

Amanda J. Dillard
Department of Psychology
Grand Valley State University
1 Campus Dr., Allendale, MI 49401-9403

EDUCATION

Ph.D., 2006	Health Psychology, North Dakota State University
M.S., 2004	Experimental Psychology, North Dakota State University
B.A., 1999	Psychology, with Honors, Ohio State University

POSITIONS

2022-	Professor, Grand Valley State University
2015-2022	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. (2026). The Naturalness Bias. *Current Opinion in Psychology*, 67, 102143.

Dillard, A. J., Meier, B. P. M., Williams. T., Wolfe, M., & Thakur, M. (2025). Associations between trait mindfulness and distress in fertility patients: Evidence from two clinical samples. *European Journal of Health Psychology*, 32, 210-220.

Dillard, A. J., Dean, K. K., & Langenberg, A.* (2024). Emotions for a novel health food: Is there an impact bias and can it be reduced? *Eating Behaviors*, 53, 101880.

Dillard, A. J., & Meier, B. P. M. (2023). Getting COVID-19: Anticipated negative emotions are worse than experienced negative emotions. *Social Science & Medicine*, 320, 115723.

Meier, B. P., **Dillard, A. J.**, Fetterman, A K., Ji, L., & Lappas, C. M. (2023). Religiosity and the naturalness bias in drug and vaccine choices. *Journal of Religion and Health*, 62, 702-719.

Lappas, C. M., Coyne, N., **Dillard, A. J.**, & Meier, B. P. (2023). Do physicians prefer natural drugs? The natural versus synthetic drug bias in physicians. *European Journal of Health Psychology*, 30, 40-47.

Meier, B.P., Konrath, S., Fetterman, A. K., **Dillard, A. J.**, James, C., Weinstein, E., & Bushman, B. J. (2022). Development and validation of the Single-Item Mindfulness Scale (SIMS): *Journal of Personality Assessment*, 1-13.

Dillard, A. J., Lester, J.*, & Holyfield, H.* (2022). Associations between COVID-19 risk perceptions, behavior intentions, and worry. *Health Psychology Report*, 10, 139-148.

Dillard, A. J., Weber, A.*, Chassee, A. & Thakur, M. (2022). Perceptions of the COVID-19 pandemic among women with infertility: Correlations with dispositional optimism. *International Journal of Environmental Research and Public Health*, 19, 2577.

Dillard, A. J., & Meier, B. P. (2021). The association between trait mindfulness and distress related to COVID-19. *Personality and Individual Differences*, 179, 1-8.

Meier, B. P., **Dillard, A. J.**, & Lappas, C. M. (2021). 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*, 1-3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7989339/>

Dillard, A. J., Dean, K. K., Gilbert, H.*, & Lipkus, I. M. (2021). You won't regret it (or love it) as much as you think: Impact biases for everyday health behavior outcomes. *Psychology & Health*, 36, 761-786.

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.

McCaull, 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.

McCaull, 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

Since 2010; * GV undergraduate student

Dillard, A. J., Williams, T., Wolfe, M. & Thakur, M. (April, 2026). Overestimating emotions for reproductive outcomes: Testing the impact Bias in patients having In-Vitro Fertilization (IVF). To be presented at the Society for Behavioral Medicine's Annual Meeting, Chicago, IL.

Hanna, M., * Meier, B. P., Frobish, D., Lappas, C., & **Dillard, A. J.** (April, 2026). Trait mindfulness and physical health in college students. To be presented at the Society for Behavioral Medicine's Annual Meeting, Chicago, IL.

Thakur, M. & **Dillard, A. J.** (October, 2025). Affective forecasting in IVF: Discrepancies between anticipated and emotional outcomes. American Society of Reproductive Medicine Annual Meeting, San Antonio, TX.

Korol, J., * Lappas, C., Meier, B.P., & **Dillard, A. J.** (April, 2025). Trait mindfulness and physical health symptoms in college students. Midwestern Psychological Association Annual Meeting, Chicago, IL.

Campbell, B., * Taylor, R., * Lappas, C., Meier, B. P. & **Dillard, A. J.** (April, 2024). Testing the natural-is-better bias for sunscreen. Midwestern Psychological Association Annual Meeting, Chicago, IL.

Thakur, M. & **Dillard, A. J.** (October, 2023). Impact of trait mindfulness on psychological health in women navigating infertility treatment during the COVID-19 pandemic. *Consciousness - Science, Spirituality and Social Impact*, Harvard Medical School, Boston, MA.

Dillard, A. J. & Dean, K. K. (May, 2023). Effects of eating behavior regrets on emotions and intentions. Association for Psychological Science Annual Meeting, Washington, D.C.

Dillard, A. J. & Meier, B. P. (May, 2022). Getting COVID-19: Anticipated negative emotions are worse than experienced negative emotions. Association for Psychological Science Annual Meeting, Chicago, IL.

Dillard, A. J. (April, 2022). Mispredicting emotion for health outcomes: Some evidence of an impact bias for eating behaviors and potential intervention strategies. *Invited talk*, Midwestern Psychological Association Annual Meeting. Chicago, IL.

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

Meier, B. P. M. & **Dillard, A. J.** (Feb, 2021). The association between trait mindfulness and distress

related to the Novel Coronavirus. *Invited talk*. Society for Personality and Social Psychology Annual Convention, Virtual.

Holyfield, H.,* Langenberg, A.* & **Dillard, A. J.** (May, 2020). Adaption recall reduces disgust of health food. Annual Meeting of the Association for Psychological Science, Chicago, IL. *Accepted but not presented due to pandemic*.

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.

Dillard, A. J. (February, 2015). “Feelings-of-risk” and narrative messages: Evidence for an experiential system influencing health behaviors. Invited talk, Battle Creek VAMC Grand Rounds, Wyoming, MI.

Williams, T., Dillard, **Dillard, A. J.**, & Desautels, A.* (February, 2015). The role of facial expressions on perceptions of individuals with disabilities. Society for Personality and Social Psychology Annual Meeting.

Hisler, G.* & **Dillard, A. J.** (May, 2014). Effects of information processing style and health message format on skin cancer risk perceptions and behavioral intentions. Midwestern Psychological Association Annual Meeting, Chicago, IL.

Levy, H., Ubel, P.A., **Dillard, A.J.**, Weir, D.R., & Fagerlin, A. (October, 2012). Health Numeracy: The Effect of Context on Numeracy among Older Americans. 4th Annual Health Literacy Research Conference, Bethesda, MD.

Main, J.* & **Dillard, A. J.** (February, 2012). Examining the effects of testimonials on cancer screening decisions: Does identity or vividness matter? 7th Annual Art & Science of Aging Conference, Grand Rapids, MI.

Scherer, L., **Dillard, A. J.**, Ubel, P. A., Smith, D., Greene, S., McClure, J., Hensley Alford, S., & Fagerlin, A. (October, 2011). Anxiety as an impetus for action: On the relative influence of breast cancer risk and breast cancer anxiety on chemoprevention decisions. Society for Medical Decision Making Annual Meeting, Chicago, IL.

Fuhrel-Forbis, et al., ...**Dillard, A. J.**, & Fagerlin, A. (October, 2011). Informed decision making about breast cancer chemoprevention: RCT of an online decision aid intervention. Society for Medical Decision Making Annual Meeting, Chicago, IL.

Klein, W. M. P. & **Dillard, A. J.** (May, 2010). Harmful consequences of unrealistic optimism (and one way to reduce them). 22nd Annual Meeting of the Association for Psychological Science, Boston, MA.

TEACHING

Grand Valley State University

Courses

2009-Present

PSY 101- Introductory psychology

PSY 364- Psychology of physical disability

PSY 367- Health psychology

Workshops

2024

CLAS Voyage Summer Institute - Participant

2014, 2105

Executive Education Programs, Executive MBA, Seidman College of Business

“Emotion biases in risk perception and medical-decision-making”

MENTORING

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

2025, Faculty adviser, *Honor's thesis* (Mya Hanna)

Summer, 2025, Research mentor, *McNair Program* (Mya Hanna)

Summer, 2024, Research mentor, *McNair Program* (Cruz Flores-Calderon)

2024, Faculty adviser, *Honor's thesis* (Emma Turner)

2022, Faculty adviser, *Honor's thesis* (Krystalyn Terski)

2021, Faculty adviser, *Honor's thesis* (Brianne Nickel; Allied Health Sciences)

Summer, 2021, Research mentor, *McNair Program* (Claire Stone)

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

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

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

2016-2017, Faculty adviser, *Master's thesis* (Matthew Fallon; Biomedical Sciences)
2016-2017, Faculty adviser, *Honor's thesis* (Leah DeVries; Biomedical Sciences)
Summer, 2015, Research mentor, *McNair Program* (Sarah Hayes)
Summer, 2014, Research mentor, *Student Summer Scholars Program* (Megan Wertheimer)
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)
2010-2011, Faculty committee member, *Master's thesis* (Amanda Costello, Megan Bolthouse; Occupational Therapy)
2009-2010, Faculty adviser, *Honor's thesis* (Andrew Cieslinski)

MENTORED STUDENT PRESENTATIONS

Student Scholar's Day

(since 2012)

- Shane, E. & Nieboer, G. (April, 2025). Testing a mindful intervention to reduce cell phone use in college students.
- Hanna, M. (April, 2025). Prospective associations between trait mindfulness, health behaviors, and behavioral intentions in college students.
- Campbell, B. (April, 2024). Testing the “natural-is-better” bias for sunscreen.
- Korol, J. (April, 2024). Trait mindfulness: Associations with physical symptoms and health behavior intentions.
- Holyfield, H. & Billeck, M. (April, 2021). The effects of retrospective versus anticipated regret on eating behaviors.
- Lester, J. (April, 2021). Assessing the relationship between Covid-19 risk perceptions and worry, severity, and behavioral intentions.
- Weber, AE. (April, 2021). Dispositional optimism and its protective role for women with infertility.
- 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.

Student Summer Showcase

(since 2012)

- Hanna, M. (July, 2025). Prospective associations between trait mindfulness, health behaviors, and behavioral intentions in college students.
- Hayes, D. (September, 2020). Effects of anticipated versus retrospective regret on eating behavior in real time. *Virtual*
- Langenberg, A. (July, 2018). Reducing an impact bias towards a health food.
- Hernandez, A. (August, 2017). Retrospective and anticipated regret for self and other: Are there implications for health behavior decision-making?
- Hayes, S. (August, 2015). Social influence and experiential processing as moderators of a narrative message about tanning.
- Wertheimer, M. (August, 2014). Reducing the impact bias in colorectal cancer screening.
- Hisler, G. (August, 2013). Effects of information processing systems and health message format on skin cancer risk perceptions and behavioral intentions.
- Main, J. M. (August, 2012). Effects of self-affirmation on coping and motivational systems.

GRANTS

Funded

Center for Scholarly and Creative Excellence
Grand Valley State University

11/1/22 – 8/1/23 \$5,000

Catalyst grant

Affective forecasting in IVF patients

Role: Principal Investigator

Office of Undergraduate Research and Scholarship

8/20/18 – 4/19/19 \$1,000

Office of Undergraduate Research
Grand Valley State University

Undergraduate Research Assistant in Social and Behavioral Sciences (URA-SBS)

Behavioral Science Role: Supervisor

Office of Undergraduate Research and Scholarship
Grand Valley State University

5/1/18 – 9/1/18 \$6,000

Grand Valley State University
Student Summer Scholars (Mentee: Alyssa Langenberg)

Impact biases towards healthy foods

Impact Classes Role: Mentor

Office of Undergraduate Research and Scholarship
Grand Valley State University

5/1/14 – 9/1/14 \$6,000

Grand Valley State University Student Summer Scholars (Mentee: Megan Wertheimer)

Reducing the impact bias in colon cancer screening

Reducing the Role: Mentor

Office of Undergraduate Research and Scholarship Grand Valley State University Student Summer Scholars (Mentee: Jackie Main) Exploring the effects of self-affirmation Role: Mentor	5/1/12 – 8/26/12	\$6,000
Center for Scholarly and Creative Excellence Grand Valley State University Catalyst grant Relationships between perceived risk, worry, and health behavior Role: Principal Investigator	3/1/11 – 3/1/12	\$3,000
Foundation for Informed Medical Decision-Making Investigator Grant Using testimonials to improve decision outcomes Role: Principal Investigator	6/1/07 – 6/1/09	\$25,000
Center for Health Communication Research University of Michigan Internal Grant Improving risk communication through tailored testimonials Role: Principal Investigator	9/1/07 – 9/1/08	\$41,000
<i>Not funded</i> National Institutes of Health, NCI R-15 Area grant Understanding barriers to colorectal cancer screening via affective forecasting Role: Principal Investigator	2/24/2014	\$357,797

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*

SERVICE

Department

2023-present, Scholarship (Psychology) reviewer

2020-present, Awards Committee
2019-2021, Community Outreach Committee
2018-present, Research Committee
2018-2019, Meta-cognition Taskforce
2016-2018, Psychology Department Personnel Committee
2015-2016, Advising Committee
2014-2015, Faculty Awards & Honors Committee
2013-2014, Graduate Outcomes Survey Task force
2013-2014, Behavioral Research Facility Remodel Advisory committee
2013, General Education Course Proposal for Psy367
2012-2015, Curriculum Committee
2011-2012, Library Committee

College

2018-2022, CLAS Personnel Committee
November, 2016, New Faculty seminar on Professional Development, Grants, and Research with Students, Guest speaker
October, 2014, CLAS Teaching Excellence Awards Committee
2013-2016, CLAS Transfer Student Orientation, Faculty adviser

University

2023-present, Faculty Personnel Policy Committee
February- April, 2025, Faculty Advisory Consortium, SPARCA
July, 2021, McNair Scholar's program Publishing panel, Guest speaker
November, 2020, Majors Fair, Faculty adviser
October, 2019, MAGS Distinguished Master's Thesis selection committee
January, 2018, REACH Scholar's program selection committee
October, 2017, MAGS Distinguished Master's Thesis selection committee
January, 2017, Awards of Distinction, Faculty interviewer
October- November, 2015, McNair Scholar's program selection committee
December, 2014, Awards of Distinction, Faculty interviewer
September, 2013-2014, Student Scholar's Day Committee
October, 2011, Oovoo Advisory panel
2011-2016, Summer Freshman Orientation (8 days per summer), Faculty Adviser
2010-2012, Co-collaborator for assessment of GVSU Flexible Work Arrangement program
2010, Task Force for assessment and improvement of GVSU Health and Wellness Programs

Professional

-Editorial Board

2020- 2024 - International Journal of Environmental Research and Public Health- Health Behavior and Health Promotion section

-Grant reviewer

2021- National Institutes of Health-NIMHD *Special emphasis panel*: Research to Address Vaccine Hesitancy, Uptake, and Implementation among Populations that Experience Health Disparities

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

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

-Ad Hoc Reviewer (~8 manuscripts per year)

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, Social Science & Medicine

-Abstract referee

2017- Society of Behavioral Medicine

2016- Society of Behavioral Medicine

Community

(all Grand Rapids unless otherwise specified)

2023-2024, Gilda's Club, Volunteer

2018- 2021, Co-Treasurer, Forest Hills Park Association

2017- 2018- Odyssey of the Mind, Co-coordinator

2016, 2017- Junior Achievement Teacher, Collins Elementary

2015- Rah-Rah program volunteer, Collins Elementary

2014- Project Charlie Instructor, Collins Elementary

PROFESSIONAL ASSOCIATIONS

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