

Amanda J. Dillard
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 Grand Valley State University
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EDUCATION

Ph.D., 2006	Health-Social Psychology, North Dakota State University
B.A., 1999	Psychology, with Honors, Ohio State University

POSITIONS

2015-	Associate Professor of Psychology, Grand Valley State University
2009-2015	Assistant Professor of Psychology, Grand Valley State University
2006-2009	Postdoctoral Fellow, Center for Behavioral and Decision Sciences in Medicine, VA Ann Arbor & University of Michigan

PEER-REVIEWED ARTICLES

* GV undergraduate student

Meier, B. P., **Dillard, A. J.**, & Lappas, C. M. (*Accepted*). Predictors of attitude toward and intention to receive a SARS-CoV-2 Vaccine in a nationally represented sample in the U.S. *Journal of Public Health*.

Dillard, A. J., Dean, K. D., Gilbert, H.*, & Lipkus, I. M. (*In press*). You won't regret it (or love it) as much as you think: Impact biases for everyday health behavior outcomes. *Psychology & Health*.

Conley, C., **Dillard, A. J.**, Johnson, C. M., Updegraff, J. A., Pan, W., Langenberg, A.,* & Lipkus, I. (2019). Consistency of reported barriers for colorectal cancer screening among adults who have never been screened. *Health Behavior Research*, 2, 1-9.

Meier, B. P., **Dillard, A. J.**, & Lappas, C. M. (2019). Naturally better? A review of the natural-is-better bias. *Social and Personality Psychology Compass*, 13, 1-9.

Meier, B. P., **Dillard, A. J.**, Osorio, E., & Lappas, C. M. (2019). A behavioral confirmation and reduction of the natural versus synthetic drug bias. *Medical Decision Making*, 39, 359-369.

Dillard, A. J., Ferrer, R. A., Bulthuis, K. R. K.*, & Klein, W. M. P. (2018). Positive excessive drinker prototypes predict greater subsequent drinking and alcohol problems. *British Journal of Health Psychology*, 23, 1000-1020.

Dillard, A. J., Ferrer, R. A., & Welch, J. D.* (2018). Associations between narrative transportation, risk perception, and behavior intentions following narrative messages about skin cancer. *Psychology & Health*, 33, 573-593.

Dillard, A. J., Scherer, L., Ubel, P. A., Stewart, A., & Fagerlin, A. (2017). Anxiety symptoms prior to a prostate cancer diagnosis: Implications for knowledge and treatment preferences. *British Journal of Health Psychology*, *22*(1), 151-168.

Dillard, A. J., & Hisler, G.*. (2015). Enhancing the effects of a narrative message through experiential information processing: An experimental study. *Psychology & Health*, *30*, 803-820.

Sweeny, K. & **Dillard, A. J.** (2014). The effect of expectation disconfirmation on appraisal, affect, and behavioral intentions: Implications for unrealistic optimism and bracing for bad news. *Risk Analysis*, *34*, 711-720.

Levy, H., Ubel, P. A., **Dillard, A. J.**, Weir, D., & Fagerlin, A. (2014). Health numeracy: The importance of domain in assessing numeracy. *Medical Decision Making*, *34*, 107-115.

Bekker, H. L., Winterbottom, A. E., Butow, P., **Dillard, A. J.**, Feldman-Stewart, D., & Fowler, F. et al. (2013). Do personal stories make patient decision aids more effective? A critical review of theory and evidence. *BMC Medical Informatics and Decision Making*, *13*, 2-9.

Dillard, A. J. & Main, J. L.*. (2013) Using a health message with a testimonial to motivate colon cancer screening: Associations with perceived identification and vividness. *Health Education & Behavior*, *40*, 673-682.

Poulin, M. J., Brown, S. L., Smith, D. M., & **Dillard, A. J.** (2013). Giving to others and the association between stress and mortality. *American Journal of Public Health*, *103*, 1649-1655.

Magnan, R. E., Koblitz, A. R., McCaul, K. D., & **Dillard, A. J.** (2013). Self-monitoring effects of ecological momentary assessment on smokers' perceived risk and worry. *Psychological Assessment*, *25*, 416-423.

Dillard, A. J., Magnan, R. E., Köblitz, A. R., & McCaul, K. D. (2013). Perceptions of smokers influence nonsmoker attitudes and preferences for interactions. *Journal of Applied Social Psychology*, *43*, 823-833.

Dillard, A. J., Scherer, L., Ubel, P. A., Smith, D. M., Zikmund-Fisher, B. J., & Fagerlin, et al. (2013). Breast cancer anxiety's associations with responses to a chemoprevention decision aid. *Social Science & Medicine*, *77*, 13-19.

Ferrer, R. A., **Dillard, A. J.**, & Klein, W. M. P. (2012). Projection, conformity, and deviance regulation: A prospective study of alcohol use. *Psychology & Health*, *27*, 688-703.

Dillard, A. J., Ferrer, R. A., Ubel, P. A., & Fagerlin, A. (2012). Risk perception measures' associations with behavior, affect, and cognition following colon cancer screening messages. *Health Psychology*, *31*, 106-113.

Dillard, A. J., Ubel, P. A., Smith, D. M., Zikmund-Fisher, B. J., Nair, V., & Fagerlin, A. et al. (2011). The Distinct Role of Comparative Risk Perceptions in a Breast Cancer Prevention Program. *Annals of Behavioral Medicine*, *42*, 262-268.

Fagerlin, A., **Dillard, A. J.**, Smith, D. M. Zikmund-Fisher, B. J., Nair, V., & Ubel, P. A. et al. (2011). Women's interest in taking tamoxifen and raloxifene for breast cancer prevention: Response to a tailored decision aid. *Breast Cancer Research and Treatment*, *127*, 681-688.

Dillard, A. J., Couper, M. P., & Zikmund-Fisher, B. J. (2010). Associations between perceived risk of cancer and patient reports of participation in decision making about cancer screening. *Medical Decision Making*, *30*, 96-105.

Dillard, A. J., Fagerlin, A., Dal Cin, S., Zikmund-Fisher, B. J., & Ubel, P. A. (2010). Narratives that address affective forecasting errors reduce perceived barriers to colorectal cancer screening. *Social Science & Medicine*, *71*, 45-52.

Köblitz, A. R., Magnan, R. E., McCaul, K. D., **Dillard, A. J.**, O'Neill, H. K. & Crosby, R. (2009). Smokers' thoughts and worries: A study using ecological momentary assessment. *Health Psychology*, *28*, 484-492.

Dillard, A. J., Midboe, A., & Klein, W. M. P. (2009). The dark side of optimism: Unrealistic optimism about problems with alcohol predicts subsequent negative event experiences. *Personality and Social Psychology Bulletin*, *35*, 1540-1550.

Dillard, A. J., McCaul, K. D., & Klein, W. M. P. (2006). Unrealistic optimism in smokers: Implications for smoking myth endorsement and self-protective motivation. *Journal of Health Communication*, *11*, 93-102.

Dillard, A. J., McCaul, K. D., Kelso, P. K., & Klein, W. M. P. (2006). Resisting good news: Reactions to breast cancer risk communication. *Health Communication*, *19*, 115-123.

Neighbors, C., **Dillard, A. J.**, Lewis, M. A., & Bergstrom, R. L. (2006). Normative misperceptions and temporal precedence of perceived norms and drinking. *Journal of Studies on Alcohol*, *67*, 290-299.

Dillard, A. J., McCaul, K. D., & Magnan, R. E. (2005). Why is such a smart person like you smoking? Using self-affirmation to reduce defensiveness to cigarette warning labels. *Journal of Applied Biobehavioral Research*, *10*, 165-182.

BOOK CHAPTERS

Dillard, A. J. & Ellis, E. M. (2018). Optimism and its associations with health behavior and responses to health communication. In *The Oxford Encyclopedia of Health and Risk Message Design and Processing*. Oxford Press.

McCaul, K. D., Magnan, R. E., & **Dillard, A. J.** (2009). Understanding and communicating about cancer risk. In S. M. Miller, D. J. Bowen, R. T. Croyle, & J. Rowland, *Handbook of Behavioral Science and Cancer*, Washington, D. C.: American Psychological Association.

Dillard, A. J., Schiavone, A., & Brown, S. L. (2008). Helping behavior and positive emotions: Implications for health and well-being. In S. Lopez (Ed.), *Positive psychology: Exploring the best in people*. Westport, CT: Greenwood Publishing Company.

McCaul, K.D. & **Dillard, A. J.** (2004) Risk factor screening. In A. Christensen, R. Martin, & J. Smyth (Eds.), *Encyclopedia of Health Psychology*, Vol. 4. New York, NY: Kluwer Academic/Plenum Publishers.

PROFESSIONAL PRESENTATIONS (*selected since 2015*)

* GV undergraduate student

Billeck, M.,* Holyfield, H.,* & **Dillard, A. J.** (April, 2021). Effects of retrospective versus anticipated regret on eating behaviors. Midwestern Psychological Association Annual Meeting, Virtual.

Meier, B. P. M. & **Dillard, A. J.** (Feb, 2021). The association between trait mindfulness and distress related to the Novel Coronavirus. Society for Personality and Social Psychology Annual Convention, Virtual.

Dillard, A. J., Denison, A.,* Ellis, E., & Ferrer, R. A., (May, 2019). Associations with narrative transportation into different types of health narratives. Annual Meeting of the Association for Psychological Science, Washington, D.C.

Langenberg, A.* & **Dillard, A. J.** (April, 2019). Reducing an impact bias towards a health food. Midwestern Psychological Association Annual Meeting, Chicago, IL.

Conley, C., **Dillard, A. J.**, Johnson, C. Updegraff, J. A., & Lipkus, I. (March, 2019). Consistency of reported barriers for colorectal cancer among adults who have never been screened. American Academy of Health Behavior Annual Meeting. Greenville, SC.

Dillard, A. J. (March, 2017). “Feelings-of-risk” and narrative messages: Evidence for an experiential system motivating health behaviors. Invited Colloquium, Gettysburg College, Gettysburg, PA.

Dillard, A. J., Lipkus, I., & Senglaub, S.,* & Connolly, T. (May, 2016). The effects of temporal perspective on regret of health behaviors. Annual Meeting of the Association for Psychological Science, Chicago, IL.

Dillard, A. J. & Wertheimer, M.* (May, 2015). Emotion adaptation recall reduces expectations of pain for colon cancer screening. Midwestern Psychological Association Annual Meeting, Chicago, IL.

TEACHING

Grand Valley State University

Courses

2009-Present

PSY 101- Introductory psychology; PSY 364- Psychology of physical disability; PSY 367- Health psychology

Workshops

2014, 2105

Executive Education Programs, Executive MBA, Seidman College of Business

Emotion biases in perceiving risk and medical-decision-making

MENTORING

(all Psychology at Grand Valley State University unless otherwise specified)

2020-2021, Research mentor, Independent study (3 students)

Summer, 2020, Research mentor, *McNair Program* (Deon Hayes)

2019-2020, Research mentor, Independent study (3 students)

2018-2019, Research mentor, Independent study (4 students)

Summer, 2018, Research mentor, *Student Summer Scholars Program* (Alyssa Langenberg)

2017-2018, Research mentor, Independent study (4 students)

Summer, 2017, Research mentor, *McNair Program* (Adrian Hernandez)

2016-2017, Faculty adviser, *Master's thesis* (Matthew Fallon; Biomedical Sciences)

2016-2017, Research mentor, Independent study (4 students)

2016-2017, Faculty adviser, *Honor's thesis* (Leah DeVries; Biomedical Sciences)

2015-2016, Research mentor, Independent study (2 students)

Summer, 2015, Research mentor, *McNair Program* (Sarah Hayes)

2014-2015, Faculty mentorship program, LAKER Academic Success Center

2014-2015, Research mentor, Independent study (5 students)

Summer, 2014, Research mentor, *Student Summer Scholars Program* (Megan Wertheimer)

2013-2014, Research mentor, Independent study (7 students)

2013-2014, Faculty adviser, *Honor's thesis* (Allison Desautels)

Summer, 2013, Research mentor, *McNair Program* (Garrett Hisler)

Summer, 2012, Research mentor, *Student Summer Scholars Program* (Jackie Main)

2012-2013, Research mentor, Independent study (6 students)

2011-2012, Research mentor, Independent study (6 students)

2010-2011, Faculty committee member, *Master's thesis* (Amanda Costello, Megan Bolthouse; Occupational Therapy)

2010-2011, Research mentor, Independent study (4 students)

2009-2010, Research mentor, Independent study (3 students)

2009-2010, Faculty adviser, *Honor's thesis* (Andrew Cieslinski)

MENTORED STUDENT PRESENTATIONS

Student Scholar's Day

(since 2012)

-Gilbert, H. (April, 2019). A test of the impact bias on the consumption of unhealthy snack foods.

- Langenberg, A., & Holyfield, H. (April, 2019). Reducing an impact bias towards a health food.
- Dubay, O., & Hey, K. (April, 2018). Descriptive data on occasional smokers.
- Wheeler, J., & Geselman, M. (April, 2016). Does mood interact with self-affirmation to reduce defensiveness to weight gain message?
- Wertheimer, M., & Senglaub, S. (April, 2015). The effects of past or anticipated regret on students' perceptions of the regret experience related to health behaviors.
- Wertheimer, M., & Mead, M. (April, 2014). Emotion as a modulator of self-affirmation in reducing defensiveness to health messages.
- Ortiz, S., & O'Donahue, S. (April, 2014). Effects of incidental emotions on risk perceptions, thoughts, and behavior related to cancer.
- Desautels, A., & Naftaly, J. (April, 2014). Is it okay to be sad? Perceptions of the emotions of individuals with disabilities.
- George, K., & Main, J.M. (April, 2013). Effects of incidental emotions on intuitive feelings of risk of developing cancer.
- Murphy, K. (April, 2012). The salience of disability and the impact of the presence of a person with a disability on perceived vulnerability to negative health outcomes.
- Graham, M., & Ouillette, T. (April, 2012). Effects of emotional vs. logical processing and messages on skin cancer risk behaviors.

HONORS AND AWARDS

- May, 2014, Council of Undergraduate Research, *Posters on the Hill Selection*
- February, 2014, Center for Scholarly and Creative Excellence, GVSU, *Distinguished Early Career Scholar Award*
- May, 2009, Center of Excellence in Cancer Communication Research, 3rd Place Poster
- June 25-July 6 2007, Summer Institute in Informed Patient Choice, Dartmouth College, *Fellow*
- August 2005-July 2006, North Dakota State University, *Dissertation Fellowship*
- September 2004, International Positive Psychology Summit, *Fellow*

PROFESSIONAL SERVICE

Editorial Board

International Journal of Environmental Research and Public Health- Health Behavior and Health Promotion section

Grant reviewer

2015- National Institutes of Health-NCI *Special emphasis panel: Fundamental Mechanisms of Affective and Decisional Processes in Cancer Control*

2011- Foundation for Informed Medical Decision Making (2011)

2010- President's Research Enhancement Program in Urban and Public Health, Wayne State University Internal Medicine (January, 2010)

Ad Hoc Reviewer

Annals of Behavioral Medicine, Basic and Applied Social Psychology, British Journal of Health Psychology, Cancer Causes and Control, Health Communication, Health Education & Behavior, Health Psychology, Journal of Social Psychology, Journal of Applied Social Psychology, Journal of Behavioral

Medicine, Journal of Experimental Psychology- Applied, Journal of Health Communication, Journal of Personality, Psychology & Health, Medical Decision Making, Nicotine and Tobacco Research, Social and Personality Psychology Compass

Abstract referee

2017- Society of Behavioral Medicine

2016- Society of Behavioral Medicine

ASSOCIATIONS

American Psychological Association Division 38 (Health Psychology), Midwestern Psychological Association, Association for Psychological Science, Society for Personality and Social Psychology, Society of Behavioral Medicine, Society for Medical Decision Making