

ANALISA ARROYO

University of Georgia | Department of Communication Studies
Athens, GA | arroyo@uga.edu

EDUCATION

Doctor of Philosophy, 2013

University of Arizona, Tucson, Arizona

Communication with a minor in Family Studies and Human Development

Master of Arts, 2010

University of Arizona, Tucson, Arizona

Communication

Bachelor of Arts, 2008

The Ohio State University, Columbus, Ohio

Communication and Sociology

EMPLOYMENT

University of Georgia, Athens, Georgia

Department of Communication Studies

Affiliations: Owens Institute for Behavioral Research; Institute for Women's Studies

Associate Professor, 2019-Present

Assistant Professor, 2013-2019

University of Arizona, Tucson, Arizona

Department of Communication

Teaching Assistant/Associate, 2008-2013

Undergraduate Internship Coordinator, 2012-2013

CERTIFICATES

Body Trust® Educator Certification, expected 2023

The Center for Body Trust, <https://centerforbodytrust.com>

Certificate in Diversity and Inclusion, 2022

University of Georgia, Athens, Georgia

Office of Institutional Diversity

Certificate in College Teaching, 2012

University of Arizona, Tucson, Arizona

Office of Instruction and Assessment

PUBLICATIONS

Peer Reviewed Journal Articles (*worked with a graduate student)

*Curran, T., Arroyo, A., Fabbriatore, J., & Jiao, J. (accepted). The associations between white privilege critical consciousness, racial attitudes, and intergroup anxiety among parents and adult children in White families. *Communication Monographs*.

- Arroyo, A.,** Stillion Southard, B. A., & Martz, D. (2022). Feminist embodiment, body talk, and body image among mothers and daughters. *Body Image, 41*, 354-366.
<https://doi.org/10.1016/j.bodyim.2022.04.005>
- Arroyo, A.,** Curran, T., & Ruppel, E. K. (2022). Direct and indirect associations among self-disclosure skills, social support, and psychosocial outcomes during the transition to college. *Journal of Social and Personal Relationships, 39*(3), 505–525.
<https://doi.org/10.1177/02654075211036741>
- ***Arroyo, A.,** Woszidlo, A., & Janovec, A. (2020). Voice as a mediator of mothers' and daughters' feminist attitudes and psychological outcomes: An application of silencing the self theory and social cognitive theory of gender development and differentiation. *Communication Monographs, 87*, 506-526.
<https://doi.org/10.1080/03637751.2020.1758949>
- ***Arroyo, A.,** Stillion Southard, B. A., Cohen, H., & Caban, S. (2020). Maternal communication strategies that promote daughters' body image. *Communication Research, 47*(3), 402–427. <https://doi.org/10.1177/0093650218781737>
- Arroyo, A.,** & Burke, T. J., & Young, V. J. (2019). Promoting positive body image in close relationships: An application of confirmation, self-determination, social control, and social support. *Journal of Social and Personal Relationships, 37*(3), 1030–1050.
- ***Arroyo, A.,** Segrin, C., & Andersen, K. K. (2018). Examining the role of expressed emotion in the intergenerational transmission of mental health problems. *Journal of Social and Clinical Psychology, 37*, 812-834. doi:10.1521/jscp.2018.37.10.812
- Curran, T. M., & **Arroyo, A.** (2018). Emulating parental levels of taking conflict personally: Associations with behavioral and mental health outcomes in adult children. *Journal of Family Communication, 18*, 171-184. doi:10.1080/15267431.2018.1450254
- ***Arroyo, A.,** Segrin, C., & Andersen, K. K. (2017). Intergenerational transmission of disordered eating attitudes: Direct and indirect maternal influence strategies among grandmothers, mothers, and daughters. *Body Image: An International Journal of Research, 20*, 107–115. doi:10.1016/j.bodyim.2017.01.001
- Arroyo, A.,** Segrin, C., Harwood, J., & Bonito, J. A. (2017). Co-rumination of fat talk and weight control practices: An application of confirmation theory. *Health Communication, 32*, 438-450. doi:10.1080/10410236.2016.1140263
- Arroyo, A.,** & Brunner, S. (2016). Negative body talk as an outcome of friends' fitness posts on social networking sites: Body surveillance and social comparison as potential moderators. *Journal of Applied Communication Research, 44*, 216-235.
doi:10.1080/00909882.2016.1192293
- ***Arroyo, A.,** & Andersen, K. K. (2016). Appearance-related communication and body image outcomes: Fat talk and old talk among mothers and daughters. *Journal of Family Communication, 16*, 95-110. doi:10.1080/15267431.2016.1144604
- ***Arroyo, A.,** Segrin, C., & Curran, T. M. (2016). Maternal care and control as mediators in the relationship between mothers' and adult children's psychosocial well-being. *Journal of Family Communication, 16*, 216-228. doi:10.1080/15267431.2016.1170684
- ***Arroyo, A.,** & Andersen, K. K. (2016). The relationship between mother-daughter self-objectification: Identifying direct, indirect, and conditional direct effects. *Sex Roles, 76*, 231-241. doi: 10.1007/s11199-015-0554-1

- Arroyo, A.** (2015). Magazine exposure and body dissatisfaction: The mediating roles of thin ideal internalization and fat talk. *Communication Research Reports, 32*, 246-252. doi:10.1080/08824096.2015.1052905
- Atwell, A., Joyce, N., Harwood, J., & **Arroyo, A.** (2015). Necessary and sufficient conditions for positive intergroup contact: A fuzzy sets qualitative comparative analysis approach to understanding intergroup attitudes. *Communication Quarterly, 63*, 135–155. doi:10.1080/01463373.2015.1012215
- Wright, P. J., **Arroyo, A.**, & Bae, S. (2015). An experimental analysis of young women's attitude toward the male gaze following exposure to centerfold images of varying explicitness. *Communication Reports, 28*, 1-11. doi:10.1080/08934215.2014.915048
- Tang, C., Curran, M. A., & **Arroyo, A.** (2014). Cohabitors' reasons for living together, satisfaction with sacrifice, and relationship quality. *Marriage and Family Review, 50*, 598–620. doi:10.1080/01494929.2014.938289
- Arroyo, A.**, Segrin, C., & Harwood, J. (2014). Appearance-related communication mediates the link between self-objectification and health and well-being outcomes. *Human Communication Research, 40*, 463-482. doi:10.1111/hcre.12036
- Arroyo, A.** (2014). Connecting theory to fat talk: Body dissatisfaction mediates the relationships between weight discrepancy, upward comparison, body surveillance, and fat talk. *Body Image: An International Journal of Research, 11*, 303–306. doi:10.1016/j.bodyim.2014.04.006
- Arroyo, A.**, & Segrin, C. (2013). Family interactions and disordered eating attitudes: The mediating roles of social competence and psychological distress. *Communication Monographs, 80*, 399-424. doi:10.1080/03637751.2013.828158
- Wright, P. J., & **Arroyo, A.** (2013). Internet pornography and U.S. women's sexual risk behavior: Results from a national sample. *Mass Communication and Society, 16*, 617-638. doi:10.1080/15205436.2012.754045
- Wright, P. J., Randall, A. K., & **Arroyo, A.** (2013). Father-daughter communication about sex moderates the association between exposure to MTV's *16 and Pregnant/Teen Mom* and female students' pregnancy-risk behavior. *Sexuality & Culture, 17*, 1, 50-66. doi:10.1007/s12119-012-9137-2
- Arroyo, A.**, Nevarez, N., Segrin, C., & Harwood, J. (2012). The association between parent and adult child shyness, social skills, and perceived family communication environment. *Journal of Family Communication, 12*, 249-264. doi:10.1080/15267431.2012.686941
- Arroyo, A.**, & Harwood, J. (2012). Exploring the causes and consequences of engaging in fat talk. *Journal of Applied Communication Research, 40*, 167-187. doi:10.1080/00909882.2012.65450
- Segrin, C., Nevarez, N., **Arroyo, A.**, & Harwood, J. (2012). Family of origin environment and adolescent bullying predict young adult loneliness. *Journal of Psychology, 146*, 119–134. doi:10.1080/00223980.2011.555791
- Arroyo, A.**, & Segrin, C. (2011). The relationship between self-perceptions and other-perceptions of communication competence and friendship quality. *Communication Studies, 62*, 547-562. doi:10.1080/10510974.2011.580037
- Arroyo, A.**, & Harwood, J. (2011). Communication competence mediates the link between shyness and relational quality. *Personality and Individual Differences, 50*, 264-267. doi:10.1016/j.paid.2010.09.041
- Harwood, J., Paolini, S., Joyce, N., Rubin, M., & **Arroyo, A.** (2011). Secondary transfer effects

from imagined contact: Group similarity affects the generalization gradient. *British Journal of Social Psychology*, 50, 180-189. doi:10.1348/014466610X524263

Book Chapters (*competitively reviewed)

- Burke, T. J., **Arroyo, A.**, & Young, V. J. (forthcoming). Weight-related communication: Helpful, hurtful, and unavoidable. In A. Goodboy & K. Shultz (Eds.), *Introduction to communication studies: Translating communication scholarship into meaningful practice*. Dubuque, IA: Kendall Hunt.
- Arroyo, A.**, Young, V. J., & Burke, T. J. (2022). Ideal body wishes for the soon-to-be Mrs.: Communicating resistance and acceptance of everyday body talk. In D. Braithwaite, J. Child, K. Rossetto, & J. Wood (Eds.), *Casing interpersonal communication: Case studies in personal and social relationships*. Dubuque, IA: Kendall Hunt.
- Arroyo, A.** & Andersen, K. (2018). Weight and weightism. In H. Giles & J. Harwood (Eds.), *Encyclopedia of intergroup communication*. New York: Oxford University Press.
- Segrin, C., & **Arroyo, A.** (2016). Dark side of family communication. In L. Olson & M. Fine (Eds.), *The darker side of family communication: The harmful, the morally suspect, and the socially inappropriate* (pp. 3-26). New York: Peter Lang.
- ***Arroyo, A.**, & Harwood, J. (2014). Theorizing fat talk: Intrapersonal, interpersonal, and intergroup communication about groups. In E. L. Cohen (Ed.), *Communication Yearbook 38* (pp. 175-206). New York: Routledge.

Non-Peer Reviewed Publications

- Arroyo, A. (August, 2016)**. Is “fitspiration” related to negative body talk? *Communication Currents*. [Translated by National Communication Association]
<https://www.natcom.org/communication-currents/“fitspiration”-related-negative-body-talk>
- Arroyo, A.** (December, 2013). Social incompetence and disordered eating attitudes: The role of critical and overinvolved mothers. *Communication Currents*. [invited translation article]
<http://www.natcom.org/CommCurrentsArticle.aspx?id=2438>
- Arroyo, A.** (June, 2012). “I’m so fat!”: The negative outcomes of fat talk. *Communication Currents*. [invited translation article]
<http://www.natcom.org/CommCurrentsArticle.aspx?id=4586>

Currently Under Review

- ***Arroyo, A.**, Richardson, E. W., Hargrove, C. M., & Futris, T. G. (under review; revise and resubmit). *Foster caregivers' depressive symptoms and parenting stress: Applying the theory of resilience and relational load*.
- Arroyo, A.**, Woszidlo, A., & Stillion Southard, B. A. (under review). *Feminist identity, mothering attitudes, and maternal agency: Predicting mothers-infant well-being outcomes*.
- *Curran, T., **Arroyo, A.**, & Fabbriatore, J. (under review; revise and resubmit). *Family communication patterns and racial microaggressions among White adult children*.

CONFERENCE PRESENTATIONS

- Burke, T. J., Young, V. J., & Arroyo, A. (2023). *Positive health promotion in mother-daughter relationships*. International Association for Relationship Research Mini-Conference: Phoenix, AZ.
- Curran, T., **Arroyo, A.**, & Fabbriatore, J. (2022). *Intergenerational transmissions of white privilege attitudes, racism, and anti-racism in White families*. National Communication Association: New Orleans, LA.
- Arroyo, A.**, Stillion Southard, B. A., & Martz, D. (2022). *Feminist embodiment, body talk, and body image among mothers and daughters*. International Communication Association: Paris, France.
- Arroyo, A.** (2021). *Talking about "health" in close relationships*. Presenter on the spotlight panel titled "Transforming our understanding of interpersonal health communication processes." National Communication Association: Seattle, WA.
- Arroyo, A.**, Curran, T., & Ruppel, E. K. (2021). *Direct and indirect associations among self-disclosure skills, social support, and psychosocial outcomes during the transition to college*. International Communication Association: Virtual due to COVID-19.
- Arroyo, A.**, Woszidlo, A., & Janovec, A. (November, 2019). *The relationships between mothers' and daughters' feminist identity, voice, and psychological outcomes*. National Communication Association: Baltimore, MD. **Top Paper** in the Family Communication Division.
- Arroyo, A.**, Stillion Southard, B. A., Cohen, H., & Caban, S. (November, 2018). *Maternal communication strategies that promote daughters' body image*. National Communication Association: Salt Lake City, UT. **Top Paper** in the Health Communication Division.
- Arroyo, A.**, Stillion Southard, & Aughtman, L. (November, 2018). *Mother-daughter consciousness raising discussions and body image*. National Communication Association: Salt Lake City, UT.
- Arroyo, A.** (November, 2018). *Consciousness raising in the context of mother-daughter discussions: From Elizabeth Cady Stanton's "Our Girls" (1980) to today*. Presenter on the spotlight panel titled "Women Civil Rights Leaders Then and Now: A Play on the (White, Affluent, American) Suffrage Narrative." National Communication Association: Salt Lake City, UT.
- Smith, S. A., & **Arroyo, A.** (October, 2018). *My parents made me apply: The role of families in the job search process of recent college graduates*. Association for Business Communication: Miami, FL.
- Arroyo, A.**, Segrin, C., & Andersen, K. K. (November, 2016). *Intergenerational transmission of disordered eating attitudes: Direct and indirect maternal communication strategies among grandmothers, mothers, and daughters*. National Communication Association: Philadelphia, PA.
- Arroyo, A.**, & Brunner, S. (November, 2015). *#Fitspirations and #FatTalk: The moderating roles of body surveillance and social comparison between friends' fitness posts and negative body talk*. National Communication Association: Las Vegas, NV.
- Andersen, K. K., & **Arroyo, A.** (November, 2015). *The relationship between mother-daughter self-objectification: Exploring direct, indirect, and conditional direct effects*. National Communication Association: Las Vegas, NV.
- Curran, T. M., & **Arroyo, A.** (November, 2015). *Self-objectification, appearance-related communication, and depression among middle-aged women: A mediational pathway*. National Communication Association: Las Vegas, NV.

- Arroyo, A.** & Andersen, K. (May, 2015). *Appearance-related communication and body image outcomes: Fat talk and old talk among mothers and daughters*. International Communication Association: San Juan, Puerto Rico.
- Gallegos, M., **Arroyo, A.**, & Segrin, C. (May, 2015). *Stress and health: The role of communication with others*. International Communication Association: San Juan, Puerto Rico.
- Arroyo, A.**, Segrin, C., Harwood, J., & Bonito, J. A. (November, 2014). *Co-rumination of fat talk and weight control practices: An application of confirmation theory*. National Communication Association: Chicago, IL. **Top Paper** in the Health Communication Division.
- Arroyo, A.**, & Segrin, C. (November, 2013). *Family interactions and disordered eating attitudes: The mediating roles of social competence and psychological distress*. National Communication Association: Washington D.C.
- Arroyo, A.** (November, 2013). *Magazine exposure and body dissatisfaction: The mediating roles of appearance-related attitudes and fat talk*. National Communication Association: Washington D.C.
- Arroyo, A.**, & Wright, P. J. (November, 2013). *Young women's evaluation of female media models and subsequent self-evaluations*. National Communication Association: Washington D.C.
- Dunivan, M., & **Arroyo, A.** (February, 2012). *The motivations and consequences of deception in differing relationship stages*. Western States Communication Association: Albuquerque, NM.
- Arroyo, A.** & Harwood, J. (November, 2011). *A longitudinal analysis of the causes and consequences of engaging in fat talk*. National Communication Association: New Orleans, LA.
- Arroyo, A.**, Nevarez, N., Segrin, C., & Harwood, J. (November, 2011). *The association between parent and adult child shyness, social skills, and perceived family communication environment*. National Communication Association: New Orleans, LA. **Top Four Paper** in the Family Communication Division.
- Atwell, A., Joyce, N., Harwood, J., & **Arroyo, A.** (November, 2011). *Necessary and sufficient conditions for intergroup contact: A fuzzy sets qualitative comparative analysis approach to understanding intergroup attitudes*. National Communication Association: New Orleans, LA.
- Arroyo, A.** (November, 2010). *The cycle of shyness: Beyond initial interactions*. National Communication Association: San Francisco, CA.
- Arroyo, A.**, & Kline, S. (July, 2008). *The shy person's struggle in seeking social support*. International Association for Relationship Research: Providence, RI.

INVITED PRESENTATIONS AND LECTURES

- Arroyo, A.** (October, 2022). *Communicating resistance and acceptance of everyday body talk*. Invited guest lecture by Emma Liang, University of Georgia – First Year Odyssey – Nutrition Sciences.
- Arroyo, A.** (August, 2022). *What is fat talk?* Invited guest lecture by Emma Liang, University of Georgia – Graduate Seminar in Nutrition Sciences.

- Arroyo, A.** (September, 2022). *Between mothers and daughters: Communication strategies that promote women's body image*. Research Colloquium: University of Georgia – Food and Nutrition Sciences.
- Arroyo, A.** (February, 2022). *Between mothers and daughters: Communication strategies that promote women's body image*. Research Colloquium: University of Georgia – Institute of Women's Studies.
- Arroyo, A., & Stillion Southard, B. A.** (February, 2022). *Feminist embodiment, body talk, and body image among mothers and daughters*. Research Colloquium: University of Georgia – Department of Communication Studies.
- Arroyo, A.** (October, 2021). *What is fat talk?* Invited guest lecture by Emma Liang, University of Georgia – First Year Odyssey – Nutrition Sciences.
- Arroyo, A.** (April, 2021). *What is fat talk?* Invited guest lecture by Emma Liang, University of Georgia – First Year Odyssey – Nutrition Sciences.
- Arroyo, A.** (January, 2019). *Mother-daughter communication and body image outcomes*. Research Colloquium: University of Arizona – Department of Communication.
- Arroyo, A.** (February, 2016). *Fat talk*. Health Communication Undergraduate Class. Invited Skype lecture by Tricia Burke. Texas State University - Department of Communication Studies.
- Arroyo, A.** (October, 2017). *Mothers, daughters, and body image*. Research Colloquium: University of Georgia – Department of Communication Studies.
- Arroyo, A.** (February, 2016). *Fat talk*. Health Communication Graduate Seminar. Invited Skype lecture by Lynsey Romo. North Carolina University - Department of Communication.
- Arroyo, A.** (March, 2016). *Health and well-being outcomes related to interpersonal communication*. Invited Research Presentation: Kent State University – School of Communication Studies.

AWARDS AND FELLOWSHIPS

- Study in a Second Discipline**, School of Social Work, *Office of the Provost – University of Georgia*, 2022
- Departmental Research Grant** (\$1,500), Department of Communication Studies, *University of Georgia*, 2020
- Top Paper**, Family Communication Division of the National Communication Association, 2019
- Career Center Recognition**, Contribution to Undergraduate Career Development, *University of Georgia Career Center*, Spring 2019, Fall 2019, Fall 2020, Fall 2021
- Top Paper**, Health Communication Division of the National Communication Association, 2018
- Departmental Research Grant** (\$1,500), Department of Communication Studies, *University of Georgia*, 2018
- Faculty Excellence Award**, Presented by Department of Communication Studies' Graduate Students, *University of Georgia*, 2017
- Departmental Research Grant** (\$1,320), Department of Communication Studies, *University of Georgia*, 2017
- Top Paper**, Health Communication Division of the National Communication Association, 2014

Summer Research Grants (\$5,000), Academic Affairs and Provost, *University of Georgia*, 2014

Dissertation Award (\$1,000), Department of Communication, *University of Arizona*, 2012

Research Award (\$1,000), Department of Communication, *University of Arizona*, 2012

Research Award (\$500), Department of Communication, *University of Arizona*, 2011

Top Four Paper, Family Communication Division of the National Communication Association, 2011

TEACHING EXPERIENCE

Graduate Education

Instructor of Record, University of Georgia

Family Communication Seminar, FA14, FA16, Spring 2019, Spring 2021

Social Scientific Research Methods in Communication Studies, Spring 2015, Spring 2016

Seminar in Interpersonal Communication Education, FA18, FA19, FA21

Communication Theory, FA20, FA21

Undergraduate Education

Instructor of Record, University of Georgia

Communication and Body Image, Spring 2017, FA17, Spring 2018, Spring 2020

Introduction to Interpersonal Communication, Spring 2017, FA18, FA19, FA21, SP23

Empirical Research Methods in Communication, Spring 2014, Spring 2015, FA15

Interpersonal Communication (Honors), FA13

Advanced Relational Communication, FA13, FA14, Spring 2016, FA16, FA17, Spring 2019, Spring 2020, Spring 2021, SP22, SP23

Instructor of Record, University of Arizona

Health Communication Theory, FA11, FA12

Introduction to the Study of Human Communication, SU11

Applied Organizational Communication, FA09, Spring 2010, SU10, FA10

Teaching Assistant, University of Arizona

Intercultural Communication, Spring 2013

Nonverbal Communication, Spring 2012

Family Communication, FA11

Introduction to Research Methods in Communication, Spring 2011

Theories of Small Group Communication, Spring 2009

Introduction to the Study of Human Communication, FA08, Spring 2009, SU09

MENTORING EXPERIENCE

Graduate Advising – Major Advisor: Jessica Fabbriatore, Ph.D. – in progress; Selena Pang, Ph.D. – in progress; Andre Fedd, Ph.D – in progress; Elle Johnson, Ph.D. – in progress; Lauren Cojulun, M.A. (2022); Madison Speece, M.A. (2022); Kristin Andersen, Ph.D.

(2022); Natalie Doss, M.A. (2021); Tumininu Awonga, M.A. (2020); LaQuae Aughtman, M.A. (2019); Sarah Caban, M.A. (2018)

Graduate Advising – Committee Member: Rhoda Olaleye (Grady), Ph.D – in progress; Hannah Smith, M.A. (2022); Volha Murashka, Ph.D. (2022); Soela Kim, Ph.D. (2021); Anastacia Janovec, Ph.D. (2021); Aarum Youn-Heil, M.A. (2020); Emilie Ellis (FDHS), Ph.D. 2nd Year Project (2020); Elle Johnson, M.A. (2020); Katie Scott, M.A. (2019); Juhyung Sun, M.A. (2019); Mengfei Guan, Ph.D. (2018); Anastacia Janovec, M.A. (2017); Debra Gerrits, M.A. (2017); Valerie Coles, Ph.D. (2017); Timothy Curran, Ph.D. (2017); Kristin Anderson, M. A. (2014)

Graduate Advising – Research Practicum: Allison Worsdale, FA21; Natalie Doss, FA20; Selena Pang, FA20; Elle Johnson, FA19; Katie Scott, Spring 2019; Tumininu Awonga, SP19; Anastacia Janovic, FA18; LaQuae Aughtman, SP18; Heather Cohen, SP17; Sarah Caban, SP17; Mengfei Guan, SP16; Timothy Curran, SP15; Kristin Andersen, FA13, FA14

Undergraduate Advising – Directed Study: Ayanna Grant, SP20; Natalie Doss, SP19; Jonas Taylor, SP18; Justin Lee, SP18; Katherine Marshall, FA17, SP18; Sarah Caban, SP16; Sara Aho, SU14

Faculty Mentor, University of Georgia: Mackensie Minniear, Fall 2020-Present; Tiffany White, SP18, SP19; Kristi Schaller, Fall 2013-SP14

SERVICE

To the Department of Communication Studies

- Associate Department Head, Fall 2022-Present
- 3rd Year Review Committee Chair, Spring 2022
- Limited-Term Lecturer Search Committee, Spring 2022
- Interpersonal and Health Area Chair, Fall 2017-Spring 2021; Spring 2022-Spring 2022
- Executive Committee, Fall 2017-Spring 2021; Spring 2022
- Basic Course Director – Comm 1500, Fall 2018-Spring 2020; Fall 2021-Spring 2022
- Merit Doc Committee Member, Spring 2021-Spring 2022
- Research Lab Proposal Committee Chair, Spring 2021
- Search Committee Member, Assistant Professor in Interpersonal and Interracial Communication, Fall 2021
- Co-Associate Head, Fall 2020-Spring 2021
- Post Tenure Review Committee (Jennifer Samp), Spring 2020
- Graduate Committee, Fall 2018-2020
- Search Committee Member, Assistant Professor in Interpersonal and Health Communication, Fall 2019
- Search Chair, Limited Term Instructor in Interpersonal Communication, Spring 2019
- Science and Health Certificate Committee, Spring 2017
- Franklin College Faculty Senate, Department Representative, 2014-2017
- Undergraduate Curriculum Committee, Member, Fall 2015

- Resisting the Mistakes the System Encourages Women Academics to Make, Participant in the Department of Communication Studies Women’s Luncheon, Spring 2014

To the University of Georgia

- Bridges to Doctorate Program, Guest Speaker, Graduate School, October 2018
- Academic Standards Committee, Franklin College Faculty Senate, 2016-2017
- Miss Representation Panel for UGA’s NEDA Awareness Week, Panelist, February 2016
- Planning and Evaluation Committee (Chair), Franklin College Faculty Senate, 2015-2016
- Planning and Evaluation Committee, Franklin College Faculty Senate, 2014-2015
- Family and Community as Pathways for Health: Obesity Prevention and Intervention Strategies, Panelist at the State of the Art Conference, June 2014

To the Discipline

- Invited External Reviewer, *Tenure and Promotion*, Fall 2022
- Editorial Board, *Journal of Social and Personal Relationships*, 2021-Present
- Editorial Board, *Journal of Family Communication*, 2021-2023
- Dissertation Awards Committee, *National Communication Association*, Family Communication Division, 2021
- Awards Committee, *National Communication Association*, Family Communication Division, 2020
- Thriving in Graduate School, Brown Bag Guest Speaker, Department of Communication, *University of Arizona*, January 2019
- Paper Reviewer, *National Communication Association*, Interpersonal Communication Division, 2019
- Paper Reviewer, *National Communication Association*, Health Communication Division, 2014

To the Community

- Peer Mentor to New Parents (“TheraParent” during the perinatal period), *Athens Parent Wellbeing*, January 2023-Present
- Hispanic Leadership Panel, *Hispanic Employee Research Group - BAT Services Company*, November 18, 2020
- Academic Research Consultant, *Naked Truth* – a body image promotion program, Athens, GA, 2018-2019
- Media Reports/Press Coverage (reported below)

PROFESSIONAL DEVELOPMENT

Promoting Body Trust® in Your Work, *Be Nourished*, Spring 2022

Georgia CTSA TEAMS (Clinical and Translational Science Alliance–Translational Education and Mentoring in Science), Fellow, Fall 2020-Spring 2021

Bringing Active Learning to Your Classroom with Top Hat, *UGA’s Center for Teaching and Learning*, Fall 2019

- Faculty Writing Retreat**, *University of Georgia – Write@UGA*, Summer 2018
- The Academic Woman’s Writing Roadmap**, *Cathy Mazak – Academic Women’s Writing Coach*, <https://www.cathymazak.com>, Summer 2018
- Promotion and Tenure Dossier Preparation Workshop**, *University of Georgia’s Training and Development*, Summer 2017
- Best Practices for Mentoring Graduate Students**, *University of Georgia Graduate School* (Tracy C. Davis Director, Excellence in Mentoring Initiative Northwestern University), Spring 2017
- Fixed and Random Factors in Mixed Models: What IS the Difference? Webinar**, *The Analysis Factor*, Fall 2016
- Principal Component Analysis Webinar**, *The Analysis Factor*, Fall 2016
- Essentials of Survey Research Methodology**, *University of Georgia*, Carl Vinson Institute of Government’s Survey Research Group, Fall 2016
- Mid-semester Formative Evaluation (Comm 3700)**, *Center for Teaching and Learning – University of Georgia*, Fall 2015
- Advanced Quantitative Analysis: Multilevel and Growth Curve Modeling**, *University of Georgia -Human Development and Family Studies* (15 week course, Dr. K.A.S. Wickrama), Fall 2015
- OIBR Grantsmanship Development Program**, *University of Georgia - Owens Institute for Behavioral Research*, Fall 2015-Spring 2016
- Critical Conversations: Communicating Up, Down, and Sideways**, *GovLoop – Continuing Professional Education Credit*, May 2015
- Academic Affairs Faculty Symposium: Transforming Graduate Education at the University of Georgia**, *University of Georgia*, Spring 2015
- Teaching Academy Fellows Program: An Early Career Faculty Mentoring Program**, *University of Georgia*, Fall 2014-Spring 2015
- Workshop on Modeling Individual Differences in Behavior (Multiple Regression, Structural Equation Modeling, Multilevel Modeling)**, *North Carolina State University – Department of Psychology*, Fall 2014
- Multilevel Analysis 101 with SPSS, SAS, and R**, OIBR Stats Workshop, *University of Georgia*, Spring 2014
- GrantSMART: Workshop on Developing NIH Proposals**, *University of Georgia*, Fall 2013
- Social and Behavioral Sciences Research Institute’s Summer Research Grant Development Awards**, *University of Arizona*, Summer 2011

AD HOC BLIND PEER REVIEWER

Body Image, FA12, FA13, SU15, FA15, SP17, FA17, FA18, FA18, SP19, SP20, SP21, SU21
Canadian Journal of Behavioral Research, FA11, SP12

Communication Monographs, FA18, SP19, FA21
Communication Quarterly, SP17, FA18, FA21
Communication Research, SU15
Computers in Human Behavior, SP19
Family Process, FA19
Health Communication, SP15, SP19, SP21
International Communication Association, FA21
Journal of Family Communication, SP11, FA14, SP21, SU21, SP22
Journal of Family Issues, FA13
Journal of Family Psychology, FA11
Journal of Health Psychology, FA14, FA18
Journal of Social and Personal Relationships, SU15, FA18, FA20, SP21, SU21, SP22, FA22,
 FA22, FA22
National Communication Association, Health Communication Division, SP14
National Communication Association, Interpersonal Communication Division, SP19, SP21
Personal Relationships, FA21, SP22, SU22, FA22
Sex Roles, SU19
Southern Communication Journal, FA17
Women's Studies International Forum, SP18, SU18

PRESS COVERAGE

Podcast Speaker

[*Health is Love Co.*](#), Recorded January 2022

[*The Full Bloom Project: How do I effectively communicate body positivity to my kids?*](#) Released April 2019

General Coverage

[*Parents Magazine*](#), September 2021

[*Grady Newssource*](#), November 2020

[*Women's Health \(Magazine\)*](#) December 28, 2015

[*Deseret News*](#), June 10, 2015

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