

Jessica Balla

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Education

August 2020-2025
(Expected)

Ph.D. Psychological Sciences
Health Psychology Concentration
University of California, Merced
Advisor: Dr. Martin Hagger

May 2022
(Expected)

M.A. Psychological Sciences
Health Psychology Concentration
University of California, Merced
Advisor: Dr. Martin Hagger
Thesis Title: "Predicting Adolescents' Physical Activity Intentions:
Testing an Integrated Social Cognition Model"

January 2020

B.S. Psychology
*Summa Cum Laude, Departmental Honors,
Honors Program Graduate*
University of La Verne
Major GPA: 3.94
Cumulative GPA: 3.88

Publications, Peer-Reviewed

- Gamst, G., Ma-Kellams, C., Arellano-Morales, L., Meyers, L. S., **Balla, J.**, McCafferty, K., Verbarendse, K., Serpas, D., Rojas, A., Huffman, N., & Menendez, C. (2021). Development and validation of the Asian American Women's Shifting Scale (AsAWSS). *Asian American Journal of Psychology, 12*(2), 122-137. <https://doi.org/10.1037/aap0000220>
- Gamst, G., Arellano-Morales, L., Meyers, L.S., Serpas, D., **Balla, J.**, Diaz, A., Dobson, K., Feller, C., Rought, S., Salazar, S., Garcia, S., & Aldape, R. (2020). Shifting can be stressful for African American women: A structural mediational model. *Journal of Black Psychology, 46*(5), 364-387. <https://doi.org/10.1177/0095798420939721>

Conference Presentations, Peer-Reviewed

- Balla, J.**, McCafferty, K., Verbarendse, K., Aldape, R., Awad, N., Bench, R., Vargas, V., Lawson, M., Hernandez, I., Aguilera, B., Olvera, V., Huffman, N., Arellano-Morales, L., Meyers, L. S., & Gamst, G. (2020, October 28-31). *Shifting mediates racism-related stress of Asian American women* [Poster presentation]. WPA 2020 virtual conference.
- Balla, J.**, McCafferty, K., Verbarendse, K., Huffman, N., Menendez, C., Chao, T., Serpas, D., Rojas, A., Ma-Kellams, C., Arellano-Morales, L., Meyers, L. S., & Gamst, G. (2020,

October 28-31). *A confirmatory factor analysis of the Asian American Women's Shifting Scale (AsAWSS)* [Poster presentation]. WPA 2020 virtual conference.

Balla, J., Vargas, V., Huffman, N., Hernandez, I., Lawson, M., Aguilera, B., Serpas, D., Rojas, A., Gordon, C., Kwon, R., Meyers, L.S., & Gamst, G. (2020, October 28-31). *Effects of type of Latinx American landscaper on assessment of petty bourgeois mentality: A field experiment* [Poster presentation]. WPA 2020 virtual conference.

Balla, J., Blankenship, H., Calzada, C., Huffman, N., Camacho, J., Price, J., Lukacs, A., & Bui, N. (2019, April 25-28). *The effects of social media influencers on self-esteem among college students* [Poster presentation]. WPA 2019 conference, Pasadena, CA, United States.

Balla, J., Blankenship, H., Calzada, C., Smisek, W., Zhu, X., Dalton, J., Ontiveros, A., Gutierrez, A., & Bui, N. (2019, April 25-28). *The effects of social media influencers on life aspirations among college students* [Poster presentation]. WPA 2019 conference, Pasadena, CA, United States.

Escobar, R., **Balla, J.**, Serpas, D., Rojas, A., Huffman, N., McCafferty, K., Verbarendse, K., Wang, V., Menendez, C., Ma-Kellams, C., Arellano-Morales, L., & Gamst, G. (2019, April 25-28). *A qualitative analysis of Asian American women's shifting attitudes in a community sample* [Poster presentation]. WPA 2019 conference, Pasadena, CA, United States.

Aldape, R., **Balla, J.**, Diaz, A., Dobson, K., Feller, C., Garcia, S., Rought, S., Salazar, B., Serpas, D., Arellano-Morales, L., Meyers, L.S., & Gamst, G. (2018, April 26-29). *A structural mediation model predicting race-related stress of African American women* [Poster presentation]. WPA 2018 conference, Portland, OR, United States.

Research Experience

Aug. 2020-
present

Doctoral Lab Member

SHARPP Lab, Psychological Sciences Department, University of California, Merced

Advisor: Dr. Martin Hagger

Apr. 2019-
Dec. 2019

Undergraduate Research Assistant

Psychology Department, University of La Verne

Advisors: Drs. Glenn Gamst and Roy Kwon

Aug. 2018-
May 2019

Undergraduate Research Chair

Psi Chi Honor Society, University of La Verne

Advisor: Dr. Ngoc Bui

Jan. 2017-
Dec. 2019

Undergraduate Research Assistant

Multicultural Lab, Psychology Department, University of La Verne

Advisors: Drs. Glenn Gamst and Leticia Arellano-Morales

Professional Experience

- Jan. 2022-present
Teaching Assistant, PSY183 – Human Behavioral Genetics
Psychological Sciences Department, University of California, Merced
Supervisor: Dr. Jennifer Hahn-Holbrook
Lecture Presented: ‘Research Methods in Human Behavioral Genetics’
- Jan. 2022
Community Partners Breakout Session Facilitator – ‘Mobilizing Voices to Support Flavored Tobacco Restrictions’ Webinar
Nicotine and Cannabis Policy Center, University of California, Merced
- Aug. 2021-Dec. 2021
Teaching Assistant, PSY120 – Health Psychology
Psychological Sciences Department, University of California, Merced
Supervisor: Dr. Deborah Wiebe
Lecture Presented: ‘Health Behavior Theory’
- Jan. 2021-May 2021
Teaching Assistant, PSY010 - Analysis of Psychological Data
Psychological Sciences Department, University of California, Merced
Supervisor: Dr. Ren Liu
Lectures Written and Presented: ‘Lab 3: Measures of Central Tendency and Variability’; ‘Lab 6: Hypothesis Testing’; ‘Lab 9: Related-Sample T-Test and One-Way ANOVA’; ‘Lab 13: Repeated Measures ANOVA’
- Aug. 2020-Dec. 2020
Teaching Assistant, PSY180 - Physiological Psychology
Psychological Sciences Department, University of California, Merced
Supervisor: Dr. Darrin Tracy
Lectures Written and Presented: ‘Exam 1 Review’; ‘Exam 2 Review’; ‘Exam 3 Review’
- May 2019
Psychology Research Conference Coordinator
9th Annual Psi Chi Student Research Conference, University of La Verne
- Feb. 2019-May 2019
Assistant Teacher
Fairplex Child Development Center, Pomona, CA
- Invited Talks**
- Mar. 2022
Graduate school applications and experience. Lecture presented at University of La Verne Psi Chi Honor Society club meeting.
- Feb. 2022
Changing behavior using the health belief model and protection motivation theory. Lecture co-delivered with doctoral student Rabia Majeed for PSY-190 Science of Behavior Change undergraduate class.
- Nov. 2021
Study quality screening for meta-analysis using the Q-SSP. Training workshop given at University of California, Merced SHARPP Lab meeting.

Oct. 2021 *Social cognition determinants of preventive behaviors for respiratory infections: Meta-analysis and test of a process model.* Presentation given at University of California, Merced health psychology departmental colloquium.

Training/Certifications

Mar. 2022 **Publishing Your Work: Workshop**
Psychological Sciences Department, University of California, Merced

Jan. 2022 **Missing Data Analysis: Workshop**
Quantitative Methods, Measurement, and Statistics Group, University of California, Merced

Oct. 2021 **Open Science: Workshop**
Psychological Sciences Department, University of California, Merced

July 2021 **Structural Equation Modeling: Webinar**
Quantitative Methods, Measurement, and Statistics Group, University of California, Merced

Nov. 2020 **Methods for Meta-Analysis: Webinar**
Georgia State University, Center for International Business Education & Research

Aug. 2020 **Preparing to Teach in the Online Environment: Three-Part Workshop (Certified)**
Center for Engaged Teaching and Learning, University of California, Merced

Service

Nov. 2020-present **Academic Journal Peer Reviewer**
Behavioral Sciences, International Journal of Environmental Research and Public Health, SAGE Open, Social Science and Medicine, Applied Psychology: Health and Well-Being

Honors and Awards

2022 Graduate Student Development Support Award, University of California, Merced

2021 Psychological Sciences Summer Support Award, University of California, Merced

2021 Graduate Fellowship Incentive Program Award, University of California, Merced

2019	2 nd Place Poster Award, Western Psychological Association Division 52: International Psychology
2019	Psychology Departmental Award in Academic Recognition, University of La Verne
2017-2019	Dean's List (Fall 2016, Spring 2017, Fall 2017, Spring 2018, Fall 2018, Spring 2019), University of La Verne
2016-2019	Presidential Scholarship, University of La Verne

Professional Memberships

2021-present	Society of Behavioral Medicine
2018-present	Psi Chi, International Honor Society in Psychology