

AUSTEN R. ANDERSON

CURRICULUM VITAE

CONTACT INFORMATION

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EMPLOYMENT

2025 – Current	Assistant Professor Department of Educational Psychology and Learning Systems, Florida State University
2021 – 2025	Assistant Professor School of Psychology, University of Southern Mississippi
2023 – 2025	Associate Director for Community Awards Program Community Engagement and Training Core, The Mississippi IDeA Network of Biomedical Research Excellence (INBRE)

EDUCATION & TRAINING

2019 – 2021	Postdoctoral Fellowship Department of Veterans Affairs, VISN 17, Center of Excellence for Research on Returning War Veterans, Waco, TX
2013 – 2019	Ph.D. in Counseling Psychology University of Miami, Coral Gables, FL (APA Accredited program) <i>Dissertation:</i> A daily diary study of lifestyle behaviors, psychological distress, and well-being <i>Predoctoral Psychology Internship</i> (2018-2019) Central Texas Veterans Healthcare System, Waco, TX (APA Accredited internship)
2006 – 2012	B.S. in Psychology , Minor in Sociology Brigham Young University, Provo, UT

AWARDS & FUNDING

Awards:

2024	Tuition Scholarship for the Summer Short Course: <i>Emotional Well-Being & Physical Health</i> , hosted by the Social and Behavioral Sciences Department at the Harvard T.H. Chan School of Public Health and the Research Department of Behavioural Science and Health at University College
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	London.
2024	Aubrey Keith Lucas and Ella Ginn Lucas Endowment for Faculty Excellence Award, University of Southern Mississippi.
2023	Distinguished Scientific Leadership Award, Community Engagement and Training Core, The Mississippi IDeA Network of Biomedical Research Excellence (INBRE).
2019	Student Travel Grant Award, Society for Theoretical and Philosophical Psychology, American Psychological Association
2018	Outstanding Doctoral Student in Counseling Psychology, School of Education, University of Miami
2017	Student Travel Award, American Psychological Association
2017	Student Translational Research Award, Society of Clinical Child and Adolescent Psychology
2015, 2016	Graduate Activity Fee Allocation Committee Travel Funding, University of Miami
2015	Midwinter Conference Student Travel Award, Society for Theoretical and Philosophical Psychology
2014-2017	School of Education and Human Development Travel Award

Student awards:

2024	Lauren Hales - 2 nd place in the Data Blitz competition at the Mississippi Psychological Association's annual conference (Anderson as coauthor)
2024	Lindsey Ostermiller - 3 rd place in the Data Blitz competition at the Mississippi Psychological Association's annual conference (Anderson as coauthor)
2024	Lauren Hales - Dissertation research grant (\$8,471) awarded from the REI Cooperative Action Fund for project "Relationships between nature engagement, religious/spiritual struggles, and psychological distress for Latines"
2023	Lindsey Ostermiller - Runner Up in the 3 Minute Thesis competition at the University of Southern Mississippi
2023	Lindsey Ostermiller – Selected to receive full funding for weeklong workshop on the Plasticity of Well-being, funded by the National Institutes of Health

Scholarships:

2017	J. Scott Watt Endowed Scholarship, University of Miami
2013-2017	Barbara Marks Preparing Future Faculty Scholarship, University of Miami
2009-2010	Alvina Soffel Barrett Scholarship, Brigham Young University
2007, 2010-2012	Brigham Young Scholarship, Brigham Young University

Grant-Funded Work:

Examining the feasibility of a digital sleep intervention for college students. (2024; Declined funding as part of the transition to a new position). Mississippi Center for Clinical and Translational Research.

Role: P.I. \$57,328

Nature engagement as a path to improving the health of Black individuals in the Southern U.S. (2024). REI Cooperative Action Fund.

Role: P. I. \$76,438

Unlocking better sleep: A digital approach for black college students. (2024). Aubrey Keith Lucas and Ella Ginn Lucas Endowment for Faculty Excellence Award, University of Southern Mississippi.

Role: P.I. \$5,000

Advancing social and environmental equity through plastics research: Education, innovation, and inclusion (ASPIRE) (2023-2026). Sponsored by the National Science Foundation (2316351).

Role: Senior Personnel (Zhe Qiang, P.I.) \$1,873,415

Mississippi Idea Network of Biomedical Research Excellence - Community Engagement and Training Core. (2023-2028). Sponsored by the National Institute of General Medical Sciences (5P20GM103476-23).

Role: Senior Personnel (Jennifer Lemacks, P.I.) \$1,252,369

The Okla Achukma project. (2023). Sponsored by National Heart, Lung, and Blood Institute, National Institutes of Health (R56HL164335).

Role: Co.I. (Jennifer Lemacks, P.I.) \$695,436

The great outdoors: Engaging with nature for mental health. (2020). Administered by The Department of Veterans Affairs South Central Mental Illness Research, Education, and Clinical Center.

Role: P. I. \$4,000.

Lifestyle behaviors, psychological distress, and well-being: A daily diary study. (2017, 2018). School of Education and Human Development Research Grant, University of Miami

Role: P. I. \$1,300 & \$1,300

Expectations of help, reciprocity, and cheating: From friends and acquaintances. (2016). School of Education and Human Development Research Grant, University of Miami

Role: P. I. \$1,000

Pending Grant Proposals:

Novel determinants of introspective accuracy and confidence in schizophrenia-spectrum disorders: A mixed methods investigation. (2024). National Institute of Mental Health.

Role: Mentor (F31 Applicant: Cassi Springfield; PI: Kelsey Bonfils)

The Okla Achokma Project: Reviving traditional culture to improve lifestyle management approaches among Native Americans in the deep south. (2024). National Cancer Institute.

Role: Co.I (Jennifer Lemacks, P.I.) \$3,296,380

NRT: Collaborative Research: Graduate Training in Negative CO₂ Emission Science: Advancing Interdisciplinary Research with Technology Translations (NES-ART). (2024). National Science Foundation.

Role: Senior Personnel (Zhe Qiang, P.I.) \$1,799,997

Unfunded Grant Proposals:

Examining the feasibility of a digital sleep intervention for college students. (2024). Mississippi Center for Clinical and Translational Research.

Role: P.I. \$57,622

Nearby nature for mental health: A randomized pilot trial of a brief nature-focused behavioral intervention. (2023). John W. Brick Foundation.

Role: P.I. \$94,921

Cycling exercise as a modality for improving gait velocity in older adults. (2023). National Center for Medical Rehabilitation Research, Early Career Research Award (R03).

Role: Consultant, Key personnel (Tanner Thorsen, P.I.) \$125,000

Exploring the dynamics of lifestyle change, cognitive mediators, and mental health outcomes among individuals in psychotherapy for depression. (2023). American Psychological Foundation.

Role: P.I. \$9,900

An exploration of veterans' attitudes toward engaging with nature and nature-based interventions. (2020). Administered by The Department of Veterans Affairs Office of Research and Development.

Role: P.I. \$285,611

Validation of the concise health risk tracking scale-Spanish with drug using populations. (2017). National Institute on Drug Abuse Clinical Trials Network Ancillary study to CTN 0067.

Role: Investigator (José Szapocznik, P.I.). Mean of 1.86 on overall scores. \$145,280.

PUBLICATIONS

Peer-Reviewed Manuscripts (* indicates student mentee):

Anderson, A. R. (Accepted). Applying the lifestyle lens to population mental health science: A commentary on Dodge et al., 2024. *American Psychologist*.

*Hales, L. S., *Ostermiller, L., *Rice, I., *Batia, J., & **Anderson, A. R.** (2025). Lifestyle Factors as Perceived Causes of Psychological Distress: Implications for Mental Health Stigma. *American Journal of Lifestyle Medicine*. <https://doi.org/10.1177/15598276251332887>

Anderson, A. R. (In Press). Active learning for all: Considering the experiences of students with common mental health concerns. *Scholarship of Teaching and Learning in Psychology*

*Ostermiller, L., **Anderson, A. R.**, Warlick, C. W., & Dahlen, E. (2024). Lifestyle behaviors and mental health outcomes in sexual and gender minority graduate students. *The Journal of American College Health*. <https://doi.org/10.1080/07448481.2024.2409704>

Anderson, A. R., *Ostermiller, L., *Hales, L., & *Lastrapes, M. (2024). Does sunlight exposure predict next-night sleep? A daily diary study among U.S. adults. *Journal of Health Psychology*. <https://doi.org/10.1177/13591053241262643>

- Anderson, A. R. & *Lastrapes, M. (2024).** Examining the longitudinal bi-directional associations of social engagement, social functioning, and depression. *Psychological Reports*.
<https://doi.org/10.1177/00332941241241632>
- *Ostermiller, L. & **Anderson, A. R. (2024).** The role of nature engagement in the satisfaction of fundamental psychological needs across the lifespan: A thematic analysis. *Current Psychology*. <https://doi.org/10.1007/s12144-023-05351-0>
- Anderson, A. R. & *Ostermiller, L. (2023).** The clustering of lifestyle behaviors in U.S. college students: A network approach. *Journal of American College Health*.
<https://doi.org/10.1080/07448481.2023.2283740>
- Anderson, A. R., *Lastrapes, M. & *Ostermiller, L. (2023).** Exploring the attitudes and experiences of those living near a multipurpose recreation trail in the southern United States. *Journal of Outdoor Recreation and Tourism*. <https://doi.org/10.1016/j.jort.2023.100676>
- Anderson, A. R., & *Holliday, D. (2023).** Mapping the associations of daily pain, sleep, and psychological distress in a U.S. sample. *Journal of Behavioral Medicine*.
<https://doi.org/10.1007/s10865-023-00432-8>
- Fowers, B. J., Lane, A. A., Abbamonte, J. M., Lang, S. F., Cokelet, B., **Anderson, A. R.** & Cioffi, K., (2022). Does trait interpersonal fairness moderate a situational influence on fairness behavior. *Personality and Individual Differences*. 193.
<https://doi.org/10.1016/j.paid.2022.111615>
- Anderson, A. R., Kurz, A. S., Szabo, Y. Z., McGuire, A. P., & Frankfurt, S. B. (2022).** Exploring the longitudinal clustering of lifestyle behaviors, social determinants of health, and depression. *Journal of Health Psychology*. 27(13), 2922-2935.
<https://doi.org/10.1177/13591053211072685>
- Szabo, Y. Z., Frankfurt, S. B., Kurz, A. S., **Anderson, A. R.**, & McGuire, A. P., (2022). Resilience predicts posttraumatic cognitions after a trauma reminder task and subsequent positive emotion induction among veterans with PTSD. *Psychological Trauma: Theory, Research, Practice, and Policy*. 14, S101-S108. <https://doi.org/10.1037/tra0001143>
- Anderson, A. R. (2022).** Enjoying nature, exercise, social interaction, and affect: A daily diary study. *Journal of Health Psychology*. 27(4), 890-900.
<https://doi.org/10.1177/1359105320977642>
- Hayden, C., Szabo, Y. Z., Frankfurt, S. B., **Anderson, A. R.**, & McGuire, A. P., (2021). Social interaction within a trauma-exposed population during the early phase of COVID-19. *Journal of Loss and Trauma*. 27(1), 1-17.
<https://doi.org/10.1080/15325024.2020.1856608>
- McGuire, A. P., Hayden, C., Frankfurt, S. B., Kurz, A. S., **Anderson, A. R.**, Howard, B. A. N., Szabo, Y. Z. (2020). Social engagement early in the U.S. COVID-19 crisis: Exploring social support and prosocial behavior between those with and without depression or anxiety in an online sample. *Journal of Social and Clinical Psychology*. 39(10), 923-953.
<https://guilfordjournals.com/doi/10.1521/jscp.2020.39.10.923>

Anderson, A. R. (2020). Is a better planned day a healthier day? A daily diary study. *Psychology & Health*, 36(10), 1217-1234. <https://doi.org/10.1080/08870446.2020.1841763>

Anderson, A. R., & Fowers, B. J. (2020). Lifestyle behaviors, psychological distress, and well-being: A daily diary study. *Social Science & Medicine*, 263. <https://doi.org/10.1016/j.socscimed.2020.113263>

Anderson, A. R., & Fowers, B. J. (2020). An exploratory study of friendship characteristics and their relations with hedonic and eudaimonic well-being. *Journal of Social and Personal Relationships*, 37(1), 260-280. <https://doi.org/10.1177/0265407519861152>

Fowers, B. J., **Anderson, A. R.**, & Lang, S. F. (2018). On properly characterizing moral agency. *Behavioral and Brain Sciences*, 41, 21-23. <https://doi.org/10.1017/S0140525X1700067X>

Horigian, V. E., **Anderson, A. R.**, & Szapocznik, J. S. (2016). Family-based treatments for adolescent substance use. *Child & Adolescent Psychiatric Clinics of North America*, 25, 603-628. <https://doi.org/10.1016/j.chc.2016.06.001>

Horigian, V. E., **Anderson, A. R.**, & Szapocznik, J. S. (2016). Taking Brief Strategic Family Therapy from bench to trench: Evidence generation across translational phases. *Family Process*, 55, 529- 542. <https://doi.org/10.1111/famp.12233>

Fowers, B. J., **Anderson, A. R.**, Lefevor, G. T., & Lang, S. (2015). Beyond harms: Exploring the individual and shared goods of psychotherapy. *The Counseling Psychologist*, 43, 380-392. <https://doi.org/10.1177/0011000014568202>

Manuscripts Under Review:

*Ostermiller, L., Hammer, L., Melville, A., & Anderson, A. (under review). Suicidality in transgender college students: Examining the role of lifestyle factors

*Ostermiller, L., *Hales, L., *Linss, H., Lemacks, J. & Anderson, A. (under review). Examining racial disparities in nature engagement across three U.S. samples: An underexamined contributor to health and well-being

*Rice, I. & Anderson, A. R. (Under review). Examining the associations of lifestyle factors with psychological flexibility.

Hales, L. *, Warlick, C., Spears, C. *, Wells, K.E., Yowell, E.B., & Anderson, A. (under review). Relationships among religiosity and smoking characteristics in a Mexican-Spanish speaking sample in the United States.

*Rice, I., *Lastrapes, M., *Lee, E., & Anderson, A. (under review). Pathways to play: Race, neighborhood safety, and other correlates of outdoor play in young children

*Ostermiller, L. & Anderson, A. (under review). Feasibility and acceptability of an app-based mindfulness intervention for sexual and gender minority individuals.

*Linss, H., *Rice, I., *Lee, E., & Anderson, A. (under review). Lifestyle engagement as a potential pathway linking parent education with college student flourishing and academic achievement.

Manuscripts In Preparation:

- Warlick, C., Standridge, R., & Anderson, A. (Finalizing manuscript). Social justice advocacy, multiculturalism and community engagement: A quasi-experimental pedagogical study across four accredited applied psychology programs.
- *Rice, I., & Anderson, A. (Writing results). Exploring nature's role as a psychological resource for adults with adverse childhood experiences.
- *Lastrapes, M., *Ostermiller, L., *Linss, H., *Marx, M., & Anderson, A. (Early-stage data analysis). Is a better planned day a happier day? Examining daily planning and flourishing in daily life.
- Anderson, A., *Ostermiller, L., *Rice, I., & *O'Rourke, C. (Early-stage data analysis). Lifestyle factor clustering in using intensive daily diary data: Ideographic network modeling.
- *O'Rourke, C. & Anderson, A. (Early-stage data analysis). Do we know what is good for us?: Examining concordance between perceptions of lifestyle factors and mental health with actual associations in daily life
- *Chittenden, A. & Anderson, A. (finalizing manuscript). Divine condemnation and psychological flexibility: Associations with psychological distress.

Monographs/Books:

- Anderson, A. R. (2022). *The great outdoors: Engaging with nature for mental health (Clinician Manual)*. Department of Veterans Affairs, South Central Mental Illness Research, Education and Clinical Center. <https://www.mirecc.va.gov/visn16/the-great-outdoors.asp>
- Anderson, A. R. (2022). *The great outdoors: Engaging with nature for mental health (Veteran Guide)*. Department of Veterans Affairs, South Central Mental Illness Research, Education and Clinical Center. <https://www.mirecc.va.gov/visn16/the-great-outdoors.asp>

Book Chapters and Encyclopedia Entries:

- Anderson, A. R.,** Denny, S. K., & Szapocznik, J. (2019). Brief Strategic Family Therapy. In *The Encyclopedia of Couple and Family Therapy*. (Section 4). New York, NY: Springer.
- Anderson, A. R.,** Horigian, V. E., Muir, J., & Szapocznik, J. (2018). Brief Strategic Family Therapy: A systematic approach to addressing emerging clinical challenges across 40 years of model development. In M. Whisman & M. Celano (Eds.), *APA handbook of contemporary family psychology*. Washington, DC: American Psychological Association.
- Fowers, B. J., & **Anderson, A. R.** (2018). Aristotelian philia, contemporary friendship, and some resources for studying close relationships. In T. Harrison & D. I. Walker (Eds.), *The theory and practice of virtue education* (pp. 184-196). London: Routledge.

PRESENTATIONS (* indicates student mentee)

Conference Presentations:

- Bonfils, K.A., Springfield, C.R., Hammer, L.A., Beals, K., Tighe, C.A., Mueller, C.F., & Anderson, A.R. (2025). *Sleep quality and social cognition among adults with schizophrenia-spectrum disorders and matched healthy control participants*. Poster to be presented at the 2025 meeting of the Society for Research in Psychopathology. Los Angeles, CA.
- *Ostermiller, L., Narayan, M., Hammer, L. A., Anderson, A.R. (2025). *Feasibility and acceptability of an app-based mindfulness intervention for sexual and gender minority individuals: A mixed method approach*. Poster submitted to the Association for Behavioral and Cognitive Therapies Annual Convention. New Orleans, LA.
- Anderson, A. R., *Ostermiller, L., *Rice, I., & *O'Rourke, C. (April 10th, 2025). *Lifestyle clustering in daily life: An ideographic approach*. Paper presented at Southeastern Psychological Association 71st Annual Meeting. Atlanta, GA.
- *Linss, H., *Ostermiller, L., *Lee, E., *Rice, I., *Gordon, Z. & Anderson, A. R. (April 12th, 2025). *The impact of parental education and lifestyle engagement on college students' mental health and academic outcomes*. Paper presented at Southeastern Psychological Association 71st Annual Meeting. Atlanta, GA.
- *O'Rourke, C., *Hales, L., *Ostermiller, L., & Anderson, A. R. (April 11th, 2025). *The perceived impacts of lifestyle behaviors on mental health and their concordance with measured associations in daily life*. Poster presented at Southeastern Psychological Association 71st Annual Meeting. Atlanta, GA.
- *Ostermiller, L. & Anderson, A. R. (April 9th, 2025). *Feasibility and acceptability of an app-based mindfulness intervention for sexual and gender minority individuals*. Poster presented at Southeastern Psychological Association 71st Annual Meeting. Atlanta, GA.
- *Rice, I. & Anderson, A.R. (April 9th, 2025). *Buffering adverse childhood experiences (ACEs): The power of nature engagement*. Poster presented at Southeastern Psychological Association 71st Annual Meeting. Atlanta, GA.
- John, L., Lemacks, J., Aras, S., Anderson, A., & Ge, Y. (October 29, 2024) *The conundrum of microplastics in seafood, diet and physical activity behaviors, and cardiometabolic health*. American Public Health Association Annual Meeting. Minneapolis, MN.
- *Hales, L., *Ostermiller, L., *Rice, I., *Batia, J., & Anderson, A. (September 26, 2024) *Do lifestyle behaviors affect mental health stigma?* Annual Convention of the Mississippi Psychological Association. Biloxi, MS.
- *Ostermiller, L., *Hales, L., *Linss, H., Lemacks, J., & Anderson, A. (September 26, 2024). *Race-based disparities in nature engagement: Exploring potential health outcomes and sociodemographic factors*. Annual Convention of the Mississippi Psychological Association. Biloxi, MS.
- *Rice, I., *Lastrapes, M., *Lee, E., & Anderson, A. (September 26, 2024). *Examining sociodemographic predictors of outdoor play for children in Mississippi*. Annual Convention of the Mississippi Psychological Association. Biloxi, MS.
- *Ostermiller, L., Hammer, L., Melville, A., & Anderson, A. (August 16, 2024). *Suicidality in transgender college students: Examining the role of lifestyle factors*. The National LGBTQ

Health Conference. Atlanta, GA.

Springfield, C.R., Anderson, A.R., Hammer, L.A., Tighe, C.A., & Bonfils, K.A. (2024). *Relationships between sleep, introspective accuracy, and confidence about performance in schizophrenia-spectrum disorders: An ecological momentary assessment study*. Poster accepted for presentation at the 2024 annual meeting of the Society for Research in Psychopathology (SRP). Montreal, Canada.

Anderson, A., Lemacks, J., Aras, S., & Flint, A. (June 17, 2024). *The Mississippi INBRE community organization proposal awards program: ENGAGE community-academic partnerships to PROPOSE community-driven research*. 9th National IDeA Symposium of Biomedical Research Excellence. National Institute of General Medical Sciences. Washington, DC.

Anderson, A. & Greer, T. (June 13, 2024). *Engaging with Nature for Health: Examining the Evidence, Disparities, and Potential Solutions*. Mississippi Health Disparities Conference. Biloxi, MS.

Anderson, A., *Ostermiller, L., *Lastrapes, M., & *Hales, L. (November 29, 2023). *The Associations of Sunlight Exposure and Time Spent in Natural Environments with Daily Flourishing*. Global Flourishing Conference, Templeton World Charity Foundation. Online.

*Ostermiller, L. & Anderson, A. (November 29, 2023). *LGBTQ+ Graduate Student Flourishing: Examining the Role of Lifestyle Factors*. Global Flourishing Conference, Templeton World Charity Foundation. Online.

Anderson, A. R., *Ostermiller, L., *Lastrapes, M., & *Hales, L. (November 10, 2023) *The Sunlight-Sleep Connection: Insights from a Daily Diary Investigation*. University of Southern Mississippi Research Showcase. Hattiesburg, MS.

*Ostermiller, L. & Anderson, A. (August 5, 2023). *The role of nature engagement in the satisfaction of fundamental psychological needs across the lifespan: A thematic analysis*. American Psychological Association Annual Convention. Washington, DC.

*Holliday, D., Anderson, A., Lemacks., J. L., Greer, T., & Aras, S. (July 27, 2023). *Lifestyle behaviors and life satisfaction in a Southern U.S. adult sample*. Mississippi Health Disparities Conference. Hattiesburg, MS.

*Washington, C., Anderson, A., Lemacks., J. L., Greer, T., & Aras, S. (July 27, 2023). *Community and health: Examining the relationship between environmental factors and children's health and well-being in Mississippi*. Mississippi Health Disparities Conference. Hattiesburg, MS.

*Martin, A., Anderson, A., Lemacks., J. L., Greer, T., & Aras, S. (July 27, 2023). *The relationship between income, neighborhood safety, and health behavior in Mississippi and Louisiana adults*. Mississippi Health Disparities Conference. Hattiesburg, MS.

*White, S., Anderson, A., Lemacks., J. L., Greer, T., & Aras, S. (July 27, 2023). *Food for thought: The relationship between food security and mental health*. Mississippi Health Disparities Conference. Hattiesburg, MS.

*Lewis, K., Anderson, A., Lemacks., J. L., Greer, T., & Aras, S. (July 27, 2023). *Mobile health app utilization and self-efficacy among African American Mississippians*. Mississippi Health

Disparities Conference. Hattiesburg, MS.

*Ostermiller, L. & Anderson, A. R. (April 8, 2023). *The mental health of LGBTQ+ graduate students: Examining the role of lifestyle behaviors*. Southeastern Psychological Association Annual Convention, Southeastern Psychological Association, Sheraton, New Orleans, LA.

*Lastrapes, M., Anderson, A. R., *Ostermiller, L., *Broadway, C. (April 5, 2023). *A Qualitative Examination of Attitudes Toward a Multipurpose Trail in the Southern United States*. Southeastern Psychological Association Annual Convention, Southeastern Psychological Association, Sheraton, New Orleans, LA.

Anderson, A. R., *Ostermiller, L., *Broadway, C., *Batia, J. (April 5, 2023). *The clustering of lifestyle behaviors in U.S. college students: A network approach*. Southeastern Psychological Association Annual Convention, Sheraton, New Orleans, LA.

*Everman, S., Anderson, A. R., Lemacks, J., Greer, T., Aras, S. (February 22, 2023). *Does your neighborhood safety predict fruit and vegetable intake?* Xavier Health Disparities Conference. Xavier University, New Orleans, LA.

Anderson, A. R., *Ostermiller, L., *Lastrapes, M. & *Weatherspoon, F. (September, 2022). *Determining the centrality of lifestyle behaviors and their effect on mental health in college students*. Poster presented at the Mississippi Psychological Association's Annual Convention. Hattiesburg, MS.

Anderson, A. R. (September, 2022). *The interteaching approach to course design*. Continuing Education workshop presented at the Mississippi Psychological Association's Annual Convention. Hattiesburg, MS.

*White, B., *Everman, S., Anderson, A., Lemacks., J. L., Greer, T., & Aras, S. (July 28, 2022). *Evaluating religiosity as a predictor of sleep quality when controlling for mental health and social variables in Mississippi and Louisiana adults*. Mississippi Health Disparities Conference. Hattiesburg, MS.

*Richey, J., *Anderson, D., Anderson, A., Lemacks., J. L., Greer, T., & Aras, S. (July 28, 2022). *Examining race, depression, and anxiety, as predictors of obesity in African American and White women in Mississippi*. Mississippi Health Disparities Conference. Hattiesburg, MS.

*Boykin, K., Greer, T., Lemacks., J. L., Anderson, A., Aras, S. & Gamble, A. (July 28, 2022). *The impact of social support on health disparities within the southern LGBTQ+ community*. Mississippi Health Disparities Conference. Hattiesburg, MS.

*Payton, J., Anderson, A., Aras, S., Lemacks., J. L., & Greer, T. (July 28, 2022). *In my control or not in my control: does fatalism moderate the relationship between socioeconomic status and diseases in diverse populations in the Southeastern United States?* Mississippi Health Disparities Conference. Hattiesburg, MS.

*Brown, C., Anderson, A., *Anderson, D., Greer, T., Lemacks., J. L., & Aras, S. (July 28, 2022). *Investigating familial support and body image ideals in women*. Mississippi Health Disparities Conference. Hattiesburg, MS.

Anderson, A. R., & *Lastrapes, M., (June 15, 2023). *Examining the perspective and experiences of*

individuals living next to a nearby multi-purpose nature trail in the southern United States. APA Division 34 Online Conference.

Fagan, J., Kurz, A. S., Anderson, A. R., Frankfurt, S. F., Szabo Y. Z. & McGuire, A. P. (November, 2021). *Mapping the PCL-5 onto state-level experiences in veterans using an experimental design.* Poster presentation accepted at the 55th Annual Convention of Association for Behavioral and Cognitive Therapy, New Orleans, LA.

Anderson, A. R. (2021, August). *Components of a brief behavioral intervention for increasing quantity and quality of time in nature.* Poster presented at the 129th Annual Convention of the American Psychological Association, Washington, DC.

Anderson, A. R. (2020, August). *Is a better planned day a healthier day? A daily diary analysis.* Poster presented at the 128th Annual Convention of the American Psychological Association, Washington, DC.

Anderson, A. R., Ahn, S., & Fowers, B. J. (2019, August). *A daily diary study of lifestyle behaviors, psychological distress, and well-being.* Poster presented at the 127th Annual Convention of the American Psychological Association, Chicago, IL.

Lang, S. F., Lane, A., Anderson, A. R., Cokelet, B. R., & Fowers, B. J. (2017, November). *An experience sampling study of trait justice.* Paper presented at the 43rd Annual Association for Moral Education Conference, St. Louis, MO.

Lane, A., Lang, S. F., Anderson, A. R., Cokelet, B. R., & Fowers, B. J. (2017, November). *An experimental study of multi-component trait justice in resource sharing behavior.* Paper presented at the 43rd Annual Association for Moral Education Conference, St. Louis, MO.

Anderson, A. R., Rohrbaugh, M. J., & Szapocznik, J. (2017, August). *A statewide quasi-experimental investigation of family-focused interventions for juvenile offenders.* Poster presented at the 125th Annual Convention of the American Psychological Association, Washington, DC.

Lang, S. F., Lane, A., Anderson, A. R., Cioffi, K.S., Cokelet, B., & Fowers, B. J. (2017, August). *Virtues as properly motivated, self-integrated traits.* Poster presented at the 125th Annual Convention of the American Psychological Association, Washington, DC.

Lane, A., Lang, S. F., Cioffi, K. S., Anderson, A. R., Cokelet, B., & Fowers, B. J. (2017, August). *Multi-component trait justice, the big five, and resource sharing behavior.* Poster presented at the 125th Annual Convention of the American Psychological Association, Washington, DC.

Anderson, A. R., & Fowers, B. J. (2017, April). *Racial and ethnic diversity in friend relations and its relation to well-being.* Poster presented at the School of Education and Human Development faculty/staff/student research showcase, Coral Gables, FL.

Anderson, A. R., & Lang, S. (2016, August). *Living well together: Necessary dependence and virtue friendship.* Paper presented at the 124th Annual Convention of the American Psychological Association, Denver, CO.

Anderson, A. R., & Fowers, B. J. (2016, August). *Expectations of help, reciprocity, and cheating from friends and acquaintances.* Poster presented at the 124th Annual Convention of the

American Psychological Association, Denver, CO.

Lang, S. F., Lane, A., Lefevor, G. T., Anderson, A. R., & Fowers, B. J. (2016, August). *An interactional investigation of kindness, agreeableness, and induced mood on helping behavior*. Poster presented at the 124th Annual Convention of the American Psychological Association, Denver, CO.

Anderson, A. R. (2016, March). *Friendship beyond egoistic exchange: A neo-Aristotelian update of evolutionary formulations*. Paper presented at the Mid-Winter Meeting of the Society for Theoretical and Philosophical Psychology, Salt Lake City, UT.

Fowers, B. J., & Anderson, A. R. (2016, January). *Friendship, character education, and the human good*. Paper presented at the 4th Annual Jubilee Centre for Character and Virtues conference, Oxford University, Oxford, UK.

Anderson, A. R., & Fowers, B. J. (2015, August). *Friendship characteristics and their relations with hedonic and eudaimonic well-being*. Poster presented at the 123rd Annual Convention of the American Psychological Association, Toronto, ON.

Anderson, A. R. (2015, March). *Disruptive innovation in mental health: Attending to the disruption*. Paper presented at the Mid-Winter Meeting of the Society for Theoretical and Philosophical Psychology, Salt Lake City, UT.

Anderson, A. R. (2014, August). *Human moral nature and the good life: An Aristotelian perspective*. Paper presented at the 122nd Annual Convention of the American Psychological Association, Washington, DC.

Anderson, A. R. (2014, March). *Reflections on the boundaries of morality in moral psychology*. Paper presented at the Mid-Winter Meeting of the Society for Theoretical and Philosophical Psychology, Atlanta, GA.

Anderson, A. R., & Reber, J. (2013, March). *Environmental priming effects on implicit attitudes towards faith and science*. Paper presented at the annual meeting of the National Social Science Association, Las Vegas, NV.

Hoose, L., Anderson, A. R., Bright, F., & Reber, J. S. (2012, February). *Faith-related prejudice in admissions to clinical psychology doctoral programs*. Paper presented at the annual meeting of the American Association of Behavioral and Social Sciences, Las Vegas, NV.

Invited Lectures and Presentations:

Anderson, A. R. (May, 2023). *Flourishing via lifestyle and psychological flexibility*. Workshop for internal medicine residents at Forrest General Health. Hattiesburg, MS.

Anderson, A. R. (February, 2023). *The great outdoors: Engaging with nature for mental health*. National Whole Health Clinical Community of Practice Call. Department of Veterans Affairs. Online.

Anderson, A. R. (November, 2022). *Looking at mental health through the lifestyle lens*. School of Kinesiology and Nutrition CORE Speaker Series, University of Southern Mississippi. Hattiesburg, MS.

Anderson, A. R. (October, 2022). *The great outdoors: Engaging with nature for mental health*. National CBOC Mental Health Grand Rounds. Department of Veterans Affairs. Online.

Anderson, A. R. (September, 2022). *Flourishing via mindfulness, values, and lifestyle modification*. School of Leadership & Advanced Nursing Practice, University of Southern Mississippi. Hattiesburg, MS.

Anderson, A. R. (November, 2021). *"No health without mental health": Lifestyle medicine as a unifying approach to physical and mental health*. Take 5 for research. College of Education and Human Sciences, University of Southern Mississippi. Hattiesburg, MS.

Anderson, A. R. (2020, June & July). *Nature and mental health*. Webinar presented to the employees of the Central Texas Veteran's Healthcare System as part of a stress-management series during the COVID-19 Pandemic. Waco, TX.

Other Professional Presentations:

Anderson, A. (April 10, 2025). *Examining the impact of lifestyle behaviors on individuals' mental health: empirical evidence, contextual factors, and clinical implementation*. Southeastern Psychological Association 71st Annual Meeting. Atlanta, GA. (2 CE credits).

Anderson, A. (July 17, 2024). *Nature's bounty: Emotional well-being and physical health*. Emotional Well-Being and Physical Health Summer Short Course. Harvard T. H. Chan School of Public Health. Cambridge, MA.

Anderson, A. R. (August, 2022). *The interteaching approach to course design: Building community via the interactive pursuit of shared goals*. Faculty First Week, University of Southern Mississippi. Hattiesburg, MS.

Anderson, A. R. (May, 2022). *Lifestyle behaviors and mental health*. Workshop presented to the Mississippi IDEa Network of Biomedical Research Excellence Outreach Scholars. University of Southern Mississippi, Hattiesburg, MS.

RESEARCH MENTORING EXPERIENCE

DISSERTATIONS

Dillon Harper (Counseling Psychology) – Committee Member
Rachel Lawrence (Counseling Psychology) – Committee Member
Liz Lamkin (Counseling Psychology) – Committee Member
Lindsey Ostermiller (Counseling Psychology) – Chair
Lauren Hales (Counseling Psychology) – Chair
Cassi Springfield (Clinical Psychology) – Committee Member
Melanie Prater (Counseling Psychology) – Committee Member
Benjamin Dolowich (Counseling Psychology) – Committee Member
Summer Boggs (Counseling Psychology) – Committee Member
Mallory Lastrapes (Counseling Psychology) – Chair

MASTER'S THESES

Joshua Dea (Counseling Psychology) – Committee Member
Lindsey Ostermiller (Counseling Psychology) – Chair
Kendall Beals (Clinical Psychology) – Committee Member
Isabel Rice (Counseling Psychology) – Chair
Faith Wilbourne (Clinical Psychology) – Committee Member

UNDERGRADUATE HONORS THESES

Abby Chittenden (Psychology) – Chair

OTHER UNDERGRADUATE MENTORSHIP

Health Scholars Summer Internship Mentor

The Mississippi IDeA Network of Biomedical Research Excellence (Summer 2022 & 2023)
(INBRE) Health Scholars summer internship program

Didactics Co-Facilitator and Mentor

Department of Veterans Affairs VISN 17, Center of Excellence for Research on Returning War Veterans Center of Excellence (09/2019 – 07/2021)
Undergraduate Research Program

TEACHING EXPERIENCE

INSTRUCTOR OF RECORD:

Assistant Professor

University of Southern Mississippi (08/2021- 2025)

Course-based

PSY 433: Workshop in Counseling Procedures
PSY 312: Counseling Theory and Practice
PSY 717: Theory and Practice of Developmental Counseling

Supervision-based

PSY 652: Counseling Psychology Practicum I
PSY 796: Field Internship

Research supervision

PSY 491: Research in psychology (undergraduate)
PSY 492: Special Problems in Psychology
PSY 698: Thesis
PSY 791: Research in Psychology (graduate)
PSY 898: Dissertation

Graduate Teaching Fellow

University of Miami (08/2014 – 05/2015)
Educational and Psychological Studies 270: Lifespan Human Development

TEACHING SUPERVISOR/MENTOR:

University of Southern Mississippi (08/2022 – 08/2023)
PSY 251: Careers in Psychology (Liz Lamkin, M.S.)
PSY 312: Workshop in Counseling Procedures (Lindsey Ostermiller, B.S.)

COURSE ASSISTANT:

Guest Lecturer (03/2017)
University of Miami
Educational and Psychological Studies 280: Family Studies

Doctoral Student Supervisor (01/2017 – 04/2017)
University of Miami
Educational and Psychological Studies 782: Supervision in
Counseling Psychology

Teaching Assistant/Guest Lecturer (08/2013 – 04/2014)
University of Miami
Educational and Psychological Studies 351: Introduction to
Statistics and Research Design

Teaching Assistant (08/2010 – 04/2012)
Brigham Young University
Sociology 111: Introductory Sociology

CLINICAL EXPERIENCE

Off-site Clinical Supervisor/Practicum Instructor
University of Southern Mississippi, master's program in Counseling
Psychology (08/2023 – Present)

Licensed Clinical Supervisor
University of Southern Mississippi, Center for Behavioral Health (08/2021 – 05/2023)

Clinical Fellow
Central Texas VA Healthcare System, (08/2020 – 07/2021)
Primary Care Mental Health Integration

ACT Study Therapist
Department of Veterans Affairs, VISN 17, Center of Excellence for (09/2019 – 03/2020)
Research on Returning War Veterans,
IMPACT: Intervening on Modifiable Predictors using Acceptance and Commitment Therapy

Psychology Intern
Central Texas VA Healthcare System
Severe Mental Illness Life Empowerment Residential Rehabilitation (03/2019 – 07/2019)
Program – Major rotation #3

Mental Health Clinic – Major rotation #2 (11/2018 – 03/2019)

PTSD Clinical Team – Major rotation #1 (07/2018 – 11/2018)

Advanced Doctoral Practicum Student

Miami VA Healthcare System, Mental Health Clinic and Telehealth Clinic (08/2017 – 06/2018)

Clinical Extern

Jackson Behavioral Health/University of Miami Miller School of Medicine, (09/2016 – 08/2017)
Center for Behavioral Medicine & Miami Transplant Institute

Staff Therapist

University of Miami, School of Education and Human Development, (01/2015 – 05/2016)
Institute for Individual and Family Counseling

ASSESSMENT EXPERIENCE

Psychology Intern

Central Texas VA Healthcare System, *Minor rotation* (07/2018 – 02/2019)

Assessment Extern

Jackson Behavioral Health/University of Miami Miller School of Medicine, (09/2016 – 08/2017)
Center for Behavioral Medicine & Miami Transplant Institute

Psychological Assessment Trainee

University of Miami, School of Education and Human Development, (05/2015 – 06/2016)
Institute for Individual and Family Counseling

RESEARCH TRAINING

Psychology Intern

Department of Veterans Affairs, VISN 17, Center of Excellence for Research on Returning War Veterans, (02/2019 – 08/2019)
Implementation Core
Supervisors: Justin Benzer, PhD; Joseph Mignogna, PhD

Graduate Research Assistant/Team Member

University of Miami, School of Education and Human Development, (08/2013 – 08/2019)
Department of Educational and Psychological Studies
Supervisor: Blaine J. Fowers, PhD

Graduate Research Assistant

University of Miami, Miller School of Medicine, (05/2015 – 06/2018)
Department of Public Health Sciences
Supervisor: José Szapocznik, PhD

Research Assistant/Trainer

University of Utah, (09/2012 – 07/2013)
Department of Psychology
Supervisors: Barbara Brown, PhD; Carol Werner, PhD

Research Team Member

Brigham Young University,
Department of Psychology
Supervisor: Jeffrey Reber, PhD

(08/2011 – 07/2013)

PROFESSIONAL AFFILIATIONS & SERVICE

Affiliations:

American Psychological Association	
Member	(2019 – 2024)
Student Affiliate	(2012 – 2019)
Division 17: Society of Counseling Psychology	(2015 – Present)
Section on Health Psychology	
Division 24: Society for Theoretical and Philosophical Psychology	(2012 – Present)
Division 34: Society for Environmental, Population, and Conservation Psychology	(2020 – Present)
Division 38: Society for Health Psychology	(2020 – Present)
Division 43: Society for Couple and Family Psychology	(2015 – 2019)
Division 50: Society of Addiction Psychology	(2016 – 2019)
Nature and Health Alliance	(2024 – Present)
Southeastern Psychological Association	(2022 – 2024)
Society for Behavioral Medicine	(2020 – 2021)

Select School & University Service:

2024-2025	School of Psychology Research Committee chair
2023-2025	External clinical placement coordinator for Counseling Psychology MS and PhD programs (~20 placements per year)
2022-2025	Peer mentor to new faculty
2023	Material reviewer for psychology scholars' program
2022, 2023	Graduate student teaching reviewer and mentor
2023-2024	School of Psychology Research Committee member
2022-2023	Reviewer for the New Student Organization committee, University of Southern Mississippi
2022	Reviewer for the Mississippi INBRE Health Scholars presentations
2015-2016	President of University of Miami counseling psychology doctoral students (CDOCS) organization

Select Professional Service:

2024	Judge for the Mississippi Health Disparities poster competition
2023-2024	Student research award reviewer for Division 17, Health Psychology section
2021-Present	Editorial board for Journal of Social and Personal Relationships
2020-2025	Webmaster for Division 17, Health Psychology section
2018-2025	Awards committee member for APA Division 24, Society for Theoretical and Philosophical Psychology
2021	Reviewer for the APA Convention, Division 17
2019	Reviewer for the 2020 Counseling Psychology Conference
2017, 2018	Reviewer for the APA student travel grants for APA Division 24, Society for Theoretical and Philosophical Psychology

Ad Hoc Journal Reviews:

Social Science & Medicine

Psychology & Health

BMC Public Health

Journal of Social and Personal Relationships

Journal of Happiness Studies

International Journal of Behavioral Medicine

Journal of Theoretical and Philosophical Psychology

Implementation Science Communications

Journal of Health Psychology

Applied Psychology: Health & Well-being

Psychiatry Research