

*Curriculum Vitae*

## Alexandra D. Convertino

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### EDUCATION

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**San Diego State University / University of California, San Diego**, San Diego, CA Aug. 2018 – present

*Doctor of Philosophy in Clinical Psychology*, anticipated 2024

Behavioral Medicine Track

*Faculty Advisor*: Aaron J. Blashill, Ph.D.

**Northeastern University**, Boston, MA

Sept. 2011 – May 2015

*Bachelor of Science in Psychology*

*Summa cum laude* (4.0 GPA)

Minor in Women's, Gender and Sexuality Studies

Concentration in Applied Behavior Analysis

*Senior Honors Thesis*: Body Dissatisfaction Following Exposure to Media Images: The Role of  
Photoshopping

*Faculty Advisors*: Derek M. Isaacowitz, Ph.D., Dawn M. Cisewski, Psy.D., Rachel F.

Rodgers, Ph.D.

### RESEARCH EXPERIENCE

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**Body Image, Sexuality, and Health Laboratory**, San Diego State University

Aug. 2018 – present

*Graduate Research Assistant*: A Brief, Peer Co-led, Group-Based Eating Disorder

Prevention Program for Sexual Minority Young Adult Men (NIMHD  
R01MD012698)

*Principal Investigator*: Aaron J. Blashill, Ph.D.

**Center for Weight, Eating and Lifestyle Science**, Drexel University

*Research Coordinator*: Improving Weight Loss Maintenance by Using Digital

Sept. 2017 – July 2018

Data Sharing to Provide Responsive Support and Accountability (NIDDK/  
OBSSR R21DK112741)

*Principal Investigator*: Meghan L. Butryn, Ph.D.

Coordinated clinical intervention trial for obesity utilizing in-person and remote treatment with digital data collection to promote weight loss (n=90). Duties included conducting phone screening interviews to assess eligibility, facilitating digital device usage, submitting IRB applications and amendments, coordinating online data management software modifications, managing data entry, cleaning, and analysis in SPSS, and supervising research assistants.

**Center for Weight, Eating and Lifestyle Science**, Drexel University

*Research Coordinator*: An Innovative, Physical Activity-Focused Approach to

June 2016 – Nov. 2017

Weight Loss Maintenance (NIDDK R01DK100345)

*Principal Investigator*: Meghan L. Butryn, Ph.D.

Coordinated clinical intervention trial on obesity focusing on physical activity and acceptance-based therapy (n=320). Duties included conducting literature reviews, contributing to grant applications, coordinating IRB applications and maintenance, tracking participant compliance

with treatment sessions, coordinating clinical supervision meetings and treatment compliance, managing data entry, cleaning, and analysis in SPSS, and supervising research assistants.

**Applied Psychology Program on Eating and Appearance Research**, Northeastern University

*Senior Honors Thesis: Body Dissatisfaction Following Exposure to Media* Aug. 2014 – May 2016

Images: The Role of Photoshopping (Provost and Honors Program Endeavour Award)

*Principal Investigators: Debra L. Franko, Ph.D., Rachel F. Rodgers, Ph.D.*

Directed an independent research study on the effect of digital retouching on female undergraduate body dissatisfaction (n=200), from initial proposal development to execution, including thesis proposal, grant application submission, data analyses, and final publication. Adapted and reprogrammed the Implicit Relational Assessment Procedure to measure implicit negative body image as part of study development, and trained undergraduate research assistants to administer the program.

**Applied Psychology Program on Eating and Appearance Research**, Northeastern University

*Undergraduate Research Assistant* Jan. 2014 – May 2015

*Principal Investigators: Debra L. Franko, Ph.D., Rachel F. Rodgers, Ph.D.*

Contributed to research on various projects regarding social influences on body satisfaction and corresponding behaviors, such as eating or artificial tanning. Duties included editing and authoring approximately 10 abstracts and papers, recruiting subjects, and collecting, cleaning, and coding data. Coded pictures of participants' meals by the basic food groups and focus group recordings by thematic commonalities.

**Psychiatric and Neurodevelopmental Genetics Unit**, Massachusetts General Hospital

*Undergraduate Research Assistant: Translational Phenomics and Genomics of* Jan. 2014 – June 2014

Gilles de la Tourette Syndrome (NIMH K23MH085057)

*Principal Investigator: Jeremiah M. Scharf, M.D., Ph.D.*

Supported a large-scale trial to identify genes that lead to Tourette syndrome, as well as its linkages to obsessive-compulsive disorder and attention deficit hyperactivity disorder (n=7200). Duties included contacting patients for study retention, accumulating data for the purposes of analysis, observing patient structured interviews, and various administrative tasks including but not limited to managing the consent process and distribution of blood draw kits.

**Social Emotions Research Laboratory**, Northeastern University

*Undergraduate Research Assistant: Compassion- and Mindfulness-Based* May 2013 – Dec. 2013

Meditation: Nurturing Pro-Social Behavior and Social Networks; How Pride and Status Influence Nonconscious Mimicry

*Principal Investigator: David A. DeSteno, Ph.D.*

Contributed to testing the effect of meditation on physiological functioning and prosocial behaviors. Duties included recruiting participants for a course in meditation; directing participants through study procedures (including consenting and debriefing); conducting physiological measurements including electrocardiogram, impedance cardiography, electrodermal activity, and blood pressure; maintaining the integrity of the study equipment and workspace; and serving as a confederate for a paradigm in pride and social status.

**Center for Anxiety and Related Disorders, Boston University***Undergraduate Research Assistant: Efficacy Evaluation of a Unified*

Jan. 2013 – June 2013

Transdiagnostic Treatment for Anxiety Disorders (NIMH R01MH090053)

*Principal Investigator: David H. Barlow, Ph.D.*

Assisted on an NIMH-funded grant testing the efficacy of a unified treatment protocol for a variety of anxiety disorders (n=250). Duties included meeting and exceeding monthly recruitment goals by the phone screen process, compiling data in SPSS for the purpose of tracking study participants, participating in exposures with socially anxious patients to encourage more adaptive responses, and managing various administrative duties including authoring lab meeting minutes.

**CLINICAL EXPERIENCE**

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**Center for Weight, Eating and Lifestyle Science, Drexel University***Group Interventionist and Assessor: An Innovative, Physical Activity-Focused*

June 2016 – Nov. 2017

Approach to Weight Loss Maintenance (NIDDK R01DK100345)

*Principal Investigator: Meghan L. Butryn, Ph.D.*

Interventionist for an acceptance-based behavioral weight loss group (n=15) for overweight and obese adults, as well as conducting individual sessions for missed groups. Duties included presenting acceptance-based principles according to a manualized treatment, guiding participants to set concrete behavioral goals, and providing constructive feedback on weekly caloric intake/physical activity logs. In addition, conducted participant assessments with individuals every six months to evaluate changes in weight and physical fitness. Assessment procedures include administering a treadmill-based task, obtaining blood pressure measurements, assessing for physical activity impairments, and explaining research device use to participants (e.g. accelerometers and heart rate monitors).

**Klarman Eating Disorders Center, McLean Hospital***Community Residence Counselor*

May 2015 – May 2016

*Clinical Supervisor: Judith Halperin, Psy.D.*

As part of a 20-bed residential and partial care program, delivered direct clinical care of patients with diagnosed eating disorders, as well as comorbid diagnoses such as post-traumatic stress disorder, substance abuse, and anxiety disorders. Duties included conducting suicide and self-harm risk assessments, counseling patients in crisis, leading therapy groups, administering medication, and recording patient compliance with program requirements.

**Full Life Care, Everett, WA***Program Intern*

July 2014 – Aug. 2014

As part of an adult day health program, ensured the care and well-being of patients with diagnoses such as traumatic brain injury and various developmental disabilities. Duties included conducting daily exercise sessions utilizing occupational therapy techniques, supervising daily cognitive activities to enhance and maintain intellectual functioning, and implementing various mealtime restrictions and safety procedures.

## TEACHING EXPERIENCE

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Department of Psychology, Northeastern University

Teaching Assistant

Sept. 2013 – Dec. 2013

Professor: Emily Fox-Kales, Ph.D.

Assisted Dr. Fox-Kales in teaching the undergraduate psychology course *Food, Behavior and Eating Disorders*. Duties included conducting independent review sessions before exams, preparing and updating lecture material, and providing individual support to students in understanding lessons through email and in-person tutoring sessions.

## PEER REVIEWED PUBLICATIONS

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Rosenbaum, D.L., Clark, M.H., **Convertino, A.D.**, Call, C.C., Forman, E.M., & Butryn, M.L. (in press). An examination of nutrition literacy and quality of self-monitoring in behavioral weight loss. *Annals of Behavioral Medicine*.

Kerrigan, S.G., Clark, M., **Convertino, A.**, Forman, E., & Butryn, M.L. (2018). The association between previous weight losses through dietary change and success in a standard behavioral weight control program. *Journal of Behavioral Medicine*, 41(2), 152-159.

**Convertino, A.D.**, Rodgers, R.F., Franko, D.L., & Jodoin, A. (2016). An evaluation of the Aerie Real campaign: Potential for promoting positive body image? *Journal of Health Psychology*. Advance online publication.

Rodgers, R.F., Wilking, C., Gottlieb, M., Daynard, R., Lovering, M., Matsumoto, A., Luk, S., Naab, P., Iannuccilli, A., Shoemaker, H., **Convertino, A.**, & Franko, D.L. (2016). A qualitative study of the decision to engage in tanning behaviors among female college students. *Revue Européenne De Psychologie Appliquée/European Review of Applied Psychology*, 66(1), 1-8.

## CONFERENCE PRESENTATIONS

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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 to be presented at the annual meeting of the American Psychological Association, San Francisco, CA.

**Convertino, A.D.**, Forman, E.M., & Butryn, M.L. (2018, April). *Emotional Eating in Obesity: Who Experiences the Benefits of Treatment?* Poster presented at the 2018 International Conference on Eating Disorders, Chicago, IL.

Butryn, M.L., **Convertino, A.D.**, Forman, E.M., Lowe, M.R., & Sherwood, N.E. (2018, April). *Coaching in the Kitchen: A Pilot Study of Home-Focused Weight Loss Treatment*. Poster presented at the 39th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.

Butryn, M.L., Schumacher, L.M., Rosenbaum, D.L., **Convertino, A.D.**, & Zhang, F. (2018, April). *Participant and Clinician Perception of Challenges during Behavioral Weight Loss Treatment*. Poster presented at the 39th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.

- Remmert, J.E., Kerrigan, S., **Convertino, A.D.**, Call, C.C., Forman, E.M., Butryn, M.L. (2018, April). *Happy Holidays? Investigating the Relationship between Holiday Season and Behavioral Weight Loss Outcomes*. Poster presented at the 39th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.
- 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 presented at the 39th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.
- Convertino, A.D.**, Call, C.C., Kerrigan, S.G., Butryn, M.L., & Forman, E.M. (2017, November). *Incidence and Outcomes of Exposure to Trauma in a Behavioral Weight Loss Sample*. Poster presented at the 51st Annual Meeting and Scientific Sessions of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
- Call, C.C., Clark, M.H., **Convertino, A.D.**, Lowe, M.R., Forman, E.M., & Butryn, M.L. (2017, June). *Pre-Treatment Weight Suppression, Eating Pathology, Depressive Symptoms, and Weight Outcomes in a Behavioral Weight Loss Program*. Poster presented at the 2017 International Conference on Eating Disorders, Prague, Czech Republic.
- Remmert, J.E., Kerrigan, S., **Convertino, A.D.**, Call, C.C., & Butryn, M.L. (2017, June). *Effects of Season on Physical Activity in an Overweight and Obese Sample: A Perceived but Untrue Barrier*. Poster presented at the 16th annual meeting of the International Society of Behavioral Nutrition and Physical Activity, Victoria, Canada.
- Schumacher, L.M., Clark, M., **Convertino, A.D.**, Forman, E.M., & Butryn, M.L. (2017, March). *Obese Adults' Forecasted and Actual Experiences during Physical Activity: Is There a Discrepancy?* Poster presented at the 38th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Diego, CA.
- Rodgers, R.F., **Convertino, A.D.**, Jodoin, A., Lowy, A., Long, S., Franko, D.L., & Kruger, L. (2016, June). *The Effects of Digital Retouching: An Evaluation of an Industry-Initiated Advertising Campaign without Digital Modification*. Poster presented at the Appearance Matters 7 Conference, London, United Kingdom.
- Bullis, J.R., Farchione, T.J., **Convertino, A.D.**, & Barlow, D.H. (2013, November). *Does Sleep Following Exposure Sessions Influence Clinical Outcomes During Treatment for Anxiety Disorders?* In M.A. Kredlow (chair), *The Influence of Sleep Adequacy on Symptom Expression and Treatment Outcomes in Anxiety and Mood Disorders*. Symposium conducted at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.

## AWARDS AND HONORS

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| University Graduate Fellowship, <i>San Diego State University</i>             | 2018        |
| College of Science Class Marshal, <i>Northeastern University</i>              | 2015        |
| Psychology Department Faculty Scholar Award, <i>Northeastern University</i>   | 2015        |
| President's Award for Outstanding Scholarship, <i>Northeastern University</i> | 2014 – 2015 |

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| Honors Undergraduate Research and Creative Endeavor Grant, <i>Northeastern University</i>            | 2014           |
| Provost's Office Undergraduate Research and Creative Endeavors Award, <i>Northeastern University</i> | 2014           |
| Paul and Grace Ward Martinez ('48) Co-op Fellowship, <i>Northeastern University</i>                  | 2014           |
| Psi Chi Psychology Honor Society, <i>Northeastern University</i>                                     | 2013 – present |
| College of Science Dean's List, <i>Northeastern University</i>                                       | 2011 – 2015    |
| University Honors Program, <i>Northeastern University</i>  | 2011           |
| Dean's Scholarship, <i>Northeastern University</i>   | 2011           |