



**GRADUATE STUDENT NEWSLETTER**

Volume 3, Issue 4: Summer 2018

Editors: Valeria Martinez-Kaigi, PhD & Allison Carroll, PhD

**SOCIETY FOR HEALTH PSYCHOLOGY**

**From the Editors Desk:**

Welcome to the final issue of this academic year where we highlight the 2018 SfHP APA programming and graduate student research! This issue will guide you to all health psych programming (see pg. 2-3) for your 2018 APA Convention experience. If you are indeed attending APA this year, don't miss out on FREE breakfast from 8am-9am on Friday (8/10) hosted by the SfHP Student Advisory Council. This breakfast is a great place to network with your peers in a friendly environment. Keeping on with the theme of networking, ever think about rubbing elbows with SfHP leadership? Then you're in luck! You are invited to attend the *Presidential Address, Membership Meeting, Awards Ceremony*, and the *SfHP Annual Social Event* on Saturday. Don't miss out on the fantastic programming this year!

Well folks, as our term concludes on the SAC, this is the last issue we are editing. It has been our pleasure to serve you on the Communications Committee of the Student Advisory Council of SfHP. We hope you enjoy this issue!

- Val and Allison

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**SfHP Student Research**

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**APA AUGUST 8-11, 2018: SfHP PROGRAMMING**

**THURSDAY**

**SYMPOSIA**

**9am-11am:** Adapting Integrated Primary Care Models to Specialty Care, *MC Rm 2007*

**9am-11am:** Health Psychology in Acute Medical Settings, *MC Rm 160*

**INVITED ADDRESS**

**11am-12pm:** Integration of Behavioral Health Into Safety Net Primary Care Settings, *MC Rm 216*

**APA SCIENTIFIC AWARDS**

**11am-1pm:** Research Presentations: Distinguished Early Career Science Award Winners, *MC Rm 2005*

**SYMPOSIUM**

**12pm-2pm:** Evidence-Based Interventions for Chronic Pain, *MC Rm 159*

**POSTER SESSION A**

**1pm-2pm:** Diabetes, Obesity, Health Behaviors, *MC Hall ABC*

**SYMPOSIA**

**2pm-3pm:** Personalized Medicine, *MC Rm 105*

**2pm-4pm:** Perinatal Mood and Anxiety Disorders, *MC Rm 152*

**3pm-4pm:** Knowledge Translation, *MC Rm 105*

**Informal coffee & breakfast for SfHP student members**

**Friday, 8am-9am**  
SfHP Hospitality Suite

**FRIDAY**

**SYMPOSIUM**

**9am-11am:** Health Psychologists in Non-Traditional Careers, *MC Rm 2011*

**POSTER SESSION B**

**11am-12pm:** Health Disparities, Stress, Child Health, Chronic Pain, *MC Hall ABC*

**APA DISTINGUISHED SCIENTIFIC CONTRIBUTION AWARD ADDRESS**

**1pm-2pm:** What Do Depression & Impulsive Aggression (& More) Have in Common? *MC RM 151*

**2pm-3pm:** Dispositional Optimism and Physical Health, *MC RM 151*

**INVITED ADDRESS**

**4pm-5pm:** Psychology of Rehabilitation from Athletic Injury, *MC Rm 152*

**Pre-doc Internship Q&A**

**5pm-6pm**  
Marriott, Yerba Buena 10

**Conversation Hour: Making Board Certification as Painless as Possible**

**5pm-6pm**  
MC Rm 2014

**Meet & Greet: Health Psych Training Directors (internship & postdoc)**

**6pm-7pm**  
Marriott, Yerba Buena Salons 11&12



**APA AUGUST 8-11, 2018: SfHP PROGRAMMING (CONT'D)**

**SATURDAY**

**INVITED ADDRESS**

**8am-9am:** How Integrated Primary Care Can Reduce Behavioral Health Disparities, *MC Rm 208*

**10am-11am:** Applying Psychological Science for Pain Relief and Opioid Reduction, *MC Rm 159*

**SYMPOSIA**

**11am-1pm:** Cost-Effectiveness Methodologies in Clinical/Non-Clinical Settings, *MC Rm 2022*

**11am-1pm:** Responding to Community Violence, *MC Rm 2024*

**SfHP PRESIDENTIAL ADDRESS**

*Marriott Marquis, Nob Hill Rooms C&D*

**2pm-3pm:** Challenges of the Underserved in Integrated Care Settings: Implications for Design of Services

**3pm-5pm:** Membership Meeting & Awards

**APA DISTINGUISHED SCIENTIFIC CONTRIBUTION AWARD ADDRESS**

**3pm-4pm:** Your Relationship & Your Health, *MC RM 208*

**SfHP Social Event**

**6pm-7:30pm**

*Le Colonial*

*20 Cosmo Place, San Francisco*

**SUNDAY**

**SYMPOSIA**

**8am-9am:** Health Psychology Practice in Cuba, *MC Rm 306*

**9am-10am:** Models for Integrated Care, *MC Rm 2009*

**10am-12pm:** Scientific & Economic Trends Transforming the Practice of Health Psychology, *MC Rm 308*

*Have a safe flight home!*



## CAMPUS REPRESENTATIVES 2017-2018

A big **THANK YOU** to the SfHP campus reps for all of their great work this year!

Jeremy Barsell, Virginia Commonwealth University  
Vivi Bauman, University of Florida  
Julia Bravin, SDSU/UCSD Joint Program  
Lindsey Bugno, Rosalind Franklin University of Medicine and Science  
Marc Chaney, Adler University  
Kelley Rae Chilson, Florida Institute of Technology  
Claire Dunphy, Fordham University  
Morgan Ferris, The Illinois School of Professional Psychology at Argosy University  
D. Brian Haver, Mercer University School of Medicine  
Loretta Hsueh, Indiana University/Purdue University - Indianapolis  
Annika Johnson, George Fox University  
Keven Joyal-Desmarais, University of Minnesota  
Victoria Karkantis, William James College  
Jessica Kenny, University of Colorado Denver  
Dwhani Kothari, Arizona State University  
Kierra Landrum, Radford University  
Jasper Lee, University of Miami  
Grissel Lloyd, Florida School of Professional Psychology at Argosy University  
Stacie Lloyd, Fielding Graduate University  
Danielle Markus, Chicago School of Professional Psychology  
Kara Mayer, Midwestern University - Chicago  
Megan McComas, University of North Carolina - Charlotte  
James McDonald, University of Georgia  
Maeve O'Donnell, Colorado State University  
Hildreth Paige, La Salle University  
Thomas Parkman, Texas Tech  
Bethany Pester, Wayne State University  
David Robles, California State University of Los Angeles  
Nicole Ryan, Philadelphia College of Osteopathic Medicine  
Sean Ryan, City University of New York  
Amit Shapira, Yeshiva University/Ferkauf Graduate School of Psychology  
Jocelyn Shoemaker, The Ohio State University  
Chelsie Smyth, Midwestern University - Arizona  
Nicholas Stelmach, Alliant International University  
Melanie Stephenson, Wright State University  
Christina Talmadge, University of North Dakota  
Bayley Taple, Northwestern University Feinberg School of Medicine  
Scott Thien, Widener University  
Kathryn Thompson, University of Alabama - Birmingham  
Jessica Tobin, University of Southern California  
Miriam Velez-Bermudez, University of Iowa  
Carol Wang, University of Houston  
Chelsea Wiener, University of Central Florida  
Robert Wright, University of California - Riverside  
Kimi Yatsushiro, University of Alaska Fairbanks

These **45** representatives organized a total of **27** health psych events to promote health psychology and the SfHP among students in their programs!

- Informational hours (e.g., primary care, networking skills)
- Health psych research research presentations by students
- Health psych postdoc panel
- And more!

**Don't see your program represented?  
Interested in becoming a Campus Rep?**  
Contact the SAC Membership Committee: Jessica Naftaly at [div38studentreps@gmail.com](mailto:div38studentreps@gmail.com)



### **Planning for your thesis or dissertation project?**

It's never too early to start looking for funding opportunities!  
Be sure to keep in mind the [SfHP Graduate Student Research Award](#).



#### **2017-2018 Student Advisory Council Members:**

*Council Chair:* KayLoni Olson, Alpert Medical School Brown University

*Past chair:* Jenny Warnick, University of Florida

*Chair-elect:* Aviva Ariel-Donges, University of Florida

##### *Membership Committee*

- ◆ Hannah Holmes, Wayne State University
- ◆ Jessica Naftaly, Rosalind-Franklin University

##### *Communication Committee*

- ◆ Allison Carroll, Medical University of South Carolina
- ◆ Valeria Martinez-Kaigi, Yale School of Medicine

##### *Diversity Committee*

- ◆ Tamara Chavez, John F. Kennedy University

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#### **2018-2019 Student Advisory Council Members:**

*Council Chair:* Aviva Ariel-Donges, University of Florida

*Past chair:* KayLoni Olson, Alpert Medical School Brown University

*Chair-elect:* TBA

##### *Membership Committee*

- ◆ Nicole Butler, Yeshiva University
- ◆ Jessica Naftaly, Rosalind-Franklin University

##### *Communication Committee*

- ◆ Claire Conley, Moffitt Cancer Center
- ◆ Ke Ding, University of Florida

##### *Diversity Committee*

- ◆ Tamara Chavez, John F. Kennedy University
- ◆ Daryl Sweeper Jr., Williams James College



## **HIGHLIGHTING SfHP STUDENT RESEARCH**

### **Correlates of Provider Communication about Medication Prescriptions in a Young Adult Sample**

Jessica P. Naftaly, Lindsey T. Bugno, Amy Lang, Eva Iglar, W. Hobart Davies, Rachel Neff Greenley. (Accepted poster, APA 2018)

Provider communication about medication has been associated with enhanced patient outcomes such as improved medication adherence. Little research, has examined the nature of patient-provider communication about medication in young adult samples, nor have studies focused on correlates of patient-provider communication about medication prescriptions. This study examined select patient and provider characteristics associated with greater provider communication about medication prescriptions. 269 English-speaking young adults who received a medication prescription in the past 12 months completed the Stanford Self-Efficacy in Communication with Physician scale, a 1-item measure of satisfaction, and the CAMP-AYA, a 16-item measure of perceived provider communication about essential elements of medication prescriptions. We found that patient factors (patient self-efficacy and satisfaction) were more salient influences on provider communication about medication prescriptions than were provider factors. Higher patient self-efficacy related to communication with one's provider and higher patient satisfaction with one's provider were associated with more optimal provider coverage of prescription-related information. Interventions to enhance patient self-efficacy in communicating with their medical providers, may improve the quality of prescription-related information patients obtain in the medical context.

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### **Mindfulness Disposition and Executive Function Related to the Distress Domain of Perceived Stress in Early Adolescents.**

Kechter, A., Black, D.S., Riggs, N.R., Ritt-Olson, A., Warren, C., Chou, C.P., Pentz, M.A. *Journal of Child and Family Studies* (accept with revisions).

Variation in cognitive capacities such as mindfulness disposition and executive function may contribute to individual differences in self-reported stress levels. We analyzed data collected from 331 students in grade seven classrooms in two ethnically/racially and socio-economically diverse schools. Participants completed paper and pencil self-report measures of stress (Perceived Stress Scale, PSS), mindfulness disposition (Mindful Awareness Attention Scale, MAAS), and executive function (Behavior Rating Inventory of Executive Function, BRIEF). We tested the statistical association between MAAS, BRIEF, and two unique domains captured with the PSS: perceived coping and perceived distress. MAAS and BRIEF scores were inversely associated with PSS perceived distress scores, but not PSS perceived coping scores in a model adjusted for sex, race, and SES. Findings encourage future assessment of perceived stress in a more refined manner across developmental stages in order to examine trajectories of perceived distress vs. coping in relation to mindfulness disposition and executive function.



## **HIGHLIGHTING SfHP STUDENT RESEARCH (CONT'D)**

### **Addressing tobacco use among adults with mental illness: Impact of integrated care in community behavioral health**

Marc S. Budgazad, Jon Marrelli (Accepted poster, APA 2018)

Tobacco-related illnesses are the leading cause of death among individuals with serious mental illness (SMI). This project highlights the impact of a four-year integrated health program in an outpatient, community mental health clinic. The program serves to improve patients' health over 12-months via multidisciplinary efforts, including interventions to reduce tobacco use. Among 496 patients enrolled in the program, 35.9% ( $n = 142$ ) presented with breath carbon monoxide (CO) at baseline indicative of tobacco use or exposure to second hand smoke (i.e.,  $CO > 4$ ). Preliminary results ( $n = 62$ ) showed a significant decrease in CO [ $t(61) = 3.54$ ,  $p < .01$ ] among patients that program completers. Of this subsample, 41.9% presented with a breath CO at 12-months indicative of abstinence from tobacco use. Findings suggest that integrated, collaborative medical and psychiatric care is associated with reduction in tobacco use among patients with mental illness.

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### **Benefit Finding and Depressive Symptoms: The Role of Socioeconomic Status and Positive Affect among Immigrant Cancer Survivors**

Carol Wang, Qian Lu (Submitted abstract, Association for Cancer Research Conference on The Science of Cancer Health Disparities in Racial/Ethnic Minorities and the Medically Underserved)

Benefit finding (BF), or finding benefits within adversity, has been linked to better psychological well-being among those who have undergone trauma. According to the National Cancer Institute, up to 25% of cancer survivors experience symptoms of depression. Positive emotions have been shown to promote positive meaning and buffer against depressive symptoms among individuals whom have undergone through challenging life circumstances (Tugade & Frederickson, 2004).

Socioeconomic disparities in psychosocial adjustment to breast cancer has garnered little attention. Ninety-six Chinese American breast cancer survivors completed measures assessing for BF, depressive symptoms, state positive affect, and socioeconomic indicators (e.g. household and personal income, educational attainment). Positive affect explained the relationship between benefit finding and depressive symptoms. Only educational attainment moderated the relation between benefit finding and depressive symptoms such that benefit finding was most beneficial for those with high educational attainment. These findings underscore the importance of implementing psychosocial interventions targeted at increasing benefit finding and positive affectivity to address socioeconomic disparities among immigrant cancer survivors.



## **HIGHLIGHTING SfHP STUDENT RESEARCH (CONT'D)**

### **Dietary restraint and weight loss in relation to disinhibited eating in obese veterans following a behavioral weight loss intervention**

Cara Dochat, Kathryn M. Godfrey, Shah Golshan, Jessica Gundy Cuneo, Niloofar Afari (manuscript in preparation)

Ability to restrain one's dietary intake is a necessary skill for weight loss. However, dietary restraint has been shown to paradoxically increase disinhibited eating in certain populations, thereby negatively impacting weight loss and leading to worse overall health outcomes. Recent findings suggest that different components of restraint (behavior; intention) may have differential relationships with eating and weight outcomes in weight loss-seeking adults. Thus, the current examined the respective relationships between restraint behavior and restraint intention with weight loss and disinhibited eating in a sample of mostly male, overweight and obese Veterans (N=89) following completion of an 8-week behavioral weight loss treatment. Greater restraint behavior was related to both greater restraint intention and greater weight loss, whereas restraint intention was not related to weight loss. Further, greater restraint behavior was related less binge eating, while greater restraint intention was related to greater binge eating and greater external eating. Neither restraint behavior nor intention were related to BMI. Successful dietary restraint behaviors appear to be beneficial for this population, whereas rigid dietary restraint intention may increase risk for disordered eating. To decrease disinhibited eating and improve weight loss outcomes in Veterans, interventions might specifically address rigid rule following that leads to abandonment of weight loss goals, flexibility with regards to dietary guidelines, developing specific yet flexible eating plans, and emphasizing regular eating.

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### **Examining the Psychological and Emotional Mechanisms of Mindfulness that Reduce Stress to Enhance Healthy Behaviors**

Sara J. Sagui-Henson, Sara M. Levens, & Cara L. Blevins. (2018) *Stress & Health* (<https://doi.org/10.1002/smi.2797>)

Engagement in healthy behaviors plays a critical role in the development of chronic illnesses. Research suggests that mindfulness facilitates health-enhancing behavior, yet the influence and mechanisms of mindfulness on different health behaviors are unclear. This study investigated coping processes (reappraisal, suppression, psychological flexibility) as mechanisms connecting mindfulness to reduced stress perceptions and reactions, which then predict physical activity, fruit/vegetable consumption, and sleep quality. Adults completed self-report measures via Amazon's MTurk and path modeling tested the mediation model for direct, indirect, and total effects. Results revealed that greater mindfulness was indirectly associated with greater engagement in all three health behaviors and that among the coping processes, psychological flexibility was the strongest mechanism. Being more mindful may have stress-reductive effects that enhance health behavior engagement, supporting the inclusion of mindfulness in behavioral health interventions.





## **HIGHLIGHTING SfHP STUDENT RESEARCH (CONT'D)**

### **What Is the Evidence for “Food Addiction?”**

Gordon, E. L., Ariel-Donges, A. H., Bauman, V., & Merlo, L. J. (2018). A Systematic Review. *Nutrients*, 10(4), 477.

The current systematic review is the first to evaluate empirical studies examining the construct of “food addiction” in humans and animals. The 52 identified peer-reviewed empirical studies were assessed to determine the extent to which their findings indicated the following addiction characteristics in relation to food: brain reward dysfunction, preoccupation, risky use, impaired control, tolerance/withdrawal, social impairment, chronicity, and relapse. Each pre-defined criterion was supported by at least one study. Brain reward dysfunction and impaired control were supported by the largest number of studies ( $n = 21$  and  $n = 12$ , respectively); whereas risky use was supported by the fewest ( $n = 1$ ). Overall, findings support food addiction as a unique construct consistent with criteria for other substance use disorder diagnoses. The evidence further suggests that certain foods, particularly processed foods with added sweeteners and fats, demonstrate the greatest addictive potential. Though both behavioral and substance-related factors are implicated in the addictive process, symptoms appear to better fit criteria for substance use disorder than behavioral addiction. Future research should explore social/role impairment, preoccupation, and risky use associated with food addiction and evaluate potential interventions for prevention and treatment.

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### **Does Yoga Help College-Aged Women with Body-Image Dissatisfaction Feel Better About Their Bodies?**

Ariel-Donges, A. H., Gordon, E. L., Bauman, V., & Perri, M. G. (2018). *Sex Roles*, 1-11.

A majority of U.S. college-aged women experience body-image dissatisfaction, which puts them at heightened risk for the development of an eating disorder. However, evidence-based psychological interventions for body-image dissatisfaction in this population are not broadly available due to the limited number of trained counselors. We evaluated the efficacy of yoga as a novel treatment for body-image dissatisfaction in otherwise healthy U.S. college-aged women. Female participants between the ages of 18–30 were randomly assigned to twice weekly yoga classes for 12 weeks or to a wait-listed control condition. Compared to participants in the control condition, participants in the yoga condition reported significantly greater improvements in appearance evaluation and satisfaction with specific body areas at post-test. Participants in the yoga condition also reported larger reductions in the amount of time and energy spent preoccupied with their appearance. The results of the current study suggest that yoga, which is widely available across the country, could help college-aged women develop healthier relationships with their bodies. Health professionals and college administrators may want to encourage young women with body-image dissatisfaction to practice yoga in order to improve their self-image.



## **HIGHLIGHTING SfHP STUDENT RESEARCH (CONT'D)**

### **Happiness Report Card 2018: What We've Learned About Happiness In the USA**

Musikanski, L., & Edwards, A.V. (2018). The Happiness Report Card 2018 First Quarter Edition. Happiness Alliance. [Happycounts.org](http://anyflip.com/fnzk/awqj). Retrieved from <http://anyflip.com/fnzk/awqj>

The Happiness Index is a subjective well-being index that has been collecting data since 2011. Using the Happiness Index, 2017 responses from more than 11,000 survey respondents were analyzed to identify changes from prior years, along with key findings about the state of happiness in the United States, today across the 11 domains measured by the Happiness Index. Average Gross National Happiness scores have continued to decline since the first data was collected in 2011, with Psychological Wellbeing and Life Satisfaction lower than in all previous years measured. Youth under age 12 reported lower scores for feeling loved than all older age groups. Somers' *d* was run to determine the association between perception of having enough nature access and sense of purpose and meaning, which was statistically significant ( $d = .461, p < .0005$ ). Findings are discussed across multiple domains, and areas of interest including nature, love, trust in government, and results by age-related demographics.

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### **Instrumental Case Study: The process of Catalyzing Resilience in an Individual with HIV using a Strengths-based Therapeutic Interview with Image Rescripting.**

Alexander Young, M.A. (Dissertation research)

Resilience is a significant attribute in the prevention of psychological distress caused by trauma (Bonanno, 2005); however, there is a scarcity of qualitative research on how resilience interplays with patients who suffer from chronic health conditions (Cal, Sa, Glustak, & Santiago, 2015; Gooding, Hurst, Johnson, & Tarrier, 2012). This instrumental case study sought to understand resilience factors augmented by image rescripting and a strengths-based therapeutic interview with an individual that has HIV (Kirkham, Smith, & Havsteen-Franklin, 2015). Referral and Intensity sampling were used to identify a participant. Post intervention results when viewed using a post-traumatic growth lens suggest the participant was successful in integrating positive illusion into the construction of the self. I found that empowerment through the act of "doing" is prominent throughout this study, which suggests that individuals with HIV may benefit from active action in the form of "doing hope" or "doing empowerment" (Flaskas, 2007).