

CURRICULUM VITAE

KELSEY M. ARROYO, M.S.

August 2024

CONTACT INFORMATION

Department of Clinical and Health Psychology
College of Public Health and Health Professions
University of Florida
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EDUCATION AND TRAINING

August 2024-Present	Pre-Doctoral Clinical Psychology Intern Clinical Track: Behavioral Medicine The Charleston Consortium, Charleston, SC Research Preceptor: John R. Freedy, M.D., Ph.D.
August 2020-Present	Doctoral Program in Clinical and Health Psychology Concentration: Medical/Health Psychology University of Florida, Gainesville, FL Advisor: Kathryn M. Ross, Ph.D. Dissertation: A Delphi study to develop expert consensus on the delivery of psychological follow-up care post-bariatric surgery
2018-2020	M.S. in Health Promotion, August 2020 University of Connecticut, Storrs, CT Advisor: Sherry Pagoto, Ph.D. Master's Thesis: An exploration of health misinformation in a Facebook-delivered health education intervention
2014-2018	B.S. in Psychology, magna cum laude, May 2018 Minor: Health Professions – Concentration: Mind and Body William Smith College, Geneva, NY Major Advisor: Sara Branch, Ph.D. Minor Advisor: Jamie S. Bodenlos, Ph.D.

CERTIFICATIONS

2018	Diabetes Prevention Program Lifestyle Coach Training
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PRACTICA AND CLINICAL EXPERIENCE

08/2024-Present	<i>Weight Management Center</i> <i>MUSC Weight Management Center, MUSC Health and Wellness Institute</i> <u>Supervisor:</u> Patrick M. O'Neil, Ph.D. <u>Populations served and presenting problems:</u>
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- Individuals with overweight and obesity

Responsibilities:

- Deliver evidence-based behavioral weight loss interventions that aim to help people achieve weight loss and weight loss maintenance
- Review results from program screenings to assess for the presence of psychological contraindications for program participation
- Assist with the development of innovative, evidence-based behavioral weight loss programs

08/2024-Present

Behavior Medicine Clinic

MUSC Institute of Psychiatry, Division of Bio-Behavioral Medicine

Supervisors: Brian Haver, Psy.D., M.P.H. and Rebeca Castellanos Gonzalez, Ph.D.

Populations served and presenting problems:

- Individuals undergoing solid organ (lung, heart, kidney, or liver) transplantation, individuals undergoing metabolic and bariatric surgeries, emotional eating, anxiety, depression, chronic pain, adjustment to chronic health conditions, and a range of other psychological presentations and medical comorbidities

Responsibilities:

- Deliver short-term psychotherapy using evidence-based techniques including acceptance and commitment therapy (ACT), cognitive behavioral therapy (CBT), behavioral intervention, and supportive therapy

01/2022-06/2024

Advanced Psychotherapy

UF Health Psychology Specialties Clinic

Supervisors: Jessica Payne-Murphy, Ph.D., ABPP, Allison Holgerson, Ph.D., ABPP, and Deidre Pereira, Ph.D., ABPP

Populations served and presenting problems:

- Primary insomnia, emotional eating, binge eating disorder, patients diagnosed with cancer, trauma, generalized anxiety, depression, and a range of other psychological presentations and medical comorbidities

Responsibilities:

- Delivered short-and-long-term psychotherapy utilizing evidence-based techniques including acceptance and commitment therapy (ACT), cognitive behavioral therapy (CBT), CBT for insomnia, behavioral intervention, and supportive therapy

05/2023-08/2023

Medical/Health Assessment Advanced Practicum

UF Health Rehabilitation Hospital

Supervisor: Dahome Abanishe, Ph.D.

Populations served and presenting problems:

- Stroke, brain injury, orthopedic, neurologic, amputee, and medically complex rehabilitation

Responsibilities:

- Conducted inpatient structured interviews and formal neuropsychological testing to assess cognitive status, emotional status, and adjustment to medical conditions

- Medical record review, conduct of semi-structured clinical interviews, administration and scoring of neuropsychological tests, case conceptualization, and integrative report writing

01/2023-05/2023

Medical/Health Assessment Advanced Practicum

UF Health Psychology Specialties Clinic

Supervisor: Glenn Ashkanazi, Ph.D.

Populations served and presenting problems:

- Individuals seeking solid organ (lung, heart, kidney, or liver) transplantation

Responsibilities:

- Conducted inpatient and outpatient structured interviews to assess cognitive/behavioral health factors relevant to organ transplantation to assist with determining transplantation candidacy
- Medical record review, conduct of semi-structured clinical interviews, administration and scoring of psychological questionnaires, case conceptualization, integrative report writing

08/2022-12/2022

Medical/Health Assessment Advanced Practicum

UF Health Psychology Specialties Clinic

Supervisor: Allison Holgerson, Ph.D., ABPP

Populations served and presenting problems:

- Individuals seeking gastric bypass (Roux-en-Y) and vertical sleeve gastrectomy bariatric surgeries

Responsibilities:

- Conducted outpatient structured interviews of psychosocial and emotional functioning of individuals seeking bariatric surgery to assist with determining surgery candidacy
- Medical record review, conduct of semi-structured clinical interviews, administration and scoring of psychological questionnaires, case conceptualization, integrative report writing

04/2022-06/2022

Medical/Health Assessment Core Practicum

UF Health Psychology Specialties Clinic

Supervisor: Glenn Ashkanazi, Ph.D.

Populations served and presenting problems:

- Individuals seeking solid organ (lung, heart, kidney, or liver) transplantation

Responsibilities:

- Conducted inpatient and outpatient structured interviews to assess cognitive/behavioral health factors relevant to organ transplantation to assist with determining transplantation candidacy
- Medical record review, conduct of semi-structured clinical interviews, administration and scoring of psychological questionnaires, case conceptualization, integrative report writing

01/2022-03/2022

Child Assessment Core Practicum

UF Health Psychology Specialties Clinic

Supervisor: Brenda Wiens, Ph.D.

Populations served and presenting problems:

- Autism Spectrum Disorder, Attention Deficit Hyperactivity Disorder, Oppositional Defiant Disorder, Conduct Disorder, Anxiety, Depression

Responsibilities:

- Conducted outpatient assessments of children with Autism Spectrum Disorder, intellectual disabilities, sensory disorders, language disorders, mood disorders, and other conditions
- Medical record review, test selection, neuropsychological test administration, scoring, and interpretation, conduct of structured clinical interviews, comprehensive assessment report writing

10/2021-12/2021

Medical/Health Assessment Core Practicum

UF Health Psychology Specialties Clinic

Supervisor: Allison Holgerson, Ph.D., ABPP

Populations served and presenting problems:

- Individuals seeking gastric bypass (Roux-en-Y) and vertical sleeve gastrectomy bariatric surgeries

Responsibilities:

- Conducted outpatient structured interviews of psychosocial and emotional functioning of individuals seeking bariatric surgery to assist with determining surgery candidacy
- Medical record review, conduct of semi-structured clinical interview, administration and scoring of psychological questionnaires, case conceptualization, integrative report writing

07/2021- 09/2021

Adult Neuropsychology Assessment Core Practicum

Norman Fixel Institute for Neurological Diseases at UF Health

Supervisors: Dawn Bowers, Ph.D., ABPP-CN

Populations served and presenting problems:

- Parkinson’s Disease and Huntington’s Disease

Responsibilities:

- Conducted outpatient neuropsychological evaluations for individuals seeking deep brain stimulation surgery to assist with determining surgery candidacy in a multidisciplinary context that includes health care providers from neurology, physical therapy, and occupational therapy
- Medical record review, test selection, neuropsychological test administration, scoring, and interpretation, conduct of structured clinical interviews, comprehensive assessment report writing

CLINICAL RESEARCH EXPERIENCE

10/2020-Present

Interventionist/Lifestyle Coach

University of Florida, Health Promotion Lab

Trial: “Support and Tracking to Achieve Results (Project STAR)”, NIH/NIDDK Grant R01DK119244

Principal Investigator: Dr. Kathryn M. Ross

Responsibilities:

- Co-leads telehealth behavioral weight loss intervention groups (based upon the Diabetes Prevention Program) for adults with obesity
 - Number of groups: 8
 - Total number of participants: 129

- Provide peer supervision to co-leaders of the behavioral weight loss intervention
- Provide individual, telephone-based extended care intervention sessions for participants
 - Total number of participants: 46
- Provide in-depth summary reports for weekly group supervisions

09/2019-10/2019

Interventionist/Lifestyle Coach

University of Connecticut, UConn Center for mHealth and Social Media

Trial: “Developing an Effective Social Network for Weight Loss”, supported by NIH Grant K24HL124366

Principal Investigator: Dr. Sherry Pagoto

Responsibilities:

- Co-led virtual behavioral weight loss intervention group (based on the Diabetes Prevention Program) for adults with obesity on Facebook
 - Total number of participants: 84
- Participated in weekly group supervisions

11/2019-12/2019

Interventionist/Lifestyle Coach

University of Connecticut, UConn Center for mHealth and Social Media

Trial: “Delivering a Post-Partum Weight Loss Intervention via Facebook vs In-Person Groups: a Feasibility Pilot Trial”, NIH Grant R34HL136979

Principal Investigator: Dr. Molly Waring

Responsibilities:

- Co-led in-person behavioral weight loss intervention groups based on the Diabetes Prevention Program for adults with obesity
 - Total number of participants: 30
- Measured participant weights in-person

RESEARCH EXPERIENCE

2020-Present

Graduate Research Assistant

University of Florida, Health Promotion Lab

Mentor: Dr. Kathryn M. Ross

Responsibilities:

- Assist with NIDDK-funded projects using technology and in-person modalities to deliver behavioral weight loss interventions that aim to help people achieve weight loss and weight loss maintenance
- Conduct telephone eligibility screenings
- Conduct literature reviews
- Assist with manuscript and grant writing, professional presentation preparation, and peer editing

2018-2020

Graduate Research Assistant

University of Connecticut, UConn Center for mHealth and Social Media

Mentor: Dr. Sherry Pagoto

Responsibilities:

- Assisted with NIH-funded projects by developing and implementing social media and mHealth delivered weight loss and skin cancer prevention interventions

- Trained undergraduate and graduate students on research tasks
- Assisted with grant and manuscript preparation

2017 - 2018

Student Research Assistant

Hobart and William Smith Colleges, Clinical Health Psychology Department

Mentor: Dr. Jamie S. Bodenlos

Responsibilities:

- Assisted with projects examining the relationship between cognitive fusion and health in college students, the effects of television content on eating behaviors, and the effects of coloring on mood and mindfulness
- Recruited participants
- Conducted study sessions with participants
- Collected, cleaned, and analyzed data
- Conducted literature reviews
- Assisted with manuscript preparation, professional presentation preparation, and peer editing

06/2017-08/2017

Student Intern

Mount Hope Family Center, University of Rochester

Responsibilities:

- Assisted with research examining attachment styles in toddlers who have or have not experienced maltreatment
- Helped with visit set-up/cleanup, evaluation/task administration, and data entry

GRANT FUNDING

Funded:

NIH/NCI 3R01CA218068-03S1 (J. Stapleton/K. **Arroyo**) 06/01/19-05/31/20

Research Supplements to Promote Diversity in Health-Related Research

This purpose of this diversity supplement was to conduct a mixed-methods analysis of participant engagement data from a large, randomized trial of a Facebook-delivered cancer prevention intervention.

Total direct costs: \$46,414

Role: PI

PUBLICATIONS

1. **Arroyo, K.M.,** Carpenter, C.A., Krukowski, R., Ross, K.M. (2024). Identification of minimum thresholds for dietary self-monitoring to promote weight loss-maintenance. *Obesity. (Silver Spring, Md.)*, 32(4), 655–659. <https://doi.org/10.1002/oby.23994>. *Selected as an Editor’s Choice article for the April 2024 issue
2. **Arroyo, K.M.,** Ross, K.M. (2023). Characterising individual variability in associations between self-monitoring and weight change during and after a behavioral weight management program. *Obesity Science and Practice.* <https://doi.org/10.1002/osp4.699>

3. Ugwoaba, U. A., Carpenter, C. A., **Arroyo**, K. M., Scarlett, C. A., & Ross, K. M. (2023). Hunger, temptation, and dietary adherence during weight management. *Eating Behaviors*, 50, 101754. <https://doi.org/10.1016/j.eatbeh.2023.101754>
4. Blair, S.A., Brockmann, A.N., **Arroyo**, K.M., Carpenter, C.A., & Ross, K.M. (2022). Awareness, acceptability, and perceived effectiveness of text-based therapy among graduate students. *JMIR mHealth uHealth*, 10(7), e34102. <http://dx.doi.org/10.2196/34102>
5. Ross, K.M, Carpenter, C.A., **Arroyo**, K.M., Shankar, M.N., Yi, F., Qiu, P., & Perri, M.G. (2022). Impact of transition from face-to-face to telehealth on obesity treatment during the COVID-19 pandemic. *Obesity*, 30(4), 858-863. PMID: PMC8957501 <https://doi.org/10.1002/oby.23383>
6. Buller, D., Pagoto, S., Henry, K., Berteletti, J., Walkosz, B.J., Bibeau, J., Baker, K., Hillhouse, J., & **Arroyo**, K.M. (2021). HPV Vaccination and social media: Results in a randomized trial with mothers of daughters aged 14-17. *Frontiers in Digital Health*. <https://doi.org/10.3389%2Ffdgth.2021.683034>
7. Bodenlos, J. S., Hawes, L., Burstein, S., & **Arroyo**, K. (2020). Association of cognitive fusion with domains of health. *Journal of Contextual Behavioral Science*. <https://doi.org/10.1016/j.jcbs.2020.08.001>
8. Burstein, S., Hawes, L., **Arroyo**, K. & Bodenlos, J.S. (2020). Facets of mindfulness and health among a predominantly low-income community sample. *Mindfulness*. <https://doi.org/10.1007/s12671-019-01295-4>
9. Pagoto, S.L., Conroy, D., **Arroyo**, K., Goetz, J., Sanders, A.B., Campbell, M., Argueta, A., Mulcahy, S. & Waring, M.E. (2019). Assessment of tanning beds in 3 popular gym chains. *JAMA Network Open*. 2(12):e1918058. <https://doi.org/10.1001%2Fjamanetworkopen.2019.18058>
10. Bodenlos, J. S., Ashdown, B. K., **Arroyo**, K., Parkins, E., Patterson, M. & Burstein, S. (2018). How does coloring influence mood, stress and mindfulness? *Journal of Integrated Social Sciences*. 8(1), 1-21.

Manuscripts Under Review / In Preparation:

1. **Arroyo**, K.M. (in preparation) Patient and provider perspectives of psychological follow-up care after bariatric surgery: A systematic scoping review.

PRESENTATIONS

Conference Presentations

National

1. **Arroyo**, K.M., Swanson, T.N., Barrett, K.L., Shetty, A.R., Shankar, M.N., & Ross, K.M. (2024). Patient and provider perspectives of psychological follow-up care post-bariatric surgery. *Poster presentation at the 45th Annual Meeting of the Society of Behavioral Medicine, March 13-16, Philadelphia, PA.*

2. Swanson, T.N., **Arroyo**, K.M., Barrett, K.L., Shetty, A.R., Shankar, M.N., & Ross, K.M. (2024). Associations between self-compassion and weight loss during a behavioral weight loss intervention. *Poster presentation at the 45th Annual Meeting of the Society of Behavioral Medicine, March 13-16, Philadelphia, PA.*
3. Ugwoaba, U.A., Brockmann, A.N., **Arroyo**, K.M., Swanson, T.N., Barrett, K.L., Shetty, A.R., Shankar, M.N., & Ross, K.M. (2024). Development and validation of a meal planning questionnaire (MPQ) for adults engaged in behavioral weight loss treatment. *Poster presentation at the 45th Annual Meeting of the Society of Behavioral Medicine, March 13-16, Philadelphia, PA.*
4. Barrett, K.L., **Arroyo**, K.M., Ugwoaba, U.A., Brockmann, A.N., Swanson, T.N., Shetty, A.R., Shankar, M.N., & Ross, K.M. (2024). Association between social support and outcomes of a behavioral weight management program in rural adults. *Poster presentation at the 45th Annual Meeting of the Society of Behavioral Medicine, March 13-16, Philadelphia, PA.*
5. Shetty, A.R., **Arroyo**, K.M., Swanson, T.N., Barrett, K.L., Shankar, M.N., & Ross, K.M. (2024). Associations between body mass index, body image, and self-weighing during a behavioral weight loss program. *Poster presentation at the 45th Annual Meeting of the Society of Behavioral Medicine, March 13-16, Philadelphia, PA.*
6. Shankar, M.N., Ugwoaba, U.A., Brockmann, A.N., **Arroyo**, K.M., Swanson, T.S., Barrett, K.L., & Ross, K.M. (2023). Impact of COVID-19 pandemic and transition to remote recruitment methods in an ongoing weight management clinical trial. *Annals of Behavioral Medicine, 57, S193. Poster presentation at the 44th Annual Meeting of the Society of Behavioral Medicine, April 26-29, Phoenix, AZ.*
7. Ugwoaba, U. A., Brockmann, A. N., **Arroyo**, K. M., Swanson, T. N., Barrett, K. L., Shankar, M. N., Marini, S., & Ross, K. M. (2023). Behavioral weight loss success: Android vs. iOS. *Annals of Behavioral Medicine, 57, S201. Poster presentation at the 44th Annual Meeting of the Society of Behavioral Medicine, April 26-29, Phoenix, AZ.*
8. Barrett, K. L. Ugwoaba, U. A., Swanson, T. N., Brockmann, A. N., **Arroyo**, K. M., Shankar, M. N., & Ross, K. M. (2023). Association between alcohol consumption and weight loss in adults with obesity completing a behavioral weight loss program. *Annals of Behavioral Medicine, 57, S200. Poster presentation at the 44th Annual Meeting of the Society of Behavioral Medicine, April 26-29, Phoenix, AZ.*
9. Swanson, T. N., Brockmann, A. N., Ugwoaba, U. A., **Arroyo**, K. M., Barrett, K. L., Shankar, M. N., & Ross, K. M. (2023). Does the early bird really catch the worm? Associations between chronotype and weight loss during a weight loss intervention. *Annals of Behavioral Medicine, 57, S318. Poster presentation at the 44th Annual Meeting of the Society of Behavioral Medicine, April 26-29, Phoenix, AZ.*
10. **Arroyo**, K.M., Ugwoaba, U.A., Brockmann, A.N., Carpenter, C.A., Bauman, V., Eastman, A., Swanson, T.N., & Ross, K.M. (2022). Demographic characteristics do not predict individual benefit from self-monitoring during a behavioral weight loss program. *Annals of Behavioral Medicine 56, S249. Poster presentation at the 43rd Annual Meeting of the Society of Behavioral Medicine, April 6-9, Baltimore, MD.*

11. Bauman, V., Eastman, A., Ugwoaba, U.A., Brockmann, A.N., Swanson, T.N., **Arroyo, K.M.**, Ross, K.M., & Perri, M.G. (2022). Acceptability of an Acceptance-Based Behavioral Weight-Loss Intervention for Adults Living in Rural Areas. *Annals of Behavioral Medicine*, 56, S38. *Poster presentation at the 43rd Annual Meeting of the Society of Behavioral Medicine, April 6-9, Baltimore, MD.*
12. Carpenter, C.A., **Arroyo, K.M.**, Brockmann, A.N., Ugwoaba, U.A., Swanson, T.N., Shankar, M.N. & Ross, K.M. (2022). Health risk behaviors and weight loss outcomes for shift workers enrolled in a behavioral weight loss program. *Annals of Behavioral Medicine*, 56, S302. *Poster presentation at the 43rd Annual Meeting of the Society of Behavioral Medicine, April 6-9, Baltimore, MD.*
13. Ugwoaba, U.A., Carpenter, C.A., Bauman, V., Brockmann, A.N., **Arroyo, K.M.**, Swanson, T.N., Shankar, M.N., & Ross, K.M. (2022). Pretreatment weight change does not predict weight outcomes of a behavioral weight loss program. *Annals of Behavioral Medicine*, 56, S529. *Poster presentation at the 43rd Annual Meeting of the Society of Behavioral Medicine, April 6-9, Baltimore, MD.*
14. Brockmann, A.N., Ugwoaba, U.A., **Arroyo, K.M.**, Swanson, T.N., Bauman, V., Carpenter, C.A., Shankar, M.N., & Ross, K.M. (2022). Associations Between Change in Motives for Consuming Palatable Foods and Weight Change During a Behavioral Weight Loss Program. *Annals of Behavioral Medicine*, 56, S118. *Poster presentation at the 43rd Annual Meeting of the Society of Behavioral Medicine, April 6-9, Baltimore, MD.*
15. **Arroyo, K.M.**, Ugwoaba, U.A., Brockmann, A.N., Carpenter C.A., Bauman, V., Eastman, A., Scarlett, C.A., & Ross, K.M. (2021). Examining individual variability in days of self-monitoring and weight loss. *Annals of Behavioral Medicine*, 55, S197. *Accepted as a Virtual Research Spotlight at the 42nd Annual Meeting of the Society of Behavioral Medicine, Virtual Conference.*
16. Goetz, J.M., Pagoto, S.L., Waring, M.E., & **Arroyo, K.M.** (2021). Activities associated with dietary lapses occurring during conditions of stress, hunger, and satiety. *Annals of Behavioral Medicine* 55, S32. *Accepted as a Virtual Research Spotlight at the 42nd Annual Meeting of the Society of Behavioral Medicine, Virtual Conference.*
17. Scarlett, C.A., Bauman, V., Brockmann, A.N., Ugwoaba, U.A., Eastman, A., **Arroyo, K.M.**, & Carpenter, C.A. (2021). Associations between changes in weight, fitness, and health-related quality of life during weight loss and weight maintenance. *Annals of Behavioral Medicine* 55, S65. *Accepted as a Virtual Research Spotlight at the 42nd Annual Meeting of the Society of Behavioral Medicine, Virtual Conference.*
18. Ugwoaba, U.A., Carpenter, C.A., Bauman, V., Eastman A., Brockmann, A.N., Scarlett, C.A., **Arroyo, K.M.**, & Ross, K.M. (2021). Development of a meal planning questionnaire: Preliminary validation and descriptive statistics. *Annals of Behavioral Medicine*, 55 S145. *Accepted as a Virtual Research Spotlight at the 42nd Annual Meeting of the Society of Behavioral Medicine, Virtual Conference.*
19. **Arroyo, K.M.**, Goetz, J.M., Waring, M.E., Berteletti, J., Buller, D., Walkosz, B., Baker, K., Hillhouse, J., Henry, K., Stapleton, J. & Pagoto, S. (2020). Frequency and type of health misinformation in participant comments in a Facebook-delivered cancer risk reduction intervention. *Annals of Behavioral Medicine*, 54, S186. *Accepted in symposium, "Tweet, Retweet, and Like It: The Spread of Health Misinformation in Online Communities" at the 41st Annual*

Meeting of the Society of Behavioral Medicine, San Francisco, CA. (Conference Canceled due to COVID-19).

20. Goetz, J.M., Champion, G., Rosen, A.O., **Arroyo, K.M.**, Waring M.E. & Pagoto S.L. (2020). Bot vs human: Comparing engagement with automated vs. human-generated tweets from weight management apps. *Annals of Behavioral Medicine*, 54, S220. *Accepted as a paper presentation at the 41st Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA. (Conference Canceled due to COVID-19).*
21. Schroeder, M., Groshon, L., Goetz, J.M., **Arroyo, K.M** & Pagoto, S. (2020). Let's tweet about it: A content analysis of #HowIFightDepression tweets. *Annals of Behavioral Medicine*, 54, S582. *Accepted as a poster presentation at the 41st Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA. (Conference Canceled due to COVID-19).*
22. **Arroyo, K.**, Goetz, J.M., Waring, M.E., & Pagoto, S. (2019). What weight loss barriers do participants talk about in online weight loss interventions? *Annals of Behavioral Medicine*, 53, S753. *Oral and poster presentation at the 40th Annual Meeting of the Society of Behavioral Medicine, March 6-9, Washington, D.C.*
23. Goetz, J.M., **Arroyo, K.**, Waring, M.E., & Pagoto, S. (2019). How many health app companies employ experts in behavior change? *Annals of Behavioral Medicine*, 53, S593. *Poster presentation at the 40th Annual Meeting of the Society of Behavioral Medicine, March 6-9, Washington, D.C.*
24. Burstein, S., **Arroyo, K.**, Hawes, E.S., & Bodenlos, J.S. (2019) Facets of mindfulness and emotional health among a predominantly low-income community sample. *Annals of Behavioral Medicine*, 53, S564. *Poster presentation at the 40th Annual Meeting of the Society of Behavioral Medicine, March 6-9, Washington, D.C.*
25. Bodenlos, J.S., Burstein, S., **Arroyo, K.**, & Hawes, E. (2018). Cognitive fusion predicts physical functioning in college students. *Annals of Behavioral Medicine*, 52, S524. *Poster presentation at the 39th Annual Meeting for the Society of Behavioral Medicine, April 11-14, New Orleans, LA.*

Local

1. **Arroyo, K.M.**, Ugwoaba, U.A., Brockmann, A.N., Carpenter, C.A., Bauman, V., Eastman, A., Swanson, T.N., & Ross, K.M. (2022). Demographic characteristics do not predict individual benefit from self-monitoring during a behavioral weight loss program. *Virtual poster presentation at the 35th University of Florida College of Public Health and Health Professions Research Day, February 10th, Gainesville, FL.*
2. **Arroyo, K.M.**, Ugwoaba, U.A., Brockmann, A.N., Carpenter C.A., Bauman, V., Eastman, A., Scarlett, C.A., & Ross, K.M. (2021). Examining individual variability in days of self-monitoring and weight loss. *Virtual poster presentation at the 34th University of Florida College of Public Health and Health Professions Research Day, February 11th, Gainesville, FL.*
3. Scarlett, C.A., Bauman, V., Brockmann, A.N., Ugwoaba, U.A., Eastman, A., **Arroyo, K.M.**, & Carpenter, C.A. (2021). Associations between changes in weight, fitness, and health-related quality of life during weight loss and weight maintenance. *Virtual poster presentation at the 34th University of Florida College of Public Health and Health Professions Research Day, February 11th, Gainesville, FL.*

4. Ugwoaba, U.A., Carpenter, C.A., Bauman, V., Eastman A., Brockmann, A.N., Scarlett, C.A., **Arroyo, K.M.**, & Ross, K.M. (2021). Development of a meal planning questionnaire: Preliminary validation and descriptive statistics. *Virtual poster presentation at the 34th University of Florida College of Public Health and Health Professions Research Day, February 11th, Gainesville, FL.*
5. **Arroyo, K.**, Goetz, J.M., Waring, M.E., & Pagoto, S. (2019). Teen Health Chat Study: Frequency and type of misinformed comments in a Facebook-delivered cancer risk reduction intervention. *Poster presentation at the 3rd Annual Conference of the UConn Center for mHealth and Social Media, May 16th, Storrs Mansfield, CT.*
6. Goetz, J., Taylor, E., **Arroyo, K.**, Waring, M., Pagoto, S. (2019). An exploration of weight management app hashtags on Twitter. *Poster presentation at the 3rd Annual Conference of the UConn Center for mHealth and Social Media, May 16th, Storrs Mansfield, CT.*
7. **Arroyo, K.**, & Hawes, E. (2018). Cognitive fusion predicts physical health in college students. *Oral presentation at the Senior Symposium at Hobart and William Smith Colleges, April 20th, Geneva, NY.*
8. **Arroyo, K.**, & Patterson, M. (2017). Adult coloring books: Effects on mood and mindfulness. *Oral presentation at the Senior Symposium at Hobart and William Smith Colleges, April 14th, Geneva, NY.*

Workshops, Panels and Other Presentations

1. Ross, K.M., Pearl, R.L., Pease, J., & **Arroyo, K.M.** (2024). Friday Forum: Cultural Competence - Science Communication Panel. *Panel discussion presented at the Department of Clinical and Health Psychology, University of Florida, April 12, Gainesville, FL.*
2. Pagoto, S., Bodenlos, J. S., Lumpkins, C., DiLillo, V., & **Arroyo, K.** (2018). The steps to becoming a promoter of your discipline. *Breakfast roundtable presented at the Annual Meeting of the Society of Behavioral Medicine, April 11-14, New Orleans, LA.*

TEACHING

Guest Lectures

2023 PHC6700: Social & Behavioral Research Methods: *An Overview of Science Communication (SciComm)*. College of Public Health and Health Professions, University of Florida.

HONORS/AWARDS

2023 Health Psychology Research Award
University of Florida, Gainesville, FL, Department of Clinical and Health Psychology
Total award amount: \$250

2018 Dr. Stephen Cohen Psychology Prize
Hobart and William Smith Colleges, Geneva, NY, Department of Psychology
Total award amount: \$1,000

2017	Psi Chi National Psychology Honor Society
2014-2018	William Smith College Dean's List
2014-2018	L. Thomas and Alice P. Melly Scholarship
2015	America Reads Tutor of the Month
2013	The William F. Scandling '49, LL.D. '67 Trustee Scholarship for Academic Excellence
2013	Citizen of the Year Award – Oakfield-Alabama Central School
2013	Clarkson Leadership Award Scholarship

MEMBERSHIPS

2017-present	Society of Behavioral Medicine <i>Student Member</i>
2017-present	Psi Chi National Psychology Honor Society <i>Student Member</i>
2019-2020	Institute for Collaboration on Health, Intervention, and Policy University of Connecticut <i>Graduate Student Affiliate</i>

SKILLS: Microsoft Office, IBM SPSS Statistics, SAS, REDCap, R Studio