

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 **Anticipated Graduation Date: August 2027**
F31 Ruth L. Kirchstein National Research Service Award Individual Predoctoral Fellow
Doctoral Candidate of Clinical Psychology
Doctoral Dissertation: Applying harm reduction to Binge-Eating Disorder: An investigation of Protective Behavioral Strategies against uncontrolled eating
GPA: 4.0

University of Central Florida, Orlando FL **2020 – 2022**
Master of Science, Clinical Psychology
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

AWARDS AND FUNDING

External Funding

- Dissertation Research Award, *American Psychological Association* **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 Recipient Graduate Presentation Fellowship, *College of Graduate Studies, University of Central Florida* **2020 – 2023**

PEER REVIEWED ARTICLES

Published/In Press

N = 32

1. **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>.

2. Magri, T. D., De Leon, A. N., Klaver, S. J., Hayden, E., **Burr, E. K.**, Bilagi, N., Nguyen, M., Wang, C. L., Marohnic, S. D., Dunn, M. E., Meshesha, L. Z., & Dvorak, R. D. (2025). Thinking when I'm drinking: the interaction of mood and rumination across drinking and non-drinking days. *Journal of Affective Disorders*. <https://doi.org/10.1016/j.jad.2025.119613>
3. Maynard, M., Dvorak, R. D., Paulson, D., **Burr, E. K.**, Allen, Q., Lighthall, N. R., & Lysandrou, A. E. (2025). Daily impact of medical cannabis on anxiety and sleep quality in older adults. *Psychiatry: Interpersonal and Biological Processes*. <https://doi.org/10.1080/00332747.2025.2484827>
4. **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>
5. Peterson, R., Dvorak, R. D., De Leon, A. N., Leary, A. V., Meshesha, L., Woerner, J., Kallinen, 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*. <https://doi.org/10.1080/00310538712.2024.2383245>
6. 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*. <https://doi.org/10.1016/j.psychres.2024.116055>
7. 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*. <https://doi.org/10.1177/00472379241272587>
8. 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*. <https://doi.org/10.1080/10826084.2024.2360108>
9. 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*. <https://doi.org/10.1080/13557858.2024.2345916>
10. 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*. <https://doi.org/10.1080/13557858.2024.2345916>
11. 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. (2024). *Psychiatry: Interpersonal and Biological Processes*. <https://doi.org/10.1177/00472379241246367>
12. 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>
13. 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>
 14. 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>.
 15. 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>.
 16. 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>.
 17. 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>.
 18. **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>.
 19. 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>.
 20. **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>.
 21. 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>.
 22. **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>

23. 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>.
24. 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>.
25. **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.
26. 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.
27. 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.
28. 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.
29. **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.
30. 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.
31. 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.
32. 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

N = 8

1. **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*].

2. 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*].
3. **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.
**co-first authorship*
4. **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.
5. 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.
6. 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.
7. 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).
8. 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.

BOOK CHAPTERS

N = 1

Published/In Press

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

CONFERENCE PRESENTATIONS

Symposiums

N = 5

1. **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, United States.
**Sponsored by the ABCT Eating Disorders Eating Behaviors Special Interest Group*
2. 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, United States.

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.
4. 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, United States.
5. 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, United States.

Posters

N = 22

1. 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.
2. 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.
3. **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.
4. **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, United States.
5. **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, United States.

6. **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, United States.
7. 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, United States.
8. **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.
9. 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.
10. 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.
11. 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.
12. **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.
13. 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, United States.
14. 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, United States.

15. **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.
16. **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.
17. **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.
18. 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.
19. **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.
20. **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, United States.
21. 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, United States.
**Won ADAA Honors Award*
22. 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, United States.
**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.realetimeinsight.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 Student of Clinical Psychology

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

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

Sponsor: Robert D. Dvorak, Ph.D.

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

Description: A three-phase mixed-methods measure development project to identify items for, create a measure of protective behavioral strategies against binge eating and validate and apply items in ecological momentary assessment format.

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.

Description: A two-phase ecological momentary assessment study probing real-time reward and affective factors as they influence risk of loss-of-control (LOC) eating behavior in individuals with recurrent LOC.

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, Ph.D.

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

Description: A two-phase cross-sectional study investigating the relationship between narcissistic traits, emotion dysregulation, and loss-of-control eating and body image outcomes in college students, stratified by gender

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.

Description: A two-phase daily diary study probing real-time expectancies, motives, and affect as they influence risk of loss-of-control (LOC) eating behavior in individuals with recurrent LOC during the COVID-19 pandemic

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.**

Description: A ten-day ecological momentary assessment study on affective factors leading to fluctuations in restrictive and LOC eating in college students

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, Ph. D., Tatiana Magri, M.S.

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

Description: A cross-sectional study aimed to identify expectancy profiles of college students intersecting on pathological eating behavior and alcohol use

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

PI: Robert D. Dvorak, Ph. D.

Graduate Research Assistant: **Emily K. Burr, M.S.**

Description: A three-phase intervention study comparing a deviance regulation intervention to BASICS for college students with problematic drinking via ecological momentary assessment post-intervention.

Sanford Center for Biobehavioral Research

Summer 2022

Sanford Research

Director: Stephen Wonderlich, Ph.D.

Clinical Research Specialist

Reward Mechanisms of Binge Eating Disorder

PI: Glen Forester, Ph.D.

Description: A two-phase ecological momentary assessment also utilizing EEG to compare differences in reward processing between individuals with Binge-Eating Disorder and healthy controls from the general population

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.

Description: A longitudinal project assessing cognitive and reward processes in individuals with Binge-Eating Disorder

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

PI: Gail Kerver, Ph.D.

Description: An intensive longitudinal study on patients post-bariatric surgery and factors that may contribute to uncontrolled eating following bariatric procedures

The Obesity Society

2023- 2024

Director: Anthony C. Comuzzie, PhD, FTOS

Graduate Research Assistant

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.

Description: A study assessing implementation and feasibility of a program to improve obesity education in ten US medical schools to changes in attitudes/ weight stigma, knowledge, and proficiency in the conceptualization of patients

Rutgers Emotion, Health and Behavior Laboratory
Rutgers, the State University of New Jersey
Director: Samantha G. Farris, Ph.D.

2018 - 2020

Laboratory Manager & 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.

Description: A two-phase intensive longitudinal study, including saliva assays, daily surveys and physical activity monitoring, of fluctuations in hormones, anxiety symptoms, and smoking behavior in females who smoke cigarettes over their menstrual cycle.

Qualitative Feedback Informing Development of the Exercise Sensations and Avoidance Scale

PI: Samantha G. Farris, Ph.D.

Description: A qualitative interview study designed to assess feasibility and appropriateness of a developed questionnaire on physical symptoms leading to exercise aversion.

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

Description: A multi-site survey development and cross-sectional data collection study on general population quality-of-life concerns early in the COVID-19 pandemic

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

Description: A brief intervention study designed to provide biofeedback and induced aversion to smoking in individuals who smoke cigarettes to decrease reward perception of smoking and subsequent cigarette use.

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

Description: Development and assessment of a manualized intervention for patients in cardiac rehabilitation to encourage exercise and reduce anxiety towards physical activity.

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

Description: A measure validation study to apply the Exercise Sensitivity Questionnaire as a tool for assessing aversion to physical activity in cardiac rehabilitation patients

Positive Emotion and Psychopathology Laboratory

2016–2018

University of Colorado Boulder
Director: June Gruber, Ph.D.

Research Assistant

Longitudinal Study of Mania Risk in Young Adults

PI: June Gruber, Ph.D.

Description: A three-year longitudinal design observing affect regulation vulnerabilities associated with Bipolar I development in young adults at elevated risk, utilizing laboratory tasks, behavioral, and physiological measures.

Positive Emotional Processes, Mood, and Anxiety

PI: June Gruber, Ph.D.

Description: A study designed to assess current mood states as they pertain to emotional and physiological reactivity in four adult cohorts: those with Bipolar I, Major Depressive Disorder, Anxiety Disorders, and no psychiatric history.

Desire of Emotions: Emotional Cravings and Well-Being

PI: June Gruber, Ph.D.

Description: A laboratory-based investigation of drive toward rewarding emotions based on craving using behavioral tasks.

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.

Description: A laboratory-based study examining the correlates of BMI, weight stigma, and perceptions of peer rejection as they may coalesce into social anxiety

CLINICAL PRACTICE EXPERIENCE

Teen POWER, Yale School of Medicine
Supervisor and Principal Investigator: Janet A. Lydecker, PhD, FAED

2024 – 2025

Research Practicum Student

Cognitive Behavioral Therapy for teens who have Bulimia Nervosa and Higher Weight [National Eating Disorders Association]

Description: Administration of assessment and psychotherapy in a 16-week intervention study comparing two manualized treatments (CBT-based and Mindfulness-based) for adolescents with threshold or sub-threshold Bulimia Nervosa in the 85th BMI percentile or above.

Binge Eating Self-Help for Teens (BEST): A behavioral intervention for adolescents with binge eating and excess weight

Description: Administration of assessment and psychotherapy in a 16-week guided self-help paradigm for adolescents with threshold or sub-threshold Binge Eating Disorder in or above the 85th BMI percentile.

The Renfrew Center

2023 – 2024

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

Student Psychotherapy Intern

Description: Provision of therapy and meal support via individual, group, and family therapies conducted in a joint partial hospitalization/ intensive outpatient setting utilizing a cognitive-behavioral orientation.

University of Central Florida Student Health Services Behavioral Health

2022 – 2023

Supervisors: Michael Dunn, PhD, Megan Giddens, LCSW

Student Psychotherapy Intern

Description: Provision of substance use and related mental health interventions via student health services for both mandated and voluntary college student population with substance use disorders and comorbid disorders, informed by CBT and Interpersonal orientations.

University of Central Florida Psychology Clinic

2021 – 2023

Supervisors: Kimberly Kent, PhD, Robert D. Dvorak, PhD, ABPPS

Graduate Student Therapist

Description: Provision of assessment and psychotherapy for a diverse adult community population informed by a CBT orientation

TMS Solutions

2017 – 2018

Supervisor: Robert Sammons, MD

Transcranial Magnetic Stimulation (TMS) Coordinator

Description: Provision of cortical mapping and daily TMS treatment and administration in an out-patient TMS clinic treating Major Depressive Disorder.

Medical Center of Aurora Adult Behavioral Unit

2016 – 2017

Supervisor: Carrie Pink, RN

Psychiatric Technician

Description: Engagement in activities regarding patient care for adults on an acute psychiatric unit with a diverse presentation of severe mental illness. Responsibilities included planning and leading therapeutic groups, crisis management, and 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**

Graduate Teaching Assistant **2020 – 2024**

PSY3204C: Statistical Methods in Psychology

Instructor: Alisha Janowsky, Ph.D.

PSY 3302: Psychological Measurement

Instructor: Chrysalis Wright, Ph.D.

PSY 4049: Psychology Capstone

Instructor: Karen Mottarella, Ph.D.

PSY 3213C: Research Methods in Psychology

Instructor: Shannon Whitten, Ph.D.

Duties:

CLP 3143: Abnormal Psychology

Instructor: John Beltran, Ph.D.

CLP 3202: Clinical Psychology

Instructor: Jason Chesnut, Ph.D.

SERVICE

UCF Learning Environment and Academic Research Network **2023 – 2024**
Graduate Research Mentor

UCF Clinical Psychology First Year Mentor **2023 – 2024**
Graduate Student Mentor

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

“Psi DOCS” UCF Clinical Psychology Class Officer **2021 – 2022**
Treasurer

UCF Clinical Psychology Student Representative **2021 – 2023**

Student Representative

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)