College Women.* In Leahey, T. (Chair), *Understanding and Harnessing Social Influences on Women's Health Behaviors: Social Perceptions, Stigma, and Social Modeling.* Symposium conducted at the 2018 Annual meeting of the Society of Behavioral Medicine, New Orleans, L.A. (**Selected for Behavioral Informatics & Technology SIG Preview Discussion.**)
- 34) **Arigo, D.** (Chair), Pagoto, S., Cater-Harris, L., Lille, S., & Nebeker, C. (2018, April). *#Health Behaviors: Designing and Delivering Interventions via Social Media.* Pre-conference workshop conducted at the 2018 Annual meeting of the Society of Behavioral Medicine, New Orleans, L.A.
- 35) DiBisceglie, S., Pasko, K., & **Arigo, D.** (2018, April). *Toward #Fitspiration as a Tool for Health Promotion: Examining the Perceptions of Fitstagramers and Followers.* Poster presented at the 2018 Annual meeting of the Society of Behavioral Medicine, New Orleans, L.A.
- 36) Pasko, K., DiBisceglie, S., & **Arigo, D.** (2018, April). *A 'Snap'shot of Relations between Social Media Use and Health Behaviors in College.* Poster presented at the 2018 Annual meeting of the Society of Behavioral Medicine, New Orleans, L.A.
- 37) Shepardson, R. L., Johnson, E. M., Funderburk, J. S., **Arigo, D.**, & Possemato, K. (2017, October). *Peer Support in Integrated Primary Care: Provider and Patient Feedback on Potential Peer Roles.* Paper presented at the 19th Annual Conference of the Collaborative Family Healthcare Association, Houston, TX.
- 38) **Arigo, D.**, & Lillie, S. (Co-Chairs; 2017, March). *Using Social Media for Research: Recruitment, Intervention, and Ethical Concerns.* Pre-conference workshop conducted at the 2017 Annual meeting of the Society of Behavioral Medicine, San Diego, C.A.
- 39) **Arigo, D.**, Cebreck Grossman, J.A., & Bachman, J. (2017, March). *Feasibility of a Fitbit-Supported Behavioral Intervention to Increase Exercise among Obese Post-Menopausal Women.* In Cadmus-Bertram, L. (Chair), *Using mHealth and eHealth Methods to Promote Healthy Behaviors among Women.* Symposium conducted at the 2017 Annual meeting of the Society of Behavioral Medicine, San Diego, C.A. (**Selected for Behavioral Informatics & Technology SIG Preview Discussion.**)
- 40) **Arigo, D.** (2017, March). *Testing the Feasibility of Fitbit and Online Partnerships to Promote Physical Activity among Women.* In Mama, S.K. (Chair), *Feasibility Studies to Inform Physical Activity and Weight Management Interventions in Women: Three Real-World Examples.* Symposium conducted at the 2017 Annual meeting of the Society of Behavioral Medicine, San Diego, C.A.

- 41) **Arigo, D.**, Schumacher, L.M., Butryn, M.L., & Forman, E.M. (2017, March). *Daily Social Comparisons, Weight Loss, and Physical Activity Consistency in a Behavioral Weight Loss Program*. In Voils, C. (Chair), *Examining Root Contributors to Weight Control: Applying Social Psychological Theories in Weight Management Programs*. Symposium conducted at the 2017 Annual meeting of the Society of Behavioral Medicine, San Diego, C.A.
- 42) **Arigo, D.**, Rohde, P., Shaw, H., & Stice, E. (2017, March). *Psychosocial Predictors of Physical Activity Change among College Students in an Obesity Prevention Trial*. Poster presented at the 2017 Annual meeting of the Society of Behavioral Medicine, San Diego, C.A.
- 43) Cebrick Grossman, J.A, **Arigo, D.**, & Bachman, J. (2017, March). *Effects of High-Intensity Interval Training on Weight Loss and Body Composition in Obese Post-Menopausal Women*. Poster presented at the 2017 Annual meeting of the Society of Behavioral Medicine, San Diego, C.A.
- 44) *Pacella, A.M., **Arigo, D.**, & Breloff, S.P. (2016, August). *Effects of Psychological Stress on Lower Extremity Kinematics during Gait*. Poster presented at the 2016 Annual meeting of the American Society of Biomechanics, Raleigh, N.C.
- 45) **Arigo, D.** (2016, April). *Promoting Physical Activity among Overweight Women using Wearable Technology and Online Social Networking*. Paper presented at the 2016 Annual meeting of the Society of Behavioral Medicine, Washington, D.C. (**Selected for Behavioral Informatics & Technology SIG Preview Discussion.**)
- 46) **Arigo, D.** (2016, April). *Does Social Contact Promote Physical Activity among Women? Within-Person Analysis during a Six-Week Social Intervention*. Poster presented at the 2016 Annual meeting of the Society of Behavioral Medicine, Washington, D.C.
- 47) **Arigo, D.**, & Butryn, M.L. (2016, April). *Social Comparison Orientation Predicts Weight Change in a Group-Based Behavioral Weight Loss Program*. Poster presented at the 2016 Annual meeting of the Society of Behavioral Medicine, Washington, D.C. (**Selected for Theories and Techniques in Health Behavior Change SIG Preview Discussion.**)
- 48) **Arigo, D.**, Butryn, M.L., Mogle, J.A., Hillman, A., & Zalon, M.L. (2016, April). *Physical Activity Barriers and Preferences among Adults with Prediabetes*. Poster presented at the 2016 Annual meeting of the Society of Behavioral Medicine, Washington, D.C.
- 49) *Schumacher, L.M., & **Arigo, D.** (2016, April). *Within-Person Relations between Physical Activity Lapses and Partner Communication in a Physical Activity Program for Women*. Poster presented at the 2016 Annual meeting of the Society of Behavioral Medicine, Washington, D.C. (**Selected for Physical Activity SIG Student Research Award and the Behavioral Informatics & Technology SIG Preview Discussion.**)
- 50) Haggerty, K., & **Arigo, D.** (2016, April). *Social Comparison, Social Support, and Social Problem Solving among Individuals with Prediabetes*. Poster presented at the 2016 Annual meeting of the Society of Behavioral Medicine, Washington, D.C.
- 51) *Chapin, S., & **Arigo, D.** (2016, April). *Does Self-Reported Social Comparison Orientation Predict Behavioral Engagement in Health-Related Comparison Activity?* Poster presented at the 2016 Annual meeting of the Society of Behavioral Medicine, Washington, D.C.
- 52) *Rodemann, A., & **Arigo, D.** (2016, March). *Perceived Health and Life Expectancy in College Students*. Poster presented at the 2016 Annual meeting of the Eastern Psychological Association, New York, N.Y.
- 53) **Arigo, D.**, & *Cornell, M. (2016, March). *Physical Activity among Patients with Prediabetes: Social Motivators, Barriers, and Preferences*. Poster presented at the 2016 Annual meeting of the American Psychosomatic Society, Denver, CO. (**Selected for the Clinical Poster Tour.**)
- 54) **Arigo, D.**, Juth, V., Ulbrecht, J., Wallston, K., Trief., P., & Smyth, J.M. (2016, March). *Trauma-Related Psychiatric Distress, Social Support, and Patient Outcomes in Type 2 Diabetes*. Poster presented at the 2016 Annual meeting of the American Psychosomatic Society, Denver, CO.
- 55) Haggerty, K., **Arigo, D.**, & Gramatges, M. (2016, February). *Social Comparison Processes among Individuals with Severe TBI: A Longitudinal Pilot Study*. Poster presented at the 2016 Annual meeting of the APA Division 22 – Rehabilitation Psychology, Atlanta, GA.

- 56) **Arigo, D.**, *Schumacher, L.M., *Pinkasavage, E. et al. (2015, April). *Using Social Networking and Technology to Address Physical Activity Barriers among Overweight Women*. Paper presented at the 2015 Annual meeting of the Society of Behavioral Medicine, San Antonio, TX.
- 57) *Cavanaugh, J. & **Arigo, D.** (2015, April). *Women's Social Perceptions and Health Outcomes during the First Semester of College*. Poster presented at the 2015 Annual meeting of the Society of Behavioral Medicine, San Antonio, TX.
- 58) *Schumacher, L.M., **Arigo, D.**, *Kerrigan, S.G., & Butryn, M.L. (2015, April). *Understanding Physical Activity Adoption among Women: Self-Perceptions Following Activity Lapses*. Poster presented at the 2015 Annual meeting of the Society of Behavioral Medicine, San Antonio, TX.
- 59) **Arigo, D.** (2015, March). *Social Comparison Orientation Predicts Short-Term Physical Activity Change among Overweight Women*. Poster presented at the 2015 Annual meeting of the American Psychosomatic Society, Savannah, GA. **(Selected as a newsworthy presentation and included the Clinical Poster Tour.)**
- 60) *Moran, J., *Chapin, S., & **Arigo, D.** (2015, March). *Does Self-Reported Comparison Orientation Predict a Behavioral Demonstration of Comparison in Type 2 Diabetes?* Poster presented at the 2015 Annual meeting of the Eastern Psychological Association, Philadelphia, PA.
- 61) **Arigo, D.**, *Schumacher, L.M., Butryn, M.L., & Forman, E.M. (2014, November). *Daily Social Comparisons and Initial Weight Loss among Participants in a Behavioral Weight Loss Program*. Poster presented at the 2014 Annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- 62) *Schumacher, L.M., **Arigo, D.**, *Pinkasavage, E., & Butryn, M. L. (2014, November). *Addressing barriers to physical activity among overweight and obese women: A feasibility study using social networking-enabled technology*. Poster presented at the Obesity and Eating Disorders Special Interest Group Exposition at the 2014 Annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA. **(Selected for Obesity and Eating Disorders SIG Student Research Award.)**
- 63) Butryn, M.L., **Arigo, D.**, *Raggio, G.A., *Colasanti, M., *Pinkasavage, E., & Forman, E.F. (2014, November). *Next Steps: A pilot study of innovative lifestyle modification for midlife women*. Poster presented at the 2014 Annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- 64) *Schumacher, L. M., Forman, E. M., Butryn, M. L., & **Arigo, D.** (2014, November). *Ecological momentary assessment of dietary lapse experiences among overweight and obese adults in a behavioral weight loss study*. Poster presented at the 2014 Annual meeting of The Obesity Society, Boston, MA.
- 65) *Colasanti, M., **Arigo, D.**, *Raggio, G.A., *Pinkasavage, E., Forman, E.F., & Butryn, M.L. (2014, November). *Processes Associated with Success in Lifestyle Modification Programs*. Poster presented at the 2014 Annual meeting of The Obesity Society, Boston, MA.
- 66) *Raggio, G.A., Butryn, M.L., *Colasanti, M., **Arigo, D.**, *Matteucci, A., & Forman, E.F. (2014, November). *Association between Cognitive Function and Physical Activity among Women Enrolled in a Lifestyle Modification Pilot Program*. Poster presented at the 2014 Annual meeting of The Obesity Society, Boston, MA.
- 67) **Arigo, D.**, Smyth, J.M , Haggerty, K., & *Raggio, G. (2014, March). *Social comparisons mediate the relationship between depression and symptom severity in adults with type 2 diabetes*. Paper presented at the 2014 Annual meeting of the American Psychosomatic Society, San Francisco, CA.
- 68) Haggerty, K., & **Arigo, D.** (2014, March). *Social Comparison and Psychosocial Functioning in Severe Traumatic Brain Injury: A Pilot Study*. Poster presented at the 2014 Annual meeting of the American Psychosomatic Society, San Francisco, CA.
- 69) **Arigo, D.**, & Smyth, J.M. (2014, April). *Guided Social Comparisons Differentiate Motivation to Improve Health Behaviors*. Poster presented at the 2014 Annual meeting of the Society of Behavioral Medicine, Philadelphia, PA.

- 70) **Arigo, D.**, Heron, K.E., &*Gilbert, J.R. (2014, April). *Changes in Social Engagement Predict Health Behaviors over One College Semester*. Poster presented at the 2014 Annual meeting of the Society of Behavioral Medicine, Philadelphia, PA.
- 71) **Arigo, D.**, *Schumacher, L.M., Smyth, J.M., O'Connor, D., *Pinkasavage, E., & *Matteucci, A. (2014, April). *Expressive Writing about Body Image: Linguistic Characteristics of Changes in Social Comparison*. Poster presented at the 2014 Annual meeting of the Society of Behavioral Medicine, Philadelphia, PA.
- 72) *Pinkasavage, E., & **Arigo, D.** (2014, April). *Social Comparison, Negative Body Image, and Disordered Eating Behavior: The Role of Coping Style*. Poster presented at the 2014 Annual meeting of the Society of Behavioral Medicine, Philadelphia, PA.
- 73) *Schumacher, L., **Arigo, D.**, & *Martin, L.M. (2014, April). *Upward Body-Focused Social Comparisons and the Onset of Disordered Eating Symptoms During College*. Poster presented at the 2014 Annual meeting of the Society of Behavioral Medicine, Philadelphia, PA.
- 74) Funderburk, J.S., **Arigo, D.**, & Kenneson-Adams, A. (2014, April). *Initial Engagement and Attrition in a National Weight Management Program: Demographic and Health Predictors*. Poster presented at the 2014 Annual meeting of the Society of Behavioral Medicine, Philadelphia, PA.
- 75) *Mikorski, R., *Schumacher, L. M., **Arigo, D.**, *Kerrigan, S. G., Butryn, M. L. (2013, November). *The Effects of a Cognitive Defusion Intervention on Body Image, Body-Focused Anxiety and Negative Affect after Viewing Ultra-Thin Media Ideals*. Poster presented by the Obesity and Eating Disorders Special Interest Group at the 2013 Annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
- 76) *Berner, L. A., Ayaz, H., Marsh, R., Shewokis, P. A., **Arigo, D.**, Izzetoglu, M., *Winter, S., *Matteucci, A., Nasser, J., & Lowe, M. (2013, September). *Patterns of neural activation in women with bulimia nervosa during general and eating response inhibition: Preliminary results from a novel task*. Poster presented at the 2013 Annual meeting of the Eating Disorders Research Society, Bethesda, MD.
- 77) **Arigo, D.**, *Kerrigan, S.G., & Butryn, M.L. (2013, November). *Clustering of Accelerometer-Verified Physical Activity Outcomes within Behavioral Weight Loss Groups*. Poster presented at the 2013 Annual meeting of The Obesity Society, Atlanta, GA.
- 78) **Arigo, D.**, Butryn, M.L., *Raggio, G., *Kirch, M. & Lowe, M.R. (2013, November). *Changes in Body Satisfaction Eating Behaviors, and Weight over the First Two Years of College: Relationships with Pedometer-Assessed Physical Activity*. Poster presented at the 2013 Annual meeting of The Obesity Society, Atlanta, GA.
- 79) Butryn, M.L., **Arigo, D.**, & Gorin, A.A. (2013, November). *More Support that Support Matters: Perceived Support from Spouses is Associated with Weight Loss Success*. Poster presented at the 2013 Annual meeting of The Obesity Society, Atlanta, GA.
- 80) **Arigo, D.**, & Smyth, J.M. (2013, March). *The Impact of Social Comparisons on Motivation for Self-Care among Individuals with Type 2 Diabetes*. Poster presented at the 2013 Annual meeting of the American Psychosomatic Society, Miami, FL. (**Selected as a newsworthy presentation.**)
- 81) Gellis, L.A., **Arigo, D.**, & Elliott, J.C. (2012, November). *Investigating a Cognitive Refocusing Technique for Insomnia: A Randomized Controlled Trial in University Students*. Poster presented at the 2012 Annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
- 82) **Arigo, D.**, *Behnke, L.D., & Smyth, J.M. (2012, April). *Health-Based Social Comparisons: The Effect of Instructions to Focus on Similarities or Differences*. Poster presented at the 2012 Annual meeting of the Society of Behavioral Medicine, New Orleans, LA.
- 83) **Arigo, D.**, Funderburk, J.S., Hooker, S.A., Dundon, M., Dickenson, E. et al. (2012, April). *Implementation of a Nationwide Weight Management Program: Providers' Feedback on the Veterans Health Administration-MOVE!® Program for Veterans*. Poster presented at the 2012 Annual meeting of the Society of Behavioral Medicine, New Orleans, LA.
- 84) Hooker, S.A., Dundon, M., **Arigo, D.**, Funderburk, O'Donohue, J.S et al. (2012, April). *The Veterans Health Administration's MOVE!® Program: Providers' Perceptions of Attrition*. Poster presented at the 2012 Annual meeting of the Society of Behavioral Medicine, New Orleans, LA.

- 85) **Arigo, D.**, & Smyth, J.M. (2011, March). *Social Comparisons by Patients with Type 2 Diabetes: Differentiating Illness Severity and Coping Dimensions*. Poster presented at the 2011 Annual meeting of the American Psychosomatic Society, San Antonio, Texas.
- 86) **Arigo, D.**, Smyth, J.M., & Suls, J.M. (2010, March). *The Impact of Social Comparisons on Health*. Poster presented at the 2010 Annual meeting of the American Psychosomatic Society, Portland, Oregon.
- 87) **Arigo, D.**, Smyth, J.M., & *Anskis, A.M. (2010, March). *Biopsychosocial Comorbidities in Celiac Disease*. Poster presented at the 2010 Annual meeting of the American Psychosomatic Society, Portland, Oregon.
- 88) **Arigo, D.**, Smyth, J.M., Vartanian, L.R., & Pinkus, R.T. (2009, April). *A New Measure of Body-Focused Social Comparison: Implications for Body Image and Eating Concerns*. Poster presented at the 2009 Annual meeting of the Society of Behavioral Medicine, Montreal, Quebec.
- 89) **Arigo, D.**, & Smyth, J.M. (2008, March). *Let Me Sleep On It: The Benefits of Expressive Writing on Reported Sleep Quality in Young Women Adjusting to College*. Poster presented at the 2008 Annual meeting of the American Psychosomatic Society, Baltimore, MD.
- 90) **Arigo, D.**, Smyth, J.M., Wonderlich, S., Crosby, R., Engel, S., & Mitchell, J. (2007, March). *Ecological Momentary Assessment of Naturalistic Coping, Binge and Purge Behavior, and Affect in Women with Bulimia Nervosa*. Poster presented at the 2007 Annual meeting of the Society of Behavioral Medicine, Washington, D.C.

MEMBERSHIPS AND SERVICE

Society of Behavioral Medicine

2021-Present	Board of Directors as Chair of the Membership Council
2019-2020	Chair: Behavioral Informatics & Technology Special Interest Group
2018-2022	Member: Digital Health Council
2018-2019	Co-Chair: Behavioral Informatics & Technology Special Interest Group
2018-Present	Member: Public Education Committee
2017-Present	Co-Chair: Social Media Committee, Behavioral Informatics & Technology Special Interest Group
2016-Present	Peer Reviewer: Physical Activity Special Interest Group
2016	Awards Committee Member: Theories & Techniques of Behavior Change Interventions Special Interest Group
	News Committee Member: Women's Health Special Interest Group
2013-2014	News Committee Member: Integrated Primary Care Special Interest Group

University and Regional Professional Service

2018-Present	Advisory Board Member: Women's and Gender Studies Program, Rowan University
2017-2018	Executive Committee Member: Pennsylvania AAUP
	Executive Committee Member: Latin American and Women's Studies Department, The University of Scranton
2017	Chair: Northeast Pennsylvania AAUP Alliance Annual Conference
2016-2018	Steering Committee Member: Women's and Gender Studies Program, The University of Scranton
2015-2018	Search Committee Member: Department of Psychology, The University of Scranton
2012	Training Facilitator: Syracuse University Behavioral Health Intern Program

Other Professional Memberships

- 2018-Present **Member:** Women's Health Interest Group, American Psychological Association Division 38
- 2014-Present **Member:** American Psychological Association (APA); APA Division 38, Health Psychology
- 2013-2015 **Trainee Member:** The Obesity Society
- 2011-2012 **Student/Trainee Member:** Central New York Psychological Association
- 2007-Present **Member:** Society of Behavioral Medicine & American Psychosomatic Society

EDITORIAL AND REVIEWER SERVICE

NIH Program Project Grants Study Section Invited Member: National Heart, Lung, and Blood Institute; Eunice Kennedy Shriver National Institute of Child Health and Human Development; Fellowships: Risks, Prevention and Health Behavior, cross-institute (2021-2022)

NIH Study Section Member (Ad-Hoc, Early Career Reviewer): Behavioral Medicine Interventions and Outcomes, Psychosocial Risk and Disease Prevention sections (2019)

Grant Reviewer: Technology and Adolescent Mental Wellness Program (2019), Northeastern Pennsylvania Susan G. Komen Foundation (2015-2018), Syracuse VA Center for Integrated Healthcare Pilot Program (2016), University of Missouri Internal Grants Program (2016), Psi Chi Undergraduate Student Research Grant Program (2014), Diabetes UK Small Grant Program (2013)

Editorial Board Member: *JMIR Mental Health* (2020-Present)

Action Editor: *Frontiers in Psychology* (2018-Present), *SAGE Open* (2014)

Ad-Hoc Reviewer: *Annals of Behavioral Medicine, Health Psychology, Journal of Health Psychology, British Journal of Health Psychology, Psychology & Health, Translational Behavioral Medicine, Journal of Behavioral Medicine, Journal of Medical Internet Research, Journal of Physical Activity and Health, European Journal of Social Psychology, Basic and Applied Social Psychology, Behavior Therapy, Perspectives in Public Health, Appetite, Obesity, Journal of Sport and Exercise Psychology, Journal of Clinical Psychology, Eating Behaviors, European Journal of Clinical Nutrition, Societies* (2008-Present)

Abstract Reviewer: The Obesity Society, ObesityWeek; eHealth/mHealth Section (2014)
Society of Behavioral Medicine Annual meeting (2016-Present)

GRADUATE TRAINING**As Primary Mentor**

- 2021-Present I. Bercovitz, Clinical Psychology Ph.D. Program, Rowan University
- 2021-Present K. Baga, Clinical Psychology Ph.D. Program, Rowan University
- 2019-Present L. Travers, Clinical Psychology Ph.D. Program, Rowan University
- 2018-Present K. Pasko, Clinical Psychology Ph.D. Program, Rowan University

As Thesis/Dissertation Committee Member, Rowan University

- 2022-Present A. Satish, Clinical Psychology Ph.D. Program; Dissertation committee member
- 2020-Present C. Burrows, Clinical Psychology Ph.D. Program; Dissertation committee member
- 2020-2022 J. D'Onofrio, Clinical Psychology Ph.D. Program; Dissertation committee member
- 2020-2021 P. Leon, Clinical Psychology Ph.D. Program; Dissertation committee member
- 2019-2021 K. Herbert, Clinical Psychology Ph.D. Program; Dissertation committee member
- 2020 V. Wasserman, Clinical Psychology Ph.D. Program; Dissertation committee chair
- 2020 J. McCabe, Visual and Creative Arts Program, Thesis Capstone Committee member
- 2019-2020 E. McBride, Clinical Psychology Ph.D. Program; Thesis committee member

As Thesis/Dissertation Committee Member, External

- 2021 T. Ratz, Health Psychology Ph.D. Program, Jacobs University, Bremen, Germany; Dissertation committee member
- 2020 L. Haller, Clinical Psychology M.S. Program, Drexel University; Thesis committee member
- 2017-2019 L. Schumacher, Clinical Psychology Ph.D. Program, Drexel University; Dissertation committee member
- 2017 V. Zaccheo, Clinical Psychology Psy.D. Program, Philadelphia College of Osteopathic Medicine; Dissertation committee member

UNDERGRADUATE RESEARCH MENTORING

- 2021-Present J. Lowman, D. Parthesius, R. Saleem, Psychology, Rowan University
- 2018-2022 E. Vendetta, B. Kwiatek, S. Hart, H. Mulvenna, K. Edwards, D. Jules, J. Bradley, & E. Priestley, Psychology, Rowan University
- 2014-2018 K. Pasko, S. DiBisceglie, M. Montalbano, E. DiLorenzo, T. Dodds, J. Baschoff, M. Destefano, Z. Outland, K. Notarianni, C. Gilby, J. Moran, O. Pappas, M. Su, & J. Cavanaugh, Psychology, C. Thomas, Nursing, The University of Scranton
- 2014-2016 S. Chapin and L. Manrique, Neuroscience, N. Juscinska and A. Rodemann, Psychology, & M. Cornell, Biochemistry; Honors Program, The University of Scranton
- 2013-2015 E. Pinkasavage, Psychology, Drexel University; Social Influences on Body Image
Independent study project: Social Comparison, Negative Body Image, and Disordered Eating Behavior: The Role of Coping Style (*manuscript published in *Eating Behaviors*)
Awards: Drexel University Psi Chi Travel Award, Society of Behavioral Medicine
- 2009-2011 L. Behnke, Psychology/Communications, Syracuse University; Health Communication
Independent study project: Social Comparisons and Health Behavior: Perceived Similarity to the Comparison Target
Awards: Syracuse University Allport Grant; Citation Poster, Syracuse University Research Day
- 2009-2011 E. Froggatt, C. Casey, & E. Green, Psychology, Syracuse University; Social Comparison, Eating Behavior, and Chronic Illness
- 2007-2009 A. Anskis, Nutrition and Psychology; Eating-related Chronic Illness and Body Image
Thesis: Celiac Disease: Emotional Difficulties in Diet Restriction and the Potential Development of Disordered Eating Symptoms (*manuscript published in *Chronic Illness*)
Awards: Syracuse University Allport Grant, Citation Poster at Syracuse University Research Day

UNDERGRADUATE TEACHING MENTORING*The University of Scranton*

- 2018 K. Pasko, Psychology of Women
- 2016-2017 S. Chapin, M. DeStefano, & S. DiBisceglie, Health Psychology
- 2014-2018 P. Chapman, G. Hutton, T. Ramos, K. Mazur, E. DiLorenzo, E. Long, C. Alvarado, M. DeStefano, E. Alexander, R.G. Owens, S. Bauer, J. Moran, & O. Pappas, Abnormal Psychology
- 2014-2017 J. Cavanaugh, A. Damato, E. Alexander, P. Chapman, G. Hutton, & T. Ramos, Fundamentals of Psychology

COURSES TAUGHT

**Courses were submitted for and received a Women's and Gender Studies designation*

Rowan University, 2018-Present (Doctoral)

Intermediate Practicum Health Psychology

The University of Scranton, 2014-2018 (Undergraduate)

Psychology of Women* Health Psychology* (*created for The University of Scranton*)
 Abnormal Psychology Personality & Individual Differences
 Fundamentals of Psychology

Drexel University, 2013-2014 (Undergraduate)

Health Behavior Change Independent Study

Syracuse University, 2006-2011 (Undergraduate)

Abnormal Psychology
 Fundamentals of Human Behavior (*recitation leader*)

CLINICAL SUPERVISION

**Served as psychotherapy supervisor for clinical psychology trainee*

***Served as primary leader and supervisor for student co-leaders in group-based health behavior change programs*

2022 Clinical Psychology M.S. and Ph.D. students, Project FitLink (R01 DK29300), Drexel University
 2016-2017 K. Bergstresser & J. Buckwash, Clinical Psychology Psy.D. students, Marywood University*
 2015-2017 J. Baschoff, Undergraduate student, The University of Scranton**
 2013-2014 M. Colasanti, Clinical Psychology M.S. student, Drexel University (2013-2014)**
 2012-2014 S. Kerrigan, Clinical Psychology Ph.D. student, Drexel University**
 S. Goldstein, V. King, & E. Pinkasavage, Undergraduate students, Drexel University**

CLINICAL WORK

2020-2021 **Individual Psychotherapist:** Project Parachute/Therapy Aid, Emotional PPE Project
 • Delivered pro bono individual therapy for professional distress, interpersonal difficulties, ADHD management, and disordered eating symptoms to medical workers on the front lines of the COVID-19 pandemic (via telehealth)

2019- **Group Leader and Workshop Developer:** Community Programs through Mosaic Family Success Center (Glassboro, NJ)
 • Designed and delivered group-based, single-session workshops on weight control and physical activity promotion for local center for underserved community members

2014-2016 **Project/Treatment Director:** Project FIT for Post-Menopausal Women, Project Connect – Partner-Based Physical Activity Promotion for Women
 • Designed and delivered three digital, social lifestyle modification programs for overweight, sedentary women (face-to-face meetings, pre-recorded webinars, online social networking)

2012-2014 **Group Leader and Treatment Developer:** Project Next Steps for Midlife Women, Acceptance and Environmental Approaches to Long-Term Weight Loss Maintenance
 • Designed and delivered group-based lifestyle modification treatment for weight loss
 • Supervised student co-leaders (undergraduate students and Ph.D. trainees)

2013-2014 **Clinical Interviewer:** Weight Suppression, Dieting, and Bulimia Nervosa: A Biobehavioral Study
 • Completed diagnostic assessment of bulimia nervosa based on DSM-V criteria
 • Screened for comorbid conditions (e.g., substance use)

2011-2012 **Psychology Intern:** Syracuse Veterans Affairs Medical Center, Syracuse, NY (2011-2012)
 Rotations: Health Psychology (Weight & Diabetes Management, Behavioral Sleep Medicine, Integrated Primary Care, Cognitive-Behavioral Pain Management); Outpatient Mental Health; OEF/OIF/OND Post-Deployment Clinic; Group Therapy; Weight Control Research

- *Assessment experiences and instruments (all include clinical interview)*: Cognitive and neuropsychological evaluations (WAIS-IV, WMS-IV, RBANS, 3MS, Trails A/B), personality evaluations (MMPI-II, Millon Clinical Multiaxial Inventory, Rorschach Inkblot Method), medical pre-treatment evaluations (Millon Behavioral Medicine Diagnostic)
 - *Intervention modes*: Group and individual Cognitive-Behavioral Therapy (for anxiety, depression, and insomnia), brief Cognitive-Behavioral self-management, Dialectical Behavior Therapy, Short-Term Psychodynamic Therapy, Prolonged Exposure, Cognitive Processing Therapy, Motivational Interviewing, Acceptance and Commitment Therapy
 - Designed and facilitated Cognitive-Behavioral group programs for weight/diabetes management
- 2010-2011 **Behavioral Health Intern**: Syracuse University Health Services (Primary Care)
- *Assessment experiences*: Screened for anxiety disorders, depressive disorders, insomnia, sexual dysfunction, Attention Deficit/Hyperactivity Disorder
 - *Intervention modes*: Cognitive-Behavioral management and techniques
- 2009-2011 **Practicum Therapist and Group Leader**: Syracuse VA Medical Center, Syracuse, NY
- *Assessment experiences*: Intake interviews, Clinician-Administered PTSD Scale [CAPS]
 - *Intervention modes*: Short-term psychodynamic therapy, group process/experiential therapy, Prolonged Exposure Therapy for PTSD; group and individual Dialectical-Behavior Therapy
 - Designed and facilitated an educational group program for PTSD
- 2008-2011 **Practicum Therapist and Group Leader**: Psychological Services Center, Syracuse University
- *Assessment experiences*: Intake interviews, integrated assessment of ADHD
 - *Intervention modes*: Short- and long-term psychodynamic therapy, Cognitive-Behavioral Therapy, and client-centered therapy for a range of mental health conditions
 - Designed and facilitated a Cognitive-Behavioral group program for body dissatisfaction
- 2005-2006 **Mental Health Associate**: Friends Hospital, Philadelphia, PA
- *Responsibilities*: Treatment planning and psychoeducation group development/facilitation for eating disorders, mood disorders, anxiety disorders, and psychotic disorders

SPECIALIZED CLINICAL TRAINING ACTIVITIES

Conducted at Syracuse University, unless otherwise noted

- 2013 Acceptance-Based Behavioral Approaches to Weight Loss (Drexel University)
- 2012 Acceptance and Commitment Therapy Seminar Series (Syracuse VA Medical Center)
- 2011 The Mini-Mental Status Exam; Professional Ethics; Crisis Intervention
- 2012 Rorschach Theoretical Foundations, Administration, and Exner Scoring System
- 2012 CBT for Insomnia; Psychological Evaluation in a Primary Care Setting
- 2012 The Use of Actigraphy for Capturing Sleep Architecture and Outcomes
- 2009 Risk Assessment and Crisis Intervention
- 2009 Brief Interventions in a Primary Care Setting (for sleep difficulty and alcohol abuse)
- 2009 Clinician-Administered PTSD Scale [CAPS] Administration (Syracuse VA Medical Center)
- 2007 The Maudsley Family-Based Treatment for Eating Disorders in Adolescents
- 2007 Using Multifamily Therapy Group in the Treatment of Eating Disorders

INVITED LECTURES

- 2022 **University of Pennsylvania Center for Weight and Eating Disorders:** “Improving Health Behavior Interventions: Understanding Social Comparison and Within-Person Processes”
University of California-Irvine Institute for Clinical and Translational Science: Panelist for “Integrating Quantitative & Qualitative Methods to Enhance Clinical Research”
- 2021 **University of Bayreuth Faculty of Nutrition and Life Sciences (Bayreuth & Kulmbach, Germany):** “Investigating Psychological Determinants of Health: Focusing on Within-Person Processes to Improve Physical Activity Interventions”
Rowan School of Osteopathic Medicine Research Day: “Investigating Psychological Determinants of Health: Focusing on Within-Person Processes to Improve Health Behavior Interventions”
- 2021-2022 **Cooper University Hospital Clinical Psychology Internship Program:** “Grant Writing”
2020 **Rowan School of Osteopathic Medicine Grand Rounds:** Panelist for “An Inter-Professional Approach to Obesity” (Motivational Interviewing)
Rowan University Women and Gender in Perspective (Honors Women’s and Gender Studies Course): “Women’s Health Research in Clinical Health Psychology”
Drexel University Health Psychology Ph.D. course: “Using Digital Health Tools in Psychology and Behavioral Medicine”
- 2019-2021 **Cooper University Hospital Behavioral Medicine Fellowship Program:** “Motivational Interviewing in a Medical Setting”
- 2019-2020 **Rowan University Social Issues in Health and Wellness Ph.D. course:** “Social Comparison Processes and Health Outcomes”
- 2019 **The University of Scranton Psychology Club:** “It’s all Relative: Understanding and Harnessing Social Comparison Processes to Promote Health”
- 2018 **Connected and Open Research Ethics (CORE) Initiative Webinar Series:** “Navigating Digital Health Ethics as an Early-Career Researcher.”
- 2017 **Rowan University Department of Psychology:** “It’s All Relative: Understanding and Harnessing Social Comparison Processes to Improve Health Outcomes”
Marywood University Department of Psychology & Counseling: “Acceptance, Mindfulness, and Health Behavior Change”
The University of Scranton Family Weekend: “Maintaining Health in College: Managing Stress”
- 2016-2018 **The University of Scranton Celebration of Student Scholars Research Day:** “Student Engagement in Health Psychology Research”
The University of Scranton Wellness Day for Employees, Center for Health Education and Wellness: “Become a Better Worrier: Coping with Anxiety;” Keynote Address on Health Behavior (2017)
- 2016 **The University of Scranton Student Health Professions Organization:** “Psychology, Health, and Medicine”
The University of Scranton Counseling Center: “Acceptance-Based Behavior Therapies”
- 2015 **The University of Scranton Faculty Research Seminar:** “Social Processes and Health: Toward an Understanding of Time-Sensitive, Within-Person Relationships”
- 2014 **Scranton Neuroscience Society Seminar Series:** “Staying Healthy: Why It’s So Difficult, and How Social Media Can Help”
Philadelphia College of Osteopathic Medicine “Healthy Heart” Community Seminar Series: “Effective Goal-Setting for Increasing Physical Activity and Reducing Sedentary Time”
- 2013 **Cooper University Hospital Continuing Medical Education Workshop:** “Motivational Interviewing in Health Care: How to Facilitate Change and Treatment Adherence in Challenging Cases”
Cooper University Hospital Behavioral Medicine Seminar Series: “Dialectical Behavior Therapy,” “Evidence-Based Treatments for PTSD,” and “Integrating Psychotherapy Approaches”
Drexel Family Medicine Resident Training Seminar: “Cognitive-Behavioral Treatment for Chronic Pain in a Primary Care Setting”
Drexel University History and Systems in Psychology course (undergraduate): “Contributions to History and Systems from Social Psychology”

- 2012 **Drexel University Multicultural Perspectives in Clinical Psychology course (graduate):** “Social Psychological Principles in Multicultural Psychology” and “Military/Veteran Culture”
Drexel University Health Psychology course (undergraduate): “The Roles of Health and Social Psychology in Eating- and Weight-Related Chronic Illness”
Oklahoma State University Psychology Department Seminar: “It’s All Relative: Implications of Social Comparisons for Physical and Emotional Health”
- 2011 **Syracuse University Social Psychology Brown Bag Lecture Series:** “Social Comparisons by Patients with Chronic Illness: Health Implications of Target Selection”
- 2009 **Syracuse University Women in Science and Engineering Future Professoriate Program:** “The Effects of Social Comparisons on Physical and Emotional Health”

ONGOING COLLABORATIVE RELATIONSHIPS

- Bayreuth Humboldt Centre for International Excellence and the University of Bayreuth Faculty of Nutrition and Life Sciences (Bayreuth and Kulmbach, Germany)
- Drexel University Weight, Eating, and Lifestyle Science (WELL) Center (Philadelphia, PA)
- Eating Disorders Research Group, Oregon Research Institute (Eugene, OR)
- Cooper Medical School of Rowan University Behavioral Medicine Service and Department of Family and Community Medicine (Camden, NJ)
- Rowan School of Osteopathic Medicine Department of Family Medicine (Stratford, NJ)
- Physicians Health Alliance and Commonwealth Healthcare System (Scranton, PA)
- The University of Scranton (Scranton, PA) – Departments of Psychology, Exercise Science, and Computer Science
- The Pennsylvania State University (University Park, PA) – Departments of Biobehavioral Health and Kinesiology, Prevention Research Center
- Syracuse VA Center for Integrated Healthcare (Syracuse, NY)