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**Education**

**2016 – Present Oklahoma State University**

Clinical Psychology Graduate Student

Anticipated degree: Ph.D. Psychology, May 2022

Advisor: Misty Hawkins, Ph.D.

**2013 – 2016**  **Oklahoma Christian University**

B.S. Psychology, Summa Cum Laude

**2012 – 2013 University of Kansas**

Program of study: Psychology, University Honors Program, 4.0

**Awards and Honors**

May 2018 **Psychology Graduate Student Association (PGSA) Travel Award** ($150)

April 2018 **Overall Poster Winner:** *The association between intuitive eating and body preoccupation is independent of objective weight status*

Oklahoma State University Graduate Research Gala ($200)

April 2018 **Women’s Faculty Council Research Award** ($750)

March 2018 **Oklahoma State University Graduate and Professional Student Government Association (GPSGA) Travel Award** ($500)

January 2018 **Women for OSU Graduate Student Philanthropist Scholarship** ($5,000)

November 2017 **First place poster presentation:** *The relationship between intuitive eating and health indicators in overweight/obesity*

Harold Hamm Diabetes Center Annual Research Symposium($200)

May 2017 **Vennerberg-Wells Summer Fellowship** ($500)

May 2017 **Psychology Graduate Student Association (PGSA) Travel Award** ($150)

May 2017 **Oklahoma State University Graduate and Professional Student Government Association (GPSGA) Travel Award** ($500)

April 2016 **Outstanding Psychology Graduate**, Oklahoma Christian University ($200)

April 2016 **Second place oral presentation:** *The effects of stress and confidence on performance*

Annual Conference of Oklahoma Psychological Society ($150)

April 2016 **Fourth place oral presentation**: *The old college try: The effects of cell phone presence and affect manipulation on ego depletion*

Annual Conference of Oklahoma Psychological Society ($50)

March 2016 **Second place oral presentation**: *The effects of humanizing out-group members at stake in moral dilemmas*

Great Plains Students’ Psychology Convention

**Funding for Research Training**

June – July 2017 **NIH Summer Fellow: Summer Research Training Program**, University of Oklahoma Health Sciences Center, Oklahoma City, Oklahoma ($3,000)

**Publications**

Hawkins, M.A.W., **Keirns, N.G.**, & Helms, Z. (2018). Carbohydrates and cognitive function. *Current Opinion in Clinical Nutrition and Metabolic Care*, *21*(4), 302-307.

Hawkins, M.A.W., Colaizzi, J., Gunstad, J., Hughes, J.W., Mullins, L.L., Betts, N., Smith, C.E., **Keirns, N.G**., Vohs, K.D., Moore, S.M., Forman, E.M., & Lovallo, W.R. (2018). Cognitive and self-regulatory mechanisms of obesity study (COSMOS): Study protocol for a randomized controlled behavioral weight loss trial examining change in biomarkers, cognition, and self-regulation across two behavioral treatments. *Contemporary Clinical Trials, 66*, p. 20-27*.*

Hawkins, M.A.W., Rhoades-Kerswill, S., Fry, E., **Keirns, N.G.**, & Smith, C. (2018). Timing of maternal excess adiposity associated with breastfeeding duration. *Journal of Human Lactation*.

**Keirns, N.G.** & Hawkins, M.A.W. (under review). Intuitive eating and body image: Does objective weight status matter? *Eating Behaviors.*

Hawkins, M.A.W., Clawson, A.H., Smith, C.E., Stout, M.E., **Keirns, N.G.**, & Ruppe, N.M. (under review). Psychological distress and substance use among young adults with comorbid asthma and obesity. *Journal of American College Health*.

**Keirns, N.G.** & Hawkins, M.A.W. (in preparation). The unique association between intuitive eating and physical indicators of health.

Hawkins, M.A.W., **Keirns, N.G.,** Smith, C.E., Baraldi, A., Stout, M.E., Gunstad, J., Hildebrand, D., Vohs, K.D. & Lovallo, W.R. (in preparation).

Sawhney, M., Hawkins, M.A.W., **Keirns, N.G.,** Finn, J.A., & Hughes, J. (in preparation). Conscientiousness and body mass index: Mediation by eating behaviors in restrained and unrestrained eaters.

Hawkins, M. A. W., Colaizzi, J., **Keirns, N. G.**, Smith, C. E., Stout, M. E., Rhoades-Kerswill, S., Forman, E., Chaney, J., & Gahn, D. (in preparation). An open pilot trial of acceptance-based behavioral weight loss in American Indians.

**Professional Presentations**

**National Meetings**

**Keirns, N. G.** & Hawkins, M. A. W. (November 2018). *Change in intuitive eating throughout a behavioral weight loss trial*. Poster presentation at Annual Conference of The Obesity Society, Nashville, Tennessee.

Layman, H.M., **Keirns, N.G.**, Stout, M., Smith, C., & Hawkins, M.A.W. (November 2018). *Examining the relationship between weight cycling, body concern, and depression*. Poster presentation at Annual Conference of The Obesity Society, Nashville, Tennessee.

**Keirns, N. G.** & Hawkins, M. A. W. (April 2018). *The association between intuitive eating and body preoccupation is independent of objective weight status*.Oral presentation at Annual Conference of Society of Behavioral Medicine, New Orleans, Louisiana.

Hawkins, M. A. W., Stout, M. E., **Keirns, N. G.**, Smith, C., Forman, E… & Chaney, J. (November 2017). *An open pilot trial of acceptance-based behavioral weight loss in American Indians: POWER-UP*. Poster presentation at Annual Conference of The Obesity Society, Washington, District of Columbia.

**Keirns, N.G.** & Hawkins, M. A. W. (October 2017). *The relationship between intuitive eating and health indicators in overweight/obesity*. Poster presentation at Annual Conference of The Obesity Society, Washington, District of Columbia.

**Keirns, N. G.,** Hawkins, M. A. W., Finn, J. A., & Hughes, J. (March 2017). *Conscientiousness and body mass index: Mediation by eating behaviors.* Poster presentation at Annual Conference of Society of Behavioral Medicine, San Diego, California.

Hawkins, M. A., Fry, E. D., **Keirns, N. G.,** Smith, C. E., & Rhodes-Kerswill, S. (March 2017). *Chronicity of maternal excess adiposity associated with suboptimal breastfeeding duration*. Poster presentation at Annual Conference of American Psychosomatic Society, Sevilla, Spain.

**Regional Meetings**

**Keirns, N. G.** & Hawkins, M. A. W. (April 2018). *The association between intuitive eating and body preoccupation is independent of objective weight status*. Poster presentation at Oklahoma State University Graduate Research Gala, Stillwater, Oklahoma.

**Keirns, N.G.** & Hawkins, M. A. W. (November 2017). *The relationship between intuitive eating and health indicators in overweight/obesity*. Poster presentation at Harold Hamm Diabetes Center Annual Research Symposium, Oklahoma City, Oklahoma.

**Keirns, N.,** Wolf, S., Rogacki, B., Litzenburg, C. C., & Cherry, A. S. (May 2016). *Caregiver reports of ADHD medication experience and adherence*. Poster presentation at Annual Department of Pediatrics Research Day, University of Oklahoma Health Sciences Center, Oklahoma City, Oklahoma.

Travis, J., **Keirns, N.,** Turman, M., Grunow, J., Eddington, A., & Jacobs, N. (May 2016). *Assessing adolescents and young adults with chronic illnesses readiness to transition to adult care*. Poster presentation at Annual Department of Pediatrics Research Day, University of Oklahoma Health Sciences Center, Oklahoma City, Oklahoma.

**Keirns, N**. (April 2016). *The effects of stress and confidence on performance.* Oral presentation at Annual Conference of Oklahoma Psychological Society, Edmond, Oklahoma.

**Keirns, N.**, & Arnold, B. (April 2016). *The old college try: The effects of cell phone presence and affect manipulation on ego depletion.* Oral presentation at Annual Conference of Oklahoma Psychological Society, Edmond, Oklahoma.

Arnold, B., **Keirns, N.**, & George, J. (March 2016). *The effects of humanizing out-group members at stake in moral dilemmas.* Oral presentation at Great Plains Students’ Psychology Convention, University of Nebraska, Kearney, Nebraska.

**Research Experience**

***Laboratory for Research on Emotions and Cognitions in Health***

**Graduate Student,** August 2016 – Present

Oklahoma State University, Stillwater, Oklahoma

Duties: Manage ongoing clinical trials and lab projects, complete IRB submissions, process Qualtrics screeners, administer computerized cognitive assessments, mentor undergraduate Niblack scholar, prepare and develop thesis

Supervisor: Misty Hawkins, Ph.D., Assistant Professor, Department of Psychology

***Summer Research Training Program***

**NIH Summer Fellow,** June – July 2017

University of Oklahoma Health Sciences Center, Oklahoma City, Oklahoma

Duties: Work closely with mentor on clinical trial research, attend didactic training sessions, collaborate with peers on mock grant proposal

Supervisor: Deirdra Terrell, Ph.D., Assistant Professor

***The Children’s Hospital at University of Oklahoma Medical Center***

**Research Assistant,** November 2015 – August 2016, 20 hours/week

University of Oklahoma Health Sciences Center, Oklahoma City, Oklahoma

*Funded by Children’s Hospital Foundation Fellow Research Award*

Duties: Recruit participants, conduct informed consent, perform semi-structured telephone interviews, communicate with pharmacy personnel, complete literature reviews, conduct systematic literature review, score and enter data

Supervisor: Catrina C. Litzenburg, Ph.D., Postdoctoral Fellow, Department of Pediatrics, & Amanda S. Cherry, Ph.D., Clinical Assistant Professor, Department of Pediatrics

**Research Assistant,** September 2015 – August 2016, 8 hours/week

University of Oklahoma Health Sciences Center, Oklahoma City, Oklahoma

Duties: Enter data for research projects examining pre-transplant assessments and post-transplant assessments, score and enter data for quality-of-life assessments for pediatric dialysis patients, co-author and organize a grant submission for Oklahoma Center for the Advancement of Science and Technology (OCAST)

Supervisor: Angelica Eddington, Ph.D., Assistant Professor, Department of Pediatrics

***Undergraduate Independent Research***

**Principal Investigator,** January 2015 – April 2016

Oklahoma Christian University, Edmond, Oklahoma

Duties: Complete literature review, devise research question, design methodology, execute experiment, analyze data, and prepare presentation of findings for independent research practicum

Supervisor: Ryan Newell, Ph.D., L.B.P., Chair, Department of Psychology and Family Studies

**Co-Investigator,** August 2015 – April 2016

Oklahoma Christian University, Edmond, Oklahoma

Duties: Collaborate to complete literature review, devise research question, design methodology, execute experiment, analyze data, and prepare presentation of findings for two independent studies

Supervisor: Ryan Newell, Ph.D., L.B.P., Chair, Department of Psychology and Family Studies

**Clinical Experience**

**Oklahoma City Veterans Affairs Medical Center, Health Psychology**

Oklahoma City, Oklahoma

August 2018 – Present

Duties: Lead and co-lead tobacco cessation groups, provide individual therapy services

Supervisor: Anna Craycraft, Ph.D., Staff Psychologist, Health Psychology Clinic

**Psychological Services Center**

Oklahoma State University, Stillwater, Oklahoma

January 2017 – Present

Duties: Perform intake appointments with clients seeking therapy services, provide individual therapy and assessment services

Supervisors: Stephanie Sweatt, Ph.D., Associate Professor, Director of Clinical Training, Department of Psychology

Tony Wells, Ph.D., Assistant Professor, Assistant Director of Clinical Training, Department of Psychology

**COSMOS Weight Loss Groups**

Oklahoma State University, Stillwater, Oklahoma

January 2017 – Present

Duties: Lead and co-lead manualized treatment groups (i.e., CBT, ACT) for obese adults, review food logs, conduct body fat analyses

Supervisor: Misty Hawkins, Ph.D., Assistant Professor, Department of Psychology

**Healthy Hawks Pediatric Obesity Groups**

Children’s Hospital at OU Medical Center, Oklahoma City, Oklahoma

June 2016 – August 2016

Duties: Observe psychoeducational groups for parents of children with obesity, participate in group physical activity

Supervisor: Marilyn Sampilo, Ph.D., Postdoctoral Fellow, Department of Pediatrics, & Amanda S. Cherry, Ph.D., Clinical Assistant Professor, Department of Pediatrics

**Teaching Experience**

**Instructor, Introduction to Psychology**

Oklahoma State University, Stillwater, Oklahoma

August 2017 – 2018

**Guest Lecturer, Introduction to Psychology**

Oklahoma State University, Stillwater, Oklahoma

April 2017

**Guest Lecturer, Abnormal Psychology**

Oklahoma State University, Stillwater, Oklahoma

April 2017

**Service and Leadership**

April 2018 **Poster Judge, Undergraduate Research Symposium,** Oklahoma State University

2017-Present **Philanthropy Chair, Psychology Graduate Student Association,** Oklahoma State University

2017-Present **Mentor, Psychology Diversified Students Program,** Oklahoma State University

2016-2017 **Mentor, Niblack Research Scholar,** Oklahoma State University

**Professional Affiliations**

2018 – Present **Nutrition and Obesity Research Center – Harvard**,Member

2017 – Present **The Obesity Society**, Member

2017 – Present **Society of Behavioral Medicine**, Member

2016 – Present **Graduate and Professional Student Government Association**, Member

2016 – Present **Psychology Graduate Student Association**, Member

2015 – Present **Psi Chi National Psychology Honor Society**, Member