

Emily Koster Burr
Curriculum Vita
University of Central Florida
Department of Psychology
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EDUCATION

- University of Central Florida, Orlando FL** **2020 - Present**
First Year Ph.D. Student of Clinical Psychology
- Princeton University, Princeton NJ** **2011-2015**
Bachelor of Arts, Psychology
Cumulative GPA: 3.20, 4th Quintile
Thesis: Dissatisfaction with specific body parts in relation to gender, social anxiety, and depression
- University of Colorado Denver, Denver CO** **2018**
Non-Degree Graduate-Level Applied Statistics
GPA: 4.0

PUBLICATIONS

Published/In Press

- Coniglio, K. A., Rosen, R., **Burr, E. K.**, & Farris, S.G. (2020). Adherence to low calorie and low sugar diets are uniquely associated with distinct facets of smoking-related weight and eating concerns. *Journal of Behavioral Medicine*. doi: 10.1007/s10865-020-00149-y.
- Burr, E. K.**, O’Keeffe, B., Kibbey, M., Coniglio, K. A., Leyro, T. M., & Farris, S. G. (2020). Distress intolerance in relation to reliance on cigarettes for weight, shape, and appetite control. *International Journal of Behavioral Medicine*. doi: 10.1007/s12529-020-09858-9.
- Gruber, J., Villeneuve, C., **Burr, E. K.**, Purcell, J. R., Weston, L., & Karoly, H. (2020) Understanding and taking stock of positive emotion disturbance. *Social Personality and Psychology Compass*. doi: 10.1111/spc3.12515.
- Farris, S. G., **Burr, E. K.**, Abrantes, A. M., Thomas, J. G., Godley, F. A., Roth, J. L., Lipton, R. B., Pavlovic, J. M., Bond, D. B. (2019). Anxiety sensitivity as a risk indicator for anxiety, depression, and headache severity in women with migraine. *Headache*. doi: 10.1111/head.13568.
- Farris, S. G., Thomas, J. G., Abrantes, A. M., Lipton, R. B., **Burr, E. K.**, Godley, F. A., Roth, J. L., Pavlovic, J. M., Bond, D. B. (2019). Anxiety sensitivity and intentional avoidance of physical activity in women with probable migraine. *Cephalalgia*. doi: 10.1177/0333102419861712.
- ### *Under Review*
- Farris, S. G., **Burr, E. K.**, Kibbey, M. M., Abrantes, A. A., & DiBello, A. M. (under review). Development and Initial Validation of the Exercise Sensations Questionnaire. [*Annals of Behavioral Medicine*].

Gomez, G. J., **Burr, E. K.**, DiBello, A. M., & Farris, S. G. (under review). Understanding sex differences in physical activity behavior: The role of anxiety sensitivity. [*Mental Health and Physical Activity*].

In Preparation

Burr, E. K., Stevenson, B. L., Schafer, L. M., Wonderlich, S., & Dvorak, R. D. (in preparation).

Burr, E. K., Fedorenko, E. J., Kibbey, M., Selby, E. A., & Farris, S. G. (in preparation). Emotion regulation moderating the impact of induced acute anxious arousal on smoking urges.

CONFERENCE PRESENTATIONS

Symposiums

Farris, S. G., **Burr, E. K.**, Thomas, J. G., Abrantes, A. M., Godley, F. A., Roth, J. L., Lipton, R. B., Pavlovic, J. M., & Bond, D. S. (2019, November). *Intentional avoidance of physical activity in women with migraine*. In K. Coniglio & S.G. Farris (Co-Chairs). Understanding Exercise Approach-Avoidance Behavior in Women to Inform Feasible Transdiagnostic Intervention Development. Paper presented at the 2019 Annual Convention of Association for Behavioral and Cognitive Therapies (ABCT), Atlanta GA.

Farris, S. G., Thomas, J. G., **Burr, E. K.**, Kibbey, M. M., Lipton, R. B., Pavlovic, J. M., Roth, J. L., & Bond, D. S. (2019, November). *Treatment effects on pain catastrophizing and cutaneous allodynia symptoms in women with migraine and overweight/obesity: A post-hoc secondary analysis*. In A. Hornstein & A.H. Rogers (Co-Chairs). Chronic Medical Illness and Anxiety/Depression. Paper presented at the 2019 Annual Convention of Association for Behavioral and Cognitive Therapies (ABCT), Atlanta GA.

Posters

Burr, E. K., Stevenson, B. L., Schafer, L. M., Wonderlich, S., & Dvorak, R. D. (2020, October). *Distress intolerance moderates an indirect relationship between emotion regulation difficulties and loss of control eating by affect lability*. Poster submitted or presentation at the 2020 Annual Convention of the Eating Disorder Research Society (EDRS), Sitges, Spain.

Burr, E. K., Rao, N., Fedorenko, E. J., Kibbey, M. M., & Farris, S. G. (2020, November). *Emotion regulation difficulties moderate the effect of panic-relevant sensations on smoking urges following a biological challenge*. Poster accepted for presentation at the 2020 Annual Convention of Association for Behavioral and Cognitive Therapies (ABCT), Philadelphia, PA.

Gomez, G. J., **Burr, E. K.**, Kibbey, M. M., & Farris, S. G. (2020, November). *Understanding sex differences in physical activity behavior: The role of anxiety sensitivity*. Poster accepted for presentation at the 2020 Annual Convention of Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Burr, E. K., O'Keeffe, B., Kibbey, M., Leyro, T. M., & Farris, S. G. (2019, March). *Anxiety and depressive symptoms in relation to cigarette smoking for weight, shape, and appetite control: The role of distress intolerance*. Poster presented at the 2019 annual scientific meeting of the Anxiety and Depression Association of America (ADAA), in Chicago, IL.

Farris, S. G., Stabile, L. M., **Burr, E. K.**, Kibbey, M., Faraci, L. E., Abrantes, A. M., Bond, D. S., & Wu, W. (2019, March). *Anxiety sensitivity in patients attending pulmonary rehabilitation*. Poster

presented at the 2019 annual scientific meeting of the Anxiety and Depression Association of America (ADAA), Chicago, IL.

*Won ADAA Honors Award

Farris, S. G., Abrantes, A. M., Thomas, J. G., Godley, F. A., Roth, J. L., **Burr, E. K.**, Faraci, L. E., Lipton, R. B. & Bond, D. S. *Anxiety sensitivity is associated with intentional avoidance of physical activity in women with migraine.* Poster presented at the 2019 annual scientific meeting of the Society of Behavioral Medicine (SBM), Washington, D.C.

*Won research award from Pain Special Interest Group

RESEARCH EXPERIENCE

Risk, Eating, & Addiction Longitudinally Examined Through In situ Momentary Experiences

Laboratory

2020 - Present

University of Central Florida

Director: Robert D. Dvorak, Ph.D.

Ph.D. Student of Clinical Psychology

Mood and Eating Behavior during the COVID-19 Epidemic: An Investigation in Two Parts

PI: Emily K. Burr, B. A.

Duties:

- Construct and prepare all IRB documents and study materials
- Oversee administration of the project
- Measure selection and programming into Qualtrics
- Recruitment management and participant selection
- Data collection and analysis

Rutgers Emotion, Health and Behavior Laboratory

2018 - 2020

Rutgers, the State University of University

Director: Samantha G. Farris, Ph.D.

Laboratory Manager

Duties:

- Serve as a co-author and first author on manuscripts
- Establish laboratory research protocol and manuals
- Oversee and train all research staff on study protocols and laboratory technology
- Research, acquire, and coordinate set up of equipment for research projects, including overseeing set up of exercise psychophysiology and metabolic testing facility, as well as main laboratory
- Hire and coordinate research support staff
- Manage project budgets, request and reconcile funding
- Assist with grant applications and progress reports
- Conduct literature reviews to inform current and future research
- Proofread manuscripts and assist with revisions and resubmissions
- Draft presentations for conference symposiums and posters
- Data acquisition
- Qualitative thematic coding
- Quantitative data analysis

Research Project Coordinator

Daily-Level Analysis of Ovarian Hormones, Smoking, and Anxiety [R21-DA045182]

PI: Teresa M. Leyro, Ph.D.

Co-PI: Samantha G. Farris, Ph.D.

Duties:

- Conduct telephone evaluations of potential participants
- Administer in-person psychological assessments, including the MINI International Neuropsychiatric Interview, Montreal Cognitive Assessment, and Timeline Followback Method Assessment
- Conduct carbon-monoxide analysis (piCO+ Smokerlyzer carbon monoxide monitor)
- Instruct participants through baseline assessment appointments and study orientation
- Consent and enroll participants
- Prepare IRB documents and modifications for review
- Program data collection platforms, manage and code participant data
 - Ecological momentary assessments (EMA) via MetricWire
 - Baseline surveys utilizing Qualtrics
 - Physical activity monitoring with ActiGraph wGT3X-BT physical activity monitors and ActiLife v.6 software
- Track participant progress and study compliance via FileMaker Pro v.17
- Provide weekly compliance feedback to participants
- Prepare research materials
- Manage recruitment
- Responsible for scheduling, tracking, and managing appointments and participant flow
- Procure all study equipment
- Evaluate validity of data, including saliva viability
- Manage data storage, including saliva samples

Qualitative Feedback Informing Development of the Exercise Sensations and Avoidance Scale

PI: Samantha G. Farris, Ph.D.

Duties:

- Conduct qualitative interviews
- Conduct background literature review informing measure development
- Write and submit all IRB documents for review including protocol, consent, and recruitment materials
- Consent and enroll participants
- Conduct telephone evaluations of potential participants
- Program appointment surveys utilizing Qualtrics
- Create, assemble, and oversee organization of all study materials
- Data entry utilizing Excel
- Manage recruitment
- Responsible for scheduling, tracking, and managing appointments and participant flow

Research Assistant

A COVID-19 Survey: Perceptions on Health, Well-Being, and Daily Living

Duties:

- Collaborate with researchers from Boston University and University of Houston on survey development

- Contribute to survey development, coordination, planning, and recruitment process
- Engage in weekly meetings to monitor project status
- Assist in measure selection and development of study procedures
- Review IRB documents, including protocol
- Program surveys into Qualtrics
- Clean and analyze data using SPSS v. 27

Development of a Puff Topography Biofeedback Paradigm to Reduce Smoking Reinforcement [National Institute of Health- National Cancer Institute PAR-19-309]

Duties:

- Write and submit all IRB documents for review including protocol, consent, and recruitment materials
- Coordinate paid recruitment service, terms of service and use of institutional billing to submit requisition off grant funds

Reducing Fear of Body Sensations and Exercise Avoidance in Cardiac Rehabilitation [Rutgers Busch Biomedical Research Seed Grant]

Duties:

- Draft IRB protocol and consent forms
- Program study measures into Qualtrics
- Acquire and program Polar M200 watches and Polar Flow software for participant use
- Assist with assembly of intervention materials
- Draft manuals for research support staff and participant use of Polar M200 physical activity monitors
- Provide general support during pitching and consenting process of patients in cardiac rehabilitation at the Cardio Metabolic Institute in Somerset NJ

Measure Validation of the Exercise Sensitivity Questionnaire for Cardiac Rehabilitation [Rutgers Busch Biomedical Research Seed Grant]

Duties:

- Literature search and drafting of corresponding manuscript materials
- Program study measures into Qualtrics
- Launch and assist in management and oversight of research project through Amazon Mechanical Turk

Positive Emotion and Psychopathology Laboratory
University of Colorado Boulder
Director: June Gruber, Ph.D.

2016–2018

Research Assistant

Longitudinal Study of Mania Risk in Young Adults

PI: June Gruber, Ph.D.

Duties:

- Conduct telephone evaluations of potential participants
- Coordinate participant scheduling
- Coordinate and manage participant tracking logs via Microsoft Excel
- Recruitment

Positive Emotional Processes, Mood, and Anxiety

PI: June Gruber, Ph.D.

Duties:

- Evaluate and clean physiological data utilizing MindWare v3.8 software; including heart rate, impedance, respiration, and skin conduction modules
- Conduct telephone evaluations of potential participants
- Data entry via IBM SPSS v. 24
- Recruitment

Desire of Emotion

PI: June Gruber, Ph.D.

Duties:

- Instruct participants through research trials
- Consent and enrolled participants
- Track participant responses to mood inductions
- Collect and enter data into Microsoft Excel

Adult Anxiety Clinic of Temple

Summer 2015

Temple University

Director: Richard Heimberg, Ph.D.

Research Assistant

Examination of Social Anxiety, Body Mass Index, Weight Stigma, and Peer Rejection

PI: Sima Kaplan, B.A.

Duties:

- Conduct telephone evaluations of potential participants
- Consent eligible participants for enrollment in study
- Instruct participants through research trials
- Enter data utilizing IBM SPSS v.24
- Responsible for organization of study materials

CLINICAL EXPERIENCE

TMS Solutions

2017–2018

Supervisor: Robert Sammons, M.D.

Transcranial Magnetic Stimulation (TMS) Coordinator

Duties:

- Assist with cortical mapping and motor threshold determination for targeted transcranial magnetic stimulation (TMS)
- Provide daily TMS treatments to adult patients with Major Depressive Disorder and comorbid anxiety
- Chart on patients for review by attending psychiatrist utilizing Kareo EMR software
- Coordinate patient care, scheduling, and insurance

Medical Center of Aurora Adult Behavioral Unit
Supervisor: Carrie Pink, R.N.

2016–2017

Psychiatric Technician

Duties:

- Plan and lead therapeutic groups for patients on an acute adult psychiatric unit
- Oversee patient care for diverse population of acute clinical presentation of disorders
- Conduct and chart patient interviews for review by hospital psychiatrists utilizing Meditech EMR software
- Train in and enact crises management procedures
- Provide general patient care and support

AD HOC REVIEW ACTIVITIES (*co-reviewer*)

International Journal of Eating Disorders (2019)

Addiction (2019)

Depression & Anxiety (2019)

Behavior Research and Therapy (2018)

Psychology of Addictive Behaviors (2018)

TECHNICAL SKILLS AND TRAININGS

- Clinical interviewing, including proficiency in the MINI International Neuropsychiatric Interview, Montreal Cognitive Assessment, and Timeline Followback Method Assessment
- Proficient in statistical entry and analysis via IBM SPSS v.24-27
- Physiological analysis via MindWare v3.8
- Metabolic analysis via ParvoMedics M200 Metabolic Cart
- Programming ecological momentary assessments and analyzing data using MetricWire
- Ambulatory physical activity data collection and analysis via Actigraph wGT3X-BT and ActiLife v. 6 software, Polar M200 watch and Polar Flow software
- Proficient in utilizing PsycINFO, PubMed, and Google Scholar databases
- Proficient in Meditech and Kareo EMR software
- Proficient in Microsoft Office and FileMaker Pro v. 17
- Survey programming in Qualtrics

PERSONAL INTERESTS

“Fat Cat” Princeton Rowing Alumni

2016, 2018

International Regatta hosted in Hangzhao, China, Silver Award (2018)

Head of the Charles Regatta, Alumni Category 5th Place Champion (2016)

Vesper Elite Rowing Team, Philadelphia, PA

2015-2016

US Rowing Nationals Trials, Under 23 Category Silver Award (2015)

Royal Canadian Henley Regatta Gold Award (2015)

Royal Canadian Henley Regatta Silver Award (2014)

Club Nationals Gold Award (2014, 2015)

Princeton Rowing Team, Princeton, NJ

2011-2015

NCAA Rowing 6th Place Champion (2015)

Ivy League Championship Bronze Award (2015)

NCAA Rowing Silver Award (2014)

Ivy League Championship Gold Award (2012, 2014)

Princeton Bee Team, Princeton NJ

2013-2015

Beekeeping club co-founder and manager