

# MEGAN E. DOUGLAS, Ph.D.

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## CURRENT APPOINTMENTS

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### Research:

Baylor Scott and White Research Institute  
Rehabilitation Research Department  
909 N Washington Ave, Ste. 232  
Dallas, TX 75246

### Clinical:

Baylor Scott and White Institute for Rehabilitation  
Neuropsychology and Rehabilitation Psychology  
909 N Washington Ave.  
Dallas, TX 75246

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## EDUCATION

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- 2012 – 2019      University of North Texas, Denton, Texas  
Doctor of Philosophy, Clinical Health Psychology  
*Dissertation title:* Healthy Eating in College Students: 24-hour Dietary Recall and Theory of Planned Behavior
- 2012 – 2014      University of North Texas, Denton, Texas  
Master of Science, Psychology  
*Thesis title:* Diabetes Status of Mexican Americans: Impact of Country of Birth
- 2008 – 2012      Southeast Missouri State University  
Bachelor of Science, Psychology  
Suma Cum Laude, Honor's Graduate  
*Honor's thesis title:* Parental Bonding, Self-Efficacy and Eating Behaviors of Female University Students

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## CLINICAL EXPERIENCE

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Sep 2020 – Present

**Baylor Scott and White Institute for Rehabilitation- Dallas**

Post-Doctoral Fellow  
Neuropsychology and Rehabilitation Psychology

Baylor Scott & White Institute for Rehabilitation – Dallas, is a nationally-recognized, 92-bed rehabilitation hospital located on the campus of Baylor University Medical Center. The hospital is CARF accredited from the Commission on Accreditation of Rehabilitation Facilities, part of several Joint Commissions, and designated as a model system for Traumatic Brain Injury rehabilitation.

The Neuropsychology and Rehabilitation Psychology team involves both inpatient and outpatient psychological services alongside an interdisciplinary team consisting of physicians who specialize in PM&R, OT, PT, speech-language pathology, RT, SW, case managers, dietitians, and therapeutic recreation specialists.

*Primary supervisors:* Rose Dunn, Ph.D. and Danielle Miro, Ph.D., licensed psychologists

Nov 2019 – June 2020

**Baylor Scott & White Medical Center – Plano**

Post-Doctoral Fellow  
Behavioral and Psychological Health

## Medical Psychology Center

The Medical Psychology Center provides science-based diagnostic and therapeutic services aimed at helping patients develop strategies for coping with illness and functional disability, improving health, enhancing quality of life, and overcoming emotional problems. The multidisciplinary team includes psychologists, neuropsychologists, nurses, genetic counseling, dietitians, and other disciplines to provide integrated care for improved patient outcomes. Common referrals include bariatric surgical assessments, insomnia, oncology, chronic pain, and chronic disease management.

My training experiences primarily consisted of pre-surgical psychological evaluations for bariatric surgery, clinical health-psychology focused intakes for new patients with a variety of referrals, including chronic pain, oncology, and insomnia, and doing individual and family-based therapy interventions focused on medical psychology presentations. Bariatric and oncology patients in particular included standardized assessments and collaboration with other disciplines, such as psychiatrists, surgeons, nurse navigation, dietitians, and oncologists. Additional supervised experiences included developing and facilitating a weekly 12-week Lifestyle Change Group aimed at assisting pre- and post- weight loss surgery patients with developing essential skills to prepare for or maintain weight loss through evidence-based strategies. I led this group in collaboration with the Baylor Scott & White Medical Center - Plano Weight Loss Surgery program a Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP).

*Training Director and Primary Supervisor:* Jamile Ashmore, Ph.D., ABPP, Clinical Director and Licensed Psychologist. *Additional supervisors:* Timothy Clark, Ph.D., Marie Dahdah, PhD, and Desire Taylor, Ph.D.

**July 2018 –2019**

### **Department of Veterans Affairs Connecticut Healthcare System**

Pre-Doctoral Clinical Intern

West Haven VA Psychology Service; APA-Accredited Internship

Clinical Health Psychology Track

VA Connecticut Healthcare System - West Haven Campus (VACHS) is a Yale University School of Medicine affiliated education and training institution which provides primary, secondary, and tertiary care services in multiple areas (e.g., medicine, geriatrics, neurology, surgery, and mental health) and specialized services for specific clinical problems. My rotations on the Clinical Health Psychology Track included: Clinical Health Psychology – Primary Care Clinic, MOVE! Weight Management Program, Integrated Pain Clinic, Interdisciplinary Stroke Clinic, Inpatient Consultation- Liaison, Smoking Cessation, and the Clinical Health Psychology Assessment Clinic.

*Training Directors and Primary Supervisors:* John Beauvais, Ph.D. (Director of Predoctoral Training), Jessica Barber, Ph.D. (Coordinator, Clinical Health Psychology Internship Track), John Sellinger, Ph.D., Noel Quinn, Ph.D., Laura Blakley, Ph.D., Valerie Weisser, Ph.D., and Robin Masheb, Ph.D. (Internship Research Mentor)

**Feb 2017 – June 2017;  
Jan 2018 – May 2018**

### **Baylor University Medical Center- Dallas**

Student Clinician

Baylor Medical Psychology Consultants

Baylor Institute for Rehabilitation

Experiences involved consultation and liaison for trauma inpatients, inpatient and outpatient neuropsychological and psychodiagnostic assessment, and clinical outpatient therapy. Patient

populations ranged from children to older adults and interventions focused on addressing adjustment to acute or chronic medical illness and PTSD and trauma-related symptoms.

*Texas Licensed Psychologist Supervisors:* Warren Jackson, Ph.D., ABPP and Ann Marie Warren, Ph.D., ABPP

**Aug 2015 – May 2016**     **Veteran’s Affairs North Texas Healthcare System- Dallas VA Medical Center**  
 Student Clinician  
 GOLD Team, External Practicum  
 Substance Abuse Recovery and Rehabilitation Treatment Program (SARRTP)

This SARRTP uses a multidisciplinary team approach to mental health services for veterans with substance use disorders. Practicum opportunities included both inpatient treatment for those in the program (40-bed residential unit) and outpatient clinical services with adult veterans from a wide geographical area.

*Texas Licensed Psychologist Supervisor:* Kathleen Dohoney, Psy.D.

**Aug 2012 – May 2015**     **University of North Texas Psychology Clinic- Denton, TX**  
 Clinical Health Psychology Student, Internal Practicum

This psychology doctoral student training clinic provides sliding-scale outpatient services to a community-based population. Services offered include outpatient psychodiagnostic and neuropsychological assessments and outpatient therapy services (individual, family, couples, and group psychotherapy). As part of doctoral training, student clinicians are required to participate in individual and group supervision, peer-mentoring, case consultation, didactics, and case presentation across multiple internal and adjunct supervisors. Experiences also included emergency on-call hours for the clinic and clinical intakes for new clinic patients.

*Texas Licensed Psychologist Supervisors:* Amy M. Williams, Ph.D. (2014-2015), Charles A. Guarnaccia, Ph.D. (2013-2014), and Mary Roberts, Ph.D. (2012-2013)

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## RESEARCH EXPERIENCE

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**2019 - Present**

**Post-Doctoral Research Fellow in Rehabilitation Research**

Baylor Scott and White Research Institute/ Baylor Scott and White Institute for Rehabilitation, Dallas, TX

Director of Rehabilitation Research, Baylor Scott & White Health Institute for Rehabilitation: Dr. Simon Driver; Assistant Director of Rehabilitation Research: Dr. Katherine Froelich-Grobe

My work primarily focuses on assisting with several National Institute for Disability, Independent Living, and Rehabilitation Research (NIDILRR)- funded clinical trial intervention studies based on adaptations of the Group Lifestyle Balance (GLB) Program™, a lifestyle intervention taken directly from the National Institutes of Health funded Diabetes Prevention Program (DPP). These interventions have been adapted for rehabilitation populations including individuals with spinal cord injuries (ClinicalTrials.gov Identifier: NCT03874988), traumatic brain injuries (NCT03594734), and post- cerebrovascular accident (NCT03873467) to help improve weight management and physical activity.

- 2018 – 2019**      **Volunteer Research Assistant**, *Weight Loss Treatment for Veterans with Binge Eating* (ClinicalTrials.gov Identifier: NCT03234881)  
Principal Investigator: Dr. Robin Masheb, Senior Research Scientist in Psychiatry, Yale School of Medicine and Director of the Veterans Initiative for Eating and Weight (VIEW) at VACT, West Haven, CT
- VIEW serves to address the broad spectrum of eating and weight problems in the Veteran population. I served as a research assistant on this RCT to assess the effectiveness of MOVE! (the VA national weight management program; treatment as usual) compared to the concurrent administration of MOVE! + CBT for overweight/ obese Veterans with binge eating.
- 2018 - Present**      **Study Therapist/ Volunteer Research Assistant**, *Outcomes After Spinal Cord Injury; OASIS* (ClinicalTrials.gov Identifier: NCT03624218)  
Principal Investigator: Dr. Mark Powers, Director of Trauma Research, Baylor University Medical Center, Dallas, TX
- This study is a Department of Health and Human Services Administration for Community Living National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR) Field Initiated Project. The objective is to compare prolonged exposure therapy (PE) for posttraumatic stress disorder among spinal cord injury patients to treatment as usual in a randomized controlled trial. I serve as a study therapist for the treatment arm of the study and have assisted with the logistics of study initiation and protocol development with the Trauma Research Center team.
- 2017 – 2018**      **Primary Investigator**, University of North Texas  
Co-chairs: Dr. Charles Guarnaccia and Dr. Heidemarie Blumenthal; Primary (Student) Investigator: Megan Douglas, M.S.
- Doctoral dissertation study titled Food Recall Using Internet Tracking (F.R.U.I.T.). This study examines college students' perceptions of healthy eating using the Automated Self-Administered 24-Hour (ASA24®) Dietary Assessment Tool and the Theory of Planned Behavior.
- 2017 – 2018**      **Graduate Research Assistant**, University of North Texas, Career Connect, Director: Mike Simmons, Ph.D.
- Career Connect was developed as part of the university-wide Quality Enhancement Project, a five-year plan that enhances student learning. My role focused on qualitative analysis of rubric responses intended to provide feedback for students and other research projects related to program efficacy and enhancement.
- 2016 – 2018**      **Volunteer Research Assistant**, *Group Lifestyle Balance in Individuals with Traumatic Brain Injury*
- Rehabilitation Research Department  
Baylor Scott and White Institute for Rehabilitation, Dallas, TX  
Director of Rehabilitation Research: Dr. Simon Driver
- 2016 – 2017**      **Graduate Research Assistant**, *Personality and Smoking Study (PASS)*
- Disposition Emotion and Addiction Research (D.E.A.R.) Laboratory  
University of North Texas, Psychology Department, Denton, TX  
Laboratory Director: Dr. Casey Guillot

- 2016 – 2017**                    **Co-Primary Investigator**, *College Students Attitudes about Themselves and Others*.  
University of North Texas, Psychology Department, Denton, TX  
Faculty supervisor: Dr. Heidemarie Blumenthal; Co-Primary (Student) Investigators: Megan Douglas, M.S. and Jessica Dietch, M.S.
- 2012 – 2018**                    **Graduate Research Assistant**, *Role of Stress and Anxiety in Adolescent Health-related Behaviors; Adolescent Emotions and Development*  
  
Teen Stress and Alcohol Research (Teen St.A.R.) Laboratory  
University of North Texas, Psychology Department, Denton, TX  
Laboratory Director: Dr. Heidemarie Blumenthal
- 2012 – 2015**                    **Graduate Research Assistant**  
Diabetes and Psychosocial Research Laboratory  
University of North Texas, Psychology Department, Denton, TX  
Laboratory Director: Dr. Charles Guarnaccia

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## PUBLICATIONS

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- Blumenthal, H., Cloutier, R. M., **Douglas, M. E.**, Kearns, N. T., & Carey, C. N. (in press). Desire to drink as a function of laboratory-induced social stress among adolescents. *Journal of Behavior Therapy and Experimental Psychiatry*. doi: 10.1016/j.jbtep.2020.101617
- Froehlich-Grobe, K., **Douglas, M.E.**, Ochoa, C., & Betts, A. (2020). Social Determinants of Health. In Lollar, D.J., Horner-Johnson, W., & Froelich-Grobe, K. (Eds.), *Public Health Perspectives on Disability: Science, Social Justice, Ethics, and Beyond*, Second Edition (pp. 53 – 89). Springer. 978-1071608876
- Masheb, R.M., **Douglas, M.E.**, Kutz, A.M., Marsh, A.G., & Driscoll, M. (2020). Pain and emotional eating: Further investigation of the Yale Emotional Overeating Questionnaire in weight loss seeking patients. *Journal of Behavioral Medicine*.
- Rogers, J., Peecksen, S., **Douglas, M.E.**, & Simmons, M. (2019). Validation of a reflection rubric for higher education. *Reflective Practice: International and Multidisciplinary Perspectives*, 1-15, doi:10.1080/14623943.2019.1676712.
- Guillot, C. R., Blackledge, S. M., **Douglas, M. E.**, Cloutier, R. M., Liautaud, M. M., Pang, R. D., Kirkpatrick, M. G., & Leventhal, A. M. (2019). Indirect associations of anxiety sensitivity with tobacco, alcohol, and drug use problems through emotional disorder symptoms in adolescents. *Behavioral Medicine*. (Advance online publication) doi:10.1080/08964289.2019.1573797
- Douglas, M.E.**, Peecksen, S., Rogers, J., & Simmons, M. (2019). College students' motivation and confidence for ePortfolio use. *International Journal of ePortfolio*. 9(1), 1-16. ISSN 2157-622X
- Douglas, M.E.**, Driver, S., Woolsey, A., & Callender, L. (2018). Evaluation of a 12-month lifestyle intervention by individuals with traumatic brain injuries. *Rehabilitation Psychology*. 64(1), 25-36. doi: 10.1037/rep0000253
- Driver, S., Reynolds, M., **Douglas, M. E.**, & Bennett, M. (2017). Describing weight loss attempts and physical activity among individuals with TBI prior to participation in a weight-loss program. *The Journal of Head Trauma Rehabilitation*. 33(1), E36-E43. doi:10.1097/htr.0000000000000327

Blumenthal, H., Ham, L. S., Cloutier, R. M., Bacon, A. K., & **Douglas, M. E.** (2016). Social anxiety, disengagement coping, and alcohol-use behaviors among adolescents. *Anxiety, Stress, & Coping*, 29(4), 432-446. doi:10.1080/10615806.2015.1058366

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### SELECTED CONFERENCE PRESENTATIONS and PUBLISHED ABSTRACTS

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\* = Mentor of junior (typically undergraduate) first-author

**Douglas, M.E.**, Driver, S., Swank, C., McShan, E., Calhoun, S. (October, 2020). Impact of COVID-19 on individuals with acquired brain injuries enrolled in a healthy lifestyle intervention. Abstract submitted to the ACRM Annual Conference 2020, Virtual Conference.

Swank, C., McShan, E., Calhoun, S., **Douglas, M.E.**, Reynolds, M., Driver, S. (November, 2020). Baseline relationships of walking, physical activity habits and self-perceived recovery after stroke in people engaged in a healthy lifestyle program. Accepted for presentation at the American Heart Association's Scientific Sessions 2020. Dallas, TX.

**Douglas, M.E.**, Blumenthal, H., & Guarnaccia, C. (2020). College student dietary recalls and the Theory of Planned Behavior. Accepted for poster presentation at the 41st Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine. San Francisco, CA. <https://www.sbm.org/meetings/2020> (Conference cancelled).

Walker, J.\*, **Douglas, M.E.**, Dietch, J., Slavish, D., Brown, A., Messman, B., Scott, B., Taylor, D., & Blumenthal, H. (2018). Trait anxiety and restrictive eating as predictors of sleep onset latency and sleep quality. Poster presented at the Society of Behavioral Medicine Annual Meeting and Scientific Sessions, New Orleans, LA.

Rogers, J., **Douglas, M.E.**, Peecksen, S., & Simmons, M. (2018). Students' reflections on experiential learning activities: Promoting transformative learning. Poster presented at the 2018 Transformative Learning Conference, Oklahoma City, OK.

**Douglas, M.E.**, Cloutier, R., John, J., Potts, A., Holland, E., & Blumenthal, H. (2017). Influence of weight and sociocultural attitudes on dieting among adolescents. Poster presented at the 51<sup>st</sup> annual convention of the Association of Behavioral and Cognitive Therapies, San Diego, CA.

Driver, S., Reynolds, M., **Douglas, M.E.**, & Bennett, M. (2017). Describing weight loss history among individuals with TBI. Poster presented at the 12th World Congress on Brain Injury, New Orleans, LA.

Blackledge, S. M., Guillot, C. R., **Douglas, M. E.**, Liang, T., & Berman, M. E. (2017). Association of a BDNF polymorphism with alcohol problems: cognitive and depressive mediators. Poster presented at the 5th annual Collaborative Perspectives on Addiction Meeting, Albuquerque, NM.

Jamison, L. K.\*, Adams, M. C., **Douglas, M. E.**, Dunham, K., Pogue, J. R., Cloutier, R. M., & Blumenthal, H. (2016). Body dissatisfaction as a moderator of the relation between sociocultural ideals and internalizing problems among adolescent females. Poster presented at the 50<sup>th</sup> annual meeting of the Association for Behavioral Cognitive Therapies, New York City, NY.

Jamison, L. \*, **Douglas, M. E.**, Cloutier, R. M., Baxley, C., Bynion, T., Javier, G., & Blumenthal, H. (2015). Effects of sociocultural attitudes and a body image Implicit-Association Test on self-esteem among adolescent girls. Poster presented at the 49th annual meeting of the Association for Behavioral and Cognitive Therapies, Obesity and Eating Disorder Special Interest Group, Chicago, IL.

**Douglas, M.E.** & Guarnaccia, C.A. (2015). Mexican American diabetes rates: Clinical status versus self-report. Abstract accepted for the 2015 National Conference on Health Statistics, North Bethesda, MD.

Dietch, J.R., Cloutier, R.M., **Douglas, M.E.**, Taylor, D.J. & Blumenthal, H. (2015). Associations between Insomnia symptoms and motives for non-medical prescription stimulant use among college students. Poster presented at the Association for Behavioral and Cognitive Therapies 49<sup>th</sup> Annual Convention, Chicago, IL.

**Douglas, M.E.** & Guarnaccia, C.A. (2015). Diabetes reporting accuracy of Mexico-born versus U.S.-born Mexican Americans. Poster presented at Society of Behavioral Medicine Annual Meeting and Scientific Sessions, San Antonio, TX.

Ruiz, J., **Douglas, M.E.**, Estevez, R., Goans, C., Lewis, S. & Villarreal, C. (2014). Racial/Ethnic diversity in the biomedical literature: Evidence of Growing Disparities in Representation. Poster presented at the Society for Behavioral Medicine annual conference, Philadelphia, Pennsylvania.

**Douglas, M. E.** & Overbey, G. (2012). Parental bonding, self-efficacy and eating behaviors of female university students. Poster presented at the Psi Chi Midwestern Psychological Association (MPA) Undergraduate Poster Session, Chicago, IL.

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## TEACHING EXPERIENCE

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<b>Teaching Fellow / Instructor of Record</b> University of North Texas	Adult Development and Aging Quantitative Methods in Psychology Experimental Methods Lab
<b>Teaching Assistant</b> University of North Texas	Developmental Psychology (Dr. Blumenthal) History and Systems of Psychology (Dr. Guillot) Topics in Cross-Cultural Psychology (Study Abroad Course: Dr. Wang) Developmental Psychology (Dr. Wang) General Psychology II Psychology of Women Personality (Dr. Barnett)

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## INVITED LECTURES & PRESENTATIONS

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Fall 2019	<i>Reducing Bariatric Surgery Readmission Rates</i> , BSWH Business Growth Council, Plano, TX
Spring 2017	<i>Behaviorism Influences</i> , History and Systems of Psychology, UNT, Denton, TX
Spring 2017	<i>Social Roles</i> , Adult Development and Aging, UNT, Denton, TX
Fall 2015	<i>Diabetes Mellitus: The Role of Health Psychology</i> , Health Psychology, UNT, Denton, TX
Fall 2014	<i>Psychology and Women's Health Issues</i> , Psychology of Women, UNT, Denton, TX

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## WORKSHOPS AND OTHER TRAINING

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2020	SparkPro Diabetes Prevention Program Lifestyle Coach Training
2019	Group Lifestyle Balance Training Workshop, Mayra Avina, BS; Heather Kitzman-Carmichael, PhD, Baylor Scott & White Health and Wellness Center, Dallas, TX
2019	Motivational Interviewing Two-Day Workshop, Steve Martino, Ph.D., Chief of the Psychology Service at VACHS West Haven/ Professor of Psychiatry at the Yale University School of Medicine
2017; 2018	Prolonged Exposure Therapy for PTSD: Emotional Processing of Traumatic Experience, Mark Powers, Ph.D., Baylor University Medical Center, Dallas, TX

2015	The Advances in Research Design Symposium (TARDIS): Alternative to Statistical Significance Tests, University of North Texas (UNT), Denton, TX
2015	Integrating Salivary Biology into Behavioral, Developmental and Health Science Research; presented by Salimetrics Technical Education Specialist Jennifer Jewell, UNT, Denton, TX
2015	Graduate Student Teaching Excellence Program (GSTEP); provided by the Center for Learning Enhancement, Assessment, and Redesign (CLEAR) at UNT, Denton, TX
2014	Graduate Student Research and Fellowship Support Program: Fellowship and Dissertation Grant Proposal Development Training: Two-day workshop presented by UNT Graduate School and Office of Research, UNT, Denton, TX
2013	Applied Suicide Intervention Skills Training (ASIST): Two-day workshop, training and certification, presented by Living Works, UNT, Denton, TX
2012	Teaching Excellence Seminar, UNT, Denton, TX

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### **SELECTED SCHOLARLY and PROFESSIONAL SOCIETIES**

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2020	American Congress of Rehabilitation Medicine
2013 – 2018	Association for Behavioral and Cognitive Therapies
2013 - Present	Society of Behavioral Medicine
2012 - Present	American Psychological Association; Division 38 (Society for Health Psychology) and Division 22 (Rehabilitation Psychology)
2015 - 2016	Association for Psychological Science

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### **PROFESSIONAL SERVICE**

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2020 – 2021	Society for Health Psychology (Division 38) Post-Doc Representative
2020	Reviewer for <i>Journal of Adolescent Health</i>
2019 – 2020	Reviewer for <i>Public Health Nutrition</i>
2016 – 2017	Association for Psychological Science Student Grant Competition Reviewer
2015 – 2016	Ad hoc Co-Reviewer: <i>Journal of Adolescent Health</i>
2014 – 2015	Department of Psychology and G.A.S.P. External Practicum Fair: Event Coordinator
2013 – 2015	Health Psychology Research Group, UNT, Coordinator
2014 – 2015	Graduate Association of Students in Psychology, UNT, Clinical Health Representative/ Member
2009 – Present	Psi Chi (Active Member; President 2011-2010; Secretary 2010-2011)

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### **SELECTED HONORS and AWARDS**

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2018	Federation of North Texas Area Universities Research Symposium Presenter Award (2 <sup>nd</sup> place)
2018	Department of Psychology Frank Collins Memorial Scholarship
2015	2015 UNT Graduate Exhibition 3 <sup>rd</sup> Place Social and Behavioral Sciences
2014-2015	UNT Graduate Student Research and Fellowship Support Program (\$500)
2014	Hsiao-Pei Yang Memorial Scholarship, University of North Texas (\$300)
2012	Honor Society of Phi Kappa Phi Chapter #260 Fellowship Award (\$1,000)