

JULIA C. WEST

CLINICAL PSYCHOLOGY PREDOCTORAL FELLOW

EDUCATIONAL TRAINING

UNIVERSITY OF VERMONT

Clinical Psychology PhD Candidate

Aug. 2019 to May 2025

Research Advisor: Andrea Villanti, PhD, MPH

AMERICAN UNIVERSITY

BA Psychology Minor in Film and Media

Aug. 2012 to May 2016

RESEARCH EXPERIENCE

TCORS PRE-DOCTORAL FELLOW - UNIVERSITY OF VERMONT

Vermont Center on Behavior and Health | Aug. 2019 to present

- Project: Tobacco Centers for Regulatory Science - Rapid Response
- Principal Investigators: Stephen T. Higgins, PhD; Stacey Sigmon, PhD; Sarah Heil, PhD; Diann Gaalema, PhD; Andrea Villanti, PhD, MPH; Alison Kurti, PhD (University of Vermont, Vermont Center on Behavior and Health)
- Role: Pre-doctoral Fellow

- Project: Policy and Communication Evaluation Pilot Study
- Principal Investigator: Andrea Villanti, PhD, MPH (funding: University of Vermont, Vermont Department of Health)
- Role: Pre-doctoral Fellow

- Project: Smoking Cessation Interventions for Socio-Economically Disadvantaged U.S. Young Adults
- Principal Investigator: Andrea Villanti, PhD, MPH (COBRE NIH P20GM103644)
- Role: Pre-doctoral Fellow

RESPONSIBILITIES

- Mentored and trained new staff and undergraduate research assistants
- Aided with IRB submissions, grant budgeting, and administrative tasks
- First authored, co-authored, and edited several articles for submission to scientific journals
- Presented abstracts at scientific conferences
- Conducted both quantitative and qualitative analyses independently

RESERACH ASSISTANT - UNIVERSITY OF VERMONT

Vermont Center on Behavior and Health | Nov. 2017 to Aug. 2019

- Project: Policy and Communication Evaluation Pilot Study
- Principal Investigator: Andrea Villanti, PhD, MPH (University of Vermont, Vermont Department of Health)
- Role: Research Project Assistant

- Project: Smoking Cessation Interventions for Socio-Economically Disadvantaged U.S. Young Adults
- Principal Investigator: Andrea Villanti, PhD, MPH (COBRE NIH P20GM103644)
- Role: Research Project Assistant

- Project: Perceptions of Nicotine
- Principal Investigator: Andrea Villanti, PhD, MPH (FDA R03CA212694)
- Role: Research Project Assistant

RESPONSIBILITIES

- Aided with IRB submissions, grant budgeting, and administrative tasks (i.e. lab supplies, consultant payment)
- Co-authored and edited articles for submission to scientific journals
- Reviewed 3,922 articles for systematic review focused on smoking cessation interventions for U.S. young adults (54 full-text reviewed)
- Compiled appendixes and risk of bias for newly included studies in the systematic review
- Managed participant contact, recruitment, and payment for focus group sessions
- Conducted logistic regression analysis in STATA using 2016 National Health Interview Survey data to compare nicotine and tobacco use across age groups
- Created several surveys in qualtrics using various skip patterns

INTRODUCTION:

I am a second year Clinical Psychology PhD candidate. My research interests are youth and young adult substance use, primarily nicotine and tobacco use. I am particularly interested in informing addiction-related policies and communication campaigns through population-level research.

CERTIFICATES & AWARDS:

- Treatment Specialist Training (June 2018)
- Washington Mentorship Program Attendee (Fall 2012)

VOLUNTEER:

- **HOBY Vermont** - Corporate Board Director of Public Relations (May 2017 - July 2020)
- **HOBY Vermont** - Corporate Board Member (July 2020 - Present)

SKILLS & ABILITIES:

- STATA
- SPSS
- mTurk
- Qualtrics
- EPPI Reviewer
- EndNote
- Squarespace
- Microsoft Office
- Adobe CC

CONTACT:

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TEACHING EXPERIENCE

COURSE CO-INSTRUCTOR

PSYS 198 Independent Research — University of Vermont | Fall 2019, Spring 2020

PUBLICATIONS

1. **West JC**, Villanti AC, Graham AL, Mays D, Mermelstein RJ, Higgins ST. Tobacco Use and Cessation Behaviors in Young Adults: 2016 National Health Interview Survey. *Am J Public Health*, 2018.
2. Villanti AC, Naud S, **West JC**, Pearson JL, Wackowski OA, Niaura RS, Hair E, Rath JM. Prevalence and Correlates of Nicotine Perceptions in U.S. Young Adults, 2016. *Addict Behav*, 2019.
3. Villanti AC, Naud S, **West JC**, Pearson JL, Wackowski OA, Hair E, Rath JM, Niaura RS. Latent classes of nicotine beliefs correlate with perceived susceptibility and severity of nicotine and tobacco products in U.S. young adults. *Nic Tob Res*, 2019.
4. Villanti AC, **West JC**, Mays D, Donny EC, Cappella, N, Strasser AA. Impact of brief nicotine messaging on nicotine-related beliefs in a U.S. sample. *Am J Prev Med*, 2019.
5. Klemperer EM, **West JC**, Peasley-Miklus C, Villanti AC. Change in tobacco and electronic cigarette use and motivation to quit in response to COVID-19. *Nic Tob Res*, 2020.
6. Villanti AC, **West JC**, Klemperer E, Graham AL, Mays D, Mermelstein RJ, Higgins ST. Smoking cessation interventions for US young adults: Updated systematic review. *Am J Prev Med*, 2020.
7. Nighbor TD, Klemperer EM, Reed EN, Simone S, **West JC**, Hughes JR. Both reducing cigarettes per day and transitioning to very low nicotine content cigarettes decreases demand for usual-brand cigarettes. *Exp Clin Psychopharm*, 2020.
8. Villanti AC, Vallencourt CP, **West JC**, Peasley-Miklus C, LePine SE, McCluskey C, Klemperer EM, Priest JS, Logan A, Patton B, Erickson N, Hicks J, Horton K, Livingston S, Roemhildt M, Singer E, Trutor M, Williams R. Recruiting and retaining youth and young adults in online longitudinal research: lessons from a randomized trial of participant compensation in the PACE Vermont study. *Journal of Medical Internet Research*, 2020.
9. **West JC**, Peasley-Miklus C, Graham AL, Mays D, Mermelstein RJ, Higgins ST. Impact of alcohol and drug use on smoking and cessation in socioeconomically disadvantaged young adults. *Addict Behav*, 2020.
10. Villanti AC, Naud S, **West JC**, Pearson J, Wackowski O, Hair E, Niaura R, Rath J. Prospective associations between nicotine beliefs and tobacco-related susceptibility, curiosity, and use in U.S. young adults. *Prev Med*, 2020. *Under Review*.
11. Klemperer EM, Hughes JR, Callas PW, **West JC**, Villanti AC. Tobacco use among US adult “never smokers” in Wave 4 (2016-2018) of the Population Assessment of Tobacco and Health Study. *Am J Pub Health*, 2020. *Under Review*.
12. Villanti A, LePine SE, **West JC**, Boley Cruz T, Stevens EM, Tetreault HJ, Unger JB, Wackowski OA, Mays D. Identifying message content to reduce vaping: Results from online message testing trials in U.S. young adults. *Addict Behav*, 2020. *Under Review*.

PUBLICATIONS

IN PREPARATION

1. **West JC**, Peasley-Miklus C, Klemperer EM, Roemhildt M, Trites J, Trutor M, Villanti A. (*in preparation*) Correlation between knowledge of state marijuana policy, marijuana harm perceptions, and use in young adults.

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PUBLICATIONS

IN PREPARATION

2. Klemperer EM, **West JC**, Vallencourt C, Villanti A. (*in preparation*) Prevalence and reasons for reducing or quitting vaping in young adults: Findings from the PACE Vermont Study.
3. Peasley-Miklus C, West JC, Villanti A. (*in preparation*) Improving cessation in socioeconomically-disadvantaged young adult smokers: Recommendations from focus groups.
4. Peasley-Miklus C, **West JC**, Villanti A. (*in preparation*) "The only reason why I feel like I smoke is because of stress": Targeting cessation content for socioeconomically-disadvantaged young adult smokers.
5. **West JC**, Peasley-Miklus C, Klemperer EM, Lepine SE, Burt K, Chen H, Villanti A. (*in preparation*) Prevalence and perceived addictiveness of marijuana, tobacco and alcohol use in Vermont youth and young adults.
6. LePine SE, Vallencourt CP, **West JC**, Peasley-Miklus C, McCluskey C, Klemperer EM, Villanti AC. (*in preparation*) Defining addiction in youth and young adults: Analysis of qualitative survey data from the PACE Vermont study.

PRESENTATIONS

PRESENTED/ACCEPTED (* - indicates presenting author)

1. **West JC***, Villanti AC, Klemperer EM, Graham AL, Mays D, Mermelstein R, & Higgins ST (2019). Poster presented at the 2018 SRNT 24th Annual Meeting, Baltimore, MD.
2. Villanti A*, Naud S, **West JC**, Pearson J, Wackowski O, Niaura R, Hair E, & Rath J (2018). Correlations between perceived susceptibility and severity of nicotine and tobacco products in U.S. young adults. Paper presented at the NIH Tobacco Regulatory Science Meeting, Bethesda, MD.
3. Villanti A*, Naud S, **West JC**, Pearson J, Wackowski O, Niaura R, Hair E, & Rath J (2018). Correlations between nicotine beliefs and perceived susceptibility and severity of nicotine and tobacco products in U.S. young adults. Poster presented at the 18th Annual Conference of SRNT Europe, Munich, Germany.
4. Villanti AC, **West JC***, Klemperer EM, Graham AL, Mays D, Mermelstein R, & Higgins ST (2019). Smoking Cessation Interventions for U.S. Young Adults: New evidence from a systematic review. Poster presented at the 2019 SRNT 25th Annual Meeting, San Francisco, CA.
5. Villanti AC*, **West JC**, Mays D, Donny EC, Cappella JN, & Strasser AA (2019). Impact of Brief Nicotine Messaging on Nicotine Related Beliefs in an U.S. Online Sample. Poster presented at the 2019 SRNT 25th Annual Meeting, San Francisco, CA.
6. Kurti AN*, Bunn JY, Nighbor T, Cohen A, Bolivar H, Tang KJ, Dallery J, **West JC**, Higgins ST (2019). Leveraging Technology to Address the Problem of Cigarette Smoking among Women of Reproductive Age. Poster presented at the 2019 SRNT 25th Annual Meeting, San Francisco, CA.
7. Villanti A*, **West JC**, Peasley-Miklus C (2019). Improving cessation in socioeconomically-disadvantaged young adult smokers: Recommendations from focus groups. Poster presented at the 19th Annual Conference of SRNT Europe, Oslo, Norway.
8. Villanti A*, **West JC**, Mays D, Donny EC, Cappella JN, Strasser AA (2019) Similar impact of brief nicotine messaging on nicotine related beliefs in young vs. older adults. Oral presentation at the 19th Annual Conference of SRNT Europe, Oslo, Norway.
9. **West JC***, Peasley-Miklus C, Villanti A (2020). Impact of alcohol and drug use on smoking and cessation in socioeconomically disadvantaged young adults. Poster presented at the 2019 SRNT 26th Annual Meeting, New Orleans, LA.

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10. Peasley-Miklus C*, **West JC**, Villanti A (2020). "The only reason why I feel like I smoke is because of stress": Targeting cessation content for socioeconomically-disadvantaged young adult smokers. Poster presented at the 2019 SRNT 26th Annual Meeting, New Orleans, LA.
11. Klemperer EM*, **West JC**, Vallencourt C, Villanti A. (2020) Prevalence and reasons for reducing or quitting vaping in young adults: Findings from the PACE Vermont Study. Poster presented at the 2019 SRNT 26th Annual Meeting, New Orleans, LA.
12. Villanti AC*, Naud S, **West JC**, Pearson J, Wackowski O, Hair E, Niaura R, Rath J. (2020) Prospective associations between nicotine beliefs and tobacco-related susceptibility, curiosity, and use in U.S. young adults. Poster presented at the 2019 SRNT 26th Annual Meeting, New Orleans, LA.
13. **West JC***, Peasley-Miklus C, Klemperer EM, Roemhildt M, Trites J, Trutor M, Villanti A (2020). Correlation between knowledge of state marijuana policy, marijuana harm perceptions, and use in young adults. Abstract accepted as poster for the College on Problems of Drug Dependence 82nd Annual Meeting, Hollywood, FL.
14. Nighbor TD*, Klemperer EM, Reed EN, Simone S, **West JC**, Hughes JR (2020). Both Reducing Cigarettes per Day and Transitioning to Very Low Nicotine Content Cigarettes Decreases Demand for Usual-Brand Cigarettes. Abstract accepted as a poster for the College on Problems of Drug Dependence 82nd Annual Meeting, Hollywood, FL.

EDITORIAL ACTIVITIES

1. Journal Reviewer, Addictive Behaviors | Aug. 2020 – Present

RESEARCH GRANT PARTICIPATION

TOBACCO CENTERS OF REGULATORY SCIENCE RAPID RESPONSE PROJECT AWARD RECIPIENT

Vermont Center on Behavior and Health, University of Vermont | Jul. 2020 to Jul. 2021

- Project: Development of Tobacco Use Prevention Messages to Target Youth and Young Adult Beliefs about Poly tobacco Use
- Role: Principal Investigator of Pilot Project
- Primary Grant Principal Investigators: Stephen T. Higgins, PhD
- Amount of Award: \$34,049
- Funding Source: Center for Tobacco Products (CTP), National Institutes of Health (NIH), National Institute on Drug Abuse (NIDA), and the US Food and Drug Administration (FDA)

TOBACCO CENTERS OF REGULATORY SCIENCE RAPID RESPONSE PROJECT CO-INVESTIGATOR

Vermont Center on Behavior and Health, University of Vermont | Jul. 2020 to Jul. 2021

- Project: Electronic nicotine delivery systems' influence on combustible cigarette smoking and demand: A randomized controlled trial
- Role: Co-investigator of Pilot Project
- Principle Investigator of Pilot Project: Elias M. Klemperer, PhD
- Primary Grant Principal Investigators: Stephen T. Higgins, PhD
- Amount of Award: \$107,844
- Funding Source: Center for Tobacco Products (CTP), National Institutes of Health (NIH), National Institute on Drug Abuse (NIDA), and the US Food and Drug Administration (FDA)