

MARGARITA SALA

Address: Department of Psychology
Southern Methodist University
P.O. Box 750442
75275-0442

Email: msala@smu.edu
Phone: 972-369-4267

EDUCATION

Southern Methodist University, Dallas, TX 2014 - present
Ph.D., Clinical Psychology, expected May 2020
M.A., Clinical Psychology, December 2016
GPA: 3.95

University of North Carolina at Chapel Hill, Chapel Hill, NC 2007 - 2011
B.S. in Business Administration and Psychology
GPA: 3.82, Psychology GPA: 3.95

EXTRAMURAL AWARDS AND RESEARCH FELLOWSHIPS

National Science Foundation Graduate Research Fellowship 2016 - 2019
American Psychological Association Junior Scientist Fellowship 2015
National Eating Disorder Association Travel Scholarship 2013

ACADEMIC HONORS AND RESEARCH AWARDS

Willis Tate Outstanding Psychology Graduate Student Award, SMU 2016
Student Development Grant, SMU 2015 - 2016
Graduate Student Association Grant, SMU 2015 - 2016
Medlin Scholarship for Business and the Liberal Arts, UNC 2011
Helen Craig Wardlaw Scholarship, UNC 2010
Honors Research Grant, Department of Psychology, UNC 2010
Phi Beta Kappa, UNC 2010
Pogue Scholarship, UNC (full tuition and room and board) 2007 - 2011
Dean's List, UNC 2007 - 2011

PEER-REVIEWED PUBLICATIONS

1. **Sala, M.**, Haller, D.L., Laferrère, B., Homel, & McGinty, J. (in press). Determinants of bariatric surgery and appointment adherence after bariatric surgery. *Obesity Surgery*.
2. **Sala, M.**, & Levinson, C.A. (2017). A longitudinal study on the association between facets of mindfulness and disinhibited eating. *Mindfulness*. Advanced online publication.
3. Hofmeir, S., Runfola, C.D., **Sala, M.**, Gagne, D.A., Brownley, K.A., & Bulik, C.M. (2017).

- Body image, aging, and identity in women over 50: The gender and body image (GABI) study. *Journal of Women and Aging*, 29(1), 3-14.
4. **Sala, M.**, Breithaupt, L., Bulik, C.M., Hamer, R.M., La Via, M., & Brownley, K.A. (2017). A double-blind, randomized pilot trial of chromium picolinate for overweight individuals with binge eating disorder: Effects on glucose regulation. *Journal of Dietary Supplements*, 4(14), 191-199.
 5. Baldwin, A.S., Denman, D.C., **Sala, M.**, Marks, E.G., Shay, L.A., Craddock Lee, S., Skinner, C.S., Wiebe, D.J., & Tiro, J.A. (2016). Translating self-persuasion into an HPV vaccine promotion intervention for parents in safety-net clinics. *Patient Education and Counseling*. Advanced online publication.
 6. **Sala, M.**, Baldwin, A.S., & Williams, D.M. (2016). Affective and cognitive predictors of affective response to exercise: Examining unique and overlapping variance. *Psychology of Sports & Exercise*, 27, 1-8.
 7. Chmielewski, M., **Sala, M.**, Tang, R., & Baldwin, A.S. (2016). Examining the construct validity of affective judgments of physical activity measures. *Psychological Assessment*, 28(9), 1128-1141.
 8. Reyes-Rodríguez, M.L., García, M., Silva, Y., **Sala, M.**, Quranta, M., & Bulik, C.M. (2016). Storytelling: Development of fotonovelas to raise awareness of eating disorders in Latinos in the United States. *Revista Mexicana de Trastornos Alimentarios*, 7(1), 17-23.
 9. **Sala, M.**, & Levinson, C.A. (2016). A longitudinal study on the association between worry and disordered eating. *Eating Behaviors*, 23, 28-32.
 10. **Sala, M.**, Heard, A.M., & Black, E.A. (2016). Emotion-focused treatments for anorexia nervosa: A systematic review of the literature. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*, 21(2), 147-164.
 11. Breithaupt, L., **Sala, M.**, Hamer, R.M., Bulik, C.M., La Via, M., & Brownley, K.A. (2016). Treatment of binge eating disorder with chromium: Acceptability and feasibility. *Journal of Nutritional Medicine and Diet Care*, 2(10), 1-6.
 12. **Sala, M.**, Reyes-Rodríguez, M.L., Bulik, C.M., & Bardone-Cone, A.M. (2013). Race, ethnicity and eating disorder recognition by peers. *Eating Disorders: The Journal of Treatment and Prevention*, 21, 423-436.
 13. Reyes-Rodríguez, M.L., **Sala, M.**, Von Holle, A., Unikel, C., Bulik, C.M., Cámara-Fuentes, L., & Suárez-Torres, A. (2011). A description of disordered eating behaviors in Latino males. *Journal of American College Health*, 59, 266-272.

BOOK CHAPTERS AND BOOK REVIEWS

1. Baldwin, A.S. & **Sala, M.** (in press). Perceived satisfaction with health behavior change. In D.M. Williams, R.E. Rhodes, & M. Conner (Eds.), *Affective Determinants of Health Behavior*. New York: Oxford University Press.
2. Baldwin, A.S., & **Sala, M.** (in press). Promotion of healthy behavior. In A. Wenzel (Ed.), *The SAGE Encyclopedia of Abnormal and Clinical Psychology*. Thousand Oaks, CA: Sage Publications.
3. Baldwin, A.S., & **Sala, M.** (in press). Healthy behavior. In A. Wenzel (Ed.), *The SAGE Encyclopedia of Abnormal and Clinical Psychology*. Thousand Oaks, CA: Sage Publications.
4. **Sala, M.** (2015). Review of the book *Eating Disorders, Addictions, and Substance Use Disorders: Research, Clinical, and Treatment Perspectives* by Timothy Brewerton and Amy

Baker Dennis. *Eating Disorders: The Journal of Treatment and Prevention*, 23(3), 275-278.

MANUSCRIPTS UNDER REVIEW OR IN PREPARATION

1. **Sala, M.**, Heard, A.M., Lavender, J.M., & Goldschmidt, A.B. Affect and reward in anorexia nervosa. Manuscript submitted for publication.
2. Puzziferri, N., **Sala, M.**, Hynan, L.S., Skinner, C., & Brandon, A.R. Perceptions of Bariatric Surgery Measure (PBS): Developed to inform peri-operative weight-loss treatment. Manuscript submitted for publication.
3. Stano, S., Wu, L., **Sala, M.**, Rimawi, F., Dutia, R., Ng, S., Espinosa, C, Boron-Brenner, D., Koshy, N., Harvey, J., McGinty, J., Laferrère, B. Effect of meal size and texture on pouch emptying, GLP-1, insulin and glucose levels after gastric bypass surgery. Manuscript submitted for publication.
4. **Sala, M.**, Han, K., Acevedo, S.F., Krawczyk, D.C., & McAdams, C.J. Oxytocin receptor polymorphism rs2254298 decreases neural activations to social stimuli in medial prefrontal cortex and posterior cingulate in women with anorexia nervosa. Manuscript submitted for publication.
5. Levinson, C. A., **Sala, M.**, Fewell, L., Brosof, L. C., Fournier, L., & Lenze, E. J. Mealtime Eating Disorder Cognitions Predict Eating Disorder Behaviors and Vice Versa: A Mobile Technology Based Ecological Momentary Assessment Study. Manuscript submitted for publication.
6. **Sala, M.**, Brosof, L.C., Rosenfield, D., Fernandez, K., & Levinson, C. A. Exercise regulates anxiety and stress differently among individuals with higher and lower levels of disordered eating: An ecological momentary assessment study. Manuscript in preparation.
7. Brosof, L. C., **Sala, M.**, Rosenfield, D., Fernandez, K., & Levinson, C.A. The role of perfectionism and social anxiety in predicting exercise and eating behaviors: An ecological momentary assessment study. Manuscript in preparation.
8. Levinson, C.A., **Sala, M.**, Rodebaugh, T.L, & Lenze, E.J. Correlates of food anxiety during a short course of mealtime exposure therapy in patients diagnosed with an eating disorder. Manuscript in preparation.
9. **Sala, M.**, Puzziferri, N., Hynan, L.S., Skinner, C., & Brandon, A.R. Determinants of weight-loss after bariatric surgery: An examination of self-efficacy, expectations, and satisfaction. Manuscript in preparation.
10. **Sala, M.**, & Baldwin, A.S. Post-exercise affective response: Examining differences between regular and infrequent exercisers. Manuscript in preparation.

ORAL PRESENTATIONS

1. Baldwin, A.S., **Sala, M.**, Tang, R., & Chmielewski, M (2017, January). Construct validity of affective judgments of physical activity measures: Current limitations and implications. Flash talk at the Society for Personality and Social Psychology Health Preconference, San Antonio, TX.
2. Heard, A., **Sala, M.**, Breithaupt, L., Becker, K., & Lavender, J (2017, June). *Integrating basic behavioral, psychological, and neurobiological research into the study of eating*

- disorders*. Workshop presentation at the Academy for Eating Disorders, International Conference on Eating Disorders, Prague, Czech Republic.
3. **Sala, M.**, Heard, A., Manasse, S., Baldwin, A.S. (2017, March). *Applying for graduate funding from the National Science Foundation and the National Institute of Health*. Panel discussion at the Society of Behavioral Medicine, San Diego, CA.
 4. **Sala, M.** (2016, October). *Post-exercise affective response: Examining differences between regular and infrequent exercisers*. Oral presentation at the Southern Methodist University Psychology Department.
 5. Ferrari, M., **Sala, M.**, Vazzano, K., & Spotts-De Lazzer, A. (2016, May). *The art of making things happen: Understanding the advocacy landscape*. Workshop presentation at the Academy for Eating Disorders, International Conference on Eating Disorders, San Francisco, CA.
 6. **Sala, M.** (2015, January). *Associations with affective response during exercise: Comparing automatic and deliberative factors*. Oral presentation at the Southern Methodist University Psychology Department.
 7. Reyes-Rodríguez, M.L., **Sala, M.**, Von Holle, A., & Bulik, C.M. (2010, June). *Latino males: A description of disordered eating behaviors*. Paper presentation at the Academy for Eating Disorders, International Conference on Eating Disorders, Salzburg, Austria.

POSTER PRESENTATIONS

1. **Sala, M.**, Rosenfield, D., & Baldwin, A.S (2017, March). *Post-exercise affective response: Examining differences between regular and infrequent exercisers*. Poster presentation at the Society of Behavioral Medicine, San Diego, CA.
2. **Sala, M.**, Rosenfield, D., & Baldwin, A.S (2017, January). *Affective response after exercising*. Poster presentation at the Society for Personality and Social Psychology Health Preconference, San Antonio, TX.
3. Holter, M., Stano, S., Rimawi, F., **Sala, M.**, Espinosa, C., McGinty, J., Belsley, S., Koshy, N., Dutia, R., & Laferrère, B. (2016, June). *Greater increase in insulin clearance after gastric bypass compared to gastric banding in patients with type 2 diabetes*. Poster presentation at the American Diabetes Association, New Orleans, LA.
4. **Sala, M.**, & Levinson, C.A. (2016, May). *The longitudinal relationship between worry and disordered eating: Is worry a precursor or consequence of disordered eating?* Poster presentation at the Academy of Eating Disorders, International Conference on Eating Disorders, San Francisco, CA.
5. **Sala, M.**, Chmielewski, M., Tang, R., & Baldwin, A.S. (2016, April). *The convergent and discriminant validity of affective judgments of physical activity measures*. Poster presentation at the Society of Behavioral Medicine, Washington, DC.
6. **Sala, M.**, Han, K., Acevedo, S.F., Krawczyk, D.C., & McAdams, C.J (2016, April). *Oxytocin receptor polymorphism rs2254298 decreases neural activations to social stimuli in medial prefrontal cortex and posterior cingulate in women with anorexia nervosa*. Poster presentation at the Brain Symposium, Dallas, TX.
7. **Sala, M.**, Brandon, A.R., Hynan, L.S., Baldwin, A.S., & Puziferri, N. (2015, November). *The Bariatric Behavior Efficacy Measure (BB-EM) to inform post-bariatric surgery interventions*. Poster presentation at The Obesity Society, Los Angeles, CA.
8. Homel, P., Laferrère, B., **Sala, M.**, McGinty, J., & Haller, D.L. (2015, August).

- Psychological predictors of patient attrition in post bariatric surgery follow up.* Poster presentation at the American Psychological Association Convention, Toronto, Canada.
9. **Sala, M.**, Kangas, J.L., & Baldwin, A.S. (2015, April). *Associations with affective response during exercise: Comparing implicit and affective attitudes and behavioral intentions.* Poster presentation at the Society of Behavioral Medicine Annual Meeting, San Antonio, TX.
 10. **Sala, M.**, Breithaupt, L., Hamer, R.M., Bulik, C.M., La Via, M., & Brownley, K.A. (2015, April). *A double blind, randomized pilot trial of chromium picolinate for binge eating disorder: Effects on glucose regulation.* Poster presentation at the Academy for Eating Disorders, International Conference on Eating Disorders, Boston, MA.
 11. Breithaupt, L., **Sala, M.**, Hamer, R.M., Bulik, C.M., La Via, M., & Brownley, K.A. (2015, April). *Feasibility and acceptability of chromium for binge eating disorder.* Poster presentation at the Academy for Eating Disorders, International Conference on Eating Disorders, Boston, MA.
 12. Boron-Brenner, D., Rimawi, F., **Sala, M.**, Espinosa, C., Dutia R., McGinty J., Moize, V., & Laferrère, B. (2014, November). *Meal pattern affects hunger and glycemia after Roux-en-Y gastric bypass.* Poster presentation at The Obesity Society, Boston, MA.
 13. Dutia, R., Rimawi, F., Boron-Brenner, D., **Sala, M.**, Espinosa, C., McGinty, J., & Laferrère, B. (2014, November). *Roux-en-Y gastric bypass improves postprandial lipemia.* Poster presentation at The Obesity Society, Boston, MA.

REVIEWER EXPERIENCE

Ad Hoc Reviewer:

Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity, Journal of Addiction and Research Therapy

Mentored Reviewer:

International Journal of Behavioral Nutrition and Physical Activity

MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS

Academy of Eating Disorders (Advocacy and Communications Committee Member), Society for Behavioral Medicine (Student SIG member), American Psychological Association, American Psychological Association for Graduate Students (SMU Campus Representative), Society for Health Psychology (APA Division 38)

TEACHING EXPERIENCE

Instructor of Record, University of North Texas at Dallas

Fall 2017

Course: Research Methods

Undergraduate students at UNT

Guest Lecturer, Southern Methodist University

Summer 2015

Lecture entitled: Stress and Coping

Course: Health Psychology

Undergraduate students at SMU

Guest Lecturer, Southern Methodist University Fall 2014
 Lecture entitled: Piaget
 Course: Developmental Psychology
 Undergraduate students at SMU

Teaching Assistant, University of North Carolina at Chapel Hill Spring 2011
 Course: Mergers and Acquisitions
 Undergraduate and graduate students at UNC

CLINICAL EXPERIENCE

Texas Health Presbyterian Hospital Eating Disorder Program, *Clinician* 2016 - 2017
 Supervisors: Drs. Donald Hafer & Anna Brown
Primary Responsibilities: I serve as an individual Enhanced Cognitive Behavior Therapy (CBT-E) therapist in an adult outpatient, partial hospitalization, residential, and inpatient eating disorder unit carrying a caseload of 5 - 10 patients. I lead Dialectical Behavior Therapy (DBT) and Acceptance and Commitment Therapy (ACT) groups. I co-lead cognitive processing groups. I attend weekly supervision and participate in interdisciplinary team meetings and treatment planning.

Assessment and Therapy Clinic, *Clinician*, SMU 2015 - 2016
 Supervisors: Drs. Lorelei Simpson Rowe, Buck Hampson, & Ray Levy
Primary Responsibilities: I administered intelligence, achievement, and psychological testing to adults and children. I also maintained a caseload of 1-2 weekly clients who sought counseling for a variety of issues spanning from insomnia, attention deficit disorder, anxiety disorders, and depressive disorders.

The Anxiety and Depression Research Center, *Clinician*, SMU 2015 - 2016
 Supervisor: Drs. Alicia Meuret (primary), Michelle Craske, & Michael Treanor
Primary Responsibilities: I maintained a caseload of 2-3 weekly clients who sought treatment for anxiety and depressive disorder. I administered Exposure and Response prevention as part of treatment.

National Eating Disorder Association, *Helpline Volunteer*, New York, NY 2014
 Provided emotional and informational support to individuals with eating disorder and their families who called the National Eating Disorder Association (NEDA) helpline.

ADDITIONAL RESEARCH AND CLINICAL TRAINING

Meta-Analysis Techniques, SMU, 5-day training 2015
 Instructors: Drs. Betsy Becker and Ariel Aloe

Treatment for Affective Disorders , UCLA, 2 day training Instructor: Drs. Michelle Craske and Michael Treanor	2015
Structural Clinical Interview for DSM-5 Disorder , SMU, full day training Instructor: Dr. Alicia Meuret	2015
Trauma Focused Cognitive-Behavioral Therapy , SMU, 2 day training Instructor: Dr. Jeff Wherry	2015
Couples Therapy Workshop , SMU, 2 day training Instructor: Dr. Lorelei Simpson Rowe	2014

STATISTICS COURSES

Hierarchical Linear Modeling, Structural Equation Modeling, Graduate Level Quantitative Modeling I, Graduate Level Quantitative Modeling II, Introduction to Statistical Computing (SAS)

LEADERSHIP & SERVICE

SMU Graduate Student Representative , Dallas, TX	2016 – 2017
Girls on the Run , <i>Coach</i> , Dallas, TX	2014 – 2015
Students Help to Achieve Positive Esteem , <i>President</i> , UNC	2009 – 2011
Carolina Entrepreneurship Club , <i>Co-Director of Startup Initiatives</i> , UNC	2009 – 2010
Carolina Challenge , <i>President</i> , UNC	2008 – 2009
Big Brothers Big Sisters , <i>Mentor</i> , UNC	2008

PROFESSIONAL EXPERIENCE

SMU Health Behaviors Lab , <i>Graduate Research Assistant</i> , SMU Mentor: Dr. Austin Baldwin	2014 – present
UNC Center of Excellence for Eating Disorders , <i>Summer Fellow</i> , UNC Mentor: Dr. Cynthia Bulik	2014
The New York Obesity Nutrition Research Center , <i>Research Coordinator</i> , Columbia University Mentor: Dr. Blandine Laferrère	2013 – 2014
UNC Center of Excellence for Eating Disorders , <i>Research Assistant</i> , UNC Mentors: Drs. Cynthia Bulik and Mae Lynn Reyes-Rodríguez	2009 – 2011
Odum Institute for Research in Social Sciences , <i>Student Assistant</i> , UNC	2007 – 2008