

ALANNAH SHELBY RIVERS

Alannah.Shelby.Rivers@drexel.edu | ashelbyrivers@gmail.com
Twitter: @ashelbyrivers1 | Website: <https://ashelbyrivers.github.io>
ORCID: <https://orcid.org/0000-0001-8826-4606>

EDUCATION

Baylor University	Waco, TX
Ph.D. , Psychology (Social Psychology concentration), <i>passed with distinction</i>	2021
<i>Dissertation Title: Social Relationships and Patient Perceptions of Adherence to Type 2 Diabetes and Hypertension Treatment: A Longitudinal Study</i>	
M.A. , Psychology	2019
Wesleyan College	Macon, GA
B.A. , Psychology, <i>summa cum laude, cum honore</i>	2016

PROFESSIONAL APPOINTMENTS

Drexel University, Center for Family Intervention Science	2021 –
Post-Doctoral Researcher (Role: <i>Data Analyst</i>)	

PEER-REVIEWED JOURNAL ARTICLES

Rivers, A. S., & Sanford, K. (in press). A special kind of stress: Assessing feelings of decisional distress for breast cancer treatment decisions. *Patient Education and Counseling*.

Rivers, A. S., Clifton, M., Pizzuto, A. E., Buchanan, A., & Sanford, K. (2021). Assessing attitudes toward COVID-19 prevention: Defining two attitudes crucial for understanding systemic and social variables associated with disparities. *Journal of Racial and Ethnic Health Disparities*. <https://doi.org/10.1007/s40615-021-01042-3>

Rivers, A. S., Sanford, K., Elkins, G., Carpenter, J. S., Rand, K. L., & Bartlett Ellis, R. (2020). Attitudinal and social predictors of adherence to oral endocrine therapy: A psychometrically-informed model. *Journal of Health Psychology*. <https://doi.org/10.1177/1359105320982039>

Rivers, A. S., & Sanford, K. (2020). Interpersonal Resilience Inventory: Assessing positive and negative interactions during hardships and COVID-19. *Personal Relationships*. <https://doi.org/10.1111/pere.12362>

Rivers, A. S., & Sanford, K. (2020). When we say “perceived support,” what do we mean? Contexts and components of support among people with serious medical conditions. *Journal of Social and Personal Relationships*, 37, 2758-2778. <https://doi.org/10.1177/0265407520937350>

Sanford, K., & **Rivers, A. S.** (2020). Treatment Adherence Perception Questionnaire: Assessing patient perceptions regarding their adherence to medical treatment plans. *Psychological Assessment*, 32, 227-238. <https://doi.org/10.1037/pas0000782>

Rivers, A. S., & Sanford, K. (2020). Both trusting and understanding medical advice: Assessing patient alliance and confusion after medical consultations. *Patient Education and Counseling*, 103, 376-384. <https://doi.org/10.1016/j.pec.2019.09.028>

Sanford, K., **Rivers, A. S.**, Braun, T. L., Schultz, K. P., & Buchanan, E. P. (2018). Medical Consultation Experience Questionnaire: Assessing perceived alliance and experienced confusion during medical consultations. *Psychological Assessment*, 30, 1499-1511. <https://doi.org/10.1037/pas0000594>

Rivers, A. S., & Sanford, K. (2018). Negative relationship behavior is more important than positive: Correlates of outcomes during stressful life events. *Journal of Family Psychology*, 32(3), 375-384. <https://doi.org/10.1037/fam0000389>

Sanford, K., & **Rivers, A. S. (2017).** The Parting Parent Concern Inventory: Parents' appraisals correlate with divorced family functioning. *Journal of Family Psychology*, 31(7), 867-877. <https://doi.org/10.1037/fam0000340>

ADDITIONAL PUBLICATIONS

Rivers, A. S., & Sanford, K. (2018). Family Environment Scale. In J. Lebow, A. Chambers, & D. Breunlin (Eds.), *Encyclopedia of Couple and Family Therapy*. https://doi.org/10.1007/978-3-319-15877-8_396-1

GRANTS

Graduate Research Grant, Psi Chi (\$560), 2020 – 2021, “Social Relationships and Patient Perceptions of Adherence to Type II Diabetes and Hypertension Treatment: A Longitudinal Study” (*Primary Investigator*)

Undergraduate Research Grant, Psi Chi (\$150), 2015 – 2016, “Gender, Self-Esteem, and Parasocial Relationships” (*Primary Investigator*)

RESEARCH EXPERIENCE

Center for Family Intervention Science, Drexel University, 2021 –

Primary Investigator: Dr. Guy Diamond

- Assisted in design and revision of questionnaires for data collection and needs assessments
- Analyzed multi-site quantitative data
- Collaborated on manuscripts for submission to journals

Interpersonal Relationships and Health Laboratory, Baylor University, 2016 – 2021

Primary Investigator: Dr. Keith Sanford

- Conducted literature reviews
- Designed and conceptualized research projects
- Assisted in writing internal and external (e.g., National Cancer Institute) grants
- Submitted and managed IRB protocols
- Supervised junior lab members and conducted lab meetings and trainings

- Designed surveys and collected data using Amazon Mechanical Turk, Qualtrics, and CloudResearch
- Analyzed qualitative and quantitative data
- Wrote manuscripts and abstracts for submission to journals and conferences

Baylor, Scott, & White Medical Center – Hillcrest, 2018 – 2019

Supervisor: Dr. Wendy Hegefeld

- Assisted in study design, IRB submission, and data analysis for a well-being intervention for breast cancer survivors

Wesleyan College, 2015 – 2016

Primary Investigator: Dr. Brooke Bennett-Day

- Conducted literature reviews
- Assisted in data input and analyses for annual assessment of educational program

TEACHING EXPERIENCE

Teacher of Record, Baylor University

Cognition, 2021

- Junior-level, online asynchronous
- Co-designed for online format with co-teacher, Dr. Michael Scullin
- Administered all aspects of course (lectures, office hours, grading) as sole active instructor
- Supervised one student honors contract

Lifespan Human Development, 2019

- Junior-level
- Designed and administered all aspects of course (lectures, office hours, grading) as sole instructor

Teaching Assistant, Baylor University

Advanced Statistics Lab, 2018 – 2021

- Senior-level; online synchronous during and after spring 2020
- Assisted in design of course assessments and projects using R
- Graded all assessments (projects, quizzes, and exams)
- Led independent office hours and other student meetings
- Sole TA working with professor Dr. Keith Sanford

Research Methods Lab, 2016 – 2018

- Sophomore-level
- Assisted in design of materials for independent lab section
- Taught and graded independent lab section focusing on research design, statistics, and academic writing
- Graded final research paper projects
- Collaborated with other TAs and professor Dr. Shawn Latendresse

Teaching Assistant, Wesleyan College
Research Methods, 2015

- Sophomore-level
- Hosted office hours and group sessions on topics such as plagiarism
- Graded exams
- Sole TA working with professor Dr. Brooke Bennett-Day

NATIONAL AND INTERNATIONAL CONFERENCE PRESENTATIONS

Rivers, A. S., & Sanford, K. (2021, March). Decisional distress in breast cancer is unique from general distress. Poster presentation at the annual (virtual) meeting of the American Psychosocial Oncology Society. (*Received Top Student Poster Award*)

Rivers, A. S., & Sanford, K. (2021, February). Social relationships and patient perceptions of adherence to type II diabetes and hypertension treatment: A longitudinal study. Poster presentation at the annual (virtual) meeting of the Society for Personality and Social Psychology. (*Received Graduate Registration Award*)

Sanford, K., **Rivers, A. S.**, Elkins, G., Carpenter, J. S., Rand, K. L., & Ellis, R. B. (2020, cancelled due to COVID-19). An empirically-supported model explaining treatment adherence and treatment decisional distress in breast cancer survivors taking adjuvant hormone therapy. Poster presentation at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA.

Rivers, A. S., & Sanford, K. (2020, February). “Special someones”: Are interactions with a relationship partner associated with unique health benefits? Poster presentation at the annual meeting of the Society for Personality and Social Psychology, New Orleans, LA. <https://osf.io/vzfjm/>

Pizzuto, A., **Rivers, A. S.**, & Sanford, K. (2019, November). In what ways does health-related quality of life motivate people to adhere to medical treatment plans? Poster presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.

Pederson, J., Hunt, S., Hollingworth, T., Cisneros, T., & **Rivers, A. S.** (2019, April). Effects of Anat Baniel Method® NeuroMovement® lessons on women with breast cancer treated with an aromatase inhibitor. Poster presentation at the annual congress of the Oncology Nursing Society, Anaheim, CA.

Rivers, A. S., & Sanford, K. (2019, February). Perceptions of support are distinct from schemas of support: A study of people with cancer. Poster presentation at the annual meeting of the Society for Personality and Social Psychology, Portland, OR. <https://osf.io/weq7x/>

Sanford, K., & **Rivers, A. S.** (2019, February). Patient adherence to medical advice: Three distinct dimensions of adherence are associated with interpersonal and personality variables. Poster presentation at the annual meeting of the Society for Personality and Social Psychology, Portland, OR.

Rivers, A. S., & Sanford, K. (2018, July). Intimate partner support in the mind's eye: Using visualization to assess two dimensions of perceived support. Paper presentation at the biannual meeting of the International Association of Relationships Research, Fort Collins, CO.

Rivers, A. S., & Sanford, K. (2018, March). Perceptions of intimate partner support best conceptualized as two dimensions. Poster presentation at the annual meeting of the Society for Personality and Social Psychology, Atlanta, GA.

Proctor, A. B., **Rivers, A. S.**, Sherrill, B. N., & Sanford, K. (2017, November). A relationship questionnaire with memory prompts: Reducing ceiling effects and increasing scale distinctiveness. Poster presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

REGIONAL AND UNIVERSITY CONFERENCE PRESENTATIONS

Rivers, A. S. (2020, October). Treatment adherence and attitudes in type 2 diabetes and hypertension: Associations with the COVID-19 pandemic. Online conference presentation for the Baylor University Graduate Student Twitter Conference.

Rivers, A. S. (2020, February). Social interactions in times of trouble: Positive and negative perceptions are both meaningful for well-being. Online conference presentation for the Baylor University Graduate Student Twitter Conference.

Rivers, A. S., & Bennett-Day, B. (2017, March). Gender, self-esteem, and parasocial relationships. Paper presentation at the annual meeting of the Southeastern Psychological Association, Atlanta, GA.

Rivers, A. S. (2016, March). Social support, self-esteem, and television viewing motives. Poster presentation at the annual meeting of the Southeastern Psychological Association, New Orleans, LA.

Rivers, A. S. (2016, February). Cross-cultural differences in social media use. Paper presentation at the Georgia Collegiate Honors Conference, Augusta, GA. (*Received First Place for Social Sciences*)

Rivers, A. S., Rodriguez, M. I., & Moody, S. L. (2015, March). Analyzing cross-cultural female interpretation of nonverbal expression. Paper presentation at the annual meeting of the Southeastern Psychological Association, Hilton Head, SC. (*Received CEPO Student Research Award, First Place for Minority Research*)

ADDITIONAL SELECTED AWARDS AND SCHOLARSHIPS

Baylor Graduate School Presidential Scholarship, 2016 – 2021

Herbert J. & Avnell T. Reynolds Psychology Endowed Scholarship Award, 2019

Wesleyan College Award for Academic Excellence in Psychology, 2016

SERVICE: REVIEWING AND JUDGING

Reviewer, Journal of Psychosomatic Research, 2021

Judge, Heart of Texas Undergraduate Research Conference, 2021

Undergraduate Award Reviewer, Society for Personality and Social Psychology, 2019, 2020

SERVICE: MENTORSHIP

Graduate Peer Advisor, Society for Personality and Social Psychology, 2020 – 2021

Psychology/Neuroscience Workshop Leader, McNair Scholars, 2018 – 2020

Psychology/Neuroscience Mentor, Graduate Undergraduate Mentorship Program, 2016 – 2020

SERVICE: COMMITTEES AND LEADERSHIP

Mentoring Advisory Committee, Baylor Women in the Academy, 2018 – 2019

Psychology and Neuroscience Representative, Graduate Student Association, 2017 – 2019

Service Committee, Graduate Student Association, 2017 – 2019

President, Wesleyan College Psi Chi Chapter, 2015 – 2016

SERVICE: SCIENTIFIC OUTREACH

Three Minute Thesis Competition (*won first place for doctoral category*), 2021

Boys and Girls Club, 2019

Brain Awareness Week at Mayborn Museum, 2017, 2018

Sic 'Em Science Day at Mayborn Museum, 2017

Midway Independent School District, 2017

ADDITIONAL WORKSHOPS AND TRAINING

Society for Personality and Social Psychology Workshops

- Learning about Machine-Learning: An Introduction, 2021
- Computational Modeling and Theory-Building, 2021
- Experience Sampling Methods and Implementation, 2020
- Theory and Practice of Bayesian Inference Using JASP, 2019
- An Introduction to Longitudinal Dyadic Analyses, 2018

Teaching Capstone in Higher Education, Baylor University, 2019 – 2020

- Two-semester capstone training course including teaching workshops, peer review, and independent study

Designing for Online Teaching Success, Baylor University, 2019

- Semester-long workshop using Canvas, Kaltura, and other online teaching tools to produce an online teaching portfolio

Portal to the Public, Mayborn Museum, 2017

- Multi-session scientific outreach training program

DEPARTMENTAL TALKS

Department of Psychology and Neuroscience, Baylor University

- “A Special Kind of Stress”: Assessing Decisional Distress in Women with Breast Cancer, 2020
- Positive and Negative Perceptions of Interpersonal Interactions: Potential Paths to Well-being, 2020

STATISTICAL PACKAGE PROFICIENCIES

R · MPlus · SPSS · Stata · LISREL · JASP · HLM