

L. Alison Phillips, Ph.D.

CURRICULUM VITAE

Department of Psychology
Iowa State University
W112 Lagomarcino Hall
Ames, IA 50011

Phone : 515-294-3393
Fax : 515-294-6424
E-mail : alisonp@iastate.edu
ORCID ID: 0000-0003-1126-1559

EDUCATION:

Institution: Rutgers, the State University of New Jersey, New Brunswick
Degree: Ph.D., October 2011
Concentrations: Social Psychology
Health Psychology
Dissertation Title: Using Habit Theory and Commonsense-Model Theory to Improve Medication Adherence Assessment

Institution: Rutgers, the State University of New Jersey, New Brunswick
Degree: M.S., October 2008
Concentrations: Social Psychology
Health Psychology
Thesis Title: Construct Validation of the Doctor Expertise Scale in a Primary Care Setting

Institution: Grinnell College; Grinnell, IA
Degree: B.A., June 2003
Majors: Psychology
Mathematics
Study Abroad: Budapest Semesters in Mathematics, Budapest, Hungary

PEER-REVIEWED ARTICLES (*denotes graduate students; **denotes undergraduate students):

30. **Phillips, L. A.**, & *Johnson, M. (In Press). Interdependent Effects of Autonomous and Controlled Regulation on Exercise Behavior. *Personality and Social Psychology Bulletin*.
29. *Dillon, P., **Phillips, L. A.**, Gallagher, P., Smith, S. M., Stewart, D., & Cousins, G., (In Press). Assessing the multidimensional relationship between medication beliefs and adherence using polynomial regression in older adults with hypertension. *Annals of Behavioral Medicine*.
28. McAndrew, L. M., **Phillips, L. A.**, Helmer, D. A., Maestro, K., Engel, C. C., Greenberg, L., Anastasides, N., & Quigley, K. (In Press). High healthcare utilization near the onset of medically unexplained physical symptoms. *Journal of Psychosomatic Research*.
27. Credé, M., & **Phillips, L. A.** (In Press). Revisiting the Power Pose Effect: How robust are the results reported by Carney, Cuddy and Yap (2010) to data analytic decisions? *Social Psychological and Personality Science*.
26. **Phillips, L. A.**, McAndrew, L. M., **Laman-Maharg, B., & Bloeser, K. (In Press). Evaluating challenges for improving medically unexplained symptoms in US

Military Veterans via provider communication. *Patient Education and Counseling*. DOI: 10.1016/j.pec.2017.03.011

25. *Eisenberg, M., **Phillips, L. A.**, *Fowler, L., & Moore, P. (In Press). The impact of E-diaries and accelerometers on young adults' perceived and objectively measured physical activity. *Psychology of Sport & Exercise*, 30, 55–63. DOI: 10.1016/j.psychsport.2017.01.008
24. *Hisler, G., **Phillips, L. A.**, & Krizan, Z. (In Press). Diurnal preference predicts unique variance in physical activity after accounting for Extended Theory of Planned Behavior variables. *Annals of Behavioral Medicine*. DOI: 10.1007/s12160-016-9862-0
23. **Phillips, L. A.**, Leventhal, H., & Burns, E. A. (2017). Choose (and use) your tools wisely: "Validated" measures and advanced analyses can provide invalid evidence for/against a theory. *Journal of Behavioral Medicine*, 40(2), 373-376. DOI: 10.1007/s10865-016-9807-x
22. **Phillips, L. A.**, Chamberland, P-E., Hekler, E. B., **Abrams, J. A., & *Eisenberg, M. H. (2016). Intrinsic rewards predict exercise via behavioral intentions for initiators but via habit strength for maintainers. *Sport, Exercise, and Performance Psychology*, 5(4), 352-364. <http://dx.doi.org/10.1037/spy0000071>.
21. Leventhal, H., **Phillips, L. A.**, & Burns, E. A. (2016). The Common-Sense Model of Self-Regulation (CSM): A dynamic framework for understanding illness self-management. *Journal of Behavioral Medicine*, 39(6), 935-46. DOI: 10.1007/s10865-016-9782-2.
20. **Phillips, L. A.**, Cohen, J., Burns, E. A., Abrams, J., & Renninger, S. (2016). Self-management of chronic illness: The role of 'habit' vs reflective factors in exercise and medication adherence. *Journal of Behavioral Medicine*, 39(6), 1076-91. DOI: 10.1007/s10865-016-9732-z
19. Gardner, B., **Phillips, L. A.**, & Judah, G. (2016). Habitual instigation and habitual execution: Definition, measurement, and effects on behavior frequency. *British Journal of Health Psychology*, 21(3), 613-630. DOI: 10.1111/bjhp.12189
18. Leventhal, H., **Phillips, L. A.**, Burns, E. A. (2016). Modelling management of chronic illness in everyday life: A Common-Sense Approach. *Psychological Topics*.
17. **Phillips, L. A.**, & Gardner, B. (2016). Habitual exercise instigation (versus execution) predicts healthy adults' exercise frequency. *Health Psychology*, 35(1), 69-77. DOI: 10.1037/hea0000249.
16. McAndrew, L. M., Helmer, D., **Phillips, L. A.**, Chandler, H., Ray, K., & Quigley, K. S. (2016). Iraq and Afghanistan Veterans report symptoms consistent with Chronic Multisymptom Illness one year after deployment. *Journal of Rehabilitation Research and Development*, 53(1), 59-70. DOI: 10.1682/JRRD.2014.10.0255.
15. **Phillips, L. A.**, Diefenbach, M., **Abrams, J. A., & Horowitz, C. R. (2015). Stroke and TIA survivors' cognitive beliefs and affective responses regarding treatment and future stroke risk differentially predict medication adherence and categorized stroke risk. *Psychology & Health*, 30(2), 218-232. DOI: 10.1080/08870446.2014.964237.

14. **Phillips, L. A.**, Diefenbach, M., Kronish, I. M., Negron, R. M., & Horowitz, C. R. (2014). The Necessity-Concerns-Framework: A multi-dimensional theory benefits from multi-dimensional analysis. *Annals of Behavioral Medicine*, *48*(1), 7-16. DOI: 10.1007/s12160-013-9579-2.
Note. See also invited commentary on article: DOI: 10.1007/s12160-014-9604-0.
13. **Phillips, L. A.**, Tuhim, S., Kronish, I., & Horowitz, C. R. (2014). Stroke survivors' endorsement of a 'stress belief model' of stroke prevention predicts control of risk factors for recurrent stroke. *Psychology, Health & Medicine*, *19*(5), 519-524. doi: 10.1080/13548506.2013.855801.
12. **Phillips, L. A.**, Leventhal, H., & Leventhal, E. A. (2013). Assessing theoretical predictors of long-term medication adherence: Patients' treatment-related beliefs, experiential feedback, and habit development. *Psychology and Health*, *28*(10), 1135-1151. DOI: 10.1080/08870446.2013.793798.
Note. This article received the journal editors' "Choice Pick" designation, for free access to the public.
11. Kronish, I. M., Diefenbach, M., Edmondson, D., **Phillips, L. A.**, Fei, K., and Horowitz, C. R. (2013). Key barriers to medication adherence in survivors of strokes and transient ischemic attacks. *Journal of General Internal Medicine*, *28*(5), 675-82. DOI : 10.1007/s11606-012-2308-x.
10. **Phillips, L. A.** (2013). Congruence research in behavioral medicine: Methodological review and demonstration of an alternative methodology. *Journal of Behavioral Medicine*, *36*(1), 61-74. DOI: 10.1007/s10865-012-9401-9.
9. **Phillips, L. A.**, Leventhal, H., & Leventhal, E. A. (2012). Physicians' communication of the Common-Sense Self-Regulation Model results in greater reported adherence than physicians' use of interpersonal-skills. *British Journal of Health Psychology*, *17*(2), 244-257. DOI: 10.1111/j.2044-8287.2011.02035.x
8. **Phillips, L. A.**, & Chapman, G. B. (2012). Enjoyment and Success: Reciprocal Factors in Behavior Change. *Journal of Applied Social Psychology*, *42*(4), 990-1009. DOI: 10.1111/j.1559-1816.2011.00849.x
7. Leventhal, H., Leventhal, E. A., Cameron, L., Bodnar-Deren, S., Breland, J., Hash-Converse, J., & **Phillips, L. A.** (2012). Modeling health and illness behavior: The approach of the Common Sense Model (CSM). In A. Baum & T. Revenson (Eds). *The Handbook of Health Psychology*. *Note: order of last four authors is alphabetical.
6. **Phillips, L. A.**, & Chapman, G. B. (2011). Consistent behavior development: Is a personal-rule or a deliberation-based strategy more effective? *Journal of General Psychology*, *138*(4), 243-259. DOI: 10.1080/00221309.2011.592872.
5. **Phillips, L. A.**, Leventhal, E. A., & Leventhal, H. (2011). Factors associated with the accuracy of physicians' predictions of patient adherence. *Patient Education and Counseling*, *85*(3), 461-467. DOI:10.1016/j.pec.2011.03.012.
4. Credé, M., & **Phillips, L. A.** (2011). A meta-analytic review of the Motivated Strategies for Learning Questionnaire. *Learning and Individual Differences*, *21*(4), 337-346. DOI:10.1016/j.lindif.2011.03.002.

3. Coups, E. J., & **Phillips, L. A.** (2011). A more systematic review of correlates of indoor Tanning. *JEADV*, 25(5), 610-616. DOI: 10.1111/j.1468-3083.2011.03996.x
Note. Cited in The Surgeon General's Call to Action to Prevent Skin Cancer: <http://www.surgeongeneral.gov/library/calls/prevent-skin-cancer/exec-summary.html>.
2. Coups, E. J., & **Phillips, L. A.** (2011). Prevalence and correlates of indoor tanning. In C. J. Heckman & S. L. Manne (Eds.), *Shedding Light on Artificial Tanning*. New York: Springer.
1. Leventhal, H., Weinman, J., Leventhal, E., & **Phillips, L. A.** (2008). Health psychology: The search for pathways between behavior and health. *Annual Review of Psychology*, 59, 477-505. DOI: 10.1146/annurev.psych.59.103006.093643.

MANUSCRIPTS UNDER REVIEW (*denotes graduate student; **denotes undergraduate student, at time of work completion):

6. McAndrew, L. M., **Phillips, L. A.**, & Helmer, D. (R&R). Concordance of Illness Perceptions as the Key to Improving the Management of Medically Unexplained Symptoms. *Accepted for a special issue (major contribution) to The Counseling Psychologist*.
5. **Phillips, L. A.**, & McAndrew, L. M. (R&R). A Survey of Veterans' Perceptions of the Medical Encounter: Implications for Ameliorating Medically Unexplained Symptoms. *Accepted for a special issue (major contribution) to The Counseling Psychologist*.
4. *More, K. R., **Phillips, L. A.**, & Eisenberg, M. H. (In Review). Evaluating the Potential Roles of Body Dissatisfaction in Exercise Avoidance. *Stigma & Health*.
3. Tanenbaum, M., **Phillips, L. A.**, Leventhal, H., Walker, E. A., & Gonzalez, J. S. (R&R). Experiential understanding of diabetes through self-monitoring of blood glucose. *Psychology & Health*.
2. *Renninger, S., Dodge, T., & **Phillips, L. A.** (In Review). The Impact of Self-affirmation on Increasing Physical Activity among Physically Inactive College Students. *Journal of Experimental Psychology: Applied*.
1. Pasupuleti, R. V., McAndrew, L. M., Helmer, D., **Phillips, L. A.**, & Chandler, H. (In Review). Veterans with multiple post deployment conditions focus on life goals.

CONFERENCE PRESENTATIONS AND PROCEEDINGS (*denotes graduate students; **denotes undergraduate students at time of work-completion):

50. **Phillips, L. A.**, Ellingson, L. D. (June, 2018). *Harnessing Healthy Habits to Promote Sustained Behavior Change*. Tutorial Lecture at the annual meeting for the American College of Sports Medicine (ACSM), Minneapolis, MN.
49. McAndrew, L.M., *Markowitz, S., Helmer, D.A., Litke, D., **Phillips, L. A.**, Chiusano, C., & Quigley, K.S. (August, 2017). *Physical Symptoms with Greater Functional Limitations Predict More Frequent Healthcare Utilization*. Presentation by first author at the American Psychological Association annual meeting, Washington, D.C.

Note. This poster received a Society for Health Psychology's Outstanding Poster Award

48. *Lansing, J., **Phillips, L. A.**, Ellingson, L. D., & Welk, G. J. (May, 2017). *Increased Habit Strength and Self-Efficacy Promote PA with Wearable Fitness Monitors*. Presentation by first author at the American College of Sports Medicine annual conference in Denver, CO.
47. Crede, M., & **Phillips, L. A.** (April, 2017). *Mapping the Garden of Forking Paths: The Robustness of Research Findings across Plausible Analyses*. Poster presentation by first author at the annual conference for the Society for Industrial and Organizational Psychology, Orlando, FL.
46. **Johnson, Ma., **Phillips, L. A.** (April, 2017). *Higher-Level Health Habits: MyPlate Guidelines*. Poster presentation by first author at the Midwestern Psychological Association conference in Chicago, IL.
45. *Eisenberg, M., **Phillips, L. A.** (March, 2017). *Using Self-Determination Theory to examine prospectively the relation of body satisfaction with Fitbit-assessed exercise*. **Oral** presentation by first author at the Society for Behavioral Medicine annual conference, San Diego, CA.
Note. This presentation was selected as a finalist for the Student Abstract Award by the Society for Behavioral Medicine, Theories and Techniques of Behavior Change Intervention Special Interest Group (TTBCI SIG)
44. **Phillips, L. A.**, & *Johnson, Me. (Jan, 2017). *Interdependent Influence of Autonomous and Controlled Regulation on Exercise Behavior*. **Poster** presentation at the annual conference of the Society for Personality and Social Psychology (SPSP), San Antonio, TX.
43. *More, K., **Phillips, L. A.**, Snyder, M., & Engwall, A. (Jan, 2017). *Introjected Approach versus Avoidance Regulation of Exercise*. **Poster** presentation at the annual conference of the Society for Personality and Social Psychology (SPSP), San Antonio, TX. Presented by first author.
42. *More, K., **Phillips, L. A.**, & Eisenberg, M. (May, 2016). *Mediators of the Relationship between Body Image and Exercise Avoidance*. Association for Psychological Science (APS), Chicago, IL. **Poster** presentation by first author.
41. *Lansing, J., Ellingson, L. D., & Phillips, L. A. (March, 2016). *Developing Habits with Wearable Fitness Monitors Promotes Physical Activity*. SBM, Washington, DC. **Poster** presentation by first author (late-breaker poster session).
40. **Phillips, L. A.**, Cohen, J., & Burns, E. (March, 2016). *Successful Self-Management of Chronic Illness : The Role of « Habit » vs Reflective Factors in Exercise and Medication Adherence*. SBM, Washington, D.C. **Oral** presentation.
39. *Hisler, G., & **Phillips, L. A.** (May, 2015). APS, New York, NY. *Parsing the Effects of Chronotype and Conscientiousness on Exercise Frequency and Exercise Habit*. **Poster** presentation (by first author), APS convention, New York, NY.
38. **Phillips, L. A.**, & McAndrew, L. (April, 2015). *The Challenge and Potential for Improving Medically Unexplained Symptoms via Provider Communication*. **Oral** presentation, Society for Behavioral Medicine annual conference, San Antonio, TX.

37. **Phillips, L. A.** (April, 2015). *Utilizing Polynomial Regression to Optimize Theory and to Design Interventions to Promote Congruence*. **Symposium presentation** in « Improving Health Care Through Advancing Health Assessments and Research Methodology », Society for Behavioral Medicine annual conference, San Antonio, TX.
36. **Phillips, L. A.**, Eisenberg, M., Fowler, L., & Moore, P. (April, 2015). *Do eHealth Methods for Measuring Exercise Lead to Changes in Behavior? Results from an Experiment using Fitbits and Daily Diaries*. **Poster** presentation, Society for Behavioral Medicine annual conference, San Antonio, TX.
35. Eisenberg, M.H., Quinn, M., Thompson, K. A., Abrams, J., Fowler, L., Moore, P. J., & **Phillips, L. A.** (April, 2015). *Using Google Docs to Measure Daily Physical Activity among College Students*, **Poster** presentation, Society for Behavioral Medicine annual conference, San Antonio, TX.
34. Eisenberg, M. H., Thompson, K. A., Quinn, M., Abrams, J., Renninger, S., Moore, P.J., & **Phillips, L. A.** (April, 2015). *Body Satisfaction Predicts More Exercise Longitudinally for Exercise Maintainers*, **Poster** presentation, Society for Behavioral Medicine annual conference, San Antonio, TX.
33. **Phillips, L. A.**, **Abrams, J., & McAndrew, L. (June, 2014). *Military Veterans' Perceptions of Disagreement with their Provider Regarding their Medically Unexplained Symptoms are Associated with Lower Satisfaction and Intentions to Adhere to Treatment and Poorer Health-Outcome Expectations*. Accepted as a **poster** presentation at the annual conference of the International Society for Pharmacoeconomics and Outcomes Research, Montreal, Canada
32. *Renninger, S., & **Phillips, L. A.** (May, 2014). *Impact of Autonomous Regulation on Relationship Between Psychological Well-Being and Exercise Frequency*. Accepted as a poster presentation at the annual conference of the Association for Psychological Science (APS), San Francisco, CA
31. **Laman-Maharg, B., & **Phillips, L. A.** (May, 2014). *The Relationship Between Morningness, Conscientiousness, and Physical Activity*. Accepted as a poster presentation at the annual conference of the Association for Psychological Science (APS), San Francisco, CA
30. **Phillips, L. A.**, **Laman-Maharg, B., & McAndrew, L. (April, 2014). *Evaluating Veterans' Illness Cognitions to Improve Care of Medically Unexplained Symptoms*. Accepted as an **oral** presentation at the annual conference of the Society for Behavioral Medicine, Philadelphia, PA
29. **Phillips, L. A.**, **Abrams, J., Diefenbach, M., Kronish, I. M., & Horowitz, C. R. (April, 2014). *The Necessity-Concerns-Framework: A Three-Dimensional Theory Benefits from Three-Dimensional Analysis*. Accepted as a **poster** presentation at the annual conference of the Society for Behavioral Medicine, Philadelphia, PA
28. *Eisenberg, M., **Phillips, L. A.**, **Synn, H., & Moore, P. (April, 2014). *The positive association between body satisfaction and exercise and the mediating role of internal and external motivation*. Accepted as a poster presentation at the annual conference of the Society for Behavioral Medicine, Philadelphia, PA (first author presenting).

27. *Eisenberg, M., **Phillips, L. A.**, **Synn, H., & Moore, P. (April, 2014). *Advantages and pitfalls of using smartphone applications for monitoring physical activity in research*. Accepted as a poster presentation at the annual conference of the Society for Behavioral Medicine, Philadelphia, PA (first author presenting).
26. *Kennedy, C. E., *Eisenberg, M., **Phillips, L. A.**, **Tariq, S., & Moore, P. (May, 2013). *Tinkering with food choices: Can people use a tool to interpret menu calorie information?* Poster at the annual conference of the Association for Psychological Science (APS), Washington, DC
25. *Eisenberg, M., **Phillips, L. A.**, **Matter, M., **Synn, H., & Moore, P. (May, 2013). *Knowledge is Power: Exploring Perceptions of the Relationship Between Sleep and Weight Gain*. Poster at the annual conference of the Association for Psychological Science (APS), Washington, DC
24. **Abrams, J., & **Phillips, L. A.** (2013, April). *Enjoyment moderates the relationship between self-regulation and exercise*. GW Psychology Department Annual Poster Day, Washington, DC
23. **Getzenberg, R., & **Phillips, L. A.** (2013, April). *The influence of extroversion on exercise habit strength may depend on whether individuals exercise alone or with others*. GW Psychology Department Annual Poster Day, Washington, DC
22. **Phillips, L. A.**, Leventhal, H., & Leventhal, E. (2013, March). *Adherence to Long-Term Medication: Using Habit Theory to Augment Research and Practice*. **Poster** presentation at the annual conference of the Society for Behavioral Medicine (SBM), San Francisco, CA
21. *Breland, J., **Phillips, L. A.**, & Leventhal, H. (2013, March). *Racial Differences in Illness Representations*. Poster presentation at SBM, San Francisco, CA—first author presenting.
20. McAndrew, L., **Phillips, L. A.**, Helmer, D., & Kline, A. (2013, March). *Life Goals of Veterans seeking treatment at the Veterans Affairs*. **Poster** presentation at the annual conference of the SBM, San Francisco, CA—second author presenting.
19. **Phillips, L. A.**, Leventhal, H., & Leventhal, E. (2012, July). *Using Habit Theory and Commonsense-Model Theory to Improve Medication Adherence Assessment*. Accepted as an **Oral** presentation at the International Congress of Psychology, 2012, Cape Town, South Africa—not presented due to scheduling conflict.
18. **Phillips, L. A.**, Negron, R., Turin, S., & Horowitz, C. (2012, June). *Endorsement of a “Stress-Model” of Blood Pressure Control Predicts Poorer Control in a Population of Stroke and TIA Survivors*. **Poster** presentation for the annual conference of Academy Health, Orlando, FL—last author presented.
17. **Phillips, L. A.**, Kronish, I., Negron, R., & Horowitz, C. (2012, June). *The Relationship between Patients’ Medication-Related Concerns and Their Self-Reported Adherence Depends on how Necessary the Patients Believe the Medication is for Their Health*. **Poster** presentation for the annual conference of Academy Health, Orlando, FL—last author presented.
16. **Phillips, L. A.**, Kronish, I. M., Negron, R. M., & Horowitz, C. (2012, May). *Stroke-Prevention Beliefs Predict Blood Pressure Control in Stroke and TIA Survivors*. **Poster**

presentation for the annual conference of the Society of General Internal Medicine (SGIM), Orlando, FL—second author presented.

15. **Phillips, L. A.** (2011, April). *Congruence Research: Methodological Advancement Can Speed Its Impact on the Public's Health*. **Oral** presentation for the annual conference of the Society of Behavioral Medicine (SBM), Washington, DC.
14. **Phillips, L. A.**, & Leventhal, H. (2009, November). *Shared Physician and Patient Commonsense Models: Required for Successful Interventions*. **Symposium** presentation for the annual conference of the Gerontological Society of America (GSA), Atlanta, GA.
13. **Phillips, L. A.**, & Leventhal, H. (2009, April). *Validation of a Common Sense Model-Medical Provider Scale for use in a primary care setting*. **Symposium** presentation for the annual conference of the Society for Behavioral Medicine (SBM), Montreal, Canada.
12. **Phillips, L. A.** (2009, March). *What Keeps a Habit Habitual?* **Oral** presentation given at the annual conference of Psi Chi Honor Society in New Paltz, NY.
11. **Phillips, L. A.**, & Chapman, G. B. (2009, February). *Developmental processes of Habits*. **Poster** presentation at the annual conference of the Society for Personality and Social Psychology (SPSP), Tampa, FL.
10. **Phillips, L. A.**, Ider, E., & Leventhal, H. (2008, May). *Changes in global Self-Ratings of Health due to doctor visit*. **Poster** presentation at the annual conference of the Association for Psychological Science (APS), Chicago, IL.
9. **Phillips, L. A.**, & Chapman, G. B. (2007, May). *Consistency of flu-shot vaccination is predicted by having a personal rule about the flu-shot and not by acting out of "habit."* **Poster** presentation at the annual conference of the Association for Psychological Science (APS), Washington D.C.
8. Kronish, I. M., Diefenbach, M., **Phillips, L. A.**, & Horowitz, C. (2012, May). *Identifying Key Barriers to Medication Adherence in Survivors of Strokes and TIAs*. **Poster** presentation for the annual conference of the Society of General Internal Medicine (SGIM), Orlando, FL—first author presented.
7. Credé, M., & **Phillips, L. A.** (2011, April). *A Meta-Analytic Review of the Motivated Strategies for Learning Questionnaire*. **Poster** presentation for the annual conference of the Society for Industrial and Organizational Psychology (SIOP), Chicago, IL, USA—first author presented.
6. Idler, E., Daugherty, J., **Phillips, L. A.**, Leventhal, H., & Leventhal, E. (2011, November). *Understanding Physician-Patient Differences in Global Ratings of Health*. **Oral** presentation for the annual conference of the Gerontological Society of America (GSA)—first author presented.
5. *Berkowitz, A., **Phillips, L. A.**, & Leventhal, H. (2010, November). *The Relationship of Medication to Lifestyle Treatment Adherence Factors in Hypertensive Patients*. **Poster** presentation for the annual conference of the Gerontological Society of America (GSA), New Orleans, Louisiana, USA—first author presented.

4. Breland, J., **Phillips, L. A.**, & Leventhal, H. (2010, November). *Principles of Cognitive Behavior Therapy in the Primary Care Setting: The Importance of Provider Behavior and Patient Perceptions*. **Poster** presentation for the annual conference of the Association for Behavioral and Cognitive Therapies (ABCT), San Francisco, California, USA—first author presented.
3. Musumeci-Szabo, T., **Phillips, L. A.**, Wisnivesky, J.P., Halm, E.A., Leventhal, H. (2009, November). *Those Who Can, Do Not Teach: Recognizing and Capitalizing on Teachable Moments in Medical Encounters*. **Symposium** presentation for the annual conference of the Gerontological Society of America (GSA), Atlanta, Georgia, USA—first author presented.
2. Musumeci-Szabo, T., **Phillips, L. A.**, Halm, E., Leventhal, H. (2009, April). *The Longitudinal Predictive Utility of a New Classification System of Patient Models of Asthma for Functional Limitations*. **Poster** presentation at the annual conference of the Society for Behavioral Medicine (SBM), Montreal, Canada—first author presented.
1. Dunbar, L., **Phillips, L. A.**, Mora, P., & Leventhal, H. (2007, May). *Moderators of Somatic Symptoms in Response to Life Stress*. **Poster** presentation at the annual conference of the Association for Psychological Science (APS). Washington D.C—second author presented.

FUNDED GRANTS:

- | | |
|-----------|--|
| 2016-2017 | Phillips, PI (Cutrona, Co-I): LAS Seed Grant for Social Sciences; <i>Integrating Social Psychological Theories to Promote Increased Physical Activity among African American Women and their Partners</i> —\$9,000 (total budget \$12,654) |
| 2016-2020 | Phillips, Co-Investigator (McAndrew, PI): Veterans Affairs Health Services Research & Development Merit Award (R01 equivalent); <i>WRIISC as a Model of Care for Chronic Multisymptom Illness</i> (SDR 14-440)—\$1,100,000 (total budget to ISU: \$52,340) |
| 2014-2015 | Phillips, PI: PhRMA Foundation Young Investigator Starter Grant for Adherence Improvement—\$50,000 |
| 2013 | Phillips, PI: Columbian College Facilitating Fund, The George Washington University—\$23,411 |
| 2010 | Association for Psychological Science (APS) Student Caucus, Student Grant Competition—\$500 |

ATTEMPTED/IN-PROCESS GRANTS

- | | |
|------|--|
| 2017 | Phillips, Co-PI with Cutrona (Co-PI): Pilot testing of our intervention to promote physical activity habit formation among African American women and their partners at risk for Type 2 Diabetes is still ongoing, and we expect to submit an application for the October, 2017, deadline for the National Institutes of Health; mechanism: Testing Interventions for Health-Enhancing Physical Activity (R01).
https://grants.nih.gov/grants/guide/pa-files/PAR-14-315.html |
| 2017 | Phillips, PI with Christensen, Alan as Co-Investigator: Dr. Phillips and Dr. Christensen have met and are drafting an |

application to continue Dr. Phillips' work in developing a "Non-Adherence Triage System" to advance patient adherence to chronic illness treatment. Submission date is June 2017 to the NIH (specifically National Cancer Institute), mechanism: Advancing Interventions to Improve Medication Adherence (R01). <https://grants.nih.gov/grants/guide/pa-files/PA-14-334.html>

2010-2011 Agency for Health Research Quality (AHRQ)
Predoctoral/Dissertation Grant

SCHOLARSHIPS AND AWARDS:

- 2017 Iowa State University, Department of Psychology, *Early Career Achievement in Research Award*
- 2016 Iowa State University, Department of Psychology, *Outstanding Junior Faculty Success in Extramural Funding Award*
- 2015 Association for Psychological Science (APS) Rising Star Award
"The Rising Star designation recognizes outstanding psychological scientists in the earliest stages of their research career post-PhD whose innovative work has already advanced the field and signals great potential for their continued contributions."
- 2015 Invited Participant in the "Life-long health behavior-change technologies" seminar at Schloss Dagstuhl, Leibniz-Zentrum für Informatik—a week-long seminar developed and competitively chosen by experts in the field of "mHealth", June 21-26, 2015
- 2015 The Schloss Dagstuhl - NSF Support Grant for Junior Researchers supports the participation of outstanding junior researchers from US institutions in the scientific program.
- 2013 2013 NIH mHealth Summer Training Institute, August 26-30
- 2013 Policy Research Scholar, George Washington Institute for Public Policy—\$10,000
- 2012 Society for Behavioral Medicine (SBM) Distinguished Student Award for Excellence in Research 2012—\$500
- 2011 Awardee, Grid-Enabled Measures (GEM) Database Data Harmonization Champion
- 2009 Selected Participant, International Summer School in Affective Sciences, Swiss Center for Affective Sciences, in Chandolin, Switzerland
- 2009 Nominated Fellow, Summer Institute on Informed Patient Choice, Boston, MA, "Complexity in Decision Support / Patients' Decision Aids," The Center For Informed Choice at the Dartmouth Institute for Health Policy & Clinical Practice
- 2007 Selected Participant, Chaser Early Graduate Fellowship Mentoring Program
- 2006-2007 Teaching Assistantship, Rutgers, the State University of New Jersey, New Brunswick, NJ

FELLOWSHIPS:

- 2010-2011 Louis Bevier Dissertation Fellowship, Rutgers University
- 2009-2010 Excellence Fellowship, Institute for Health, Health Care Policy, and Aging Research, Rutgers University

2008-2009 Excellence Fellowship, Institute for Health, Health Care Policy, and Aging Research, Rutgers University
 2007-2008 Excellence Fellowship, Institute for Health, Health Care Policy, and Aging Research, Rutgers University

PROFESSIONAL SERVICE and AFFILIATIONS:

2015-2017 NIH Grant Reviewer, Behavioral Medicine Interventions and Outcomes (BMIO), San Francisco, CA, June 1-3, 2017
 Guest Academic Editor, *PLOS One*
 NIH Grant Reviewer, National Institute of Dental and Craniofacial Research, phone-in review, Washington D.C., Feb 24, 2017
 Affiliated Faculty, Gerontology Program, Iowa State University
 Editorial Board, *Journal of Behavioral Medicine* (x11)
 Ad Hoc Reviewer, *Research in Social and Administrative Pharmacy*
 Ad Hoc Reviewer, *Health Psychology Review*
 Ad Hoc Reviewer, *The Counseling Psychologist*
 Ad Hoc Reviewer, *Translational Behavioral Medicine* (X2)
 Ad Hoc Reviewer, *European Journal of Endocrinology*
 Ad Hoc Reviewer, *PLOS One* (x3)
 Ad Hoc Reviewer, *Neurology*
 Ad Hoc Reviewer, *Journal of Clinical Psychology in Medical Settings (JOCS)* (x9)
 Ad Hoc Reviewer, *Public Health*
 Ad Hoc Reviewer, *Health Psychology* (x8)
 Ad Hoc Reviewer, *Annals of Behavioral Medicine* (x2)
 Reviewer of abstract submissions to the annual conference of the Society for Behavioral Medicine (SBM), Adherence Track.
 Reviewer of submissions to CHI (Computer Human Interaction) conference, 2017

2014 Reviewer of abstract submissions to the annual conference of the Society for Behavioral Medicine (SBM), Adherence Track.
 Reviewer of abstract submissions to the annual conference of 8th International Conference on Pervasive Computing Technologies for Healthcare
 Coordinator of the Research and Development Series, Spring 2014, The George Washington University

2013 Reviewer of abstract submissions to the annual conference of the Society for Behavioral Medicine (SBM), Adherence Track.

2011-2014 Ad Hoc Reviewer, *Public Health* (x2)
 Ad Hoc Reviewer, *The Journal of Health Psychology*
 Ad Hoc Reviewer, *Journal of Medical Internet Research*
 Ad Hoc Reviewer, *American Journal of Preventive Medicine*
 Ad Hoc Reviewer, *British Journal of Health Psychology*
 Ad Hoc Reviewer, *Translational Behavioral Medicine*
 Ad Hoc Reviewer, *Psychology and Health*
 Ad Hoc Reviewer, *Journal of Clinical Psychology in Medical Settings (JOCS)*
 Ad Hoc Reviewer, *Health Psychology and Behavioral Medicine*

2007-Present Ad Hoc Reviewer, *Psychology, Health, & Medicine*
 Member, Society for Behavioral Medicine
 Member, Association for Psychological Science
 Past Member Gerontological Society of America

MASTERS AND DISSERTATION COMMITTEES

2016 MS Committee Chair: Kimberly More (ISU); MS Committee member: Garrett Hisler (ISU), Michael Tynan (ISU)
 PhD Dissertation Committee member, Melissa Johnson (ISU), Ann Marie Lewis (ISU), and Kaitlyn Florer (ISU)
 2015 Master's Dissertation Committee member, Amanda Skinner (ISU), successful, April 10, 2015
 Master's Thesis Committee member, Ryan Pecinovsky (ISU), successful, April 16, 2015
 2014 PhD Dissertation Committee member, Miriam Eisenberg (GW)
 2013 PhD Dissertation Committee member, Caitlyn Kennedy (GW)

TEACHING EXPERIENCE:

Undergraduate Instruction

Fall 2016 Introductory Psychology, Iowa State University (4.43/5 overall instructor rating from 595 student evaluations)
 Spring 2016 Introductory Psychology, Iowa State University (4.29/5 overall instructor rating from 239 student evaluations)
 Fall 2015 Introductory Psychology, Iowa State University (4.89/5 overall instructor rating from 18 student evaluations)
 Health Psychology, Iowa State University (5/5 overall instructor rating from 15 student evaluations)
 Spring 2015 Introductory Psychology, Iowa State University (4.14/5 overall instructor rating from 680 student evaluations)
 Fall 2014 Health Psychology, Iowa State University (5/5 overall instructor rating from 15 student evaluations)
 Spring 2014 Health Psychology, The George Washington University
 Research Methods, The George Washington University
 Fall 2013 Health Psychology, The George Washington University
 Spring 2013 Research Methods, The George Washington University
 Health Psychology, The George Washington University
 Fall 2012 Health Psychology, The George Washington University
 Spring 2012 Health Psychology, the State University of New York at Albany
 Summer 2009 Health Psychology, Rutgers University
 General Psychology, Rutgers University
 Spring 2009 Tutor, Graduate level statistics, Rutgers University
 Summer 2007 Sensation and Perception Laboratory, Rutgers University

STUDENT MENTORING:

Fall 2016 Graduate student: Kimberly More; Honor's Thesis student: Madeline Johnson; Undergraduate students: Hannah Smith, Madyson McGarville, Sydney Larson
 **Madeline Johnson received the Stewart Research Award (\$750) from the University Honors Program and the Cecil Stewart Family to conduct her honors thesis project in my lab, and she was awarded the ISU Alvhh Lauer Award, an award

- designed to recognize an exemplary senior intending graduate study in applied psychology
- Spring 2016 Graduate student: Kimberly More; Undergraduate students: Alli Engwall, Madisen Smith, Kristen Syvertsen, Sydney Larson, Jaeleah Arlington
**Allison Engwall received the ISU Alvhh Lauer Award, an award designed to recognize an exemplary senior intending graduate study in applied psychology; further, she was inducted into Psi Chi.
- Fall 2015 Graduate student: Kimberly More; Undergraduate students: Alli Engwall, Morgan Snyder, Zachary Dahl
- Fall 2014 Graduate students: Melissa Johnson, Garrett Hisler: GAs in my lab, writing papers with me on topics of mutual interest
- Spring 2014 Graduate student: Steffi Renninger
Undergraduate student research assistants: Benjamin Laman-Maharg, Meghan Albal, Katie Thompson, Margot Quinn
Undergraduate student internship-advisees: Mara Gabe, Tess Mulrean
Internship advisor for Tess Mulrean and Mara Gabe
Honors Thesis Supervisor for Benjamin Laman-Maharg
- Fall 2013 Graduate student: Steffi Renninger
Undergraduate students: Jessica Abrams, Benjamin Laman-Maharg
- Fall 2012-Present Graduate students: Miriam Eisenberg (weekly meetings; dissertation committee; collaboration); Caitlin Kennedy (dissertation committee; collaboration); Devin English (consulting on research methodology; letter of support for an F31 grant proposal)
- Spring 2013 Two undergraduate research assistants: literature searches and reviews, qualitative and quantitative data analysis, poster creation, poster presentation
- Spring 2011 Mentor of two undergraduate students, Project titles: “Adherence as Habit” and “Meta-analysis of Medication Event Monitoring Systems (MEMS) for Adherence Prediction”
- Spring 2010 Mentor of undergraduate research assistant, Project title: “Implicit Associations of Habit Strength”
- Spring 2009 Mentor of undergraduate research assistant, Project title: “The Multi-faceted Nature of Habit Strength”
- Fall 2008 Mentor of undergraduate research assistant, Project title: “The Automaticity of Habit”
- Spring 2008 Mentor of undergraduate research assistant, Project title: “Religiousness and Choice of Lenten Resolution Difficulty”

EMPLOYMENT

- 2015-Present Health Science Specialist, Department of Veterans Affairs New Jersey Health Care System, WRIISC
- 2014-Present Assistant Professor of Psychology, Iowa State University, W112 Lagomarcino Hall, Ames, IA 50011 (515-294-1742)
- 2012-2014 Assistant Professor of Applied Social Psychology, The George Washington University, 2125 G Street NW, Washington, D.C. 20052 (212-994-6320)

2011-2012 Post-doctoral research associate (part-time), Mount Sinai Medical Center (supervisor: Dr. Carol Horowitz), 17 E 102nd Street #7, New York, NY 10029 (212-659-8551)

2006-2011 Graduate Student and Data Manager/Analyst of Multi-Site Doctor-Patient Study, Center for the Study of Health Beliefs and Behavior, Rutgers University, New Brunswick, NJ

2005-2006 Prostate Cancer Program Coordinator, Center for the Study of Health Beliefs and Behavior, Rutgers University, New Brunswick, NJ

2003-2005 Productive Aging Laboratory, Visiting Research Specialist/Lab Manager, Beckman Institute, University of Illinois at Urbana-Champaign. Urbana, IL

CONTINUING EDUCATION:

Spring 2015 CELT teaching workshop for Liberal Arts & Sciences faculty at Iowa State University

Spring 2013 Faculty Learning Collaborative for Junior Faculty—Semester-long series of workshops to build and improve teaching skills

Fall 2012 Teaching Workshop—Enhancing Student Engagement in the Classroom, December 11, 2012

INVITED TALKS:

October, 2017. *Harnessing Habit for Prevention and Management of Chronic Illness*. Invited keynote address for cardio-pulmonary rehabilitation specialists, Mary Greeley Medical Center, Ames, IA.

September, 2017. *The Science of Health-Related Habits: How Do We Put It to Good Use?* Invited presentation at the *Cancer Education Series*, Mercy Health and Fitness Center, Des Moines, IA.

August, 2017. *How Universal Should Techniques for Health Behavior Change Be? Consideration of Individual Differences and Behavior-Specific Factors*. Accepted talk at the *Science of Habits - Behavior Change Interventions for Health Habits*, a small conference of experts in my field of research, funded by the Templeton Foundation and hosted by USC. Catalina Island, CA, August 24-27, 2017

November, 2016. *From Health-Related Beliefs to Health-Related Habits: Designing Interventions to Improve Patient Self-Management of Illness*. Invited presentation and grant collaboration meeting at the University of Iowa.

November, 2016. *Health-Related “Habits”: Why Are They So Important for Self-Management of Illness/Injury, and How Can We Promote Them?* Invited presentation for practitioners at Mary Greeley Medical Center, Ames, IA.

October, 2016. *Harnessing Habit for Self-Management of Chronic Illness*. Invited presentation for the Ames Area Chapter of Certified Medical Assistants, American Association of Medical Assistants.

September, 2016. Panelist in the *Human Health Panel* at the Iowa State University Foundation Board of Governors annual meeting, Iowa State University.

September, 2016. *Health-Related “Habits”: Why Are They So Important, and How Can We Promote Them?* Invited seminar presentation to the Department of Food Science and Nutrition at the University of Minnesota.

July, 2016. *Harnessing Habit for Self-Management of Chronic Illness.*—Invited presentation to the “Prime Time Alive” lecture program at Mary Greeley Medical Center in Ames, Iowa. Prime Time Alive is a program for people 50 and better that focuses on living well and aging well.

November, 2015. *Health-Related Habits...Scientifically Speaking.* LAS Dean’s Distinguished Lecture, Iowa State University, Ames, Iowa
Note. Podcast available:
<https://panopto.its.iastate.edu/Panopto/Podcast/Stream/7df00b11-0bef-e111-5ea2-97d8c97ebb85.mp4>

February, 2014. *How Can We Use Adherence Research to Improve Clinical Practice?*—Invited presentation to the Endocrinology Conference, Medical Faculty Associates, The George Washington University

November, 2013. *Polynomial Regression as a Multivariate Tool for Assessing Multidimensional Theoretical Relationships*—Multivariate Statistics, The George Washington University

September, 2013. *Panel Discussion for the District of Columbia Developmental Center for AIDS Research*

April, 2013. *Understanding Race-, Ethnicity-, and Sexual-Orientation-Based Health Disparities Using Individual-Level Health Behavior Theories*—Latina Pi Chi panel discussion, The George Washington University

February, 2013. *The Value of Theory in Health-Related Research: The Theory of Planned Behavior, the Health Belief Model, and the Commonsense Model of Self-Regulation*—School of Public Health, The George Washington University

December, 2011. *Health Beliefs to Health Habits: Theoretical Processes and Practical Applications*—The George Washington University

November, 2010. *Congruence Research Methodology in Applied Psychology*—Seminar, SUNY Albany

MEDIA COVERAGE: (below is a subset of media outlets regarding my research)

2017 LA Times. by Chris Woolston: <http://www.latimes.com/science/la-healthy-living-how-to-drop-bad-habits-and-build-better-1487199976-htmlstory.html>

Women’s Fitness/Health

Shape

Diabetes Forecast

2016 National Public Radio, *Academic Minute*:
<https://academicminute.org/2016/11/alison-phillips-iowa-state-university-exercise-routines-and-intrinsic-rewards/>

Psychology Today: <https://www.psychologytoday.com/blog/the-athletes-way/201609/one-two-punch-cue-and-reward-makes-exercise-habit>

- Science Daily: <https://www.sciencedaily.com/releases/2016/09/160913101129.htm>
 Health and Medicine: <http://www.futurity.org/exercise-intrinsic-reward-1246702-2/>
- 2015 The Matt Townsend Show, 30 minute interview on exercise-related habit: <http://www.byuradio.org/episode/3f0318bb-2f77-4b82-972d-0abed7b245ba?playhead=4490&autoplay=true>
 Time: <http://time.com/3950220/exercise-healthy-habits/>
 Boston Globe: <https://www.bostonglobe.com/lifestyle/health-wellness/2015/07/30/the-trick-making-exercise-daily-habit/fnHuh3t8WYTDlysWmn6i2N/story.html>
- 2014-2015 Iowa State Daily articles (as interviewed source. 2 articles: effects of alcohol on student performance; ways to combat stress in college)
- 2012 SELF Magazine, Fitness Flash, by Jaclyn Emerick
- 2011 Solve Your Fitness Slump, by Sara Conn, *Men's Health News*.
<http://news.menshealth.com/solve-your-fitness-slump/2011/12/05/>
- 2007 Strategies for Lenten Resolution Success, by Scott Alessi, *The Catholic Spirit*.