

Curriculum Vitae
Natalie Keirns

College of Health, 531 HB
Muncie, IN 47304

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Education

PhD, Psychology (2023) – Oklahoma State University

Adult Clinical Health Subspecialty with Quantitative Concentration

Dissertation: *The acute inflammatory effects of weight stigma in women with excess weight*

Advisor: Misty Hawkins, Ph.D.

Predoctoral Clinical Psychology Internship (2023) – Warren Alpert Medical School of Brown University

Behavioral Medicine/Health Psychology Track

MS, Psychology (2018) – Oklahoma State University

Thesis: *The unique impact of intuitive eating on physical indicators of health*

BS, Psychology (2016) – Oklahoma Christian University, Summa Cum Laude

Academic Employment

August 2024 – Present **Assistant Professor of Public Health**

Department of Nutrition and Health Science

Ball State University, Muncie, IN

July 2023 – July 2024 **Postdoctoral Research Fellow**

The Miriam Hospital, Brown University Health, Providence, RI

Awards and Honors

January 2024	NHLBI Women’s Health Initiative Cohorts Workshop Travel Scholarship (\$800)
August 2022	OSU Foundation Distinguished Graduate Fellowship 2022-2023 (\$2,500)
May 2022	Outstanding Graduate Student, OSU Psychology Department
August 2021	OSU Foundation Distinguished Graduate Fellowship 2021-2022 (\$2,500)
May 2021	OSU Dr. David G. Thomas Outstanding Graduate Student Scholarship (\$500)
September 2020	OSU Foundation Distinguished Graduate Fellowship 2020-2021 (\$2,500)
May 2019	Psychology Graduate Student Association (PGSA) Travel Award (\$150)
April 2019	Oklahoma Sate University (GPSGA) Travel Award (\$400)
May 2018	Psychology Graduate Student Association (PGSA) Travel Award (\$150)
April 2018	Overall Poster Winner, Oklahoma State University Graduate Research Gala (\$200)
April 2018	Women’s Faculty Council Research Award (\$750)
March 2018	Oklahoma State University (GPSGA) Travel Award (\$500)
January 2018	Women for OSU Graduate Student Philanthropist Scholarship (\$5,000)
November 2017	First place poster presentation, Harold Hamm Diabetes Center Annual Research Symposium (\$200)
May 2017	Vennerberg-Wells Summer Fellowship (\$500)

May 2017

Psychology Graduate Student Association (PGSA) Travel Award (\$150)

May 2017

Oklahoma State University (GPSGA) Travel Award (\$500)

Grantsmanship & Federal Funding for Research Training

F31HL152620 (PI: N. Keirns)

July 2020-June 2022

Project Title: Acute Inflammatory Effects of Weight Stigma in Overweight/Obesity

Source: NIH/NHLBI (F31)

Major Goals: To understand how weight stigma contributes to the development of weight-related disease through activation of the immune system.

Direct Costs: \$67,040

Role: PI

Psi Chi Graduate Research Grant-Fall (PI: N. Keirns)

January-December 2021

Project Title: Differences in Visceral Adipose Tissue based on Experienced and Internalized Weight Stigma

Source: Psi Chi

Major Goals: To explore visceral adipose tissue as a potential mechanism by which weight stigma may lead to negative health outcomes.

Direct Costs: \$1,500

Role: PI

APPIC Call to Action on Equity, Inclusion, Justice, and Social Responsivity

March-November 2021

Project Title: Practice Anti-Racism Clinically (Practice ARC)

Source: Association of Psychology Postdoctoral and Internship Centers (APPIC)

Major Goals: To create a podcast series focused on combating systemic racism and elevating justice and inclusion in psychology; led by OSU graduate students.

Direct Costs: \$5,000

Role: Project Co-Leader (via OSU Student Diversity Committee)

Federally Funded Research Training

2017 NIH Summer Fellow: Summer Research Training Program

June-July 2017

University of Oklahoma Health Sciences Center, Oklahoma City, Oklahoma (\$3,000)

Peer-Reviewed Publications

- [24] **Keirns, N.G.**,* Ouaddi, S.* Lee, S.Y., Dunsiger, S., Gathright, E., Burg, M., Breault, C., Tripolone, J., & Salmoirago-Blotcher, E. Psychological Factors and Blood Pressure Responses to Acute Stress in Women with Takotsubo Syndrome: An Exploratory Study (in press). *European Journal of Cardiovascular Nursing*. *co-first authors
- [23] Layman, H.M., Fields, K., Patel, D., **Keirns, N.G.**, Garza, L., Tsotsoros, C.E., Krems, J.A., & Hawkins, M.A.W. The association of adverse childhood experiences and weight stigma above and beyond parental, peer, and media influences (in press). *Stigma and Health*.
- [22] **Keirns, N.G.**, Rosen, R.K., Burg, M., Gathright, E., Ouaddi, S., Tripolone, J., Breault, C., & Salmoirago-Blotcher, E. (in press). "Eventually... Your body just can't no more:" An Exploration of Patient Perspectives on Events Preceding Takotsubo Syndrome Episodes. *The Journal of Cardiovascular Nursing*.
- [21] **Keirns, N.G.**, Keirns, B.H., Tsotsoros, C.E., Layman, H.M., Stout, M.E., Sciarrillo C.M., Emerson, S.E., Byrd-Craven, J., Krems, J.A., Pearl, R.L., Tomiyama, A.J., & Hawkins, M.A.W. (in press). The acute inflammatory effects of weight stigma: An experimental pilot study. *Stigma and Health*.

- [20] Blair, A.L., Clawson, A.H., **Keirns, N.G.**, Mullins, L.L., Chaney, J.M., & Cole, A.B. (2024). The moderating role of health status on the association between depressive symptoms and cannabis vaping. *Cannabis*, 6(4), 127-145.
- [19] Keirns, B.H., **Keirns, N.G.**, Tsotsoros, C.E., Layman, H.M., Stout, M.E., Medlin, A, Sciarrillo, C.M., Teague, K, Emerson, S.E., Hawkins, M.A.W. (2023). adverse childhood experiences and obesity linked to indicators of gut permeability and inflammation in adult women. *Physiology and Behavior*, 271, 114319.
- [18] **Keirns, N.G.**, Ouaddi, S., Dunsinger, S., Locatelli, G., Gathright, E.C., Black, E., Tripolone, J., Breault, C., Riegel, B., Cohen, R., & Salmoirago-Blotcher, E. (2023). Mind Your Heart-II: Protocol for a behavioral randomized controlled trial of mindfulness training to promote self-care in patients with co-morbid heart failure and cognitive impairment. *Contemporary Clinical Trials*, 126, 107094.
- [17] Layman, H.M., **Keirns, N.G.**, Hawkins, M.A.W., & Nagata, J.M. (2022). Does seeking the brawns impact the brain?: An investigation of muscularity-oriented disordered behaviors and cognitive function. *Body Image*. 42, 307-314.
- [16] **Keirns, N.G.**, Keirns, B.H., Tsotsoros, C.E., Sciarrillo, C.M., Emerson, S.R., & Hawkins, M.A.W. (2022). Associations between internalized weight stigma and visceral adipose tissue status are observed in women, but not men. *Stigma and Health*. 7(2), 161-168.
- [15] **Keirns, N.G.**, Stout, M.E., Smith, C.E., Layman, H.M., Cole, K.L., Ciciolla, L., & Hawkins, M.A.W. (2021). Mindful acceptance, not awareness, associated with lower food susceptibility. *Eating and Weight Disorders – Studies on Anorexia, Bulimia and Obesity*. 27(4), 1481-1489.
- [14] Layman, H.M., **Keirns, N.G.**, & Hawkins, M.A.W. (2021). Internalization of body image as a potential mediator of the relationship between body acceptance by others and intuitive eating. *Journal of American College Health*. 1-7.
- [13] **Keirns, N.G.**, Tsotsoros, C.E., Addante, S.E., Layman, H.L., Krems, J.A., Pearl, R.L., Tomiyama, A.J., & Hawkins, M.A.W. (2021). Adverse childhood experiences associated with greater internalization of weight stigma in women with excess weight. *Obesities*. 1(1), 49-57.
- [12] Hawkins, M.A.W., **Keirns, N.G.**, Smith, C.E., Baraldi, A., Stout, M.E., Gunstad, J., Hildebrand, D., Vohs, K.D. & Lovallo, W.R. (2021). Baseline associations between biomarkers, neurocognitive function, and self-regulation indices in the Cognitive and Self-regulatory Mechanisms of Obesity Study (COSMOS). *Obesity Science & Practice*. 1-13.
- [11] Hawkins, M.A.W., Colaizzi, J.M., Cole, A.B., **Keirns, N.G.**, Smith, C.E., Stout, M.E., Chaney, J., Sawhney, M., & Gahn, D. (2021). Pilot trial of acceptance-based behavioral weight loss and neurocognition among American Indians. *Behavior Therapy*. 52(2), 350-364.
- [10] Baudino, M. N., Perez, M. N., Roberts, C. M., Edwards, C. S., Gamwell, K. L., **Keirns, N. G.**, Tung, J., Jacobs, N. J., Grunow, J. E., Mullins, L. L., & Chaney, J. M. (2021). Stigma by association?: The influence of parents’ experience of stigma on parent and youth illness intrusiveness and youth depressive symptoms in pediatric inflammatory bowel disease. *Journal of Pediatric Psychology*. 46(1), 27-35.
- [9] **Keirns, N.** (2020). The effects of stress and confidence on performance. *Journal of Psychological Inquiry*, 24(1), 17-24.
- [8] Sawhney, M., Hawkins, M.A.W., Stout, M.E., **Keirns, N.G.**, Mullins-Sweatt, S.N. Finn, J.A., & Hughes, J. (2020). The facets of conscientiousness and body mass index: Potential mediation by eating behaviors. *Personality and Individual Differences*, 166, 110157.
- [7] Hawkins, M.A.W., Ciciolla, L., Colaizzi, J., **Keirns, N.G.**, Smith, C., Stout, M.E., Addante, S.M., Armans, M., & Erato, G. (2020). Adverse childhood experiences and cognitive function among adults with excess adiposity. *Obesity Science & Practice*, 6(1), 47-56.
- [6] **Keirns, N.G.** & Hawkins, M.A.W. (2019). Intuitive eating, objective weight status, and physical indicators of health. *Obesity Science & Practice*, 5(5), 408-415.

- [5] **Keirns, N.G.** & Hawkins, M.A.W. (2019). The relationship between intuitive eating and body image is moderated by measured body mass index. *Eating Behaviors*, 33, 91-96.
- [4] Hawkins, M.A.W., Clawson, A.H., Smith, C.E., Stout, M.E., **Keirns, N.G.**, & Ruppe, N.M. (2019). Psychological distress and substance use among young adults with comorbid asthma and obesity. *Journal of American College Health*, 1-8.
- [3] Hawkins, M.A.W., **Keirns, N.G.**, & Helms, Z. (2018). Carbohydrates and cognitive function. *Current Opinion in Clinical Nutrition and Metabolic Care*, 21(4), 302-307.
- [2] Hawkins, M.A.W., Colaizzi, J., Gunstad, J., Hughes, J.W., Mullins, L.L., Betts, N., Smith, C.E., **Keirns, N.G.**, Vohs, K.D., Moore, S.M., Forman, E.M., & Lovallo, W.R. (2018). Cognitive and self-regulatory mechanisms of obesity study (COSMOS): Study protocol for a randomized controlled behavioral weight loss trial examining change in biomarkers, cognition, and self-regulation across two behavioral treatments. *Contemporary Clinical Trials*, 66, 20-27.
- [1] Hawkins, M.A.W., Rhoades-Kerswill, S., *Fry, E., **Keirns, N.G.**, & Smith, C. (2018). Earlier onset of maternal excess adiposity associated with shorter exclusive breastfeeding duration. *Journal of Human Lactation*, 35(2), 292-300.

Manuscripts Under Review and In Preparation

- [4] Keirns, B.H., **Keirns, N.G.**, Sciarrillo, C.M., Medlin, A.R., Fruit, S.E., & Emerson, S.R. *Relationship Between Postprandial Inflammation Following a High-Fat Meal and Aging Differs When Examining Age Continuously Versus Categorically*. (under review)
- [3] Addante, S., Clement, D., Erato, G., Fields Creech, K., **Keirns, N.G.**, Layman, H., Min, J., Stout, M.E., Traino, K.A., Mullins-Sweatt, S.N., Hawkins, M.A.W., & Wingate, L.R. *Developing an evidence-based and community-informed training tool: Lessons from the Practice ARC podcast* (under review).
- [2] Salmoirago-Blotcher, E., Ouaddi, S., Dettmer, A., Meyer, J., **Keirns, N.G.**, Lee, S.Y., Tripolone, J., Abbott, J.D., Breault, C., Lou, J., Saltzman, A., & Burg, M. *Can chronic stress play a role in the onset of Takotsubo syndrome? An exploratory analysis*. (under review).
- [1] **Keirns, N.G.**..., & Salmoirago-Blotcher, E. *The moderating role of psychosocial factors in the relationship between perceived weight discrimination and cardiovascular health: A Women's Health Initiative study* (in preparation).

Professional Presentations

Oral Presentations

- [11] **Keirns, N.G.**, Layman, H.M., Krems, J.A., & Hawkins, M.A.W. (April 2022). *Internalized weight stigma and perceived body shape*. Oral presentation in "Missing perspectives in the weight stigma epidemic" symposium at Annual Conference of Society of Behavioral Medicine, Baltimore, MD.
- [10] Layman, H.L., **Keirns, N.G.**, Krems, J.A., & Hawkins, M.A.W. (April 2022). *Intergenerational factors in internalized weight stigma in young adults*. Oral presentation in "Missing perspectives in the weight stigma epidemic" symposium at Annual Conference of Society of Behavioral Medicine, Baltimore, MD.
- [9] **Keirns, N.G.**, Keirns, B.H., Sciarrillo, C.M., Emerson, S.R., & Hawkins, M.A.W. (November 2021). *Internalized weight stigma linked to greater visceral adiposity for women, but not men*. Virtual oral presentation at Annual American Heart Association Scientific Sessions.
- [8] Garza, L., **Keirns, N.G.**, Hawkins, M.A.W. (April 2021). *Obesity and cognitive function in relation to food choice and eating behavior*. Virtual flash talk poster presentation at Annual Diversifying Clinical Psychology Conference hosted by the University of North Carolina at Charlotte.

- [7] Kearns, N.T., **Keirns, N.G.**, Rankin, A., Cole, A.B., & Hawkins, M.A.W. (December 2020). *OSU Psychology grantsmanship series: Training grants advice from awardees*. Virtual oral presentation at OSU Psychology Department Colloquium, Oklahoma State University, Stillwater, OK.
- [6] **Keirns, N.G.**, Keithline, G., Krems, J.A., & Hawkins, M.A.W. (March 2020). *Differences in internalized weight stigma based on distribution of excess adiposity*. Oral presentation at Annual Psychology Research Day, Oklahoma State University, Stillwater, OK. (Conference canceled)
- [5] Stout, M.E., **Keirns, N.G.**, & Hawkins, M.A.W. (March 2020). *Adverse childhood experiences are related to pain catastrophizing in adulthood indirectly through loneliness*. Accepted for presentation at the Annual OSU Research Day, Stillwater, OK. (Conference canceled)
- [4] **Keirns, N. G.** & Hawkins, M. A. W. (April 2018). *The association between intuitive eating and body preoccupation is independent of objective weight status*. Oral presentation at Annual Conference of Society of Behavioral Medicine, New Orleans, LA.
- [3] **Keirns, N.G.** (April 2016). *The effects of stress and confidence on performance*. Oral presentation at Annual Conference of Oklahoma Psychological Society, Edmond, OK.
- [2] **Keirns, N.G.**, & Arnold, B. (April 2016). *The old college try: The effects of cell phone presence and affect manipulation on ego depletion*. Oral presentation at Annual Conference of Oklahoma Psychological Society, Edmond, OK.
- [1] Arnold, B., **Keirns, N.G.**, & George, J. (March 2016). *The effects of humanizing out-group members at stake in moral dilemmas*. Oral presentation at Great Plains Students' Psychology Convention, University of Nebraska, Kearney, NE.

Poster Presentations

- [28] Schuiling, M.D., **Keirns, N.G.**, MacDonald, K.L., Williams, M.K., Bateman, D.R., & Stewart, J.C (March 2025). *Effect of Modernized Collaborative Care for Depression on Diabetes-Relevant Health Behaviors: eIMPACT-DM Pilot Trial*. Citation poster presentation at the Society of Biopsychosocial Science and Medicine Annual Meeting, Seattle, WA.
- [27] Stout, M.E., Chao, L., **Keirns, N.G.**, Naughton, M., & Eliacin, J (March 2025). *Relationship Between Loneliness and Mortality Among Veteran and Non-Veteran Women*. Submitted to the Society of Behavioral Medicine Annual Meeting, San Francisco, CA.
- [26] Selva Kumar D, Riegel B, Pond H, Liu C, **Keirns N, G.**, Locatelli G, Tripolone J, Breault C, Salmoirago-Blotcher E (March 2025). *Association between Interoceptive Accuracy and Self-Care in Patients with Heart Failure and Mild Cognitive Impairment*. Poster presentation at the Society of Behavioral Medicine 46th Annual Meeting & Scientific Sessions, San Francisco, CA.
- [25] **Keirns, N.G.**, Keirns, B.H., Salmoirago-Blotcher, E., & Emerson, S.R. (March 2024). *Gender differences in the association between weight stigma and biobehavioral risk factors for poor cardiovascular health*. Poster presentation at Annual Conference of Society of Behavioral Medicine, Philadelphia, PA.
- [24] Medlin, A, **Keirns, N.G.**, Sinclair, K, Layman, H.M., Hawkins, M.A.W. (March 2024). *Adverse Childhood Experience Types and Marginalization Status Differentially Predict Inflammatory Response to Acute Stress*. Poster presentation at Annual Conference of The American Psychosomatic Society, Brighton, UK.
- [23] **Keirns, N.G.**, Rosen, R., Burg, M., Ouaddi, S., Black, E., Tripolone, J., Breault, C., Abbott, J.D., Salmoirago-Blotcher, E. (November 2023). *Beyond the medical record: An in-depth exploration of Takotsubo syndrome triggers*. Moderated poster presentation at annual American Heart Association Scientific Sessions, Philadelphia, PA.
- [22] Ouaddi S., Gathright E., Burg M., **Keirns N.G.**, Breault C., Tripolone J., Abbott J.D., & Salmoirago-Blotcher E. (November 2023). *Adaptive coping, resilience, and cardiovascular stress reactivity in women with Takotsubo syndrome*. Moderated poster presentation at annual American Heart Association Scientific Sessions, Philadelphia, PA.

- [21] **Keirns, N.G.**, Ouaddi, S., Black, E., Gathright, E.C., Lee, S.Y., Tripolone, J., Breault, C., Burg, M., & Salmoirago-Blotcher, E. (March 2023). *Psychological distress and stress reactivity in women with Takotsubo syndrome*. Poster presentation at Annual Conference of American Psychosomatic Society, San Juan, Puerto Rico.
- [20] Keirns B, **Keirns N**, Tsotsoros C, Sciarrillo C, Medlin A, Teague K, Hawkins M, Emerson S. (June 2022). *Adverse childhood experiences and obesity linked to indicators of gut permeability and inflammation*. Virtual poster presentation at American Society for Nutrition Annual Meeting.
- [19] **Keirns, N.G.**, Keirns, B.H., Sciarrillo, C.M., Emerson, S.R., Teague, T.K., & Hawkins, M.A.W. (March 2022). *Pilot results of immune and stress reactivity to experimentally-manipulated weight stigma*. Poster presentation at Annual Conference of American Psychosomatic Society, Long Beach, CA.
- [18] Layman, H.M., **Keirns, N.G.**, Hawkins, M.A.W. (December 2020). *The influence of adverse childhood experiences on internalized and experienced weight stigma*. Virtual poster presentation at 2020 Virtual meeting of American Psychosomatic Society.
- [17] **Keirns, N.G.**, Keirns, B.H., Tsotsoros, C.T., Koemel, N., & Hawkins, M.A.W. (June 2020). *Differences in food susceptibility between high and low intuitive eaters*. Poster presentation at Annual Conference of American Society of Nutrition, Seattle, WA. (Conference canceled)
- [16] **Keirns, N. G.**, Keithline, G., Krems, J.A., & Hawkins, M.A.W. (March 2020). *Differences in internalized weight stigma based on distribution of excess adiposity*. Poster presentation at Annual Conference of American Psychosomatic Society, Long Beach, CA. (Conference canceled)
- [15] Stout, M.E., **Keirns, N.G.**, & Hawkins, M.A.W. (March 2020). *Adverse childhood experiences are related to pain catastrophizing in adulthood indirectly through loneliness*. Poster presentation at Annual Conference of American Psychosomatic Society, Long Beach, CA. (Conference canceled)
- [14] Phillips, A.L., **Keirns, N.G.**, & Hawkins, M.A.W. (March 2020). *Adverse childhood experiences and cognitive function among adults with excess adiposity*. Poster presentation at Annual OSU Psychology Research Day, Oklahoma State University, Stillwater, OK. (Conference canceled)
- [13] Layman, H.M., Claudia, R.T., **Keirns, N.G.**, & Hawkins, M.A.W. (March 2020). *Investigating the effect of internalization of body image and exercise type on intuitive eating*. Poster presentation at Annual Conference of American Psychosomatic Society, Long Beach, CA. (Conference canceled)
- [12] **Keirns, N. G.** & Hawkins, M. A. W. (April 2019). *Mindfulness and food susceptibility: Awareness, acceptance, and change over time*. Poster presentation at Oklahoma State University Graduate Research Gala, Stillwater, OK.
- [11] **Keirns, N. G.** & Hawkins, M. A. W. (March 2019). *Mindfulness and food susceptibility: Awareness, acceptance, and change over time*. Poster presentation at Annual Conference of American Psychosomatic Society, Vancouver, British Columbia, Canada.
- [10] **Keirns, N. G.** & Hawkins, M. A. W. (November 2018). *Change in intuitive eating throughout a behavioral weight loss trial*. Poster presentation at Annual Conference of The Obesity Society, Nashville, TN.
- [9] Layman, H.M., **Keirns, N.G.**, Stout, M., Smith, C., & Hawkins, M.A.W. (November 2018). *Examining the relationship between weight cycling, body concern, and depression*. Poster presentation at Annual Conference of The Obesity Society, Nashville, TN.
- [8] **Keirns, N. G.** & Hawkins, M. A. W. (April 2018). *The association between intuitive eating and body preoccupation is independent of objective weight status*. Poster presentation at Oklahoma State University Graduate Research Gala, Stillwater, OK.
- [7] **Keirns, N.G.** & Hawkins, M. A. W. (November 2017). *The relationship between intuitive eating and health indicators in overweight/obesity*. Poster presentation at Harold Hamm Diabetes Center Annual Research Symposium, Oklahoma City, OK.

- [6] Hawkins, M. A. W., Stout, M. E., **Keirns, N. G.**, Smith, C., Forman, E... & Chaney, J. (November 2017). *An open pilot trial of acceptance-based behavioral weight loss in American Indians: POWER-UP*. Poster presentation at Annual Conference of The Obesity Society, Washington, DC.
- [5] **Keirns, N.G.** & Hawkins, M. A. W. (October 2017). *The relationship between intuitive eating and health indicators in overweight/obesity*. Poster presentation at Annual Conference of The Obesity Society, Washington, DC.
- [4] **Keirns, N. G.**, Hawkins, M. A. W., Finn, J. A., & Hughes, J. (March 2017). *Conscientiousness and body mass index: Mediation by eating behaviors*. Poster presentation at Annual Conference of Society of Behavioral Medicine, San Diego, CA.
- [3] Hawkins, M. A., Fry, E. D., **Keirns, N. G.**, Smith, C. E., & Rhodes-Kerswill, S. (March 2017). *Chronicity of maternal excess adiposity associated with suboptimal breastfeeding duration*. Poster presentation at Annual Conference of American Psychosomatic Society, Sevilla, Spain.
- [2] **Keirns, N.**, Wolf, S., Rogacki, B., Litzenburg, C. C., & Cherry, A. S. (May 2016). *Caregiver reports of ADHD medication experience and adherence*. Poster presentation at Annual Department of Pediatrics Research Day, University of Oklahoma Health Sciences Center, Oklahoma City, OK.
- [1] Travis, J., **Keirns, N.**, Turman, M., Grunow, J., Eddington, A., & Jacobs, N. (May 2016). *Assessing adolescents and young adults with chronic illnesses readiness to transition to adult care*. Poster presentation at Annual Department of Pediatrics Research Day, University of Oklahoma Health Sciences Center, Oklahoma City, OK.

Media/Popular Press Coverage

Hughes, A.S., **Keirns, N.G.**, & Goldstein, C.M. (2024, August 22). **What are GLP-1 Medications? 9 Common Questions**. Retrieved from <https://www.sbm.org/healthy-living/what-are-glp-1-medications-9-common-questions>.

Women felt more stigma about abdominal fat than men, regardless of body weight. (2021, November 8). Retrieved from <https://newsroom.heart.org/news/women-felt-more-stigma-about-abdominal-fat-than-men-regardless-of-body-weight>

Keirns, N.G. (2020, October 10). **Natalie Keirns: The missing piece in weight-loss efforts? Compassion**. Retrieved from https://tulsaworld.com/lifestyles/health-med-fit/natalie-keirns-the-missing-piece-in-weight-loss-efforts-compassion/article_6b21c9a0-04c7-11eb-9b46-df35974cef8b.html

OSU researcher awarded NIH fellowship to study psychology of weight stigma. (2020, September 23). Retrieved from <https://news.okstate.edu/articles/communications/2020/osu-researcher-awarded-nih-fellowship-to-study-psychology-of-weight-stigma.html>

OSU researcher developing weight-loss method to help keep weight off over long term. (2020, January 27). Retrieved from <https://www.news9.com/story/41617374/osu-researcher-developing-weightloss-method-to-help-keep-weight-off-over-long-term>

OSU doctoral candidate discusses benefits of 'intuitive eating' rather than traditional dieting. (2020, January 24). Retrieved from <https://kfor.com/2020/01/24/osu-doctoral-candidate-discusses-benefits-of-intuitive-eating-rather-than-traditional-dieting/>

Hays, M. (2020, January 14). **Staying on the treadmill for the new year**. Retrieved from https://www.ocolly.com/lifestyle/staying-on-the-treadmill-for-the-new-year/article_6e9000ce-358e-11ea-b1f9-134aa73edf23.html

Research Experience

Mind & Heart Laboratory

July 2023-July 2024	Postdoctoral Research Fellow
July 2022-June 2023	Graduate Research Intern/Clinical Psychology Resident The Miriam Hospital, Providence, Rhode Island Warren Alpert Medical School of Brown University, Providence, Rhode Island
R01AG076438	<i>Targeting Cognitive Function and Interoceptive Awareness to Improve Self-Management in Patients with Co-Morbid Heart Failure & Cognitive Impairment</i> (PI: Salmoirago-Blotcher)
R01HL149672	<i>Heterogeneity and Predictors of Stress Reactivity in Takotsubo Syndrome</i> (PI: Salmoirago-Blotcher)

Supervisor: Elena Salmoirago-Blotcher, M.D., Ph.D., FAHA, Senior Research Scientist, Associate Professor of Medicine, Associate Professor of Psychiatry and Human Behavior

Laboratory for Research on Emotions and Cognitions in Health

August 2016-June 2023 **Graduate Research Assistant**

Oklahoma State University, Stillwater, Oklahoma

P20GM109097

Neurotrophic Indicators of Cognition, Executive Skills, Plasticity, and Adverse Childhood Experiences Study (NICE SPACES) (PI: Hays-Grudo, PD: Hawkins)

K23DK103941

Cognitive & Self-Regulatory Mechanisms of Obesity Study (COSMOS) (PI: Hawkins)

Supervisor:

Misty Hawkins, Ph.D., Associate Professor of Psychology

Editorial Services

Ad hoc reviewer

Journal of Health Psychology, BMC Women's Health, BMC Public Health, Social Sciences, Nutrition and Food Science, Scientific Reports

Teaching Experience

Instructor Roles

Health Psychology (PSYC 4283)

Role: Co-lead instructor

Terms: Spring 2021

Institution: Oklahoma State University

Format: Online, synchronous

Combined Course & Instructor Rating: 4.8/5.0

Issues in Clinical Psychology (PSYC 4183)

Role: Lead instructor

Terms: Spring 2019, Fall 2019

Institution: Oklahoma State University

Format: In-person/traditional

Course Rating: 3.7/4.0 – 3.8/4.0

Introduction to Psychology (PSYC 1113)

Role: Lead instructor

Terms: Fall 2017, Spring 2018

Institution: Oklahoma State University

Format: In-person/traditional

Course Rating: 3.3/4.0 – 3.4/4.0

Introduction to Psychology (PSYC 1113)

Role: Discussion instructor

Term: Fall 2016

Institution: Oklahoma State University

Format: In-person/traditional

Course Rating: N/A

Teaching Assistant Roles

Oklahoma State University

Personality Psychology, Psychology of Human Sexuality

2017, 2022

Clinical Experiences

Project BALANCE-2 – Behavioral Weight Loss Groups & Intervention Development July 2023-Present
Addressing Body Image in Weight Management: An Overlooked Risk Factor for Poor Treatment Outcome Among Women, K23DK124578

Weight Control & Diabetes Research Center, The Miriam Hospital, Providence, Rhode Island
Supervisor: KayLoni Olson, Ph.D., Assistant Professor (Research)

Clinical Psychology Predoctoral Internship - Behavioral Medicine Track Resident July 2022-June 2023
Warren Alpert Medical School of Brown University, Providence, Rhode Island

Track Coordinator: Megan Pinkston-Camp, Ph.D., Associate Professor of Psychiatry and Human Behavior, Associate Professor of Medicine
Internship Director: Lauren Weinstock, Ph.D., Professor of Psychiatry and Human Behavior

NICE SPACES – Behavioral Weight Loss Intervention Groups & Assessments January 2020-March 2020
Neurotrophic Indicators of Cognition, Executive Skills, Plasticity, and Adverse Childhood Experiences Study (NICE SPACES), P20GM109097

Oklahoma State University, Stillwater, Oklahoma
Supervisor: Misty Hawkins, Ph.D., Assistant Professor of Psychology

Payne County Health Department - Behavioral Health Specialist July 2019-July 2020

Oklahoma State University, Stillwater, Oklahoma
Supervisor: Tony Wells, Ph.D., Associate Professor of Psychology

Oklahoma City Veterans Affairs Medical Center - Health Psychology Practicum August 2018-July 2019

Oklahoma City, Oklahoma
Supervisor: Anna Craycraft, Ph.D., Staff Psychologist

Oklahoma State University Psychological Services Center January 2017-May 2020

Oklahoma State University, Stillwater, Oklahoma
Supervisors: Stephanie Sweatt, Ph.D., Professor of Psychology, Director of Clinical Training
Tony Wells, Ph.D., Associate Professor of Psychology
Ashley Clawson, Ph.D., Associate Professor of Psychology

COSMOS – Behavioral Weight Loss Intervention Groups & Assessments January 2017-April 2018
Cognitive and Self-Regulatory Mechanisms of Obesity Study (COSMOS), K23DK103941

Oklahoma State University, Stillwater, Oklahoma
Supervisor: Misty Hawkins, Ph.D., Assistant Professor of Psychology

POWER-UP Behavioral Weight Loss Intervention Assessments January 2017-July 2017
Pilot of Weight Reduction in Under-Represented Populations (POWER-UP Trial), U54GM104938

Oklahoma State University, Stillwater, Oklahoma
Supervisor: Misty Hawkins, Ph.D., Assistant Professor of Psychology

Specific Clinical Trainings and Professional Certifications

Certified Phlebotomy Technician, Meridian Technology Center 2021

Motivational Interviewing, Oklahoma State University 2019

Service and Leadership

2020-2024	Member, Emerging Leaders Initiative , American Psychosomatic Society <i>Grantwriting Initiative Co-chair 2020-2023</i>
2020-2023	Member, Student Diversity Committee Oklahoma State University <i>Grants Subcommittee Co-chair</i> <i>Colloquium, Climate, & Events Subcommittee Member</i>
2017-2022	Mentor, Psychology Diversified Students Program , Oklahoma State University
2020-2021	Departmental Advisory Committee, Student Representative , Psychology Graduate Student Association, Oklahoma State University
2020	Student-Faculty Representative , Psychology Graduate Student Association, Oklahoma State University
2019-2020	Research Committee Representative , Psychology Graduate Student Association, Oklahoma State University
2018	Poster Judge, Undergraduate Research Symposium , Oklahoma State University
2017-2019	Philanthropy Chair, Psychology Graduate Student Association , Oklahoma State University
2016-2017	Mentor, Niblack Research Scholar , Oklahoma State University

Professional Affiliations

Year Joined

2023	American Public Health Association
2022	Society for Health Psychology – American Psychological Association Division 38
2021	American Heart Association
2019	American Psychosomatic Society
2018	Nutrition and Obesity Research Center – Harvard
2017	Society of Behavioral Medicine
2017	The Obesity Society
2015	Psi Chi National Psychology Honor Society