

# SAVANNAH R. ROBERTS, M.S.

## Curriculum Vitae

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University of Pittsburgh  
Department of Psychology  
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Pittsburgh, PA 15260

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## EDUCATION

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- Expected 2025 **Ph.D. Student in Clinical and Developmental Psychology**  
*University of Pittsburgh, Department of Psychology*  
Pittsburgh, PA  
Advisor: Dr. Sophia Choukas-Bradley | Teen and Young Adult Lab
- 2022 **M.S., Psychology, Clinical Science concentration**  
*University of Delaware, Department of Psychological & Brain Sciences*  
Newark, DE  
Advisor: Dr. Sophia Choukas-Bradley | Teen and Young Adult Lab  
Thesis: Sexual and Gender Minority (SGM) Adolescents' Disordered Eating: Understanding General and SGM-Specific Risk and Protective Factors
- 2019 **Ph.D. Student in Clinical and Developmental Psychology**  
*University of Pittsburgh, Department of Psychology*  
Pittsburgh, PA  
Advisor: Dr. Sophia Choukas-Bradley | Teen and Young Adult Lab
- 2016 **B.S., Psychology with Honors, magna cum laude**  
**B.A. Spanish with Honors, magna cum laude**  
*Western Washington University, Depts. of Psychology & Spanish*  
Bellingham, WA  
Honors Thesis: The Influence of Gender on the Perception of Anorexia
- 2014 **Universidad Pablo de Olavide (Study Abroad)**  
Seville, Spain  
Language, Business, and Applied Social Sciences Concentration

## AWARDS & HONORS

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- 2021 **RSH Scholarship**, Academy for Eating Disorders (\$1,500)
- 2021 **Best Poster Award**, ABCT Obesity and Eating Disorders SIG (\$50)
- 2021 **Best Paper Presentation**, Academy for Eating Disorders conference category
- 2021 **Student Abstract Award**, Academy for Eating Disorders Body Image SIG
- 2020 **Student Poster Award**, Society for Research on Adolescence
- 2020 **Emerging Scholars Travel Award**, Society for Research on Adolescence
- 2014 **Affiliate Scholarship**, Academic Programs International (\$150)
- 2012 – 2016 **Exchange Scholarship**, Western Washington University (\$35,000)

- 2012 – 2016 **Distinguished Scholar**, Western Foundation (\$2,000)  
2012 – 2016 **Merit Scholarship**, Western Washington University (\$8,000)  
2012 **Annual Scholarship**, Western Foundation (\$2,000)  
2012 **Bowman Family Distinguished Scholarship**, Western Foundation (\$1,000)

## **GRANTS & FELLOWSHIPS**

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- 2020 – 2023 **National Science Foundation Graduate Research Fellowship**  
*Transgender and Cisgender Adolescents' Body Dissatisfaction: Using Eye-Tracking and Growth Curve Modeling to Elucidate a Novel, Gender-Inclusive Model*  
National Science Foundation  
Total Funds: \$138,000
- 2021 – 2022 **Co-Investigator**  
*Understanding Gendered Racial Identity Among Black Young Women: Qualitative Interviews Exploring Body Image, Sexuality, & Mental Health*  
University of Delaware Department of Women & Gender Studies and the Mae & Robert Carter Endowment in Women's Studies  
Principal Investigator: Sophia Choukas-Bradley, Ph.D.  
Total Funds: \$4,972
- 2021 – 2021 **Principal Investigator**  
*Project Daisy: Disordered Eating, Academics, Identity, and Sexual Experiences Among Young Adults*  
American Psychological Association/Psi Chi Junior Scientist Fellowship  
Co-PI: Anne J. Maheux, M.S.  
Advisor: Sophia Choukas-Bradley, Ph.D.  
Total Funds: \$1,000
- 2019 – 2020 **Arts & Sciences Fellowship**  
University of Pittsburgh  
Total Funds: \$23,500

## **PUBLICATIONS IN PEER REVIEWED JOURNALS (N = 27)**

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1. Choukas-Bradley, S., **Roberts, S. R.**, Maheux, A. J., & Nesi, J. (in press). The perfect storm: A developmental–sociocultural framework for the role of social media in adolescent girls' body image concerns and mental health. *Clinical Child and Family Psychology Review*.
2. Maheux, A. J., **Roberts, S. R.**, Nesi, J., Widman, L., & Choukas-Bradley, S. (in press). Psychometric validation and factor structure of the Appearance-Related Social Media Consciousness Scale among emerging adults. *Body Image*.
3. Escobar-Viera, C., Choukas-Bradley, S., Sidani, J., Maheux, A. J., **Roberts, S. R.**, & Rollman, B. (in press). Examining social media experiences and attitudes toward technology-based interventions for reducing social isolation among LGBTQ youth living in rural United States: An online qualitative study. *Frontiers in Digital Health*.

4. **Roberts, S. R.**, Maheux, A. J., Watson, R. J., Puhl, R., & Choukas-Bradley, S. (2022). Sexual and gender minority (SGM) adolescents' disordered eating: Exploring general and SGM-specific factors. *International Journal of Eating Disorders*, 55(7), 933-946. <https://doi.org/10.1002/eat.23727>
5. **Roberts, S. R.**, Maheux, A. J., Hunt, R. A., Ladd, B. A., & Choukas-Bradley, S. (2022). Incorporating social media and muscular ideal internalization into the tripartite influence model of body image: Towards a modern understanding of adolescent girls' body dissatisfaction. *Body Image*, 41, 239-247. <https://doi.org/10.1016/j.bodyim.2022.03.002>
6. Carrino, E. A., Bryen, C. P., Maheux, A. J., Stewart, J. L., **Roberts, S. R.**, Widman, L., & Choukas-Bradley, S. (2022). Empowered activists or entitled whiners? A thematic analysis of U.S. adolescents' definitions of "feminist" in a diverse, mixed-gender sample. *Sex Roles*, 86, 395-414. <https://doi.org/10.1007/s11199-021-01260-3>
7. Choukas-Bradley, S., Maheux, A. J., **Roberts, S. R.**, Hutchinson, E. A., Lu, C., Ladouceur, C. D., & Silk, J. S. (2022). Picture-perfect during a pandemic? Body image concerns and depressive symptoms in U.S. adolescent girls during the COVID-19 lockdown. *Journal of Children and Media*, 1-12. <https://doi.org/10.1080/17482798.2022.2039255>
8. Maheux, A. J., **Roberts, S. R.**, Nesi, J., Widman, L., & Choukas-Bradley, S. (2022). Longitudinal associations between appearance-related social media consciousness and adolescents' depressive symptoms. *Journal of Adolescence*, 94(2), 264-269. <https://doi.org/10.1002/jad.12009>
9. Arigo, D., **Roberts, S. R.**, & Butryn, M. L. (2021). Social comparisons between group members during behavioural weight loss treatment: Comparison direction, scale, and associations with weight loss maintenance. *Psychology & Health*, 1-16. <https://doi.org/10.1080/08870446.2021.1967953>
10. Ciao, A. C., Munson, B. R., Pringle, K. D., **Roberts, S. R.**, Lalgee, I. A., Lawley, K. A., & Brewster, J. (2021). Inclusive dissonance-based body image interventions for college students: Two randomized-controlled trials of the EVERYbody Project. *Journal of Consulting and Clinical Psychology*, 89(4), 301-315. <https://doi.org/10.1037/ccp0000636>
11. Gorrell, S., Hughes, E.K., Sawyer, S., **Roberts, S. R.**, Nagata, J., Yeo, M., Lock, J., & Le Grange, D. (2021). Gender-based clinical differences in evidence-based treatment for adolescent anorexia nervosa: Analysis of aggregated randomized controlled trials. *Eating and Weight Disorders*, 27, 1123-1130. <https://doi.org/10.1007/s40519-021-01257-7>
12. Maheux, A. J., Nesi, J., **Roberts, S. R.**, Galla, B. M., & Choukas-Bradley, S. (2021). #Grateful: Longitudinal associations between adolescents' social media use and gratitude during the COVID-19 pandemic. *Journal of Research on Adolescence*, 31(3), 734-747. <https://doi.org/10.1111/jora.12650>
13. Maheux, A. J., **Roberts, S. R.**, Evans, R., Widman, L., & Choukas-Bradley, S. (2021). Associations between adolescents' pornography consumption and self-objectification, body comparison, and body shame. *Body Image*, 37, 89-93. <https://doi.org/10.1016/j.bodyim.2021.01.014>

14. Nesi, J., Choukas-Bradley, S., Maheux, A. J., **Roberts, S. R.**, Sanzari, C., Widman, L., & Prinstein, M. J. (2021). Selfie appearance investment and peer feedback concern: Multi-method investigation of adolescent selfie practices and adjustment. *Psychology of Popular Media, 10*(4), 488-499. <https://doi.org/10.1037/ppm0000342>
15. Rezeppa, T. L., **Roberts, S. R.**, Maheux, A. J., Choukas-Bradley, S., Salk, R. H., & Thoma, B. C. (2021). Psychosocial correlates of body esteem and disordered eating among sexual minority adolescent girls. *Body Image, 39*, 184-193. <https://doi.org/10.1016/j.bodyim.2021.08.007>
16. **Roberts, S. R.**, Salk, R. H., Thoma, B. C., Romito, M., Levine, M. D., Choukas-Bradley, S. (2021). Disparities in disordered eating between gender minority and cisgender adolescents. *International Journal of Eating Disorders, 54*(7), 1135-1146. <https://doi.org/10.1002/eat.23494>
17. Romito, M., Salk, R. H., **Roberts, S. R.**, Thoma, B. C., Levine, M. D., & Choukas-Bradley, S. (2021). Exploring transgender adolescents' body image concerns and disordered eating: Semi-structured interviews with nine gender minority youth. *Body Image, 37*, 50-62. <https://doi.org/10.1016/j.bodyim.2021.01.008>
18. Arigo, D., Mogle, J.A., Brown, M.M., **Roberts, S. R.**, Pasko, K., Butryn, M.L., & Symons Downs, D. (2020). Differences between accelerometer cut point methods among midlife women with cardiovascular risk markers. *Menopause, 27*(5), 559-567. <https://doi.org/10.1097/GME.0000000000001498>
19. Butryn, M. L., Godfrey, K. M., Martinelli, M. K., **Roberts, S. R.**, Forman, E. F., & Zhang, F. (2020). Digital self-monitoring: does adherence or association with outcomes differ by self-monitoring target? *Obesity Science & Practice, 6*(2), 126-133. <https://doi.org/10.1002/osp4.391>
20. Butryn, M. L., Martinelli, M. K., Godfrey, K. M., **Roberts, S. R.**, Zhang, F., & Forman, E. M. (2020). Counselor surveillance of digital self-monitoring data: A pilot randomized controlled trial. *Obesity, 28*(12), 2339-2346. <https://doi.org/10.1002/oby.23015>
21. Call, C. C., **Roberts, S. R.**, Schumacher, L. M., Remmert, J. E., Kerrigan, S. G., & Butryn, M. L. (2020). Perceived barriers to physical activity during and after a behavioral weight loss program. *Obesity Science and Practice, 6*(1), 10-18. <https://doi.org/10.1002/osp4.373>
22. Choukas-Bradley, S., Hipwell, A. E., **Roberts, S. R.**, Maheux, A. J., & Stepp, S. D. (2020). Developmental trajectories of adolescent girls' borderline personality symptoms and sexual risk behaviors. *Journal of Abnormal Child Psychology, 48*, 1649-1658. <https://doi.org/10.1007/s10802-020-00699-4>
23. Butryn, M. L., Martinelli, M. K., Remmert, J. E., **Roberts, S. R.**, Zhang, F., Forman, E. M., & Manasse, S. M. (2019). Executive functioning as a predictor of weight loss and physical activity outcomes. *Annals of Behavioral Medicine, 53*(10), 909-917. <https://doi.org/10.1093/abm/kaz001>
24. Godfrey, K. M., Butryn, M. L., Forman, E. M., Martinez, M., **Roberts, S. R.**, & Sherwood, N. E. (2019). Depressive symptoms, psychological flexibility, and binge

eating in individuals seeking behavioral weight loss treatment. *Journal of Contextual Behavioral Science*, 14, 50-54. <https://doi.org/10.1016/j.jcbs.2019.09.005>

25. Remmert, J. E., Convertino, A. D., **Roberts, S. R.**, Godfrey, K. M., & Butryn, M. L. (2019). Stigmatizing weight experiences in healthcare: Associations with BMI and eating behaviors. *Obesity Science & Practice*, 5(6), 555-563. <https://doi.org/10.1002/osp4.379>
26. Remmert, J. E., Tsai, A. G., **Roberts, S. R.**, & Butryn, M. L. (2019). Communication between patients and primary care physicians after behavioral weight loss. *Primary Health Care Research & Development*, 20, E75. <https://doi.org/10.1017/S1463423619000124>
27. **Roberts, S. R.**, Ciao, A. C., & Czopp, A. M. (2018). Influence of gender on the evaluation of anorexia nervosa. *International Journal of Eating Disorders*, 51(10), 1162-1167. <https://doi.org/10.1002/eat.22917>

### **INVITED CHAPTERS (N = 2)**

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1. **Roberts, S. R.**, Maheux, A. J., Ladd, B. A., & Choukas-Bradley, S. (in press). The role of social media in adolescents' body image and disordered eating. In J. Nesi, E. H. Telzer, & M. J. Prinstein (Eds.), *Handbook of Adolescent Digital Media Use and Mental Health*. Cambridge, England: Cambridge University Press.
2. Nesi, J., Dredge, R., Maheux, A. J., **Roberts, S. R.**, Fox, K. A., & Choukas-Bradley, S. (2021). Peer experiences via social media. In B. Halpern-Felsher (Ed.), *Encyclopedia of Child and Adolescent Health*. Elsevier.

### **MANUSCRIPTS UNDER REVIEW (N = 5)**

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1. **Roberts, S. R.**, Chandler, M., Wilson, M., & Ciao, A. C. (manuscript under review). Comparing the effect of appearance-focused media on young women's body image: Implications for the Body Positive Movement.
2. **Roberts, S. R.**, Hay, P., Bussey, K., Trompeter, N., Lonergan, A., & Mitchison, D. (manuscript under review). The role of relationship status, gender, and sexual minority status in Australian adolescents' disordered eating.
3. Karim, S., Choukas-Bradley, S., Radovic, A. **Roberts, S. R.**, Maheux, A. J., & Escobar-Viera, C. (manuscript under review). Support-seeking over social media among rural sexual and gender (SGM) youth: Opportunities for intervention research.
4. Ladd, B. A., Maheux, A. J., **Roberts, S. R.**, & Choukas-Bradley, S. (manuscript invited for resubmission). Black adolescents' appearance concerns, depression, and self-objectification: Exploring the role of racial identity.
5. Maheux, A. J., Laurenceau, J.-P., Nesi, J., **Roberts, S. R.**, Widman, L., & Choukas-Bradley, S. (manuscript under review). Within-person changes in appearance-related social media consciousness and depressive symptoms are linked over time: A growth curve analysis with adolescents.

### **MANUSCRIPTS IN PREPARATION (N = 4)**

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1. **Roberts, S. R.**, Maheux, A. J., Bryen, C. P., Carrino, E. A., Thoma, B. C., Salk, R. H., & Choukas-Bradley, S. (in preparation). Gender minority adolescents' perceptions of feminism.
  2. Choukas-Bradley, S., Ladd, B. A., Maheux, A. J., Roberts, S. R., Thoma, B. C., Bryen, C. P., Carrino, E. A., & Goldstein, T. R. (in preparation). Exploring sexual behavior and attraction of bi+ adolescents with bipolar disorder: A qualitative analysis.
  3. Choukas-Bradley, S., Salk, R. H., Maheux, A. J., **Roberts, S. R.**, & Thoma, B. C. (in preparation). Body image and self-objectification among sexual and gender minority adolescents.
  4. Gordon, A. R., **Roberts, S. R.**, Fox, W., Rose, K., Edison, R., Silverstein, S., Reisner, S. L., & Calzo, J. P. (in preparation). What is needed for eating disorder prevention for transgender and gender diverse youth? Findings from asynchronous online focus groups.

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### ORAL CONFERENCE PRESENTATIONS (N = 16)

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1. Roberts, S. R., Maheux, A. J., Gotkiewicz, E. M. & Choukas-Bradley, S. (2022, November). *The associations between gender and romantic relationships on young adults' body image and disordered eating* [Brief paper presentation]. The Society for the Scientific Study of Sexuality Annual Meeting, Vancouver, BC.
2. **Roberts, S. R.**, Gotkiewicz, E. M., Maheux, A. J., & Choukas-Bradley, S. (2022, June). *Disordered eating during adolescence and emerging adulthood: Synthesizing three studies to highlight appearance-related social media consciousness* [Paper presentation]. International Conference on Eating Disorders, virtual conference.
3. Choukas-Bradley, S., Bardone-Cone, A., & Thompson, K. (2022, June). *Body image and prevention across the lifespan* [Panel discussion]. In **S. R. Roberts** & D. McCurdy-McKinnon (Chairs). International Conference on Eating Disorders, virtual conference.
4. Call, C. C., **Roberts, S. R.**, Emery, R. L., Conlon, R. P. K, Levine, M. D. (2022, April). *Body image concerns are related to perinatal weight gain, stress and depression in women with pre-pregnancy overweight/obesity* [Live Research Spotlight]. Society of Behavioral Medicine, Baltimore, MD.
5. Choukas-Bradley, S., Maheux, A. J., Nesi, J., Galla, B. M., & **Roberts, S. R.** (2022, March). #Grateful: Longitudinal associations between adolescents' social media use and gratitude during the COVID-19 pandemic. In P. Alt (Chair), *The Impact of the COVID-19 Pandemic on Adolescent Emotional Adjustment*. Virtual symposium at the biennial meeting of the Society for Research on Adolescence, New Orleans, LA.
6. **Roberts, S. R.**, Maheux, A. J., Watson, R. J., Puhl, R., & Choukas-Bradley, S. (2021, November). LGBTQ-specific factors related to sexual and gender minority adolescents' disordered eating. In A. Convertino (Chair), *Disordered Eating among Sexual and Gender Minority Populations* [Symposium]. Association of Behavioral and Cognitive Therapies Annual Meeting, virtual conference.
7. Karim, S., Maheux, A. J., **Roberts, S. R.**, Choukas-Bradley, S., & Escobar-Viera, C. G. (2021, October). *Exploring usage of social media sites for combating social isolation*

- among rural sexual and gender minority adolescents during the COVID-19 pandemic* [Roundtable presentation]. American Public Health Association Annual Meeting, virtual conference.
8. **Roberts, S. R.**, Hay, P., Bussey, K., Lonergan, A., Trompeter, N., & Mitchison, D. (2021, June). *The role of gender, sexual orientation, and relationship status in Australian adolescents' disordered eating behaviors and cognitions* [Paper presentation]. International Conference on Eating Disorders' Body Image and Prevention SIG Annual Meeting, virtual conference.
    - AWARD: Selected from student submissions to be presented at annual meeting and awarded the "Body Image and Prevention SIG Student Abstract Award"
  9. **Roberts, S. R.**, Maheux, A. J., Salk, R., Romito, M., Thoma, B. C., Levine, M. D., & Choukas-Bradley, S. (2021, June). *Disparities in body image concerns and disordered eating between subgroups of gender minority adolescents* [Paper presentation]. International Conference on Eating Disorders, virtual conference.
    - AWARD: Selected from all conference submissions to be presented in the "Best Paper Category"
  10. Choukas-Bradley, S., **Roberts, S. R.**, Maheux, A. J., & Nesi, J. (2021, April). Adolescent girls' social media use, body image, and mental health: Proposing a developmental–sociocultural framework. In S. Choukas-Bradley (Chair), *New advances in the study of adolescents' social media use: Theoretical and empirical perspectives* [Symposium]. Society for Research in Child Development Biennial Meeting, virtual conference.
  11. Maheux, A. J., **Roberts, S. R.**, Nesi, J., Galla, B. M., & Choukas-Bradley, S., (2021, April). Quantifiable peer feedback on social media: Differences by gender and associations with depressive symptoms. In S. X. Xiao (Chair), *Gender today: Advances in gendered nature of children's and adolescents' peer relationships* [Symposium]. Society for Research in Child Development Biennial Meeting, virtual conference.
  12. **Roberts, S. R.**, Salk, R. H., Choukas-Bradley, S., Romito, M., Thoma, B. T., & Levine, M. D. (2020, March). *Disparities in disordered eating between transgender and cisgender adolescents in a nationwide U.S. sample* [Paper presentation]. Society for Research on Adolescence Biennial Meeting, San Diego, CA. (conference canceled due to COVID-19)
  13. Choukas-Bradley, S., Romito, M., Salk, R. H., **Roberts, S. R.**, Thoma, B. T., & Levine, M. D. (2020, March). *Body image and disordered eating among transgender youth: A qualitative investigation* [Paper presentation]. Society for Research on Adolescence Biennial Meeting, San Diego, CA. (conference canceled due to COVID-19)
  14. Nesi, J., Choukas-Bradley, S., Maheux, A. J., **Roberts, S. R.**, Sanzari, C., Widman, L., & Prinstein, M. J. (2020, March). Selfie appearance investment and peer feedback concern: An investigation of adolescent selfie practices and psychosocial adjustment. In M. Zimmer-Gembeck, *Immersion in Social Media: Associations of Preoccupation, Appearance, Selfies, and Comments with Mental and Physical Health* [Symposium]. Society for Research on Adolescence Biennial Meeting, San Diego, CA. (conference canceled due to COVID-19)



15. Remmert, J. E., Convertino, A., **Roberts, S. R.**, Godfrey, K. M., & Butryn, M. L. (2019, March). *The relationship between stigmatizing weight experiences in healthcare, BMI, and eating behaviors* [Paper presentation]. The Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington DC.
16. Ciao, A. C., Ohls, O., Pringle, K. D., **Roberts, S. R.**, & Allyn, A. (2016, April). *Should eating disorder prevention be more inclusive? A focus group study of college students* [Paper presentation]. International Conference on Eating Disorders, San Francisco, CA.

## **POSTER PRESENTATIONS (N = 40)**

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1. **Roberts, S. R.** & Brown, T.A. (2022, September). *The “perfect man:” How perfectionism predicts outcomes in eating disorder prevention for men.* [Poster presentation]. Eating Disorder Research Society, Philadelphia, PA.
2. Gillikin, L., Manasse, S.M., **Roberts, S. R.**, Boyajian, L, Drexler, S.A., Juarascio, A.S. (2022, November). *Coping with an emotional rollercoaster: The role of affect lability on the presence of binge eating among sexual and gender minority adults* [Poster presentation]. Association for Behavioral and Cognitive Therapies Annual Meeting, New York City, NY.
3. Call, C. C., **Roberts, S. R.**, Emery, R. L., Conlon, R. P. K, Levine, M. D. (2022, June). *Body image concerns are related to perinatal weight gain, stress and depression in women with pre-pregnancy overweight/obesity* [Poster presentation]. Society of Behavioral Medicine, Baltimore, MD. Pitt Department of Psychiatry Research Day.
4. Escobar-Viera, C., Choukas-Bradley, S., Sidani, J., Maheux, A. J., **Roberts, S. R.**, & Rollman, B. (2022, March). *Exploring the potential of social media for combating social isolation: Online interviews with rural sexual and gender minority youth* [Poster presentation]. Society for Research on Adolescence biennial meeting, New Orleans, LA.
5. Martino, R. M., **Roberts, S. R.**, Maheux, A. J., Ladd, B. A., & Choukas-Bradley, S. (2022, March). *The effect of gender and feminist identity on endorsement of hookup culture among emerging adults* [Poster presentation]. Society for Research on Adolescence biennial meeting, New Orleans, LA.
6. Stout, C. D., **Roberts, S. R.**, Maheux, A. J., Ladd, B. A., & Choukas-Bradley, S. (2022, March). *Exploring the roles of gender and sexual orientation in young adults’ reasoning for not engaging in hookups* [Poster presentation]. Society for Research on Adolescence biennial meeting, New Orleans, LA.
7. Ladd, B. A., Maheux, A. J., **Roberts, S. R.**, Thoma, B. C., Salk, R. H., & Choukas-Bradley, S. (2021, November). *Appearance concerns, depressive symptoms, and self-objectification among Black adolescents: Exploring the roles of gender and racial identity* [Poster presentation]. Special Interest Group Exposition at the Association of Behavioral and Cognitive Therapies Annual Meeting, virtual conference.
8. Ladd, B. A., Maheux, A. J., **Roberts, S. R.**, Thoma, B. C., Salk, R. H., & Choukas-Bradley, S. (2021, November). *Black transgender and gender diverse adolescents’ experiences of gender-related stressors and depressive symptomatology* [Poster presentation]. Association of Behavioral and Cognitive Therapies Annual Meeting, virtual conference.



9. **Roberts, S. R.**, Maheux, A. J., & Choukas-Bradley, S. (2021, November). *Disordered eating among sexual assault survivors: The role of self-objectification during sexual activity* [Poster presentation]. Special Interest Group Exposition at the Association of Behavioral and Cognitive Therapies Annual Meeting, virtual conference.
  - AWARD: Received the best poster award (\$50) from the Obesity and Eating Disorders SIG
10. Gordon, A. R., Silverstein, S., Lopez, E., **Roberts, S. R.**, Cogan, A., & Calzo, J. P. (2021, September). *What is needed for eating disorder prevention for transgender and gender diverse youth?* [Poster presentation]. Eating Disorder Research Society Annual Meeting, virtual conference.
11. **Roberts, S. R.**, Maheux, A. J., Widman, L., & Choukas-Bradley, S. (2021, July). *Body comparison as a mediator underlying the longitudinal association between body shame and disordered eating among a diverse sample of U.S. adolescents* [Poster presentation]. Centre for Appearance Research Biennial Meeting, virtual conference.
12. **Roberts, S. R.**, Maheux, A. J., Bryen, C. P., Carrino, E. A., Salk, R. H., Thoma, B. C., & Choukas-Bradley, S. (2021, March). *"Keep TERFs off our turf!": A mixed methods investigation of gender minority adolescents' perceptions of feminism* [Poster presentation]. Society for Research on Adolescence Biennial Meeting, virtual conference.
13. Maheux, A. J., **Roberts, S. R.**, Widman, L., Nesi, J., & Choukas-Bradley, S. (2021, February). *Longitudinal associations between adolescent social media use and depressive symptoms: The role of appearance-related social media consciousness* [Poster presentation]. Society for Personality and Social Psychology Annual Meeting, virtual conference.
14. **Roberts, S. R.**, Ladd, B. A., Maheux, A. J., & Choukas-Bradley, S. (2021, February). *The effect of the thin and muscular ideal on adolescents' body image* [Poster presentation]. Society for Personality and Social Psychology Annual Meeting, virtual conference.
15. Ladd, B. A., **Roberts, S. R.**, Maheux, A. J., Bryen, C. P., Carrino, E. A., Thoma, B. C., Goldstein, T. R., Salk, R. H., Marshal, M. P., & Choukas-Bradley, S. (2020, November). *Exploring sexual behavior and attraction of LGBTQ+ adolescents with bipolar disorder: A qualitative analysis* [Poster presentation]. Society for the Scientific Study of Sexuality Annual Meeting, virtual conference.
16. **Roberts, S. R.**, Ladd, B. A., Maheux, A. J., & Choukas-Bradley, S. (2020, November). *Gender differences in body image disturbances in adolescents: Implications for the tripartite influence model of body image* [Poster presentation]. Association for Behavioral and Cognitive Therapies Annual Meeting, Philadelphia, PA.
17. **Roberts, S. R.**, Salk, R. H., Romito, M., Thoma, B. C., Levine, M. D., & Choukas-Bradley, S. (2020, November). *Associations among disordered eating, transition milestones, and gender identity congruence in a nationwide U.S. sample of gender minority adolescents* [Poster presentation]. Association for Behavioral and Cognitive Therapies Annual Meeting, Philadelphia, PA.
18. Rezeppa T. L., Choukas-Bradley S., Maheux A. J, **Roberts S. R.**, Salk R. H., Thoma B. C. (2020, June). *Psychosocial correlates of body image disturbance and disordered*

- eating among sexual minority adolescent women* [Poster presentation]. Journal of Clinical Child and Adolescent Psychology (JCCAP) Future Directions Forum, Washington, D.C.
19. Romito, M., Salk, R. H., **Roberts, S. R.**, Thoma, B. C., Levine, M. D., & Choukas-Bradley, S. (2020, April). *Exploring transgender adolescents' body image concerns and disordered eating* [Poster presentation]. Midwestern Psychological Association Annual Meeting, Chicago, IL. (Conference canceled due to COVID-19)
  20. **Roberts, S.R.**, Maheux, A. J., Bryen, C. P., Carrino, E. A., Salk, R. H., Thoma, B. C., & Choukas-Bradley, S. (2020, March). *"Keep TERFs off our turf!": A mixed methods investigation of gender minority adolescents' perceptions of feminism* [Poster presentation]. Society for Research on Adolescence Biennial Meeting, San Diego, CA. (Conference canceled due to COVID-19)
    - AWARD: Received the Society for Research on Adolescence's Student Poster Award
  21. Butryn, M. L., Godfrey, K. M., **Roberts, S. R.**, Martinelli, M. K., Forman, E. M., & Zhang, F. (2019, November). *Digital self-monitoring in behavioral weight loss: Adherence and association with outcomes* [Poster presentation]. The Obesity Society Annual Meeting, Las Vegas, NV.
  22. Arigo, D., Brown, M. M., **Roberts, S. R.**, Mogle, J., Pasko, K., Butryn, M. L., & Symons Downs, D. (2019, March). *Examining differences between accelerometer cut point methods among midlife women with cardiovascular risk markers: A two-study approach* [Poster presentation]. Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington DC.
  23. Butryn, M. L., Forman, E. M., Zhang, F., **Roberts, S. R.**, & Godfrey, K. (2019, March). *An experimental test of physical activity promotion during weight loss maintenance* [Poster presentation]. Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington DC.
  24. Martinez, M., **Roberts, S. R.**, Call, C. C., & Butryn, M. L. (2019, March). *Is greater variety in type of physical activity associated with greater amount of exercise during behavioral weight loss?* [Poster presentation]. Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington DC.
  25. **Roberts, S. R.**, Colao, C. F., Call, C. C., & Butryn, M. L. (2019, March). *Hedonic hunger: Association with eating behavior and depression* [Poster presentation]. International Conference on Eating Disorders, New York, NY.
  26. **Roberts, S. R.**, Rysdon, B., Colao, C. F., Bell, A. E., & Butryn, M. L. (2019, March). *Increasing enjoyment of physical activity through behavioral weight loss* [Poster presentation]. Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington DC.
  27. Call, C. C., **Roberts, S. R.**, Schumacher, L. M., Remmert, J. E., Kerrigan, S. G., & Butryn, M. L. (2018, November). *Barriers to physical activity throughout behavioral weight loss* [Poster presentation]. Association for Behavioral and Cognitive Therapies Annual Meeting, Washington, DC.

28. **Roberts, S. R.**, Colao, C. F., & Butryn, M. L. (2018, November). *The role of hedonic hunger in behavioral weight loss* [Poster presentation]. Association for Behavioral and Cognitive Therapies Annual Meeting, Washington, DC.
29. Call, C. C., Sininsky, S., Convertino, A. D., **Roberts, S. R.**, & Butryn, M. L. (2018, August). *Behavioral and psychological factors that counteract physical activity during behavioral weight loss* [Poster presentation]. American Psychological Association Annual Meeting, San Francisco, CA.
30. Butryn, M. L., Zhang, F., Remmert, J. E., **Roberts, S. R.**, & Forman, E. M. (2018, April). *Baseline executive functioning predicts weight loss and physical activity outcomes in a lifestyle modification program* [Poster presentation]. Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.
31. Call, C. C., Piers, A. D., Wyckoff, E. P., **Roberts, S. R.**, Lowe, M. R., Forman, E. M., & Butryn, M. L. (2018, April). *Weight suppression in behavioral weight loss: relationship to weight loss and treatment satisfaction* [Poster presentation]. Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.
32. Chandler, M., **Roberts, S. R.**, Sturm, M., Wilson, M., & Ciao, A. C. (2018, April). *The effects of body positive advertisement campaigns* [Poster presentation]. International Conference on Eating Disorders, Chicago, IL.
33. Remmert, J. E., **Roberts, S. R.**, Tsai, A. G., & Butryn, M. L. (2018, April). *Communication between patient and primary care physician after lifestyle modification* [Poster presentation]. Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.
34. **Roberts, S. R.**, Remmert, J. E., Convertino, A. D., & Butryn, M. L. (2018, April). *Hedonic hunger as a potential barrier to success in behavioral weight loss* [Poster presentation]. Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.
35. **Roberts, S. R.**, Ciao, A. C., & Czopp, A. M. (2018, April). *Gender differences in the awareness of anorexia nervosa and weight loss behaviors among college students* [Poster presentation]. International Conference on Eating Disorders, Chicago, IL.
36. Sininsky, S. M., **Roberts, S. R.**, Call, C. C., Forman, E. M., & Butryn, M. L. (2018, April). *Enjoyment of physical activity as a predictor of greater weight loss* [Poster presentation]. Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.
37. **Roberts, S. R.**, Ciao, A. C., & Czopp, A. M. (2017, April). *Influence of gender on assessment of anorexia nervosa* [Poster presentation]. Western Psychological Association Annual Meeting, Sacramento, CA.
38. Chandler, M., **Roberts, S. R.**, Ciao, A. C., Sturm, M., Allyn, A. (2017, April). *The effects of body positive advertisement campaigns* [Poster presentation]. Western Psychological Association Annual Meeting, Sacramento, CA.
39. **Roberts, S. R.**, Ciao, A. C., & Czopp, A. M. (2017, March). *Influence of gender on the perception of anorexia nervosa* [Poster presentation]. Society for Personality and Social Psychology Annual Meeting, San Antonio, TX.

40. **Roberts, S. R.**, & Czopp, A. M. (2016, March). *La mujer ideal: Cross-cultural differences in sexism in Spain & the United States* [Poster presentation]. Society for Personality and Social Psychology Annual Meeting, San Diego, CA.

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### INVITED TALKS (N = 3)

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1. **Roberts, S. R.** (2022, May). *Weight Stigma in Clinical Practice*. Didactics presentation for Jefferson University Center City Clinic for Behavioral Medicine.
2. **Roberts, S. R.** (2022, April). *The Impact of Social Media on Body Image and Disordered Eating*. Didactics presentation for LaSalle University Weight & Eating Clinic.
3. **Roberts, S. R.** (2022, April). *Introduction to Body Image and Eating Disorders*. Didactics presentation for Jefferson University Center City Clinic for Behavioral Medicine.

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### RESEARCH EXPERIENCE

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- 08/2019 – present     **Graduate Research Assistant**  
*Teen and Young Adult Lab, University of Pittsburgh*  
PI: Sophia Choukas-Bradley, Ph.D.
- 07/2017 – 07/2019     **Research Coordinator**  
*Center for Weight, Eating, and Lifestyle Science, Drexel University*  
PI: Meghan L. Butryn, Ph.D.
- 09/2015 – 06/2018     **Independent Senior Honors Thesis**  
*Psychology and Honors Departments, Western Washington University*  
Honors Thesis: Influence of Gender on the Perception of Anorexia  
Advisors: Anna C. Ciao, Ph.D. & Alexander M. Czopp, Ph.D.
- 06/2015 – 07/2017     **Research Assistant**  
*Eating & Body Image Lab, Western Washington University*  
PI: Anna C. Ciao, Ph.D.
- 06/2014 – 07/2017     **Research Assistant**  
*Prejudice & Discrimination Lab, Western Washington University*  
PI: Alexander M. Czopp, Ph.D.

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### CLINICAL EXPERIENCE

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- 08/2022 – present     **Clinical Practicum Student**  
*Center for Eating Disorders, University of Pittsburgh Medical Center*  
Supervisor: Rachel Kolko Conlon, Ph.D.
- *Setting*: partial hospitalization program, intensive outpatient program; individual and group therapy for patients age 8+ experiencing anorexia nervosa, bulimia nervosa, avoidant-restrictive food intake disorder, and other feeding and eating disorders
  - *Treatment modalities*: cognitive behavioral therapy for eating disorders (CBT-E); dialectical behavior therapy; individual and group therapy

- 07/2021 – 07/2022 **Clinical Practicum Student**  
*Center City Clinic for Behavioral Medicine, Jefferson University*  
 Supervisor: C. Virginia O’Hayer, Ph.D.
- *Setting:* outpatient program; individual and group therapy for Medicaid-eligible patients experiencing emotion dysregulation, substance use, personality disorders, eating disorders, mood disorders, etc.
  - *Treatment modalities:* dialectical behavior therapy (DBT), radically-open dialectical behavior therapy (RO-DBT), and acceptance and commitment therapy (ACT)
- 11/2020 – 06/2022 **Clinical Practicum Student**  
*Center for Weight, Eating, and Lifestyle Science, Drexel University*  
 Supervisor: Adrienne Juarascio, Ph.D.
- *Setting:* 16-week individual therapy program for adults with bulimia nervosa (BN) or binge eating disorder (BED)
  - *Treatment modalities:* mindfulness and acceptance-based behavioral treatments (MABTs) that utilize mindful awareness, distress tolerance, emotion modulation, and values-based decision making
- 08/2020 – 06/2021 **Graduate Student Clinician**  
*Psychological Services Training Center, University of Delaware*  
 Supervisor: Timothy Fowles, Ph.D.
- *Setting:* outpatient program; in-house university clinic for patients ranging from school-aged clinic to adults
  - *Treatment modalities:* cognitive behavioral therapy (CBT); intelligence and academic testing using standardized psychometric examinations
- 01/2018 – 12/2018 **Group Interventionist**  
*Center for Weight, Eating, and Lifestyle Science, Drexel University*  
 Supervisor: Meghan Butryn, Ph.D.
- *Setting:* group therapy to adults with overweight and obesity
  - *Treatment modalities:* behavioral weight loss treatment
- 03/2015 – 06/2016 **Group Interventionist**  
*Eating and Body Image Lab, Western Washington University*  
 Supervisor: Anna Ciao, Ph.D.
- *Setting:* group therapy for undergraduate college students
  - *Treatment modalities:* eating disorder prevention program adapted from the Body Project to be gender- and LGBTQ- inclusive

## TEACHING EXPERIENCE

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- Winter 2022 **Instructor of Record**  
*Adolescent Development*  
 University of Delaware, Department of Psychology
- Winter 2021 **Guest Lecturer**

Graduate Seminar: Introduction to Eating Disorders  
Hofstra University, Department of Psychology

Summer 2018 **GRE Instructor**  
Fall 2018 *Kaplan Test Preparation*  
Spring 2019

Summer 2018 **Guest Lecturer**  
*Introduction to Abnormal Psychology*  
Drexel University, Department of Psychology

Winter 2018 **Teaching Assistant**  
*Psychology of Eating Disorders & Obesity*  
Drexel University, Department of Psychology

Spring 2016 **Teaching Assistant**  
*Introduction to Abnormal Psychology*  
Western Washington University, Department of Psychology

Fall 2015 **Teaching Assistant**  
*Introduction to Social Psychology*  
Western Washington University, Department of Psychology

Spring 2015 **Teaching Assistant**  
*Introduction to Psychology*  
Western Washington University, Department of Psychology

## **PROFESSIONAL SERVICE**

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**Guest Editor** *Eating and Weight Disorders*  
Special Issue on “The Influence of Social Media on Body Image and Disordered Eating”

**Ad Hoc Reviewer** *International Journal of Eating Disorders; Body Image; Eating Disorders: The Journal of Treatment and Prevention; Eating and Weight Disorders; Journal of Obesity; Psychology of Women Quarterly*

**Co-Founder** *Getting in to Grad School: Applying to PhD Programs in Clinical Psychology to study Eating Disorders & Eating Behaviors*

- Assist cohort of applicants interested in applying to PhD programs in Clinical Psychology to study body image and eating disorders
- Offer monthly meetings, feedback on materials, practice interviews, and mentorship
- Learn more at [www.psychphdeat.com](http://www.psychphdeat.com)

**Co-Chair** *Academy for Eating Disorders*  
Body Image & Prevention SIG

**Subcommittee Leader** *Academy for Eating Disorders*  
Early Career SIG, Diversity Task Force

- Organized series of webinars advising students interested in applying to graduate school in psychology
- Past webinars were attended by over 300+ prospective applicants

- Written guides posted after webinar were accessed by 3,500+ prospective applicants

## MENTORSHIP

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2022	<p><b>Undergraduate Senior Thesis Advisor</b> <i>University of Delaware</i></p> <p><u>Student:</u> Emily Gotkiewicz, B.S. Received the departmental Psychology Research Award, awarded to one graduating senior</p>
2018 - present	<p><b>Undergraduate and Postbaccalaureate Research Mentor</b> <i>University of Pittsburgh; University of Delaware</i></p> <p><u>Students:</u> Brianna Ladd (2019-2022); Emily Gotkiewicz (2021-2022); Alexa Rial (2021); Julia Friedman (2019); Kendra Plummer (2019); Cara Colao (2018); Brooke Rysdon (2018)</p>
2018 – present	<p><b>Mentor: Graduate School and Postbaccalaureate Applications</b> <i>University of Pittsburgh; University of Delaware; American Psychological Association, Div. 53; Academy for Eating Disorders, Early Career SIG; Next Generation Scholars Program</i></p> <p><u>Applications to graduate school:</u> Brianna Ladd (2022; accepted to PhD program); Mikaela Bubna (2022; accepted to PhD program); Laura Boyajian (2022; accepted to PhD program); Lindsay Gillikin (2022; accepted to PhD program); Camille Garnsey (2021; accepted to PhD program); Laura D’Adamo (2021; accepted to PhD program); Noelle Marousis (2021; accepted to PhD program)</p> <p><u>Applications for postbaccalaureate positions:</u> Laura Boyajian (2020); Haley Henry (2020); Sarah Drexler (2020); Kendra Plummer (2020); Megan Kundra (2020); Cara Colao (2018)</p>

## PROFESSIONAL AFFILIATIONS

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2016 – present	Academy for Eating Disorders
2019 – present	Society for Research on Adolescence
2019 – present	American Psychological Association
2019 – present	Division 53: Society of Clinical Child and Adolescent Psychology
2019 – present	Association for Psychological Science
2019 – present	Society for the Science of Clinical Psychology
2018 – present	Association for Behavioral and Cognitive Therapies
2015 – 2021	Society for Personality and Social Psychology