Dilan H. Arreguin

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Education

Texas State University, Round Rock, Texas
Ph.D. in Educational and Community Leadership, in progress
Emphasis in Educational Psychology

Texas State University, San Marcos, Texas
Master of Arts in Psychological Research, May 2024
Emphasis in Underrepresented Communities

The University of Texas at Austin, Austin, Texas
Bachelor of Arts, Psychology, May 2022
Minor in Religious Studies

Teaching

Lecturer, Texas State University, Round Rock, Psychology Department, June 2024–Present
Design and deliver curriculum to undergraduate students spanning the major principles derived from research on human and animal behavior. Topics studied include learning, thinking, motivation, emotion, personality, the senses, perception, the form and functions of the nervous system, psychosocial development, philosophy, physiology, statistical analysis, survey design, and research principles.
Courses taught: Introduction to Psychology (PSY 1300), Lifespan and Development (PSY 3300), Adolescence Psychology (PSY 3312), History & Theory of Psychology (PSY 4319), Research and Experimental Methods (PSY3402), and Introduction to Statistics (PSY 2301).

Graduate Instructional Assistant, Texas State University, San Marcos, Psychology Department, August 2023–Present
With the mentorship of Dr. Amitai Abramovitch and Dr. Jacqueline Evans, maintain academic responsibilities, including the delivery of lectures, grading of assignments, administration of the Canvas learning management system, and provision of educational assistance and guidance to 400+ undergraduate students.

Undergraduate Instructional Assistant, The University of Texas at Austin, Linguistics Department, January 2022–May 2022
With the mentorship of Professor Franky Ramont, managed student records and course materials, and conducted lectures while communicating in American Sign Language.

Research

Publications

Arreguin, D. H., & Oberle, C. D. (2026). Minority-Stress-Scale-for-the-Deaf (MSS-D): An adapted measure for quantifying stress associated with audism. https://doi.org/10.1093/jdsade/enag057

Arreguin, D. H., & Oberle, C. D. (2025). Deaf individuals' interpersonal relationships with parents: Communication methods and well-being. *JADARA, 56(3),* 58–81. https://nsuworks.nova.edu/jadara/vol56/iss3/3

Udupa, N. S., Arreguin, D. H., Mitaj, D., Jeon, M. E., Potter, M., Robison, M., Robertson, L., Joiner, T. E., & Rogers, M. L. (2024). Overt heterosexist discrimination and homonegative microaggressions in lesbian, gay, bisexual, queer, and other nonheterosexual adults: Interpersonal pathways to suicidal ideation. *Psychology of Sexual Orientation and Gender Diversity.* Advance online publication. https://doi.org/10.1037/sgd0000801

Arreguin, D. H., Shields-Rhodes, K. S., Harel, M. L., & Oberle, C. D. (2024). Racial and ethnic differences in orthorexia nervosa symptomatology. *Open Journal of Psychiatry*, *14*(4), 287–299. https://doi.org/10.4236/ojpsych.2024.144016

Arreguin, D. H., Murley, W. D., & Oberle, C. D. (2024). Masculinity and femininity in relation to body satisfaction in sexual minority women: A systematic review and meta-analysis. *Journal of Gay & Lesbian Mental Health*, https://doi.org/10.1080/19359705.2024.2339856

Noebel, N. A., Vela, R. B., Arreguin, D. H., & Oberle, C. D. (2023). Orthorexia nervosa symptomatology in the LGBTQ community: Gender and sexual orientation differences. *Eating Behaviors*, 50, Article 101771. https://doi.org/10.1016/j.eatbeh.2023.101771

Manuscripts Under Review

Manuscripts In Preparation

Arreguin, D. H., Barron, M., Smiley, B., (in preparation). Belonging and Mentorship Development: A Phenomenological Study of Deaf Students' Postsecondary Experiences of Transition from Deaf Education into Hearing Higher Education.

Arreguin, D. H., Himes, T., Rogers, M. L. & Oberle, C. D. (in preparation). Orthorexia nervosa symptomatology in the LGBTQ+ community: A path analysis of gender and sexual orientation differences.

Himes, T., Arreguin, D. H., & Balzarini, R. N. (in preparation). First date behaviors among the lesbian, gay, and bisexual community.

Arreguin, D. H., Himes, T., & Balzarini, R. N. (in preparation). Dating behaviors among disabled members of the lesbian, gay, and bisexual communities.

Presentations

Arreguin, D. H., & Oberle, C. D. (2024, March 22). *Deaf individuals' interpersonal relationships with parents: Communication methods and mental health* [Paper presentation]. Psychology Department Brown Bag Series, San Marcos, TX, United States.

Arreguin, D. H., Murley, W. D., & Oberle, C. D. (2023, November 16–19). *Masculinity and femininity in relation to body satisfaction in sexual minority women: A systematic review*

and meta-analysis [Paper presentation]. Society for the Scientific Study of Sexuality Annual Conference, New Orleans, LA, United States.

Arreguin, D. H., Soens, C., Dawkins, P. C., & Tooley, K. M. (2023, October 6–7). *What does it all add up to? Processing patterns of mathematical expressions and effects of training* [Poster presentation]. ARMADILLO Annual Conference, San Marcos, TX, United States.

Arreguin, D. H., Noebel, N. A., Vela, R. B., & Oberle, C. D. (2023, March 31–April 2). *Orthorexia nervosa symptomatology in the LGBTQ community: Gender and sexual orientation differences* [Paper presentation]. Southwestern Psychological Association Annual Convention, Frisco, TX, United States.

Arreguin, D. H., Castro, N., Campos, A., Utzman, A., & Tooley, K. M., (2023, March 31–April 2). *Can mathematical structure affect how a sentence is interpreted?* [Poster presentation]. Southwestern Psychological Association Annual Convention, Frisco, TX, United States.

Graduate Research Assistantship, Texas State University, San Marcos, Language and Math Perception Lab, January 2023–Present

With the mentorship of Dr. Kristen Tooley, train undergraduate research assistants, administer data collection to participants using the Eye Link eye tracking system, conduct data cleaning and coding, perform data analysis utilizing Excel, SPSS (IBM), create and deliver presentations of findings at psychological conferences.

Graduate Research Assistantship, Texas State University, San Marcos, Inclusion, Diversity, Equity, and Awareness (IDEA) Lab, January 2023–Present

With the mentorship of Dr. Crystal Oberle, explore how culture and diverse social identities influence behavior, cognition, health, and well-being. These identities may include race, ethnicity, nationality, gender, sexual orientation, (dis)ability, and more. Of particular interest are the lived experiences of underrepresented people, how those experiences relate to inclusion and equity, and the impact of those experiences on mental and physical health.

Undergraduate Research Assistant, The University of Texas at Austin, American Sign Language Lab, January 2022–May 2022

With the mentorship of Professor Franky Ramont, administered qualitative interviews pertaining to cognitive development, mental health, and interpersonal relationships upon language acquisition and expression among deaf individuals.

Awards & Acknowledgements

The Graduate College Scholarship–Education, **Texas State, San Marcos**, August 2026

Awarded as a student with intellectual, creative, and leadership promise to complete a doctoral degree at Texas State University in the amount of $1,000.

Graduate College Retention Scholarship, Texas State, San Marcos, July 2026 - Present

Awarded in recognition of support for meritorious graduate students with financial need enrolled at Texas State, in the amount of $600. + per semester until graduation.

Graduate Merit Fellowship, The Graduate College, Texas State, San Marcos, March 2025
Awarded in recognition of prestigious academic achievements and great potential for success as a graduate student to support the pursuit of a doctoral degree in the Educational and Community Leadership program, in the amount of $1,286.50.

Student Employee of the Year Nomination, Texas State, San Marcos, April 2024
Nominated for the dedication, tireless efforts, and invaluable contributions as a student employee to the Department of Psychology at Texas State, San Marcos.

TSUS, Graduate Endowed Fellowship in Liberal Arts, **Texas State, San Marcos**, April 2024
Awarded to full-time graduate students, with demonstrated academic ability, community service or engagement, and character, who have limited financial resources, and who are majoring in College of Liberal Arts disciplines at Texas State University, in the amount of $1,500.

Liberal Arts Award for Academic Excellence, The Graduate College, **Texas State, San Marcos**, April 2024
Awarded for academic excellence as a graduate student in the college of Liberal Arts– Master of Arts in Psychological Research, which recognizes students who maintain a Texas State GPA of 3.75 or higher.

The Graduate College Thesis Research Support Fellowship, **Texas State, San Marcos**, January 2024
Awarded funding for the thesis, "Deaf Individuals' Interpersonal Relationships with Parents: Communication Methods and Well-Being," in the amount of $1,500.

Masters in Psychological Research, Thesis Supplement Grant, **Texas State, San Marcos**, September 2023
Awarded funding for the thesis, "Deaf Individuals' Interpersonal Relationships with Parents: Communication Methods and Well-Being," in the amount of $1,000.

Masters in Psychological Research, Belonging and Cohesion Grant, **Texas State, San Marcos**, **September** 2023
Awarded funding for the thesis, "Deaf Individuals' Interpersonal Relationships with Parents: Communication Methods and Well-Being," in the amount of $250.

Masters in Psychological Research, Graduate Scholarship, **Texas State, San Marcos**, August 2023
Awarded for excellence as a student in the Master of Arts in Psychological Research Program in the amount of $1,000.

The Graduate College Scholarship–Liberal Arts, **Texas State, San Marcos**, May 2023
Awarded as a student with intellectual, creative, and leadership promise to complete a graduate degree at Texas State University in the amount of $1,000.

Hispanic Policy Network Scholarship, **Texas State, San Marcos**, May 2023
Awarded as a Hispanic student enrolled at Texas State University with an overall 2.5+ GPA in the amount of $1,275.

H-E-B Scholarship, May 2022–May 2025

Awarded for being a Central Market employee who leads by example in the workplace environment and contributes to the surrounding public community while maintaining a 30+ hour work week and a 3.0+ GPA as a full-time student in the amount of $6,600.

Molly Adams Scholarship, **San Bernardino Valley College,** August 2018

Awarded as a full-time student who has persevered with mental illness (PTSD) while maintaining a 3.0+ GPA in the amount of $500.

San Bernardino Valley College Community Foundation Scholarship, August 2018

Awarded as a full-time student who faced financial hardship while maintaining a 3.0+ GPA in the amount of $500.

Service

Reviewer: Journal of LGBTQ+ Mental Health, Routledge, 2026 - Present

Reviewer: Journal of Deaf Studies and Deaf Education, Oxford Press, 2026 - Present

Co-Founder & Vice President, Masters in Psychological Research Graduate Student Association, Texas State University, San Marcos, May 2023–Present

With the mentorship of Dr. Katherine Warnell, created a living constitution and developed association rules, dynamics, and policies for the educational and professional development of graduate students.

Volunteer, Austin Deaf Club, Austin, Texas, January 2022–Present

The position includes working within the Deaf community to spread cultural knowledge to individuals outside of the community, hosting events, raising money, and accumulating resources needed by deaf individuals.

Departmental Coverage, Central Market (HEB), Austin, Texas, March 2019– March 2025

Assist guests with their shopping needs, maintain department supplies, aesthetics, and products. Train and mentor employees, operate forklift and HEB computer operating systems.

Internship, Inland Valley Recovery Services, San Bernardino, California, January 2017–May 2017

Assisted substance abuse counselors with the outpatient recovery treatment of teenagers within the judicial system. Treatment consisted of individual and family counseling, crisis intervention, preventative care, and anger management.

Internship, Foothill Aids Project, San Bernardino, California, September 2016–December 2016

Assisted substance abuse counselors with the outpatient recovery treatment of adult HIV/AIDS survivors. Treatment consisted of contraction counseling, healthcare advocacy, crisis intervention, LGBTQ+ workshops, Black Community workshops, and Latinx workshops.