

Curriculum Vitae
Andrea N. Brockmann, M.A.

Contact information:

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Academic Positions

2018-Present **University of Florida (UF)**
Graduate Research Assistant
Department of Clinical and Health Psychology

Education

2014-2016 **Northern Arizona University (NAU)**
M.A. in Psychology
Advisor: Suzanne Daiss, Ph.D.

2011-2013 **Missouri University of Science and Technology (S&T)**
B.S. in Psychology with a minor in Biology

2009-2011 **East Central College**
A.A in Psychology

Honors and Awards

2019 **Best Student Abstract** in the Obesity and Eating Disorders Special Interest Group at the Society of Behavioral Medicine Conference

2013 **Woman Student of the Year Award: Silver Medal**

2013 **Psi Chi President**
Of the chapter club at Missouri University of Science and Technology

2013 **Phi Sigma Member**

2011-2013 **Academic Scholar's List**

Research Experience

2015-2016 **Master's Thesis, NAU**
Supervisor: Suzanne Daiss, PhD
Mindful Eating and Self-Compassion in the Context of the Small Changes Intervention

- Primary Investigator
- Performed relevant literature review
- Performed statistical analysis
- Produced final paper

2015 **Weight Management Lab - Lab Manager**
Supervisor: Suzanne Daiss, PhD
Relationship between Sleep and Obesity

- Supervised 4 undergraduate research volunteers
- Ensured quality control of procedures during study
- Completed the IRB application

2015

Neuroscience Research Lab, NAU

Supervisor: Melissa Birkett, PhD

Prenatal Substance Use & Behavioral Influence on Children

- Assisted with recruitment of a national sample through online advertisements

Depression and Sleep Apnea

- Lead student on gathering and coding literature
- Delegated duties to other students
- Provided quality control

May-Jul 2015

Graduate Assistantship – Assistant Events Coordinator

Supervisor: Larry Stevens, PhD

- Coordinator for the Research Experiences for Undergraduates summer program at NAU
- Assisted with preparation of NSF report by conducting analyses
- Monitored progress of interns' research projects
- Encouraged group cohesion through planned events

2013

College Student Health Behaviors and Learning, S&T

Volunteer Research Assistant

Supervisor: Amber Henslee, PhD

Students' Expectations on First Day of Classes

- Categorized & coded qualitative data

Using EMA to Understand Student Alcohol Use

- Collected relevant literature
- Assisted with experiment design

2012

Affective States & Motivation Lab, S&T

Volunteer Research Assistant

Supervisor: Jennifer Pattershall

Affect and Motivation

- Facilitate research sessions
- Code data
- Create and clean data set

Teaching Experience

Aug 2014-May 2016

Developmental Psychology and Research Methods

Northern Arizona University

Supervisor: John Houser, PhD

- Addressed student learning issues with the professor, graded and entered assignments, proctored exams, and assisted in improvising scoring guides

Clinical and Other Professional Experience

- Aug 2019-Present **Psychotherapy Practicum**
UF Health Psychology Specialties Clinic
Supervisors: Jessica Payne-Murphy, Ph.D., Patricia Durning, Ph.D., & Allison Holgerson, Ph.D.
- Psychotherapy with adults in the outpatient psychology clinic at Shands Hospital. Presenting problems with a primarily psychological focus include mood disorders, sleep disorders, and trauma history. Treatment approach is primarily cognitive-behavioral therapy and psychoeducation.
- Feb 2020-Present **Volunteer Therapist at the Behavioral Health Clinic (aka Free Therapy Night)**
Equal Access Clinic Network, UF
- Provide psychotherapy services for underserved and underinsured patients in 5 free psychotherapy sessions per patient
- Apr 2020-Present **General Mental Health Practicum**
UF Health Psychology Specialties Clinic
Supervisor: William Perlstein, Ph.D.
- Patients are adults presenting for a pre-therapy assignment assessment and diagnosis.
 - Responsibilities include: conducting clinical interviews, medical chart review, and report writing.
- Jan 2020-Mar 2020 **Health Psychology Practicum**
UF Health Psychology Specialties Clinic and UF Health Sleep Center
Supervisors: Glenn Ashkanazi, Ph.D. & Jessica Payne-Murphy, Ph.D.
- Patients were adults with a variety of medical complications necessitating a full psychiatric evaluation. Purpose of evaluations was readiness for transplant and need for Cognitive Behavioral Therapy for Insomnia (CBTi).
 - Evaluations included: pre-transplant assessments, and sleep assessments
 - Responsibilities included: conducting clinical interviews, medical chart review, and report writing.
- Oct 2019-Dec 2019 **Adult and Adolescent Neuropsychology Practicum**
UF Health Psychology Specialties Clinic
Supervisor: Erika Cascio, Psy.D
- Patients were adults and adolescents with a variety of suspected or documented neurological and psychiatric impairments.
 - Responsibilities included: conducting clinical interviews, neuropsychological testing and interpretation, medical chart review, and report writing.
- Jul 2019-Sept 2019 **Child Psychology Practicum**
UF Health Psychology Specialties Clinic
Supervisor: Brenda Wiens, Ph.D.
- Patients were children with a variety of suspected or documented developmental, psychiatric and academic impairments.

- Responsibilities included: conducting clinical interviews, neuropsychological testing and interpretation, medical chart review, and report writing.
- Nov 2018-Dec 2019 **Coordinator at Free Therapy Night**
Equal Access Clinic Network, UF
- Matched volunteer therapists to an underserved patient population, maintained records, completed initial intake paperwork with new patients, and finalized nightly reports.
- Aug 2017-Aug 2018 **Community Psychiatric Rehabilitation Center Supervisor**
Compass Health Network
- Trained and supported a team of 8 case managers, oversaw community treatment for 150+ clients with severe mental illness, reviewed all documentation (notes, assessments, and treatment plans). Provided crisis management as needed.
- Aug 2016-Aug 2017 **Integrated Health Specialist**
Compass Health Network
- Worked in the community with individuals diagnosed with severe mental illness and serious physical health conditions to live a functional life and productive life. Completed intakes, annual assessments, and treatment plans as well.
- Jan-May 2015 **Fieldwork, NAU**
- Learned applied behavior analysis techniques, and put them to practice in the Children's Clinic under the supervision of Dr. Andrew Gardner. Therapy and assessment exposure included Parent-Child Interaction Therapy, Autism Diagnostic Observation Schedule, and the Battelle Developmental Inventory-Second Edition.
- Oct 2014-May 2015 **Clinical Training, NAU**
- Received full training for the Structured Clinical Interview for DSM Disorders (SCID) (depressive, anxiety, & PTSD modules)
 - Received basic training in the foundations and practice of biofeedback and neurofeedback
 - Trained in clinical hypnosis applications for stress and pain management
- Jan-May 2014 **CPRC Community Support Specialist**
Pathways Community Behavioral Healthcare
- Trained and certified as a Wellness Coach
 - Used psycho-educational material to teach daily living skills to severely mentally ill community members
- Feb 2012-Dec 2013 **NAVIG8 Addiction Recovery Technician**
Pathways Community Behavioral Healthcare
- Conducted psycho-educational group sessions
 - Maintained and recorded clients progress
 - Participated in trainings to increase knowledge

Publications

- Brockmann, A. N.**, Eastman, A., & Ross, K. M. (in press). Frequency and consistency of self-weighing to promote weight loss maintenance. *Obesity*.
- Brockmann, A. N.**, & Ross, K. M. (2020). Bidirectional association between stress and physical activity in adults with overweight and obesity. *Journal of Behavioral Medicine*, *43*, 246-253. doi:10.1007/s10865-020-00145-2

Manuscripts in Preparation

- Dixon, B. N., Ugwoaba, U. A., Brockmann, A. N., & Ross, K. M. (Under Review). Associations between the built environment and diet, physical activity, and obesity: A scoping review of reviews. *Obesity Reviews*.

Paper Presentations

- Brockmann, A. N.**, Eastman, A. J., Dixon, B. N., Ugwoaba, U. A., Gordon, E. L., Bauman, V., Shankar, M. N., Perri, M. G., & Ross, K. M. (2019). Is it really a two-way street? Bidirectional association between exercise and stress in adults with overweight and obesity. *Annals of Behavioral Medicine*, *53*, S223. Paper presented at the 2019 Society of Behavioral Medicine meeting, Washington, DC.

- Brockmann, A. N.**, Eastman, A., Dixon, B. N., Ugwoaba, U. A., Scarlett, C. A., Bauman, V., Shankar, M. N., Perri, M. G. & Ross, K. M. (2020, April). *Consistency of self-weighing, rather than frequency, may be key for promoting weight loss maintenance*. Paper presentation accepted for the annual meeting of the Society of Behavioral Medicine, San Francisco, CA. (Conference canceled)

- Dixon, B. N., Eastman, A., Ugwoaba, U. A., **Brockmann, A. N.**, Scarlett, C. A., Bauman, V., Shankar, M. N., Perri, M. G., & Ross, K. M. (2020, April 1-4). *Does Where You Live Matter? The Built Environment and Intervention-Related Changes among Rural Adults with Obesity*. Paper presentation accepted for the annual meeting of the Society of Behavioral Medicine, San Francisco, CA. (Conference canceled).

- Bauman, V., Shankar, M. N., Dixon B.N., Ugwoaba, U. A., **Brockmann, A.N.**, Eastman, A., Scarlett, C.A., Ross, K.M., & Perri, M.G. (2020, April). *Behavioral weight-loss programs with extended care lead to long-term improvements in glycemic control*. Paper presentation accepted for the annual meeting of the Society of Behavioral Medicine, San Francisco, CA. (Conference canceled)

Posters

- Wilson, M., Williams, S., Amabeoku, E., **Brockmann, A. N.**, Bermudez, A., Maher, C., & Gardner, A. (2015, April). *An evidence-based practice review: Music therapy for children with Autism Spectrum Disorders*. Poster presented at the annual meeting of the Four Corners Applied Behavior Analysis Conference, Sante Fe, NM.

- Averett, A., **Brockmann, A. N.**, Frazee, T., Hans, T., Umstead, K., Birkett, M., & Piper, B. (2015, April). *The influence of visual and auditory cue salience on Iowa Gambling Task performance*. Poster presented at the annual Northern Arizona University Undergraduate Symposium, Flagstaff, AZ.

- Brockmann, A. N.** (2015, December). *Cariprazine: Third generation antipsychotics*. Poster presented at the annual Northern Arizona University Graduate Symposium, Flagstaff, AZ.
- Brockmann, A. N.**, Beals, M., Williams, A., Blake, E., Hans, T., Lane, T., Irving, & Birkett, M. (2015, December). *Sleep apnea and depression*. Poster presented at the annual Northern Arizona University Graduate Symposium, Flagstaff, AZ.
- Brockmann, A. N.** (2016). *Hypnosis, as an adjunct treatment, in weight loss and maintenance*. Poster submitted to, and presented by Dr. Larry Stevens, the annual American Society of Clinical Hypnosis, St. Louis, MO.
- Gordon, E. L., Bauman, V., Shankar, M. N., Dixon, B. N., Ugwoaba, U. A., **Brockmann, A. N.**, Eastman, A. J., Ross, K. M., & Perri, M. G. (2019). Validation of the Yale Food Addiction Scale in a sample of U.S. adults seeking behavioral treatment for obesity. *Annals of Behavioral Medicine, 53*, S635. Poster presented at the 2019 Society of Behavioral Medicine meeting, Washington, DC.
- Bauman, V., Gordon, E. L., Shankar, M. N., Dixon, B., Ugwoaba, U. A., Eastman, A., Perri, M. G., Ross, K. M., & **Brockmann, A. N.** (2019). Effect of behavioral weight loss treatment dose on clinically significant improvements in glycemic control. *Annals of Behavioral Medicine, 53*, S41. Poster presented at the 2019 Society of Behavioral Medicine meeting, Washington, DC.
- Shankar, M. N., Bauman, V., Durning, P. E., Gordon, E. L., Dixon, B. N., Eastman, A. J., **Brockmann, A. N.**, Ugwoaba, U. A., Ross, K. M., & Perri, M. G. (2019). Sensitivity of the Rapid Eating Assessment for Participants- Short version to change during behavioral weight-loss treatment. *Annals of Behavioral Medicine, 53*, S337. Poster presented at the 2019 Society of Behavioral Medicine meeting, Washington, DC.
- Eastman, A. J., Dixon, B. N., Ugwoaba, U. A., **Brockmann, A. N.**, Gordon, E. L., Bauman, V., Shankar, M. N., Perri, M. G., & Ross, K. M. (2019). Impact of phone coaching on engagement with digital tools for self-monitoring caloric intake, weight, and physical activity. *Annals of Behavioral Medicine, 53*, S793. Poster presented at the 2019 Society of Behavioral Medicine meeting, Washington, DC.
- Dixon, B. N., Eastman, A. J., Ugwoaba, U. A., **Brockmann, A. N.**, Gordon, E. L., Bauman, V., Shankar, M. N., Perri, M. G., & Ross, K. M. (2019). What happens after the intervention ends? Post-treatment trajectories of self-monitoring. *Annals of Behavioral Medicine, 53*, S630. Poster presented at the 2019 Society of Behavioral Medicine meeting, Washington, DC.
- Ugwoaba, U. A., Eastman, A. J., Dixon, B. N., **Brockmann, A. N.**, Gordon, E. L., Bauman, V., Shankar, M. N., Dixon, B., Brockmann, A. N., Eastman, A., Perri, M. G., & Ross, K. M. (2019). Association between hunger, temptation, and making eating choices consistent with weight loss goals. *Annals of Behavioral Medicine, 53*, S630. Poster presented at the 2019 Society of Behavioral Medicine meeting, Washington, DC.
- Brockmann, A. N.**, Eastman, A. J., Dixon, B. N., Ugwoaba, U. A., Gordon, E. L., Bauman, V., Shankar, M. N., Perri, M. G., & Ross, K. M. (April 2019). Is it really a two-way street? Bidirectional association between exercise and stress in adults with overweight and obesity. *Poster presented at the 2019 University of Florida Public Health and Health Professions Research Day, Gainesville, FL.*

Brockmann, A. N., Eastman, A., Dixon, B. N., Ugwoaba, U., Scarlett, C. A., Bauman, V., Shankar, M. N., Perri, M. G. & Ross, K. M. (February 2020). The association between frequency and consistency of self-weighing to promote weight loss maintenance. *Poster presented at the 2020 University of Florida Public Health and Health Profession Research Day, Gainesville, FL.*

Eastman, A., Bauman, V., Dixon, B.N., Ugwoaba, U.A., **Brockmann, A.N.**, Scarlett, C.A., Shankar, M.N., Perri, M.G., & Ross, K.M. (2020, April 1-4). *Acceptance-based behavioral treatments for weight management: A systematic review*. Poster accepted for presentation at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA, United States. (Conference canceled)

Shankar, M.N., Bauman, V., **Brockmann, A.N.**, Ugwoaba, U.A., Scarlett, C.A., Eastman, A., Dixon, B.N., Ross, K.M., & Perri, M.G. (2020, April 1-4). *Extended Care for Obesity Management: Effects of Matching Participants to Their Treatment Preference for Follow-up Care* [Poster presentation]. Society of Behavioral Medicine, San Francisco, CA, United States. (Conference canceled)

Ugwoaba, U. A., Dixon, B. N., Eastman, A., **Brockmann, A. N.**, Scarlett, C. A., Bauman, V., Shankar, M. N., Perri, M. G., & Ross, K. M. (2020, April 1-4). *Associations between impulsivity, implicit food attitudes, and behavioral weight management program outcomes*. Poster accepted for presentation at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA. (Conference canceled)

Professional Memberships
Society of Behavioral Medicine
August 2018-present