

# ALANNAH SHELBY RIVERS

Shelby\_Rivers@Baylor.edu | ashelbyrivers@gmail.com

## EDUCATION

Baylor University

Waco, TX

**Ph.D.**, Psychology (Social Psychology track)

expected 2021

*Dissertation Prospectus*: Social Relationships and Patient Perceptions of  
Adherence to Diabetes and Hypertension Treatment: A Longitudinal Study

**M.A.**, Psychology

2019

Wesleyan College

Macon, GA

**B.A.**, Psychology, *summa cum laude, cum honore*

2016

## PEER-REVIEWED JOURNAL ARTICLES

**Rivers, A. S.**, & Sanford, K. (in press). 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*.

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. doi: 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. doi: 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. doi: 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. doi: 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. doi: 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*. doi: 10.1007/978-3-319-15877-8\_396-1

## **SELECTED AWARDS, GRANTS, 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

Georgia Collegiate Honor Council Paper Award, First Place for Social Sciences, 2016

Psi Chi Undergraduate Research Grant, 2015

CEPO Student Research Award, First Place for Minority Research, 2015

## **CONFERENCE PRESENTATIONS**

Sanford, K., **Rivers, A. S.**, Elkins, G., Carpenter, J. S., Rand, K. L., & Ellis, R. B. (accepted). An empirically-supported model explaining treatment adherence and treatment decisional distress in breast cancer survivors taking adjuvant hormone therapy. Cancelled due to COVID-19; 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/>

**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.

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.

**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.

**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.

## **TEACHING EXPERIENCE**

Baylor University	Waco, TX
<b>Teaching Assistant</b>	
Advanced Statistics (upper-level)	2018 – present
Research Methods (introductory)	2016 – 2018
<b>Teacher of Record</b>	
Lifespan Human Development (intermediate)	2019
Wesleyan College	Macon, GA
<b>Teaching Assistant</b>	
Read, Write and Review: Research Preparation (introductory)	2015

## **RESEARCH EXPERIENCE**

Baylor University	Waco, TX
<b>Sanford Lab Member</b>	2016 – present
Supervisor: Dr. Keith Sanford	
Baylor, Scott, & White Medical Center – Hillcrest	Waco, TX
<b>Project Research Intern</b>	2018 – 2019

Supervisor: Dr. Wendy Hegefeld

Wesleyan College

**Research Assistant**

Supervisor: Dr. Brooke Bennett-Day

Macon, GA

2015 – 2016

## **ORGANIZATIONAL INVOLVEMENT, SERVICE, AND LEADERSHIP**

Society for Personality and Social Psychology

**Peer Advisor**

2020

**Undergraduate Poster Award Reviewer**

2019

Baylor University Graduate Undergraduate Mentorship Program

**Psychology/Neuroscience Mentor**

2016 – 2020

Baylor University McNair Scholars Program

**Psychology/Neuroscience Poster and Mock Interview Volunteer**

2018 – 2019

Baylor Women in the Academy

**Mentoring Advisory Committee**

2018 – 2019

**Graduate Student Mentee**

2017 – 2019

Baylor Graduate Student Association

**Psychology and Neuroscience Representative**

2017 – 2019

**Service Committee**

2017 – 2019

Psi Chi

**Wesleyan College Chapter President**

2015 – 2016

## **ADDITIONAL WORKSHOPS AND TRAINING**

Baylor University

**Teaching Capstone in Higher Education**

2020

Year-long individualized capstone honing higher education teaching.

**Designing for Online Teaching Success**

2019

Semester-long training course in Canvas, Kaltura, and other online tools.

Society for Personality and Social Psychology

**Experience Sampling Methods and Implementation**

2020

**Theory and Practice of Bayesian Inference Using JASP**

2019

**An Introduction to Longitudinal Dyadic Analyses**

2018

Half-day workshops honing specific statistical techniques.

Mayborn Museum

**Portal to the Public**

2017

Two-session training series in interactive public research communication.

## **SCIENTIFIC OUTREACH PRESENTATIONS**

Sensory Homunculus, Boys and Girls Club, Waco, TX, 2019

What is a Scientist?, Brain Awareness Week at Mayborn Museum, Waco, TX, 2018

Prune Your Brain, Sic 'Em Science Day at Mayborn Museum, Waco, TX, 2017

Prune Your Brain, Brain Awareness Week at Mayborn Museum, Waco, TX, 2017

Sensory Homunculus, Midway Independent School District, Waco, TX, 2017