College of Health, 531 HB Phone: 765-285-5956

Muncie, IN 47304 Email: natalie.keirns@bsu.edu

**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)

**Grants & Research Funding**

***Health First Delaware County Partnership Funding (PI: N. Keirns)*** Under Review

Project Title: The Body Project: A Novel Behavioral Intervention to Reduce Blood Pressure in Delaware Co.

Source: Delaware County Health Department

Major Goals: To implement an evidence-based behavioral treatment in the community to prevent cardiovascular disease in women with hypertension in Delaware County.

Direct Costs: $60,405

Role: PI

***Indiana Academy of Science Senior Research Grant (PI: N. Keirns)*** May 2025-April 2026

Project Title: Weight Stigma as an Overlooked Driver of Inflammation and Cardiovascular Disease Risk

Source: Indiana Academy of Sciences

Major Goals: To detail potential mechanisms between weight sigma and heightened CVD risk, with a specific objective of examining circulating inflammatory markers, molecular regulators of the immune response, and vascular dysfunction in association with weight stigma.

Direct Costs: $4,986

Role: PI

***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)

**Peer-Reviewed Publications**

[26] Fruit S, **Keirns N.G.**, Higgins M, Quirk A, Schifferer J, Romanovich O, Yakos A, Osborne K, Trappe S, Keirns B. Acute Effects of a Reformulated Plant-Based Meat Alternative Compared to Beef within a High-Fat Meal on Inflammatory and Metabolic Factors: A Randomized Crossover Trial (in press). *Applied Physiology, Nutrition, and Metabolism.*

[25]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.*

[24] **Keirns, N.G.**, Keirns, B.H., Tsotsoros, C.E., Layman, H.M., Stout, M.E., Sciarrillo C.M., Emerson, S.R., 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*.

[23] **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 (2025). *European Journal of Cardiovascular Nursing, 24*(3), 434-443*.* \*co-first authors

[22] **Keirns, N.G.**, Rosen, R.K., Burg, M., Gathright, E., Ouaddi, S., Tripolone, J., Breault, C., & Salmoirago-Blotcher, E. (2025). “Eventually… Your body just can’t no more:” An Exploration of Patient Perspectives on Events Preceding Takotsubo Syndrome Episodes. *The Journal of Cardiovascular Nursing*, *40*(2), 163-169.

[21] Keirns, B.H., **Keirns, N.G.**, Sciarrillo, C.M., Medlin, A.R., Fruit, S.E., & Emerson, S.E. (2025). Relationship between postprandial inflammation following a high-fat meal and aging differs when examining age continuously versus categorically. *The Journal of Nutrition, Health, and Aging*, *29*(3), 100468.

[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.

**Professional Presentations**

**Oral Presentations**

[12] **Keirns, N.G.** (April 2025). *Psychosocial stress as a contributor to weight-related cardiometabolic disease*. Oral presentation at Ball State University College of Health Speaker Series, Muncie, IN.

[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**

[32] Quirk, A., Schifferer, J., Pathangi, D., Pope, V., Higgins, M., Mallick, A., Wiersma, L., **Keirns, N.G.**, & Keirns, B. (June 2025). *Postprandial Vascular Parameters in Females with Normal-Weight Obesity*. Poster Presentation at the American Society for Nutrition Annual Meeting, Orlando, FL.

[31] Quirk, A., Schifferer, J., Pathangi, D., Pope, V., Higgins, M., Mallick, A., Wiersma, L., **Keirns, N.G.**, & Keirns, B. (April 2025). *Postprandial Vascular Parameters in Females with Normal-Weight Obesity*. Poster presentation at the Indiana Academy for Nutrition and Dietetics Annual Research Symposium, Indianapolis, IN.

[30] 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.* Poster presentation at the Society of Behavioral Medicine Annual Meeting, San Francisco, CA.

[29] 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 Annual Meeting, San Francisco, CA.

[28] 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 Mind Brain Research Day, Department of Psychiatry and Human Behavior, Warren Alpert Medical School at Brown University, Providence, RI.

[27] Layman, H.M., Hawkins, M.A.W., & **Keirns, N.G.** (March 2025). *Associations between Childhood Adversity, Internalized Weight Stigma, and Compulsive Exercise Behavior among College Students*. Poster presentation at the Society of Biopsychosocial Science and Medicine Annual Meeting, Seattle, WA.

[26] 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.

[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 Targeting Cognitive Function and Interoceptive Awareness to Improve Self-Management in Patients with Co-Morbid Heart Failure & Cognitive Impairment*

*(PI: Salmoirago-Blotcher)*

*R01HL149672 Heterogeneity and Predictors of Stress Reactivity in Takotsubo Syndrome*

*(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, Eating and Weight Disorders*

**Teaching Experience**

**Instructor Roles**

**Principles of Public Health (HSC 180)**

Role: Lead instructor

Terms: Fall 2024, Spring 2025

Institution: Ball State University

Format: In-person/traditional

Course Rating: 4.6/5.0

**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 2017, 2022

*Personality Psychology, Psychology of Human Sexuality*

**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

*Grantwriting Initiative Co-chair 2020-2023*

2020-2023 **Member, Student Diversity Committee** Oklahoma State University

*Grants Subcommittee Co-chair*

*Colloquium, Climate, & Events Subcommittee Member*

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 / Society for Biopsychosocial Science and Medicine

2018 Nutrition and Obesity Research Center – Harvard

2017 Society of Behavioral Medicine

2017 The Obesity Society

2015 Psi Chi National Psychology Honor Society