**MARGARET SALA, PH.D.**

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| **Address:** | Louis E. and Dora Rousso Building1165 Morris Park Ave, Bronx, NY Ferkauf Graduate School of PsychologyYeshiva University | **Email:** | margarita.sala@yu.edu |
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**ACADEMIC APPOINTMENTS**

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| **Assistant Professor, Ferkauf Graduate School of Psychology** **Yeshiva University, Bronx, NY** | 2021 - Present |
| **Postdoctoral Fellowship, Drexel WELL Center****Drexel University, Philadelphia, PA**Supervisor: Evan Forman, Ph.D. | 2020 - 2021 |

**EDUCATION & TRAINING**

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| **Clinical Health Psychology Intern, VA Connecticut Healthcare System - West Haven** | 2019 - 2020 |
| **Ph.D. Candidate, Clinical Psychology, Southern Methodist University**Minor: Quantitative MethodsMentor: Austin Baldwin, Ph.D.Dissertation Title: *A Mindfulness-Based Physical Activity Intervention: A Pilot Randomized Controlled Trial* | 2020 |
| **M.A., Clinical Psychology, Southern Methodist University**Mentor: Austin Baldwin, Ph.D. | 2016 |
| Thesis Title: *Post-Exercise Affective Response: Examining Differences Between Regular and Infrequent Exercisers*  |
| **B.S., The University of North Carolina at Chapel Hill**Majors: Business and PsychologyMentors: Cynthia M. Bulik, Ph.D. & Mae Lynn Reyes-Rodríguez, Ph.D.Honors Thesis: *Race, Ethnicity, and Eating Disorders* | 2011 |
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**EXTERNAL FUNDING**

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| Hollander Research AwardTotal Amount: $3,000 | 2022 |
| Society of Multivariate Experimental Psychology Travel Award Total Award: $1,000 | 2020 |
| National Science Foundation Graduate Research Fellowship Total Award: $138,000 | 2016 – 2019 |
| P.E.O. Scholar AwardTotal Award: $15,000 | 2018 - 2019 |
| American Psychological Association (APA) Dissertation Research Award Total Award: $1,000 | 2018 |
| Hogg Foundation Frances Fowler Wallace Dissertation AwardTotal Award: $1,500 | 2018  |
| Society for Health Psychology Graduate Student Research Award Total Award: $1,500 | 2018 |
| American Psychological Association Junior Scientist FellowshipTotal Award: $1,000 | 2015 |

**HONORS AND AWARDS**

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| Research Day Poster Session Dean’s Award ($250), SMUWillis Tate Outstanding Psychology Graduate Student Award ($700), SMUResearch Fellowship at the Center of Excellence for Eating Disorders, UNCNational Eating Disorder Association Travel Award ($400)Medlin Scholarship for Business and the Liberal Arts ($1,000), UNC Helen Craig Wardlaw Scholarship ($1,000), UNC Honors Research Grant ($300), UNC Phi Beta Kappa, UNCPogue Scholarship, UNC (full tuition and room and board)Dean’s List, UNC | 201820162014201320112010201020102007 – 20112007 – 2011 |

**PEER-REVIEWED PUBLICATIONS (\*** indicatesmentee co-author)

1. Brosof, L., **Sala, M.**, Rosenfield, D., Fernandez, K., & Levinson, C.A. (In press) Body dissatisfaction moderates the relationship between social anxiety and exercise frequency: An ecological momentary assessment study. *Anxiety, Stress, and Coping.*
2. Sahlan, R.\* & **Sala, M.** (2022).Eating disorders psychopathology and negative affect in Iranian college students: A network analysis. *Journal of Eating Disorders,* 10(1), 1-14.
3. Sahlan, R.\* & **Sala, M.** (2022).Eating disorders psychopathology and negative affect in Iranian college students: A network analysis. *Journal of Clinical Psychology.* Epub ahead of print.
4. Moskowitz, R.\*&., Schecther\*, A., & **Sala, M.** (2022). Combined mindfulness- and acceptance-based therapy and cognitive behavioral therapy treatments for eating disorders: A narrative review. *Journal of Contemporary Psychotherapy.* Epub ahead of print.
5. Sahlan, R.\* & **Sala, M.** (2022). Eating disorder psychopathology and resilience in Iranian college students: A network analysis. *Journal of Clinical Psychology.* Epub ahead of print. doi: 10.1002/jclp.23428
6. **Sala, M.,** Evangelista, B.\*, Lessard, L., & Pacanowski, C.R. (2022). Mindfulness and binge eating symptoms. *The International Journal of Health, Wellness, and Society,* 12(1), 69-77.
7. **Sala, M.** (2022). The treatment of compulsive exercise in individuals with eating disorders and muscle dysmorphia: Where do we go from here? *Clinical Psychology: Science and Practice*, 29(2), 162–163. doi: 10.1037/cps0000063
8. **Sala, M.,** Vanzhula, I.\*, Roos, C., & Levinson, C.A. (2022). Mindfulness and eating disorders: A network analysis. *Behavior Therapy,* 53(2), 224-239. doi: 10.1016/j.beth.2021.07.002
9. Crochiere, R.J.\*, Abber, S.R.\*, Taylor, L.\*, **Sala, M.,** Schumacher, L.M., Goldstein, S.P., & Forman, E.M. (2022). Momentary predictors of dietary lapse from a mobile weight loss intervention. *Journal of Behavioral Medicine.* 45(2), 324-330. doi: 10.1007/s10865-021-00264-4
10. **Sala, M.,** Roos, C.R., Crochiere, R.J.\*, Butryn, M.L., Juarascio, A.S., Manasse, S.M., & Forman, E.M. (2021). Real-time fluctuations in mindful awareness, willingness, and values clarity, and their associations with craving and dietary lapse among those seeking weight loss. *Journal of Contextual Behavioral Science,* 22, 87-92, doi: 10.1016/j.jcbs.2021.10.002
11. **Sala, M.,** Roos, C.R., Brewer, J.A., & Garrison, K.A. (2021). Awareness, affect, and craving during smoking cessation: an ecological momentary study. *Heath Psychology*, 40(9), 578-586. doi:10.1037/hea0001105
12. **Sala, M.,** Geary, B.\*,Baldwin, A.S. (2021). A mindfulness-based physical activity intervention: a randomized pilot study. *Psychosomatic Medicine,* 83(6), 615-623. doi: 10.1097/PSY.000000000000088
13. Roos, C.R., **Sala., M.,** Kober, H., Vanzhula, I., & Levinson, C.A. (2021). Mindfulness-based interventions for eating disorders: The potential to mobilize multiple associative-learning change mechanisms. *International Journal of Eating Disorders,* 54(9), 1601-1607. doi: 10.1002/eat.23564.
14. Berry, M.\*, **Sala, M.,** Abber, S.\*, & Forman, E.M. (2021). Incorporating automated digital interventions into coach-delivered weight loss treatment: A meta-analysis. *Heath Psychology,* 40(8), 534-545. doi:10.1037/hea0001106.
15. **Sala, M.,** Linde, J.A., Crosby, R.D., & Pacanowski C.R (2021). State body dissatisfaction predicts positive and negative affect but not weight control behaviors: An ecological momentary assessment study. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity,* 26(6), 1957-1962. doi: 10.1007/s40519-020-01048-6
16. **Sala, M.,** Linde, J. A., Crosby, R. D., & Pacanowski, C. R. (2021). Affect and engagement in healthy and unhealthy weight control behaviors in college women: An ecological momentary assessment study. *Eating Behaviors*, 40, 101439. doi: 10.1016/j.eatbeh.2020.101439
17. Masheb, R.M., **Sala, M.,** Marsh, A.G., Snow, J.L. Kutz, A.M., & Ruser, C.B (2021). Associations between adverse childhood experiences and weight, weight control behaviors, and quality of life in Veterans seeking weight management service. *Eating Behaviors,* 40, 101461. doi: 10.1016/j.eatbeh.2020.101461.
18. **Sala, M.,** Quinn, N., & Freeman, J.T. (2021). Factors associated with weight loss within a blended virtual and face-to-face MOVE!® program: a retrospective study. *Military Behavioral Health,* 3, 297-302. doi: 10.1080/21635781.2021.1888828
19. **Sala, M.,** & Levinson, C.A. (2020). The association between mindfulness facets and body checking in individuals with high and low eating disorder pathology. *Mindfulness, 11,* 2199-2205.doi: 10.1007/s12671-020-01445-z
20. **Sala, M.**, Shankar Ram, S.\*, Vanzhula, I.A., & Levinson, C.A (2020). Mindfulness and eating disorder psychopathology: A meta-analysis. *International Journal of Eating Disorders, 53*(6)*,* 834-851. doi: 10.1002/eat.23247
21. **Sala, M.,** Rochefort, C., Lui, P.P., & Baldwin, A.S. (2020). Mindfulness and health behaviors: A meta-analysis. *Health Psychology Review, 14(3),* 345-393. doi: 10.1080/17437199.2019.1650290
22. Vanzhula, I., **Sala, M.,** Christian, C., Hunt, R.A., Keshishian, A.C, Wong, V.Z., Ernst, S., Spoor, S.P., & Levinson, C.A (2020). Avoidance coping during mealtimes predicts higher eating disorder symptoms. *International Journal of Eating Disorders, 53(4),* 625-630*.* doi: 10.1002/eat.23254
23. **Sala, M.**, Brosof, L.C., & Levinson, C.A. (2019). Repetitive negative thinking predicts eating disorder behaviors: A pilot ecological momentary assessment study in a treatment seeking eating disorder sample. *Behaviour Research and Therapy, 112,* 12-27. doi: 10.1016/j.brat.2018.11.005
24. **Sala, M.**, Vanzhula, I., & Levinson C.A. (2019). A longitudinal study on the association between facets of mindfulness and eating disorder symptoms in individuals diagnosed with eating disorders. *European Eating Disorder Review, 27*(3), 295-305. doi: 10.1002/erv.2657
25. Levinson, C.A., **Sala, M.**, Murray, S., Ma, J.  Rodebaugh, T. L., & Lenze, E.C. (2019). Diagnostic, clinical, and personality correlates of food anxiety during a food exposure in patients diagnosed with an eating disorder. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity.* Epub ahead of print. doi: 10.1007/s40519-019-00669-w
26. **Sala, M.,** Han, K., Acevedo, S.F., Krawczyk, D.C., & McAdams, C.J. (2018). Oxytocin receptor polymorphism decreases midline neural activations to social stimuli in anorexia nervosa. *Frontiers in Psychology*, *9,* 2183*.* doi: 10.3389/fpsyg.2018.02183
27. **Sala, M.**, Egbert, A.H., Lavender, J.M., & Goldschmidt, A.B. (2018). Affect, reward, and punishment in anorexia nervosa: a narrative overview. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity, 23*(6), 731-737. doi: 10.1007/s40519-018-0588-9
28. Schaumberg, K., Reilly, E.E., Anderson, L.M., Gorrell, S., Wang, S.B., & **Sala, M.** (2018). Improving prediction of eating-related behavioral outcomes with zero-sensitive regression models. *Appetite, 129*(1),252-261.doi: 10.1016/j.appet.2018.06.030
29. Levinson, C.A.**, Sala, M.,** Fewell, L.K., Brosof, L.C., Fournier, L., & Lenze, E.J. (2018). Meal and snack-time eating disorder cognitions predict eating disorder behaviors and vice versa in a treatment seeking sample: A mobile technology based ecological momentary assessment study. *Behaviour Research and Therapy, 105,* 36-42. doi: 10.1016/j.brat.2018.03.008
30. **Sala, M.,** Brosof, L.C., Rosenfield, D., Fernandez, K.C., & Levinson, C.A. (2017). Stress is associated with exercise differently among individuals with higher and lower eating disorder symptoms: An ecological momentary assessment study. *International Journal of Eating Disorders, 50*(12), 1413-1420. doi: 10.1002/eat.22799
31. **Sala, M.,** & Levinson, C.A. (2017). A longitudinal study on the association between facets of mindfulness and disinhibited eating. *Mindfulness, 8*(4), 893-902. doi: 10.1007/s12671-016-0663-0
32. **Sala, M.,** Haller, D.L, Laferrère, B., Homel, P., & McGinty, J. (2017). Predictors of attrition before and after bariatric surgery. *Obesity Surgery*, *27*(2)*,* 548-551*.* doi: 10.1007/s11695-016-2510-8
33. **Sala, M.**, Breithaupt, L., Bulik, C.M., Hamer, R.M., La Via, M., & Brownley, K.A. (2017). A double-blind, randomized pilot trial of chromium picolinate for overweight individuals with binge eating disorder: Effects on glucose regulation. *Journal of Dietary Supplements, 14*(2)*,* 191-199. doi: 10.1080/19390211.2016.1207124
34. Baldwin, A.S., Denman, D.C., **Sala, M.,** Marks, E.G., Shay, L.A., Craddock Lee, S., Skinner, C.S., Wiebe, D.J., & Tiro, J.A. (2017). Translating self-persuasion into an HPV vaccine promotion intervention for parents in safety-net clinics. *Patient Education and Counseling, 100*(4)*,* 736-741. doi: 10.1016/j.pec.2016.11.014
35. Hofmeir, S., Runfola, C.D., **Sala, M.**, Gagne, D.A., Brownley, K.A., & Bulik, C.M. (2017). Body image, aging, and identity in women over 50: The gender and body image (GABI) study. *Journal of Women and Aging*, *29*(1), 3-14. doi: 10.1080/08952841.2015.1065140
36. Stano, S., Alam, F., Wu, L., Dutia, R., Ng, S.N.**, Sala, M.,** McGinty, J. & Laferrère, B. (2017). Effect of meal size and texture on gastric pouch emptying and glucagon like peptide 1 after gastric bypass surgery. *Surgery for Obesity and Related Diseases*, *13*(12)*,* 1975-1983. doi: 10.1016/j.soard.2017.09.004
37. **Sala, M.**, Baldwin, A.S., & Williams, D.M. (2016). Affective and cognitive predictors of affective response to exercise: Examining unique and overlapping variance. *Psychology of Sports & Exercise, 27,* 1-8. doi: 10.1016/j.psychsport.2016.07.005
38. **Sala, M.**, & Levinson, C.A. (2016). The longitudinal relationship between worry and disordered eating: Is worry a precursor or consequence of disordered eating? *Eating Behaviors, 23*, 28-32. doi: 10.1016/j.eatbeh.2016.07.012
39. **Sala, M.**, Heard, A.M., & Black, E.A.\* (2016). Emotion-focused treatments for anorexia nervosa: a systematic review of the literature. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*, *21*(2),147-164. doi: 10.1007/s40519-016-0257-9
40. Chmielewski, M., **Sala, M.**, Tang, R., & Baldwin, A.S. (2016). Examining the construct validity of affective judgments of physical activity measures. *Psychological Assessment, 28* (9), 1128-1141. doi: 10.1037/pas0000322

1. Breithaupt, L., **Sala, M.**, Hamer, R.M., Bulik, C.M., La Via, M., & Brownley, K.A. (2016). Feasibility and acceptability of chromium supplementation for binge eating disorder. *Journal of Nutritional Medicine and Diet Care,* *2*(10), 1-6. doi: 10.23937/2572-3278.1510010
2. Reyes-Rodríguez, M.L., García, M., Silva, Y., **Sala, M.,** Quranta, M., & Bulik, C.M. (2016). Storytelling: Development of *fotonovelas* to raise awareness of eating disorders in Latinos in the United States. *Revista Mexicana de Trastornos Alimentarios, 7*(1)*,* 17-23. doi: 10.1016/j.rmta.2016.03.002
3. **Sala, M.,** Reyes-Rodríguez, M.L., Bulik, C.M., & Bardone-Cone, A.M. (2013). Race, ethnicity and eating disorder recognition by peers. *Eating Disorders: The Journal of Treatment and Prevention, 21*(5)*,* 423-436*.* doi: 10.1080/10640266.2013.827540
4. Reyes-Rodríguez, M.L., **Sala, M.**, Von Holle, A., Unikel, C., Bulik, C.M., Cámara-Fuentes, L., & Suárez-Torres, A. (2011). A description of disordered eating behaviors in Latino males. *Journal of American College Health, 59*(4)*,* 266-272. doi: 10.1080/07448481.2010.502205

**MANUSCRIPTS IN PREPARATION (\*** indicatesmentee co-author)

1. Sahlan, R.\* & **Sala, M.** (Under review). Negative affect and eating disorders in Iran: A network analysis.
2. **Sala, M.,** Levinson, C.A., Kober, H., & Roos, C.R (Under review). A pilot open trial of a digital mindfulness-based intervention for eating disorders.
3. **Sala, M.,** Rosenfield, D., & Baldwin, A.S. (Under review). Relieved that it’s over? Unpacking differences in the post-exercise rebound effect between physically underactive and active individuals.
4. **Sala, M.,** Kressel, M.\*, Hagan, K., Breithaupt, L., & Levinson, C.A. (Under review). The study of eating disorders from a network perspective: A systematic review.
5. **Sala, M.**, Taylor, A.\*, Crochiere, R.J.\*, Zhang, F. & Forman, E.M. (Under review). Application of machine learning to discover interactions predictive of dietary lapses.
6. **Sala, M.,** Keshishian, A.\*, Song, S.\*, Moskowitz, R., Bulik, C.M., Roos, C.R., & Levinson, C.A. (Under review). Relapse in eating disorders: A meta-analysis.
7. Stern, C.\* & **Sala, M**. (In preparation). Longitudinal predictors of eating disorders : A meta-analysis.
8. Kahn, D.\* **& Sala, M.** (In preparation). Mindfulness and network analysis: A systematic review.
9. Kressel, M.\* & **Sala, M.** (In preparation). Weight stereotypes in eating disorder recognition.
10. Coll, S.\*& **Sala, M.** (In preparation). Gender stereotypes in eating disorder recognition.
11. Song, S.\*& **Sala, M.** (In preparation). Acculturation and eating disorders: a systematic review.

**BOOK CHAPTERS AND BOOK REVIEWS**

1. Chwyl, C.\*, **Sala, M.** & Forman, E.M. (In press). Obesity: 3rd Wave Case Conceptualization.  In W. O’Donahue & A. Masuda (Eds.) *Behavior Therapy: First, Second, and Third Waves*.  New York: Springer Press.
2. Baldwin, A.S. & **Sala, M.** (2018). Perceived satisfaction with health behavior change. In D.M. Williams, R.E. Rhodes, & M. Conner (Eds.), *Affective Determinants of Health Behavior.* New York: Oxford University Press.
3. Baldwin, A.S., & **Sala, M.** (2017).Promotion of healthy behavior. In A. Wenzel (Ed.), *The* *SAGE Encyclopedia of Abnormal and Clinical Psychology*. Thousand Oaks, CA: Sage Publications.
4. Baldwin, A.S., & **Sala, M.** (2017). Healthy behavior. In A. Wenzel (Ed.), *The* *SAGE Encyclopedia of Abnormal and Clinical Psychology*. Thousand Oaks, CA: Sage Publications.
5. **Sala, M.** (2015). Review of the book *Eating Disorders, Addictions, and Substance Use Disorders: Research, Clinical, and Treatment Perspectives* by Timothy Brewerton and Amy Baker Dennis*.* *Eating Disorders: The Journal of Treatment and Prevention, 23*(3)*,* 275-278.

**CHAIRED SYMPOSIA AT NATIONAL CONFERENCES**

1. **Sala, M.,** & Roos, C.R. (November, 2022). *Mindfulness- and acceptance-based treatments for eating disorders.* Symposium presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

1. **Sala, M.,** & Brosof, L.C. (November, 2017). *Exercise in individuals with disordered eating: How and for whom might it be beneficial?* Symposium presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA

**CONFERENCE ORAL PRESENTATIONS**

1. **Sala, M.,** Levinson, C.A., Kober, H., & Roos, C.R. *A pilot open trial of a digital mindfulness-based intervention for anorexia nervosa* (November, 2022)*.* In Sala, M. & Roos, C.R. (chairs), *Mindfulness- and acceptance-based treatments for eating disorders.* Oral presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York City, NY.
2. Roos, C.R., **Sala, M.,** Levinson, C.A., & Kober H (November, 2022). *Interactive effects of momentary mindfulness and affect in the prediction of momentary eating disorder behaviors among individuals with anorexia nervosa.* In Sala, M. & Roos, C.R. (chairs), *Mindfulness- and acceptance-based treatments for eating disorders.* Oral presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York City, NY.
3. **Sala, M.,** Roos, C.R., Crochiere, R.J.\*, Butryn, M.L., Juarascio, A.S., Manasse, S.M., & Forman, E.M. (June, 2021) *Real-time fluctuations in mindful awareness, willingness, and values clarity, and their associations with craving and dietary lapse among those seeking weight loss.* In Dalrymple, K.L. (chair), *Understanding the role of contextual behavioral science in obesity and obesity treatments.* Oral presentation at the annual meeting of the Association for Contextual Behavioral Science.
4. **Sala, M.,** Roos, C.R., Brewer, J.A., & Garrison, K.A. (April, 2021). *Awareness, affect, and craving during smoking cessation: an ecological momentary study.* Oral presentation at the annual meeting Society of Behavioral Medicine.
5. **Sala, M.**, Geary, B.\*, & Baldwin, A.S. (March, 2019). *An audio-recorded mindfulness exercise intervention: A pilot randomized controlled trial.* Oral presentation at the annual meeting Society of Behavioral Medicine, Washington, DC.
6. **Sala, M.**, Shankar Ram, S.\*, Vanzhula, I.A., & Levinson, C.A. (March, 2019). *Mindfulness and eating disorder psychopathology: A meta-analysis.* Paper presentation at the Academy of Eating Disorders, International Conference on Eating Disorders, New York, NY.
7. Levinson, C.A., **Sala, M.**, Murray, S., Rodebaugh, T.L, & Lenze, E.J. (November, 2018). *Diagnostic, clinical, and personality correlates of food anxiety during a short course of mealtime exposure therapy in patients diagnosed with an eating disorder.* In Farrell, N.R., & Rancourt, D. (chairs), *Food anxiety during exposure therapy in patients with eating disorders.* Oral presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.
8. **Sala, M.,** Vanzhula, I., Juarascio, A., Vazzano, K., & Levinson, C.A. (April, 2018). *Incorporating mindfulness into eating disorder research and treatment.* Workshop presentation at the Academy for Eating Disorders, International Conference on Eating Disorders, Chicago IL.
9. Vanzhula, I., **Sala, M.,** & Levinson, C.A. (April, 2018). *Improving acting with awareness may be key to a successful mindfulness-based intervention for eating disorders*. Paper presentation at the Academy for Eating Disorders, International Conference on Eating Disorders, Chicago IL.
10. **Sala, M.,** Rochefort, C., Lui, P., & Baldwin, A.S. (March, 2018). *Mindfulness and health behaviors: A meta-analysis.* Oral presentation at the Society for Personality and Social Psychology, Social and Personality Health Network Preconference, Atlanta, GA.
11. **Sala, M**., Brosof, L.C., Rosenfield, D., Fernandez, K.C. & Levinson, C.A. (November, 2017). *Stress impacts exercise differently among individuals with high and low levels of eating disorder symptoms: An ecological momentary assessment study.* In **Sala, M. &** Brosof, L.C.(chairs), *Exercise in individuals with disordered eating: How and for whom might it be beneficial?* Paper presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
12. Brosof, L. C., **Sala, M**., Fernandez, K.C., & Levinson, C.A. (November, 2017). *Body dissatisfaction moderates the relationship between social anxiety and exercise frequency: An ecological momentary assessment study.* In **Sala, M.** &Brosof, L.C.(chairs), *Exercise in individuals with disordered eating: How and for whom might it be beneficial?* Paper presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
13. Heard, A.M., **Sala, M.,** Breithaupt, L., Becker, K.R., & Lavender, J.M. (June, 2017). *Integrating basic behavioral, psychological, and neurobiological research into the study of eating disorders.* Workshop presentation at the Academy for Eating Disorders, International Conference on Eating Disorders, Prague, Czech Republic.
14. **Sala, M.,** Heard, A.M., Manasse, S.M., & Baldwin, A.S. (March, 2017). *Applying for graduate funding from the National Science Foundation and the National Institute of Health.* Panel discussion at the Society of Behavioral Medicine, San Diego, CA.
15. Baldwin, A.S., **Sala, M.,** Tang, R., & Chmielewski, M. (January, 2017). *Construct validity of affective judgments of physical activity measures: Current limitations and implications.* Oral presentation at the Society for Personality and Social Psychology Health Preconference, San Antonio, TX.
16. Ferrari, M., **Sala, M.,** Vazzano, K., & Spotts-De Lazzer, A. (May, 2016). *The art of making things happen: Understanding the advocacy landscape.* Workshop presentation at the Academy for Eating Disorders, International Conference on Eating Disorders, San Francisco, CA.
17. Reyes-Rodríguez, M.L., **Sala, M.,** Von Holle, A., & Bulik, C.M. (June, 2010). *Latino males: A description of disordered eating behaviors.* Paper presentation at the Academy for Eating Disorders, International Conference on Eating Disorders, Salzburg, Austria.

**CONFERENCE POSTERS**

1. **Sala, M.,** Kressel, M.\*, Hagan, K., Breithaupt, L., & Levinson, C.A. (September, 2022). *The study of eating disorders from a network perspective: A systematic review.* Poster presentation at the annual meeting of the Eating Disorder Research Society, Philadelphia, PA.
2. **Sala, M.,** Keshishian, A.\*, Song, S.\*, Moskowitz, R.\*, Bulik, C.M., Roos, C.R. & Levinson, C.A (November, 2022). *Predictors of eating disorder relapse: A meta-analysis.* Poster presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York City, NY.
3. **Sala, M.,** Levinson, C.A., Kober, H., & Roos, C.R (May, 2022). *A pilot open trial of Mindful Courage: A digital mindfulness-based intervention for anorexia nervosa relapse prevention.* Poster presentation at Academy for Eating Disorders, International Conference on Eating Disorders.
4. **Sala, M.,** & Levinson, C.A. (September, 2021). *The association between trait mindfulness and body checking.* Poster presentation at the annual meeting of the Eating Disorder Research Society, Boston, MA.
5. **Sala, M.,** Linde, J.A., Crosby, R.D., & Pacanowski, C.R. (September, 2019). *Body satisfaction predicts positive and negative affect: An ecological momentary assessment study.* Poster presentation at the annual meeting of the Eating Disorder Research Society, Chicago, IL.
6. **Sala, M.**, Brosof, L. C., & Levinson, C.A. (March, 2019). *Rumination predicts eating disorder behaviors: An ecological momentary assessment study in a clinical eating disorder sample.* Poster presentation at the Academy of Eating Disorders, International Conference on Eating Disorders, New York, NY.
7. Vanzhula I.A., **Sala, M.,** Christian, C., & Levinson, C.A. (November, 2018). *Avoidance predicts lower anxiety in the short-term but increased eating disorder symptoms over time.* Poster presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.
8. Ma, J., **Sala, M.,** Rodebaugh, T., Lenze, E.C., & Levinson, C.A. (April, 2018). *Correlates of food anxiety during a meal in patients diagnosed with an eating disorder.* Poster presentation at the Academy of Eating Disorders, International Conference on Eating Disorders, Chicago, IL.
9. **Sala, M.** & Levinson, CA. (April, 2018). *A longitudinal study on the association between facets of mindfulness and disinhibited eating.* Poster presentation at the International Conference on Eating Disorders, Chicago, IL.
10. **Sala, M.,** Rosenfield, D., & Baldwin, A.S. (March, 2017). *Post-exercise affective response: Examining differences between regular and infrequent exercisers.* Poster presentation at the Society of Behavioral Medicine, San Diego, CA.
11. **Sala, M.,** Rosenfield, D., & Baldwin, A.S. (January, 2017). *Affective response after exercising.* Poster presentation at the Society for Personality and Social Psychology Health Preconference, San Antonio, TX.
12. Holter, M., Stano, S., Rimawi, F., **Sala, M.,** Espinosa, C., McGinty, J., Belsley, S., Koshy, N., Dutia, R., & Laferrère, B. (June, 2016). *Greater increase in insulin clearance after gastric bypass compared to gastric banding in patients with type 2 diabetes.*Poster presentation at the American Diabetes Association, New Orleans, LA.
13. **Sala, M.,** & Levinson, C.A. (May, 2016). *The longitudinal relationship between worry and disordered eating: Is worry a precursor or consequence of disordered eating?* Poster presentation at the Academy of Eating Disorders, International Conference on Eating Disorders, San Francisco, CA.
14. **Sala, M.,** Chmielewski, M., Tang, R., & Baldwin, A.S. (April, 2016). *The convergent and discriminant validity of affective judgments of physical activity measures.* Poster presentation at the Society of Behavioral Medicine, Washington, DC.
15. **Sala, M.,** Brandon, A.R., Hynan, L.S., Baldwin, A.S., & Puzziferri, N. (November, 2015). *The Bariatric Behavior Efficacy Measure (BB-EM) to inform post-bariatric surgery interventions.* Poster presentation at The Obesity Society, Los Angeles, CA.
16. Homel, P., Laferrère, B., **Sala, M.,** McGinty, J., & Haller, D.L. (August, 2015). *Psychological predictors of patient attrition in post bariatric surgery follow up.* Poster presentation at the American Psychological Association Convention, Toronto, Canada.
17. **Sala, M.,** Kangas, J.L., & Baldwin, A.S. (April, 2015). *Associations with affective response during exercise: Comparing implicit and affective attitudes and behavioral intentions.* Poster presentation at the Society of Behavioral Medicine Annual Meeting, San Antonio, TX.
18. **Sala, M.**, Breithaupt, L., Hamer, R.M., Bulik, C.M., La Via, M., & Brownley, K.A. (April, 2015). *A double blind, randomized pilot trial of chromium picolinate for binge eating disorder: Effects on glucose regulation.* Poster presentation at the Academy for Eating Disorders, International Conference on Eating Disorders, Boston, MA.
19. Breithaupt, L., **Sala, M.**, Hamer, R.M., Bulik, C.M., La Via, M., & Brownley, K.A. (April, 2015). *Feasibility and acceptability of chromium for binge eating disorder.* Poster presentation at the Academy for Eating Disorders, International Conference on Eating Disorders, Boston, MA.
20. Boron-Brenner, D., Rimawi, F., **Sala, M.**, Espinosa, C., Dutia R., McGinty J., Moize, V., & Laferrère, B. (November, 2014). *Meal pattern affects hunger and glycemia after Roux-en-Y gastric bypass.* Poster presentation at The Obesity Society, Boston, MA.
21. Dutia, R., Rimawi, F., Boron-Brenner, D., **Sala, M.,** Espinosa, C., McGinty, J., & Laferrère, B. (November, 2014). *Roux-en-Y gastric bypass improves postprandial lipemia.* Poster presentation at The Obesity Society, Boston, MA.

**CLINICAL EXPERIENCE**

|  |  |
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| **VA Connecticut Healthcare System** *Clinical Health Psychology Intern* | 2019 - 2020 |
| * Provide individual therapy for individuals with eating disorders, obesity, chronic pain, insomnia, and adjustment to medical conditions in primary care
* Lead MOVE weight-loss group
* Co-lead a Dialectical Behavior Therapy (DBT) group
* Conduct assessments in the chronic pain multidisciplinary clinic
* Therapist for the inpatient consultation service
* Conduct pre-surgical evaluations for transplants and weight loss surgery
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| **North Texas VA Medical Center***General Mental Health Practicum Student*  |  |
| * Provided individual Acceptance and Commitment Therapy (ACT)
* Co-led a DBT group
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| **Baylor Scott & White Medical Center***Center for Medical Psychology Practicum Student* | 2017 - 2018 |
| * Provided individual therapy for insomnia, adjustment to cancer, weight management, depression, and anxiety
* Conducted pre-surgical evaluations for bariatric patients
* Led a weekly group lifestyle intervention for weight loss, based on the Diabetes Prevention Program (DPP) protocol
* Co-led a weekly cognitive biobehavioral group intervention for cancer patients (Cancer to Health)
 |
| **Texas Health Presbyterian Hospital** *Eating Disorder Program Practicum Student*  | 2016 - 2017 |
| Supervisors: Donald Hafer, Ph.D. & Anna Brown, Ph.D* Served as an individual Enhanced Cognitive Behavior Therapy (CBT-E) therapist in an adult outpatient, partial hospitalization, residential, and inpatient eating disorder unit
* Led DBT, ACT, and mindfulness groups and co-led cognitive processing groups
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| **SMU Psychology Clinic***Practicum Student* |  2015 - 2019 |
| Supervisors: Lorelei Simpson Rowe, Ph.D., Buck Hampson, Ph.D., & Ray Levy, Ph.D.* Administered intelligence, achievement, and psychological testing to adults and children, and provided treatment recommendations
* Provided individual therapy for a variety of issues spanning from insomnia, anxiety disorders, and depressive disorder
* Provided Integrative Behavioral Couple Therapy
 |
| **The Anxiety and Depression Research Center at SMU***Study Therapist* | 2015 – 2016 |
| Supervisors: Alicia Meuret, Ph.D. (primary), Michelle Craske, Ph.D., & Michael Treanor, Ph.D.* Provided treatment for anxiety and depressive disorders as part of a clinical research study
* Administered Exposure and Response Prevention
 |

**SERVICE**

**Abstract Reviewer:** *Society of Behavioral Medicine*

**Ad Hoc Reviewer:***PLoS One, Obesity Reviews, Journal of Substance Abuse Treatment*

*Journal of Behavioral Medicine****,*** *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity, Journal of Addiction and Research Therapy, Cognitive Therapy and Research**International Journal of Behavioral Nutrition and Physical Activity, Clinical Psychology & Psychotherapy, Clinical Psychology: Science and Practice*

**Internal Committee Membership:**

*Ferkauf Gradate* *School Data/Assessment Committee,* Spring 2021

*Ferkauf Gradate* *School Diversity Coalition Speakers/Workshop Committee,* Spring 2021

*Ferkauf Gradate School Clinical Psy.D. Admissions Committee,* Spring2021

**External Committee Membership:**

*Academy of Eating Disorders Advocacy and Communications Committee,* 2015 – 2018

*Academy of Eating Disorders Social Media Committee*, 2021 – 2024.

**MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS**

Academy of Eating Disorders

American Psychological Association

Association of Behavioral and Cognitive Therapists

Eating Disorder Research Society (invited membership)

Society for Health Psychology (APA Division 38)

Society for Behavioral Medicine

**TEACHING EXPERIENCE**

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| **Assistant Professor, Ferkauf Graduate School of Psychology***Behavior Therapy**Cognitive and Affective Basis of Behavior* *Social Psychology* | Spring 2021 - Present |
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| **Adjunct Assistant Professor, University of North Texas***Research Methods* | Fall 2017, Summer 2017 |

**STUDENT MENTORING**

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| RP1s SupervisedSarah Song (primary mentor)RP2s SupervisedSofia Coll (primary mentor)Keara Mageras (committee member)Lauren Yang (committee member) |

**ADDITIONAL RESEARCH TRAINING**

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| **Introduction to Structural Equation Modeling,** 3 day training | 2020 |
| Instructors: Drs. Patrick Curran and Daniel Bauer |  |
| **Multilevel Linear Modeling,** 5 day trainingInstructors: Drs. Patrick Curran and Daniel Bauer | 2020 |
| **Network Analysis,** 5 day trainingInstructor: Dr. Doug Steinley | 2020 |
| **Multiphase Optimization Strategy,** full day trainingInstructor: Dr. Linda Collins**Meta-Analysis Techniques,** 5 day trainingInstructors: Drs. Betsy Becker and Ariel Aloe | 20172015 |

**ADDITIONAL CLINICAL TRAINING**

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| **Mindfulness-Based Relapse Prevention,** full day trainingInstructors: Drs. Corey Roos and Mike Gawrysiak | 2020 |
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| **Dialectical Behavior Therapy,** New Haven, CT, 8 week training | 2019 |
| Instructors: Drs. Seth Axelrod, Emily Cooney, and Suzanne Decker |  |
| **Motivational Interviewing,** West Haven, CT, 2 day training | 2019 |
| Instructor: Dr. Steve Martino |  |
| **Mindfulness-Based Eating Awareness,** Lenox, MA, 3 day training*Faculty Assistant* Instructors: Dr. Jean Kristeller and Andrea Lieberstein  | 2018 |
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| **Cognitive Processing for PTSD,** Dallas, TX, 2 day trainingInstructor: Dr. Amy Williams**Motivational Interviewing,** Plano, TX, 1 day trainingInstructor: Dr. Lloyd Berg | 20182018 |
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| **Acceptance-Based Behavioral Therapy,** San Diego, CA, 2 day trainingInstructor: Drs. Susan Orsillo and Lizabeth Roemer | 2017 |
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| **Acceptance and Commitment Therapy,** Frisco, TX, 3 day training | 2017 |
| Instructor: Dr. Amy Murrell |  |
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| **Treatment for Affective Disorders,** UCLA, 2 day trainingInstructor: Drs. Michelle Craske and Michael Treanor | 2015 |
| **Structural Clinical Interview for DSM-5 Disorder,** SMU, full day trainingInstructor: Dr. Alicia Meuret | 2015 |
| **Couples Therapy Workshop**, SMU, 2 day trainingInstructor: Dr. Lorelei Simpson Rowe | 2014 |

**SELECTED SKILLS**

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| Statistical Programs: R, SAS, SPSS, MplusLanguages: Fluent in Spanish and Russian |  |