

Samantha R. Philip (she/her)
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RESEARCH INTERESTS

My research interests center around weight bias in healthcare, including the role of the medical environment and body image concerns in the development of weight stigmatizing attitudes among healthcare professionals; how weight-focused encounters influence patient health and healthcare engagement via individual and interpersonal factors; and barriers and benefits of weight-inclusive healthcare from patient and provider perspectives.

EDUCATION

August 2020-Present	Ph.D., Clinical Psychology Department of Psychological Brain Sciences Texas A&M University Mentor: Dr. Sherecce Fields Anticipated graduation: 2026
August 2020-Present	M.S., Clinical Psychology Texas A&M University Mentor: Dr. Sherecce Fields Anticipated graduation: 2022
May 2017	B.S., Psychology with Honors, <i>summa cum laude</i>, Phi Beta Kappa University of Richmond Honors Thesis: You're Overthinking It: How Restrained Eating Could Affect Your Social Life Mentor: Dr. Kristjen Lundberg
Jan 2016-May 2016	DIS Danish Institute for Study Abroad Copenhagen, Denmark Positive Psychology Concentration (Study Abroad)

PEER-REVIEWED PUBLICATIONS

1. Decker, K. M., **Philip, S. R.**, & Thurston, I. B. (2022). Measuring Weight- and Shape-Based Social Identity Threat Vulnerability in Young Adults. *Body Image*.
2. Bandyaly, S., Sheth, N.C., Matuella, S.K., Chaikind, J.R., Oliva, I.A., **Philip, S.R.**, Jones, P.M., Hoge, E.H. (2021). Mind-Body Interventions for Anxiety Disorders: A Review of the Evidence

Base for Mental Health Practitioners. *FOCUS: The Journal of Lifelong Learning in Psychiatry*. 19(2): 173-183.

3. Hoge, E., Bui, E., Mete, M., **Philip, S.R.**, Gabriel, C., Ward, M., Suzuki, R., Simon, N. (2020). Treatment for Anxiety: Mindfulness Meditation versus Escitalopram: Design of a Randomized Controlled Non-Inferiority Trial. *Contemporary Clinical Trials*. 91: 105965.
4. Hoge, E., **Philip, S.R.**, Fulwiler, C. (2019). Measuring Emotion Outcomes in Mindfulness Based Interventions: Some Reflections. *Current Opinion in Psychology*. 28: 279-284.
5. Ladd, M.K., Peshkin, B.N., Senter, L., Baldinger, S., Isaacs, C., Segal, H., **Philip, S.**, Phillips, C., Shane, K., Martin., Weinstein, V., Pilarski, R., Jeter, J., Sweet, K., Hatten, B., Wurtmann, E.J., Phippen, S., Bro, D., Schwartz, M. (2018). Predictors of risk-reducing surgery intentions following genetic counseling for hereditary breast and ovarian cancer. *Translational Behavioral Medicine*. 10(2): 337-346.

MANUSCRIPTS UNDER REVIEW

1. Schueler, J., Philip, S., Vitus, D., Engler, S., Fields, S. (Revise and Resubmit). Group Differences in binge eating, impulsivity, and intuitive and mindful eating among intermittent fasters and non-fasters. *Appetite*.

MANUSCRIPTS IN PREPARATION

1. Porter, D.V., Thurston, I.B., Marks, L.R., **Philip, S.R.**, Chapman, L. In Preparation. Multilevel Factors Associated with Traumatic Stress among Multiracial Young Adults.
2. Schueler, J., Gonynor, C., Harris, B., Regan, T., **Philip, S.**, Leach, W., & Fields, S. An examination of screening measures for binge eating disorder for use in clinical settings: A systematic review.
3. Schueler, J., **Philip, S.**, Fields, S. The relationship between binge eating and internalized and externalized weight stigma: A meta-analysis.

POSTER PRESENTATIONS

1. **Philip, S.R.**, Decker, K.M., Chapman, L., Deleon, G., Thurston, I.B. (2022, March). *Correlates of Weight Loss Intention among Young Adults with Higher Body Weights: The Roles of Stigma and Disordered Eating*. Poster presented at the Society of Behavioral Medicine Annual Convention, Baltimore, MD.

2. **Philip, S.R.**, Decker, K.M., Maye, C.E., Chapman, L., Turner, S., Thurston, I.B. (2021, November). *Associations of Body Mass Index, Emotion Regulation, and Weight Stigma*. Poster presented at the Texas Psychological Association Annual Convention.
3. Porter, D.V., Thurston, I.B., Marks, L.R., **Philip, S.R.**, & Chapman, L. (2021, November). *Commitment to Ethnic Identity Among Multiracial Young Adults: The Role of Interpersonal and Community Factors*. Poster presented at the Texas Psychological Association Convention.
4. **Philip, S.R.**, Decker, K.M., Porter, D.V., Desai, S., Thurston, I.B. (2021, August). *Gender and Perceived Weight Uniquely Predict Internalized Weight Stigma in Young Adults*. Poster presented at the American Psychological Association Annual Conference, virtual conference.
5. Porter, D.V., Thurston, I.B., Marks, L.R., **Philip, S.R.**, & Chapman, L. (2021, August). *Multilevel Factors Associated with Traumatic Stress Among Multiracial Young Adults*. Poster presented at the American Psychological Association Annual Convention, Virtual.
6. Maye, C.M., Howell, K.H., **Philip, S.**, Porter, D. & Thurston, I.B. (2021, April). *The Role of Ethnic Identity and Anxious/Depressed Symptoms on Social Problems in Adolescents with High Body Weights*. Symposium presented at the Society of Pediatric Psychology Annual Conference.
7. Howie, W. C., Decker, K. M., **Philip, S.**, Porter, D., & Thurston, I. B. (2021, April). *Anxiety moderates the association between internalized weight stigma and body shape concerns in young adults*. Poster presented at the Society of Behavioral Medicine, virtual conference.
8. **Philip, S.R.**, Suzuki, R.S., Ward, M.J., Gabriel, C., Lubin, R., Toner, E.R., Gitterman, A.G., Simon, N., Bui, E., Hoge, E.A. (2019, November). *Fear of Speaking with Authority and Social Anxiety in White Individuals vs. People of Color*. Poster presented at the Association for Behavioral and Cognitive Therapies Conference, Atlanta, GA.
9. **Philip, S.**, Ward, M., Suzuki, R., Simon, N., Hoge, E., Bui, E. (2019, November). *Childhood Maltreatment Predicts Somatic Symptoms in Adult Anxiety Population*. Poster accepted to the International Society for Traumatic Stress Studies Conference, Boston, MA.
10. Gabriel, C., **Philip, S.**, Grillon, C., Lago, T., Hoge, E. (2019, November). *Panic Disorder and Sociocultural Influences on Symptom Severity and Shock Tolerance*. Poster presented at the Association for Behavioral and Cognitive Therapies, Conference Atlanta, GA.
11. Ward, M. J., Bui, E. T. H., **Philip, S.**, Gabriel, C., Toner, E., Gitterman, A., Suzuki, R., Lubin, R., Simon, N. M. & Hoge, E. (2019, November). *Anhedonia is Independently Associated with Somatic Symptoms in Individuals with a Primary Anxiety Disorder*. Poster presented at the Association for Behavioral and Cognitive Therapies Conference, Atlanta, GA.
12. Suzuki, R.R., Schantz, B.L., Ward, M.J., Toner, E.R., **Philip, S.**, Gabriel, C., Adhikari, S., Gitterman, A., Malgaroli, M., Bui, E., Hoge, E., & Simon, (2019, November). *Comparing symptom aggregation in patients diagnosed with Generalized Anxiety Disorder and Social*

Anxiety Disorder. Poster presented at the Association for Behavioral and Cognitive Therapies Conference, Atlanta, GA.

13. **Philip, S.**, Lundberg, K. (2018, March). *You're Overthinking It: How Restrained Eating May Be Harming Your Social Life*. Poster presented at the Society for Personality and Social Psychology Conference, Atlanta, Georgia.
14. **Philip, S.**, Allison, S. (2015, September). *Heroic Kinesthesia: Does Body Positive Affect Heroic Intent and Behavior?* Posted presented at HHMI Symposium at the University of Richmond, Richmond, VA.

INVITED PROFESSIONAL PRESENTATIONS

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| 2022 | Texas A&M University , Evidence-Based Didactic Case Presentation in Clinical Area Seminar.
Presentation Title: Emotion-Focused Therapy for Complex Trauma. |
| 2021 | Texas A&M University , Precise Advanced Technologies, and Health Systems for Underserve Populations (PATHS-UP) Meeting.
Presentation Title: Theory of Planned Behavior (TPB) Predicts Vaccination Status in Hispanic/Latinx Adults with Diabetes. |

HONORS, FELLOWSHIPS, & AWARDS

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| 2020-Present | Title: Avilés-Johnson Doctoral Fellowship
Funder: Texas A&M University |
| 2022 | Title: Graduate Student Research and Presentation Travel Award
Funder: The Office of Graduate and Professional Studies, Texas A&M University |
| 2021 | Title: GPSP Virtual Summer Conference Travel Award
Funder: Texas A&M University |
| 2016 | Title: Phi Beta Kappa Honor Society
Institution: University of Richmond |
| 2016 | Title: URC Research Grant
Funder: University of Richmond, Arts & Sciences Dean's Office |
| 2015 | Title: Summer Fellowship Award
Funder: University of Richmond, Arts & Sciences Dean's Office |
| 2013-2017 | Title: Dean's List with "All A's Distinction" |

Institution: University of Richmond

RESEARCH EXPERIENCE

May 2022- Present

Mayo Clinic Kern Center for the Science of Health Care Delivery

Role: Graduate Student Intern

Responsibilities: Manuscript preparation and writing; questionnaire programming and administration; data analysis; project design; article screening for meta-analysis

Principle Investigator: Dr. Sean Phelan

September 2021- Present

Department of Psychological and Brain Sciences, Texas A&M University

Health Behavior Research Group

Role: Graduate Research Assistant

Responsibilities: Assists in project management and data collection; manuscript preparation and writing; conducts literature reviews and assists in study design; supervises undergraduate research assistants

Principle Investigator: Dr. Sherecce Fields

August 2020-August 2021

Department of Psychological and Brain Sciences, Texas A&M University

Challenging Health disparities in Adolescents & Nurturing Global Empowerment (CHANGE) Lab

Role: Graduate Research Assistant

Responsibilities: Project management and coordination; website development; data cleaning and analysis; assisted in grant development and preparation; prepared and submitted necessary documents to Institutional Review Board, collected informed consent and conducted interviews; supervised undergraduate research assistants

Principle Investigator: Dr. Idia Thurston

March 2018- July 2020

Department of Psychiatry, Georgetown University Medical Center

Role: Clinical Research Coordinator

Responsibilities: Coordinated multi-site randomized controlled Non-inferiority trial comparing Mindfulness-Based Stress Reduction (MBSR) to the gold-standard medication for treatment of anxiety disorders (target $N=276$); served as liaison between PI and IRB and Study Funder, PCORI; managed advertisement

campaigns and study-wide recruitment; managed tracking of parent and sub-award budgets; coordinated and managed hiring process and new hire training; conducted literature reviews for grant submissions and ongoing research work; assisted in manuscript preparation

Principle Investigator: Dr. Elizabeth Hoge

May 2017-April 2018

Georgetown Lombardi Comprehensive Cancer Center

Role: Research Assistant

Responsibilities: Managed an NIH-funded randomized controlled trial comparing decision-making interventions for women receiving BRCA1/2 test results; oversaw study recruitment and data collection; prepared study materials, including personalized web-based interventions, paper interventions, welcome packets, and consent forms; assisted in the development and startup of two exploratory research grants; conducted literature reviews for grant submission and ongoing research work; managed, tested, and troubleshooted study databased, including REDCap and Access; assisted in manuscript preparation

Principle Investigator: Dr. Marc Schwartz

August 2016-May 2017

Department of Psychology, University of Richmond

Role: Honors Thesis Candidate

Responsibilities: Investigated the relationship between restrained eating and social functioning and the mediating roles of thoughts about food and attunement during social interactions ($N=290$); study development and design; managed IRB application and amendments; data collection, cleaning, and analysis; compilation and dissemination of study results

Principle Investigator: Kristjen Lundberg

May 2015-September 2015

Department of Psychology, University of Richmond

Role: Summer Arts and Science Research Fellow

Responsibilities: Designed and ran an experimental study which investigated the relationship between body language and prosocial behaviors; submitted and oversaw IRB application

Principle Investigator: Dr. Scott Allison

CLINICAL EXPERIENCE

January 2022- Present

Brazos County Detention Center

Role: Practicum Therapist

Responsibilities: Provide weekly and bi-weekly individual sessions to incarcerated individuals, employing various intervention strategies including mindfulness techniques, psychoeducation, motivational interviewing (MI), dialectical behavioral therapy (DBT) tools, and emotion-focused therapy; assess and manage risk

and administered crisis interventions as necessary; coordinate with correctional and medical staff to ensure inmate and staff safety; onboard new counselors and provide ongoing peer supervision; maintain client caseload of 12-16 individuals weekly; attend and participate in weekly supervision
Supervisor: Dr. Laura Osborne

August 2021- Present

Texas A&M Psychology Clinic

Role: Student Clinician

Responsibilities: Provide weekly individual therapy sessions to members of the community; utilize evidence-based treatments including acceptance and commitment therapy (ACT), cognitive behavioral therapy (CBT), and emotion-focused therapy (EFT); develop and employ individualized treatment plans based on client case conceptualization; monitor and track client progress; maintain a caseload of 4-5 individuals weekly; attend and participate in weekly individual and group supervision

Supervisors: Dr. Mary Meagher, Dr. Laura Osborne

TEACHING EXPERIENCE

June 2022-August 2022

Teaching Assistant

Psychological and Brain Sciences, Texas A&M University

Course Title: Introduction to Statistics for Psychology (PSYC 301)

August 2021-December 2021

Lab Instructor

Psychological and Brain Sciences, Texas A&M University

Course Title: Introduction to Statistics for Psychology (PSYC 301)

August 2017-December 2017

Teaching Assistant

Department of Biology, Georgetown University

Course Title: Genomics, Disability, & Health

August 2016-May 2017

Teaching Fellow

Psychology Department, University of Richmond

Course Title: Introduction to Psychological Science Laboratory

PROFESSIONAL SERVICE

Mentored Journal Reviews

Body Image [2], Psychology of Women's Quarterly [1]

January 2020-Present

Committee Member

2021-2022 Society for the Psychology of Women, Student Advisory Board Member
2021-2022 Psychology Department of Graduate Students, TAMU, Activities Committee Chair

PROFESSIONAL ORGANIZATIONS

2021-Present Society for Personality and Social Psychology (APA Division 8)
2021-Present Society for the Psychology of Women (APA Division 35)
2021-Present American Psychological Association
2021-Present Texas Psychological Association
2021-Present Brazos Valley Texas Psychological Association
2020- 2021 Society of Pediatric Psychology (APA Division 54)
2018-2020 Association for Behavioral and Cognitive Therapies