

*Curriculum Vitae***Alexandra D. Convertino**

Address: 6363 Alvarado Court, Suite 103  
San Diego, CA 92120

Email: adconvertino@gmail.com

**EDUCATION**


---

<b>San Diego State University/University of California, San Diego</b>	San Diego, CA
<i>Doctor of Philosophy in Clinical Psychology, anticipated 2024</i>	Aug. 2018 – present
Behavioral Medicine Track	
<i>Faculty Advisor: Aaron J. Blashill, Ph.D.</i>	
<b>Northeastern University</b>	Boston, MA
<i>Bachelor of Science in Psychology</i>	Sept. 2011 – May 2015
Summa Cum Laude	
Minor in Women's, Gender and Sexuality Studies, Concentration in Applied Behavior Analysis	
<i>Senior Honors Thesis: Body Dissatisfaction Following Exposure to Media Images: The Role of Photoshopping</i>	

**RESEARCH EXPERIENCE**


---

<b>Body Image, Sexuality, and Health Laboratory, San Diego State University</b>	San Diego, CA
<i>Graduate Research Assistant: A Brief, Peer Co-led, Group-Based Eating Disorder Prevention Program for Sexual Minority Young Adult Men (NIMHD R01MD012698)</i>	Aug. 2018 – present
<i>Principal Investigator: Aaron J. Blashill, Ph.D.</i>	
Served as clinical assessor for trial testing a dissonance-based eating disorder prevention program for appearance-concerned sexual minority men. Duties include conducting psychodiagnostic assessments with the Eating Disorder Examination (EDE), Mini-International Neuropsychiatric Interview (MINI), and the Addiction Severity Index – Lite (ASI-Lite), determining psychiatric diagnoses, and evaluating study eligibility.	
<b>Center for Weight, Eating and Lifestyle Science, Drexel University</b>	Philadelphia, PA
<i>Research Coordinator: Improving Weight Loss Maintenance by Using Digital Data Sharing to Provide Responsive Support and Accountability (NIDDK/OBSSR R21DK112741)</i>	Sept. 2017 – July 2018
<i>Principal Investigator: Meghan L. Butryn, Ph.D.</i>	
Coordinated clinical intervention trial for obesity utilizing in-person and remote treatment with digital data collection to promote weight loss (n=90). Duties included conducting phone screening interviews to assess eligibility, facilitating digital device usage, submitting IRB applications and amendments, coordinating online data management software modifications, managing data entry, cleaning, and analysis in SPSS, and supervising research assistants.	
<i>Research Coordinator: An Innovative, Physical Activity-Focused Approach to Weight Loss Maintenance (NIDDK R01DK100345)</i>	June 2016 – Nov. 2017
<i>Principal Investigator: Meghan L. Butryn, Ph.D.</i>	
Coordinated clinical intervention trial on obesity focusing on physical activity and acceptance-based therapy (n=320). Duties included conducting literature reviews, contributing to grant applications, coordinating IRB applications and maintenance, tracking participant compliance	

with treatment sessions, coordinating clinical supervision meetings and treatment compliance, managing data entry, cleaning, and analysis in SPSS, and supervising research assistants.

- Applied Psychology Program on Eating and Appearance Research,** Boston, MA  
Northeastern University
- Senior Honors Thesis:* Body Dissatisfaction Following Exposure to Media Images: The Role of Photoshopping (Provost and Honors Program Endeavour Award) Aug. 2014 – May 2016
- Principal Investigators:* Debra L. Franko, Ph.D., Rachel F. Rodgers, Ph.D.  
Directed an independent research study on the effect of digital retouching on female undergraduate body dissatisfaction (n=200), from initial proposal development to execution, including thesis proposal, grant application submission, data analyses, and final publication. Adapted and reprogrammed the Implicit Relational Assessment Procedure to measure implicit negative body image as part of study development, and trained undergraduate research assistants to administer the program.
- Undergraduate Research Assistant* Jan. 2014 – May 2015  
*Principal Investigators:* Debra L. Franko, Ph.D., Rachel F. Rodgers, Ph.D.  
Contributed to research on various projects regarding social influences on body satisfaction and corresponding behaviors, such as eating or artificial tanning. Duties included editing and authoring approximately 10 abstracts and papers, recruiting subjects, and collecting, cleaning, and coding data. Coded pictures of participants' meals by the basic food groups and focus group recordings by thematic commonalities.

## CLINICAL EXPERIENCE

---

- Post-Traumatic Stress Disorder Clinic,** Veteran's Affairs San Diego San Diego, CA  
*Trainee Therapist* July 2019 – present  
*Clinical Supervisor:* Stephanie P. Samph, Ph.D.  
Trainee therapist in a Veteran's Affairs mental health facility with a weekly caseload of four patients and one consult visit. Duties included conducting evidence-based therapy for post-traumatic stress disorder including cognitive processing therapy and prolonged exposure with veterans who experienced a range of traumatic experiences (e.g., combat, sexual trauma, childhood, civilian). In addition, authored both weekly therapy notes and intake summaries.
- Psychology Department Clinic,** San Diego State University San Diego, CA  
*Student Therapist* June 2019 – June 2020  
*Clinical Supervisors:* Aaron J. Blashill, Ph.D., Leslie A. Morland, Ph.D.  
Trainee therapist in a community mental health facility with a weekly caseload of five patients. Duties included conducting evidence-based therapy (e.g., cognitive behavioral therapy, cognitive processing therapy) with patients experiencing a range of mental health concerns including depression, anxiety, post-traumatic stress disorder, and eating disorders. In addition, conducted intake assessments, authored both weekly therapy notes and intake summaries, and administered and interpreted neuropsychological and personality assessments in integrated reports of psychological functioning.
- Center for Weight, Eating and Lifestyle Science,** Drexel University Philadelphia, PA  
*Group Interventionist and Assessor:* An Innovative, Physical Activity-Focused Approach to Weight Loss Maintenance (NIDDK R01DK100345) June 2016 – Nov. 2017

*Principal Investigator:* Meghan L. Butryn, Ph.D.

Interventionist for an acceptance-based behavioral weight loss group (n=15) for overweight and obese adults, as well as conducting individual sessions for missed groups. Duties included presenting acceptance-based principles according to a manualized treatment, guiding participants to set concrete behavioral goals, and providing constructive feedback on weekly caloric intake/physical activity logs. In addition, conducted participant assessments with individuals every six months to evaluate changes in weight and physical fitness. Assessment procedures include administering a treadmill-based task, obtaining blood pressure measurements, assessing for physical activity impairments, and explaining research device use to participants (e.g. accelerometers and heart rate monitors).

**Klarman Eating Disorders Center**, McLean Hospital

Belmont, MA

*Community Residence Counselor*

May 2015 – May 2016

*Clinical Supervisor:* Judith Halperin, Psy.D.

As part of a 20-bed residential and partial care program, delivered direct clinical care of patients with diagnosed eating disorders, as well as comorbid diagnoses such as post-traumatic stress disorder, substance abuse, and anxiety disorders. Duties included conducting suicide and self-harm risk assessments, counseling patients in crisis, leading therapy groups, administering medication, and recording patient compliance with program requirements.

## TEACHING EXPERIENCE

---

**Department of Psychology**, Northeastern University

Boston, MA

*Teaching Assistant:* PSYC 2306 Food, Behavior and Eating Disorders

Sept. 2013 – Dec. 2013

*Professor:* Emily Fox-Kales, Ph.D.

Assisted Dr. Fox-Kales in teaching an undergraduate psychology course. Duties included conducting independent review sessions before exams, preparing and updating lecture material, and providing individual support to students in understanding lessons through email and in-person tutoring sessions.

## UNDER REVIEW PUBLICATIONS

---

**Convertino, A. D.**, Brady, J. P., Albright, C. A., Gonzales IV, M., & Blashill, A. J. (revise & resubmit). The role of sexual minority stress and community involvement on disordered eating, dysmorphic concerns and appearance- and performance-enhancing drug misuse.

**Convertino, A. D.**, Brady, J. P., Grunewald, W., & Blashill, A. J. (revise & resubmit). Intimate partner violence and muscularity-building behavior in Latino sexual minority men.

**Convertino, A. D.**, Helm, J. L., Pennesi, J-L., Gonzales IV, M., & Blashill, A. J. (under review). An integrated model of eating disordered behavior in sexual minority young adults.

## PEER REVIEWED PUBLICATIONS

---

Rozzell, K. N., Carter, C., **Convertino, A. D.**, Gonzales IV, M., & Blashill, A. J. (in press). The Dysmorphic Concern Questionnaire: Measurement invariance by gender and race/ethnicity among sexual minority adults. *Body Image*.

Grunewald, W., **Convertino, A. D.**, Safren, S. A., Mimiaga, M. J., O'Cleirigh, C., Mayer, K. H., & Blashill, A. J. (in press). Appearance discrimination and binge eating among sexual minority men. *Appetite*.

- Schumacher, S. M., Martinelli, M. K., **Convertino, A. D.**, Forman, E. M., & Butryn, M. L. (in press). Weight-related information avoidance prospectively predicts poorer self-monitoring and engagement in a behavioral weight loss intervention. *Annals of Behavioral Medicine*. <https://doi.org/10.1093/abm/kaa034>
- Remmert, J. E., **Convertino, A. D.**, Godfrey, K. M., Roberts, S. R., & Butryn, M. L. (2019). Stigmatizing weight experiences in health care: Associations with BMI and eating behaviours. *Obesity Science & Practice*, 5, 555-563. <https://doi.org/10.1002/osp4.379>
- Convertino, A. D.**, Gonzales IV, M., Malcarne, V. L. & Blashill, A. J. (2019). Validation of the Sociocultural Attitudes Towards Appearance Questionnaire-4-Revised among sexual minority adults in the U.S. *Body Image*, 31, 96-101. <https://doi.org/10.1016/j.bodyim.2019.08.013>
- Call, C. C., Schumacher, L. M., Rosenbaum, D. L., **Convertino, A. D.**, Zhang, F., & Butryn, M. L. (2019). Participant and interventionist perceptions of challenges during behavioral weight loss treatment. *Journal of Behavioral Medicine*, 42, 353–364. <https://doi.org/10.1007/s10865-018-9965-0>
- Kerrigan, S. G., Clark, M., **Convertino, A.**, Forman, E. M., & Butryn, M. L. (2018). The association between previous success with weight loss through dietary change and success in a lifestyle modification program. *Journal of Behavioral Medicine*, 41, 152–159. <https://doi.org/10.1007/s10865-017-9883-6>
- Rosenbaum, D. L., Clark, M. H., **Convertino, A. D.**, Call, C. C., Forman, E. M., & Butryn, M. L. (2018). examination of nutrition literacy and quality of self-monitoring in behavioral weight loss. *Annals of Behavioral Medicine*, 52, 809–816. <https://doi.org/10.1093/abm/kax052>
- Convertino, A. D.**, Rodgers, R. F., Franko, D. L., & Jodoin, A. (2016). An evaluation of the Aerie Real campaign: Potential for promoting positive body image? *Journal of Health Psychology*, 24, 726–737. <https://doi.org/10.1177/1359105316680022>
- Rodgers, R. F., Wilking, C., Gottlieb, M., Daynard, R., Lovering, M., Matsumoto, A., Luk, S., Naab, P., Iannuccilli, A., Shoemaker, H., **Convertino, A.**, Franko, D. L. (2016). A qualitative study of the decision to engage in tanning behaviors among female college students. *Revue Européenne de Psychologie Appliquée/European Review of Applied Psychology*, 66, 1–8. <https://doi.org/10.1016/j.erap.2015.11.003>

## CONFERENCE PRESENTATIONS

- Rozzell, K. N., Carter, C., **Convertino, A. D.**, Gonzales IV, M., & Blashill, A. J. (2020, November 19-22). *An assessment of the Dysmorphic Concern Questionnaire: Measurement invariance by gender and race/ethnicity among sexual minority adults* [Poster presentation]. Association for Cognitive and Behavioral Therapies 54th Annual Convention, Philadelphia, PA.
- Convertino, A. D.**, Helm, J. L., Pennesi, J-L., Gonzales IV, M., & Blashill, A. J. (2020, November 19-22). *An integrated model of eating disordered behavior in sexual minority young adults* [Poster presentation]. Association for Cognitive and Behavioral Therapies 54th Annual Convention, Philadelphia, PA.
- Grunewald, W., **Convertino, A. D.**, Safren, S. A., Mimiaga, M. J., O'Cleirigh, C., Mayer, K. H., & Blashill, A. J. (2020, April 1-4). *Association between appearance-based discrimination and binge eating disorder among sexual minority men* [Poster presentation]. Society of Behavioral Medicine 41st Annual Meeting and Scientific Sessions, San Francisco, CA.
- Convertino, A. D.**, & Blashill, A. J. (2019, November 21-24). *Association of everyday discrimination and eating pathology in a sample of sexual minority men* [Poster presentation]. Association for Cognitive and Behavioral Therapies 53rd Annual Convention, Atlanta, GA.
- Convertino, A. D.**, Gonzales IV, M., & Blashill, A. J. (2019, April 16-21). *Sexual minority stress and community influence on disordered eating, dysmorphic concerns and appearance- and performance-enhancing drug misuse* [Conference session]. International Conference on Body Image and Health, Puerto Vallarta, Mexico.

- Remmert, J. E., **Convertino, A. D.**, Roberts, S. R., Godfrey, K. M., & Butryn, M. L. (2019, March 6-9). *The relationship between stigmatizing weight experiences in healthcare, BMI, and eating behaviors* [Paper presentation]. Society of Behavioral Medicine 40th Annual Meeting and Scientific Sessions, Washington, D.C.
- Schumacher, L. M., Martinelli, M., **Convertino, A. D.**, Forman, E. M., & Butryn, M. L. (2019, March 6-9). *Weight-related information avoidance as a predictor of self-monitoring compliance in a behavioral weight management program* [Poster presentation]. Society of Behavioral Medicine 40th Annual Meeting and Scientific Sessions, Washington, D.C.
- Call, C. C., Sininsky, S., **Convertino, A. D.**, Roberts, S. R., & Butryn, M. L. (2018, August 9-12). *Behavioral and psychological factors that counteract physical activity during behavioral weight loss* [Poster presentation]. 2018 American Psychological Association Annual Convention, San Francisco, CA.
- Convertino, A. D.**, Forman, E. M., & Butryn, M. L. (2018, April 19-21). *Emotional eating in obesity: Who experiences the benefits of treatment?* [Poster presentation]. 2017 International Conference on Eating Disorders, Chicago, IL.
- Butryn, M. L., **Convertino, A. D.**, Forman, E. M., Lowe, M. R., & Sherwood, N. E. (2018, April 11-14). *Coaching in the kitchen: A pilot study of home-focused weight loss treatment* [Poster presentation]. Society of Behavioral Medicine 39th Annual Meeting and Scientific Sessions, New Orleans, LA.
- Butryn, M. L., Schumacher, L. M., Rosenbaum, D. L., **Convertino, A. D.**, & Zhang, F. (2018, April 11-14). *Participant and clinician perception of challenges during behavioral weight loss treatment* [Poster presentation]. Society of Behavioral Medicine 39th Annual Meeting and Scientific Sessions, New Orleans, LA.
- Remmert, J. E., Kerrigan, S., **Convertino, A. D.**, Call, C. C., Forman, E. M., & Butryn, M. L. (2018, April 11-14). *Happy holidays? Investigating the relationship between holiday season and behavioral weight loss outcomes* [Poster presentation]. Society of Behavioral Medicine 39th Annual Meeting and Scientific Sessions, New Orleans, LA.
- Roberts, S. R., Remmert, J. E., **Convertino, A. D.**, & Butryn, M. L. (2018, April). *Hedonic hunger as a potential barrier to success in behavioral weight loss* [Poster presentation]. Society of Behavioral Medicine 39th Annual Meeting and Scientific Sessions, New Orleans, LA.
- Convertino, A. D.**, Call, C. C., Kerrigan, S. G., Butryn, M. L., & Forman, E. M. (2017, November 16-19). *Incidence and outcomes of exposure to trauma in a behavioral weight loss sample* [Poster presentation]. Association for Behavioral and Cognitive Therapies 51st Annual Convention, San Diego, CA.
- Call, C. C., Clark, M. H., **Convertino, A. D.**, Lowe, M. R., Forman, E. M., & Butryn, M. L. (2017, June 8-10). *Pre-treatment weight suppression, eating pathology, depressive symptoms, and weight outcomes in a behavioral weight loss program* [Poster presentation]. 2017 International Conference on Eating Disorders, Prague, Czech Republic.
- Remmert, J. E., Kerrigan, S., **Convertino, A. D.**, Call, C. C., & Butryn, M. L. (2017, June 7-10). *Effects of season on physical activity in an overweight and obese sample: A perceived but untrue barrier* [Poster presentation]. International Society of Behavioral Nutrition and Physical Activity 16<sup>th</sup> Annual Meeting, Victoria, Canada.
- Schumacher, L. M., Clark, M., **Convertino, A. D.**, Forman, E. M., & Butryn, M. L. (2017, March 29-April 1). *Obese adults' forecasted and actual experiences during physical activity: Is there a discrepancy?* [Poster presentation]. Society of Behavioral Medicine 38th Annual Meeting and Scientific Sessions, San Diego, CA.
- Rodgers, R. F., **Convertino, A. D.**, Jodoin, A., Lowy, A., Long, S., Franko, D. L., & Kruger, L. (2016, June 28-30). *The effects of digital retouching: An evaluation of an industry-initiated advertising campaign without digital modification* [Poster presentation]. Appearance Matters 7 Conference, London, United Kingdom.

Bullis, J. R., Farchione, T. J., **Convertino, A. D.**, & Barlow, D. H. (2013, November 21-24). *Does sleep following exposure sessions influence clinical outcomes during treatment for anxiety disorders?* In M. A. Kredlow (Chair), *The influence of sleep adequacy on symptom expression and treatment outcomes in anxiety and mood disorders* [Symposium]. Association for Behavioral and Cognitive Therapies 47th Annual Convention, Nashville, TN.

## GRANT FUNDING

---

<b>National Science Foundation Graduate Research Fellowship Program</b> , San Diego State University	San Diego, CA Sept. 2020 – Aug. 2023
<i>Principal Investigator: Body Image Threat Responsivity in Gay and Heterosexual Men: The Role of Physiological Reactivity</i>	

## AWARDS AND HONORS

---

Dorathe Frick Memorial Scholarship, <i>San Diego State University</i>	2020
Graduate Research Fellowship Program, <i>National Science Foundation</i>	2020
APAGS Student Diversity Initiative Award (co-author), <i>American Psychological Association</i>	2019
APAGS/Psi Chi Junior Scientist Fellowship, <i>American Psychological Association and Psi Chi Psychology Honor Society</i>	2019
University Graduate Fellowship, <i>San Diego State University</i>	2018
College of Science Class Marshal, <i>Northeastern University</i>	2015
Psychology Department Faculty Scholar Award, <i>Northeastern University</i>	2015
President's Award for Outstanding Scholarship, <i>Northeastern University</i>	2014, 2015
Honors Undergraduate Research and Creative Endeavor Grant, <i>Northeastern University</i>	2014
Provost's Office Undergraduate Research and Creative Endeavors Award, <i>Northeastern University</i>	2014
Paul and Grace Ward Martinez ('48) Co-op Fellowship, <i>Northeastern University</i>	2014
Psi Chi Psychology Honor Society, <i>Northeastern University</i>	2013
College of Science Dean's List, <i>Northeastern University</i>	2011–2015
University Honors Program, <i>Northeastern University</i>	2011
Dean's Scholarship, <i>Northeastern University</i>	2011

## PROFESSIONAL AFFILIATIONS

---

Association for Behavior and Cognitive Therapies, *current student member*  
 Academy for Eating Disorders, *current student member*  
 American Psychological Association, *current student member*

## SERVICE

---

Ad-Hoc Reviewer: *Body Image, International Journal of Eating Disorders, Eating Disorders: Journal of Treatment and Prevention, Psychology of Sexual Orientation and Gender Diversity*