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## EDUCATION

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- Ph.D.**                    **University of Colorado Denver**, Denver, CO (APA Accredited in Clinical Psychology)  
2017                    Major Area of Study: Clinical Health Psychology  
                              Dissertation: *"Integrating Meaning, Purpose, and Self-Determination Theory as Predictors of Physical Activity Maintenance"*  
                              Chair: Krista Ranby, PhD; Advisor: Kevin Masters, PhD  
  
                              Pre-doctoral Clinical Internship: Rush University Medical Center, Chicago, IL (APA Accredited), Health Psychology Track, 2016-2017
- M.P.H.**                    **Colorado School of Public Health, University of Colorado Denver | Anschutz**  
2015                    **Medical Campus**, Aurora, CO (CEPH Accredited)  
                              Concentration: Applied Biostatistics  
                              Capstone: *"Dyadic Associations of Relationship Quality on Heart Failure Patient and Caregiver Self-care"*
- M.S.**                    **Syracuse University**, Syracuse, NY (APA Accredited)  
2011                    Clinical Psychology  
                              Thesis: *"Positive Life Perspective, Intrinsic Motivation, Physical Activity, and Health"*
- B.A.S.**                    **University of Minnesota Duluth**, Duluth, MN  
2009                    *Summa cum laude*, with distinction  
                              Major: Psychology; Minor: Health Education

## LICENSURE

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- L.P.**                    **Licensed Psychologist**, State of Minnesota, #6342

## INTERESTS AND SPECIALTY AREAS

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Health psychology; behavioral medicine; health behavior change and maintenance; theory-based interventions; physical activity; cardiovascular disease; heart failure; obesity; prevention; meaning and purpose in life; primary care; behavioral sleep medicine; psychological well-being; wellness

## POSITIONS

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*Current:*

**Research Associate**

June 2019 - Present

*HealthPartners Institute, Minneapolis, MN*

*Past:*

**Postdoctoral Fellow, Primary Care Behavioral Health**

August 2017 – May 2019

*University of Minnesota, Department of Family Medicine and Community Health*

Duties: Evaluate and treat behavioral health issues in an integrated primary care setting. Work with a team of family medicine physicians and residents to provide integrated care services. Teach behavioral health and communication skills to family medicine residents. Conduct research and program evaluations in an integrated primary care setting.

Supervisors: Michelle Sherman, PhD LP ABPP, Christine Danner, PhD, Dana Brandenburg, PsyD, Eli Coleman, PhD

*August 2019*

**Pre-doctoral Intern, Health Psychology Track***Rush University Medical Center, Department of Behavioral Sciences*Behavioral Sleep Medicine

Duties: Conducted outpatient evaluations and provided psychological treatment for the management of sleep disorders (CBT-I, IRT, CPAP desensitization).

Supervisors: Kelly Baron, PhD, MPH, CBSM, James Wyatt, PhD, CBSM

Geriatric & Rehabilitation Psychology

Duties: Evaluated psychological and cognitive functioning in an inpatient medical rehabilitation setting. Recommended and implemented tailored psychological interventions and functioned as a member of an interdisciplinary rehabilitation team.

Supervisors: Jay Behel, PhD, Susan Buehler, PhD

Outpatient Psychotherapy/Behavioral Medicine

Duties: Evaluated and treated adults presenting to a hospital-affiliated outpatient psychology clinic with a variety of psychological and health-related issues. Conducted pre-bariatric surgery psychological evaluations.

Supervisors: Joyce Corsica, PhD, Megan Hood, PhD

Psychosocial Oncology

Duties: Provided inpatient consultation and treatment of psychosocial issues for patients with a variety of cancer diagnoses.

Supervisors: Vanessa Tirone, PhD, Rebecca Hunter, PhD, Sarah Thilges, PhD

**American Heart Association Pre-doctoral Fellow**

Jan 2014 – Dec 2015

*University of Colorado Denver, Department of Psychology and Anschutz Health and Wellness Center, Anschutz Medical Campus*

Duties: Designed, conducted, analyzed, and disseminated, “*Meaning and Purpose as Predictors of Physical Activity Maintenance.*”

Supervisor: Kevin Masters, PhD

**Graduate Research Assistant**

June 2013 – June 2016

*Anschutz Health and Wellness Center – University of Colorado Denver | Anschutz Medical Campus*

Duties: Analyzed data from the fitness center members to predict membership retention. Developed new research protocols to examine retention and to enhance current Wellness Center programming. Developed and led stress management group with the cast members of ABC’s Extreme Weight Loss television show. Assisted in the redevelopment and validation of a multidimensional wellness assessment report.

Supervisors: Kevin Masters, PhD, James Hill, PhD, John Peters, PhD, Holly Wyatt, MD

**Study Coordinator**

Aug 2011 – Nov 2012

*Eastern Colorado VA Health Care System, Denver, CO*

Duties: Coordinated a multi-site research project examining two interventions designed to improve quality of life in patients with chronic heart failure. Lead interventionist for the psychospiritual intervention arm, in which patients received mailed stress-management modules with a spirituality component. Recruited and tracked study subjects. Created the study manual, data collection forms, and data map and variable list.

Supervisors: David Bekelman, MD, MPH, Kevin Masters, PhD

**Graduate Research Assistant**

June 2011 - Aug 2011, Aug 2012 – Dec 2013

*University of Colorado Denver, Department of Psychology*

Duties: Analyzed data and wrote research papers. Helped develop new protocols. Attended weekly lab meetings. Created intervention modules for mailed psychospiritual intervention.

Supervisor: Kevin Masters, PhD

**Research Health Science Specialist***Center for Integrated Healthcare, Syracuse VA Medical Center*

Duties: Managed studies of mood and health behaviors (alcohol use, exercise, smoking) in veterans, including intervention and descriptive studies. Conducted in-person and telephone research assessments, monitored study progress, and executed data management and statistical analyses using SAS and SPSS statistical software programs. Coordinated a multi-VISN survey study to assess provider's perspectives of Veterans attrition from MOVE! Weight Management Program.

Supervisors: Stephen Maisto, PhD, Jennifer Funderburk, PhD, Margaret Dundon, PhD

**Undergraduate Research Assistant**

Mar 2009 - July 2009

*University of Minnesota Duluth, Department of Psychology*

Grant: Healthy Food, Healthy Lives Institute Seed Grant: Institutional and Consumer Decision-Making in the Hospital Setting: An Evaluation of a Healthy Food Practices Model

Duties: Assisted with survey development, collected surveys from nearly 900 hospital employees, and maintained database.

Supervisors: Jennifer Schultz, PhD, Lara LaCaille, PhD

**Research Assistant**

Sept 2008 - May 2009

*University of Minnesota Duluth, Department of Psychology*

Grant: Development and Examination of a Self-Determination Theory Web-Based Exercise Adoption Intervention

Duties: Screened participants, assisted with the development of materials, and gave feedback to 60 participants during the 10-week intervention using motivational interviewing framework.

Supervisor: Rick LaCaille, PhD

**Lab Assistant**

June 2008 - July 2009

*University of Minnesota Medical School Duluth, Behavioral Medicine Lab*

Project: Stress, Cortisol, & Appetite/Eating Behavior

Duties: Developed and carried out independent research project, including designing the protocol, writing applications for approval for use of human subjects, adapting experimental materials and writing a laboratory manual, screening participants, running laboratory sessions, and using biomedical equipment. As a lab assistant, aided in completing other laboratory tasks (i.e., scoring questionnaires, modifying and checking databases, and setting up lab equipment).

Supervisor: Mustafa al'Absi, PhD

**AWARDS**


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2017	<b>Outstanding PhD Student</b> University of Colorado Denver, College of Liberal Arts and Sciences
2012	<b>Alumni Graduate Student Scholarship</b> University of Colorado Denver
2012	<b>Selected Mentored Poster</b> Society of Behavioral Medicine
2009-2010	<b>McNair Fellowship</b> Syracuse University
2005-2009	<b>Dean's List for Academic Excellence</b> University of Minnesota Duluth
2009	<b>Researcher of the Year</b> McNair Scholars Program, University of Wisconsin Superior
2008	<b>Darland All-American Scholarship</b> <i>Awarded to 3 University of Minnesota Duluth students annually</i>
2008	<b>Kamal Gindy Scholarship</b> <i>Awarded to 1 University of Minnesota Duluth Psychology student annually</i>

2008	<b>Arrowhead Award</b> University of Minnesota Duluth <i>Awarded to students who demonstrate outstanding service to and participation in a student organization</i>
2007	<b>Distinguished Leadership Award</b> University of Minnesota Duluth Honors Program

## GRANT SUPPORT

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### **Current:**

*Empowering Physicians to Manage Behavioral Health Concerns in Primary Care: Expansion and Dissemination of the Change that Matters Curriculum*

Role: Co-Principal Investigator

Direct Costs: \$19,997

Agency: National Center for Integrated Behavioral Health

Funding Period: July 2019 – June 2020

*Examining Loneliness in an Urban, Underserved Family Medicine Residency Clinic*

Role: Co-Investigator

Principal Investigator: Paul Stadem, MD

Direct Costs: \$3,000

Agency: Minnesota Academy of Family Physicians

Funding Period: Dec 2018 – Dec 2019

*Development and Evaluation of a Curriculum to Teach Physicians Evidence-based Skills for Promoting Health Behavior Change in Their Patients*

Role: Co-Investigator

Principal Investigator: Michelle Sherman, PhD, LP, ABPP

Direct Costs: \$29,977

Agency: University of Minnesota Academic Health Center Seed Grant

Funding Period: June 2018 – May 2019

*Getting Connected: Bolstering Social Networks with a Community Health Worker Intervention to Improve Health*

Role: Co-Investigator

Principal Investigator: Jason Ricco, MD, MPH

Direct Costs: \$95,000

Agency: UCare Foundation Systems Grant

Funding Period: Jan 2018 – Nov 2019

*Expanding Integrated Clinical Services for Opioid Use Disorder at a Family Medicine Training Clinic*

Role: Consultant

Agency: Minnesota Department of Human Services

Principal Investigator: Robert Levy, MD

Funding Period: Apr 2017-Aug 2019

### **Past:**

*Values-Based Behavioral Activation Intervention among Patients Living with Chronic Pain in an Urban Family Medicine Clinic*

Role: Co-Investigator

Principal Investigator: Lucas Boyle, MD

Direct Costs: \$3,000

Agency: Minnesota Academy of Family Physicians

Funding Period: Dec 2017 – Dec 2018

*Meaning and Purpose as Predictors of Physical Activity Maintenance*Role: Principal InvestigatorDirect Costs: \$50,000Agency: American Heart Association Pre-doctoral Fellowship (14PRE18710033)Funding Period: Jan 2014 – Dec 2015*Promoting Brief, Evidence-based Assessment and Intervention in Interdisciplinary Health Care Settings: An Online Educational Tool Kit and Conference Event for Students*Role: Co-SponsorProject Coordinator: Abby Hughes, PhDDirect Costs: \$1,550Agency: American Psychological Association Committee on APA/Division Relations Interdivisional Grant ProgramFunding Period: Jan 2014 – Dec 2014**RESEARCH EXPERIENCE (Unpaid)**

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**Behavioral Sleep Medicine Research Group**

July 2016 – June 2017

*Rush University Medical Center, Chicago, IL*Duties: Assisted with the design and implementation of a CPAP engagement telehealth project to increase adherence to CPAP. Conducted secondary analyses and write-up of data on the relationship between physical activity and sleep behaviors. Attended research meetings.Supervisor: Kelly Baron, PhD, MPH, CBSM**MPH Capstone Student**

Aug 2015 – Dec 2015

*Eastern Colorado VA Healthcare System, Denver, CO*Duties: Designed a dyadic study of the associations among relationship quality, caregiver burden, and self-care behaviors in heart failure patients and caregivers. Conducted analyses, prepared manuscript for publication, and presented poster and oral presentations at final capstone MPH public health forum.Supervisor: David Bekelman, MD, MPH**MPH Practicum Student**

Jan 2015 – May 2015

*Anschutz Health and Wellness Center – University of Colorado Denver | Anschutz Medical Campus*Duties: Revised a comprehensive Wellness Assessment to be implemented at the Wellness Center. Designed the validity study, managed the IRB, managed database, conducted analyses (descriptive, missing data, exploratory and confirmatory factor analysis), and wrote and presented results.Supervisors: Kevin Masters, PhD, John Peters, PhD**Research Assistant (Without Compensation)**

Nov 2012 – June 2016

*Eastern Colorado VA Health Care System, Denver, CO*Duties: Assisted in data analysis and publication.Supervisors: David Bekelman, MD, MPH, Kevin Masters, PhD**Junior Clinical Researcher**

Apr 2012 – Aug 2015

*Colorado Consortium for Health Behavior Change*Fred Wamboldt, MD (PI): NIH Conference Grant ([R13 CA162827](#)) titled: “*Health Behavior Change in Cardiopulmonary Illness: Enhancing Theory and Models of Behavioral Mechanisms*”

Consortium met for 8 quarterly meetings to appraise, review, and enhance existing theoretical models of health behavior change in order to improve prevention and intervention strategies relating to cardiopulmonary illness.

**Honors Senior Capstone Project**

Sept 2008 - April 2008

*University of Minnesota Duluth, Department of Psychology*Project: The immediate effect of advertisements on psychological states: Are we more resilient than previously thought?”

August 2019

Duties: Expanded upon McNair Scholar research project by adding more subjects and changing protocol to address previous limitations.

Supervisor: Lara LaCaille, PhD

### McNair Scholar

Oct 2007 - Sept 2008

*University of Wisconsin Superior*

Project: Self-determination, self-regulation, and eating behavior

Duties: Designed experiment to study the effect of subtle environmental cues on hunger and psychological states that have been shown to impact eating behavior, while using dispositional motivational style as a moderating variable. Carried out protocol, analyzed data using SPSS, and wrote final manuscript.

Faculty Mentor: Lara LaCaille, PhD

### Experimental Design and Applied Methods Research Student

Sept 2007 - May 2008

*University of Minnesota Duluth, Department of Psychology*

Project: Exercise may enhance performance on cognitive tasks: A pilot study

Duties: Designed experiment to study the effect of an acute bout of exercise on memory and attention tasks. Carried out experiment and analyzed data using SPSS.

Faculty Mentor: Rick LaCaille, PhD

### Self-Determination Theory (SDT) Research Group

Sept 2007 - May 2009

*University of Minnesota Duluth, Department of Psychology*

Duties: Met weekly with a small group of students and faculty to discuss journal articles related to SDT and health, propose research topics, and prepare undergraduate research projects.

Supervisors: Rick LaCaille, PhD, Lara LaCaille, PhD

### PEER-REVIEWED JOURNAL ARTICLES (*h*-index = 13)

1. **Hooker, S. A.**, Masters, K. S., Vagnini, K. M., & Rush, C. (2019). Engaging in personally meaningful activities is associated with meaning salience and psychological well-being. *The Journal of Positive Psychology*. doi: 10.1080/17439760.2019.1651895
2. Adkins, E. C., DeYonker, O., Duffecy, J., Wyatt, J., **Hooker, S. A.**, & Baron, K. G. (in press). Predictors of intervention interest among individuals with short sleep duration. *Journal of Clinical Sleep Medicine*.
3. Sherman, M. D., **Hooker, S. A.**, Doering, A., & Walther, L. (2019). Working with survivors of sexual assault in the primary care setting. *Family Practice Management*, 26, 19-23.
4. Rush, C., **Hooker, S. A.**, Ross, K., Frers, A., Peters, J. C. & Masters, K. S. (2019). Brief report: Meaning in life is mediated by self-efficacy in the prediction of physical activity. *Journal of Health Psychology*. doi: 10.1177/1359105319828172
5. Sherman, M. D., & **Hooker, S. A.** (2018). Supporting families managing parental mental illness: Challenges and resources. *International Journal of Psychiatry in Medicine*, 53, 361-370. doi: 10.1177/0091217418791444
6. Masters, K. S., Ross, K. M., **Hooker, S. A.**, & Wooldridge, J. S. (2018). A psychometric approach to theory-based behavior change intervention development: Example from the Colorado Meaning-Activity Project (COMAP). *Annals of Behavioral Medicine*, 52, 463-473. doi: 10.1093/abm/kay023
7. **Hooker, S. A.**, & Masters, K. S. (2018). Daily meaning salience and physical activity in previously inactive exercise initiates. *Health Psychology*, 37, 344-354. doi: 10.1037/hea0000599
8. **Hooker, S. A.**, Masters, K. S., & Park, C. L. (2018). A meaningful life is a healthy life: A conceptual model linking meaning and meaning salience to health. *Review of General Psychology*, 22, 11-24. doi: 10.1037/gpr0000115
9. **Hooker, S. A.**, Punjabi, A., Justesen, K., Boyle, L., & Sherman, M. D. (2018). Encouraging health behavior change: Eight evidence-based strategies. *Family Practice Management*, 25, 31-36.

10. Caldwell, A.E., Masters, K.S., Peters, J.C., Bryan, A.B., Grigsby, J., **Hooker, S.A.**, ...Hill, J. O. (2018). Harnessing centered identity transformation to reduce executive function burden for maintenance of health behavior change: The Maintain IT Model. *Health Psychology Review*, *12*, 231-253. doi: 10.1080/17437199.2018.1437551
11. Vogeli, J. M., **Hooker, S. A.**, Everhart, K. D., & Kaplan, P. S. (2018). Psychometric properties of the Postpartum Depression Screening Scale beyond the postpartum period. *Research in Nursing & Health*, *41*, 185-194. doi:10.1002/nurs.21861
12. **Hooker, S. A.**, Wooldridge, J. S., Ross, K., & Masters, K. S. (2018). Do monetary incentives increase fitness center utilization? It depends. *American Journal of Health Promotion*, *32*, 606-612. doi:10.1177/0890117116689321
13. **Hooker, S. A.**, Schmiede, S. J., Trivedi, R. B., Amoyal, N. R., & Bekelman, D. B. (2018). Mutuality and heart failure self-care in patients and their informal caregivers. *European Journal of Cardiovascular Nursing*, *17*, 102-113. doi: 10.1177/1474515117730184
14. Baron, K. G., & **Hooker, S. A.** (2017). Next steps for patients who fail to respond to cognitive behavioral therapy for insomnia (CBT-I): The perspective from behavioral sleep medicine psychologists. *Current Sleep Medicine Reports*, *3*, 327-332. doi: 10.1007/s40675-017-0096-x
15. Dionne-Odom, J. N., **Hooker, S. A.**, Bekelman, D. B., Ejem, D., McGhan, G., Kitko, L., ...Bakitas, M. A. (2017). Family caregiving for persons with heart failure at the intersection of heart failure and palliative care: A state of the science review. *Heart Failure Reviews*, *22*, 543-557. doi: 10.1007/s10741-017-9597-4
16. **Hooker, S. A.**, Ross, K., Masters, K. S., Park, C., Hale-Smith, A., Allen, L., & Bekelman, D. B. (2017). Denver Spirited Heart: Mixed-methods pilot study of a psychospiritual intervention for heart failure patients. *Journal of Cardiovascular Nursing*, *32*, 226-235. doi: 10.1087/JCN.0000000000000337
17. **Hooker, S. A.**, Ross, K., Ranby, K. W., Masters, K. S., Peters, J. C., & Hill, J. O. (2016). Identifying groups at risk for 1-year membership termination from a fitness center at enrollment. *Preventive Medicine Reports*, *4*, 563-568. doi: 10.1016/j.pmedr.2016.10.016
18. **Hooker, S. A.** & Masters, K. S. (2016). Purpose in life is associated with physical activity measured by accelerometer. *Journal of Health Psychology*, *21*(6), 962-971. doi: 10.1177/1359105314542822
19. **Hooker, S. A.**, Grigsby, M. E., Riegel, B., & Bekelman, D. B. (2015). The impact of relationship quality on health-related outcomes in heart failure patients and informal family caregivers: An integrative review. *Journal of Cardiovascular Nursing*, *30*, S52-S63. doi: 10.1097/jcn.0000000000000270
20. Arigo, D., Funderburk, J.S., **Hooker, S.**, Dundon, M., Evans-Hudnall, G., Dubbert, P., ...O'Donohue, J. (2015). Veterans Health Administration's MOVE!® Weight Management Program: Primary care clinicians' perceptions of program implementation. *Military Medicine*, *180*, 1027-1033. doi:10.7205/milmed-d-14-00366
21. Arigo, D., **Hooker, S.**, Funderburk, J., Dundon, M., Evans-Hudnall, G., Dubbert, P., ...DeSouza, C. (2015). Veterans Health Administration MOVE!® Weight Management Program: Providers' perceptions of attrition. *Primary Health Care Research and Development*, *16*, 147-156. doi:10.1017/s1463423614000139
22. Lum, H., Lo, D., **Hooker, S. A.**, & Bekelman, D. B. (2014). Caregiving in heart failure: Relationship quality is associated with caregiver benefit finding and caregiver burden. *Heart & Lung: The Journal of Acute and Critical Care*, *43*, 306-310. doi: 10.1016/j.hrtlng.2014.05.002
23. Jordan, K. D., Masters, K. S., **Hooker, S. A.**, Ruiz, J. M., & Smith, T. W. (2014). An interpersonal approach to religiousness and spirituality as influences on health and well-being. *Journal of Personality*, *82*, 418-431. doi: 10.1111/jopy.12072
24. Bekelman, D. B., **Hooker, S. A.**, Nowels, C. T., Main, D. S., Meek, P., McBryde, C., Hattler, B., Lorenz, K. A., & Heidenreich, P. A. (2014). Feasibility and acceptability of a collaborative care intervention to improve symptoms and quality of life in chronic heart failure: Mixed methods pilot trial. *Journal of Palliative Medicine*, *17*, 145-151. doi: 10.1089/jpm.2013.0143

25. **Hooker, S. A.**, Masters, K. S., & Carey, K. B. (2014). Multidimensional assessment of religiousness/spirituality is related to health behaviors in college students. *International Journal for the Psychology of Religion*, *24*, 228-240. doi: 10.1080/10508619.2013.808870
26. **Hooker, S. A.**, MacGregor, K. L., Funderburk, J. S., & Maisto, S. A. (2013). Body mass index and depressive symptoms in primary care settings: Examining the moderating roles of smoking status, alcohol consumption, and vigorous exercise. *Clinical Obesity*, *4*, 21-29. doi: 10.1111/cob.12035
27. Masters, K. S. & **Hooker, S. A.** (2013). Religiousness/spirituality, cardiovascular disease, and cancer: Cultural integration for health research and intervention. *Journal of Consulting and Clinical Psychology*, *81*, 206-216. doi: 10.1037/a0030813
28. al'Absi, M. N., Nakajima, M., **Hooker, S. A.**, Wittmers, L. E. & Cragin, T. (2012). Exposure to acute stress is associated with attenuated sweet taste. *Psychophysiology*, *49*, 96-103. doi: 10.1111/j.1469-8986.2011.01289.x
29. al'Absi, M. N., **Hooker, S. A.**, Fujiwara, K., Kiefer, F., von der Goltz, C., Cragin, T., & Wittmers, L. E. (2011). Circulating leptin levels are associated with increased craving to smoke in abstinent smokers. *Pharmacology, Biochemistry, and Behavior*, *97*, 507-513. doi: 10.1016/j.pbb.2010.10.004
30. Ceballos, N. A., **Hooker, S. A.**, & al'Absi, M. N. (2009). Sex-specific associations of body mass index with mood disturbance during smoking abstinence. *Neuropsychobiology*, *60*, 37-43. doi: 10.1159/000235800

#### PEER-REVIEWED BOOK CHAPTERS & ENCYCLOPEDIA ENTRIES

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1. LaCaille, R. A., & **Hooker, S. A.** (2019). Physical activity. In R. A. R. Gurung & T. Revenson (Eds.), *The handbook of health psychology* (pp. 105-118). New York, NY: Taylor & Francis/Routledge.
2. Masters, K. S., & **Hooker, S. A.** (2019). Spirituality/religiosity and health. In K. Sweeny & M. Robbins (Eds.), *The Wiley Encyclopedia of Health Psychology*. New York, NY: Wiley.
3. **Hooker, S.A.**, & Emery-Tiburcio, E.E. (2017). Interdisciplinary team. In J. Kruetzer, J. DeLuca, & B. Caplan (Eds.), *Encyclopedia of clinical neuropsychology: A comprehensive major reference work for clinical neuropsychologists, cognitive scientists, and rehabilitation specialists* (2<sup>nd</sup> ed.). Heidelberg: Springer. doi: 10.1007/978-3-319-56782-2\_404-3
4. **Hooker, S. A.**, & Bekelman, D. B. (2014). Existential and spiritual issues. In S. Goodlin & M. Rich (Eds.), *End of life issues in cardiology* (pp. 155-169). London, UK: Springer-Verlag. doi:10.1007/978-1-4471-6521-7\_10
5. Masters, K. S., & **Hooker, S. A.** (2013). Religion, spirituality, and health. In R. F. Paloutzian & C. L. Park (Eds.), *Handbook of the psychology of religion and spirituality* (2<sup>nd</sup> ed.) (pp. 519-539). New York, NY: Guilford Press.
6. **Hooker, S. A.** (2013). Cardiovascular disease prevention. In M. Gellman & J. R. Turner (Eds.), *Encyclopedia of behavioral medicine* (pp. 337-340). New York, NY: Springer. doi: 10.1107/978-1-4419-1005-9\_1611
7. **Hooker, S. A.** (2013). Robert Wood Johnson Foundation. In M. Gellman & J. R. Turner (Eds.), *Encyclopedia of behavioral medicine* (p. 1694). New York, NY: Springer. doi: 10.1107/978-1-4419-1005-9\_1493
8. **Hooker, S. A.** (2013). Society of Behavioral Medicine. In M. Gellman & J. R. Turner (Eds.), *Encyclopedia of behavioral medicine* (p. 1848). New York, NY: Springer. doi: 10.1107/978-1-4419-1005-9\_1544
9. **Hooker, S. A.** (2013). Martin Seligman. In M. Gellman & J. R. Turner (Eds.), *Encyclopedia of behavioral medicine* (pp. 1763-1764). New York, NY: Springer. doi: 10.1107/978-1-4419-1005-9\_1542
10. **Hooker, S. A.** (2012). Herbert Benson. In M. Gellman & J. R. Turner (Eds.), *Encyclopedia of behavioral medicine* (p. 213-214). New York, NY: Springer. doi: 10.1107/978-1-4419-1005-9\_1365

11. **Hooker, S. A.** (2013). Self-blame. In M. Gellman & J. R. Turner (Eds.), *Encyclopedia of behavioral medicine* (pp. 1731-1732). New York, NY: Springer. doi: 10.1107/978-1-4419-1005-9\_1496
12. **Hooker, S. A.** (2013). SF-36. In M. Gellman & J. R. Turner (Eds.), *Encyclopedia of behavioral medicine* (pp. 1784-1786). New York, NY: Springer. doi: 10.1107/978-1-4419-1005-9\_1597
13. **Hooker, S. A.** (2013). Canonical correlation. In M. Gellman & J. R. Turner (Eds.), *Encyclopedia of behavioral medicine* (pp. 325-326). New York, NY: Springer. doi: 10.1107/978-1-4419-1005-9\_1579
14. Masters, K. S., & **Hooker, S. A.** (2012). Impact of religion and spirituality on health. In J. Aten, K. O'Grady, & E. Worthington (Eds.), *The psychology of religion and spirituality for clinicians: Using research in your practice* (pp. 357-386). New York, NY: Routledge.

## MANUSCRIPTS IN PROGRESS

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1. **Hooker, S. A.**, Bouchard, L. C., Reid, K. J., & Baron, K. G. (under review). Do sleep, diet, and activity vary together day to day? Exploration of intra-individual variability in three key health behaviors.
2. **Hooker, S. A.**, Post, R., & Sherman, M. D. (under review). Awareness of meaning in life is protective against burnout among family physicians: A CERA study.
3. **Hooker, S. A.**, Slattengren, A. H., Boyle, L., & Sherman, M. D. (under review). Values-based behavioral activation for chronic pain in primary care: A pilot study.
4. Sherman, M. D. & **Hooker, S. A.** (under review). Primary care physicians' confidence in and delivery of health behavior change interventions.
5. **Hooker, S. A.**, Masters, K. S., Ross, K., Jackson, K., & Peters, J. C. (in preparation). Multiple dimensions of wellness: Development and psychometric characteristics of the Anschutz Wellness Evaluation 360 (AWE 360).
6. **Hooker, S. A.** & Masters, K. S. (in preparation). Integrating self-determination theory and meaning in life to predict physical activity in previously inactive adults starting new exercise programs.

## BOOK REVIEWS, LETTERS, AND OTHER PUBLICATIONS

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1. **Hooker, S.A.**, Loth, K., Ngaw, S., Uy, M., Moon, J., Justesen, K., & Sherman, M. (2019). So you want your patients to lose weight, sleep better, and quit drinking and smoking? Evidence-based resources for family physicians. *Minnesota Family Physician*, 3(2), 12-14.
2. Buck, H. G., Bekelman, D., Cameron, J., Chung, M., **Hooker, S.**, Pucciarelli, G., ...Vellone, E. (2019). A body of work, a missed opportunity. *Journal of the American Geriatric Society*. doi: 10.1111/jgs.15749
3. **Hooker, S. A.** (2018, Spring). Early career professionals corner: Defining your strengths and areas for growth as an ECP. *The Health Psychologist*. <https://div38healthpsychologist.com/2018/03/07/early-career-professionals-corner-defining-your-strengths-and-areas-for-growth-as-an-ecp/>
4. Masters, K. S. & **Hooker, S. A.** (2012). Getting to the heart of health psychology [Review of the book *Heart and mind: The practice of cardiac psychology (2nd ed.)*]. *PsycCRITIQUES*, 57(4). doi: 10.1037/a0026817
5. **Hooker, S. A.** & LaCaille, L. J. (2009). External influences on hunger and psychological states: Is autonomous self-regulation protective? *The McNair Scholars Journal of the University of Wisconsin-Superior*, 9, 47-61.
6. **Hooker, S. A.** (2008). Model speech #3: Describing public discourse surrounding a controversy. In E. J. Nelson & D. S. Petersen-Perlman, *Public speaking: A developmental guide*. New York: Pearson Custom Publishing.

## SYMPOSIA AND ORAL PRESENTATIONS

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1. **Hooker, S.**, Slattengren, A., Boyle, L., & Sherman, M.D. (2019, May). *Values-based behavioral activation intervention among patients living with chronic pain in an urban family medicine clinic*. Oral Presentation at the 52<sup>nd</sup> Society for Teachers of Family Medicine Annual Conference, Toronto, ON, Canada.
2. **Hooker, S.**, Sherman, M.D., Slattengren, A., & Boyle, L. (2019, April). *Acceptability of a values-based behavioral activation intervention in patients living with chronic pain*. Oral Presentation at the Integrated Behavioral Health Conference, Minneapolis, MN.
3. **Hooker, S. A.**, Levy, R., Sherman, M. D., Justesen, K., Kent, K., & Nissly, T. (2019, March). Predictors of retention for buprenorphine treatment. Oral Presentation at the Minnesota Academy of Family Physicians Innovation & Research Forum, Bloomington, MN.
4. Boyle, L., **Hooker, S.**, Slattengren, A., & Sherman, M.D. (2019, May). *Values-based behavioral activation intervention among patients living with chronic pain in an urban family medicine clinic*. Oral Presentation at the Minnesota Academy of Family Physicians Innovation & Research Forum, Bloomington, MN.
5. **Hooker, S. A.**, Loth, K., Ngaw, S., & Sherman, M. D. (2019, March). So you want your patients to lose weight, sleep better, and quit smoking and drinking? Evidence-based resources to help! Oral presentation at the Minnesota Academy of Family Physicians (MAFP) Spring Refresher Conference, Minneapolis, MN.
6. **Hooker, S. A.**, & Sherman, M. D. (2019, January). *Reinforcing the "health" in health service psychology: Brief, evidence-based interventions for health behavior change*. First Friday Forum workshop for the Minnesota Psychological Association, St. Paul, MN.
7. **Hooker, S.**, Slattengren, A., Boyle, L., & Sherman, M.D. (2018, November). *Values-based behavioral activation intervention among patients living with chronic pain in an urban family medicine clinic*. Oral Presentation at Family Medicine Midwest 2018 Conference, Madison, WI.
8. **Hooker, S. A.**, & Sherman, M. D. (2018, April). *Integrating health behavior change into primary care: A population health approach*. Presented at the Integrated Behavioral Health Conference, Minneapolis, MN.
9. Sherman, M. D., & **Hooker, S. A.** (2018, April). *A population health-based model for health behavior change in primary care*. Presented at the 82<sup>nd</sup> Annual Convention for the Minnesota Psychological Association, Minneapolis, MN.
10. **Hooker, S. A.**, Sherman, M. D., & Gits, A. (2018, March). *Intimate partner violence*. Presented at the Minnesota Academy of Family Physicians (MAFP) Innovation & Research Forum, Bloomington, MN.
11. Masters, K. S., & **Hooker, S. A.** (2017, March). *Living like you mean it just might be good for you*. Presented at the 38<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, San Diego, CA.
12. Drerup, M., Baron, K. G., McCrae, C., **Hooker, S. A.**, & Domingo, S. (2017, March). *Behavioral sleep medicine: Career paths and future career opportunities*. Panel discussion at the 38<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, San Diego, CA.
13. **Hooker, S. A.**, & Masters, K. S. (2016, December). *Daily meaning salience predicts daily physical activity in previously sedentary exercise initiates*. Paper presented at the 14<sup>th</sup> International Congress of Behavioral Medicine, Melbourne, Australia.
14. Masters, K. S., **Hooker, S. A.**, Ross, K., & Wooldridge, J. S. (2016, March). *Developing and testing theory-based behavioral interventions: Example from the Colorado Meaning-Activity Project (Co-MAP)*. In S. Michie, (Chair), *Developing and testing theory-based digital behavioral interventions*. Symposium conducted at the 37<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, Washington, D.C.
15. Masters, K. S., **Hooker, S. A.**, & Wooldridge, J. S. (2015, June). *Developing and testing theory-based behavioral interventions: Example from the Colorado Meaning-Based Activity Project (Co-MAP)*. Workshop presentation at the 2015 Annual Meeting for the International Society of Behavioral Nutrition and Physical Activity, Edinburgh, Scotland, UK.
16. **Hooker, S. A.**, Ross, K. M., Masters, K. S., Park, C., Allen, L. A., Bekelman, D. B., & Grigsby, M. (2013, March). *Qualitative evaluation of a psychospiritual intervention for chronic heart failure (HF) patients: The Denver Spirited Heart Pilot Study*. In K. S. Masters, (Chair), *Spiritually Informed Interventions in Behavioral*

*Medicine*. Symposium conducted at the 34<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA.

17. Jordan, K., Masters, K. S., & **Hooker, S. A.** (2012, November). *Using the interpersonal theory of personality, social, and clinical psychology to identify recurring patterns of social behavior associated with religiousness and spirituality*. Paper presented at the 2012 Meeting of the Society for the Scientific Study of Religion, Phoenix, AZ.
18. Ross, K. M., **Hooker, S. A.**, Masters, K. S., Park, C., Allen, L. A., Bekelman, D. B., & Grigsby, M. (2012, October). *Denver Spirited Heart: A resource-sparing psychospiritual palliative care intervention for patients with heart failure*. Oral presentation at the 2012 Palliative Care Research Days Conference, Aurora, CO.
19. Bekelman, D. B., Nowels, C. T., & **Hooker, S. A.** (2012, October). *Collaborative Care to Alleviate Symptoms and Adjust to Illness (CASA) pilot study*. Oral presentation at the 2012 Palliative Care Research Days Conference, Aurora, CO.
20. Maisto, S.A., Funderburk, J.S., MacGregor, K., Wheaton, K., **Hooker, S.**, & Sugarman, D. (2011, August). *A literature review of brief behavioral interventions that can be applied in co-located collaborative care settings*. Workshop presentation at the VA Mental Health Conference, Baltimore, MD.
21. al'Absi, M. N., Nakajima, M., **Hooker, S. A.**, Krambeer, R., & Cragin, T. (2011, March). *Stress and taste: Potential mechanisms linking taste and affect regulation*. Oral presentation at the 2011 Annual Meeting of the American Psychosomatic Society, San Antonio, TX.
22. Schultz, J. F., LaCaille, L. J., Dauner, K. N., LaCaille, R. A., **Hooker, S. A.**, & Klinger, J. (2010, November). *Impact of price and labeling on the purchase of locally and sustainably produced, organic, and healthy food*. Oral presentation at the 138<sup>th</sup> Annual Meeting of the American Public Health Association, Denver, CO.
23. **Hooker, S. A.** (2009, April). *The immediate effect of advertisements on psychological states: Are we more resilient than previously thought?* Oral presentation at the 7<sup>th</sup> Annual Twin Ports Undergraduate Psychology Conference, Duluth, MN.
24. Carlson, J., **Hooker, S.**, Dezelske, J., & Peterson, L. (2008, April). *Building bridges in the honors community: Development of a student-produced journal*. Oral presentation at the Upper Midwest Honors Conference, Menomonie, WI.

## POSTER PRESENTATIONS

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1. LaCaille, R.A., LaCaille, L.J., **Hooker, S.A.**, & Koball, A.M. (2019, May). *An examination of unhealthy weight control behaviors and need satisfaction and frustration in college students*. Poster presented at the 7th International Conference on Self-Determination Theory, Egmond aan Zee, Netherlands.
2. Levy, R., **Hooker, S.**, Sherman, M., Justesen, K., Kent, K., & Nissly, T. (2019, April). *Predictors of retention in a primary-care-based MAT program for opioid use disorder*. Poster presented at the American Society of Addiction Medicine 50<sup>th</sup> Annual Conference, Orlando, FL.
3. DeYonker, O., Duffecy, J., **Hooker, S. A.**, & Baron, K. G. (2018, June). *Attitudes of short sleepers towards sleep extension interventions*. Poster presented at the 2018 Annual Meeting for Sleep Medicine, Baltimore, MD.
4. **Hooker, S. A.**, Sherman, M. D., Boyle, L., Vang, N., Justesen, K., Moon, J., & Wootten, M. (2018, May). *Empowering physician with skills in promoting health behavior change*. Poster presented at the Society of Teachers of Family Medicine 2018 Annual Spring Conference, Washington, DC.
5. **Hooker, S. A.** & Sherman, M. D. (2018, April). *Primary care physicians' confidence in and delivery of health behavior change interventions*. Poster presented at the 39<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.
6. **Hooker, S. A.**, Masters, K. S., & Wood, J.\* (2017, March). *An idiographic measure of meaningful activity participation is longitudinally associated with greater well-being*. Poster presented at the 38<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Diego, CA.

7. **Hooker, S. A.**, Bouchard, L. C., & Baron, K. G. (2017, March). *Variability in sleep and physical activity related to BMI in healthy adults*. Poster presented at the 38<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Diego, CA.
8. Rush, C., **Hooker, S. A.**, Ross, K. M., & Masters, K. S. (2017, March). *Spiritual well-being, meaning, and health and fitness confidence predict physical activity*. Poster presented at the 38<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Diego, CA.
9. **Hooker, S. A.**, Masters, K. S., & Ranby, K. W. (2016, June). *Integrating self-determination theory with a sense of meaning in life to predict physical activity adoption at a fitness center*. Poster presented at the 6<sup>th</sup> International Conference on Self-Determination Theory, Victoria, British Columbia, Canada.
10. LaCaille, L. J., LaCaille, R. A., Dauner, K. N., Klingner, J., & **Hooker, S. A.** (2016, June). *Integrating self-determination theory and theory of planned behavior in the context of healthy eating behavior*. Poster presented at the 6<sup>th</sup> International Conference on Self-Determination Theory, Victoria, British Columbia, Canada.
11. **Hooker, S. A.**, Stewart, J., Masters, K. S., Ross, K., & Wooldridge, J. S. (2015, June). *Behavioral incentives for exercise participation: More harm than good?* Poster presented at the 2015 Annual Meeting for the International Society of Behavioral Nutrition and Physical Activity, Edinburgh, Scotland, UK.
12. Wooldridge, J. S., **Hooker, S. A.**, Ross, K. M., Masters, K. S., Ranby, K. W., & Hill, J. O. (2015, April). *Distinguishing early terminators from maintainers at a health and wellness fitness center*. Poster presented at the 36<sup>th</sup> Annual Meeting for the Society of Behavioral Medicine, San Antonio, TX.
13. Nakamura, K.,\* **Hooker, S. A.**, & Masters, K. S. (2015, April). *Personal history of sports activity and current physical activity motivation*. Poster presented at the Annual University of Colorado Denver Research and Creative Activities Symposium, Denver, CO.
14. **Hooker, S. A.**, Ross, K. M., Masters, K. S., Ranby, K. W., & Hill, J. O. (2014, August). *Stress and life satisfaction predict retention at a health and wellness fitness center*. Poster presented at the 13<sup>th</sup> International Congress of Behavioural Medicine, Groningen, The Netherlands.
15. Grigsby, M.E., **Hooker, S.A.**, Allen, E. S., & Spence, A. (2014, August). *Religious service attendance and self-reported health: The role of couples' communication*. Poster presented at the 122<sup>nd</sup> Annual Convention of the American Psychological Association, Washington, DC.
16. **Hooker, S.A.**, Grigsby, M.E., & Masters, K.S. (2014, August). *Having and searching for meaning and life satisfaction: The mediating roles of perceived stress and depressive symptoms*. Poster presented at the 122<sup>nd</sup> Annual Convention of the American Psychological Association, Washington, DC.
17. Grigsby, M.E., **Hooker, S.A.**, Masters, K.S., Allen, E. S., & Spence, A. (2014, April). *Relationship factors and sleep quality: The role of anxiety and depressive symptoms*. Poster presented at the 35<sup>th</sup> Annual Meeting for the Society of Behavioral Medicine, Philadelphia, PA.
18. Ross, K., **Hooker, S.**, Masters, K., Park, C., Allen, L. A., Bekelman, D. B., & Hale-Smith, A. (2014, April). *Spiritual well-being parallels physical and psychological distress in patients with heart failure*. Poster presentation at the 35<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, Philadelphia, PA.
19. **Hooker, S. A.**, Grigsby, M. E., Riegel, B., & Bekelman, D. B. (2013, October). *Relationships matter: A review of dyadic studies of heart failure patients and their informal family caregivers*. Poster presentation at the 2013 Palliative Care Research Days Conference, Aurora, CO.
20. **Hooker, S. A.**, Grigsby, M. E., Ross, K. M., Masters, K. S., & Steffen, P. R. (2013, August). *Are ill populations more spiritual? An analysis of the FACIT-Sp*. Poster presented at the 121<sup>st</sup> Annual Convention of the American Psychological Association, Honolulu, HI.
21. LaCaille, L., LaCaille, R., Schultz, J, Dauner, K., **Hooker, S.**, & Klingner, J. (2013, August). *Factors associated with healthy, organic, local and sustainable food choices*. Poster presented at the Society for Consumer Psychology Conference at the American Psychological Association Annual Convention, Honolulu, HI.

22. **Hooker, S. A.**, Ross, K. M., Masters, K. S., Park, C., Allen, L. A., Bekelman, D. B., & Grigsby, M. (2013, March). *Effects of a spiritual intervention for heart failure patients: The Denver Spirited Heart Pilot Study*. Poster presented at the 34<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA.
23. Bekelman, D. B., Nowels, C. T., & **Hooker, S. A.** (2012, July). *Collaborative Care to Alleviate Symptoms and Adjust to Illness (CASA) pilot study*. Poster presented at the 29<sup>th</sup> Annual VA Health Services Research and Development Service (HSR&D) Conference, Baltimore, MD.
24. Grigsby, M. E., **Hooker, S. A.**, & Masters, K.S. (2012, April). *Stress and sleep problems in college students: The role of spiritual well-being*. Poster presented at the 33<sup>rd</sup> Annual Meeting for the Society of Behavioral Medicine, New Orleans, LA.
25. **Hooker, S. A.**, & Masters, K. S. (2012, April). *Do positive or negative cognitive biases predict discrepancies between objective and self-report measures of physical activity?* Poster presented at the 33<sup>rd</sup> Annual Meeting for the Society of Behavioral Medicine, New Orleans, LA.
26. **Hooker, S. A.**, & Masters, K. S. (2012, April). *Purpose in life is associated with physical activity measured by accelerometer*. Poster presented at the 33<sup>rd</sup> Annual Meeting for the Society of Behavioral Medicine, New Orleans, LA.
27. Arigo, D., Funderburk, J. Dundon, M., **Hooker, S.**, Catanese, S., DeMasi, C., DeSouza, C., Dickinson, E., Downey, S., Dubbert, P., Evans Hudnall, G., & O'Donahue, J. (2012, April). *Implementation of a nationwide weight loss program: Providers' feedback on the Veterans Health Administration-MOVE!<sup>®</sup> Weight Management Program for veterans (MOVE!).* Poster presented at the 33<sup>rd</sup> Annual Meeting for the Society of Behavioral Medicine, New Orleans, LA.
28. **Hooker, S.**, Dundon, M., Arigo, D., Catanese, S., DeMasi, C., DeSouza, C., Dickinson, E., Downey, S., Dubbert, P., Evans Hudnall, G., O'Donahue, J., & Funderburk, J. (2012, April). *Veterans' Health Administration MOVE!<sup>®</sup> Weight Management Program for veterans: Providers' perceptions of attrition.* Poster presented at the 33<sup>rd</sup> Annual Meeting for the Society of Behavioral Medicine, New Orleans, LA.
29. **Hooker, S. A.**, MacGregor, K. L., Funderburk, J. S., & Maisto, S. A. (2011, April). *The relationship between body mass index, depressive symptoms, and health behaviors in primary care settings*. Poster presented at the 32<sup>nd</sup> Annual Meeting for the Society of Behavioral Medicine, Washington, DC.
30. **Hooker, S. A.**, & Masters, K. S. (2011, April). *Multidimensional assessment of religiosity/spirituality and healthy lifestyles in college students*. Poster presented at the 32<sup>nd</sup> Annual Meeting for the Society of Behavioral Medicine, Washington, DC.
31. al'Absi, M. N., **Hooker, S. A.**, Nakajima, M., Krambeer, R., & Cragin, T. (2011, April). *Exposure to acute stress is associated with attenuated sweet taste*. Paper presented at the 32<sup>nd</sup> Annual Meeting for the Society of Behavioral Medicine, Washington, DC.
32. LaCaille, R. A., LaCaille, L. J., **Hooker, S. A.**, Fortier, M., & Kuvaas, N. J. (2011, April). *Examination of a self-determination theory web-based physical activity intervention*. Poster presented at the 32<sup>nd</sup> Annual Meeting for the Society of Behavioral Medicine, Washington, DC.
33. Masters, K. S., Smith, T. W. & **Hooker, S. A.** (2011, April). *Interpersonal analysis of measures of religiousness and spirituality: Construct validation with relevance to health research*. Poster presented at the 32<sup>nd</sup> Annual Meeting for the Society of Behavioral Medicine, Washington, DC.
34. Labbe, A. K., MacGregor, K. L., **Hooker, S. A.**, Funderburk, J. S., & Maisto, S. A. (2011, April). *The utility of AUDIT-C cut-scores in VA primary care settings*. Poster presented at the 32<sup>nd</sup> Annual Meeting for the Society of Behavioral Medicine, Washington, DC.
35. **Hooker, S. A.**, al'Absi, M. N., Nakajima, M., Cragin, T., & Krambeer, R. (2010, March). *Effects of acute stress on adrenocortical response and taste perception*. Poster presented at the 2010 Annual Meeting of the American Psychosomatic Society, Portland, OR.
36. **Hooker, S. A.**, al'Absi, M. N., Kiefer, F., & Cragin, T. (2009, April). *Circulating leptin levels are associated with increased craving to smoke and withdrawal symptoms in abstinent smokers*. Poster presented at the 30<sup>th</sup> Annual Meeting for the Society of Behavioral Medicine, Montreal, Quebec, CA.

37. LaCaille, L. J., **Hooker, S. A.**, & Krambeer, R. J. (2009, April). *Mindfulness, interoceptive awareness, and self-regulatory processes involved in eating behavior*. Poster presented at the 30<sup>th</sup> Annual Meeting for the Society of Behavioral Medicine, Montreal, Quebec, CA.
38. LaCaille, R. A., **Hooker, S. A.**, LaCaille, L. J., Kuvaas, N. J., & Dettviler, J. (2009, April). *Autonomous and controlling motives for exercise differentially predict psychological well-being*. Poster presented at 30<sup>th</sup> Annual Meeting for the Society of Behavioral Medicine, Montreal, Quebec, CA.
39. LaCaille, R. A., LaCaille, L. J., **Hooker, S. A.**, & Fortier, M. (2009, April). *Development and preliminary evaluation of a web-based exercise adoption intervention*. Poster presented at the 30<sup>th</sup> Annual Meeting for the Society of Behavioral Medicine, Montreal, Quebec, CA.
40. Pedersen, J., SanCartier, M., & **Hooker, S. A.** (2009, April). *Craving carbs? You may just be hungry*. Poster presentation at the 7<sup>th</sup> Annual Twin Ports Undergraduate Psychology Conference, Duluth, MN.
41. **Hooker, S. A.** & LaCaille, L. J. (2008, October). *External influences on hunger and psychological states: Is autonomous self-regulation protective?* Poster presented at the 2008 Northern Lights Psychology Conference, Grand Forks, ND.
42. LaCaille, R. A., LaCaille, L. J., Schouweiler, A. M., Kuvaas, N., Egan, A., & **Hooker, S.** (2008, May). *What motivates the marathoner? The relationship between self-regulatory approaches, goals and motives, and running performance*. Poster presented at the 20<sup>th</sup> Annual Convention for the Association for Psychological Science, Chicago, IL.
43. **Hooker, S.**, Juetten, J., & Keister, M. (2008, April). *Exercise may enhance performance on cognitive tasks: A pilot study*. Poster presented at the 6<sup>th</sup> Annual Twin Ports Undergraduate Psychology Conference, Duluth, MN.

\*Denotes mentee.

#### **INVITED ADDRESSES AND COMMUNITY/PROFESSIONAL PRESENTATIONS**

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1. Sherman, M. D. & **Hooker, S. A.** (2018, June). *Health behavior change strategies for family medicine physicians*. Oral presentation at the University of Minnesota Department of Family Medicine and Community Health Grand Rounds, Minneapolis, MN.
2. **Hooker, S. A.** (2018, February). *Living like you mean it: Does meaning matter for health?* Oral presentation at the North Memorial Medical Center Hospital Grand Rounds, Robbinsdale, MN.
3. Sherman, M. D. & **Hooker, S. A.** (2017, December). *Mental health*. Oral presentation at The Ladder, Minneapolis, MN.
4. **Hooker, S. A.** (2017, June). *Meaning and purpose as resources for health behavior change maintenance*. Oral presentation at the Rush University Medical Center Department of Behavioral Sciences Grand Rounds, Chicago, IL.
5. **Hooker, S. A.** (2016, November). *Physical activity as an intervention for sleep disorders*. Oral presentation at the Sleep Medicine Seminar at Rush University Medical Center, Chicago, IL.
6. Masters, K.S. & **Hooker, S.A.** (2016, November). *Live like you mean it: Does meaning matter for health?* Invited address to the Center for Women's Health Research: Conversations About Women's Health. Denver, CO.
7. Masters, K.S. & **Hooker, S.A.** (2016, July). *Life meaning salience and health behavior maintenance: Intriguing possibilities*. Invited address to the Colorado Integrative Medicine Conference. Estes Park, CO.
8. **Hooker, S. A.** (2016, October). *Cases that keep you up at night: Behavioral sleep medicine*. Invited case presentation to the Illinois Sleep Society Conference, Oak Lawn, IL.
9. **Hooker, S. A.** & Wooldridge, J. S. (2015, March). *Stress and emotional eating*. Invited presentation to Weight Loss Group at the University of Colorado Lowry Internal Medicine Clinic, Denver, CO.

10. **Hooker, S. A.** (2015, February). *Fitness center membership retention: What psychology can tell us about AHCW members*. Invited presentation at the Anschutz Health and Wellness Center Brown Bag Lunch and Learn Series, Aurora, CO.
11. Bekelman, D. B. & **Hooker, S. A.** (2012, May). *Caregivers of heart failure patients: Contributions to symptom experience and self-care*. Presentation at the Palliative Care Research Group Monthly Meeting, Aurora, CO.
12. **Hooker, S. A.** & Bekelman, D. B. (2012, April). *Caregivers of heart failure patients: Contributions to symptom experience and disease management*. Presentation at the Colorado Cardiovascular Outcomes Research Weekly Meeting, Aurora, CO.

## SELECTED MEDIA COVERAGE

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1. Joszt, L. (2019, February). Developing strategies to implement long-lasting healthy behaviors. *American Journal of Managed Care*. <https://www.ajmc.com/focus-of-the-week/developing-strategies-to-implementlonglasting-healthy-behaviors>
2. European Journal of Cardiovascular Nursing Journal Club. (2018, June 7). *EJCN Journal Club – Session 15* [video file]. Retrieved from <https://www.youtube.com/watch?v=aKPWbB2NlnQ>
3. The Editors of *Women's Health*. (2017, July 20). Meet your 2017 Next Fitness Star Finalists! The passionate personal trainers are here to change your life. *Women's Health*. Retrieved from <https://www.womenshealthmag.com/fitness/a19983190/next-fitness-star-finalists/>
4. Andrews, L. W. (2017, July 14). How a sense of purpose in life improves health. *Psychology Today*. Retrieved from <https://www.psychologytoday.com/blog/minding-the-body/201707/how-sense-purpose-in-life-improves-your-health>
5. Dolan, E. W. (2016, December 4). *Study: Greater sense of purpose in life linked to objectively measured physical activity*. Retrieved from <http://www.psypost.org/2016/12/study-greater-sense-purpose-life-linked-objectively-measured-physical-activity-46271>
6. Townsend, M. (Host). (2016, August 25). Hacked voting machines, Utah Shakespeare festival, fitness [Radio program]. *The Matt Townsend Show*. Provo, UT: BYU Radio. Retrieved from: <http://www.byuradio.org/episode/b09e752d-a876-4cf5-b0f0-8d303e937429/the-matt-townsend-show-hacked-voting-machines-utah-shakespeare-festival-fitness>
7. Sifferlin, A. (2016, July 14). You are more likely to exercise if you have a sense of purpose. *TIME*. Retrieved from <http://time.com/4368339/exercise-purpose-in-life/>

## TEACHING EXPERIENCE

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### Postdoctoral Fellow / Instructor

Aug 2017- May 2019

*University of Minnesota North Memorial Family Medicine Residency*

Curriculum development: Co-created behavioral health didactics curriculum for family medicine residents. Created and led an interdisciplinary workgroup that developed and implemented a health behavior change curriculum residency-wide composed of didactic lectures, electronic medical record smart phrases (with specific suggestions of topics to discuss with patients), and interactive patient handouts

Didactic lectures: Health Behavior Change; Insomnia; Smoking/Alcohol Use; Physical Activity; Medication Adherence; Intimate Partner Violence; Healthy Eating; Behavioral Health (Introduction to Integrated Primary Care, Risk Assessment); Motivational Interviewing; Somatic Symptom Disorder; Working with Victims of Sexual Assault

One-on-one teaching: Communication skills and motivational interviewing with family medicine residents during video review (reviewing videos of residents during patient encounters to give feedback on patient communication skills) and live shadowing (both in the clinic and on hospital rounds)

Integrated clinical care: Provided live consultation and informal supervision to family medicine residents regarding psychiatric and health psychology issues with their patients in an integrated care setting

August 2019

**Instructor**

Fall 2012, Spring 2013, Spring 2016

*University of Colorado Denver, Department of Psychology*  
 PSYC 2090: Introduction to Statistics and Research Methods

**Teaching Assistant**

Summer 2012

*University of Colorado Denver, Department of Psychology*  
 Assisted David Albeck, PhD with PSYC 2090: Introduction to Statistics and Research Methods

**Teaching Assistant**

Fall 2008, Spring 2008 &amp; 2009

*University of Minnesota Duluth, Department of Psychology*  
 Assisted Lara LaCaille, PhD and Kathy Dowell, PhD with PSY 2003: Psychology as a Discipline and Profession

**Teaching Assistant**

Fall 2008 &amp; Spring 2009

*University of Minnesota Duluth, Department of Psychology*  
 Assisted Randall Gordon, PhD with PSY 3021: Experimental Design and Methodology and PSY 3022: Applied Methods and Measurement

**GUEST LECTURING EXPERIENCE****“BATHE/Motivational Interviewing”**

Summer 2018, Spring 2019

*University of Minnesota Medical School*  
 Family Medicine Clerkship

**“Health Behavior Change”**

Spring 2018

*North Memorial Medical Center / University of St. Thomas Psychology Internship*

**“Obesity”**

Fall 2017

*University of Minnesota, School of Pharmacy*  
 PHAR 6961: Women’s Health

**“Integrated Health Care”**

Fall 2017

*University of St. Thomas, Graduate School of Professional Psychology*

**“Interviewing for Graduate School”**

Fall 2015

*University of Colorado Denver, Department of Psychology*  
 PSYC 4680: Behavioral Sciences Research Seminar

**MENTORING & STATISTICAL CONSULTING EXPERIENCE**

2019	<b>Ad Hoc Thesis Committee Member</b> – Katie Vagnini <i>University of Colorado Denver</i>
2017	<b>Statistical Consultant</b> to Lauren Piper Dissertation Research Project, <i>Illinois Institute of Technology</i>
2017	<b>Statistical Consultant</b> to Alison Buchholz Dissertation Research Project, <i>Rosalind Franklin University of Medicine and Science</i>
2013-2017	<b>Statistical and Research Methods Consultant</b> to Lacey Clement Master’s Thesis and Dissertation Research Projects, <i>University of Colorado Denver</i>
2014-2016	<b>Statistical Consultant</b> to JoAnn Vogeli Master’s Thesis and Dissertation Research Projects, <i>University of Colorado Denver</i>

2015-2016	<b>Graduate Mentor</b> to Jean Wood Research Assistant, <i>University of Colorado Denver</i>
2014-2015	<b>Graduate Mentor</b> to Kaylae Nakamura MARC U-STAR Scholar, <i>University of Colorado Denver</i>
2013	<b>Statistical and Research Methods Consultant</b> to Jennifer Nguyen Master's Thesis Project, <i>University of Colorado Denver</i>
2010-2011	<b>Graduate Mentor</b> to Molly Siwula Undergraduate Honors Research Project, <i>Syracuse University</i>
2010-2011	<b>Graduate Mentor</b> to Frances Nieves Serret Undergraduate Research Project, <i>Syracuse University</i>

## CLINICAL PRACTICA

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<b>Assessment Peer Supervisor</b> <i>Psychology Clinic, University of Colorado Denver, Denver, CO</i> <u>Supervisor:</u> Edward Dill, PhD	Aug 2015 – May 2016
<b>Psychology Extern</b> <i>Aurora Mental Health Center/Metro Community Provider Network, Hope, Health, &amp; Wellness Clinic, Aurora, CO</i> <u>Supervisor:</u> Lauren Tolle, PhD	Sept 2014 – Aug 2015
<b>Psychology Extern</b> <i>Sleep Medicine Clinic, National Jewish Health, Denver, CO</i> <u>Supervisor:</u> Jack Edinger, PhD	Jan 2014 – July 2014
<b>Practicum Student</b> <i>Psychology Clinic, University of Colorado Denver, Denver, CO</i> <u>Supervisors:</u> Barbara Walker, PhD, Kristin Kilbourn, PhD, Edward Dill, PhD, Kevin Everhart, PhD	Jan 2012 – Aug 2014
<b>Practicum Student</b> <i>Psychological Services Center, Syracuse University, Syracuse, NY</i> <u>Supervisor:</u> Mark Ginsberg, PhD	Jan 2011 – May 2011

## SERVICE AND PROFESSIONAL ACTIVITIES

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2012-present	<b>Ad Hoc Reviewer</b> , <i>American Journal of Health Promotion, Annals of Behavioral Medicine, Behavioral Sleep Medicine, European Journal of Cardiovascular Nursing, International Journal for the Psychology of Religion, International Journal of Behavioral Medicine, Journal of Behavioral Medicine, Journal of Pacific Rim Psychology, Journal of Pain and Symptom Management, Journal of Palliative Medicine, Journal of Personality, Personality and Social Psychology Bulletin, PLoS ONE, Psychology of Religion and Spirituality, Public Health Reports</i>
2019	<b>Reviewer, PsycShorts Video Competition</b> , <i>American Psychological Association</i>
2014-2015	<b>Member, 2015 Faculty Search Committee</b> , <i>University of Colorado Denver, Department of Psychology</i>
2012	<b>Reviewer, Student Research Award</b> , <i>Association for Psychological Science Student Caucus</i>
2007-2009	<b>Senior Staff Editor</b> , <i>UMD Honors Journal Aisthesis</i>

## **ACADEMIC AND PROFESSIONAL AFFILIATIONS**

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*Minnesota Psychological Association*  
Student Member, 2017-present

*American Heart Association*  
Student Affiliate, 2013-present

*American Psychological Association*  
Member, 2018-present  
Graduate Student Affiliate, 2010-2017

*Society for Health Psychology (American Psychological Association Division 38)*  
Member, 2018-present  
Student Affiliate, 2011-2017  
Student Council Chair Elect, 2012-2013  
Student Council Chair, 2013-2014  
Student Council Past Chair, 2014-2015  
Member, Task Force on Branding, 2013-2015

*Society of Behavioral Medicine*  
Member, 2018-present  
Student Affiliate, 2009-2017

*Association of Psychologists in Academic Health Centers (APAHC)*  
Member, 2018-2019

*International Society for Behavioral Nutrition and Physical Activity*  
Student Member, 2015-2016

*Colorado Psychological Association*  
Student Affiliate, 2013

*Association for Psychological Science*  
Student Affiliate, 2008-2012

*University of Minnesota Duluth Psychology Club/Psi Chi*  
Member, 2006-2009  
President, 2007-2009

*University of Minnesota Duluth Honors Student Association*  
Member, 2006-2009  
Vice President, 2006-2007