

Emily Koster Burr, M.S.
Curriculum Vitae
University of Central Florida
Department of Psychology
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EDUCATION

University of Central Florida, Orlando FL 2020 - Present

F31 Ruth L. Kirchstein National Research Service Award Individual Predoctoral Fellow

Doctoral Candidate of Clinical Psychology

Master of Science, Clinical Psychology

GPA: 4.0

Master's Thesis: Loss of control eating predicted by distress tolerance, emotion regulation difficulties, and the expectancy that eating reduces negative affect

Princeton University, Princeton NJ 2011 - 2015

Bachelor of Arts, Psychology

Undergraduate Thesis: Dissatisfaction with specific body parts in relation to gender, social anxiety, and depression

POSITIONS

Current Positions

2024 – Present F31 Ruth L. Kirchstein National Research Service Award Individual Predoctoral Fellowship recipient, National Institute of Mental Health

2020 – Present Doctoral Candidate of Clinical Psychology, Psychology Department, University of Central Florida, Orlando, FL

2023 – Present Graduate Student Mentor, UCF Clinical Psychology First Year Mentor, Orlando FL

2024 – Present Certified Reviewer, *Translational Issues in Psychological Science*

Clinical Research Positions

2024 – Present F31 Ruth L. Kirchstein National Research Service Award Individual Predoctoral Fellowship recipient, National Institute of Mental Health

2020 – Present Doctoral Candidate of Clinical Psychology, Psychology Department, University of Central Florida, Orlando, FL

2023 – Present Graduate Research Assistant, Psychology Department, University of Central Florida, Orlando, FL

2023 – 2024 Graduate Research Assistant, The Obesity Society, Rockville, MD

2022 – 2022 Clinical Research Specialist & Research Coordinator Intern, Center for Biobehavioral Research, Sanford Research, Fargo, ND

2018 – 2020 Research Project Coordinator, Psychology Department, Rutgers, the State University of New Jersey, Piscataway, NJ

2018 – 2020 Laboratory Manager, Psychology Department, Rutgers, the State University of New Jersey, Piscataway, NJ

2016 – 2018 Research Assistant, Psychology Department, University of Colorado Boulder, Boulder, CO

2015 Research Assistant, Adult Anxiety Clinic of Temple, Temple University, Philadelphia, PA

Clinical Practice Positions

2024 – 2025 Research Practicum Student, Yale School of Medicine, New Haven, CT

2023 – Present Psychotherapy Intern, The Renfrew Center, Orlando, FL

2022 – 2023 Psychotherapy Intern, Behavioral Health Department, University of Central Florida, Orlando, FL

2021 – 2023 Graduate Student Therapist, University of Central Florida, Orlando, FL

2017 – 2018 Transcranial Magnetic Stimulation Coordinator, TMS Solutions, Denver, CO

2016 – 2017 Behavioral Health Technician, Medical Center of Aurora, Aurora, CO

Teaching Positions

2024 Graduate Teaching Associate Instructor of Record, Psychology Department, University of Central Florida, Orlando, Florida

2020 – 2024 Graduate Teaching Assistant, Psychology Department, University of Central Florida, Orlando, FL

Mentorship Positions

2023 – Present Graduate Student Mentor, UCF Clinical Psychology First Year Mentor, Orlando FL

2023 - 2024 Graduate Research Mentor, UCF Learning Environment and Academic Research Network (LEARN), Orlando, FL

2023 Feedback and Reviewer of Clinical Psychology Applicants, Getting into Grad School: Applying to PhD Programs in Clinical Psychology

Elected Student Organization Positions

2021 – 2023 Student Representative, UCF Clinical Psychology Department, Orlando FL

2021 – 2022 Treasurer, “Psi DOCS” UCF Clinical Psychology Class Officer, Orlando FL

AWARDS AND FUNDING

External Funding

- American Psychological Association Dissertation Research Award 2025
- F31 Ruth L. Kirschstein Predoctoral Individual National Research Service Award, National Institutes of Health. Award Number: 1F31MH135713-01A1 Project Period: 2024 – 2026
- Student Research Award, Academy for Eating Disorders 2023

Internal Funding

- Doctoral Research Support Award, College of Graduate Studies, University of Central Florida 2025
- 4x Awardee Graduate Presentation Fellowship, College of Graduate Studies, University of Central Florida 2020 - 2023

BOOK CHAPTERS

Published/In Press

1. **Burr, E. K.**, Tantleff-Dunn, S., & Thompson, J. K. (in press). Visual analog scales. *Body Image Assessment*. Cambridge University Press.

ARTICLES

Published/In Press

32. **Burr, E. K.**, Meshesha, L. Z., Dvorak, R. D., Allen, Q., Magri, T., Wang, C. L., Hayden, E. R., Rodriguez, N. E., Leary, A. V., Maynard, M., Wonderlich, S. A., Forester, G., & Schaefer, L. M., (2025). Using behavioral economics to understand reinforcement mechanisms of loss-of-control eating: An ecological momentary assessment approach. *Journal of Psychopathology and Clinical Science*. <https://doi.org/10.1037/abn0000996>.
31. Magri, T. D., De Leon, A. N., Klaver, S. J., Hayden, E. R., **Burr, E. K.**, Bilagi, N., Nguyen, M., Wang, C. L., Marohnic, S. D., Dunn, M. E., Meshesha, L. Z., & Dvorak, R. D. (in press). I'm not thinking when I'm drinking: the interaction of mood and rumination across drinking and non-drinking days. *Journal of Affective Disorders*.
30. Maynard, M., Dvorak, R. D., Paulson, D., **Burr, E. K.**, Allen, Q., Lighthall, N. R., & Lysandrou, A. E. (in press). Daily impact of medical cannabis on anxiety and sleep quality in older adults. *Psychiatry: Interpersonal and Biological Processes*.
29. **Burr, E. K.**, Dvorak, R. D., De Leon, A. N., Klaver, S. J., Peterson, R., Hayden, E. R., Maynard, M. H., Almeyda, S., & Medina, A. (2024). Understanding loss of control eating through the lens of expectancies and reinforcement sensitization. *Psychiatry: Interpersonal and Biological Processes*. <https://doi.org/10.1080/00332747.2024.2403664>
28. Peterson, R., Dvorak, R. D., De Leon, A. N., Leary, A. V., Meshesha, L., Woerner, J., Kakinen, C., & **Burr, E. K.** (2024). Development and validation of the Sexual and Negative Dating Inventory (SANDI): A measure of dating and sexual protective behaviors. *Journal of Child Sexual Abuse*.
27. Dvorak, R. D., Paulson, D., Dunn, M. E., **Burr, E. K.**, Peterson, R., Maynard, M., De Leon, A. N., S. J. Klaver, Leary, A. V., Hayden, E. R., Allen, Q., & Toth, E. (2024). Effects of medical cannabis use on physical and psychiatric symptoms across the day among older adults. *Psychiatry Research*.
26. Leary, A.V., Dvorak, R. D., **Burr, E. K.**, De Leon, A. V., Klaver, S. J., Lynch, G., Toth, E., Diaz, M. J., & Martin, S. (2024). Effects of a brief safe drinking intervention on negative affect: examining potential side effects of Deviance Regulation Theory interventions. *Journal of Drug Education*.
25. Kudapa, D., Klaver, S. J., Peterson, R., **Burr, E. K.**, De Leon, A. N., Leary, A. V., Maynard, M. H., Hayden, E. R., Kramer, M. P., & Dvorak, R. D. (2024). A deviance regulation theory intervention affects the association between narcissistic traits and alcohol harm reduction strategies in college students. *Substance Use and Misuse*.
24. De Leon, A. N., Dvorak, R. D., Perrotte, J. K., Klaver, S. J., Peterson, R., Magri, T. D., **Burr, E. K.**, Leary, A. V., & Aguilar, B. (2024). The role of sociocultural factors on alcohol use behaviors among Hispanic/ Latinx adults. *Journal of Ethnicity and Health*.
23. Peterson, R., Dvorak, R. D., **Burr, E. K.**, De Leon, A.N., Klaver, S. J., Maynard, M. H., Hayden, E. R., & Aguilar, B. (2024). Revised alcohol protective behavioral strategies scale-20 (PBSS-20) sub-types: an analysis of direct and indirect/ harm reduction PBS. *Journal of Drug Education: Substance Use Research and Prevention*.
22. Peterson, R., Dvorak, R. D., De Leon, A. N., Klaver, S. J., **Burr, E. K.**, Maynard, M., & Hayden, E. R. (2024). Examination of the Sexual and negative Dating Inventory (SANDI) among sexual and gender minorities: an analysis of psychometrics and outcomes. (in press). *Psychiatry: Interpersonal and Biological Processes*.

21. Christian, C., Butler, R., M. **Burr, E. K.**, Levinson, C. (2024). An intensive time series investigation of the relationship across eating-disorder specific fear responses and behavioral urges in partially remitted anorexia nervosa. *Journal of Anxiety Disorders*.
<https://doi.org/10.1016/j.janxdis.2023.102804>
20. Baker, S. N., **Burr, E. K.**, Dvorak, R. D., Rozek, D. C., De Leon, A. N., & Leary, A. V. (2023). The mediating roles of affect lability and distress tolerance on the relationship between experiential avoidance and suicidal ideation among college students. *Psychological Reports*.
<https://doi.org/10.1177/00332941231216671>
19. Forester, G., Schaefer, L. M., Dodd, D., **Burr, E. K.**, Bartholomay, J., Berner, L., Crosby, R. D., Peterson, C. B., Crow, S. J., Engel, S. G., Wonderlich, S. A. (2023). Time-of-day and day-of-week patterns of relevant psychological vulnerabilities in binge eating disorder. *International Journal of Eating Disorders*. <https://doi.org/10.1002/eat.23995>.
18. Schaefer, L. M., Forester, G., **Burr, E. K.**, Lamm, L., Crosby, R.D., Peterson, C. B., Crow, S. J., Engel, S. G., Dvorak, R. D., & Wonderlich, S. A. (2023). Examining the role of craving in affect regulation models of binge eating: Evidence from an ecological momentary assessment study. *Journal of Psychopathology and Clinical Science*. <https://doi.org/10.1037/abn0000839>.
17. Leary, A. V., Dvorak, R. D., **Burr, E. K.**, Peterson, R., De Leon, A. N., & Maynard, M. M. (2023). Development and validation of the Personal Assessment of Responsible Drinking Identity (PARDI) with a college student sample. *Psychological Assessment*.
<https://doi.org/10.1037/pas0001236>.
16. Klaver, S. J., Dvorak, R. D., De Leon, A. N., **Burr, E. K.**, Leary, A. V., Hayden, E. R., & Allen, Q. (2023). Support for incentive-sensitization theory in adolescent ad libitum smokers using ecological momentary assessment. *Experimental and Clinical Psychopharmacology*.
<https://doi.org/10.1037/pha0000669>.
15. **Burr, E. K.**, Dvorak, R. D., Kramer, M. P., & Ochoa, A. (2023). Emotion regulation difficulties are associated with loss-of-control eating dependent on degree of narcissistic traits in college students. *Eating Behaviors*. <https://doi.org/10.1016/j.eatbeh.2023.101732>.
14. Maynard, M., **Burr, E. K.**, Allen, Q., Dvorak, R. D., & Paulson, D. (2023). Loss of control eating mediates the relationship between cannabis-related problems and eating pathology. *Psychological Reports*. <https://doi.org/10.1177/0033294123116199>.
13. **Burr, E. K.**, Dvorak, R. D., De Leon, A. N., Leary, A. V., Peterson, R., Schaefer, L. M., & Wonderlich, S. A. (2023). The role of eating expectancies and eating motives in the association between mood and loss-of-control eating: A national sample daily diary study. *Appetite*.
<https://doi.org/10.1016/j.appet.2022.106322>.
12. De Leon, A. N., Peterson, R., Dvorak, R. D., Leary, A. V., Kramer, M. P., **Burr, E. K.**, Toth, E. M. & Pinto, D. (2022). The Health Belief Model in the Context of Alcohol Protective Behavioral Strategies: Implications for Prevention and Intervention. *Psychiatry: Interpersonal and Biological Processes*. <https://doi.org/10.1080/00332747.2022.2114270>.
11. **Burr, E. K.**, Dvorak, R. D., Peterson, R., & De Leon, A. N. (2022). Greater negative affect reduction expectancies moderate the interactive relationship between emotion regulation difficulties and

distress tolerance in predicting loss-of-control eating. *British Journal of Health Psychology*.
<https://doi.org/10.1111/bjhp.12611>

10. Moskal, K. R., Dvorak, R. D., **Burr, E. K.**, El Helou, G., & Cora, J. L. (2022). Attention bias and alcohol craving: differential effects via biological sex and mood. *Alcoholism: Clinical and Experimental Research*. <https://doi.org/10.1111/acer.14894>.
9. De Leon, A. N., Peterson, R., Leary, A. V., **Burr, E. K.**, Cora, J. L., & Dvorak, R. D. (2022). Protective behavioral strategies as a protective factor against suicidal ideation among college student drinkers. *Journal of American College Health*.
<https://doi.org/10.1080/07448481.2022.2063023>.
8. **Burr, E. K.**, Dvorak, R.D., Stevenson, B. L., Schaefer, L. M., & Wonderlich, S. A. (2021). Ability to tolerate distress moderates the indirect relationship between emotion regulation difficulties and loss-of-control over eating via affective lability. *Eating Behaviors*. doi: 10.1016/j.eatbeh.2021.101561.
7. Gomez, G. J., **Burr, E. K.**, DiBello, A. M., & Farris, S. G. (2021). Understanding sex differences in physical activity behavior: The role of anxiety sensitivity. *Mental Health and Physical Activity*. doi: 10.1016/j.mhpa.2021.100392.
6. Farris, S. G., **Burr, E. K.**, Kibbey, M. M., Abrantes, A. A., & DiBello, A. M. (2020). Development and initial validation of the Exercise Sensations Questionnaire. *Mental Health and Physical Activity*. doi: 10.1016/j.mhpa.2020.100346.
5. 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.
4. **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.
3. Gruber, J., Villanueva, 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.
2. 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.
1. 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/ Revise-Resubmit

- Burr, E. K.**, Schaefer, L. M., Dvorak, R. D., & Wonderlich, S. A. (revise-resubmit). Integrating maintaining theories for addiction and binge-eating pathology: A review of affective and reward-based theories. [*Clinical Psychology Reviews*].

- Mims, C. E., **Burr, E. K.**, Lydecker, J. A. (revise-resubmit). The importance of parent involvement in adolescent binge-eating disorder and weight concern treatment. [*Journal of the American Academy of Child and Adolescent Psychiatry*].
- Burr, E. K.***, Allen, Q. *, Rodriguez, N. E. Alava, A., Murdock, S., Paitan, S., Hernandez, D., Jeune, S. C., & Dvorak, R. D. (under review). The vicious cycle of perfectionism and guilt: A daily investigation of subjective loss of control eating and objective overeating. [*Appetite*].
*co-first authorship
- Burr, E. K.**, Dvorak, R. D., Lynch, G., Peterson, R., De Leon, A. N., & Leary, A. V. (under review). The influence of COVID-19 fear beliefs on the relationships between positive mood and loss-of-control eating: a ten-day diary study. [*Psychology, Health, & Medicine*].
- Vincent, E. J., Launius, K. N., **Burr, E. K.**, Mims, C. E., & Lydecker, J. A. (under review). How patients purge: associations with weight, depression, and impairment. [*European Eating Disorders Review*].
- Rodriguez, N. E., Dvorak, R. D., Muehlenkamp, J., Kwan, M. Y., **Burr, E. K.**, Blackdeer, A., Moredock, S. (Under review). Differences in rates of past year suicide attempts and ideation across racial and gender identity status among adolescents. [*Clinical Psychological Science*].
- Leary, A. V., **Burr, E. K.**, De Leon, A. N., Klaver, S. J., Hayden, E. R., Akil, S., & Dvorak, R. D. (under review). Development and validation on the COVID Beliefs Scale (CBS). [*Journal of Behavioral Health Services & Research*].
- Leary, A. V., Dvorak, R. D., De Leon, A. N., **Burr, E. K.**, Klaver, S. J., Lynch, G., Toth, E., Diaz, M. J. Martin, S. (under review). Examination of negative affect as a function of deviance regulation theory intervention. [*Journal of Substance Use*].

CONFERENCE PRESENTATIONS

Symposiums

5. **Burr, E. K.**, Meshesha, L. Z., Dvorak, R. D., Wonderlich, S. A., Forester, G. F., & Schaefer, L.M. (accepted). *Affect, food craving, and momentary demand as reinforcement mechanisms of loss-of-control-eating: an ecological momentary assessment approach*. Paper accepted for presentation at the annual Association for Behavioral and Cognitive Therapies (ABCT), New Orleans LA.
*Sponsored by the ABCT Eating Disorders Eating Behaviors Special Interest Group
4. Schaefer, L. M., Forester, G., **Burr, E. K.**, Lamm, L., Crosby, R. D., Peterson, C. B., Crow, S. J., Engel, S. G., Dvorak, R., & Wonderlich, S. A. (2023, June). *Guilt mediates the relationship between momentary craving and risk for binge eating*. Paper presented at the annual Academy for Eating Disorders International Conference on Eating Disorders (ICED), Washington DC.
3. Farris, S. G., **Burr, E. K.**, Kibbey, M. M., Abrantes, A. M., & DiBello, A. M. (2021, April). *Development and Initial Validation of the Exercise Sensations Questionnaire*. Paper presented virtually at the 42nd Annual Convention of the Society for Behavioral Medicine (SBM), Virtual Conference.

2. 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.
1. 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. Hornestein & 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

22. Maynard, M., Dvorak, R. D., Paulson, D., **Burr, E. K.**, Allen, Q., Lighthall, N. R., & Lysandrou, A. E. (2025, April). *Medical Cannabis for Pain, Sleep, and Mental Health Among Older Adults*. Poster presented at the University of Florida Center for Addiction Research & Education 12th Annual Symposium, Gainesville, FL, United States.
21. Forester, G., Schaefer, L. M., **Burr, E. K.**, Dvorak, R. D., Johnson, J. S., & Wonderlich, S. A. (2025, April). *Cue-induced craving and binge eating risk in binge-eating disorder: integrating neural and naturalistic assessments*. Poster presented at the 2025 Annual Convention of the Society of Biological Psychiatry (SOBP), Toronto, Ontario, Canada.
20. **Burr, E. K.**, Dvorak, R. D., Schaefer, L. M., & Medina, A. (2024, September). *Exploring the trajectory of guilt around loss-of-control eating episodes and attributions of guilt*. Poster presented at the 2024 Annual Convention of the Eating Disorders Research Society (EDRS), Sitges, Catalonia, Spain.
19. **Burr, E. K.**, Maynard, M., Allen, Q., Dvorak, R. D., & Paulson, D., Zapico, S., & Spiers, A. M. (2024, April). *The relationship of cannabis problems and eating pathology mediated by loss of control eating*. Poster presented at the 2024 Annual Convention of the Collaborative Perspectives on Addiction (CPA), Denver, CO.
18. **Burr, E. K.**, Dvorak, R. D., Almeyda, S., Medina, A. (2024, March). *Interactive relationships of expectancies and sensitivity to punishment and reward on loss-of-control eating*. Poster accepted for presentation at the 2024 Annual Convention of International Conference on Eating Disorders (ICED), New York City, NY.
17. **Burr, E.K.**, Dvorak, R. D., Peterson, R., & De Leon, A. N. (2023, November). *Greater negative affect reduction expectancies moderate the interactive relationship between emotion regulation difficulties and distress tolerance in predicting loss-of-control eating*. Poster presented at the 2023 annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT) Eating Disorders and Eating Behaviors (EDEB) Special Interests Group, Seattle, WA.
16. Forester, G., Schaefer, L. M., Dodd, D., **Burr, E. K.**, Bartholomay, J., Berner, L., Crosby, R. D., Peterson, C. B., Crow, S. J., Engel, S. G., & Wonderlich, S. A. (2023, June). *Temporal patterns of binge eating and associated psychological vulnerabilities in binge-eating disorder*. Poster

presented at the 2023 meeting of the Academy for Eating Disorders International Conference on Eating Disorders (ICED), Washington DC.

15. **Burr, E. K.**, Dvorak, R. D., Leary, A. V., Lynch, G., Klaver, S. J., Hayden, E. R., Peterson, R., Maynard, M., & De Leon, A. N. (2023, March). *Food addiction is indirectly associated with sensitivity to punishment and reward via affective lability*. Poster presented at the 2023 annual Association for Psychological Science International Convention of Psychological Science (ICPS), Brussels, Belgium.
14. Leary, A. V., Dvorak, R. D., **Burr, E. K.**, Peterson, R., De Leon, A. N., Klaver, S. J., Maynard, M., Lynch, G., & Hayden, E. R. (2023, March). *The role responsible drinking identity has on future protective behavioral strategies, alcohol use, and alcohol problems*. Poster presented at the annual meeting of the International Convention of Psychological Science (ICPS), Brussels, Belgium.
13. Klaver, S.J., Dvorak, R.D., De Leon, A.N., **Burr, E.K.**, Leary, A.V., Hayden, E., Lynch., G., & Gwaltney, C.J. (2023, March) *Testing the Incentive Sensitization Theory in Adolescent Smokers Using Ecological Momentary Assessment*. Poster presented at the 2023 annual meeting of the International Convention of Psychological Science (ICPS), Brussels, Belgium.
12. Peterson, R., Dvorak, R. D., Woerner, J., De Leon, A. N., Leary, A. V., Klaver, S. J., **Burr, E. K.**, Maynard, M., & Hayden, E. R. (2023, March). *Adverse sexual outcomes and dating and sexual protective behaviors among a sample of sexual and/or gender minority individuals*. Poster presented at the 2023 annual meeting of the International Convention of Psychological Science (ICPS), Brussels, Belgium.
11. **Burr, E. K.**, Dvorak, R. D., De Leon, A. N., Leary, A. V., Peterson, R., Schaefer, L. M., & Wonderlich, S. A. (2022, June). *A national ten-day diary study regarding the influence of eating motives and eating expectancies on the relationship between mood and daily loss-of-control eating*. Poster presented at the virtual 2022 Annual Convention of International Conference on Eating Disorders (ICED), Virtual.
10. Leary, A. V., **Burr, E. K.**, & Dvorak., R. D. (2022, April). *Development of the personal assessment of responsible drinking identity*. Poster presented at the 2022 Annual Convention of the Collaborative Perspectives on Addiction (CPA), Portland, OR.
9. Peterson, R., Dvorak., R. D., **Burr, E. K.**, Leary, A. V., De Leon, A. N., & Pinto, D. (2022, April). *Revised alcohol protective behavioral strategies scale sub-types: direct and indirect PBS*. Poster presented at the 2022 Annual Convention of the Collaborative Perspectives on Addiction (CPA), Portland, OR.
8. **Burr, E. K.**, Peterson, R., & Dvorak, R. D. (2021, August). *Depression moderates the relationship between COVID-19 concerns and loss-of-control eating*. Poster presented at the virtual 2021 Annual Convention of the American Psychological Association (APA), Virtual.
7. **Burr, E. K.** & Dvorak, R. D. (2021, June). *Loss-of-control eating predicted by low distress tolerance and motivation to eat to cope*. Poster presented at the virtual 2021 Annual Convention of International Conference on Eating Disorders (ICED), Virtual.
6. **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 presented at the virtual 2020 Annual Convention of Association for Behavioral and Cognitive Therapies (ABCT), Virtual.

5. 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 presented at the virtual 2020 Annual Convention of Association for Behavioral and Cognitive Therapies (ABCT), Virtual.
4. **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 presented at the virtual 2020 Annual Convention of the Eating Disorder Research Society (EDRS), Virtual.
3. **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), Chicago, IL.
2. 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*
1. 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 DC.
**Won research award from Pain Special Interest Group*

SOFTWARE

Dvorak, R. D., Finch, M., Allen, Q., Toth, E., **Burr, E. K.**, & DeLeon, A. N. (2023). iNSIGHT: Investigation using Naturalistic Sampling for Individual and Group Health Tracking. [Computer Software]. <https://www.realtimeinsight.com>

CLINICAL 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.

Doctoral Candidate of Clinical Psychology

Duties:

- Serve as a co-author and first author on manuscripts
- Serve as presenter and collaborator on conference posters
- Develop and submit grant proposals (e.g., small research grants, F31, NSF grant)
- Conducting psychodiagnostic assessment and intervention in a research setting utilizing the SCID-5-RV and Mini Neuropsychiatric Interview

- Development of research designs, conducting literature reviews
- Preparation and submission of IRB documents
- Data acquisition
- Quantitative data analysis
- Overseeing research assistants on assigned projects

Applying Harm Reduction to Binge Eating Disorder: An Investigation of Protective Behavioral Strategies Against Uncontrolled Eating [1F31MH135713]

PI: **Emily K. Burr, M.S.**

Sponsor: Robert D. Dvorak, Ph.D.

Co-Sponsors: Stephen Wonderlich, Ph.D., Lauren Schaefer, Ph.D.

Duties:

- Run a three-phase study including qualitative interview, measure development, and EMA
- Prepare application for awarded F31 fellowship grant and engage in application process
- Conduct psychodiagnostic assessment and semi-structured interviewing (qualitative and cognitive data collection)
- Oversee and engage in measure development and refinement and EMA phases
- Run qualitative and quantitative data analyses
- Create all study materials and submit to IRB
- Engage in career opportunities (e.g., conference presentations, collaboration)

An Investigation of Real-Time Cognitive and Affective Contributors to Loss-of-Control Eating [Academy for Eating Disorders 2023 Student Research Award]

PI: **Emily K. Burr, M. S.**

Faculty Mentor: Robert D. Dvorak, Ph.D.

Duties:

- Constructed and prepared all IRB documents and study materials on a three-part 10-day ecological assessment of reward, cognition, and emotion as they influence loss-of-control eating in real time
- Conducted clinical interviews consisting of SCID modules for recruitment screening
- Oversaw administration of the project
- Selected measures and programmed into Qualtrics
- Managed recruitment and participant selection
- Analyzed data using STATA SE and Mplus v 8.6

Assessment of the Relationship between Personality Factors, Eating Behavior, and Emotions in College Students

PI: **Emily K. Burr, M. S.**

Co-Investigator: Matthew P. Kramer, M.S.

Faculty Mentor: Robert D. Dvorak, Ph.D.

- Constructed and prepared IRB documents and study materials on a 2-phase study on a potential relationship between narcissistic traits and loss-of-control eating and body image outcomes stratified by gender
- Oversaw administration of the project including recruitment and subject participation
- Analyzed data using STATA SE and Mplus v 8.6
- Participant coordination

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

PI: **Emily K. Burr, M. S.**

Faculty Mentor: Robert D. Dvorak, Ph.D.

Duties:

- Designed a 2-part study consisting of a 10-day assessment of loss of control eating and related variables during the COVID-19 pandemic
- Selected measures and created all IRB materials
- Oversaw administration of the project including recruitment and subject participation
- Managed recruitment
- Data collection and analysis
- Analyzed data using STATA SE and Mplus v 8.6

Restriction, Restraint, Mood, and Loss of Control Eating in Real Time

PI: Robert D. Dvorak, Ph.D.

Co-Investigators: Brittney L. Stevenson, Ph.D., **Emily K. Burr, M. S.**

Duties:

- Oversaw administration of a 10-day EMA study on loss-of-control eating in college students
- Conducted structured assessment interviews for eligibility criteria and pathology
- Refined study protocols, including compliance criteria and assessment procedures
- Analyzed data using STATA SE and Mplus v 8.4

An Investigation of the Expectancies Correlated with Alcohol Use and Eating Behavior

PI: Gabrielle Lynch, M.S.

Co-Investigators: **Emily K. Burr, M.S.**, Mark Crisafulli, M.S., Tatiana Magri, M.S.

Faculty Mentor: Robert D. Dvorak, Ph.D.

Duties:

- Drafted IRB documents and study materials on a cross-sectional study to identify profiles of individuals who intersect on problematic eating behavior and alcohol use
- Aided in overseeing administration of the project including recruitment and subject participation
- Conducted measure selection and programming into Qualtrics

Graduate Research Assistant

An Adaptive Mobile Intervention to Increase Safe Drinking Strategies using Deviance Regulation Theory
[1R15AA026420-01A1]

Duties:

- Conducted psychological assessment using the Mini International Neuropsychiatric Interview
- Provided brief intervention to college student drinkers with problematic alcohol consumption

Sanford Center for Biobehavioral Research

Summer 2022

Sanford Research

Director: Stephen Wonderlich, Ph.D.

Clinical Research Specialist

Duties:

- Conducted and interpret clinical assessments for research projects in binge eating disorder and bariatric surgery populations
- Contributed to manuscripts, posters, and conference symposium presentation
- Conducted literature reviews to inform research projects
- Coordinated studies and trained staff

Reward Mechanisms of Binge Eating Disorder

PI: Glen Forester, Ph.D.

Duties:

- Conducted and interpret clinical assessments for an EMA study with an EEG and assessment component on reward processing and binge eating disorder, particularly SCID-5-RV
- Ran participants through study visits, including collection of vitals, psychological assessment, surveys, and orientation to ecological momentary assessment protocol
- Trained other staff to run participants
- Coordinated ecological momentary assessment study on reward processing in binge eating disorder
- Conducted telephone evaluations of potential participants

A Longitudinal Examination of Reward, Eating Expectancies, and Inhibitory Control in the Progression of Loss of Control Eating [NIGMH 5P20GM134969-8455]

PI: Lauren Schaefer, Ph.D.

Duties:

- Conducted and interpreted clinical assessments for a longitudinal binge eating disorder study, including the Eating Disorder Examination and the SCID-5-RV

Momentary Bio-Behavioral Predictors of Loss of Control Eating and Weight Outcomes [NIGMH 5P20GM134969-8457]

PI: Gail Kerver, Ph.D.

Duties:

- Conducted and interpreted clinical assessments for a longitudinal study on individuals post-bariatric surgery, including the Eating Disorder Examination-Bariatric Surgery Version and the SCID-5-RV with extended optional modules

The Obesity Society

2023- 2024

Director: Anthony C. Comuzzie, PhD, FTOS

Refining and Testing the “FORWARD” Obesity Curriculum Project in a QI Initiative in US Medical Schools [Novo Nordisk, Inc]

PI: Robert F. Kushner, M.D.

Graduate Research Assistant

Duties:

- Served as statistical consultant for data analysis of four surveys regarding perceived effectiveness of a program to improve education in US medical schools to assess changes in attitudes/ weight stigma, knowledge, and proficiency in the conceptualization of patients
- Aided in measure development, including item selection and scale validation
- Programmed and aided in dissemination of developed surveys

Rutgers Emotion, Health and Behavior Laboratory

2018 - 2020

Rutgers, the State University of New Jersey

Director: Samantha G. Farris, Ph.D.

Laboratory Manager

Duties:

- Generated laboratory research protocols and manuals in a newly-founded laboratory
- Oversaw and trained all research staff on study protocols and laboratory technology
- Coordinated acquisition and set up of equipment for research projects, including overseeing set up of exercise psychophysiology and metabolic testing facility, as well as main laboratory
- Hired and coordinate research support staff
- Managed project budgets
- Assisted with grant applications and progress reports
- Conducted literature reviews to inform current and future research
- Proofread manuscripts and assisted with revisions and resubmissions
- Drafted presentations for conference symposiums and posters

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:

- Administered in-person psychological assessments, including the MINI International Neuropsychiatric Interview, Montreal Cognitive Assessment, and Timeline Followback
- Conducted telephone evaluations of potential participants
- Instructed participants through baseline assessment appointments and study orientation
- Prepared IRB documents and modifications for review
- Programmed 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
- Tracked compliance and provided weekly compliance feedback to participants
- Procured all study equipment
- Evaluated validity of data, including saliva viability and managed data storage

Qualitative Feedback Informing Development of the Exercise Sensations and Avoidance Scale

PI: Samantha G. Farris, Ph.D.

Duties:

- Conducted qualitative interviews
- Conducted background literature review informing measure development
- Wrote and submitted all IRB documents for review including protocol, consent, and recruitment materials
- Conducted telephone evaluations of potential participants
- Identified qualitative themes and data entry utilizing Excel
- Managed recruitment and appointments

Research Assistant

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

Duties:

- Collaborated with researchers from Boston University and University of Houston on survey development
- Contributed to survey development, coordination, planning, and recruitment process

- Engaged in weekly meetings to monitor project status
- Assisted in measure selection and development of study procedures
- Reviewed IRB documents, including protocol
- Cleaned and analyzed 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:

- Wrote and submit all IRB documents for review including protocol, consent, and recruitment materials
- Coordinated 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:

- Drafted manuals for research support staff and participant use of Polar M200 physical activity monitors
- Drafted IRB protocol and consent forms
- Programmed Polar M200 watches and Polar Flow software for participant use

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

Duties:

- Engaged in literature search and drafting of corresponding manuscript materials
- Programmed study measures into Qualtrics
- Launched 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:

- Conducted evaluations of potential participants for a study on individuals with Bipolar I
- Coordinated participant scheduling
- Coordinated and managed participant tracking logs via Microsoft Excel
- Recruited participants

Positive Emotional Processes, Mood, and Anxiety

PI: June Gruber, Ph.D.

Duties:

- Evaluated and clean physiological data utilizing MindWare v3.8 software; including heart rate, impedance, respiration, and skin conduction modules
- Conducted telephone evaluations of potential participants

- Entered data via IBM SPSS v. 24
- Recruited participants

Desire of Emotion

PI: June Gruber, Ph.D.

Duties:

- Instructed participants through research trials
- Consented and enrolled participants
- Tracked participant responses to mood inductions
- Collected and entered data into Microsoft Excel

Adult Anxiety Clinic of Temple

Temple University

Director: Richard Heimberg, Ph.D.

Summer 2015

Research Assistant

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

PI: Sima Kaplan, B.A.

Duties:

- Conducted telephone evaluations of potential participants
- Consented eligible participants for enrollment in study
- Instructed participants through research trials
- Entered data utilizing IBM SPSS v.24
- Organized study materials

CLINICAL PRACTICE EXPERIENCE

Teen POWER, Yale School of Medicine

Supervisor: Janet A. Lydecker, PhD, FAED

2024 – Present

Research Practicum Student

Duties:

- Conducted psychotherapy per CBT-based and mindfulness treatment protocols for adolescents with bulimia nervosa and binge eating disorder
- Administered and interpret clinical assessments for adolescent patients, including the Eating Disorder Examination and Mini International Neuropsychiatric interview
- Wrote reports, progress notes, and discharge summaries for clients
- Monitored patient progress
- Created and edit materials for intervention study use
- Engaged in group supervision and clinical grand rounds

The Renfrew Center

Supervisors: Christina Purkiss, LMHC, CEDS-S, Robert D. Dvorak, PhD, ABPPS

2023 – 2024

Student Psychotherapy Intern

Duties:

- Conducted eating disorder intervention under the supervision of a licensed clinical practitioner for a partial hospitalization and intensive outpatient population, informed by a CBT orientation
- Conducted family and individual therapy for adolescents and adults with eating disorders
- Led psychotherapy groups for eating disorder treatment, with most experience in topics of CPT-based trauma group, body image, values, cognitive behavioral therapy, mindfulness, and relational practice
- Provided meal support and food coaching
- Wrote reports, progress notes, and discharge summaries for clients
- Monitored patient progress
- Developed patient treatment plans
- Submitted patient reviews to insurance
- Engaged in individual supervision

University of Central Florida Student Health Services Behavioral Health
Supervisors: Michael Dunn, PhD, Megan Giddens, LCSW

2022 - 2023

Student Psychotherapy Intern

Duties:

- Conducted substance use and related mental health interventions under the supervision of a licensed clinical practitioner for a student population with substance use disorders and comorbid disorders, informed by a CBT orientation
- Administered clinical assessments to patients
- Wrote reports, progress notes, and discharge summaries for patients
- Monitored patient progress
- Developed patient treatment plan with supervisor
- Engaged in group supervision
- Facilitated a psychoeducation group on cannabis use

University of Central Florida Psychology Clinic
Supervisors: Kimberly Kent, PhD, Robert D. Dvorak, PhD, ABPPS

2021-2023

Student Psychotherapy Trainee

Duties:

- Conducted psychotherapy under the supervision of a licensed clinical practitioner for a community population, informed by a CBT orientation (e.g., behavioral activation, cognitive therapy, motivational interviewing, DBT-informed treatment, exposure therapy)
- Administered and interpreted clinical assessments, including the Weschler Adult Intelligence Scale IV, Structured Clinical Interview for DSM-5 Disorders and Personality Disorders, and the Anxiety Disorders Interview Schedule
- Provided feedback to clients
- Monitored client progress
- Wrote integrated reports, discharge summaries, and progress notes for therapy clients
- Developed patient treatment plan with supervisor
- Engaged in group and individual clinical supervision

TMS Solutions

2017–2018

Supervisor: Robert Sammons, MD

Transcranial Magnetic Stimulation (TMS) Coordinator

Duties:

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

Medical Center of Aurora Adult Behavioral Unit

2016–2017

Supervisor: Carrie Pink, RN

Psychiatric Technician

Duties:

- Planned and lead therapeutic groups for patients on an acute adult psychiatric unit
- Oversaw patient care for diverse population of acute clinical presentation of disorders
- Conducted and chart patient interviews for review by hospital psychiatrists utilizing Meditech EMR software
- Trained in and enact crises management procedures
- Provided general patient care and support

TEACHING EXPERIENCE

University of Central Florida

Graduate Teaching Associate: Instructor of Record

2024

PSY 3213C: Research Methods in Psychology

Instructor: **Emily K. Burr, MS**

Duties:

- Developed all course materials, including syllabus, assignments, rubrics, and presentation materials for both lecture and lab sections
- Provided instruction to students in a four-credit course in statistics, elements in research design, conduct of research study, evaluation of validity of research, writing research reports in APA style, and research ethics
- Ran a weekly one-hour lab section, including instruction and activities (e.g., statistical analyses)
- Provided weekly three-hour class time, including lecture and activities
- Graded assignments and provide feedback to students

Graduate Teaching Assistant

2020 - 2024

PSY3204C: Statistical Methods in Psychology

Instructor: Alisha Janowsky, Ph.D.

Duties:

- Ran laboratory sessions for statistical analysis in IBM SPSS v.27
- Held office hours and meetings with students to teach them analysis methods
- Graded assignments and provide feedback to students

PSY 3302: Psychological Measurement

Instructor: Chrysalis Wright, Ph.D.

Duties:

- Graded assignments and provide feedback to students
- Facilitated communication between students and instructor
- Provided guidance to students

PSY 4049: Psychology Capstone

Instructor: Karen Mottarella, Ph.D.

Duties:

- Oversaw TAs
- Graded assignments and provide feedback to students
- Facilitated communication between students and instructor
- Provided guidance to students

PSY 3213C: Research Methods in Psychology

Instructor: Shannon Whitten, Ph.D.

Duties:

- Ran laboratory sessions for students overseeing mentorship of a semester research project and cross-sectional study
- Held office hours and meetings with students to teach them analysis methods
- Graded assignments and provide feedback to students

CLP 3143: Abnormal Psychology

Instructor: John Beltran, Ph.D.

Duties:

- Graded assignments
- Provided feedback to students
- Facilitated communication between students and instructor

CLP 3202: Clinical Psychology

Instructor: Jason Chesnut, Ph.D.

Duties:

- Supervised undergraduate teaching assistants
- Reviewed teaching assistants assigned grades and provide feedback to teaching assistants and course students

MENTORSHIP ROLES

UCF Learning Environment and Academic Research Network

2023 – 2024

Graduate Research Mentor

Duties:

- Mentored two students in the UCF STEM LEARN program through the research process in creating their own research proposals
- Taught mentees elements of the research process in psychological research, including literature review procedures, statistical analyses, and academic writing
- Guided students through offering contribution opportunities to actual presentations and publications generated by self

- Met weekly with students
- Evaluated student performance

UCF Clinical Psychology First Year Mentor

2023 – 2024

Graduate Student Mentor

Duties:

- Provided guidance to a first-year PhD student of clinical psychology at UCF through monthly meetings
- Prepared materials to help guide student through program procedures and generating research topics

Getting into Grad School: Applying to PhD Programs in Clinical Psychology

2023

Feedback and Reviewer of Clinical Psychology Applicants

Duties:

- Reviewed five sets of application materials from applicants applying to a variety of clinical psychology programs in the United States, including international students
- Provide feedback to graduate program hopefuls on strengthening their applications
- Enable under-mentored individuals the opportunity to receive feedback
- Engage in mock interviews with prospective PhD students to multiple institutions to provide feedback on interviewing

ELECTED STUDENT ORGANIZATION POSITIONS

“Psi DOCS” UCF Clinical Psychology Class Officer

2021 - 2022

Student-Elected Treasurer

Duties:

- Apply for funding through the University of Central Florida on behalf of the Registered Student Organization for conference travel for students in the Clinical Psychology PhD program
- Defend financial expenditure and track disbursement of funds
- Help arrange program extracurricular events

UCF Clinical Psychology Student Representative

2021 – 2023

Student Representative

Duties:

- Create and analyze program climate survey on behalf of faculty
- Serve as a liaison between faculty and students on behalf of student concerns

AD HOC REVIEW ACTIVITIES

Certified Reviewer

Translational Issues in Psychological Science (2024 – present)

Reviewer

Appetite (2025, 2023)

Journal of Health Psychology (2025)

Personality and Individual Differences (2025)

Eating Behaviors (2023)

Co-Reviewer

Clinical Psychology Review (2024)

Behavior Research and Therapy (2022, 2018)

International Journal of Eating Disorders (2022, 2019)

Addiction (2019)

Depression & Anxiety (2019)

Psychology of Addictive Behaviors (2018)

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