

AMY HUGHES LANSING, Ph.D.

Curriculum Vitae

September 2022

EDUCATION

Ph.D. Clinical Psychology, Department of Psychology, University of Utah, 2015

Pre-doctoral Internship, Warren Alpert Medical School, Brown University, 2015

M.S. Clinical Psychology, Department of Psychology, University of Utah, 2011

B.S. Psychobiology, Department of Psychology, University of California, Los Angeles, 2007

PROFESSIONAL APPOINTMENTS

2020- Assistant Professor, Department of Psychological Science
University of Vermont

Assistant Professor, Department of Psychiatry (2021-present)
Vermont Center on Behavior and Health
Larner College of Medicine at the University of Vermont

2017- 2020 Assistant Professor, Department of Psychology
University of Nevada, Reno

2015- 2017 Postdoctoral Fellow, Center for Technology and Behavioral Health (NIDA P30)
Geisel School of Medicine at Dartmouth College

PUBLICATIONS

**signifies trainee author

Refereed Journal Articles

Loomba, L.A., Lansing, A. H., Cortez, J. N., Welch, K., Solowiejczyk, J. N., Ghetti, S., Styne, D. M., Glaser, N. S. (in press). Parental marital relationship satisfaction predicts glycemic outcomes in children with type 1 diabetes. *Journal of Pediatric Endocrinology and Metabolism*.

Loomba, L.A., Lansing, A. H., Cortez, J. N., Welch, K., Solowiejczyk, J. N., Ghetti, S., Styne, D. M., Glaser, N. S. (in press). Parental marital relationship satisfaction is associated with glycemic outcomes in children with type 1 diabetes. *Journal of Diabetes and Metabolic Disorders*.

- **Cummings, C., Lansing, A.H., & Houck, C.D. (in press). Perceived strengths and difficulties in emotional awareness and accessing emotion regulation strategies in early adolescents. *Journal of Child and Family Studies*.
- **Cummings, C., **Humiston, T., **Cohen, L., & Lansing, A. H. (2022). The role of COVID-19 fears and related behaviors in understanding daily adolescent health behaviors during the pandemic. *Journal of Health Psychology, 27*, 1354-1364.
- **Cummings, C.¹, **Crochiere, R.¹, Lansing, A.H., **Patel, R. & Stanger, C. (2022). A digital health program targeting physical activity among adolescents with overweight or obesity: Open Trial. *JIMR Pediatrics and Parenting, 5*, e32420.
- **Cummings, C. & Lansing, A. H. (2022). Daily associations between positive emotion and obesity-related behaviors and their interconnections within adolescent-caregiver dyads. *Annals of Behavioral Medicine, 56*, 146-156.
- **Hacker, N., Haxel, C., Flyer, J., & Lansing, A. H. (2022). Commentary: Centering oppression in research methodology toward developing interventions to address health inequities. *Journal of Pediatric Psychology, 47*, 870-872.
- Patton, S. R., Cushing, C. C., & Lansing, A. H. (2022). Applying behavioral economics theories to interventions for persons with diabetes. *Current Diabetes Reports, 22*, 219-226.
- **Cummings, C., **Benjamin, N. E., **Prabhu, H. Y., **Cohen, L. B., **Goddard, B. J., Kaugars, A. S., **Humiston, T. & Lansing, A. H. (2022). Habit and diabetes self-management in adolescents with type 1 diabetes. *Health Psychology, 41*, 13-22.
- **Crochiere, R. J., Lansing, A. H., **Carracher, A., **Vaid, E., & Stanger, C. (2021). Attentional bias to diabetes cues mediates disease management improvements in a pilot randomized controlled trial for adolescents with type 1 diabetes. *Journal of Health Psychology, 26*, 2699-2710.
- Munion, A. K., Butner, J. E., Kelly, C. S., Wiebe, D. J., Turner, S. L., Lansing, A. H. & Berg, C. A. (2020). The separation in coordination between social and self-regulation for emerging adults with type 1 diabetes. *Journal of Behavioral Medicine, 43*, 892-903.
- **Crochiere, R. J., Lansing, A. H., **Carracher, A., & Stanger, C. (2019). Executive function and somatic problems in adolescents with above target glycemic control. *Pediatric Diabetes, 20*, 119-126.
- Kelly, C. S., Berg, C. A., Lansing, A. H., Turner, S. L., Munion, A. K., Tracy, E. L. & Wiebe, D. J. (2019). Keeping parents connected in early emerging adulthood: Diabetes-related disclosure and solicitation. *Journal of Family Psychology, 33*, 809-818.
- Lansing, A. H., **Stoianova, M., & Stanger, C. (2019). Adolescent emotional control moderates benefits of a multicomponent intervention to improve type 1 diabetes adherence: A pilot randomized controlled trial. *Journal of Pediatric Psychology, 44*, 126-136.
- Lansing, A. H., Guthrie, K. M., Hadley, W. H., Stewart, A., Peters, A. & Houck, C. (2019). Qualitative assessment of emotion regulation strategies for prevention of health risk behaviors in early adolescents. *Journal of Child and Family Studies, 28*, 765-775.
- Butner, J., Berg, C. A., Munion, A., Turner, S., Lansing, A. H. & Wiebe, D. A. (2018). Coordination of self and social regulation surrounding type 1 diabetes management in late adolescence. *Annals of Behavioral Medicine, 5*, 29-41.

- Berg, C. A., Wiebe, D. J., Suchy, Y., Turner, S. L., Butner, J., Munion, A., Lansing, A. H., White, P., Murray, M. (2018). Executive function predicting longitudinal change in type 1 diabetes management during the transition into emerging adulthood. *Diabetes Care*, *41*, 2281-2288.
- Hadley, W., Lansing, A. H., Barker, D.H., Brown, L. K., Henebeng, E, Donenberg, G. & Diclemente, R. J. (2018). Longitudinal impact of a family-based HIV prevention intervention on observational and self-reports of sexual communication. *Journal of Child and Family Studies*, *27*,1098-1109.
- Lansing, A. H., Turner, S., Osborn, P., Winnick, J. B., Taheri, K., Murray, M., . . . Berg, C. A. (2018). Academic achievement and metabolic control in adolescents with type 1 diabetes. *Children's Health Care*, *47*, 16-33.
- Stanger, C., Lansing, A. H., Scherer, E. & Budney, A. (2018). A web-delivered multicomponent intervention for adolescents with poorly controlled type 1 diabetes: A pilot randomized controlled trial. *Annals of Behavioral Medicine*, *12*,1010-1022.
- Stoianova, M., Tampke, E. C., Lansing, A. H. & Stanger, C. (2018). Delay discounting associated with challenges to treatment adherence and glycemic control in young adults with type 1 diabetes. *Behavioural Processes*, *157*, 474-477.
- **Vaid, E., Lansing, A. H. & Stanger, C. (2018). Problems with self-regulation, family conflict, and glycemic control in adolescents experiencing challenges with managing type 1 diabetes. *Journal of Pediatric Psychology*, *43*, 525-533.
- Berg, C. A., Butner, J., Wiebe, D. J., Lansing, A. H., Palmer, D., Butler, J., King, P. (2017). Developmental model of parent-child coordination for self-regulation across childhood and into emerging adulthood: Type 1 diabetes management as an example. *Developmental Review*, *46*, 1-26.
- Berg, C. A., Queen, T. L., Butner, J. E., Turner, S. L., Lansing, A. H., Main, A., . . . Wiebe, D. J. (2017). Adolescent disclosure to parents and daily management of type 1 diabetes. *Journal of Pediatric Psychology*, *42*, 75-84.
- Lansing, A. H., **Crochiere, R., **Cueto, C., Wiebe, D. J & Berg, C. A. (2017). Associations of mother, father, and adolescent self-control with adherence in adolescents with type 1 diabetes. *Journal of Family Psychology*, *31*, 495-503.
- Lansing, A. H., Stanger, C., **Crochiere, R., **Carracher, A. & Budney, A. (2017). Delay discounting and parental monitoring in adolescents with poorly controlled type 1 diabetes. *Journal of Behavioral Medicine*, *40*, 864-874.
- Berg, C. A., Butner, J. E., Turner, S. L., Lansing, A. H., King, P. & Wiebe, D. J. (2016). Adolescents', mothers', and fathers' reports of adherence across adolescence and their relation to HbA1c and daily blood glucose. *Journal of Behavioral Medicine*, *39*, 1009-1019.
- Houck, C. D., Barker, D., Hadley, W. Brown, L. K., Lansing, A. H., Almy, B. & Hancock, E. (2016). The one-year impact of an emotion regulation intervention on early adolescent health risk behaviors. *Health Psychology*, *35*, 1036-1045.
- Lansing, A. H., Berg, C. A., Butner, J. B. & Wiebe, D. J. (2016). Self-control, daily negative affect, and blood glucose control in adolescents with type 1 diabetes. *Health Psychology*, *35*, 643-651.
- Lansing, A. H., Stanger, C., Budney, A., Christiano, A. & Casella, S. (2016). Pilot study of a web-delivered multicomponent intervention for teens with poorly controlled

- type 1 diabetes in rural US. *Journal of Diabetes Research*.
doi:10.1155/2016/7485613
- Stanger, C., Lansing, A. H. & Budney, A. J. (2016). Advances in research on contingency management approaches for adolescent substance use. *Child and Adolescent Psychiatric Clinics of North America*, 25, 645-659.
- Lansing, A. H., McDonald, C., Patel, R., Meihls, S., Crowell, K., Chatfield, B. & Pohl, J. F. (2015). Vitamin D deficiency in pediatric patients with cystic fibrosis: Associated risk factors in the northern United States. *Southern Medical Journal*, 108, 164-169.
- Berg, C. A., Wiebe, D. J., Suchy, Y., Hughes, A. E., Anderson, J., Godbey, E., . . . White, P. (2014). Individual differences and day-to-day fluctuations in perceived self-regulation and daily adherence in late adolescents with type 1 diabetes. *Journal of Pediatric Psychology*, 39, 1038-1048.
- Berg, C. A., Hughes, A. E., King, P., Korbel, C., Fortenberry, K., Donaldson, D., . . . Wiebe, D. J. (2014). Self-control as a mediator of the link between intelligence and HbA1c during adolescence. *Children's Healthcare*, 43, 120-131.
- Harrison, J., Evan, E., Hughes, A. E., Yazdani, S., Federman, M. & Harrison, R. (2014). Understanding communication among health care professionals regarding death and dying in pediatrics. *Palliative and Supportive Care*, 12, 387-392.
- Lansing, A. H. & Berg, C. A. (2014). Adolescent self-regulation as a foundation for chronic illness self-management. *Journal of Pediatric Psychology*, 39, 1091-1096.
- Berg, C. A., Butner, J. E., Butler, J. M., King, P. S., Hughes, A. E. & Wiebe, D. J. (2013). Parental persuasive strategies in the face of daily problems in adolescent type 1 diabetes management. *Health Psychology*, 32, 719-728.
- Osborn, P., Berg, C. A., Phung, P. & Hughes, A. E. (2013). What mom and dad don't know can hurt you: Adolescent disclosure to and secrecy from parents about type 1 diabetes. *Journal of Pediatric Psychology*, 38, 141-150.
- Hughes, A. E., Berg, C. A. & Wiebe, D. J. (2012). Emotional processing and self-control in adolescents with type 1 diabetes. *Journal of Pediatric Psychology*, 37, 925-924.
- Hughes, A. E., Crowell, S. E., Uyeji, L. & Coan, J. A. (2012). A developmental neuroscience of borderline pathology: Emotion dysregulation and social baseline theory. *Journal of Abnormal Child Psychology*, 40, 21-33.

Book Chapters

- **Cohen, L. & Lansing, A. H. (2021). Physiology and History of the “tend-and-befriend” system. In H. Hazlett-Stevens (Ed.), *Biopsychosocial Factors in Stress Reactivity and Mindfulness Approaches to Stress Reduction*. New York, NY: Springer.
- **Humiston, T, **Drakulich, M. & Lansing, A. H. (2021) Stress: Historical approaches and allostatic load. In H. Hazlett-Stevens (Ed.), *Biopsychosocial Factors in Stress Reactivity and Mindfulness Approaches to Stress Reduction*. New York, NY: Springer.
- **Vaid, E. & Lansing, A. H. (2020). Discrimination, prejudice, and oppression and the development of psychopathology. In L. Benuto, M. Duckworth, A. Masuda & W. O'Donahue (Eds.), *Prejudice, Stigma, Privilege, and Oppression: A Behavioral Health Handbook*. New York, NY: Springer Publishing.

- **Crochiere, R. & Lansing, A. H. (2018). Behavioral health and diabetes: Increasing treatment adherence. In M. Duckworth & W. O'Donahue (Eds.), *Behavioral Medicine and Integrated Care: Efficient Delivery of the Most Effective Treatments*. New York, NY: Springer Publishing.
- Berg, C. A., Sewell, K. K., Lansing, A. H., Wilson, S. J., & **Brewer, C. (2016). A developmental perspective to dyadic coping across adulthood. In J. Bookwala (Ed.), *Couple Relationships in Mid and Late Life: Current Perspectives* (pp. 259-280). Washington, DC: American Psychological Association.

Manuscripts in Under Review and in Preparation

- **Cummings, C., Lansing, A. H., Hadley, W., & Houck, C. D. (under review, revise and resubmit). Intervention impact on the emotion regulation repertoire of adolescents with mental health symptoms.
- **King, K., **Humiston, T., Murdaugh, D., Dutton, G., Gowey, M., & Lansing, A. H. (under review, revise and resubmit). A biobehavioral and social-structural model of inflammation in pediatric chronic disease.
- **Humiston, T., **Cummings, C., **Suss, S., **Cohen, L. B., Hazlet-Stevens, H., & Lansing, A. H. (in preparation). Acceptability of a self-led mindfulness-based intervention or teens with type 1 diabetes: A randomized pilot trial and recommendations for a tailored mindfulness program.
- **Cummings, C., & Lansing, A.H. (in preparation). Daily interactions between positive emotion, attentional focus towards obesity-related cues, and arousal regulation in adolescent-caregiver dyads.
- Lansing, A. H., Huckins, J., **Humiston, T., & Stanger, C. (in preparation). Individual differences in somatosensory-motor brain regions and glycemic control in adolescents with type 1 diabetes.

AWARDS AND HONORS

- 2018 Senior Scholar Mentor Award, College of Liberal Arts, University of Nevada, Reno
- 2016 Training Award, Optimization of Behavioral and Biobehavioral Interventions, OBSSR
- 2016 Citation Abstract Award, Society of Behavioral Medicine
- 2015 Student Poster Award, Society of Pediatric Psychology
- 2014 Katherine and Ezekiel Dumke Jr. Scholarship, University of Utah
- 2014 Travel Award, Society of Pediatric Psychology
- 2013 Student Poster Award, Society of Pediatric Psychology
- 2012 Research Commendation, Department of Psychology, University of Utah
- 2012 Outstanding Research, Child & Family Health SIG, Society of Behavioral Medicine
- 2007 Magna Cum Laude, B.S. in Psychobiology, University of California, Los Angeles
- 2007 Phi Beta Kappa Honors Society, University of California, Los Angeles

COMPETITIVE RESEARCH SUPPORT

- 2021-2023 Centers of Biomedical Research Excellence (COBRE), National Institute of General Medical Sciences (NIGMS)/National Institutes of Health (NIH)
Role: Principal Investigator (Co-I: N. Glaser, B. Hoza)
Testing a technology-delivered physical activity intervention to improve behavior regulation and glycemic levels in adolescents with type 1 diabetes
- 2018- 2021 Children's Miracle Network
Role: Co-Investigator (PI: L. Loomba-Albrecht; Co-I: N. Glaser)
Targeting family management skills to improve diabetes management in pediatrics: A pilot online intervention
- 2018- 2020 Altermed Foundation
Role: Co-Principal Investigator (Co-PI: H. Hazlett-Stevens)
Effectiveness of a scalable mindfulness-based stress reduction intervention for adolescents with type 1 diabetes
- 2016- 2017 NIDA, Center for Technology and Behavioral Health (P30), Pilot Core Grant
Role: Principal Investigator (Co-Is: A. Budney, A. Campbell, E. Scherer, C. Stanger)
Real-time passive and ecological momentary assessment of self-regulatory targets in cannabis using youth
- 2016- 2017 NCATS, Dartmouth Clinical and Translational Science Institute (UL1), Pilot Grant
Role: Co-Investigator (PI: C. Stanger)
Targeting neural self-regulation with technology for overweight teens
- 2015-2017 NICHD, DP3 HD076602 Supplement
Role: Senior/Key Personnel (PI: C. Stanger)
Testing a neural and behavioral model of self-regulation in teens with type 1 diabetes.

INVITED TALKS

- Lansing, A. H. (2022, May). *Disrupted Cognitive Function in Adolescents with Type 1 Diabetes: New Avenues for Improving Diabetes Self-Management and Glycemic Outcomes*. Invited presentation for the University of Louisville, School of Medicine, Endocrine Grand Rounds, virtual.
- Lansing, A. H. (2020, January). *Evidence-based pediatric psychology services in school and outpatient settings*. Invited presentation for the Nevada Association of School Psychologists, Reno, NV.

Lansing, A. H. (2018, April). *Preventing adolescent substance use: A social emotion regulation perspective*. Invited presentation at the Center for Technology and Behavioral Health Affiliates Meeting, Dartmouth College, Lebanon, NH.

CONFERENCE ACTIVITY

Symposia Organized

Lansing, A. H. & Berlin, K. (2020, March). *Intensive Longitudinal Data Analyses: A Methodological and Statistical Primer using Type 1 Diabetes as an Exemplar Population*. Symposium presented at the Society of Pediatric Psychology Annual Conference, Dallas, TX.

Berg, C. A. & Hughes, A. E. (2014, March). *Self-Regulation and Chronic Illness Management in Childhood and Adolescence*. Symposium presented at the Society of Pediatric Psychology Annual Conference, Philadelphia, PA.

Papers

**Cummings, C., **Kidane, H., **Cohen, L., & Lansing, A. H., (2022, July). *The association of emotional awareness and intra- and interpersonal experiences of positive emotion among low SES and minority race parents*. Paper presented at the International Association for Relationship Research Annual Meeting, virtual conference.

Lansing, A. H., **Hill, K., **Humiston, T., **Huckins, J., **Stanger, C. (2022, April). *Activation of neural regions that guide automaticity of behavior in response to diabetes cues is associated with more optimal glycemic levels in adolescents with type 1 diabetes*. Paper presented at the Society of Pediatric Psychology Annual Meeting, Phoenix, AZ.

Lansing, A. H., **Humiston, T., **Cummings, C., **Cohen, L. (2021, April). *Lower daily sleep quality mediates the association of insecure attachment with daily pain intensity in teens*. Paper presented at the Society of Behavioral Medicine Annual Meeting, virtual conference.

**Cummings, C., Lansing, A. H., & Stanger, C. (2021, April). *Development of a scalable technology-delivered incentive and problem-solving training program to improve glycemic control in adolescents with type 1 diabetes*. In C. E. Goethals (organizer), *Overcoming Challenges in Pediatric Behavioral Diabetes: Interventions from Early Childhood to Young Adulthood*. Paper presented at the Society of Pediatric Psychology Annual Conference, virtual conference.

Armstrong, B, Lansing, A. H. & Stanger, C. (2020, March). *The role of intensive longitudinal data in understanding the heterogeneity of intervention effects for youth with type 1 diabetes*. In A. H. Lansing & K. Berlin (co-organizers), *Intensive Longitudinal Data Analyses: A Methodological and Statistical Primer using Type 1 Diabetes as an Exemplar Population*. Paper presented at the Society of Pediatric Psychology Annual Conference, Dallas, TX.

- **Benjamin, N., Lansing, A. H. & Kaugars, A. (2020, March). *Behavioral automaticity as a moderator of the association between daily problems, daily self-regulation failures, and daily glycemic control in adolescents with type 1 diabetes*. In A. H. Lansing & K. Berlin (co-organizers), *Intensive Longitudinal Data Analyses: A Methodological and Statistical Primer using Type 1 Diabetes as an Exemplar Population*. Paper presented at the Society of Pediatric Psychology Annual Conference, Dallas, TX.
- **Cummings, C., Lansing, A. H., & Stanger, C. (2020, March). *Development of a scalable technology-delivered incentive and problem-solving training program to improve glycemic control in adolescents with type 1 diabetes*. In C. E. Goethals (organizer), *Overcoming Challenges in Pediatric Behavioral Diabetes: Interventions from Early Childhood to Young Adulthood*. Paper accepted for presentation at the Society of Pediatric Psychology Annual Conference, Dallas, TX. (presentation canceled due to COVID-19)
- **Cohen, L., **Humiston, T., **Prahbu, H., **Cummings, C., **Benjamin, N., Lansing, A. H. *Behavioral automaticity mediates the association between effortful control and adolescent type 1 diabetes management*. Paper presented at the 2020 Society of Behavioral Medicine Annual Meeting, San Francisco, CA. (conference canceled due to COVID-19)
- **Cummings, C., **Prahbu, H., **Benjamin, N. & Lansing, A. H. (2019, May). *Diabetes-specific behavioral automaticity and its association with daily diabetes management and effortful control*. Paper presented at the RiSE Award Symposium at the Association for Psychological Science Annual Convention, Washington, D.C.
- Lansing, A. H., **Tampke, E., Budney, A. & Stanger, C. (2019, May). *Simplified dynamical systems modeling of daily mood in adolescent cannabis use to guide development of individually tailored preventive interventions*. Paper presented at the Society for Prevention Research 27th Annual Meeting, San Francisco, CA.
- Kelly, C. S., Lansing, A. H., Lee, E., Turner, S. L., Wiebe, D. J., & Berg, C. A. (2017, April). *Parental involvement in emerging adults' daily diabetes management*. Paper presented at the 38th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, San Diego, CA.
- Lansing, A. H. & Stanger, C. (2016, April). *Patterns of daily blood glucose during a web-based intervention for adolescents with poorly controlled type 1 diabetes*. Paper presented at the Society of Pediatric Psychology Annual Conference, Atlanta, GA.
- Lansing, A. H. & Stanger, C. (2016, March). *Benefits of web-delivered incentives and working memory training for teens with poor type 1 diabetes control: Emotional control as a moderator*. Paper presented at the Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington, D.C.
- Berg, C. A., Hughes, A. E., Wiebe, D. J, Suchy, Y., Turner, S. Butner, J., & Anderson, J. (2014, March). *Disclosure to parents as a regulatory strategy for managing daily self-regulation and adherence*. In C. A., Berg & A. E. Hughes (co-organizers), *Self-Regulation and Chronic Illness Management in Childhood and Adolescence*. Paper presented at the Society of Pediatric Psychology Annual Conference, Philadelphia, PA.

- Hughes, A. E., Berg, C. A., & Wiebe, D. J. (2014, March). *Self-control, daily negative affect, and daily blood glucose control in adolescents with type 1 diabetes*. In C. A., Berg & A. E. Hughes (co-organizers), *Self-Regulation and Chronic Illness Management in Childhood and Adolescence*. Paper presented at the Society of Pediatric Psychology Annual Conference, Philadelphia, PA.
- Berg, C. A., Wiebe, D. J., Suchy, Y. S., Hughes, A. E., Franchow, E., Butner, J., . . . Pihliskari, A. (2013, March). *Perceived regulatory competencies associated with daily adherence in late adolescence*. Paper presented at the Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA.
- Hughes, A. E., Berg, C. A., *Rogers, M. A. & Wiebe, D. J. (2012, April). *Falling reactivity and adherence in adolescents with type 1 diabetes*. Paper presented at the Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.
- Berg, C. A., King, P. S., Osborn, P., Hughes, A. E., Pham, P., & Wiebe, D. J. (2011, October). *Longitudinal declines in parental involvement across adolescence predict low disclosure to parents for adolescents with type 1 diabetes*. Paper presented at the Conference on Emerging Adulthood, Providence, RI.
- Berg, C. A., Wiebe, D. J., Hughes, A. E., & King, P. S. (2011, November). *Daily adolescent diabetes problems and parental affect*. Paper presented at the Gerontology Society of America Annual Scientific Meeting, Boston, MA.

Posters

- **Cummings, C., & Lansing, A.H. (April, 2022). *Daily interactions between positive emotion, attentional focus towards obesity-related cues, and arousal regulation in adolescent-caregiver dyads*. Poster presented at the 2022 annual meeting for the Society of Pediatric Psychology, Phoenix, AZ.
- **Hacker, N. **Clark, B., Stanger, C., & Lansing, A. H. (April, 2022). *Dietary inflammation, hedonic hunger, and self-control in rural adolescents with higher weight*. Poster presented at the 2022 annual meeting for Society for Behavioral Medicine, Baltimore, MD.
- **Mitzner, J. **Humiston, T., & Lansing, A. H. (April, 2022). *Associations between internalizing symptoms and social media use in young adults with chronic pain*. Poster presented at the 2022 annual meeting for Society for Behavioral Medicine, Baltimore, MD.
- **Humiston, T., ** Cummings, C., Budney, A. B., Stanger, C., Lansing, A. H. (November, 2021). *Contextualizing somatic problems in rural teens who regularly use cannabis*. Poster presented at the Annual Meeting for the Association for Behavioral and Cognitive Therapies, virtual conference.
- **Cohen, L., **Humiston, T., **Prahbu, H., **Cummings, C., **Benjamin, N., & Lansing, A. H. (April, 2021) *Diabetes habit strength mediated the association between greater effortful control and greater treatment engagement in adolescents with type 1 diabetes*. Poster presented the 2021 Society of Pediatric Psychology Annual Conference, virtual conference.
- **Cohen, L., **Humiston, T., & Lansing, A. H. (April, 2021). *The role of family conflict in the relationship between social support and pandemic life impact*

- during the COVID-19 pandemic. Poster presented at the 2021 annual meeting for Society for Behavioral Medicine, virtual conference.
- **Cummings, C., & Lansing, A.H. (April, 2021). *Daily Associations of Positive Emotion and Physical Health-Related Behaviors and their Interconnections within Adolescent-Caregiver Dyads*. Poster presented at the 2021 annual meeting for Society for Behavioral Medicine, virtual conference.
- **Cummings, C., & Lansing, A.H. (April, 2021). *Greater Illness-Related Fears and Pandemic Life Impact during COVID-19 Predicts Health Behaviors in Adolescence*. Poster presented at the 2021 annual meeting for Society for Behavioral Medicine, virtual conference.
- **Humiston, T., Hazlet-Stevens, H., & Lansing, A. H. (2021, April). *Parental overprotection, interpersonal effectiveness skills, and health provider communication in teens with type 1 diabetes*. Poster presented at the 2020 Society of Behavioral Medicine Annual Meeting, virtual conference.
- **Humiston, T., Lansing, A.H. (April, 2021). *Inaccurate perceptions of health in adolescents with type 1 diabetes: The role of parental over-involvement in diabetes self-management*. Poster presented at the annual meeting for Society of Pediatric Psychology, virtual.
- **Cummings, C., Lansing, A. H., & Stanger, C. (2020, November). *Reward Processing, Executive Function, and Physical Activity in a Pilot Text-Delivered Intervention for Obese Adolescents*. Poster presented at the 2020 annual meeting for Association for Behavioral and Cognitive Therapies, virtual conference.
- **Humiston, T., Lansing, A. H., **Drakulich, M., Stanger, C., & Budney, A. J. (2020, November). *Understanding the role of ADHD, emotion regulation, and sleep in predicting cannabis craving in teens*. Poster presented at the 2020 annual meeting for Association for Behavioral and Cognitive Therapies, virtual conference.
- **Drakulich, M., Lansing, A.H., **Humiston, T., **Hill, K., Stanger, C., & Budney, A. J. (2020, April). *Decreased daily sleep quality was associated with increased daily cannabis craving in rural adolescent cannabis users*. Poster accepted for the annual meeting for the Society of Behavioral Medicine, San Francisco, C.A. (conference canceled due to COVID-19)
- **Goddard, B., Lansing, A. H., & Stanger, C. (2020, April). *Internalizing and Externalizing Symptoms as Mediators for the association between Cognitive Flexibility on Family Conflict in Adolescents with Type 1 Diabetes*. Poster accepted for the annual meeting for the Society of Behavioral Medicine, San Francisco, CA. (conference canceled due to COVID-19)
- **Hill, K., Lansing, A.H. **Humiston, T., **Drakulich, M., Stanger, C., Budney, A. J., Campbell, A., & Wang, W. (2020, April). *Risk factors associated with engagement in passive sensing and EMA among rural adolescent cannabis users*. Poster accepted for the annual meeting for the Society of Behavioral Medicine, San Francisco, C.A. (conference canceled due to COVID-19)
- **Cummings, C., Lansing, A.H., & Stanger, C. (2020, April). *Reward Processing, Executive Function, and Physical Activity in a Pilot Text-Delivered*

- Intervention for Obese Adolescents*. Poster accepted for the 2020 annual meeting for Society for Behavioral Medicine, San Francisco, CA. (conference canceled due to COVID-19)
- **Humiston, T., **Goddard, B., **Cohen, L., **Benjamin, N., & Lansing, A.H. (2020, April). *Anxiety as a mediator in the association between effortful control and adolescent type 1 diabetes-related distress*. Poster accepted for the Society for Behavioral Medicine Annual Conference, San Francisco, CA. (conference canceled due to COVID-19)
- **Cohen, L., Lansing, A. H., & Stanger, C. (2020, March). *Weekly family meetings as a key strategy for reducing family conflict in adolescents with type 1 diabetes*. Poster accepted for the Society of Pediatric Psychology Annual Conference, Dallas, TX. (presentation canceled due to COVID-19)
- **Humiston, T., Lansing, A. H., & Stanger, C. (2020, March). *ADHD symptoms and burdensomeness of diabetes management for adolescents with type 1 diabetes: Emotional control as a mediator*. Poster presented at the Society of Pediatric Psychology Annual Conference, Dallas, TX.
- **Cummings, C., Lansing, A. H., Stanger, C., & Budney, A. (2019, November). *The synergistic role of daily arousal and positive emotion in predicting cannabis craving in adolescence*. Poster presentation at the Association for Behavioral and Cognitive Therapies Annual Conference, Atlanta, GA.
- **Cummings, C., **Prabhu, H., **Benjamin, N. & Lansing, A. H. (2019, May). *Diabetes-specific behavioral automaticity and its association with daily diabetes management and effortful control*. Poster presented at the Association for Psychological Science Annual Convention, Washington, D.C.
- Lansing, A. H., **Carracher, A., **Vaid, E., **Crochiere, R., & Stanger, C. (2018, April). *Attentional processing of diabetes cues in adolescents with type 1 diabetes: Piloting a novel diabetes attentional bias task*. Poster presented at the Society of Pediatric Psychology Annual Conference, Orlando, FL.
- **Vaid, E., Lansing, A. H. & Stanger, C. (2017, May). *Teen dysregulation and family conflict in adolescents with poorly controlled type 1 diabetes*. Poster presented at the Association for Psychological Science Annual Convention, Boston, MA.
- Hadley, W., Barker, D.H., Lansing, A. H., Brown, L. K., Henebeng, E, Donenberg, G. & Diclemente, R. J. (March, 2017). *Longitudinal impact of a family-based HIV prevention intervention on observational and self-reports of sexual communication*. Poster presented at the Society of Pediatric Psychology Annual Conference, Portland, OR.
- Lansing, A.H., Stanger, C., **Vaid, E., **Tampke, E. C., **Kappel, T., Budney, A. J. (2016, October). *Teen and parent dysregulation in teens with cannabis use disorders: Characteristics and cognitive-behavioral treatment outcomes*. Poster presented at the Vermont Center on Behavior and Health Annual Conference, Burlington, VT.
- **Vaid, E., Lansing, A. H. & Stanger, C. (2016, October). *Family functioning and discrepancies in objective and family-reported adherence in youth with poorly controlled type 1 diabetes*. Poster presented at the Vermont Center on Behavior and Health Annual Conference, Burlington, VT.

- **Crochiere, R., Lansing, A. H. & Stanger, C. (2016, October). *Teens with comorbid type 1 diabetes and psychiatric symptoms: The combined benefit of a behavioral treatment targeting non-adherence and psychiatric medication*. Poster presented at the Association of Cognitive and Behavioral Therapies Annual Convention, New York, NY.
- **Ahn, B., Lansing, A. H., **Crochiere, R. & Stanger, C. (2016, May). *Psychiatric medication, psychopathology, adherence and glycemic control in adolescents with poorly controlled type 1 diabetes*. Poster presented at the Karen Wetterhahn Science Symposium at Dartmouth College, Hanover, NH.
- **Carracher, A., Lansing, A. H. & Stanger, C. (2016, May). *Withdrawn/depressed symptomatology and family conflict in adolescents with poorly controlled type 1 diabetes*. Poster presented at the Karen E. Wetterhahn Science Symposium at Dartmouth College, Hanover, NH.
- **Donehey, J., Lansing, A. H. & Stanger, C. (2016, May). *Associations of socioeconomic status and delay discounting in explaining HbA1c of adolescents with type 1 diabetes*. Poster presented at the Karen E. Wetterhahn Science Symposium at Dartmouth College, Hanover, NH.
- **Crochiere, R., Lansing, A.H. & Stanger, C. (2016, April). *Task completion, family functioning, and diabetes outcomes in adolescents with poorly controlled type 1 diabetes*. Poster presented at the Annual Meet and Scientific Sessions of the Society of Behavioral Medicine, Washington, DC.
- **Tugendrajch, S. K., Lansing, A. H. & Stanger, C. (2015, November). *Behavior economic incentives and cognitive training for teens with poorly controlled type 1 diabetes*. Poster presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Chicago, IL.
- Lansing, A. H. & Stanger, C. (2015, October). *Delay discounting predicts metabolic control in adolescents with type 1 diabetes*. Poster presented at the Vermont Center on Behavior and Health Annual Conference, Burlington, VT.
- Lansing, A.H., Berg, C. A. & Wiebe, D. J. (2015, April). *Reward responsiveness moderates the benefit of parental diabetes monitoring on daily self-regulation failures in late adolescents with type 1 diabetes*. Poster presented at the Society of Pediatric Psychology Annual Conference, San Diego, CA.
- Turner, S., Berg, C. A., Hughes, A. E., Wiebe, D. & Suchy, Y. (2014, March). *Attention problems as a predictor of diabetes outcomes in adolescents with type 1 diabetes*. Poster presented at the Society of Pediatric Psychology Annual Conference, Philadelphia, PA.
- Berg, C. A., Wiebe, D. J., King, P., Turner, S. L., Hughes, A. E. & Butner, J. (2013, April). *A multiple-informant and multiple-methods approach to adherence behaviors for understanding metabolic control in adolescents with type 1 diabetes*. Poster presented at the National Conference in Pediatric Psychology, New Orleans, LA.
- Hughes, A. E., Berg, C. A. & Wiebe, D. J. (2013, April). *Blood pressure across time and associations with metabolic control and known risks in adolescents with type 1 diabetes*. Poster presented at the National Conference in Pediatric Psychology, New Orleans, LA.

- **Rodgers, M., Hughes, A. E., Berg, C. A. & Wiebe, D. J. (2013, April). *Extracurricular activities and adherence in adolescents with type 1 diabetes*. Poster presented at the College of Social and Behavioral Sciences Poster Day, Salt Lake City, UT.
- Hughes, A. E., Berg, C. A. & Wiebe, D. J. (2013, March). *Parent and adolescent self-control in managing type 1 diabetes*. Poster presented at the Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA.
- Hughes, A. E., Berg, C. A. & Wiebe, D. J. (2012, April). *The relation of parent anger in response to diabetes management stress to adolescent psychosocial functioning and metabolic control*. Poster presented at the Midwest Regional Conference in Pediatric Psychology, Milwaukee, WI.
- Hughes, A. E., Berg, C. A. & Wiebe, D. J. (2011, April). *GPA as a predictor of metabolic control in adolescents with type 1 diabetes*. Poster presented at the National Conference in Pediatric Psychology, San Antonio, TX.
- Osborn, P., Berg, C., Pham, P., Hughes, A. E. & Wiebe, D. J. (2011, April). *To tell or not to tell: Association of adolescent disclosure and secret keeping to parents regarding management of type 1 diabetes*. Poster presented at the National Conference in Pediatric Psychology, San Antonio, TX.
- Hughes, A. E., Berg, C. A. & Wiebe, D. J. (2010, August). *Adolescent reactivity and self-control in understanding diabetes adherence*. Poster presented at the Annual Convention of the American Psychological Association, San Diego, CA.
- Hughes, A. E., Berg, C. A. & Wiebe, D. J. (2010, April). *Adolescent problem solving skill and parental monitoring moderate self-control deficits on metabolic control in type 1 diabetics*. Poster presented at the Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Seattle, WA.
- Harrison, J. A., Evan, E. E. & Hughes, A. E. (2010, January). *Understanding communication among healthcare providers regarding death and dying in pediatrics*. Poster presented at the Society of Critical Care Medicine's Critical Care Congress, Miami Beach, FL.

CAMPUS/DEPARTMENTAL/COMMUNITY TALKS

- Lansing, A.H. (2021, October). *Testing a scalable intervention to increase physical activity in teens with type 1 diabetes*. Invited presentation for the Vermont Center on Behavioral and Health COBRE Symposium, virtual meeting.
- Lansing, A.H. (2021, May). *Psychosocial support for type 1 diabetes management*. Invited presentation for the Vermont Psychological Association, Montpelier, VT.
- Lansing, A. H. (2019, September). *Adolescent health, neurobiological systems, and biobehavioral interventions*. Invited presentation for the Integrative Neuroscience Ph.D. Program Brown Bag Series, University of Nevada, Reno, NV.
- Lansing, A. H. (2018, November). *Pediatric chronic illness and responding to problematic adherence*. Invited presentation at the Complex Pediatrics Project Echo Nevada, UNR School of Medicine, Reno, NV.
- Lansing, A. H. (2016, October). *Daily self-regulation and adolescent health: Intraindividual and social dynamics*. Invited presentation at the Center for Technology and Behavioral Health Seminar, Dartmouth College, Lebanon, NH.

- Lansing, A. H. (2016, June). *Daily self-regulation and adolescent cannabis use*. Invited presentation at the Dartmouth College Science of Co-Occurring Disorders Symposium, Queechee, VT.
- Hughes, A. E. (2013, October). *Pediatric non-adherence: Implications and future directions for consultation and liaison*. Invited presentation to the Psychiatry Consultation and Liaison Didactic, Primary Children's Hospital, Salt Lake City, UT.
- Berg, C.A. & Hughes, A. E. (2012, March). *Mental health challenges and implications for adherence to the diabetes regimen*. Invited presentation at the Utah Diabetes Telehealth Series, Salt Lake City, UT.

MEDIA

- Lansing, A.H. (2022, August). *Case study: Physical activity in teens with type 1 diabetes*. Invited interview with Labfront. <https://www.labfront.com/case-study/physical-activity-and-diabetes>

TEACHING EXPERIENCE

Courses

Abnormal Psychology
Adolescent Psychology
Research Methods (graduate)
Child Abnormal Psychology
Clinical Practicum and Advanced Supervision (graduate)
Intensive Longitudinal Modeling (graduate)
Physiological Systems, Relationships, and Health across the Lifespan (graduate)

Additional Training

2018 Certificate in Effective College Instruction
 Association of College and University Educators (ACUE)

Mentorship

2020-present Senior Honors Thesis Mentor, University of Vermont

 Jacquie Mitzner (defended 2021)
 Izabella Jones (co-mentor with Dr. Althoff)

2020-present Senior Honors Thesis Committee, University of Vermont

 Leah Cohen (defended 2022)

2020-present Undergraduate Research Mentor, University of Vermont

Melanie Nigro, Psychological Science, University of Vermont Occupational Therapy
Doctorate Program
Skylar Winberry, Neuroscience
Abby Tubirdy, Psychological Science
Sierra Sabec, Psychological Science
Grace Tucker, Neuroscience/Psychological Science

2020-present Undergraduate Research Assistants, University of Vermont

Nicholas Boisvert	2022-present
Taylor Galinas	2022-present
Mari Garza	2022
Sage Hannon	2022-present
Abby Martin	2021-present
Isabella Pilkington	2022-present
Codi VanDyk	2021-2022
Ayushi Vig (Masters)	2022-present
Grace Williams	2021

2019-2020 McNair Scholars Program, University of Nevada, Reno

Helen Kidane, University of Nevada, Reno Behavior Analysis MS Program

2018-2019 Senior Honors Thesis, University of Nevada, Reno

Laura Cohen, University of Vermont Clinical Psychology PhD Program

2017-2020 Direct Learning Research Mentor, University of Nevada, Reno

Diane Lopez
Billie Jo Goddard, Pacific University Clinical Psychology PhD Program
Aurora Granados Dominguez
Kylie Hill, Staff Research Assistant, Nationwide Children's Hospital; University of
Florida Clinical Psychology PhD Program
Emma Moore
Arlene Pelayo
Hema Prabhu, Senior Scholar Award Winner; University of Cincinnati Clinical
Psychology PhD Program
Delaney Toddy

2015- 2017 Sophomore and Junior Science Scholars, Dartmouth College

Boyoung Anh, Geisel School of Medicine at Dartmouth
Ann Carracher, John C. Murphy Family Fund Research Scholarship; The Ohio State
University College of Medicine
Jake Donehey

2015- 2017 Post-Baccalaureate Trainees, Dartmouth College

Rebecca Crochiere, Drexel College Clinical Psychology PhD Program; Assistant
Professor, Williams College
Elizabeth Tampke, University of Kansas Child Clinical Psychology PhD Program; Post-
doctoral Fellow, Alpert Medical School at Brown University
Siena Tugendrajch, University of Missouri Clinical Psychology PhD Program; Post-
doctoral Fellow, University of Michigan
Esha Vaid, Pennsylvania State University Clinical Psychology PhD Program

2016 NIDA Summer Research Intern Mentor, Dartmouth College

Tara Kappel, University of California, Los Angeles

2013 Senior Thesis Mentor, Department of Psychology, University of Utah

Mallory Rodgers– College Research Day Award

Doctoral Dissertation/Master's Thesis Primary Advisor

Caroline Cummings, Department of Psychology (Clinical), UNR, Dissertation Title: Positive
Emotion, Attentional Focus and Physical Health-Related Behaviors in the Family System (2020);
2019 RiSE Award, Association for Psychological Science; Pre-doctoral Clinical Internship,
Oregon Health Sciences University; Assistant Professor, Texas Tech University (2021)

Tori Humiston, Department of Psychological Sciences (Clinical), University of Vermont,
Master's Thesis Title: Healthcare provider communication in teens with type 1 diabetes:
Parental overprotection and interpersonal effectiveness skills (2021); Dissertation ongoing; 2020
Student Poster Award, Society of Pediatric Psychology Diabetes Special Interest Group

Laura Cohen, Department of Psychological Sciences (Clinical), University of Vermont, ongoing

Nathan Hacker, Department of Psychological Sciences (Clinical), University of Vermont,
ongoing

Dissertation Committees

Julia Terman, Clinical Psychology, Ph.D. Program, University of Vermont
Hannah Loso, Clinical Psychology Ph.D. Program, University of Vermont
Julia West, Clinical Psychology Ph.D. Program, University of Vermont
Marissa Dennis, Clinical Psychology Ph.D. Program, University of Vermont
Allison Krasner, Clinical Psychology Ph.D. Program, University of Vermont

Maria Lent, Clinical Psychology Ph.D. Program, University of Vermont
Michael Steinfeld, Department of Psychological Science, UVM
Natalie Bennett, Department of Psychology (Clinical), Marquette University
Charles Edwards, Interdisciplinary Social Psychology Ph.D. Program, UNR
Sierra Mayorga, School of Nursing (DNP), UNR
Russel Pak, School of Nursing (DNP), UNR
Allison Rourk, Department of Psychology (Clinical), UNR
Brandon Sanford, Department of Psychology (Clinical), UNR
Jonathan Singer, Department of Psychology (Clinical), UNR
Cory Stanton, Department of Psychology (Clinical), UNR
Daniel Szoke, Department of Psychology (Clinical), UNR

Master's Thesis Committees

Jessyca Luke, School of Nursing (MSN), UNR
Janine Cerutti, Clinical Psychology Ph.D. Program, University of Vermont

Comprehensive Exam Committees

Julia Terman, Clinical Psychology Ph.D. Program, University of Vermont
Allison Krasner, Clinical Psychology Ph.D. Program, University of Vermont
Julia West, Clinical Psychology Ph.D. Program, University of Vermont
Tori Humiston, Clinical Psychology Ph.D. Program, University of Vermont
Charles Edwards, Interdisciplinary Social Psychology Ph.D. Program, UNR
Alex Richardson, Department of Psychology, Cognitive Brain Science, UNR
Mackenzie Wise, Department of Psychology, Cognitive Brain Science, UNR

SERVICE TO PROFESSION

Society for Behavioral Medicine 2023 Annual Conference Reviewer (Sept 2022)
NIH Clinical Informatics and Digital Health (CIDH) Study Section Reviewer (June 2022)
Editorial Board Member, Journal of Family Psychology (2022 -present)
Editorial Board Member, Children's Healthcare (2021-present)
Chair, Diabetes Special Interest Group, Society of Pediatric Psychology (2019-2021)
CTBH NIDA P30 Center Pilot Grant Reviewer (2018-present)
Editorial Board Member, JMIR Pediatrics and Parenting (2018-2020)
Center Partner, Center for Technology and Behavioral Health, Dartmouth College (2017-present)
Society of Pediatric Psychology Abstract and Student Award Reviewer
American Psychological Foundation Homer-Peterson Award Reviewer
Member, NIDA CTN, Adolescent Special Interest Group; Northeast Node Member (2017)
Trainee Representative, Consultation and Liaison Special Interest Group, Pediatric Psychology
Ad Hoc Reviewer: Children's Healthcare, Comprehensive Psychoneuroendocrinology, Health Psychology, Journal of Adolescent Health, JAMA, Journal of Cross-Cultural Psychology, Journal of Developmental and Behavioral Pediatrics, Journal of Dual Diagnosis, Journal of Family Psychology, Journal of Pediatric Psychology, Journal of Substance Abuse Treatment, Pediatric Diabetes, PLOS ONE Social Sciences, Psychology of Addictive Behaviors

DEPARTMENTAL/UNIVERSITY SERVICE

Undergraduate Committee, Department of Psychological Science, University of Vermont (2021-present)

Psychologist-in-residence, First Episode Psychosis Primary Care Case Conference (Project Echo), Office of Statewide Initiatives, University of Nevada, Reno School of Medicine

Psychologist-in-residence, Complex Pediatrics Case Conference (Project Echo), Office of Statewide Initiatives, University of Nevada, Reno School of Medicine

Admissions Committee Member, Interdisciplinary Social Psychology Doctoral Program, UNR
Mikawa Endowed Professorship Faculty Search Committee, Department of Psychology, University of Nevada, Reno

Coordinator, Behavioral Medicine Research Brown Bag, University of Utah

Trainee Member, Clinical Training Committee, Department of Psychology, University of Utah

COMMUNITY INVOLVEMENT/OUTREACH

Child and Family Psychosocial Educator, Nevada Diabetes Association

PROFESSIONAL AFFILIATIONS

Association for Psychological Science

Society for Prevention Research

Society of Behavioral Medicine

Society of Pediatric Psychology

PROFESSIONAL LICENSES

2020- present *Licensed Clinical Psychologist*, State of Vermont, License #048.0134232

2017- 2020 *Licensed Clinical Psychologist*, State of Nevada, License #PY0825

CLINICAL ROLES

2020- present Clinical Supervisor, Vermont Psychological Services, University of Vermont

2018- 2020 Psychologist-in-Residence, Complex Pediatrics Case Conference (Project Echo), School of Medicine, University of Nevada, Reno

2017- 2020 Director, Pediatric Health Research Clinic, Department of Psychology, University of Nevada, Reno

- 2015- 2017 Adolescent Clinical Health Psychology Fellow (Addiction, Endocrinology),
Geisel School of Medicine at Dartmouth
- 2014- 2015 Pediatric Psychology Resident, Hasbro Children’s Hospital and Bradley Hospital,
Alpert Medical School at Brown University
- 2011- 2014 Pediatric Psychology Therapist (Assessment, Consultation-Liaison, Outpatient,
Specialty Medical), Primary Children’s Hospital, Salt Lake City, UT
- 2011- 2013 4th Street Clinic for the Homeless, Open Door Clinic for Teens; Group Therapist
Intermountain Healthcare, Salt Lake City, UT