

Ashley R. MacPherson, Ph.D.

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EDUCATION

Ph.D.	7/2023	Virginia Commonwealth University Richmond, VA Program: Counseling Psychology Advisor: Natalie Dautovich, Ph.D.
Defended	4/2023	<u>Dissertation:</u> <i>The Lived Experience of Postpartum Sleep for Black and white Women</i>
Defended	7/2018	<u>Master's Thesis:</u> <i>Bed and Breakfast: The Role of Sleep and Affect in Breakfast Intake</i>
M.A.	6/2017	Boston College Newton, MA Program: Mental Health Counseling
B.A.	5/2015	University of New Hampshire Durham, NH Major: Psychology, Minor: Nutrition Honors Thesis: <i>The Fifty Shades Effect: Does Erotic Literature Influence Body Dissatisfaction?</i>

ACADEMIC APPOINTMENTS

2023 – Present	Assistant Professor of Health Services Psychology and Clinical Psychology Department of Psychological and Behavioral Health Sciences University of Houston Clear Lake
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HONORS AND AWARDS

2021	APA Division 35 Janet Hyde Graduate Student Research Award
2021	APA Division 35 Mary Walsh Teaching the Psychology of Women Award
2019	Sleep Research Society Leadership Workshop Award
2019	Sleep Research Society Trainee Merit Award
2015	Boston College Dean's Scholarship
2014	Undergraduate Research Conference Scholarship
2014	Undergraduate Research Conference Award of Excellence for Student Poster Presentation
2014	New Hampshire Psychological Association 3 rd Place Research Poster Award
2014	University of New Hampshire Honors Thesis Grant

LEADERSHIP

2022 - 2023	APA Division 35 Reproductive Issues Committee
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2022 - 2022	APA Division 17 SCP Priorities Workgroup
2021 - 2022	APA Division 17 Praxis and Curriculum Task Force
2021 - 2022	APA Division 17 Anti-Racist Leadership Task Force
2020 - 2021	APA Division 17 Student Affiliates of Seventeen Excellence and Innovation Co-Chair
2020 - 2021	VCU Psychology Department Promotion of Equity, Diversity, and Inclusion Elected Student Member
2019 - 2020	VCU Counseling Psychology Program Representative

RESEARCH PROJECTS IN PROGRESS

Books

Dautovich, N. D., **MacPherson, A. R.**, & Reid, M. P. (Eds.). (In progress). *Health Psychology Open Educational Resource*.

Chapters

Sabet, S., **MacPherson, A. R.**, Gunda, S., Reid, M. P., & Williams, C. (In progress). Health Behavior Change. In N. D. Dautovich, A. M. MacPherson, and M. P. Reid (Eds.), *Health Psychology Open Educational Resource*.

Ghose, S., Williams, C., **MacPherson, A. R.**, Reid, M. P., Hussain, A., Dautovich, N. D. (In progress). Chronic Terminal and Advancing Illness. In N.D. Dautovich, A. M. MacPherson, and M. P. Reid (Eds.), *Health Psychology Open Educational Resource*.

MacPherson, A. R. (In progress). Qualitative Designs. In L. Bikos & C. Deblaere (Eds.), *Transforming Research in Health Services Psychology: Applications for the Advocate-Practitioner-Scientist*.

Manuscripts

Boykin, D. & **MacPherson, A. R.** (In progress). Using community-engaged approaches to increase access to mental health treatment for Black women veterans in rural communities.

MacPherson, A. R., Dautovich, N. D., Bodnar-Deren, S., Corley, N., Hermann, M., Ingram, K., & Svikis, D. (Submitted). "Now it has emotional meaning": The lived experience of postpartum sleep.

PEER-REVIEWED PUBLICATIONS

Reidy, D., Ghose, S., Sahar, S., Williams, C., **MacPherson, A. R.**, Reid, M., and Dautovich, N. (2024). A comprehensive investigation of the association between menopause symptoms and problematic eating behavior in peri- and post-menopause women. *Women & Health*, 64(4), 317–329.

MacPherson, A. R., Patev, A., Ghose, S., & Reid, M. (2022). Using photovoice to enhance intersectional feminist approach in teaching the psychology of women. *Psychology of Women Quarterly*, 46(4), 531-535.

Schreiber, D., **MacPherson, A. R.**, Sabet, S., & Dautovich, N. D. (2022). Examining negative affect, sleep duration, and using food to cope as predictors of weight in midlife women. *Journal of Behavioral Medicine*, 45(6), 894–903.

MacPherson, A. R., Reid, M. P., & Dautovich, N. D. (2022). Examining the postpartum period

- through social media: A content and thematic analysis of #postpartum Instagram posts. *Psychology of Popular Media*, 12(4), 424–433.
- Reid, M. P., Ghose, S. M., **MacPherson, A. R.**, Sabet, S. M., Williams, C. M., & Dautovich, N. D. (2022). Learning in the time of COVID: Undergraduate experiences of a mid-semester transition to virtual learning due to the COVID-19 pandemic. *Teaching of Psychology*, 51(1), 81-92.
- Dautovich, N. D., **MacPherson, A. R.**, Ghose, S., Williams, C., Reid, M. P., Sabet, S. M., Soto, P., Jones, S. C. T., Dzierzewski, J. (2021). Examining and promoting sleep health in the undergraduate classroom: A mixed methods approach. *International Journal for Environmental Research and Public Health*, 18(23): 12297.
- Schreiber, D., **MacPherson, A. R.**, & Dautovich, N. D. (2021). Role stress and sense of control predict using food to cope with stress in midlife women. *Journal of Aging and Health*, 33(9), 732-740.
- MacPherson, A. R.** & Dautovich, N. D. (2021). Bed and breakfast: The role of sleep and affect in breakfast intake. *Journal of Social Behavioral and Health Sciences*, 15, 107-122.
- Dautovich, N. D., **MacPherson, A. R.**, Reid, M. P., & Stripling, A. (2020) A narrative review examining intersections of identity in older adult suicidality. *Aggression and Violent Behavior*, 57, 101516.
- Rodenhizer-Stämpfli, K. A., Boyle, L., **MacPherson, A. R.**, & Edwards, K. M. (2019). Reality check! Perceptions of MTV's *Jersey Shore & 16 & Pregnant/Teen Mom* and dating violence attitudes and experiences. *Journal of Interpersonal Violence*, 36, NP8538-NP8566.

BOOK CHAPTERS, ENCYCLOPEDIA ENTRIES, AND MANUALS

- Grove, A. B., Scott, S. M., & **MacPherson, A. R.** (2023). *Rational emotive behavior therapy-informed treatment for anxiety and depression*. Hunter Holmes McGuire Veteran's Affairs Hospital.
- Dautovich, N. D., Schreiber, D., Ghose, S., & **MacPherson, A. R.** (2023). Sleep in menopause. *Each woman's menopause: An evidence-based resource for nurse practitioners, advanced practice nurses, and allied health clinicians*. Springer Nature.
- Dautovich, N. D., Dzierzewski, J., & **MacPherson, A. R.** (2020). Bed environment and sleep health. In F. J. Nieto and D. J. Peterson (Eds.) *Foundations for sleep health*. National Sleep Foundation Press.
- Rodenhizer-Stämpfli, K. A. & **Macpherson, A. R.** (2019). Media representations of women in crime television programming. In F. P. Bernat, K. Frailing, L. Gelsthorp, & L. Pasko (Eds.) *Encyclopedia of women and crime*. Wiley-Blackwell.

OTHER PUBLICATIONS

- MacPherson, A. M.** & Dautovich, N. D. (2022). Postpartum sleep is a feminist issue. *The Feminist Psychologist: APA Division 35 newsletter*.

PEER-REVIEWED CONFERENCE POSTER PRESENTATIONS

- MacPherson, A. R.** & Dautovich, N. (2024). "Now it has emotional meaning": A qualitative investigation of sleep in the postpartum period. Southwestern Psychological Association Conference (SWPA), San Antonio, TX.

- Williams, C. M., Ghose, S. M., Reid, M. P., Sabet, S. M., **MacPherson, A. R.**, Dautovich, N. D., & Dzierzewski, J. M. (2021). *Predicting perceived functional limitation in midlife and older adulthood: The role of sleep and perceived control*. Poster presented at the Meeting of the Associated Professional Sleep Societies (SLEEP), Virtual Conference.
- Ghose, S. M., Dzierzewski, J. M., **MacPherson, A. R.**, Sabet, S. M., Williams, C. M., Reid, M. P., & Dautovich, N. D. (2021). *Sleep and self-efficacy: The role of domain specificity in predicting sleep*. Poster presented at the Meeting of the Associated Professional Sleep Societies (SLEEP), Virtual Conference.
- Ghose, S. M., Reid, M. P., **MacPherson, A. R.**, Sabet, S. M., Williams, C., & Dautovich, N. D. (2021). *The association between depressive symptomatology and sleep health is mediated by chance-oriented sleep locus of control*. Poster presented at the 42nd Meeting of the Society of Behavioral Medicine, Virtual Conference.
- MacPherson, A. M.** & Dautovich, N. D. (2020). *How women's experience of gender impacts mental health through sleep*. Poster presented at the 2020 American Psychological Association Convention, Virtual Conference.
- MacPherson, A. R.**, Reid, M., Ghose, S., Sabet, S., Imel, J. L., Schreiber, D., & Dautovich, N. (2019). *Bed and breakfast: The association between sleep timing and breakfast intake frequency*. Poster presented at the 2019 SLEEP conference, San Antonio, TX.
- Reid, M. P., Ghose, S. M., Sabet, S. M., Imel, J. L., Schreiber, D. R., **MacPherson, A. R.**, & Dautovich, N. D. (2019). *Higher internal health locus of control predicts less difficulty falling asleep and less daytime sleepiness*. Poster presented at the 2019 SLEEP conference, San Antonio, TX.
- Sabet, S. M., Dautovich, N. D., Dzierzewski, J. M., Grah, S. C., Imel, J. L., Schreiber, D. R., **MacPherson, A. R.**, Reid, M. P., & Ghose, S. M. (2019). *Sleep health mediates the association between social rhythmicity and anxiety*. Poster presented at the 2019 SLEEP conference, San Antonio, TX.
- Ghose, S. M., Dzierzewski, J. M., Dautovich, N. D., Schreiber, D. R., **MacPherson, A. R.**, Reid, M. P., Imel, J. L., & Sabet, S. M. (2019). *Intraindividual variability in objective and subjective sleep longitudinally predicts social acceptance*. Poster presented at the 2019 SLEEP conference, San Antonio, TX.
- Ghose, S. M., Dautovich, N. D., Dzierzewski, J. M., Sabet, S. M., Imel, J. L., Schreiber, D. R., **MacPherson, A. R.**, & Reid, M. P. (2019). *The association between discrimination and sleep is exacerbated in individuals with comorbid chronic health conditions*. Poster presented at the 2019 SLEEP conference, San Antonio, TX.
- Schreiber, D. R., **MacPherson, A. R.**, Reid, M. P., Ghose, S. M., Sabet, S. M., Imel, J. L., & Dautovich, N. D. (2019). *Stress eating and role stress are indirect links between sleep and weight in midlife women*. Poster presented at the 2019 SLEEP conference, San Antonio, TX.
- Reid, M. P., **MacPherson, A. R.**, Sabet, S. M., Schreiber, D. R., Ghose, S. M., Dautovich, N. D., & Working Group, Spit for Science. (2019). *Sleep timing as a pathway to gender differences in college student sleep*. Poster presented at the 2019 Women's Health Research Day, Richmond, VA.
- MacPherson, A. R.**, Davies, A., & Mazzeo, S. (2019). *The relationship between conceptualizations of beauty and weight bias*. Poster presented at 2019 International Conference on Eating Disorders, New York, NY.

- MacPherson, A. R.**, Schreiber, D. R., Imel, J. L., & Dautovich, N. D. (2018). *Sleep timing, not duration, predicts breakfast intake*. Poster presented at 2018 SLEEP conference, Baltimore, MD.
- Schreiber, D. R., Imel, J. L., **MacPherson, A. R.**, Lisech, A. S., & Dautovich, N. D. (2018). *Day-to-day variability of emotionality and sleep as predictors of weight in midlife women*. Poster presented at the 2018 SLEEP conference, Baltimore, MD.
- Imel, J. L., **MacPherson, A. R.**, Schreiber, D. R., & Dautovich, N. D. (2018). *Perceived control of one's health: Linking dispositional mindfulness and sleep outcomes*. Poster presented at the 2018 SLEEP conference, Baltimore, MD.
- Rodenhizer-Stämpfli, K. A., Edwards, K. M., & **MacPherson, A. R.** (2016). *Sexual media exposure & attitudes related to IPV: The moderating role of feminist identity*. Poster presented at the American Psychological Association 2016 Annual Convention, Denver, CO.
- MacPherson, A. R.**, Rodenhizer-Stämpfli, K. A., & Edwards, K. M. (2015). *The fifty shades effect: Does erotic literature influence body dissatisfaction?* Poster presented at the New Hampshire Psychological Association's Student Convention, Durham, NH, and the American Psychological Association 2015 Annual Convention, Toronto, ON.
- Evans, K., **MacPherson, A. R.**, Cannon, T., Haynes, E., Flanagan, C., Rodenhizer-Stämpfli, K. A., & Edwards, K. M. (2014). *Should you stay or should you go? College women's rationale behind leaving or staying in an abusive relationship*. Poster presented at the New Hampshire Psychological Association's Student Convention, Durham, NH, and the University of New Hampshire Undergraduate Research Convention, Durham, NH. **Received Undergraduate Research Award of Excellence at 2014 University of New Hampshire Undergraduate Research Conference and 3rd place for best poster presentation at the NHPA Student Convention.

MENTORED STUDENT POSTER PRESENTATIONS

- Horan, T., Desai, H., Mansour, H., Lauderdale, S., Van Wie, M., & **MacPherson, A. R.** (2024). *Postpartum depression stigma and knowledge of postpartum depression*. Southwestern Psychological Association, San Antonio, TX.
- Johnston, S., Helom, A., Lauderdale, S., **MacPherson, A. R.**, & Van Wie, M. (2024). *Postpartum depression stigma and gender beliefs*. Poster accepted for presentation at the Southwestern Psychological Association, San Antonio, TX.
- Iaconangelo, V., Lemus, V., **MacPherson, A. R.**, & Reid, M. P. (2020). *The benefits of volunteering on sleep outcomes in adults*. Poster presented at the 2020 American Psychological Association Convention, Virtual Conference.
- Lemus, V., Iaconangelo, V., Reid, M. P., & **MacPherson, A. R.**, Working Group, Spit for Science. (2020). *Sleep, impulsivity, and alcohol use disorder in college students*. Poster presented at the 2020 American Psychological Association Convention, Virtual Conference.
- Blankenship, M., Felton, E., Lemus, V., **MacPherson, A. M.**, & Reid, M. (2019). *Optimism can brighten your day, but can it improve your sleep?* Abstract presented at the 2019 Virginia Commonwealth University Poster Symposium for Undergraduate Research and Creativity, Richmond, VA.

- Blankenship, M., **MacPherson, A. R.**, & Dautovich, N. (2018). *The relationship between stress and sleep: Can self-control play a role?* Poster presented at the Virginia Commonwealth University Poster Symposium for Undergraduate Research and Creativity, Richmond, VA.
- Felton, E., **MacPherson, A. R.**, & Dautovich, N. (2018). *Life changing experiences: Predictors of weight outcomes in older adults.* Poster presented at the Virginia Commonwealth University Poster Symposium for Undergraduate Research and Creativity, Richmond, VA.
- Guetling, L., Seavey, K., & **MacPherson, A. R.** (2015). *Depression and social support in LGBTQ+ victims of intimate partner violence.* Poster presented at the New Hampshire Psychological Association, Durham, NH, and the University of New Hampshire Undergraduate Research Convention, Durham, NH.

INVITED PRESENTATIONS

- MacPherson, A. R.** & Reid, M. P. (2019). *The Importance of Sleep in Substance Use Disorder Recovery.* Virginia Commonwealth University Rams in Recovery, Richmond VA.
- MacPherson, A. R.** (2019). *The Importance of Sleep in Adolescence.* St. Catherine's School, Richmond VA.
- MacPherson, A. R.**, Burnette, B., & Davies, A. (2018). *Healthy Body Image.* Virginia Commonwealth University College Panhellenic Council, Richmond VA.

RESEARCH EXPERIENCE

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| 2017 – 2022 | <p>Graduate Research Assistant
 Department of Psychology
 Virginia Commonwealth University
 Principal Investigator: Natalie Dautovich, Ph.D.
 Duties: participate in conceptualization of research projects; mentor undergraduate student research projects; conduct literature reviews; attend weekly team meetings; provide feedback on publications in preparation</p> |
| 2016 - 2017 | <p>Research Assistant
 Counseling, Developmental, & Educational Psychology
 Boston College
 Principal Investigator: Belle Liang, Ph.D.
 Duties: conducted semi-structured interviews that assessed adolescent sense of purpose; qualitatively coded interviews; transcribed recorded interviews; assisted with data collection with high school students</p> |
| 2016 - 2017 | <p>Research Assistant
 Counseling, Developmental, & Educational Psychology
 Boston College
 Principal Investigator: James Mahalik, Ph.D.</p> |

- 2016 - 2017
 Duties: qualitatively coded responses regarding men's ideas about masculinity
Research Assistant
 Counseling, Developmental, & Educational Psychology
 Boston College
 Principal Investigator: Paul Poteat, Ph.D.
 Duties: received training in semi-structured interviewing for research purposes; assisted with data collection in high school Gay Straight Alliance organizations throughout Massachusetts; entered data for multi-site and longitudinal project
- 2013 - 2015
Undergraduate Research Assistant
 Department of Psychology
 University of New Hampshire
 Principal Investigator: Katie Edwards, Ph.D.
 Duties: conducted data collection, data entry, transcriptions, and qualitative data coding; conceptualized study designs; presented research findings at local and national conferences; mentored students for poster presentations; completed honor's thesis; co-authored research articles

TEACHING EXPERIENCE

Graduate

Basics of Psychotherapy
 Ethics in Health Service Psychology
 Multicultural Awareness
 Clinical Psychology Internship Coordinator

Undergraduate

Developmental Psychology
 Psychology of Women
 Research Methods

Teaching Assistantships

Research Methods in Psychology
 Intelligence Assessment
 Introductory Psychology
 Adolescent Psychology

Guest Lectures

Topic: Eating Disorders

Department of Psychology
 University of New Hampshire
 Supervisor: Katie Edwards, Ph.D.

Spring 2015

CLINICAL EXPERIENCE

- 01/2024 – Present **Clinical Practicum Supervisor**
UHCL Psychological Services Clinic
Duties: supervise Master’s in Clinical Psychology students in their first clinical practicum experience; supervise intake assessments and therapy sessions; conduct individual and group supervision
- 07/2022 – 07/2023 **Psychology Doctoral Intern**
Michael E. DeBakey Veteran’s Affairs Medical Center
 APA Predoctoral Internship Program
 Training Director: Ellen Teng, Ph.D.
Rotations: Women’s Health Center, PTSD Clinical Team, Psychosocial Rehabilitation, Bipolar and Schizophrenia Clinic, Underserved Populations Research, Neuropsychological Assessment, LGBTQ+ Mental Health, Cancer Center, Substance Use Treatment Program
- 01/2022 - 06/2022 **Psychology Extern**
McGuire VA Hospital Substance Abuse Treatment Program
 Supervisor: Jarrod Reisweber, Psy.D.
 Duties: provide group therapy for veterans in inpatient substance abuse treatment program, provide Transcendent Self Therapy, Seeking Safety, and Acceptance and Commitment Therapy group therapies
- 07/2021 - 01/2022 **Psychology Extern**
McGuire VA Hospital PTSD Clinical Team
 Supervisor: Allen Grove, Ph.D.
 Duties: conduct intake evaluations for clients interested in PTSD treatment; provide Prolonged Exposure individual therapy; provide Cognitive Processing individual and group therapy
- 06/2020 - 06/2021 **Practicum Student**
VCU Health Bariatric Surgery Program
 Virginia Commonwealth University Hospital
 Supervisor: Leila Islam, Ph.D.
 Duties: Conducted pre-surgical evaluations for bariatric surgery candidates; provided brief health behavior interventions; wrote integrated assessment reports

- 09/2019 - 06/2021
Practicum Student
Center for Psychological Services and Development
Virginia Commonwealth University
Supervisors: Shawn Jones, Ph.D. and Jean Corcoran, Ph.D.
Duties: Conducted formal integrated assessments; provided individual counseling in a community counseling setting; received weekly individual supervision; attended and presented case conceptualizations at weekly group clinical consultations
- 09/2018 - 05/2019
Practicum Student
University Counseling Center
Virginia Commonwealth University
Supervisor: Sydney McDonald, Ph.D.
Duties: Provided individual counseling in a college counseling setting; conducted risk assessment and provided crisis intervention; received weekly individual supervision; attended and presented case conceptualizations at weekly group clinical consultations; participated in numerous multicultural seminars; attended and presented case conceptualizations at weekly group supervision
- 01/2019 - 04/2019
Intuitive Eating Interventionist
Department of Psychology
Virginia Commonwealth University
Supervisors: Blair Burnette, M.S. and Suzanne Mazzeo, Ph.D.
Duties: Co-led weekly intervention addressing disordered eating and body dissatisfaction in college women; received weekly group supervision
- 09/2018 - 03/2019
REACH Interventionist
OPT for Health Research Lab
Virginia Commonwealth University
Principal Investigator: Jessica Larose, Ph.D.
Duties: Conducted individual behavioral weight management sessions for young adults as part of an NIH funded intervention; provided weekly technology-based feedback to participants on progress; received weekly group supervision; completed training in behavioral weight management
- 01/2018 - Present
STRIVE Interventionist
Healthy Lifestyles Center
Principal Investigators: Melanie Bean, Ph.D. and Edmond Wickham, Ph.D.

Duties: Conducted individual behavioral weight management sessions for adolescents in an NIH funded intervention; received weekly group supervision; completed training in behavioral weight management

09/2017 - 11/2017

INSPIRE Interventionist

Department of Psychology

Virginia Commonwealth University

Principal Investigators: Courtney Simpson, M.S. and Suzanne Mazzeo, Ph.D.

Duties: Co-led weekly group with addressing the prevention of unhealthy weight gain and disordered eating; received weekly group supervision

09/2016 - 05/2017

Clinical Intern

University of Massachusetts Lowell Counseling Center

Supervisor: Chris Frazier, Ph.D.

Duties: Provided individual counseling in a college counseling setting; conducted risk assessment and provided crisis intervention; received weekly individual supervision; attended weekly clinical staff meetings; presented case conceptualizations at clinical staff meetings; co-led weekly Mindfulness group

08/2015 - 08/2017

Mental Health Worker

Monte Nido at Laurel Hill

Supervisor: Rachael Pucillo, L.M.H.C.

Duties: Assisted clients with eating disorders through the recovery process; provided support and guidance during mealtimes; listened to clients' current challenges and aided in the implementation of healthy coping skills

09/2013 – 05/2015

Eating Concerns Mentor

University of New Hampshire Office of Health Education and Promotion

Supervisor: Maria Caplan, M.S., R.D.

Duties: Served as a one-on-one mentor to students with eating concerns; facilitated eating disorder awareness projects on campus; presented positive body image projects on campus

05/2014 – 09/2014

YWCA Advocate Intern

YWCA Manchester, NH

Supervisor: Mimi Bergere

Duties: Advocated for victims of domestic violence in court; advocated for victims of sexual assault and domestic violence in the hospital; provided crisis counseling and resources to victims in the office and on the 24-hour crisis line; assisted in case planning for shelter clients in domestic violence shelter

PROFESSIONAL MEMBERSHIPS

05/2024 – Present	Association for Behavioral and Cognitive Therapies
08/2023 – Present	Southwestern Psychological Association
08/2017 – 08/2023	Graduate student member of Sleep Research Society
08/2018 – 08/2023	Graduate student member of APA Division 17: Society for Counseling Psychology
08/2020 – 08/2023	Graduate student member of APA Division 35: Psychology of Women