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## **Kristen E. Riley, Ph.D.**

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484-459-2004

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### **Current Position:**

**Assistant Professor, Graduate School of Applied and Professional Psychology, Rutgers University, September 2018-**

Behavioral Medicine: Integration of psychological care in medical settings (primary care & cancer)

Specialization in smoking cessation, insomnia treatment, and dissemination & implementation

Clinical supervision, research supervision, and teaching of graduate students (Psy.D. and Ph.D.)

*Affiliate, Psychology Department, Rutgers University*

*Affiliate, Center for Alcohol Studies, Rutgers University*

*Affiliate, Center for Tobacco Studies, Rutgers School of Public Health*

*Member, Cancer Prevention and Control, Cancer Institute of New Jersey*

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### **Education:**

University of Connecticut

**Ph.D., Clinical Psychology, August 2016**

Health Psychology Concentration

Dissertation: A Daily Diary Study of Rumination and Health Behaviors

Advisor: Crystal L. Park. Co-advisors: J.P. Laurenceau, Dean G. Cruess, Seth. C. Kalichman

University of Connecticut

**M.A., Clinical Psychology, December 2012**

Master's Thesis: Negative Event Appraisals, Rumination, and Adjustment

University of Delaware

**B.S., Honors Degree with Distinction, Psychology, June 2010**

Minors: Spanish, Cognitive Science, Business Certificate

Senior Thesis: Rejection Sensitivity and Daily Rumination to Interpersonal Stressors

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### **Postdoctoral**

#### **Training:**

**Postdoctoral Fellow, Memorial Sloan Kettering Cancer Center, July 2016-July 2018**

NIH NCI T32: Cancer Prevention and Control

Primary Advisor: Jamie S. Ostroff, Ph.D.

Secondary Advisor: Jennifer L. Hay, Ph.D.

Tobacco Treatment Program

Health behavior decision making: Rumination, superstition, & stigma

Dissemination & implementation science

Co-Chief Fellow 2017-2018

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**Research Description:** Stress, Coping, & Health. How people get stuck in their head (rumination), how that impacts their health (health behavior decision making), and how to get them out of that rut (stress management and health behavior [smoking] interventions). With a focus on cancer prevention, implementation science, and daily diary methodology/intensive longitudinal modeling.

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### **Leadership, Service:**

*Health Policy Council, SfHP, APA, Chair, 2019-2020*

*Rutgers Consortium for Clinical Research on Addictions, Member, 2019-2020*

*Committee on Diversity*, Co-Chair, GSAPP, Rutgers University, 2018-2020  
*Health Policy Council, SfHP, APA*, Health Research Council Representative, 2017-2019  
*Health Research Council, SfHP, APA*, Secretary and Health Policy Liaison, Society for Health Psychology, Div 38, APA, 2016-2019  
*Compassionate smoking cessation for cancer patients training, R25*, Facilitator, Memorial Sloan Kettering Cancer Center, 2017-2018  
*Program Reviewer, APA SfHP*, APA Conference, 2016-  
*SBM Health Decision Making SIG Program Reviewer*, 2016-  
*Center for Health, Intervention, and Prevention Student Affiliate*, Cancer Research Interest Group, University of Connecticut 2010-2016  
*Primary Care Training Task Force*, APA, Student Volunteer, 2014-2015  
*Connecticut Psychological Association Integrated Care Task Force*, Member, 2014-2015  
*Graduate Student Advisory Committee*, Clinical Psychology Representative, UConn, 2013-2015  
*Peer Advisor & Curriculum Consultant*, University of Delaware Psychology Department, 2007-2010  
*Psi Chi National Honors Society*, President, University of Delaware Chapter, 2008-2010

**Awards:** Scholar, Program for Early Career Excellence, Rutgers University, 2019-2021  
 Scholar, OBSSR Summer Institute on Randomized Behavioral Clinical Trials, 2017  
 Doctoral Dissertation Award, University of Connecticut, 2015  
 Cum Laude, University of Connecticut, 2016  
 Cum Laude, University of Delaware, 2010  
 Warner & Taylor Award for Most Outstanding Senior in Psychology, University of Delaware, 2010

#### Publications:

1. **Riley, K. E.**, Park, C. L., Tigershtrom, A., Laurenceau, J-P. (2020). Predictors of health behaviors during a college national championship sports event: A daily diary study. *Journal of American College Health*.
2. Williamson, T. J., Kwon, D. M., **Riley, K. E.**, Shen, M. J., Hamann, H. A., & Ostroff, J. S. (2019). Lung cancer stigma: Does smoking history matter? *Annals of Behavioral Medicine*.
3. **Riley, K. E.**, Park, C. L., Cruess, D. G., Tigershtrom, A., Laurenceau, J-P. (In press). Anxiety and depression predict the paths through which rumination acts on behavior: A daily diary study. *Journal of Social and Clinical Psychology*.
4. **Riley, K. E.** (2019). So where do I start? How to get involved in Health Policy. Health Policy Corner. *The Health Psychologist*.
5. **Riley, K. E.**, & Hay, J. L., Waters, E. A., Biddle, C., Schofield, E., Li, Y., Orom, H., & Kiviniemi, M. T. (2019). Lay Beliefs about Risk Relation to Risk Behaviors and to Probabilistic Risk Perceptions. *Journal of Behavioral Medicine*.
6. Ostroff, J. S., **Riley, K. E.**, Shen, M. J., Atkinson, T. M., Williamson, T.J., & Hamann, H. A. (2019). Lung cancer stigma and depression: Validation of the Lung Cancer Stigma Inventory. *Psycho-Oncology*.
7. **Riley, K. E.**, Park, C. L., & Laurenceau, J-P. (Fall 2018). A Daily Diary Study of Rumination and Health Behaviors: Modeling Moderators and Mediators. *Annals of Behavioral Medicine*.
8. Finkelstein-Fox, L., Park, C. L., **Riley, K. E.** (Fall 2018). Mindfulness' effects on stress, coping, and mood: A daily diary goodness-of-fit study. *Emotion*.
9. Ostroff, J. S., **Riley, K. E.**, & Dhingra, L. (Fall 2018). Smoking Cessation and Cancer Survivors. *Handbook of Cancer Survivorship*.

10. Park, C. L., Elwy, A. R., Maiya, M., Sarkin, A. J., **Riley, K.**, Eisen, S. V., ... Groessl, E. J. (2018). The Essential Properties of Yoga Questionnaire (EPYQ): Psychometric Analysis. *International Journal of Yoga Therapy*.
11. Hamann, H. A., **Riley, K. E.**, & Ostroff, J. S. (2017). Lung cancer survivorship needs assessment. *Psycho-Oncology*, 26, 86-88.
12. **Riley, K. E.**, Ulrich, M. R., Hamann, H. A., Ostroff, J. S. (2017). Decreasing Smoking but Increasing Stigma?: Anti-tobacco Campaigns, Cancer Patients, and Public Health. *AMA Journal of Ethics*, 19, 475-485.
13. Hay, J. L., **Riley, K. E.**, & Geller, A. C. (2017). Tanning and teens: Is indoor exposure the tip of the iceberg? *Cancer Epidemiology, Biomarkers, & Prevention*, 26, 1170-1174.
14. **Riley, K. E.**, Lee, J. S., Safren, S. A. (2017). The relationship between automatic thoughts and depression in a CBT-AD intervention for people living with HIV/AIDS (PLWHA): Exploring temporality and causality. *Cognitive Therapy and Research*.
15. **Riley, K. E.**, Park, C. L., Wilson, A., Sabo, A., Antoni, M.H., Harris, A., Braun, T. D., Harrington, J., Reiss, J., Pasalis, E., Harris, A., & Cope, S. (2016). Improving physical and mental health in frontline mental health providers: Yoga-based stress management versus Cognitive Behavioral Stress Management. *Journal of Workplace Behavioral Health*, 6, 1-23.
16. Park, C. L., **Riley, K. E.**, George, L., Hale, A., Cho, D., Guitierrez, I., & Braun, T. D. (2016). Assessing Disruptions in Meaning: Development of the Global Meaning Violation Scale. *Cognitive Therapy and Research*, 40, 831-846.
17. Park, C. L., **Riley, K. E.**, Braun, T. D., Jung, J. Y., Suh, H. G., Antoni, M. H., & Pescatello, L. S. (2016). Yoga and cognitive-behavioral interventions to reduce stress in incoming college students: A pilot study. *Journal of Applied Biobehavioral Research*.
18. Park, C. L., **Riley, K. E.**, Braun, T. D. (2016). Practitioners' perceptions of yoga's impact and positive and negative effects: Results of a national survey. *The Journal of Bodywork and Movement Therapies*, 20, 270-279.
19. Groessl, E. J., Maiya, M., Elwy, A. R., **Riley, K. E.**, Sarkin, A. J., Eisen, S. V., Braun, T. D., Gutierrez, I., Kidane, L., Park, C. L. (2015). The Essential Properties of Yoga Questionnaire: Development and methods. *International Journal of Yoga Therapy*, 25, 51-59.
20. **Riley, K. E.**, & Park, C. L. (2015). How does yoga reduce stress? A systematic review of proposed mechanisms of change and guide to future inquiry. *Health Psychology Review*, 3, 379-396.
21. **Riley, K. E.** & Kalichman, S. C. (2014). Mindfulness Based Stress Reduction for people living with HIV/AIDS populations: Preliminary review of intervention trial methodologies and findings. *Health Psychology Review*.
22. Park, C.L., Groessl, E.J., Maiya, M., Sarkin, A., Eisen, S.V., **Riley, K.**, & Elwy, A.R. (2014). Comparison groups in yoga research: a systematic review and critical evaluation of the literature. *Complementary Therapies in Medicine*, 22, 920-929.
23. **Riley, K. E.** & Park, C. L. (2014). Problem-focused vs. meaning-focused coping as mediators of the appraisal-adjustment link. *Journal of Social and Clinical Psychology*, 33, 587-611.
24. Park, C. L., Groessl, E., Maiya, M., Sarkin, A., Eisen, S., **Riley, K. E.**, & Elwy, E. R. (2014). Comparison groups in yoga research: A systematic review and critical evaluation of the literature. *Annals of Behavioral Medicine*.
25. Park, C. L., **Riley, K. E.**, Bedesin, E. Y., & Stewart, V. M. (2014). Why practice yoga? Practitioners' motivations for adopting and maintaining yoga practice. *Journal of Health Psychology*, 21, 887-896.

26. Elwy, R. A., Groessl, E. J., Eisen, S. V., **Riley, K. E.**, Maiya, M., Lee, J. P., Sarkin, A., & Park, C. L. (2014). A systematic scoping literature review of yoga intervention components and intervention quality. *American Journal of Preventative Medicine*, *47*, 220-232.
27. Park, C. L., **Riley, K. E.**, Bedesin, E. Y., & Stewart, V. M. (2013). What do yoga students want? Discrepancies between perceptions of real and ideal yoga teachers and their relations with emotional well-being. *International Journal of Yoga Therapy*, *23*, 53-57.
28. **Riley, K. E.**, Park, C., Marks, M., & Braun, T. (2012). Characteristics of yoga practice in an undergraduate student sample. *BioMed Central (BMC) Complementary and Alternative Medicine*, *12* 346-347.
29. Park, C. L., **Riley, K. E.**, Snyder, L. B. (2012). Meaning making coping, making sense, and posttraumatic growth following the 9/11 terrorist attacks. *Journal of Positive Psychology*, *7*, 198-207.
30. **Riley, K. E.** (2011). "Benefit Finding." *Encyclopedia of Behavioral Medicine*. Springer Publishing.

#### Works in Progress:

1. Mirpuri, S. J., **Riley, K. E.**, & Gany, F. (Under review). Health behaviors in taxi cab drivers.
2. **Riley, K. E.**, DuHamel, K., Applebaum, A., Mao, J. (Under review). Hyperarousal versus insomnia in a cancer patient population.
3. Mala, J., **Riley, K. E.** (Under review). Executive Functions Among Youth in Poverty.
4. **Riley, K. E.**, Hamann, H., Shen, M., & Ostroff, J. S. (Under review). Forgiveness and lung cancer stigma in diverse smokers.
5. **Riley, K. E.**, & Jabson, J. (Under review). Smoking in LGBTQ populations: A scoping review and dissemination and implementation science plan.
6. **Riley, K. E.**, Park, C. L., Wong, C. C. Y., Russell, B. (In preparation). Mindfulness and self compassion buffer rumination's effect on health behaviors.
7. Hamann, H. A., **Riley, K. E.**, Park, E., Carter-Harris, L., Studts, J., & Ostroff, J. O. (In preparation). Needs assessment for lung cancer survivors: A scoping review.
8. **Riley, K. E.**, Farris, S., Ostroff, J. S. (In preparation). Predictors of cancer patients' smoking quit rates in the two weeks leading up to surgery: A daily diary study.
9. **Riley, K. E.**, John, G., Verrico, C. & Park, C. L. (In preparation). Change in cognitive appraisals: Ongoing stressors in a college population.
10. **Riley, K. E.**, & Hay, J. L. (In preparation). Uptake and utilization of a website for skin cancer genomics information: SOMBRA.
11. **Riley, K. E.**, & LoSavio, S. T. (In preparation). Rejection sensitivity and daily rumination to interpersonal and noninterpersonal stressors.
12. **Riley, K. E.**, Giles, M. E., Park, C. L., Mills, M. A., Litz, B.T., & Salters-Pedneault, K. (In preparation). Unwanted intrusive thoughts: A prospective analogue study of risk and protective factors.

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#### Presentations:

1. Williamson, T., Kwon, D., **Riley, K. E.**, Hamann, H. A., Ostroff, J. S. (April, 2020). Lung cancer stigma: Does smoking history matter? Paper will be presented at the Society of Behavioral Medicine Conference, San Francisco, CA.
2. **Riley, K. E.**, Hamann, H. A., Carter-Harris, L., Studts, J. L., Park, E., & Ostroff, J. S. (August, 2019). Impact of smoking-related stigma in lung cancer: Implications for behavior change, health, and society. Symposium presented at the American Psychological Association Conference, Chicago, IL.
3. **Riley, K. E.**, Hay, J. L., White, K., Sussman, A., Guest, D., Schofield, E., Li, Y., Kaphingst, K., Hunley, K., & Berwick, M. (March, 2019). Cognitive causation beliefs, negative affect in risk perception, and responses to skin cancer genetic test offer. Poster presented at the Society of Behavioral Medicine Conference, Washington, DC.
4. **Riley, K. E.**, Jabson, J., M., Giles, M., & El-Sharkawy, K. D&I Conference. (December, 2018). Smoking cessation interventions for LGBTW populations: As scoping review and recommendations for dissemination and implementation. Poster presented at the Dissemination & Implementation Conference, Washington, DC.
5. **Riley, K. E.**, Orom, H., Waters, E. A., Biddle, C., Schofield, E. A., Li, Y., Kiviniemi, M. T., Chen, X., Hay, J. L. (April, 2018). *Examining the Role of Lay Risk Beliefs in the Risk Perception-Health Behavior Relationship*. Poster was presented at the Society of Behavioral Medicine Conference, New Orleans, LA.
6. **Riley, K. E.** Shaffer, K. M., Carlsson, S., & Ostroff, J. O. (December, 2017). *Scoping review of dissemination and implementation strategies for distress screening in cancer centers*. Poster presented at the Dissemination & Implementation Conference, Washington, DC.
7. **Riley, K. E.**, & Ostroff, J. S. (December, 2017). *Recommendations for reach and engagement in smoking cessation trials in cancer centers*. Poster presented at the Dissemination & Implementation Conference, Washington, DC.
8. T.D. Braun, C.L. Park, L. Finkelstein-Fox, M.L. Schneider, L.A. Conboy, E. Schifano, **Riley K. E.**, J. Greenberg, S.W. Lazar. (July, 2017). *Mindful Yoga-Based Stress Management: A Preliminary Test of Psychosocial Mechanisms*. Poster to be presented at 38th Stress Anxiety and Resilience Conference, Hong Kong.
9. **Riley, K. E.**, Hamann, H. A., Shen, M., & Ostroff, J. S. (April, 2017). *Forgiveness as a buffer to lung cancer stigma*. Poster presented at the Society of Behavioral Medicine Conference, San Diego, CA.
10. **Riley, K. E.**, Laurenceau, J-P., & Park, C. L. (April 2017). *Depression and anxiety predicting rumination's impact on health behaviors: A daily diary study*. Poster presented at the Society of Behavioral Medicine Conference, San Diego, CA.
11. Li, Y., Schofield, E., **Riley, K. E.**, Hay, J. (March 2017). *Understanding the maintenance of sun protection behaviors of individuals at risk of melanoma*. Poster presented at the Society of Behavioral Medicine Conference, San Diego, CA.
12. **Riley, K. E.**, Rodriguez-Diaz, M., Widerstrom-Noga, E. (March 2017). *Exercise promotes resilience to pain in people with spinal cord injury*. Poster presented at the Society of Behavioral Medicine Conference, San Diego, CA.
13. **Riley, K. E.** & Park, C. L. (August 2016). *Mindfulness increases adaptive health behaviors through self distancing: A daily diary study*. Poster presented at the American Psychological Association Conference, Denver, CO.
14. Gowda, S., Rogers, B. G., **Riley, K. E.**, Wallace, D. M., & Wohlgemuth, W. K. (June 2016). *Chronic pain is associated with poor PAP adherence*. Poster presented at the Sleep Conference, Denver, CO.

15. **Riley, K. E.** & Park, C. L. (April 2016). The Importance of Daily Diary Methodology for Health Behaviors: Rumination as a Predictor of Health Behaviors. In C. L. Park (Chair), *Digging deeper: Using daily diary studies to capture within and between person predictors of health behaviors*. Symposium conducted at the Society of Behavioral Medicine Conference, Washington, D.C.
16. Cho, D., Park, C. L., & **Riley, K. E.** (April 2016). *What moderates the associations between physical activity and healthy diet?: A preliminary study*. Poster presented at the Society of Behavioral Medicine Conference, Washington, D.C.
17. **Riley, K. E.** & Park, C. L. (April 2015). *Predictors of health behaviors during a college national championship sports event*. Poster presented at the Society of Behavioral Medicine Conference, San Antonio, TX.
18. Gutierrez, I. A., Park, C. L., Groessl, E. J., Sarkin, A., **Riley, K. E.**, & Maiya, M. (April 2015). *Yoga, politics, and religion: How American yogis' social attitudes compare to national averages*. Poster presented at the Society of Behavioral Medicine Conference, San Antonio, TX.
19. Park, C. L., **Riley, K. E.**, Wilson, A., Sabo, A., Harrington, J., Reiss, J., Pasalis, E., & Cope, S. (September 2014). *Yoga versus CBSM for healthcare providers' physical and mental health*. Poster presented at the Symposium on Yoga Research, Stockbridge, MA.
20. **Riley, K. E.**, Park, C. L., Wilson, A., Cope, S. (September 2014). *A work-based Yoga vs CBSM intervention for mental health professionals*. Poster presented at the Symposium on Yoga Research, Stockbridge, MA.
21. **Riley, K. E.** & Park, C. L. (August, 2014). *Rumination and extreme views: Getting stuck in your head, getting stuck in your own perspective*. Poster presented at the American Psychological Association Conference, Washington, DC.
22. Park, C. L., & **Riley, K. E.** (May, 2014). *Practitioners' Perceptions of Yoga's Impact and Positive and Negative Effects: Results of a National Survey*. Poster presented at the International Research Congress for Integrative Medicine and Health Conference, Miami, FL.
23. **Riley, K. E.** & Park, C. L. (April, 2014). *Rumination and health behaviors in college students*. Poster presented at the Society of Behavioral Medicine Conference, Philadelphia, PA.
24. Park, C. L., Elwy, A. R., Groessl, E., Sarkin, A., Maiya, M., Eisen, S., **Riley, K. E.**, & Braun, T. D. (April, 2014). *Systematic review of control groups in yoga interventions*. Poster presented at the Society of Behavioral Medicine Conference, Philadelphia, PA.
25. **Riley, K. E.** & Park, C. L. (November, 2013). *Appraisals of centrality and intrusive thoughts: Ongoing events in a college sample*. Poster presented at the meeting of the International Society for Traumatic Stress Studies, Philadelphia, PA.
26. Jung, J.Y., Suh, H.G., Braun, T.D., **Riley, K.E.**, Park, C.L., Pescatello, L.S. (November, 2013). *The influence of yoga and a stress management intervention on physical activity and function among first-year students*. Poster presented at the New England Chapter of American College of Sports Medicine Conference, Providence, RI.
27. **Riley, K. E.**, Park, C. L., Bedesin, E. B., & Stewart, M. S. (June, 2013). *Reasons for starting and continuing yoga*. Poster presented at the meeting of the Symposium of Yoga Research, Boston, MA.
28. Braun T. D., Park, C. L., Pescatello, L. S., **Riley, K. E.**, Trehern, A., Davis, M. B., & Mastronardi, M. L. (June, 2013). *Interoceptive awareness and vegetable intake after a yoga and stress management intervention*. Poster presented at Symposium on Yoga Research. Boston, MA.
29. **Riley, K. E.**, Braun, T. D., Park, C. L., Pescatello, L. S., Jung, J.Y., & Suh, H.G., Davis, M. B., Trehern, A. E., & Mastronardi, E. L. (June, 2013). *Yoga and stress management may buffer against sexual risk taking behavior increases in college freshmen*. Poster presented at the meeting of the Symposium of Yoga Research, Boston, MA.

30. **Riley, K. E.**, Park, C. L. (May, 2013). *Change in cognitive appraisals: Ongoing stressors in a college population*. Poster presented at the meeting of the Association for Psychological Science, Washington, DC.
31. Elwy A. R., Groessler, E. J., Eisen, S. V., **Riley, K. E.**, Maiya, M., Sarkin, A., Park, C. L. (March, 2013). *Using evidence synthesis and qualitative data to identify a framework for evaluating yoga interventions*. Poster presented at the Society of Behavioral Medicine annual conference, San Francisco, CA.
32. **Riley, K. E.**, Park, C. L. (August, 2012). *Moderational models of stress appraisal, rumination, and depression*. Paper presented at the meeting of the American Psychological Association, Orlando, FL.
33. **Riley, K. E.**, Park, C. L., Marks, M., Braun, T. (May, 2012) *Characteristics of yoga practice in an undergraduate student sample*. Poster presented at Integrative Medicine & Health Conference, Portland, Oregon.
34. Park, C. L., **Riley, K. E.**, Stewart, M. S., Bedesin, E. B., Braun, T. (May, 2012). *National surveys show lower well-being among yogis yet efficacy trials show favorable results: Does dose-response resolve the contradiction?* Poster presented at Integrative Medicine & Health Conference, Portland, Oregon.
35. Stewart, V. M., Besedin, E. Y., Park, C. L., & **Riley, K. E.** (September, 2011). *Who practices yoga? And what kind? And how much? Results of an internet survey*. Poster presented at the Symposium on Yoga Research, Stockbridge, MA.
36. Besedin, E. Y., Stewart, V. M. Park, C. L., & **Riley, K. E.** (September, 2011). *Who teaches yoga? Yoga teachers demystified*. Poster presented at the Symposium on Yoga Research, Stockbridge, MA.
37. **Riley, K. E.**, Park, C. L., Besedin, E. Y., & Stewart, V. M. (September, 2011). *Yoga state of body and mind: Wellbeing of yoga users compared to national samples*. Poster presented at the Symposium on Yoga Research, Stockbridge, MA.
38. Park, C. L., Besedin, E. Y., Stewart, V. M., & **Riley, K. E.** (September, 2011). *What do yoga students want? Perceptions of real vs. ideal yoga teachers*. Poster presented at the Symposium on Yoga Research, Stockbridge, MA.
39. **Riley, K. E.**, Park, C. L., Mills, M. A. Litz, B., Salters-Pedneault, K. (August, 2011). *Unwanted intrusive thoughts: A prospective analogue study of risk and protective factors*. Paper presented at the meeting of the American Psychological Association, Washington, D.C.
40. Losavio, S. T., Cohen, L. H., **Riley, K. E.**, & Parrish, B. P. (May, 2010). *Meaning-making from daily stressors*. Paper presented at the meeting of the Association for Psychological Science, Boston, MA.
41. **Riley, K.E.**, LoSavio, S. T., Parrish, B. P., & Cohen, L. H. (April, 2010). *Rejection sensitivity and daily rumination to interpersonal stressors*. Poster presented at the Psi Chi Philadelphia Area Research Conference, Philadelphia, PA.

#### Grants:

1. **Postdoctoral fellowship** was funded in part through a cancer center support grant from the National Cancer Institute of the National Institutes of Health under award number P30 CA008748. This grant supports the Behavioral Research Methods Core Facility at Memorial Sloan Kettering Cancer Center. The postdoctoral fellowship was also supported by a training grant from the NCI under award number T32 CA009461.
2. **TCORS FDA Grant in Tobacco Regulatory Science**. *Tobacco Public Health Campaign for Lung Cancer Patients*. Primary Investigator. \$10,000.
3. **Nussbaum Grant, RWJBarnabas**. *Keeping Mothers Alive*. Co-Investigator. \$40,000.

4. **R21**, Multiple Primary Investigator. Lung cancer stigma and the *Tips From Former Smokers* Campaign. Co-Investigator: Jamie Ostroff. Resubmitted October 2018. *Resubmission April 2020*.
5. **Rutgers Big Ideas Grants, Co-Investigator**. Rutgers Obesity Institute. Co-Investigator. *Invited Presentation November 2019*.
6. **R03**, Primary Investigator. Intervention for superstitious thoughts about cancer risk in the primary care setting: An implementation science study. Planned submission Fall 2020.

#### Policy:

*Health Policy Council, SfHP, APA, Chair, 2019-2020*

*Health Policy Council, SfHP, APA, Health Research Council Representative, 2017-2019*

1. Wiley, J. & **Riley, K. E.** (2017). Comment on Stress & Health Disparities Report, American Psychological Association. Approved by Health Policy Council and Society for Health Psychology Presidential Trio at the American Psychological Association.
2. **Riley, K. E.** & Ranak, T. (2019). Comment on Professional Practice Guidelines for the Implementation of Evidence-Based Psychological Practice. Approved by Health Policy Council and Society for Health Psychology Presidential Trio at the American Psychological Association.
3. **Riley, K.E.** & Pecora, K. (2020). Comment on National Institute of Mental Health Strategic Plan for Research. Approved by Health Policy Council and Society for Health Psychology Presidential Trio at the American Psychological Association.
4. Health policy briefs from students in courses taught disseminated: **33** (as of Fall 2019)

#### Clinical Experience:

*Licensed, State of New Jersey 2018*

*Licensed, State of New York 2017*

**Creator/Supervisor/Clinician, Robert Wood Johnson Hospital, Behavioral Sleep Medicine Clinic, New Brunswick, NJ, 2018-**

**Supervisor, Robert Wood Johnson Hospital, Adolescent Weight Management, New Brunswick, NJ, 2018-**

**Supervisor, Center for Psychological Services, New Brunswick, NJ, 2018-**

- Advanced clinical cases

**Clinician, Counseling Center, Memorial Sloan Kettering Cancer Center, New York, NY, 2017-2018**

- Stress Management & Smoking Cessation Specialty Clinic
- Tobacco Treatment Program at MSKCC

**Research Clinician, Memorial Sloan Kettering Cancer Center, New York, NY, 2016-2018**

- Cognitive Behavioral Therapy for Insomnia (CBTi) for Cancer Patients (PI: Jun Mao, M.D., Supervised by: Kate DuHamel, Ph.D.)
- Pilot Study, Cognitive Behavioral Therapy for Insomnia (CBTi) for Caregivers (PI: Allison Applebaum, Ph.D.)
- Meaning Centered Psychotherapy for Bereaved Parents (PI: Wendy Lichtenthal, Ph.D.)

**Internship, Health Psychology, Miami VA Healthcare System, Miami, FL, July 2015-July 2016**

- Consultation and Liaison Services: diagnostic assessment and referral, short term psychotherapy, solid organ transplant and pre-surgical evaluations, Mindfulness-Based Coping Skills group leader



- Inpatient and Outpatient Referrals (depression, anxiety, PTSD, cancer care)
- Integrated Primary Care: Warm Handoffs, Short Term Psychotherapy, Health Promotion Disease Prevention Groups, Mindfulness Group
- Sleep Medicine: Assessment and Diagnosis of Sleep Disorders, Individual and Group Psychotherapy and Psychoeducation
- Spinal Cord Rehabilitation: Medical Inpatient and Outpatient Individual Psychotherapy, Multiple Sclerosis Group
- PTSD Residential Unit: Group and Individual Psychotherapy, Prolonged Exposure
- 8 Integrated Assessments: Cognitive and Personality Diagnostic Assessments
  - Standard Battery: WAIS, TOMM, MMPI-2, Sentence Completion, SCID, Psychosocial Interview
  - Serious mental illness, depression, PTSD, personality disorders, ADHD
- 12 Outpatient Individual Psychotherapy Cases, including 2 Spanish-Speaking
  - Depression, anxiety, serious mental illness, cancer care

**External Clerkship, VA Connecticut Healthcare System, Newington, CT, September 2014-May 2015**

- Smoking Cessation/Substance Abuse Treatment Program
  - Supervisor Judith Cooney, Ph.D.
  - Smoking Cessation
    - Facilitator of month long smoking cessation group
    - Case manager for individual smoking cessation patients
    - Assisted with integrating smoking cessation services into primary care
  - Substance Abuse Day Treatment Program
    - Created and facilitated “Learning How to Sleep without Substances” Insomnia group
    - Facilitated coping skills and mindfulness groups
- Behavioral Health in Primary Care
  - Supervisor Lindsey Dorflinger, Ph.D. (Health Behavior Coordinator)
  - Short term individual psychotherapy for health behavior change and coping
    - Weight management, insomnia, cancer, pain

**External Clerkship, Helen & Harry Gray Cancer Center, Hartford Hospital, Hartford, CT, September 2013-June 2014**

- Supervisor: Ellen Dornelas, Ph.D.
- Psychotherapy with cancer patients
- Coordination of care with medical professionals and care teams
- Young adult cancer survivor support group co-creator and leader

**External Clerkship, Division of Health Psychology, Department of Psychiatry, Institute of Living, Hartford Hospital, Hartford, CT, September 2013-June 2014**

- Supervisor: Jennifer Ferrand, Psy.D.
- Psychotherapy: patients with pain, weight, or chronic health issues
- Bariatric surgery psychological assessments and coordination of care with weight loss surgery team

**Graduate Student Assessment Clinician, Psychological Services Clinic, University of Connecticut, Storrs, CT, Fall 2010-Summer 2015**

- Four Learning Disorder Assessments (Adults; Two ADHD, Reading LD, Math LD)
- Two Personality Assessments (Adults; Borderline Personality Disorder, Asperger’s)

**Graduate Student Research Clinician, Cognitive behavioral stress management (CBSM) for freshman women in STEM (adapted with permission), University of Connecticut, 2014**

**Graduate Student Therapist, Psychological Services Clinic, University of Connecticut, Storrs, CT, Fall 2011- Summer 2013**

- One year Adult Psychotherapy Practicum
  - Fall 2011-Summer 2012
  - Clients age 18-67 years old

- Supervisor: Julie Fenster, PhD
- Interpersonal, DBT, CBT orientation
- Patients presenting with: depressive symptoms (MDD, adjustment disorder), anxiety symptoms (GAD, OCD, hoarding), posttraumatic stress symptoms, hoarding, borderline personality features, and distress related to a general medical condition (cancer, pain)
- One year Child & Family Psychotherapy Practicum
  - Fall 2012-Summer 2013
  - Clients age 11-17 years old
  - Supervisor: Sarah Hodgson, Ph.D.
  - Family Systems, CBT orientation
  - Patients presenting with developmental trauma disorder symptoms, depressive symptoms, anxiety, adjustment disorder (sexual orientation, divorce), pain

**Undergraduate Intern, Cancer Support Community, Philadelphia, PA, Summer 2009, Winter 2010**

- Nonprofit international organization dedicated to providing support, education, and hope to people affected by cancer through programs, psychotherapy, support groups, and an online community
- Organized programs for cancer patients, observed clinician group support meeting

**Undergraduate Intern, Project H.O.M.E., Philadelphia, PA, Summer 2009**

- Nonprofit organization in Philadelphia providing affordable housing, employment, healthcare, education to homeless Philadelphians
- Organized activities for homeless and recently homed children ages K-3 in a summer day camp

**Undergraduate Intern, Council for Relationships, Philadelphia, PA, Summer 2009**

- Nonprofit organization to increase the quality of relationships through psychotherapy
- Observed therapy sessions, scheduled and checked in patients, office management

**Undergraduate Intern, Kennedy Health System, Cherry Hill, NJ, Summer 2008.**

- Patient Service Representative. Increased patient satisfaction scores with calls and problem-solving post-discharge. Initiated an hourly rounding initiative on inpatient floors
- Attended hospital administration meetings

**Undergraduate Intern, Wilmington Psychiatric Services, Wilmington, DE, Spring 2008**

- Private group practice. Administrative management, observed and assisted in therapy sessions

**Supervision of Graduate Student Therapists**

**Faculty Supervisor, Rutgers University, 2019-**

- Supervised PhD and PsyD students conducting psychotherapy in the Child Health Institute's obesity clinic, English and Spanish

**Intern Supervisor, Miami VA Healthcare System, 2015-2016**

- Supervised graduate student practicum students in: Spinal Cord Injury Unit, Consultation & Liaison Service, and Primary Care Mental Health Integration

**Student Supervisor, Psychological Services Clinic, University of Connecticut, 2014**

- Supervisor: Dean Cruess, Ph.D.
- CBT orientation
- Supervised 4 students conducting psychotherapy; group and individual supervision
- Observed psychotherapy sessions, edited clinical reports

**Student Supervisor, Psychological Services Clinic, University of Connecticut, 2014**

- Supervisor: Julie Fenster, Ph.D.
- Interpersonal, DBT, CBT orientation
- Supervised 4 students conducting psychotherapy; group and individual supervision
- Observed psychotherapy sessions, Edited clinical reports
- Received didactic training once a week about supervision with the Director of Clinical Training and two other student supervisors

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**Training:** NCI Implementation Science Consortium in Cancer, Summer 2019  
 Cognitive Behavioral Therapy & Hypnosis for Cancer Fatigue Training, New York, NY, Fall 2017  
 Summer Institute, Randomized Behavioral Trials, NIH/OBSSR, Warrenton, VA Summer 2017  
 Summer Institute, Intensive Longitudinal Modeling, Penn State, State College, PA, Summer 2017  
 Meaning Centered Psychotherapy Training, NCI R25, New York, NY, Fall 2016  
 Cognitive Behavioral Therapy and Hypnotherapy (CBTH), NCI R25, New York, NY, Fall 2016  
 Cognitive Behavioral Therapy for Insomnia (CBTi), New York, NY, Fall 2016  
 Acceptance and Commitment Therapy Training, Miami VA, Miami, FL, Fall 2015  
 Motivational Interviewing in Primary Care Two-Day Training, CT VAMC, Newington, CT Fall 2014  
 Integrated Care Partners Conference, Hartford Healthcare, Hartford, CT Fall 2014  
 Spanish for Healthcare Delivery, Philadelphia, PA, Summer 2014  
 Mindfulness Based Stress Reduction, Philadelphia, PA, Summer 2014  
 Integrated Behavioral Health Lecture Series, Storrs, CT, Spring 2014  
 Behavioral Activation Training, 8 weeks, Storrs, CT, Fall 2014  
 PTSD Treatment for Children Two-Day Training, Storrs, CT, Summer 2011

**Training**

**Facilitator:** Cognitive Behavioral Therapy for Insomnia, Rutgers University, 2018-  
 Tobacco Treatment in Cancer Centers R25, Program Facilitator, MSKCC, 2016-2018

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**Ad- Hoc Reviewer** (representative journals):

Health Psychology Review  
 Mindfulness  
 Nicotine & Tobacco Research  
 AIDS & Behavior  
 International Journal of Yoga Therapy  
 Journal of Alternative and Complementary Medicine  
 Journal of Clinical Psychology  
 Anxiety, Stress, & Coping

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**Statistical Packages/Skills:** SPSS, AMOS, HLM, R, Stata, MPlus  
 Linear mixed modeling, structural equation modeling, hierarchical linear modeling  
 Intensive longitudinal modeling: moderation, mediation, moderated mediation

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**Language Skills:** Spanish (fluent: write, read, translate)

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**Professional Affiliations:**

American Psychological Association, Division 38: Health Psychology  
 Society for Behavioral Medicine, Cancer SIG, Health Decision Making SIG

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**Invited Lectures:**

1. **Riley, K. E.** (February 2019). *Psychological components to smoking cessation: Evidence based behavioral counseling, compassionate approach, and stress and coping*. Zero smoking cessation, Ro corporation, New York, NY.
2. **Riley, K. E.** (December 2017). *Intensive Longitudinal Modeling*. Quantitative Statistics Seminar, Memorial Sloan Kettering Cancer Center, New York, NY.
3. **Riley, K. E.** (March, 2017). *Meaning-Centered Psychotherapy*. University of Connecticut Psychology Department Lecture Series, Storrs, CT.

4. **Riley, K. E.** (February, 2015). *Psychological, social, and biological foundations of behavior*. Medical College Admission Test (MCAT) Preparatory Course, University of Connecticut, Storrs, CT.
  5. **Riley, K. E.** (April, 2014). *Smoking Cessation*. Pulmonary/Respiratory Therapy Guest Lecture, University of Hartford, Hartford, CT.
  6. **Riley, K. E.** (April, 2014). *Coping*. Health Psychology Guest Lecture, University of Connecticut, Hartford Campus, West Hartford, CT.
  7. **Riley, K. E.** (March, 2012). *Stress and coping research*. Abnormal Psychology Guest Lecture, University of Connecticut, Storrs, CT.
  8. **Riley, K. E.** (June, 2011) *The science of yoga research*. Abnormal Psychology Guest Lecture, University of Connecticut, Storrs, CT.
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### Teaching and Program Development:

1. **Program Development**, Graduate School of Applied and Professional Psychology, Piscataway, NJ, 2019-
    - Created Diversity syllabus statement, Spring 2018
    - Created Health Psychology course, Fall 2019
    - Proposed Health Psychology Certificate Fall 2019
  2. **Faculty Instructor**, Graduate School of Applied and Professional Psychology, Piscataway, NJ, 2019-
    - Systems Theory & Analysis, Spring 2018-
    - Health Psychology, Fall 2019-
  3. **Instructor of Record**, Abnormal Psychology, Spring 2013, University of Connecticut, Storrs, CT
    - 70 upperclassman Psychology majors
    - Biweekly, hour and a half-long classes
    - DSM-5, stigma, biopsychosocial model
  4. **Teaching Assistant**, Introductory Psychology, Lab, 3 Sections, Fall 2010, University of Connecticut, Storrs, CT
    - Taught laboratory sections for Introductory Psychology course students, majors and non-majors
    - Weekly, hour-long sections
    - Statistics, experimental design, introductory psychology content, quizzes
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### Research and scholarly advising:

#### Academic advisees:

Megan Giles, Maia Buschmann, Matthew Valdespino, Molly Stern

#### Graduate student mentees:

Kate El-Sharkawy, Megan Giles, Matthew Valdespino

#### Clinical supervisees:

Mir Kamran Meyer  
 Alejandra Feliz  
 Courtney Peters  
 Liza Comart  
 Hillary Gemma Stern  
 William Maier

#### Research assistants:

1. **Lung cancer stigma team:** Matthew Valdespino\*, Zoe Verrico\*<sup>t</sup>

2. **Rumination team:** Zoe Verrico, Megan Giles, Gabriella John
3. **LGBTQ smoking team:** Kate El-Sharkawy, Megan Giles, Eleanore Pankow
4. **D&I team:** Sara Ghazzemedeh, James Terhune, Melissa Fleuhr, Maia Buschmann
5. **Keeping Black Mothers Alive team:** Zaire Ali\*, Eleanore Pankow, Kam Meyer, Anthony Lutin\*

\*Indicates a grant funded research assistant

†Indicates an undergraduate research assistant

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**Dissertations:**

***Committee:***

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***Chaired:***

Will Maier, target Summer 2020

Ruby Rhoden, target Fall 2020

Sara Ghazzemedah, target Summer 2021

Melissa Fluehr, target Summer 2021

Brittany Cabanas, target Summer 2021

Madeline Bono, target Fall 2021

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