

Susette A. Moyers, M.A.

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EDUCATION

- Ph.D. University of California, Merced
Doctor of Philosophy in Health Psychology
Advisor: Dr. Martin Hagger (Social and Health Psychology Applied Behavioral Research for
Promotion and Prevention Lab) 2019-2021
Advisor: Dr. Jitske Tiemensma (PsychoNeuroEndocrinology Lab) 2017-2018
Dissertation: *Physical activity and HPA-axis regulation: A meta-analysis*
- M.A. Pepperdine University 2014-2016
Master of Arts in Psychology (Cum Laude)
Thesis: *The effects of social interaction on sleep and cortisol in low socio-economic populations*
- B.A. University of California, Los Angeles 2012-2014
Bachelor of Arts in Psychology with honors
- A.A. Santa Monica College 2010-2012
Associate of Arts in Social and Behavioral Sciences (Cum Laude)

PUBLICATIONS

- Moyers, S. A.**, Hagger, M. S., Keech, J. J., Smith, S. R., Hamilton, K. (In Preparation). Cross-lagged effects of loneliness and avoidant coping during the COVID-19 pandemic.
- Moyers, S. A.**, Hagger, M. S., Keech, J. J., Smith, S. R., Hamilton, K. (In Preparation). Short- and long-term moderating effects of stress on loneliness and avoidant coping during the COVID-19 pandemic. *Anxiety, Stress, and Coping*.
- Hagger, M. S., Smith, S. R., Keech, J. J., **Moyers, S. A.**, Hamilton, K. (Under Review). Predicting physical distancing during the COVID-19 pandemic over time: Testing an integrated model. *Health Psychology*.
- Smith, S. R., Hagger, M. S., Keech, J. J., **Moyers, S. A.**, Hamilton, K. (Under Review). Improving hand hygiene behavior using a novel theory-based intervention during the COVID-19 pandemic. *Journal of Experimental Psychology: Applied*.
- Hamilton, K., Smith, S. R., Keech, J. J., **Moyers, S. A.**, Hagger, M. S. (2020). Application of the Health Action Process Approach to social distancing behavior during COVID-19. *Applied Psychology: Health and Well-Being*. <https://doi.org/10.1111/aphw.12231>

- Hagger, M. S., Smith, S. R., Keech, J. J., **Moyers, S. A.**, Hamilton, K. (2020). Predicting social distancing intention and behavior during the COVID-19 pandemic: An integrated social cognition model. *Annals of Behavioral Medicine*. <https://doi.org/10.1093/abm/kaaa073>
- Moyers, S. A.** & Hagger, M. S. (2020). Planning and implementation intention interventions in physical activity. In (Eds.) *Handbook of Self-Regulation and Motivation in Sport and Exercise*. Oxen, UK: Taylor & Francis.
- Moyers, S. A.** & Hagger, M. S. (2020). Physical activity and sense of coherence: A meta-analysis. *International Review of Sport and Exercise Psychology*. <https://www.doi.org/10.1080/1750984X.2020.1846068>
- Moyers, S. A.** & Tiemensma, J. (2020). The association between physical activity, sleep, and quality of life in patients in bio-chemical remission from Cushing's Syndrome. *Quality of Life Research*, 29(8), 2089-2100. <https://doi.org/10.1007/s11136-020-02480-y>
- McKinley, L. E., McAnally, K., **Moyers, S. A.**, & Hagger, M. S. (2020). Behavioral health theories, equity, and disparities in global health: A basic process model. In R. Haring, I. Kickbusch, D. Ganten & M. R. Moeti (Eds.), *Handbook of Global Health*. New York, NY: Springer
- Hagger, M. S., **Moyers, S.**, McAnally, K., McKinley, L. E. (2020). Known knowns and known unknowns on behavior change interventions and mechanisms of action. *Health Psychology Review*, 14(1), 199-212. <https://doi.org/10.1080/17437199.2020.1719184>

WORK EXPERIENCE

- | | |
|---|-------------|
| Teaching Fellow
Psychology 015-Research Methods in Psychology
University of California, Merced | Spring 2021 |
| GradEXCEL Graduate Peer Mentor
University of California, Merced | 2020-2021 |
| Teaching Fellow
Psychology 180-Physiological Psychology
University of California, Merced | Fall 2020 |
| Teaching Assistant
Psychology 181-Clinical Neuropsychology
University of California, Merced | Spring 2020 |
| Teaching Assistant
Psychology 120- Health Psychology
University of California, Merced | Fall 2019 |
| Teaching Assistant
Psychology 001-Introduction to Psychology
University of California, Merced | Spring 2019 |

- Teaching Assistant** Fall 2018
Psychology 181-Clinical Neuropsychology
University of California, Merced
- Teaching Assistant** Spring 2018
Psychology 143-Abnormal Child Psychology
University of California, Merced
- Teaching Assistant** Fall 2017
Psychology 001-Introduction to Psychology
University of California, Merced
- Research Associate** 2016-2017
Sovereign Health Group
Performed upper-level psychometric ratings such as SCID-V, WAIS-IV, MMPI-2RF, and any other projective testing as appropriate for patient based on current and pending diagnoses, wrote relevant psychological reports at the completion of each visit for each patient, managed the collection of data and ensured that it was precise and accurate, conducted literature research for all relevant projects, conducted on-going testing of company cognitive products, created proposals and promoted company products in research-related capacities, coordinated collaborative work efforts between staff from different departments and clinical sites in order to maximize the efficiency and effectiveness of the patient's treatment plan.

ORAL PRESENTATIONS

- Moyers, S. A. & Hagger M. S.** (2021, April). *Physical activity and sense of coherence: A meta-analysis*. Society of Behavioral Medicine, 42nd Annual Conference, Virtual.
- Moyers, S. A. & Hagger M.S.** (2021, March). *Loneliness, stress, and coping during the COVID-19 pandemic*. Presentation given at the University of California, Merced annual research week.
- Moyers, S. A.** (2020, November). *Stress and Health*. Guest lecture given online to Psychology 180-Physiological Psychology undergraduate class, Merced, California.
- Moyers, S. A.** (2019, November). *Physical activity and sense of coherence: A meta-analysis*. Presentation given at University of California, Merced health psychology department colloquium.
- Moyers, S. A.** (2019, October). *Physical activity*. Guest lecture given at the University of California, Merced to Psychology 120- Health Psychology undergraduate class, Merced, California.
- Moyers, S. A.** (2019, April). *The association between exercise, sleep, and quality of life in patients in remission from Cushing' Syndrome*. Western Psychological Association, 99th Annual Conference, Pasadena, California.
- Moyers, S. A.** (2019, January). *The association between physical activity, sleep, and quality of life in patients in remission from Cushing' Syndrome*. Presentation given at University of California, Merced health psychology department colloquium.
- Moyers, S. A.** (2018, April). *The association between physical activity, sleep, and quality of life in patients in remission from Cushing' Syndrome*. Presentation given at University of California, Merced health psychology department pre-candidacy thesis symposium.

- Moyers, S. A.** (2018, March). *Stress, Trauma, and PTSD in Children*. Guest lecture given at the University of California, Merced to Psychology 143-Abnormal Child Psychology undergraduate class, Merced, California.
- Moyers, S. A.** (2017, October). *Mechanisms of Memory*. Guest lecture given at the University of California, Merced to Psychology 001-Introduction to Psychology undergraduate class, Merced, California.
- Moyers, S. A.** (2017, March). *Graduate school acceptance*. Panel presentation at Pepperdine University Master of Arts in Psychology class, West Los Angeles, California. *Invited talk*.
- Moyers, S. A.** (2016, June). *The Effects of Social Bonding on Sleep and Cortisol in Low Socio-Economic Populations*. Presentation conducted at Pepperdine's first annual GSEP Student Research and Project Symposium, Los Angeles, California.
- Moyers, S. A. & Thapar-Olmos, N.** (2016, March). *Stress, Resilience, and Healthy Women in the Workplace*. Presentation conducted at the annual GSEP Women in Leadership Conference, Los Angeles, California. *Invited talk*.
- Castañeda-Sound, C. L., Sanchez, J. A., **Moyers, S. A.**, & Venegas, S. S. (2015, June). *Training Experiences of Bilingual Therapists*. Presentation given at Pepperdine's first annual graduate school of education and psychology faculty research symposium, West Los Angeles, California.

POSTER PRESENTATIONS

- Moyers, S. A. & Tiemensma, J.** (2019, March). *The association between exercise, sleep, and quality of life in patients in remission from Cushing's Syndrome*. Society of Behavioral Medicine, 40th Annual Conference, Washington, D.C.
- Castañeda-Sound, C. L., Sanchez, J. A., **Moyers, S. A.**, & Venegas, S. S. (2018, October). *Exploring the clinical skill development of bilingual trainees*. National Latina/o Psychological Association biennial conference, San Diego, California.
- Pettit, C., **Moyers, S.**, Moss, I. K., Iturralde, E., Rodriguez, A., Corley, F., Ramos, M., & Margolin, M. (2017, April). *Co-rumination as a moderator between victimization and depressive symptoms*. Biennial Meeting of the Society for Research on Child Development, Austin, Texas.
- Pettit, C., **Moyers, S.**, Moss, I. K., Iturralde, E., Rodriguez, A., Corley, F., Ramos, M., & Margolin, M. (2017, April). *Observed global irritability in dyadic peer discussions as predicted by depressive symptoms and negative life events*. Biennial Meeting of the Society for Research on Child Development, Austin, Texas.
- Moyers, S. A.**, Pettit, C., Kellerman, I., Ramos, M., Iturralde, E., Corley, F., Margolin, G. (2017, April). *The role of gender in adolescent depression and put down behaviors*. Society for Research in Child Development Biennial Meeting, Austin, Texas.
- Harari, L. A., **Moyers, S. A.**, Raposa, E. B., & Hammen, C. L. (2014, May). *The role of early life stress, and parenting styles in predicting alcohol consumption*. Poster presented at the psychology undergraduate research conference, Los Angeles, California.

TRAINING/CERTIFICATIONS

Institute for Evidence-Based Teaching Practices in Support of Student Learning 2021
University of California, Merced, Center for Engaged Teaching and Learning
 Certificate to be received

This six-part interactive workshop included topics such as why the classroom climate matters for student learning, how student's prior knowledge affects learning, why student development matters

for student learning, how students organize knowledge for learning, motivation principles for student learning, and how to use feedback to enhance student learning.

Methods for Meta-Analysis 2020

Georgia State University, Center for International Business Education and Research

Certificate received

This workshop covered topics related to meta-analytic methods, including multi-level and structural equation modeling for meta-analysis.

Preparing to Teach in the Online Environment Workshop 2020

University of California, Merced, Center for Engaged Teaching and Learning

Certificate received

This three-part workshop included topics such as remote technologies for teaching, enriching the student remote learning experience, and enhancing the remote instructor experience to help prepare instructors to implement online instruction.

Improving Teaching by Assessing Learning Workshop 2018

University of California, Merced, Center for Engaged Teaching and Learning

Certificate received

This four-part practicum-style workshop included topics such as lesson/curriculum planning, rubric design, teaching portfolios and student evaluations, and crafting a teaching statement.

SERVICE

W-STEM Graduate Mentor 2020-2021

University of California, Merced

-Provided professional development and mentorship to UC Merced undergraduate students tailored to the specific challenges faced by women in STEM. W-STEM is an organization dedicated to the advancement and empowerment of women in science, technology, engineering, and mathematics (STEM) fields at The University of California, Merced.

Editorial Manager 2020-2021

Behavioral Sciences: Special Issue “Health Behavior Change: Theories, Methods & Interventions”

-Assisted with the editorial process for the special issue with invited guest editors.

Lab Manager – SHARPP Lab 2019-Current

University of California, Merced

-Facilitated lab meetings, coordinated with community members for collaboration on behalf of the lab, managed all lab projects, and ensured lab was stocked with all materials and resources needed.

Academic Journal Peer Reviewer 2019-2020

Stress and Health | Annals of Leisure Research | Annals of Behavioral Medicine

-Completed two peer reviews for the academic journal *Stress and Health*, one peer review for the academic journal *Annals of Leisure Research*, and one peer review for the academic journal *Annals of Behavioral Medicine*.

Program committee for University of California Health Psychology Consortium 2019-2020

University of California, Merced

-Committee member for University of California inter-campus health psychology consortium.
Helped plan and facilitate event, held at the University of California, Merced.

Graduate Student “Buddy”

2019

University of California, Merced

-“Buddy” to a prospective graduate student during visitation weekend, ensured the student was able to participate in all visitation weekend activities, provided transportation, and any other support that the prospective student needed.

Research Lab Assistant

2016

University of Southern California

Neuroendocrinology and Social Ties Lab (PI: Dr. Darby Saxbe)

-Recruited study participants from the San Fernando Valley area, ran participants in the study (included saliva collection for cortisol analysis), data entry, and transcribed video and audio interviews.

Research Lab Assistant

2015- 2016

University of Southern California

Family Studies Project (PI: Dr. Gayla Margolin)

-Coded video data of dyads by identifying specific adaptive and maladaptive interpersonal behavioral patterns within the dyad for further quantitative analysis.

Research Lab Assistant

2015- 2016

Pepperdine University

Language and Culture Lab (PI: Dr. Carrie Castañeda-Sound)

-Worked with a team to identify, examine, and interpret patterns and themes from interview transcripts for qualitative analysis.

Research Lab Assistant

2013- 2014

University of California, Los Angeles

Social Environmental Health Experiences Lab (PI: Dr. Constance Hammen)

-Administered informed consent/explained the study, ran baseline measures, and ensured adherence to study protocol for each participant (including daily diary entries, follow-up surveys, and saliva collection for cortisol analysis).

FELLOWSHIPS/AWARDS

Amount

Graduate Dean’s Relocation Grant (September, 2017)	\$500
2018 SSHA Dean’s Summer Research Award (April, 2018)	\$858
Psychological Sciences Summer Support Award (April, 2018)	\$3385
Health Psychology Travel Presentation Award (April, 2019)	\$160
Psychological Sciences Summer Support Award (April, 2019)	\$4213
Will Shadish Award for Leadership and Service (March, 2020)	\$300
Psychological Sciences Summer Support Award (April, 2020)	\$3618
Psychological Sciences Research Dissemination Award (April, 2020)	\$333
GradEXCEL Peer Mentor Award	\$150

PROFESSIONAL AFFILIATIONS

American Psychological Association

Health Sciences Research Institute at the University of California, Merced

International Society of PsychoNeuroEndocrinology

Society of Behavioral Medicine (Member number: 26397)

American College of Sports Medicine

Society for Personality and Social Psychology