**Krista J. Howard, Ph.D.**
Curriculum Vita

# Academic/Professional Background

## Educational Background

Ph.D. 2010 The University of Texas at Arlington: *Health Psychology/ Neuroscience*
Dissertation: Prevalence, Risk Factors and Outcomes for Various Musculoskeletal Injury Sites Associated with the Development of Chronic Occupational Disability

M.S. 2008 The University of Texas at Arlington: *Health Psychology*
Thesis: Risk Factors for Functional Restoration Non-Completion

B.A. 1997 The University of Texas at Arlington
*Experimental Psychology* (Major)/ *Mathematics* (Minor)

## University Experience

| | | |
|---|---|---|
| Professor | Texas State University | 2021-present |
| Associate Professor | Texas State University | 2016-2021 |
| Associate Chairperson | Texas State University | 2016-2018 |
| Assistant Professor | Texas State University | 2010-2016 |
| Graduate Research/Teaching Asst | University of Texas at Arlington | 2006-2010 |

## Relevant Professional Experience

| | | |
|---|---|---|
| Subject Matter Expert | U.S. DOD / Chenega Analytic Business Solutions | 2024-present |
| Statistical Consultant | Orlando Health (OB/Gyn; Family Medicine Sports Medicine, and Pharmacy Residency) | 2023-present |
| Clinical Health Scientist | Military & Health Research Foundation | 2022-present |
| Statistical Consultant | ORMC Orthopedics | 2019-present |
| Statistical Consultant | Florida Orthopaedic Institute | 2014-present |
| Research Statistician | RestoreFX | 2014-2021 |
| Research Statistician | UTSW Medical School/ Orthopaedics | 2008-2018 |
| Research Statistician | Scottish Rite Hospital / Orthopaedics | 2012-2013 |
| Research Statistician | PRIDE Research Foundation | 2006-2013 |
| Mathematics Teacher | Hurst Euless Bedford ISD | 2003-2006 |
| Mathematics Teacher | Grapevine Colleyville ISD | 1999-2003 |
| Research Analyst | Highland Park ISD | 1998-1999 |

## Other Professional Credentials

| | |
|---|---|
| Creating and Teaching and Online Course Workshop, Texas State | 2014 |
| National Science Foundation Workshop, Austin Texas | 2012 |
| Salimetrics “Spit Camp” Training (Salivary Biomarkers), State College | 2011 |
| Texas Teaching Certification – Secondary Mathematics (6-12) | 1999-2012 |

# Teaching

## Teaching Honors and Awards

2022 *Liberal Arts College Award for Excellence in Mentoring*
2020 *Liberal Arts College Achievement Award for Excellence in Teaching*
2018 *Favorite Professor* – Alpha Chi National College Honor Society
2016 *Favorite Professor* – Alpha Chi National College Honor Society
2015 *Liberal Arts College Achievement Award for Excellence in Teaching*
2015 *Favorite Professor* - Alpha Chi National College Honor Society
2012 *Favorite Professor* - Alpha Chi National College Honor Society
2011 *Favorite Professor* - Alpha Delta Pi

## Courses Taught

Graduate Courses
Applied Biostatistics in Health Research (PSY 5360O)
Foundations of Health Psychology (PSY 5335) - Face-to-Face
Foundations of Health Psychology (PSY 5335) - Online
Occupational Health Psychology (PSY 5343)
Psychology of Teaching (PSY 5105)
Individual Study (PSY 5366)
Internship in Psychology (PSY 5398)
Thesis (5399A/B)

Undergraduate Courses
History and Theory (PSY 4391) - Online
Health Psychology (PSY 3361) - Online
Introduction to Statistics (PSY 3301, 2301) – Face-to-Face
Introduction to Statistics (PSY 2301) – Online
Introduction to Statistics Laboratory (PSY 2101, GTA coordinator)
Industrial Psychology (PSY 3333) - Face-to-Face
Industrial Psychology (PSY 3333) - Online
Industrial Psychology (PSY 3333) - Correspondence Studies/Distance Learning
Personality Psychology (PSY 3316) - Greece Study Abroad Program
Health Psychology (PSY 3361) - Greece Study Abroad Program
Industrial Psychology (PSY 3333) – Greece Study Abroad Program
Social Psychology (PSY 3331)
Individual Study (PSY 4395)
Internship in Psychology (PSY 4396)

Established Internships
RestoreFX
Brain Balance Center
New Braunfels Food Bank
Live Oak Living Community/Seaton Foundation

## Thesis, Dissertations

### Master's Thesis Committee Chair

- Ricks, Lyla (Capstone, anticipated 2027). Gaslighting, Weight Stigma, and Nutrition.
- Roberts, Hannah (Capstone, anticipated 2027). Predictors of disordered eating behaviors in young adults with gastrointestinal disorders.
- Thint, Brandon (Capstone, 2025). Investigation of the Relationship Between Empathic Concern and Current Political Opinions
- Medel, Alexandria (Capstone, 2024). Occupational Health Evaluation of Direct Support Professionals
- Brunett, Kaitlin (2022). Attitudes Toward Rape Myths: The Influence of Social Constructs and Personality on the Acceptance of Rape Myths
- Jefferson, Michaela (2021). Examining Personality Constructs Related to the Interpretation of Sexual Consent in Online Dating Application Dialogues.
- Hernandez, Genesis (2021). Assessing how Attachment Styles Affect Various Social Media Behaviors.
- Gomez, Merab (2020). Instagram Social Media Currency: Are You Social Media Rich or Poor?
- Hopper, Jennifer (alternative thesis option; 2019). Evaluating how major depressive disorder affects symptom severity in patients with hypothyroidism.
- Giblin, Madeline (2019). The Utility of the Minnesota Multiphasic Personality Inventory (MMPI) to Assess the Likelihood of Opioid Misuse in Patients with Chronic Disabling Occupational Musculoskeletal Disorders.
- Critz, Kirstin (2018). Evaluating Psychological Factors that Lead to Trolling Behaviors in Social Media Applications.
- Capote, Miguel (2018). A Comprehensive Occupational Health Evaluation of Absenteeism in Public School Teachers.
- Roming, Sinjin (2018). An Evaluation of Adaptive and Maladaptive Coping Strategies for College Students.
- Gray, Avia (2016). Barriers to Treatment Adherence and Hemoglobin A1c in Diabetic Populations.
- Price, Rachel (2015). Gastrointestinal Illness and Stress in Public School Teachers.
- Castaneda, Ricardo (2015). Psychosocial Variables Predicting Functional Restoration Treatment Outcomes for Patients with Chronic Occupational Musculoskeletal Disorders.
- Chambers, Jaime (2015). Factors that Contribute to Attrition in Texas' Public Schools.
- Stetler, Jessica (2013). The effects of exercise on overall health outcomes for teachers.

### Master's Thesis Committee Member

- Sliger, Stefanie (2026). The Manosphere: Its effect on Generation Z dating and gender perceptions.
- Bierly, Nate (2026).
- Conway, Grace (2026). Prenatal worry, parental identity, and perceived complications in pregnant/recently pregnant women.
- Shiva, Tasnia (2025). Associations among internalization of western media appearance ideals, acculturative stress, and body image problems in Asian American men
- Pena, Katherine (2025). Walking into Mindfulness: Using Design to Comment Use to the Present (School of Art and Design).
- DuBose, Zona (2025). Loneliness, Online Social Engagement, and Sense of Community in College Students: An Exploratory Study (Applied Sociology MA Program)
- Garcia, Amanda (2025). Exploring Stoicism and Fatalism
- Mitaj, Dea (2024). Religiosity in Children
- Alcazar, Rebbekah (2024). Qualitative Study on Social Support for Maternal Health
- Vrotsos, Kat (2023). Examining the associations between exposure to substance use on TikTok, social norms, and substance use prevalence in emerging adulthood
- Grelle, Kaitlin (2022). Can knowledge help? Investigating the relationship between knowledge of Alzheimer's Disease and caregiver burden.
- Rizzo-Esposito, Alessandra (2022). The effect of perception of LatinX immigrant patients on the level of care offered by health students.
- Petrofes, Cara (2021). The relationship between social media posts, the physiological stress response, and empathy.
- Morin, Yoshua (2021). Exploring neuropsychological functions related to social media stimuli.
- Sigler, Kristen (2021). Investigating non-medicinal interventions for the behavioral manifestations associated with Alzheimer's Disease.
- Gilbeaut, Ethan (2020). Barriers and Facilitators to Antidepressant Adherence.
- Snyder, Morgan (2019). Investigation of the Relationship Between Weight Stigma and Treatment Adherence for Patients with Hypothyroidism.
- Lipschuetz, Shelby (2019). The Relationship Between Personality Factors and Occupational Stability in Direct Care Workers.
- Morris, Casey (2019). Evaluation of Art Therapy as a Stress Reduction Technique for College Students.
- Moore, Julia (2018). Alcohol Consumption and Other Related Factors in Military Veterans Attending College.
- Tanner, Garrett (2017). College Students' Perceptions of Safety on Campuses with Concealed Carry.

- Hill, Brittany (2016). Attitudes and personal judgments regarding body modification.
- Kelly, Morgan (2016). Alcohol Use and Cardiovascular Health in College students.
- Cobos, Briana (2015). The Relationship between Psychological Disorders and Medication Adherence in College Students.
- Salas, Eric (2015). Recovery and Response to Injury: Athlete Coping.
- Pierson, Colin (2013). The Social Environment, Genetics, and Obesity: Evaluation of Diathesis-Stress and Differential Susceptibility Frameworks. (Department of Sociology).
- Plate, Joshua (2012). Validation of the Injury-Readiness Return to Sport Scale in an Adolescent Population. (Department of Human Health and Performance).

**Dissertation Committee Member**

- Putnam, Tara (2026) Autoethnographic Work on Teacher Well-Being (Education Leadership, Texas State University)
- Mo, Yujia (anticipated 2026) Type 1 Diabetes Social Support on Instagram. (Occupational Science, University of Southern California)
- Iyanda, Ayodeji (2021). Geographic Investigation of Gentrifying Neighborhoods and Chronic Health Conditions in East Austin, Texas (Department of Geography, Texas State University).

**Honors Thesis Chair**

- Orr, Miranda (2025). Parasocial relationships on social media.
- Gaubert, Gabrielle (2025). Relationship of Humor and Dark Triad Personality Traits with Malevolent Creativity.
- Blankenship, Clara (2024). TikTok and mental health seeking behaviors.

## Other Teaching

**Research Assistant Supervision** (Undergraduate and Graduate Students)

2026: Lyla Ricks, Hannah Roberts, Tara Putnam, Kam'Ryn Scott, Konstance Neumann, Brooke Tillman, Chardonnay Cooper, Anayia McRae, Samantha Regan, Vladmir Lidestri, Mya Rimmer, Otilio Barro, Grace Conway, Delaney Mullee

2025: Brandon Thint, Hannah Johnson, Matthew Beckham, Maddie Wootan, Gabby Gaubert, McKenna Hildebrandt, Alex Vonhindenfalken, Megan Shepard, Tara Putnam, Hannah Roberts, Lyla Ricks, Kam'Ryn Scott, Nate Bierly, Stefanie Sliger, Konstance Neumann, Brooke Tillman, Chardonnay Cooper, Anayia McRae, Samantha Regan, Vladmir Lidestri, Mya Rimmer

2024: Brandon Thint, Natalie Dwyer, Clara Blankenship, Dacey Jerkins, Hannah Johnson, Matthew Beckham, Mya Rimmer, McKenna Hildebrandt, Alex Vonhindenfalken

2023: Kaleigh Ridlon, Chris Kinstley, Emma Johnson, Johnny Dao, Rebbekah Alcazar, William Murley, Jewel Neal, Alexandria Medel

2022: Natalie Noebel, Chris Kinstley, Aqua Uwadiale, Evan Schmiedehaus, Emma Johnson, Kaitlin Brunett, Haley Parker, Kaleigh Ridlon, Ethan Snyder, Ray Chavez, Johnny Dao, William Murley, Alexandria Medel

2021: Kaitlin Brunett, Aqua Uwadiale, Kennedy Anderson, Mark Stern, Derek Mangino Sirvent, Kaitlin Grelle, Neha Shrestha, Julia Pruin, Sidney Chambless, Megan Ximenes

2020: Merab Gomez, Sierra Kaiser, Mark Stern, Dalton Klare, Rabecca Hernandez, Kristen Sigler, Aleyda Arreola, Alyse Finch, Courtney Wilson, Julia Pruin, Kennedy Anderson, Lucas Smith, Alyssa Trevino, Jordan Pennington, Roman Zapata, Joshua Banja, Kaitlin Brunett

2019: Morgan Snyder, Merab Gomez, Aaron Bonnette, Anthony Robinson, Rachel Farley, Madeline Giblin, Courtney Wilson, Sierra Kaiser, Mark Stern, Nicole Stokes, Shelby Lipshuetz, Carlos Corona, Dalton Klare, Rabecca Hernandez, Julia Pruin, Kristen Sigler

2018: Marieke Visser, Angela Johnson, Amanda Jones, Anthony Robinson, Aaron Bonnette, Morgan Snyder, Madeline Giblin, Rachel Farley, Melissa Garza, Kirstin Critz, Carlos Corona, Rosa Burroughs, Tony Lopez, Shelby Lipschuetz, Rebekah Overhauser

2017: Angela Johnson, Sinjin Roming, Marieke Visser, Amanda Jones, Victoria Tsatenawa, Nathan Wofford, Ryan Watkins, Stephanie Purol, Robert Montayne, Elia Bueno, Melissa Garza, Lilye Espinoza, Miguel Capote, Trisha Flourney, Lily Jakaj

2016: Avia Gray, Nathan Wofford, Stephen Ramos, Emily Lund, Rosemary Emordi, Victoria Tsatenawa, Amanda Jones, Briana Cobos, Brooke Bryson, Melissa Garza, Angela Johnson

2015: Briana Cobos, Avia Gray, Javier Arteta, Michalai Walker, Kara Stevenson, Irina Jolic, Eric Salas, Natalie DeLeon, Brittany Hill, Rachel Price, Morgan Kelly, Nathan Wofford, Stephen Ramos

2014: Briana Cobos, Rachel Price, David Torrente, Brenda Hatcher, Martelle Wathan, Shelby Cohn, Ly Ton, Jaime Chambers, Ricardo Castaneda, Javier Arteta, Cortney Garten, Michalai Walker, Rhiana Holmes, Kara Stevenson, Warren McAdams

2013: Brittani Bash, Samuel Sohmer, Kaylyn Krejci, Amanda Congdon, Andrew Santana, Warren McAdams, Ly Ton, Stephanie Gonzalez, Paula Garcia, Cecilee Walker, Christina Henry, Meaghan Elek, Tara Robinson, Janie Bumford, Briana Cobos, Rachel Price, David Torrente, Robin Besse, Shelby Cohn

2012: Misty Maddox, Daniel Bradshaw, Marissa Nelson, Brittani Bash, Eulises Gonzales, Samuel Sohmer, Roxie Wurtz, Kaylyn Krejci, Amanda Congdon, Andrew Santana, Maia Williams, Meredith Kimbrough, Tara Key, Jenna Lorentsen, David March, Warren McAdams, Lance Tschirhart, Danielle Taylor, Ly Ton

2011: Misty Maddox, Marissa Nelson, Silvana Gaona, Brittani Bash, Jennifer von der Gruen, Andrea Spicer, Amanda Congdon, Kara Stevenson, Roxie Wurtz, Tiffani Woodham-Adkins, Joni Fields, Nathan Doyle, Caitlin Kennedy, Maia Williams, Alessa Smyth, David Lee, Katelyn Debord, Justin Fox, Kayleigh Isbell, Alessa Smyth

**Internship Supervision**

2026 Spring: Caroline McKay, Austin Ta, Abigail McDowell, Victoria Watts, Claire wood, Tamarian Gibson, Natalie Garza, Yahire Martinez, Kasey Rodrigues, Isabella Gaytan

2025 Fall: Kerrigan Collins, Emily Mondragon-Castro, Crystelle-Joesee Makia, Lauren Pischinger, John Kazen, Kelsey Williams, Ayrika Thomas, Janiyah Baker, Bridget Dunn, Peyton Ashley, David Rodriguez

2025 Summer: Abigail McDowell, Roslyn Lopez, Pearl Mendez, Lizzy Rogers, Analiese Salazar, Matthew Stewart, Nhyla Davis, Lainey Wattam, Gwen Mueller, Victor Effiong, Sarah Kirkpatrick

2025 Spring: Kayla DeLeon, Keziah Mendez, Natalie Munoz, Emily castellanos, Breannica Kirkwood, Arianna Loredo, Hannah Roberts, Shelia Cook, Allan Sevilla, Alexa Cosgrove, Abigail Celeste, Jaidyn Fontenette, Karissa Castillo

2024 Fall: Maia DeLeon, Ashley Droblyn, Miranda Orr, Fey Jung, Caroline Morales, Kaylee Castaneda, Pardis Lahouti Fard, Brooke Blocker, Shreeya Khatiwada, Kenia Urena Barrera, Erin Bates

2024 Summer: Archer Bannwart, Nina Brown, Jessica Flores, Isabel Murillo, Cielo Perez, Amrutha Savitala, Taylor Wanza, GiulianaWezeman

2024 Spring: Jorge Martinez, Grace Garrison-Tate, Andre Holtzhausen, Emeleigh Cubine, Paola Mercado, Landry Hanson, Lyla Keizer, Kaylie Kibe, Kelsey Trogden, Heidi Zelaya, Sabina Nykiel

2023 Spring: Alexandria Medel, Jewel Neal

2020 Summer: Joshua Banja, Saril May, Alexis Perez

2020 Spring: Avery Butler, Katie Fry, Jessica Obregon, Veronica Patrick, Cody Rodriguez, Sydni Blazi, Nohely Gonzalez, Sierra Kaiser, Courtney Wilson

2019 Fall: Andreanika Randle, Miranda Finken, Brian Hill, Jerome Javellana, Madison Henry, Veronica Patrick, Merab Gomez, Rabecca Hernandez, Julia Pruin, Marta Pillows,

2019 Summer: Madeline Giblin, Juan Sanchez Flores, Jacob Esquivel, Amariani Negrete, Kammille Harvey, Madison Savage, Andreanika Randle

2019 Spring: Rachel Farley, Madeline Giblin, Anthony Lopez, Shelby Lipschuetz, Sneha Pradhan, Raven Goad, Samantha Gaspard, Cynthia Lopez, Annabeth Pekarek, Madilynne Rhodes, Brianda Verdin

2018 Fall: Hailey Thomas, Joshua Long, Carlshea Brooks, Peyton Eddy, Crystal Roth, Baleigh Sims, Mariana Obregon, Morgan Snyder, Jennifer Hopper

2018 Summer: Kayla Lomas, Saralyn Smith, Rebekah Bruns, Avery Garrett, Kaycee Moore

2018 Spring: Shantell Batiste, Julia Brotherston, Alyssa Garner, Frances Adams, Naomi Gonzalez, Samantha Lamb, Matthew Wilkes, Tessa Zavala, Marieke Visser, Kirstin Critz, Blake Barnhouse

2017 Fall: Sterling Wilmer, Reagan Drake, Sneha Pradhan, Caitlin Lemons, Savannah Brinkley, Nancy Fernandez, Alyssa Marroquin, Ysabella Castillo

2017 Summer: Sinjin Roming, Kent Sanner, Mary Kate Shannon, Reina Soria, Megan Armstrong, Reggie Rios, Brandon Aguirre

2017 Spring: Arthur Barrera, Monica Gutierrez, Bailee Harbin, Alan Nguyen, Jasmine Robinson, Jimena Vega, Whitney Costello, Chasley Jones, Matthew Pacallier

2016 Fall: La'Rodney Brown, Devon Brunner, Taylor Candelario, Lauren Carranza, Kyla Jordan, Bonnie Luce, Savannah Mallon, Nathan Wofford

2016 Summer: Briauna Wilson, Alyssa Holt, Candace Collins, Mackenzie Goodson, Chelsea Thompson, Courtney Haynes, Angelica Rodriguez, Cameron Cantu

2016 Spring: Shannon Burbage, Maria Corona, Rafael Garcia, Danielle Lima, Jason Stephens, Lucia Tran, Geoffrey Parker, Allison Lee

2015 Fall: Sara Casas, Boyd Fowlkes, Alexis Clements, Brianna Lansford, Amy Martinez, Cassie Rodebush, Richard Smith, Avia Gray

2015 Summer: Johnathon Clark, Kamarie Douglas, Kari Schultz, Brooke Bryson, Morgan Kelly

2015 Spring: Brittany Hill, Natalie Deleon, Eric Salas, Ricardo Castaneda, Tiffany Stokes, April Murphy, Brandon Gibson, Patrick Cook, Brianna Teran, Georgina Arellano, Alexa Jesko

2014 Fall: Jaime Chambers, Warren McAdams, Alexandria Smith, Alexa Jesko, Alex Robbins, Nicole Cusson, Ileana Gonzales, Victoria Smith

2014 Summer: Laura Lopez, Fallon Laurenz, Javier Arteta, Crystal Stiegemeyer, Kelsie Salyer, Brittani Hamilton, Briana Cobos, Alyssa Kutach

2014 Spring: Olivia Van Ness, Shandi Cormier, Emily Keen, Irina Jolic, Kassandra Banda, Catherine Dilger, Torie Langston

**Graduate Teaching Assistantship Training and Supervision**

2019-2020: Aleyda Arreola, Dalton Edward, Alyse Finch, Dalton Klare, Alyssa Kopecki, Mark Stern

2018-2019: Aaron Bonnette, Rachel Farley, Niki Hayatbini, Anthony Robinson, Morgan Snyder, Callie de la Cerda

2017-2018: Miguel Capote, Marin Cordivin, Fatemeh Fereidooni, Angela Johnson, Marieke Visser, Sinjin Roming

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|---|---|
| 2016-2017: | Katie Stephenson, Katherine Mooney, Garrett Tanner, Amanda Jones, Matt Pacailler |
| 2015-2016: | Stephen Ramos, Bryant Reininger, Brittany Hill, Rachel Layton, Candice Stanfield |
| 2014-2015: | Briana Cobos, Natalie deLeon, Joe Bassili, Jaime Chambers, Shannon Wilder |

## Scholarly/Creative

**Works in Print**
***** Indicates Texas State Student Co-Author
**(SA)** Indicates Senior Author

**Articles Currently Submitted and Under Review**

Under Review

O'Neill, D.E., McCaskey, M., Fene, E., Sajid, M.I., **Howard, K.,** Peters, Q., Alomar, A., Donohue, D., Flanagan, C., Infante, A., Maxson, B., Shah, A., Sanders, R., Grewal, I., & Mir, H.R. Assessing the predictive value of assessing Fructosamine levels in determining adverse clinical outcomes following lower extremity trauma: A multicenter experience. (Under Review, *The Journal of Orthopaedic Trauma,* August 2026).

Dailey, S., Ricks, L., Ceballos, N., Cooper, C., Regan, S., McRae, A. & **Howard, K. (SA**). The dark side of digital location sharing: Psychological correlates of perceive tracking distress. (Under Review, *New Media & Society*, May 2026).

Howard, J.T., Poltavskiy, E., **Howard, K.J.,** Alcover, K.C., Ibarra, S.V., Dao, B., & Stewart, I.J. Pre-deployment assessment and combat injury risk factors of suicidal behavior in deployed U.S. Army service members. (Under Review, *Military Medical Research*, April 2026)

Ricks, L., Roberts, H., Shepard, M., Rimmer, M., Ceballos, N., & **Howard, K (SA).** Doomscrolling for answers: Exploring differences in TikTok-based mental health information seeking between young adults with and without GAD. (Under Review, *International Journal of Human-Computer Interaction*, April 2026).

Putnam, T., Roming, S.M.P. & **Howard, K. (SA).** Exploring predictors of psychological well-being among experienced teachers. (Under Review, *Mental Health Science*, March 2026).

Kim, P., Rivera Vasquez, D., Lowtan, T., Pozerski, K., **Howard, K.,** Sipe, B., & Schwartz, R. An isolated enlarged second trimester abdominal circumference is associated with an increased risk of macrosomia and large for gestational age. (Under Review, *American Journal of Obstetrics & Gynecology: Maternal Fetal Medicine,* March 2026).

Ceballos, N., *Gaubert, G., **Howard, K**., Harris, P. & Graham, R. The psychology of the collegiate prankster: How humor styles and dark triad personality traits influence malevolently creative behaviors and inform intervention strategies. (Under Review, *HUMOR*, December 2025).

**Howard, K**., *Gaubert, G., *Wootan, M., *Blankenship, C., *Sliger, S., Lupo, A., & Ceballos, N. Mental health information-seeking on TikTok among users with and without major

depressive disorder. (Under Review, *Journal of Communication in Healthcare*, October 2025).

Cheng, W., Nguyen, P.N.T., & **Howard, K.J. (SA).** Social comparison and social media addiction: The mediating effect of social media intensity and cross-cultural comparison. (Under Review, *Emerging Adulthood*; March 2026).

Nguyen, P.N.T., Lu, D-H., Cheng, W., Chiou, W-B., & **Howard, K. (SA**). Fear of missing out as a mediator between social comparison and depression: Examining gender differences among Taiwanese undergraduates. (Under Review, *Journal of Computer-Mediated Communication*, August 2025)

Cheng, W., *Johnson, H. & **Howard, K. (SA)** Examining the relationship social support, FOMO, and self-esteem with major depression: A comparative cross-cultural analysis of U.S. and Taiwanese young adults. (Under Review, *Asia-Pacific Psychiatry*, February 2026)

Revisions Submitted

Zhang, Y., **Howard, K.,** Wilson-Lemoine, J., & Dailey, S. High-commitment HR practices, job embeddedness, organizational-based self-esteem, and turnover intentions. (Revise/Resubmit, *Journal of Organizational Effectiveness: People and Performance*, August 2026).

Ceballos, N., *Roberts, H.N., *Paxton, W.H., *Sweet, R.N, *Flores Casanova, K.M., & **Howard, K.** Grit, resilience, and social risk-taking predict positive self-perceptions of creative potential in collegiate Generation Z women at a Hispanic-serving Institution. (Revise/Resubmit, *Frontiers in Psychology*, June 2026).

Tooley, K.M., **Howard, K.J.,** Dailey, S.L., Schmiedehaus, E., & Cordaro, M. When what we say isn't what they hear: An interdisciplinary approach to understanding quiet quitting. (Revise/Resubmit, *Language and Communication*, August 2026).

## Published Refereed Journal Articles

*Ricks, L., Haskard-Zolnierek, K., & **Howard, K.** (2026). Exploring the association between vegetable intake, mental health, and readiness to change in college students. *Journal of Health Psychology*, 1-13. DOI:10.1177/13591053261464459

**Howard, K**., *Sliger, S., Zhang, Y., Dailey, S., & Wilson-Lemoine, J. (2026). When depression threatens retention: Psychological ownership and work engagement as protective factors for healthcare workers. *Health Organization and Management*, *40*(9), 345-363. DOI: 10.1108/JHOM-10-2025-0670

Tooley, K.M., Dailey, S., Schmiedehaus, E., Cordaro, M., *Dwyer, N., *Jerkins, D., & **Howard, K.J. (SA).** (2026). Between class and career: Applying the Job Demands-Resources Model to working college students. *Behavioral Sciences*, Special Issue: *Work Motivation, Engagement, and Psychological Health*, *16*(61). https://doi.org/10.3390/bs16010061

Schmiedehaus, E., Dailey, S., Cordaro, M., Lupo, A., Deason, R. Rogers, M., & **Howard, K. (SA).** (2026). Social dominance orientation, sociopolitical attitudes, and beliefs on current political issues. *Graduate Student Journal of Psychology*,

Lee, J., **Howard, K.J.,** Ryan, A., Jain, R., Imran, H.B., & Howard, J.T. (2025). Racial/ethnic and socioeconomic disparities of contraceptive preference-use match in the United States. *Journal of Racial and Ethnic Health Disparities*, https://doi.org/10.1007/s40615-025-02667-4 (IF = 2.4)

Alcover, K., **Howard, K.J.,** Poltavskiy, E., Dao, B., Stewart, I., & Howard, J.T., (2025). Disease and non-battle injury incidence rate trends in the United States Military, 2010-2021. *BMJ Military Health*, doi:10.1136/military-2025-003027 (IF = 1.7)

Grigsby, T.J., Assoumou, B., Koning, S.M., Howard, J.T. & **Howard, K.J.** (2025). Cannabis use among pregnant and non-pregnant females of childbearing age: Findings from the 2021-2023 National Survey of Drug Use and Health. *American Journal of Preventive Medicine*, 69(4): 107967; doi:10.1016/j.amepre.2025.107967 (IF=4.5)

Ryan, A., King, C.K., Gorgy, M., **Howard, K.,** & Chase, T. (2025). Knowledge of and access to family building resources among LGBTP+ medical residents in the U.S.: A cross-sectional survey. *F & S Reports*, https://loi.org/10.1016/j.xfre.2025.06.004 (IF=2.2)

Roming, S., Carrero, K., & **Howard, K.J. (SA)** (2025). Examination of adaptive coping during collective trauma: A comparison of pre-pandemic and pandemic-era coping for college students. *The International Journal of Health, Wellness, and Society, 1*5(3), 67-96. DOI:10.18848/2156-8960/CGP/v15i03/67-96. (IF N/A)

Dailey, S., Farris, K., **Howard, K.,** & Burke, T. (2025). "It's a roller coaster of emotions!": Investigating the paradoxes of childcare app use and work engagement. *Journal of Applied Communication Research.* https://doi.org/10.1080/00909882.2025.2477032 (IF=1.7)

Perrotte, J.K., Grigsby, T., Cordaro, M., *Chambless, S., Lee, J., Howard, J.T., & **Howard, K. (SA)** (2025). A Conditional Indirect Effects Analysis of Intimate Partner Violence, Depression, Social Support, and Race with Alcohol Consumption among Postpartum Mothers. *Journal of Interpersonal Violence*. https://doi.org/10.1177/08862605241303959 doi: 10.1177/08862605241303959 (IF =2.6)

*Noebel, N., **Howard, K.,** & Oberle, C. (2024). Social media, diet and fitness content, and orthorexia nervosa: A pilot investigation of viewership and orthorexic behaviors. *Journal of Social Media in Society* (IF = 4.636).

Lee, J., **Howard, K.J**., Greif, A., & Howard, J.T. (2024). Trends and racial/ethnic disparities in prenatal care (PNC) use from 2016 to 2021 in the United States. *Journal of Racial and Ethnic Health Disparities*. https://doi.org/10.1007/s40615-024-02115-9 (IF = 3.2)

Lee, J., **Howard, K.J**., Grigsby, T., Leong, C., & Howard, J.T. (2024). Delayed care during pregnancy and postpartum linked to poor maternal mental health: Evidence in the United States. *Journal of Reproductive and Infant Psychology.* DOI:10.1080/02646838.2024.2353091 (IF = 2.5)

Perrotte, J.K., Romero, D.N, Ceballos, N.A., **Howard, K.J.,** & Graham, R. (2024). Contextualizing linguistic acculturation and alcohol use among Hispanic college students in the social digital environment. *Cultural Diversity and Ethnic Minority Psychology* (IF = 3.229)

Murley, W.D., Oberle, C.D., **Howard, K.J.** & Perrotte, J.K. (2024). Anxiety connects social media use to food and alcohol disturbance and disordered eating when social support is low. Eating Behaviors, 53, e101879. DOI:10.1016/j.eatbeh.2024.101879 (IF = 2.8)

Cordaro, M. *Johnson, E., *Kinstley, C., Haskard-Zolnierek, K., Medina, R., Perrotte, J. & **Howard, K. (SA)**. (2024). Loneliness during the COVID-19 pandemic: Implications for mental health and substance use. *Graduate Student Journal of Psychology, 22*(1). https://doi.org/10.52214/gsjp.v23i1.12264 (IF = 1.5).

Westerberg, C., *Price, M., Niziurski, J., & **Howard, K.** (2024). Prolonged changes to dreaming behaviors resulting from the COVID-19 pandemic. *Dreaming*; https://doi.org/10.1037/drm0000269 (IF = 2.212).

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- The New York Times interview: https://www.nytimes.com/2023/01/27/health/pregnancy-maternity-women-deaths.html
- KXAN interview: https://www.kxan.com/news/analysis-shows-death-rates-in-new-moms-and-pregnant-women-increased-in-2020/
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- Reported on KVUE-abc: https://www.kvue.com/article/news/millennials-social-media-use-may-increase-depression-risks-texas-state-study-finds/269-f9123b8a-83ff-4fd3-8326-03a4ecf6a57f
- Reported by Consumer Affairs: https://www.consumeraffairs.com/news/another-study-suggests-were-spending-too-much-time-on-social-media-011419.html
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## Non-Refereed Articles

**Howard, K**., *Gomez, M., Dailey, S., & Ceballos, N. (2019). Digital Depression: A review of social media behaviors and their relationship with mental health and well-being. Invited Submission: *American Bar Association: GP Solo Magazine, 36*(6), 16-19. (IF – N/A)

## Chapters in Books

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**Howard, K.J**., Howard, J.T., & *Wurtz, R. Chronic Pain in a Specific Population: Low Back. In Dougall & Gatchel (Eds.). *Ask the Experts: Chronic Pain*. Future Science Group, 2013. Pgs 59-74. (doi: 10.2217/ebo.13.542)

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Graham, H., **Howard, K.J.,** & Dougall, A.L. The Growth of Occupational Health Psychology. In Schulz, I. & Gatchel, R. (Eds.), *Handbook of Occupational Health and Wellness.* New York: Springer, 2012. Pgs 39-59.

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Gatchel, R.J., **Howard, K.J.,** & Haggard, R. The Biopsychosocial Perspective of Pain. In R.J. Contrada & A. Baum (Eds.), *Handbook of Stress Science: Biology, Psychology and Health*. New York: Springer, 2011. Pgs 461-473.

## Published Abstracts

*Hardin-Sigler, K. N., Deason, R. G., Dailey, S. L., Ceballos, N. A., & **Howard, K. J.** (2020). Under the digital bridge: Investigating trolling behavior in Baby Boomers. *Innovation in Aging*, *4*(S1), 317. https://doi.org/https://doi.org/10.1093/geroni/igaa057.101

Ceballos, N., **Howard, K.,** Dailey, S., & Grimes, T. (2018). Binge drinking and social media intensity among Hispanic and non-Hispanic college students. *Research Society on Alcoholism.*

Ceballos, N., *Sharma, S., Patterson, T., Graham, R., & **Howard, K.** (2015). Stress, immune function and collegiate holiday drinking: A pilot study. *FASEB Journal 27*, 1124-1125.

Russell, R., **Howard, K**., & Bucholz, R. (2014). Psychopathology and Obesity Effects on Outcomes of Total Knee Arthroplasty. *American Academy of Orthopaedic Surgeons.*

*Sharma, S., **Howard, K.,** Graham, R., & Ceballos, N. (2013). Stress and immune function in social drinking college students before and after spring break. *Experimental Biology*.

Russell, R., **Howard, K.,** & Bucholz, R. (2013). Effect of Psychopathology and Obesity on Outcomes of Total Knee Arthroplasty. *American Academy of Hip and Knee Surgery.*

Ellis, H.B., Wise, K., Dumont, G., **Howard, K.,** & Wilson, P. (2013). Does socioeconomic status affect the timing of Anterior Cruciate Ligament Reconstruction in the adolescent athlete? *Pediatric Orthopaedic Society of North America.*

**Howard, K.J**., Ellis, H.B., Wang, J.F., *von der Gruen, J., & Bucholz, R. (2012). Evaluating the effects of somatization disorder on self-reported measures of pain, function, disability and quality of life for patients with end-stage lower extremity osteoarthritis undergoing total joint arthroplasty. *American Pain Society.*

Howard, J.T. & **Howard, K.J**. (2012). Barriers to healthcare utilization for individuals with chronic upper extremity joint pain: Results from the National Health Interview Survey. [Abstract]. *American Pain Society.*

Wang, J.F., Khaleel, M.A., Black,S., **Howard, K.J.,** Ellis, H.B., & Bucholz, R. (2010). The effect of ethnicity on patient perceived outcomes of total joint arthroplasty within an indigent population. [Abstract]. *UTSW Medical Student Research Forum.*

**Howard, K.J.,** Ellis, H.B., Khaleel, M.A., Gatchel, R.J. & Bucholz, R.W. (2010). Psychosocial profiles of indigent patients with severe osteoarthritis requiring arthroplasty. [Abstract]. *The American Association of Orthopaedic Surgeons.*

**Howard, K.J.,** Ellis, H.B., Khaleel, M.A., Gatchel, R.J. & Bucholz, R.W. (2010). Psychosocial profiles of indigent patients with severe osteoarthritis requiring arthroplasty. [Abstract]. *Middle American Orthopaedic Society.*

**Howard, K.J.,** Mayer, T.G., Theodore, B.R., Shea, M., & Gatchel, R.J. (2008). Is there evidence that patients failing to complete a functional restoration program have a social malcontent syndrome? A risk factor analysis in chronic disabling spinal disorders [Abstract]. *The Spine Journal (NASS) 8* (5): 26S.

## Works Not in Print

## Papers Presented at Professional Meetings

Rivera, D., Kouba, I., Chabanne, A., **Howard, K**., & Asusta, H. Oral antihypertensives for pregnancy prolongation in preterm preeclampsia: A systematic review and meta-analysis. (*Society for Maternal Fetal Medicin*e, 2026).

Lluch, E.W., Wilkinson, E., **Howard, K.J.,** & Probst, K. Impact of Immunocompromise on outcomes following native tissue prolapse repair. The American Urogynecologic Society. Vancouver, Canada. (October, 2025).

Dailey, S. L., Farris, K. N. L., **Howard, K. J.,** Burke, P. J., Organizational Communication Division, "It's a Roller Coaster of Emotions!": Investigating the Paradoxes of Childcare App Use and Work Engagement," National Communication Association, New Orleans, LA. (November 2024).

*Murley, W. D., Perrotte, J. K., Oberle, C. D., & **Howard, K. J.** (2024, April 11-13). *Beyond the screen: Understanding social media, anxiety, and FAD* [Poster submitted]. Collaborative Perspectives on Addiction 12th Annual Convention, Denver, CO, United States.

Stenquist, D., Mir, H. & **Howard, K**. (2023). Suprapatellar versus infrapatellar nail technique lowers rate of malalignment of proximal tibia fractures. *American Academy of Orthopedic Surgeons*.

**Howard, K**. & Ceballos, N. (2021). Increases in alcohol use during the initial pandemic protocols. *Research Society on Alcohol* (virtual).

*Brunett, K. & **Howard, K.** (2021). Attitudes toward rape myths: The influence of social constructs and personality on the acceptance of rape myths. *Texas State University Psychology Department Psychology Day.*

*Hardin-Sigler, K., Deason, R., Dailey, S., Ceballos, N. & **Howard, K.** (2021). Under the digital bridge: Investigating trolling behaviors in Baby Boomers. *Texas State University Psychology Department Psychology Day.*

*Shretha, N., Perrotte, J., & **Howard, K.** (2021). Masculinity as a moderator of the relationship between COVID-19 change-in-employment and alcohol use among women. *Texas State University Psychology Department Psychology Day*.

*Hardin-Sigler, K., *Stern, M. J, *Finch, A., *Gore, A., **Howard, K.,** & Deason, R. G. (2020). What's my age again? Analyzing the relationship between subjective age and self-reported memory function. Presented at the annual meeting of the Psychonomic Society (virtual).

*Hardin-Sigler, K., Deason, R. G., Dailey, S., Ceballos, N., & **Howard, K**. (2020). Under the digital bridge: Investigating trolling behavior in Baby Boomers. Presented at the annual meeting of the Gerontological Society of America (virtual).

*Stern, M., Deason, R., & **Howard, K.** (2019). An investigation of cognitive decline in patients with hypothyroidism. Panel Presentation: *Texas State University International Graduate Student Research Conference*. (Winner: Top Master's Paper)

*Gomez, M., & **Howard, K.** (2019). Do you dare to compare? Identifying key characteristics of social media users who frequently make online upward social comparisons. Panel Presentation: *Texas State University International Graduate Student Research Conference*.

*Kaiser, S., *Gomez, M., *Klare, D., **Howard, K.** (2019). Sexual Minorities' Social Media Behavior. Panel Presentation: *Texas State University International Graduate Student Research Conference*.

*Gibeaut, E., Haskard-Zolnierek, K., & **Howard, K.** (2019). Depression increases susceptibility to barriers to adherence. Panel Presentation: *Texas State University International Graduate Student Research Conference*.

*Wilson, C., **Howard, K.,** Haskard-Zolnierek, K., & Deason, R. (2019). The relationship between brain fog and poor medication adherence for individuals with hypothyroidism. Poster Presentation: *Texas State University International Graduate Student Research Conference*.

*Gomez, M., Tooley, K., & **Howard, K.** (2019). Social media behaviors of multilingual users. Poster Presentation: *Southwestern Psychological Association Research Conference*, Albuquerque, NM.

*Gibeaut, E., **Howard, K. J.,** & Haskard Zolnierek, K. B. (2019). Conscientiousness and Neuroticism are Associated with Specific Barriers to Medication Adherence. Poster Presentation: *31st APS Annual Conference*, Washington, DC, United States.

*Farley, R., *Giblin, M., *Lopez, A., Jordan, K., & **Howard, K. J.** (2019). MMPI-2-RF Interpersonal Scales in Predicting Opioid Misuse. Poster Presentation: *31st APS Annual Conference*, Washington, DC, United States.

*Giblin, M., & **Howard, K. J.** (2019)., "The Utility of the MMPI-2-RF Personality Psychopathology Five (PSY-5-RF) and Higher-Order Scales in Predicting the Likelihood of Opioid Misuse Within a Chronic Pain Population," Poster Presentation: *31st APS Annual Conference*, Washington, DC, United States.

Dailey, S., **Howard, K.,** *Roming, S., Ceballos, N., & Grimes, T. (2018). Playing with Fire: Communicative and Psychosocial Predictors of Social Media Addiction. Poster Presentation: *National Communication Association.*

Ceballos, N., **Howard, K.,** Dailey, S., & Grimes, T. (2018). Binge drinking and social media intensity among Hispanic and non-Hispanic college students. Poster Presentation: *Research Society on Alcoholism.*

**Howard, K**., Ceballos, N., *Roming, S., Dailey, S., & Grimes, T. (2018). Social media behaviors and psychosocial predictors of social media addiction. Poster Presentation: *Association for Psychological Science.*

*Roming, S., **Howard, K.,** & *Johnson, A. (2018). Adaptive and maladaptive coping strategies for perceived stress and their relationship with quality of life. Poster Presentation: *Association for Psychological Science.*

*Farley, R., **Howard, K**., Dailey, S., Ceballos, N., & Grimes, T. (2018). Personal distress and social media: Influenced behaviors and attitudes in undergraduate university students. Poster Presentation: *Association for Psychological Science.*

*Critz, K., **Howard, K**., Dailey, S., Ceballos, N., & Grimes, T. (2018). An exploratory study of psychological factors that influence trolling on social media. Poster Presentation: *Association for Psychological Science.*

*Capote, M.A. & **Howard, K**. (2018). Individual, occupational, and health factors that contribute to absenteeism of teachers in Texas public schools. Poster Presentation: *Association for Psychological Science.*

*Bonnette, A., *Robinson, A., **Howard, K**., Dailey, S., Ceballos, N., and Grimes, T. (2018). Evaulating the relationship between social media behaviors and anxiety disorder in undergraduate college students. Poster Presentation: *Association for Psychological Science.*

*Johnson, A., *Chambers, J., *Jones-Rincon, A., & **Howard, K.** (2018). An occupational health study assessing intent-to-quit in public school teachers. Poster Presentation: *Association for Psychological Science.*

*Snyder, M., **Howard, K.,** & Haskard Zolnierek, K. (2018). Investigating barriers associated with medication adherence. Poster Presentation: *Association for Psychological Science.*

*Robinson, A., *Bonnette, A., **Howard, K.,** Dailey, S., Ceballos, N., & Grimes, T. (2018). Specific social media behaviors associated with major depressive disorder. Poster Presentation: *Association for Psychological Science.*

*Flournoy, T., & **Howard, K**. (2018). The effect of workplace characteristics on workplace burnout. Poster Presentation: *Southwestern Psychological Association.*

*Roming, S., *Johnson, A., *Cobos, B., Haskard-Zolnierek, K., & **Howard, K.** (2017). Somatization syndrome in Texas school teachers. Poster Presentation: *Association for Psychological Science.*

*Johnson, A., *Roming, S., *Cobos, B., Haskard-Zolnierek, K., & **Howard, K**. (2017). Somatization Disorder: Occupational factors impact on Texas school teachers. Poster Presentation: *Association for Psychological Science.*

*Jones-Rincon, A. & **Howard, K**. (2017). Examining occupation and health predictors for Generalized Anxiety in public school teachers. Poster Presentation: *Southwestern Psychological Association*.

*Ramos, S., *Gray, A., & **Howard, K**. (2016). Evaluating the influence of perceived disability on psychosocial factors following knee replacement surgery. Poster Presentation: *Association for Psychological Science.*

*Ramos, S., *Gray, A., & **Howard, K.** (2016). Evaluating the utility of the Pain Disability Questionnaire for physical outcomes following Total Knee Arthroplasty (TKA). Poster Presentation: *Society for Behavioral Medicine.*

*Gray, A., Haskard Zolnierek, K., & **Howard, K.** (2016). Evaluating barriers to medication adherence: A comparison of patients with physical versus psychological illness. Poster Presentation: *Society for Behavioral Medicine.*

*Chambers, J., **Howard, K.,** *Cobos, B., *Price, R., & Haskard Zolnierek, K. (2015). An Occupational Health Evaluation of Migraine in Public School Teachers. Poster Presentation: *36th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine.*

*Arteta, J., *Cobos, B., **Howard, K.,** & Jordan, K. (2014). Evaluation of how Depression and Anxiety Mediate the Relationship Between Pain Catastrophizing and Opioid Misuse in Chronic Pain Populations. Best Poster Award: *International Organization for Social Sciences and Behavioral Research.*

Howard, J.T., Hughes, H., and **Howard, K.J.** (2014). Spatial Patterning of Public School Teacher Stress Levels in Texas. Poster Presentation: *Applied Demography Conference*, January 2014.

Ellis, H.B., Wise, K., Dumont, G., **Howard, K**., & Wilson, P. (2013). Does socioeconomic status affect the timing of Anterior Cruciate Ligament Reconstruction in the adolescent athlete? Paper Presentation: *Pediatric Orthopaedic Society of North America*. May, 2013. (Presented by Henry Ellis, MD).

**Howard, K.J**., Wang, J.F., *von der Gruen, J., & Bucholz, R. (2012). Evaluating the effects of somatization disorder on self-reported measures of pain, function, disability and quality

of life for patients with end-stage lower extremity osteoarthritis undergoing total joint arthroplasty. Poster Presentation: *American Pain Society*, May 2012.

Howard, J.T. & **Howard, K.J.** (2012). Barriers to healthcare utilization for individuals with chronic upper extremity joint pain: Results from the National Health Interview Survey. Poster Presentation: *American Pain Society*, May 2012.

Khaleel, M.A., **Howard, K.J**., Ellis, H.B., & Bucholz, R. The role of ethnicity in perceived outcomes of total knee arthroplasty within an indigent population. Paper Presentation: UTSW Gregory Lecture, June 2012. (Presented by Mohammed Khaleel, MD).

**Howard, K.J.,** Ellis, H.B., Khaleel, M.A., Gatchel, R.J. & Bucholz, R.W. (2010). Psychosocial profiles of indigent patients with severe osteoarthritis requiring arthroplasty. Paper Presentation: *Middle American Orthopaedic Society,* April 2010. (Presented by Henry Ellis, MD).

**Howard, K.J.,** Ellis, H.B., Khaleel, M.A., Gatchel, R.J. & Bucholz, R.W. (2010). Psychosocial profiles of indigent patients with severe osteoarthritis requiring arthroplasty. Paper Presentation: *The American Association of Orthopaedic Surgeons,* March 2010. (Presented by Henry Ellis, MD).

**Howard, K.J.,** Mayer, T.G., & Gatchel, R.J. (2009). The effects of presenteeism in chronic occupational musculoskeletal disorders: Stay at work is validated. Poster Presentation: *The Spine Journal (NASS),* November 2009. (Presented by Tom Mayer, MD).

**Howard, K.J.,** Mayer, T.G., Theodore, B.R. & Gatchel, R.J. (2008). Risk Factors for Functional Restoration Non-Completion. Paper Presentation: *Research Colloquium,* February 2008.

**Howard, K.J.,** Mayer, T.G., Theodore, B.R. & Gatchel, R.J. (2008). Chronic disabling occupational musculoskeletal disorder patients failing to complete functional restoration: Their "Social Malcontent" profile. Poster Presentation: *Research Day – The University of Texas at Arlington.*

## Invited Talks, Lectures, Presentations

**Howard, K.J.** (2023). Brown Bag Talk: *A Discussion on Emerging Trends in Social Media Research.* Presenter at the Psychology Department Brown Bag Symposium.

**Howard, K.J.** (2022). Brown Bag Research Blitz. Presenter at the Psychology Department Brown Bag Symposium.

**Howard, K.J.** (2019). Invited Talk: Internships. Presented to the *Psychology Learning Community.*

**Howard, K.J.** (2018). Invited Talk: Internships. Presented to the *Psychology Learning Community.*

**Howard, K.J.** (2018). Brown Bag Research Blitz. Presenter at the Psychology Department Brown Bag Symposium.

**Howard, K.J.** (2016). Brown Bag Talk: *Research in Health Psychology*. Presented at the Psychology Department Brown Bag Symposium.

**Howard, K.J**. (2014). Invited Talk: *Careers in Psychology*. Presented to the Psi Chi, International Honor Society of Psychology.

**Howard, K.J**. (2011). Invited Talk: *Research in the Field of Health Psychology*. Presented to the San Marcos High School AP Psychology Students.

**Howard, K.J.** (2011). Invited Talk: *Overview of Industrial and Organizational Psychology*. Presented to the Psychology Learning Community and the Business Learning Community – Texas State University - San Marcos.

**Howard, K.J.** (2010). Guest Lecture: *Fundamentals of Human Factors Research and Engineering Psychology.* Introduction to Psychology course – The University of Texas at Arlington.

**Howard, K.J.** (2008). Presentation: *Chronic Disabling Occupational Musculoskeletal Disorder Patients Failing to Complete Functional Restoration.* Graduate Professional Seminar – The University of Texas at Arlington.

## Grants and Contracts

### Submitted but Not Funded External Research Grants and Contracts

Dailey, S. (PI), Farris, K. (Co-I), **Howard, K.** (Co-I), & Burke, T.(Co-I). (2024). Balancing Act: Childcare Apps and Their Implications for Working Mothers' Health Equity. Robert Wood Johnson Foundation. ($302,000).

Grigsby, T. (PI), Howard, J.T. (Co-I), **Howard, K.J.** (Co-I). (2021). Deaths of Despair: Using Machine Learning Methods to Identify the Determinants Associated with Direct and Indirect Substance Misuse-Related Mortality in the United States. National Institutes of Health: National Institute of Drug Abuse (NIDA). ($750,000).

**Howard, K.** (PI), Grigsby, T. (Co-I), Howard, J. (Co-I), Perrotte, J. (Co-I). (2021). Pandemic-Related Causes and Consequences of Increased Alcohol Use and Misuse: A Biobehavioral study using Unsupervised Machine Learning within a Psychoneuroimmunology Framework. National Institutes of Health: National Institute of Alcohol Abuse and Alcoholism (NIAAA). ($692,604).

Bezner, J. (PI), **Howard, K.** (Co-I), & Deason, R. (Co-I) (2021). Addressing Cardiovascular Risk Factor Management and Cognitive Decline in Adults through Telehealth Coaching by Physical Therapist Students. National Institutes of Health: National Institute of Aging (NIA). ($451,394).

Ngu, A.(PI), Yan, Y (Co-I), **Howard, K.** (Co-I), Chang, J. (Co-I), & Milton, J. (Co-I) (2019). Personalized Fall Detection in High Risk Populations. National Science Foundation: Smart and Connected Health: Connecting Data, People, and Systems 18-541 ($1,200,000).

Bezner, J. (PI), **Howard, K.** (Co-PI), Haskard-Zolnierek, K. (Co-PI), Deason, R. (Co-PI), Burke, P. (Co-PI), Odum, M. (co-PI). (2019). Health Coaching and Chronic Disease Management in Aging Adults: Comparison of In-person and App-based Coaching. National Institutes of Health: Social Psychology, Personality and Interpersonal Processes (SPIP). ($436,155).

Haskard Zolnierek, K., (PI) Burke, T., (Co-PI) **Howard, K.,** (Co-PI) Lawrence,G., (Co-PI) & Tamir, D. (Co-PI) (scored June 2016, scored Feb 2016). Improving Self-Management in Patients with Metabolic Syndrome: The Development and Testing of the MetaboManage Mobile App. National Institutes of Health: National Institute on Aging. Risk, Prevention and Health Behavior AREA Review. ($436,030).

Haskard Zolnierek, K., (PI) & **Howard, K.J.** (Co-PI) (2014) Multicomponent Medication Adherence Monitor (MMAM) Smartphone Program for Chronic Medical Conditions. PhRMA Foundation Adherence Intervention Evaluation Award ($119,350).

**Howard, K.J.** (PI) (2014). The Development of the Interactive Medication Adherence Monitor (IMAM) for Mental Health Conditions. Hogg Research Foundation ($17,500).

**Howard, K.J.** (PI) (2012). Evaluating the Prevalence of Major Depressive Disorder and the Effects on Burnout and Attrition for Texas Public School Teachers. Hogg Research Foundation ($17,500).

**Howard, K.J.** (PI) (2011). Mental Health and Treatment Adherence in Underserved Populations Undergoing Total Knee Replacement Surgery: Evaluating the Effects of Axis I Psychopathology. Hogg Research Foundation ($20,000).

**Howard, K.J.** (PI). (2011). Evaluating the Risk Factors of Post-Surgical Physical Therapy Non-Adherence and its Relationship with Pain and Function Outcomes Following Unilateral Total Knee Arthroplasty. American Pain Society ($20,000).

**Funded Competitive Internal Research Grants and Contracts**

**Howard, K**. (PI), Ceballos, N., Grimes, T., Dailey, S., Lu, Y., Lee, S., & Sharma, S. (2018). Does Social Media Make Us Sick? A Pilot Study on the Effects of Social Media on Physiological Reactivity and Mental Health. Multidisciplinary Internal Research Grant (MIRG), Texas State University. ($23,784).

Burke, T., Haskard Zolnierek, K., **Howard, K.** (Co-PI), Lawrence, G. & Tamir, D. (2016). Increasing Treatment Adherence in Patients with Metabolic Syndrome: Development of a Support Network Application. Multidisciplinary Internal Research Grant (MIRG), Texas State University. ($25,000).

Haskard Zolnierek, K., (PI) & **Howard, K.J.** (Co-PI) (2013) Interactive Medication Adherence Monitor (IMAM) Smartphone Program for Chronic Medical Conditions – Phase II. Texas State University Research Enhancement Program ($6,670).

**Howard, K.J.** (PI) (2011). Evaluating Disparity in Outcomes of Total Joint Replacement in Underserved Population. Texas State University Research Enhancement Program ($8,000).

**Submitted, but not Funded, Competitive Internal Grants and Contracts**

**Howard, K.** (PI), Haskard-Zolnierek, (Co-I), McField, A. (Co-I). (2024). "Weighting for the doctor": An examination of weight stigma, medical gaslighting, and treatment adherence. Texas State University Research Enhancement Program ($13,500).

**Howard, K.** (PI), Perrotte, J. (Co-I), Cordaro, M. (Co-I). (2021). Running on Empty: A Comprehensive Study to Identify Risk Factors and Organizational Outcomes of Occupational Burnout Among Faculty in Higher Education. Texas State University Research Enhancement Program ($16,000).

Dailey, S. (PI), Cordaro, M. (Co-I), **Howard, K.** (Co-I), & Hastings, C. (Co-I). (January, 2021). Occupational Stress and Organizational Outcomes: A Comprehensive Study to Identify Risk Factors and Improve Outcomes Among Faculty in Higher Education. Multidisciplinary Internal Research Grant. (MIRG). ($24,019.68).

Dailey, S. & **Howard, K.** (2020). When Work and Life Become One: Exploring Social Media Influencers' Work-Life Balance and Mental Well-Being. Texas State University Research Enhancement Program ($16,000).

**Howard, K**., & Mayberry A. (2019). Strolling and Trolling: A Comprehensive Evaluation of Online Trolling Behaviors. Texas State University Research Enhancement Program ($16,000).

Haskard Zolnierek, K., Long, J., Covington, B., & **Howard, K.** (2017). Medication Reconciliation and Improving Adherence. Multidisciplinary Research Grant (MIRG), Texas State University. ($25,000).

Grimes, T., Lasser, J., Sokal, J., Daily, S., Lu, Y., Fall, K., & **Howard, K.** (2017). Social Media Influence on Depression, Anxiety, and Suicide Ideation. Multidisciplinary Research Grant (MIRG), Texas State University. ($25,000).

**Howard, K.** (PI) & Haskard-Zolnierek, K. (2016). Hypothyroidism: Understanding how Comorbid Symptoms, Medication Adherence, and Patient-Physician Communication Predicts Quality of Life. Texas State University Research Enhancement Program ($16,000).

Burke, T., Haskard Zolnierek, K., **Howard, K.,** Lawrence, G. & Tamir, D. (2015). Increasing Treatment Adherence in Type II Diabetes Patients: Development of a Support Network Application. Multidisciplinary Research Grant (MIRG), Texas State University. ($25,000).

Haskard Zolnierek, K. & **Howard, K.J.** (Co-PI) (2012). Development of the Interactive Medication Adherence Monitor (IMAM). Texas State University Research Enhancement Program ($16,000).

**Fellowships, Awards, Honors**

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|---|---|
| 2022 | *Liberal Arts College Achievement Award for Excellence in Scholarship*<br>Texas State University: Liberal Arts College |
| 2018 | *Health Scholar Showcase* Translational Health Excellence Award<br>Texas State University ($5,000) |
| 2016 | *Golden Apple Award for Scholarly Activity*<br>Texas State University: Liberal Arts College |
| 2015-2016 | *Dean's Presidential Nominee for Excellence in Scholarly Activity*<br>Texas State University: Liberal Arts College |
| 2012-2013 | *Liberal Arts College Achievement Award Excellence in Scholarly Activity*<br>Texas State University: Liberal Arts College |
| 2009 | *Verne Cox Outstanding Research Award;* University of Texas at Arlington |
| 2009-2010 | *Recipient STEM Fellowship*; Department of Psychology, UTA |
| 2008-2009 | *Recipient STEM Fellowship*; Department of Psychology, UTA |
| 2007-2008 | *Recipient STEM Fellowship*; Department of Psychology, UTA |
| 1996 | *Excellence in Statistics Award*; Department of Sociology; UTA |

# Service

## Institutional

### University

| | |
|---|---|
| 2024-2027 | Faculty Senate Rep, Occupational Health and Safety Committee |
| 2022-2023 | Co-Chair, Data Analytics Minor Implementation Committee |
| 2021-2024 | Faculty Senate Rep, Occupational Health and Safety Committee |
| 2020-2021 | Member, Course Schedule Committee |
| 2019-2020 | Member, Course Schedule Committee |
| 2018 | Panel Chair, 10th Annual International Research Conference |
| 2018 | Volunteer, Bobcat Day (October 2018) |
| 2018-2019 | Member, Retirement and Benefits Committee |
| 2018-2019 | Member, Course Schedule Committee |
| 2018 | Member (substitute), University Curriculum Committee |
| 2018 | Volunteer, Bobcat Day (Spring 2018) |
| 2017 | Chair, Search Committee for Director of TEMC |
| 2017 | Methods Coach - CoSearch |
| 2017-2018 | Member, Retirement and Benefits Committee |
| 2017-2018 | Member, Campus Climate Survey Committee |
| 2017 | Volunteer, Bobcat Day (Spring 2017, Fall 2017) |
| 2016 | Methods Coach - CoSearch |
| 2015-2016 | Member, University Leadership Assembly |
| 2015-2016 | Volunteer, Bobcat Day (November and February) |
| 2015 | Volunteer, Freshman Move-In (2 days) |
| 2013-2014 | Member, University Lecturers Committee |
| 2010-2011 | Library Committee Representative |
| 2010 | Volunteer, Bobcat Day |

### College

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|---|---|
| 2023-2026 | Member, Liberal Arts Study Abroad Council |
| 2019 | Volunteer, COLA Week – Career & Internship Mixer |
| 2016-2017 | Member, Liberal Arts Study Abroad Council |
| 2015-2016 | Member, Liberal Arts Study Aboard Council |

### Departmental

| | |
|---|---|
| 2025-2026 | Chair, Faculty Review Committee |
| 2025-2026 | Coordinator, Faculty Award Committee |
| 2025-2026 | Member, Internship Committee |
| 2024-2025 | Coordinator, Faculty Award Committee |
| 2024-2025 | Chair, Faculty Review Committee |
| 2024-2025 | Member, Search Committee (Clinical position) |
| 2024-2025 | Member, Internship Committee |
| 2023-2024 | Member, Search Committee (I/O, Human Factors position) |
| 2023-2024 | Chair, Faculty Review Committee |
| 2023-2024 | Member, Graduate Program Committee |

| | |
|---|---|
| 2023-2024 | Member, Internship Committee |
| 2022-2023 | Chair, Merit Policy Development Committee |
| 2022-2023 | Chair, Tenure and Promotion Committee |
| 2022-2023 | Member, Departmental Curriculum Committee |
| 2021-2022 | Co-Chair, Workload Policy Committee |
| 2021-2022 | Member, Promotion/Outreach Committee |
| 2021-2022 | Member, Tenure and Promotion Committee |
| 2020-2021 | Member, Promotion/Outreach Committee |
| 2019-2020 | Member, Tenure and Promotion Committee |
| 2019-2020 | Member, Workload Policy Committee |
| 2019 | Member, Search Committee (Open area position) |
| 2019-2020 | Member, Internship Committee |
| 2018 | Member, Search Committee (Department IT position) |
| 2018 | Member, Search Committee (Social Position) |
| 2018-2019 | Chair, Psychology Policy Review Committee |
| 2018-2019 | Member, Internship Committee |
| 2017-2018 | Chair, Faculty Review Committee |
| 2017 | Member, Search Committee (Admin II position) |
| 2017-2018 | Member, Internship Committee |
| 2017-2018 | Chair, Committee to Review Office Hours Requirements |
| 2016 | Member, Search Committee (Admin II position) |
| 2016-2017 | Coordinator, Psychology Dept SONA Human Subjects Pool |
| 2016-2017 | Member, Faculty Review Committee |
| 2016-2017 | Member, MAPR Graduate Program Committee |
| 2016-2017 | Member, Internship Committee |
| 2016-2017 | Member, Psychology Department PhD Exploratory Committee |
| 2015-2016 | Member, Internship Committee |
| 2015-2016 | Member, MAPR Graduate Program Committee |
| 2014-2015 | Member, Internship Committee |
| 2014-2015 | Member, MAPR Graduate Program Committee |
| 2013-2014 | Chair, Statistics and Research Methods Transition Committee |
| 2013 | Member, Search Committee (Human Factors Position) |
| 2012-2013 | Member, Student Evaluation Committee |
| 2012-2013 | Member, Undergraduate Curriculum Committee |
| 2012 | Member, Candidate Search Committee (Quantitative position) |
| 2011 | Member, Candidate Search Committee (Health position) |
| 2011-2012 | Member, Undergraduate Curriculum Committee |
| 2011-2012 | Consultant, Graduate Research Committee |
| 2010-2011 | Member, Undergraduate Curriculum Committee |
| 2010-2011 | Member, Student Retention Committee |

## Professional

Editorial Board

2011-2020 *Journal of Applied Biobehavioral Research*

Peer Manuscript Reviewer

*Aera Open*
*Alcoholism Clinical & Experimental Research*
*Basic and Applied Social Psychology*
*Behavioral Sciences*
*BMC Health Services Research*
*BMC Psychiatry*
*Clinical Nursing Research*
*Community, Work, & Family*
*Current Psychology*
*Cyberpsychology, Behavior, and Social Networking*
*Education Evaluation and Policy Analysis*
*Educational Psychology*
*Educational Researcher*
*Frontiers in Psychology – Organizational Psychology*
*Health and Stress*
*Health Research Board (HRB)- Open Research*
*International Journal of Health Promotion and Education*
*International Journal of Human-Computer Interaction*
*International Journal of Psychiatry in Medicine*
*Journal of Applied Biobehavioral Research*
*Journal of Applied Social Psychology*
*Journal of Bone and Joint Surgery*
*Journal of General Internal Medicine*
*Journal of Health, Organization, and Management*
*Journal of Health Psychology*
*Journal of Occupational and Environmental Medicine*
*Journal of Occupational Rehabilitation*
*Journal of Technology in Behavioral Science*
*Journal of Women's Health*
*Journal of Workplace Behavioral Health*
*Maturitas*
*Medical Care*
*Motivation and Emotion*
*Musculoskeletal Care*
*Neuropsychiatric Disease and Treatment*
*Pain Management*
*Pain Medicine*
*Pain Practice*
*Patient Education and Communication*

*Personality and Individual Differences*
*Phytotherapy Research*
*Psychological Reports*
*Quality of Life Research*
*Review of Education*
*Risk Management and Healthcare Policy*
*SAGE Open Medicine*
*Social Science Computer Review*
*Social Sciences and Medicine – Mental Health*
*Telematics and Informatics*
*The Knee*

Associations

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|---|---|
| 2010-present | American Psychological Association |
| 2010-present | Association for Psychological Science |
| 2011-present | American Pain Society |

**Community**

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|---|---|
| 2017 | Participant, March for Science, Austin, Texas |
| 2014 | Volunteer, Science Fair Judge, Travis Elementary School |
| 2013 | Volunteer, Science Fair Judge, Travis Elementary School |
| 2011 | Invited talk with San Marcos High School Psychology Students |