

## Lindsay M. Howard

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### Professional Position

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August 2021-Present     **Augustana University**  
Assistant Professor

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### Education

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August 2021     **Canvas Health- Doctoral Clinical Psychology Internship\***  
*\*APA accredited, nonprofit, community-based agency in Oakdale, MN*

August 2021     **The Virginia Consortium Program in Clinical Psychology\***  
Doctor of Philosophy (Ph.D.) in Clinical Psychology  
*\*University-based, APA accredited program, jointly sponsored by:  
Eastern Virginia Medical School (EVMS), Norfolk State University  
(NSU), and Old Dominion University (ODU)*

December 2017     **Old Dominion University**  
Master of Science (M.S.) in Psychology

May 2012     **Saint Olaf College**  
Bachelor of Arts (B.A.) in Psychology and Economics  
Magna Cum Laude

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### Honors, Awards, and Scholarships

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2020     Candace M. Shorter Distinguished Student Award—Virginia Consortium

2020     Graduate Student Travel Award—Old Dominion University

2015-2020     Graduate Teaching Assistantship and Stipend—Old Dominion University

2019     Meritorious Abstract—Society of Behavioral Medicine

2018     Mentor of Outstanding Honors Thesis—Old Dominion University

2012     Distinction in Psychology—Saint Olaf Department of Psychology

2011-2012     Omicron Delta Epsilon Member—Saint Olaf College

2010-2012     Psi Chi Member—Saint Olaf College (Treasurer, 2010-2011)

2010-2012     Honors Day Academic Recognition—Saint Olaf College

2010-2012     Dean's List—Saint Olaf College

2009-2012     Academic All-Conference—MIAC Soccer

2009-2012     Merit Scholarship—Saint Olaf College

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**Publications**

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\*Indicates a mentored undergraduate student

11. **Howard, L. M.**, Mason, T. B., Crosby, R. D., Dvorak, R. D., Wonderlich, S. A., & Smith, K. E. (2021). Using the acquired preparedness model of risk to explore the role of eating expectancies and impulsivity in binge eating. *Eating Disorders: The Journal of Treatment & Prevention*. Advance online publication.
10. **Howard, L. M.**, Heron, K. E., & Veltri, C. O. C. (2021). Development and initial validation of an Underreporting of Disordered Eating Behaviors Scale. *Eating and Weight Disorders – Studies on Anorexia, Bulimia, and Obesity*. Advance online publication.
9. **Howard, L. M.**, Heron, K. E., Smith, K. E., Crosby, R. D., Engel, S. G., Wonderlich, S. A., & Mason, T. B. (2021). Examining the ecological validity of the Power of Food Scale. *Eating and Weight Disorders, 26*, 717-721.
8. Heron, K. E., Braitman, A. L., Dawson, C. A., MacIntyre, R. I., **Howard, L. M.**, & Lewis, R. J. (2021). Evaluating study procedure training methods for a remote daily diary study of sexual minority women. *MHealth, 7*, 46.
7. **Howard, L. M.**, Heron, K. E., & Cramer, R. J. (2020). The Deliberate Denial of Disordered Eating Behaviors Scale: development and initial validation in young women with subclinical disordered eating. *Journal of Psychopathology and Behavioral Assessment, 42*, 774-786.
6. MacIntyre, R. I., Heron, K. E., **Howard, L. M.**, & Downs, D. (2020). Evaluating race and gender differences in exercise dependence and disordered eating in a diverse college sample. *Research Quarterly for Exercise and Sport*. Advance online publication.
5. Romano, K. A., Heron, K. E., Amerson, R., **Howard, L. M.**, MacIntyre, R. I., & Mason, T. B. (2020). Changes in disordered eating behaviors over 10 or more years: A meta-analysis. *International Journal of Eating Disorders, 53*, 1034-1055.
4. **Howard, L. M.**, Romano, K., & Heron, K. E. (2020). Prospective changes in disordered eating and body dissatisfaction across women's first year of college: The relative contributions of sociocultural and college adjustment risk factors. *Eating Behaviors, 36*, 101357.
3. **Howard, L. M.**, Haislip, B.\* , Heron, K. E., & Hu, X. (2019). Differences in disordered eating, body dissatisfaction, and social connection between African American and Caucasian college women. *Psi Chi Journal of Psychological Research, 24*, 33-41.
2. **Howard, L. M.**, Heron, K. E., & Cramer, R. J. (2019). Denial of disordered eating behaviors, suicide, and non-suicidal self-injury in young women. *Death Studies, 44*, 338-346.
1. **Howard L. M.**, Heron, K. E., MacIntyre, R. I., Myers, T., & Everhart, R. (2017). Is use of social networking sites associated with young women's body dissatisfaction and disordered eating? A look at Black-White racial differences. *Body Image, 23*, 109-113.

**Under Review**

3. Romano, K. A., Heron, K. E., Sandoval, C. M., **Howard, L. M.**, MacIntyre, R. I., & Mason, T. B. (under review). A meta-analysis of associations between weight bias internalization and conceptually-related correlates: A step towards improving construct validity. Manuscript submitted for publication in *Clinical Psychology Review*.
2. Romano, K.A., Heron, K.E., Sandoval, C.M., MacIntyre, R.I., **Howard, L.M.**, Scott, M., & Mason, T.B. (under review). Weight bias internalization and psychosocial, physical, and behavioral health: A meta-analysis of cross-sectional and prospective associations. Manuscript submitted for publication in *Obesity Reviews*.
1. Heron, K. E., Scott, S. B., Mogle, J., & **Howard, L. M.**, & Everhart, R. S. (under review). Ambulatory assessment of self-reported exposure to everyday stressors: A two-study experiment evaluating the role of question format on self-reported daily and momentary stress. Manuscript submitted for publication in *Journal of Medical Internet Research*.

**In Preparation**

3. Scott, M. J.\*, **Howard, L. M.**, & Heron, K. E. (in preparation). Examining stress, depression and self-esteem in three groups of college students: collegiate athletes, non-collegiate athletes and non-athletes. Manuscript in preparation.
2. **Howard, L. M.**, MacIntyre, R. I., Romano, K., Vargas, T.\*, Scott, M. J.\*, & Heron, K. E. (in preparation). Influences of binge eating between races: A systematic review and recommendations for future research. Manuscript in preparation.
1. Heron, K. E., Smyth, J., **Howard, L. M.**, MacIntyre, R. I., & Fuller-Tyszkiewicz, M. (in preparation). Body dissatisfaction in everyday life: An ecological momentary assessment study. Manuscript in preparation.

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**Presentations**


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\*Indicates a mentored undergraduate student

**Oral Conference Presentations**

8. **Howard, L. M.**, & Heron, K. E. (2021, April). *Exploring the role of denial in eating disorder behaviors among young women*. Accepted for presentation at the Society of Behavioral Medicine, Virtual.
7. **Howard, L. M.**, Heron, K. E., & Veltri, C. O. (2020, April). *Validation of the Underreporting of Disordered Eating Behaviors Scale using a simulation design*. Paper accepted for symposia presentation at the Society of Behavioral Medicine, San Francisco, CA. (Conference canceled)
6. Romano, K. A., Heron, K. E., Amerson, R., **Howard, L. M.**, MacIntyre, R. I., & Mason, T. B. (2020, April). *Longitudinal changes in disordered eating behaviors in children and young adults: A systematic review and meta-analysis*. Paper accepted for presentation at the Society of Behavioral Medicine, San Francisco, CA. (Conference canceled)

5. **Howard, L. M.**, MacIntyre, R. I., & Heron, K. E. (2019, June). *Investigating race differences in body dissatisfaction and overeating: An ecological momentary assessment study*. Paper presented at the Biannual Meeting of the Society of Ambulatory Assessment, Syracuse, NY.
4. **Howard, L. M.**, Heron, K. E., & Veltri, C. O. (2019, March). *Development and initial validation of an Underreporting of Disordered Eating Behaviors Scale*. Paper presented at the Society of Behavioral Medicine, Washington, D.C.
3. **Howard, L. M.**, & Heron, K. E. (2018, April). *Initial development and validation of the Deliberate Denial of Disordered Eating Behaviors Scale*. Paper presented at the International Conference for Eating Disorders, Chicago, IL.
2. Haislip, B.\*, **Howard, L. M.**, & Heron, K. E. (2017, April). *Differences in disordered eating, body dissatisfaction, and social connection between African American and Caucasian college women*. Paper presented at the Virginia Association for Psychological Sciences, Norfolk, VA.
1. **Howard, L. M.** & Cho, G. (2012, April). *The effects of homophobia on the mental health of same sex parents*. Paper presented at the Minnesota Undergraduate Psychology Conference, St. Peter, MN.

#### **Conference Poster Presentations**

9. Scott, M. J.\*, **Howard, L. M.**, & Heron, K. E. (2020, May). *Examining stress, depression, and self esteem in three groups of college students: collegiate athletes, non-collegiate athletes, and non-athletes*. Poster accepted for presentation at the Virginia Academy of Science Meeting, Harrisonburg, VA. (Conference canceled)
8. Sandoval, C., Heron, K. E., & **Howard, L. M.** (2020, April). *Body image and disordered eating differences among racial and sexual minority women*. Poster accepted for presentation at the Society of Behavioral Medicine, San Francisco, CA. (Conference canceled)
7. Heron, K. E., Braitman, A. L., Lewis, R. J., Dawson, C. A., **Howard, L.M.**, & MacIntyre, R. I. (2019, June). *Optimizing remote study recruitment and compliance using videos for an online daily diary study of sexual minority women: An experimental design*. Poster presented at the Biannual Meeting of the Society of Ambulatory Assessment, Syracuse, NY.
6. **Howard, L. M.**, & Heron, K. E. (2017, March). *Development of the Deliberate Denial of Disordered Eating Behaviors Scale*. Poster presented at the Southeastern Psychological Association Annual Meeting, Atlanta, GA.
5. Heron, K. E., **Howard, L. M.**, MacIntyre, R., & Smyth, J. (2017, March) *Body dissatisfaction in everyday life: An ecological momentary assessment study*. Poster presented at the Southeastern Psychological Association Annual Meeting, Atlanta, GA.
4. **Howard L. M.**, Haislip, B.\*, & Heron, K. E. (2016, May). *Exploring ethnic identity and peer norms: A key to understanding similarities and differences between African American and European American college women*. Poster presented at the Virginia Academy of Science Meeting, Fredericksburg, VA.

3. **Howard L. M.**, Heron, K. E., MacIntyre, R. I., & Everhart, R. (2016, April). *Does use of social networking sites influence young women's body image and eating pathology? A look at racial differences*. Poster presented at the Society of Behavioral Medicine Conference, Washington, D.C.
2. MacIntyre, R. I., Heron, K. E., **Howard, L. M.**, & Downs, D. (2016, April). *Evaluating race and gender differences in exercise dependence and disordered eating in a diverse college sample*. Poster presented at the Society of Behavioral Medicine Conference, Washington, D.C.
1. **Howard, L. M.** & Durkin, N. (2014, September). *The effects of maladaptive social media use on eating disorder symptomology*. Poster presented at the Powell Women's Conference, Minneapolis, MN.

### **Invited Talks**

2. Invited Panelist (2018, April). Diversity Outreach Workshop, Virginia Consortium Program in Clinical Psychology.
1. Invited Panelist (2016, February). Graduate Student Panel for Undergraduate Practicum Course, Old Dominion University.

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## **Teaching Experience**

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### **Instructor of Record**

Hamline University, Department of Psychology  
St. Paul, MN  
Spring 2021  
*Course:* PSY 1480-Abnormal Psychology (Hybrid course)

### **Instructor of Record**

Old Dominion University, Department of Psychology  
Norfolk, VA  
Fall 2018, Spring 2019, Spring 2020  
*Course:* PSYC 201S-Introduction to Psychology (In-person course; transitioned to online Spring 2020)

### **Instructor of Record**

Old Dominion University, Department of Psychology  
Norfolk, VA  
Fall 2019  
*Course:* PSYC 306-Health Psychology (In-person course)

### **Guest Lecturer: Psychology Club**

Norfolk State University, Department of Psychology  
Norfolk, VA  
Fall 2018

### **Class Coordinator**

Old Dominion University, Department of Psychology  
Norfolk, VA  
Summer 2018

**Guest Lecturer**

Virginia Wesleyan University, Department of Psychology  
Norfolk, VA  
Spring 2018  
*Course:* PSY 354-Clinical Psychology (In-person course)  
*Supervisor:* Taryn Myers, Ph.D.

**Graduate Teaching Assistant**

Old Dominion University, Department of Psychology  
Norfolk, VA  
Spring 2018  
*Course:* PSYC 317-Quantitative Methods (In-person course)

**Graduate Teaching Assistant**

Old Dominion University, Department of Psychology  
Norfolk, VA  
Fall 2017  
*Course:* PSYC 351-Child Psychology (Online course)

**Graduate Teaching Assistant**

Old Dominion University, Department of Psychology  
Norfolk, VA  
August 2015-May 2016

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**Research Experience**

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**Graduate Student Researcher: Health Behavior and Technologies Lab (HaBiT Lab)**

Old Dominion University, Department of Psychology  
Norfolk, VA  
August 2015-August 2021  
*Supervisor:* Kristin Heron, Ph.D.

**Graduate Research Assistant: Minnesota Multiphasic Personality Inventory –Adolescent – Revised Form (MMPI-A-RF)**

Eastern Virginia Medical School, Department of Neuropsychology  
Norfolk, VA  
October 2017-December 2017  
*Supervisor:* Jennifer Flaherty, Ph.D.

**Research Coordinator: The Minnesota Center for Eating Disorders Research**

University of Minnesota-Twin Cities, Department of Psychiatry  
Minneapolis, MN  
June 2014-June 2015  
*Supervisors:* Scott Crow, M.D.; Carol Peterson, Ph.D.; Kelly Berg, Ph.D.

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### Grant Support

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*Title:* P.E.O. Scholar Award

*Agency/Amount:* Philanthropic Educational Organization (P.E.O.)/\$7,500

*Role:* Recipient

*Status:* Funded (August 2018-December 2018)

*Project Title:* Examining binge eating in daily life: working toward reducing obesity disparities in racially diverse lesbian and heterosexual women.

*Agency/Amount:* National Institutes of Health (HHS)/\$1,067,844

*Grant Number:* R01MD012598

*Role:* Graduate Research Assistant

*Status:* Funded (January 2019-November 2022)

*Project Title:* Integrative Cognitive-Affective Therapy for Binge Eating Disorder

*Agency/Amount:* National Institute of Health (NIH)/\$695,700

*Grant Number:* R34MH098995-03

*Role:* Research Assistant

*Status:* Funded (August 2013-June 2017)

### **Applied For**

*Project Title:* Investigating race differences in young women's reports of denial and disordered eating: An ecological momentary assessment study

*Agency/Amount:* National Institute on Minority Health and Health Disparities (NIMHD)

*Grant Number:* F31MD013643-01

*Role:* Principal Investigator

*Status:* Not Funded/Scored: 37

negative affect on denial and disordered eating. The proposal was not funded but was well reviewed.

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### Clinical Research Experience

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#### **Clinical Research Assistant: Sentara Bariatric Center**

Virginia Beach, VA

June 2018-October 2018

*Supervisor:* Kristin Heron, Ph.D.

*Population:* Bariatric surgery patients pre- and post- surgery

#### **Focus Group Facilitator: Old Dominion University**

Norfolk, VA

August 2016-November 2016

*Supervisor:* Kristin Heron, Ph.D.

*Population:* Undergraduates that engage in, at least, subclinical levels of disordered eating

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## Clinical Experience

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### Internship

#### **Canvas Health, Community Mental Health**

Oakdale, MN

September 2020-August 2021

*Supervisors:* Rori Johnson, Psy.D. and Dan Johnson, Psy.D. (3 hours/week)

*Hours:* 40 hours per week on-site (and virtual)

*Population:* Adults ages 18 to 65

### Practicum

#### **The Body Project, Old Dominion University**

Norfolk, VA

August 2019-March 2020

*Supervisor:* Kristin Heron, Ph.D. (1 hour/week)

*Hours:* 10-12 hours per week on-site

*Population:* Undergraduate students

#### **Renaissance Academy, Virginia Beach Public Schools**

Virginia Beach, VA

August 2018-May 2019

*Supervisor:* Mark Wehrlin, Psy.D. (1 hour/week)

*Hours:* 12 hours per week on-site

*Population:* Adolescents ages 11-19 attending an alternative school

#### **Neuropsychology Center, Eastern Virginia Medical School**

Norfolk, VA

August 2017-May 2018

*Supervisors:* Jennifer Flaherty, Ph.D. and Michael Stutts, Ph.D. (2 hours/week)

*Hours:* 20 hours per week on-site

*Population:* Outpatient children and adults, ages 6-74

#### **Hampton Veterans Affairs Medical Center**

##### **Outpatient Clinic, Behavioral Health Interdisciplinary Program (BHIP) A**

Hampton, VA

August 2016-August 2017

*Supervisor:* Jennifer Thiessen, Psy.D. (1 hour/week)

*Hours:* 12 hours per week on-site

*Population:* Outpatient Veterans, ages 20-65

#### **Virginia Beach Public Schools & Adult Learning Center**

Virginia Beach, VA

January 2016-August 2016

*Supervisors:* Mark Wehrlin, Psy.D. and Megan Maloy, M.S.Ed. (1 hour/week)

*Hours:* 8-12 hours per week on- and off-site

*Population:* Children, ages 6-12 and adults, ages 19-52



**Sentara Norfolk General Hospital  
Integrated Primary Care, Department of Psychiatry**

Norfolk, VA

August 2015-December 2015

*Supervisors:* Barbara Cubic, Ph.D. and Sarah Hill, M.A. (1 hour/week)

*Hours:* 8 hours per week on-site

*Population:* Hospitalized primary care patients, ages 18-65+

**Other Clinical Experience**

**Eating Disorder Technician: The Emily Program**

St. Paul, MN

July 2014-May 2015

*Population:* Residential clients with eating disorders, ages 18-50

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**Advanced Training Electives**

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**Longitudinal Data Analysis**

Abby Braitman, Ph.D., Old Dominion University

Spring 2019

**Hierarchical Linear Modeling (HLM)**

James Henson, Ph.D., Old Dominion University

Fall 2018

**Group Counseling**

Nina Brown, Ed.D., Old Dominion University

Spring 2018

**Grant and Manuscript Writing**

Michelle Kelley, Ph.D., Old Dominion University

Fall 2017

**Structural Equation Modeling (SEM)**

James Henson, Ph.D., Old Dominion University

Spring 2017

**Psychometric Theory**

Miguel Padilla, Ph.D., Old Dominion University

Fall 2016

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**Service to Profession**

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**Graduate Student Reviewer**

Old Dominion University

Norfolk, VA

August 2017-August 2021

*Journals:* *Obesity*, *BMC Psychiatry*, *Australian Journal of Psychology*, and *Eating Behaviors*.

**Advisory Panel Member**

Virginia Consortium Program in Clinical Psychology  
Norfolk, VA  
June 2019-June 2020

**Diversity Committee Member**

Virginia Consortium Program in Clinical Psychology  
Norfolk, VA  
March 2018-May 2020

**Student Representative and Newline Assistant Editor**

Tidewater Academy of Clinical Psychologists  
Hampton, VA  
September 2017-May 2020

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**Supervising and Mentoring Experience**

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**Team Up Mentor**

The UpCenter  
Portsmouth, VA  
August 2018-August 2020

**Supervisor, Undergraduate Research Assistants**

Health Behavior and Technologies Lab (HaBiT Lab)  
Old Dominion University, Department of Psychology  
Norfolk, VA  
November 2015-August 2020

**Peer Supervisor**

Virginia Consortium Program in Clinical Psychology  
Norfolk, VA  
August 2018-May 2020

**Clinical Supervisor, The Body Project**

Old Dominion University  
Norfolk, VA  
August 2019-March 2020

**Supervisor, Undergraduate Teaching Assistants**

Introduction to Psychology, PSYC 201S  
Old Dominion University, Department of Psychology  
Norfolk, VA  
Spring 2019

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**Certifications**

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**The Body Project Trainer**

November 2018

**The Body Project Facilitator**

February 2018

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### Professional Memberships

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**Society of Behavioral Medicine**

Student affiliate

March 2016-Present

**Academy for Eating Disorders**

Student affiliate

November 2015-Present

**Virginia Academy of Clinical Psychologists**

Student affiliate

September 2017-August 2020

**Tidewater Academy of Clinical Psychologists**

Student affiliate

September 2017-August 2020

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### Work Experience

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**Sr. Business Analyst**

Target Corporate

Minneapolis, MN

2013-2014

**Business Analyst**

2012-2013