From the Editors Desk:

Welcome, SfHP members! We are excited for the events to come in 2019-2020. Our goals for this year are to continue strengthening the dialogue and professional connections among student members of SfHP and to advance knowledge among student members with current research, professional guidance, and other high-value information. We also have objectives to provide a student voice platform to attend to curiosities, needs, and questions about being future health psychologists. Lastly, beginning in our next newsletter, we will spotlight specializations within health psychology, such as psychogastroenterology and psycho-oncology.

Please feel free to contact the Communications Committee at studentcommunicationsdiv38@gmail.com with any questions or feedback!

Olivia Zech, M.A., & Ke Ding, M.S.

Worth the Read

On the Internet:
Did you know that APA recently published a new guide for supporting trans and gender diverse students? You can find it here!

Issue Highlights:
1. Meet the 2019-2020 SAC Committee. Warm welcome to Dominic Ysidron, Olivia Zech, Jennifer Gittleman, and Madeline Johnson (page 2)!
2. What is like to be a psychologist working in a primary care setting? Experience a day with Dr. Shandra Brown-Levey from the University of Colorado health Department of Family Medicine (pages 3-4)!
3. Graduate student accomplishments & student research spotlight. Congratulations to these amazing rising student researchers (page 5)!
4. Thank you all who completed our student needs assessment. Here are some preliminary results we are excited to share with you (pages 6-7).
Meet the Student Advisory Council 2019-2020

MEET THE STUDENT ADVISORY COUNCIL

Jessica Naftaly, Chair
Rosalind Franklin University

Aviva Ariel-Dorges, Past Chair
Rush University Medical Center

Madeline Johnson, Chair-Elect
Rosalind Franklin University

Nicole Butler, Membership
Ferkau Yeshiva University

Jennifer Gittleman, Membership
Ferkau Yeshiva University

Ke Ding, Communications
University of Florida

Olivia Zech, Communications
University of Denver

Darryl Sweeper, Diversity
William James College

Dominic Ysidron, Diversity
Ohio University

SAC Priorities 2019-2020

- Continue to provide a professional home for students interested in health psychology
- Continue to address student needs identified through the student needs assessment
- Continue to recruit and retain members from diverse backgrounds and provide resources for students from underrepresented backgrounds
- Continue to communicate relevant information to students through various platforms

Who is SAC?

The SAC works to foster training and professional development opportunities for students, provide resources for undergraduate and graduate students interested in health psychology, and promote the student voice in SiHP matters.
What does your role as a primary care psychologist entail?
As primary care psychologists, we are ambassadors of behavioral health and help improve access to services for populations who need our care. We also strive to bring back together the mind and body connection of health, and support patients and medical provider colleagues to ensure we are prioritizing the quadruple aim (e.g., improve the health of populations, enhance the experience of care for individuals, reduce the per capita cost of health care, and attain joy in work).

Broadly, what does your role as Director of Behavioral Health and Integrated Programs include in the Department of Family Medicine?
I oversee clinical, educational, operational, policy-level, and technology-related components.

How has your role in leadership impacted your clinical work in a primary care setting?
Leadership is a 30,000-foot view of clinical work, so I have learned that if you stay engaged in the clinic, then this work will inform your leadership. In turn, leadership will also inform your clinical skill set. Using a multifaceted lens to see situations and problem solve is important. Sometimes based on the combination of clinical and leadership experiences, you can anticipate problems before they happen, and learn how to circumvent these issues early on.

What might a typical workday look like for you as a primary care psychologist?
We conduct warm handoffs, co-consultations, manage phone calls with a range of symptoms, host groups, provide psychotherapy, and attend to other tasks and needs of the clinic depending on the patients and providers for that day.

(Continued on the next page)
Day in the Life with Dr. Shandra Brown Levey (ctd.)

What are three key challenges you often face as a primary care psychologist?
1. To maintain a truly integrated practice and resist the pull from multiple directions toward co-located services.
2. To remind the team that we can help with more than traditional mental health presentations such that health behavior change is very much a part of what we have the skill set for and enjoy helping with.
3. Teamwork is complex, so clear and regular communication is key, egos must be kept in check, and the patient should always be the most important and central member of the team.

What are three rewarding or meaningful aspects of being a primary care psychologist?
1. Interdisciplinary teamwork is the best! I can’t imagine working any other way.
2. Expanding on #1, humans and systems are infinitely complex and no one person will ever be “it” for any one other person, so when we work together we can really start achieving meaningful headway.
3. I see some of the coolest and most complex cases in primary care. We get to work with people who would never go to specialty mental health and this is a very special opportunity. We get to be the ambassadors of mental health and I take that role very seriously.

Do you recommend any specific skills students should prioritize on building during school if they are interested in pursuing primary care settings?
I recommend strong Motivational Interviewing training, and learning theoretical orientations that translate to quick delivery skills without an intensive, time-consuming case conceptualization. Other skills include CBTi, behavioral activation, distress tolerance, and knowing how to address issues of sleep, pain, emotional regulation, anxiety, and depression. A strong understanding of safety care planning is essential, as well as knowing how to identify concerns and assess for risk. Overall, having a well-rounded perspective is key to meet the needs of patients.

Do you have any other advice you would like to impart to student members of Division 38 interested in health psychology?
I definitely recommend being flexible, curious, and having the beginner’s mindset. Primary care psychology is not right for everyone. It is fast-paced, keeps you on your toes, and days can be unpredictable, but it can also be a lot of fun. It will stretch you in ways you likely wouldn’t have predicted, and many trainees I have worked with have been surprised by how much they liked it. It also keeps you humble. If you’re paying attention, there is always something new to learn. Also, lean in - ask informed questions and be a good team member. This will pay dividends.
Graduate Student Accomplishments in APA 2019

Graduate Student Research Awards for General Health Psychology

The award is intended to highlight research in general health psychology topics.

Andrew Manigault (Ohio University)—“A Test of the Effects of Mindful Awareness and Acceptance on Cardiovascular Responses to Acute Stress”

Tiffany Kichline (University of Kansas)—“The Feasibility and Acceptability of a mHealth Intervention to Increase Physical Activity in Children with Chronic Abdominal Pain”

Erin Standen (University of Minnesota)—“Optimizing Features of Calorie-Tracking Applications: Implications for Behavioral and Psychological Health”

Matthew Sullivan (University of Connecticut)—“Stigma and Coping in People with High-Risk Drug Use: Patient and Prescriber Facilitators and Barriers to Antiretroviral PrEP Adherence”

Graduate Student Award for Research Addressing Health Disparities

The award is intended to support research focusing on various health conditions that are more prevalent, serious, or specific to disadvantaged and medically underserved groups, or on healthcare inequities.

Elizabeth Waldron (Northwestern University)—“Trauma, Avoidance, and Adverse Birth Outcomes among Racial/Ethnic Minority Women”

Graduate Student Award to Promote Inclusion

The award is intended to promote inclusion of student scientists from underrepresented groups participating in research relevant to health psychology.

Jessica Perrotte (Texas State University)—“The Temporal Relations between General Enculturation, Traditional Gender Roles, and Alcohol Use among Latina/o College Students”

APA 2020 is Just Around the Corner!

The 2020 annual meeting will take place in Washington, DC from August 6th-9th. The deadline to submit a scientific poster or symposium is December 2nd, 2019. Learn more about other proposals and programs at: https://convention.apa.org/proposals.
Student Needs Assessment Preliminary Results

Thank you to all the student members who took the time to complete our Student Needs Assessment. We appreciate your input and feedback and we are excited to share some preliminary results with you.

- **Who you are:** Majority of you are doctoral students (73% are PhD students and 22% are PsyD students). About 2.5% are post-bac students and 2.5% are terminal master’s students.

- **What programs and which year of training you are in:** 66% in Clinical Psych programs; 15% in Counseling Psych programs; 5% in Social Psych programs; 2.5% not in grad school (post-bac); remaining 26.5% in combined school/clinical, social/health, health, general/health, and media psychology programs.

- **Where you see yourself:** Majority of respondents were most interested in working in an academic medical centers (81%), 61.9% were interested in independent medical centers, and 42.9% were interested in private practice.

- **How you hear about SfHP resources:** Majority of the respondents learn about resources from both the SfHP general listserv and the student listserv.

- **There are many things we can help with:** You expressed interest in resources related to a range of topics.

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**Training Topics**
- Clinical intervention skills
- Working in an interprofessional setting
- Selecting practicum sites
- Conference funding sources
- Ways to publish student research

**Professional Development**
- Applying for postdoc positions
- Finding your own voice as a health psychologist
- Applying for jobs
- Networking with potential mentors

**Specialty Topics**
- Adjusting to chronic disease/disability
- Health promotion/disease prevention
- Minority health/health disparity
- Primary care/mental health integration
Student Needs Assessment Preliminary Results (ctd.)

**SfHP Offerings You are Most Aware of**

- Opportunities for leadership on the SAC
- Student-focused list-serv
- Graduate student research Awards
- Student-focused programming at APA
- Campus Representative Program

**SfHP Offerings You are Least Aware of**

- Student-focused podcast
- Opportunities for support after graduation through ECPC
- Opportunities to write for the diversity blog

**How We Can Support You:**

SfHP includes a number of resources for trainees and early-career psychologists:

- [Graduate Student Funding Opportunities](#)
- [Postdoctoral Fellowship and Jobs Listings](#)
- [Professional Development Resources](#)
- [Special Topics in Health Psychology](#)

The student newsletters also aim to introduce and include topics related to health psychology specialties, such as primary care in this issue. So, stay tuned!
Open Science 2.0

How can students participate?

1. Learn and understand what open science is and keep informed on current movement.
2. Have an open discussion with your research advisor about steps you can take.
3. Pre-register study design, aims & hypotheses, and analysis plan.
4. Create public access to study protocol, dataset, preprints, and post-prints.
5. Avoid selective reporting and post-hoc hypothesis revision.
6. Want to increase generalization of your research? Consider research collaborations!
7. Maximize benefits of free and open-source software.
8. Consider various avenues to disseminate your research, such as blog posts, press release, etc.

River and colleagues created a list of baby steps student researchers can consider. Check out their website here for more information: http://www.gradpsychblog.org/increasing-research-transparency-in-psychological-science-how-can-graduate-students-participate/#XbuJa-hKiO2
Welcome Campus Representatives

Campus representatives act as liaisons between SfHP and their graduate program:

- Host a sponsored event that promotes health psychology
- Disseminate emails from the SAC to the student body

Click here to see which programs/students are part of the Campus Representative Program this year!

Student Advisory Council Members:

**Chairs** ([studentchairdiv38@gmail.com](mailto:studentchairdiv38@gmail.com))

- **Council Chair:** Jessica Naftaly, Rosalind Franklin University
- **Past chair:** Aviva Ariel-Donges, Rush University Medical Center
- **Chair-elect:** Madeline Johnson, Rosalind Franklin University

**Membership Committee** ([studentmembershipdiv38@gmail.com](mailto:studentmembershipdiv38@gmail.com))

- Nicole Butler, Yeshiva University
- Jennifer Gittleman, Yeshiva University

**Communication Committee** ([studentcommunicationsdiv38@gmail.com](mailto:studentcommunicationsdiv38@gmail.com))

- Ke Ding, University of Florida
- Olivia Zech, University of Denver

**Diversity Committee** ([studentdiversitydiv38@gmail.com](mailto:studentdiversitydiv38@gmail.com))

- Darryl Sweeper Jr., William James College
- Dominic Ysidron, Ohio University

Wants to know more about campus representative positions?

Please contact: studentmembershipdiv38@gmail.com