

October 2025

Elizabeth (Lisa) A. Velkoff, Ph.D.

she/her/hers

CONTACT INFORMATION

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CURRENT ACADEMIC APPOINTMENT

Reed College, Portland, OR
Department of Psychology, 2022-present
Visiting Assistant Professor
Director, Research on Self-Injury, Eating disorders, and Suicide (ROSES) Lab

PREVIOUS ACADEMIC APPOINTMENTS

Drexel University, Philadelphia, PA
Center for Weight, Eating, and Lifestyle Science (WELL Center), 2023-2025
Postdoctoral Research Fellow

Lewis & Clark College, Portland, OR
Department of Psychology, Spring 2023-Fall 2023
Adjunct Professor

University of California, San Diego, San Diego, CA
Eating Disorders Center for Treatment and Research, 2021-2023
Clinical Research Postdoctoral Fellow

EDUCATION

Northwestern University Feinberg School of Medicine, Chicago, IL
Department of Psychiatry, 2020-2021
Pre-doctoral Clinical Internship

Miami University, Oxford, OH

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Doctor of Philosophy in Clinical Psychology, August 2021
Certificate in College Teaching, August 2021
Doctoral Dissertation: *Feeling the Urge: Using Ecological Momentary Assessment to Test the Longitudinal Relationship Between Interoception and Multiple Forms of Self-Harm*
Advisor: April Smith, Ph.D.

Miami University, Oxford, OH

Master of Arts in Clinical Psychology, December 2017
Master's Thesis: *Examining Patterns of Change in the Acquired Capability for Suicide*
Advisor: April Smith, Ph.D.

Northwestern University, Evanston, IL

Bachelor of Arts, Cum Laude, June 2013
Majors and Departmental Honors in Psychology and English Literature

Senior Honors Thesis: *Effects of Trait Rumination and a Negative-Evaluative Trier Social Stress Test on Several Types of Affect.*

Advisors: Richard Zinbarg, Ph.D, Suzanne Vrshek-Schallhorn, Ph.D

Senior Honors Thesis: *"Uneasy lies the head that wears the crown": The Succession of Royal Power in William Shakespeare's Histories and Romances.*

Advisor: William West, Ph.D

Université de Nantes, Nantes, France, Fall 2011

Completed courses in Literature (Drama: Power in the Face of Death) and Psychophysiology

Institute for the International Education of Students, Nantes, France, Fall 2011

Courses in Advanced Language and Conversation; Phonetics; History of French Art and Architecture

Institute for the International Education of Students, Arles, France, Summer 2011

Courses in Advanced Grammar; Sociology (Immigration in the 20th Century)

GRANTS, HONORS, AND AWARDS

2026 – 2028	Brain and Behavior Research Foundation Young Investigator Grant (\$70,000) Role: PI Title: Using continuous glucose monitoring to classify eating episodes in patients with anorexia nervosa
2025	Reed College Psychology Department Faculty Research Grant (\$2000)
2024 – 2025	Reed College Stillman-Drake Award (\$1100)
2024	Drexel University Center for Weight, Eating, and Lifestyle Science Postdoctoral Fellow Professional Development Award (\$750)
2024	Drexel University Center for Weight, Eating, and Lifestyle Science Postdoctoral Fellow Research Award (\$900)
2020 – 2021	P.E.O. Scholarship (\$15,000)
2019	Miami University Department of Psychology Research Award (\$4000)
2019	Miami University Department of Psychology Capretta Award (\$500)
2018	Miami University Graduate School Thesis and Dissertation Research Grant (\$500)

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2018 Miami University Department of Psychology Dissertation Grant (\$625)
2018 Academy for Eating Disorders RSH Scholarship (\$5000)
2017 Midwestern Psychological Association Diversity Travel Award (\$100)
2016 – 2021 National Science Foundation Graduate Research Fellowship
Role: PI
Title: Affect apprehension and emotion conceptualization: Testing psychological constructionist models of emotion
Status: Funded (stipend and cost-of-education allowance; total funding \$138,000)
2016 Society of Multivariate Experimental Psychology Minority Fellowship (\$1000)
2016 Miami University Department of Psychology Letter of Commendation
2016 Miami University Department of Psychology Research Grant (x2; \$600, \$300)
2015 – 2016 Miami University Graduate Student Scholar Assistantship
2013 Northwestern University, Cum Laude
2013 Northwestern University Weinberg College of Arts and Sciences Conference Travel Grant (\$321)
2013 Northwestern University Office of the Provost Conference Travel Grant (\$321)
2013 Northwestern University Psychology Department Conference Travel Grant (\$500)
2011 Northwestern University Office of the Provost Undergraduate Language Grant
2010 Northwestern University Weinberg College of Arts and Sciences Summer Research Grant
2009 – 2013 Northwestern University Dean's List

MENTEE AWARDS

2025 Barry Goldwater Scholarship
Mentee: Madeline Navea, Drexel University
2025 Wender Fellowship in Collaborative Research in Psychology
Mentee: Victoria Collie, Reed College
2025 National Science Foundation Graduate Research Fellowship Honorable Mention
Mentee: Jannah Moussaoui, Drexel University
2025 Undergraduate Research & Enrichment Program Mini-Grant
Mentee: Madeline Navea, Drexel University
2024 – 2025 Arts & Sciences Undergraduate Research Support Program
Mentee: Madeline Navea, Drexel University

PUBLICATIONS AND PRESENTATIONS

Journal articles ($n = 30$)

**denotes graduate student co-author, **denotes undergraduate/post-bac student co-author*

Dodd, D. R., Forrest, L. N., **Velkoff, E. A.**, & Smith, A. R. (Accepted, forthcoming 2026). Managing suicidality and nonsuicidal self-injury in eating disorder treatment. *Psychiatric Clinics of North America*.

*Kruger, M., *Liu, J., *Graver, H., Manasse, S. M., & **Velkoff, E. A.** (2025). Ecological momentary interventions for eating disorders: A systematic review of the nascent science and recommendations for future research. *Journal of Eating Disorders*, 13, 122. Doi: 10.1186/s40337-025-01329-4

- **Moussaoui, J. R., Smith, A. R., & Velkoff, E. A. (2025).** Latent subtypes of self-injurious urges among adults engaging in disordered eating and non-suicidal self-injury. *Suicide and Life-Threatening Behavior*, 55, e13150. Doi: 10.1111/sltb.13150
- *Presseller, E. K., Velkoff, E. A., **Riddle, D. R., *Liu, J., Zhang, F., & Juarascio, A. S. (2024).** Using continuous glucose monitoring to passively classify naturalistic binge eating and vomiting among adults with binge-spectrum eating disorders: A preliminary investigation. *International Journal of Eating Disorders*, 57(11), 2285-2291. Doi: 10.1002/eat.24266
- Velkoff, E. A., **Lusich, R., Kaye, W. H., Wierenga, C. E., & Brown, T. A. (2024).** Early change in gastric-specific anxiety sensitivity as a predictor of eating disorder treatment outcome. *European Eating Disorders Review*, 32(5), 905-916. Doi: 10.1002/erv.3099
- Velkoff, E. A., *Perkins, N. M., Dodd, D. R., Brown, T. A., Kaye, W. H., & Wierenga, C. E. (2024).** Elevated interoceptive deficits in individuals with eating disorders and self-injurious thoughts and behaviors: A replication and extension. *Suicide and Life-Threatening Behavior*, 54(1), 129-137. Doi: 10.1111/sltb.13024
- Velkoff, E. A., *Rubino, L., *Liu, J., Manasse, S. M., & Juarascio, A. S. (2024).** Early reduction in anxiety sensitivity predicts greater reductions in disordered eating and trait anxiety during treatment for bulimia nervosa. *International Journal of Eating Disorders*, 57(8), 1791-1796. Doi:10.1002/eat.24207
- *Denning, D. M., Ciotti, V., Gioia, A., Viranda, T., Reilly, E. E., Berner, L. A., Velkoff, E. A., Anderson, L. K., Kaye, W. H., Wierenga, C. E., & Brown, T. A. (2023).** Effects of borderline personality disorder symptoms on dialectical behavior therapy treatment outcomes for eating disorders. *Personality Disorders: Theory, Research, & Treatment*, 15(2), 146-156. Doi: 10.1037/per0000641
- Velkoff, E. A., Brown, T. A., Kaye, W. H., & Wierenga, C. E. (2023).** Confirmatory factor analysis of Acute Suicidal Affective Disturbance in a sample of treatment-seeking eating disorder patients. *Journal of Affective Disorders*, 326, 155-162. Doi: 10.1016/j.jad.2023.01.089
- Velkoff, E. A., Brown, T. A., Kaye, W. H., & Wierenga, C. E. (2023).** Using clinical cutoff scores on the Eating Disorder Examination-Questionnaire to evaluate eating disorder symptoms during and after naturalistic intensive treatment. *Eating Disorders: The Journal of Treatment and Prevention*, 31(5), 464-478. Doi: 10.1080/10640266.2023.2191488
- Velkoff, E. A. & Smith, A. R. (2023).** Feeling the urge: Using ecological momentary assessment to test the relationship of interoception with disordered eating and non-suicidal self-injury. *Journal of Psychopathology and Clinical Science*, 132(1), 78-90. Doi: 10.1037/abn0000794
- Velkoff, E. A. & Smith, A. R. (2023).** Temporal dynamics of interoceptive attention and positive and negative affect in individuals engaging in disordered eating and non-suicidal self-injury. *Journal of Clinical Psychology*, 79(8), 1842-1856. Doi: 10.1002/jclp.23508
- Aggarwal, P., Ortiz, S. N., Jain, A., Velkoff, E. A., George, T. S., Smith, A., & Raval, V. V. (2022).** Examining psychometric properties of the Interpersonal Needs Questionnaire

- among college students in India. *Suicide and Life-Threatening Behavior*, 52(1), 110-120. Doi: 10.1111/sltb.12809
- *Denning, D. M., Perry, T. R., Reilly, E. E., Berner, L. A., **Velkoff, E. A.**, Kaye, W. H., Wierenga, C. E., & Brown, T. A. (2022). Associations of suicide risk with emotional reactivity, dysregulation, and eating disorder treatment outcomes. *Suicide and Life-Threatening Behavior*, 52(6), 1126-1139. Doi: 10.1111/sltb.12907
- Dodd, D. R., **Harris, K., **Allen, K., **Velkoff, E. A.**, & Smith, A. R. (2021). No pain, no gain? Associations of athletic participation with capability for suicide among college students. *Suicide and Life-Threatening Behavior*, 51(6), 1117-1125. Doi: 10.1111/sltb.12794
- Velkoff, E. A.**, & Smith, A. R. (2020). Preliminary development of an implicit association test to measure body dissatisfaction and predict disordered eating attitudes. *Body Image*, 34, 51-58. Doi: 10.1016/j.bodyim.2020.05.005
- Dodd, D. R., Parsons, E. M., Clerkin, E. M., Forrest, L. N., **Velkoff, E. A.**, Kunstman, J. W., & Smith, A. R. (2019). Perfectly imperfect: The use of cognitive bias modification to reduce perfectionism. *Journal of Behavior Therapy and Experimental Psychiatry*, 64, 167-174. Doi: 10.1016/j.jbtep.2019.04.002
- Forrest, L. N., **Velkoff, E. A.**, **Johnson, C., Luebke, A., & Smith, A. R. (2019). Establishing the psychometric properties and construct validity of the Painful and Provocative Events Scale – Revised. *Journal of Affective Disorders*, 253, 438-448. Doi: 10.1016/j.jad.2019.04.074
- Knauff, K., Ortiz, S. N., **Velkoff, E. A.**, Smith, A. R., & Kalia, V. (2019). Keep calm and carry on? Grit buffers against disordered eating unless expressive suppression is used to regulate emotions. *Journal of Social and Clinical Psychology*, 38(4), 321-342. Doi: 10.1521/jscp.2019.38.4.321
- Velkoff, E. A.**, Gibler, R. C., Forrest, L. N., & Smith, A. R. (2019). Indirect effects of negative body talk on eating, exercise, and expectations about steroids among adult men. *Psychology of Men & Masculinity*, 20(4), 594-602. Doi: 10.1037/men0000189
- Velkoff, E. A.**, & Smith, A. R. (2019). Examining patterns of change in the acquired capability for suicide among eating disorder patients. *Suicide and Life-Threatening Behavior*, 49(4), 1032-1043. Doi: 10.1111/sltb.12505
- Smith, A. R., Forrest, L. N., & **Velkoff, E. A.** (2018). Out of touch: Interoceptive deficits are elevated in suicide attempters with eating disorders. *Eating Disorders: The Journal of Treatment and Prevention*, 26(1), 52-65. Doi: 10.1080/10640266.2018.1418243
- Smith, A. R., Forrest, L. N., **Velkoff, E. A.**, Ribeiro, J. D., & Franklin, J. C. (2018). Implicit attitudes toward eating stimuli differentiate eating disorder and non-eating disorder groups and predict eating disorder behaviors. *International Journal of Eating Disorders*, 51(4), 343-351. Doi: 10.1002/eat.22843

- Smith, A. R., Ortiz, S. N., Forrest, L. N., **Velkoff, E. A.**, & Dodd, D. R. (2018). Which comes first?: An examination of associations and shared risk factors for eating disorders and suicidality. *Current Psychiatry Reports*, 20(9), 77-85. Doi: 10.1007/s11920-018-0931-x
- Smith, A. R., **Velkoff, E. A.**, Ribeiro, J. D., & Franklin, J. C. (2018). Are eating disorders and related symptoms risk factors for suicidal thoughts and behaviors? A meta-analysis. *Suicide and Life-Threatening Behavior*, 49(1), 221-239. Doi: 10.1111/sltb.12427
- Vrshek-Schallhorn, S., **Velkoff, E. A.**, & Zinbarg, R. E. (2018). Trait rumination and response to negative evaluative lab-induced stress: Neuroendocrine, affective, and cognitive outcomes. *Cognition and Emotion*, 33(3), 466-479. Doi: 10.1080/02699931.2018.1459486
- Dodd, D. R., **Velkoff, E. A.**, Forrest, L. N., Fussner, L. M., Smith, A. R. (2017). Beauty in the eye of the beholder: Using facial electromyography to examine the association between eating disorder symptoms and perceptions of emaciation among undergraduate women. *Body Image*, 21, 47-56. Doi: 10.1016/j.bodyim.2017.02.002
- Vanderlind, W. M., Stanton, C. H., Weinbrecht, A., **Velkoff, E. A.**, & Joormann, J. (2017). Remembering the good ole days: Fear of positive emotion relates to affect repair using positive memories. *Cognitive Therapy and Research*, 41(3), 362-368. Doi: 10.1007/s10608-016-9775-z
- Velkoff, E. A.**, Forrest, L. N., Dodd, D. R., & Smith, A. R. (2016). I can stomach that!: Fearlessness about death predicts attenuated facial electromyography activity in response to death-related images. *Suicide and Life-Threatening Behavior*, 46(3), 313-322. Doi: 10.1111/sltb.12194
- Velkoff, E. A.**, Forrest, L. N., Dodd, D. R., & Smith, A. R. (2016). Identity, relationship satisfaction, and disclosure: Predicting suicide risk among sexual minority women. *Psychology of Women Quarterly*, 40(2), 261-274. Doi: 10.1177/0361684315621496
- Manuscripts under review (n = 6)
- *Grunewald, W., **Velkoff, E. A.**, Wierenga, C. E., & Brown, T. A. (Invited revision). Early change in emotion regulation as a predictor of eating disorder symptom severity among a sample of men and boys receiving eating disorder treatment. *European Eating Disorders Review*.
- *Grunewald, W., **Velkoff, E. A.**, Wierenga, C. E., & Brown, T. A. (Submitted). Identification of a novel factor structure of the Toronto Alexithymia Scale-20 among a sample of individuals diagnosed with eating disorders.
- *Kruger, M., **Pruscino, I., *Martin, C. M., & **Velkoff, E. A.** (Invited revision). Tick-tock, the time has come: Leveraging TikTok to study, prevent, and treat eating disorders. *International Journal of Eating Disorders*.
- †Lampe, E. W., †**Velkoff, E. A.**, & Manasse, S. M. (Invited revision). Characterizing emotional inertia and its relation to eating disorder behaviors in patients seeking eating disorder treatment. *International Journal of Eating Disorders*. † denotes shared first authorship

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Velkoff, E. A., **Navea, M. M., **Moussaoui, J. R., & Manasse, S. M. (Under review). Development and initial validation of the Gastric Discomfort Intolerance Scale. *Psychological Assessment*. Preprint: https://osf.io/preprints/psyarxiv/68k5f_v1

Velkoff, E. A., Witte, T. K., & Smith, A. R. (Under review). Protection for whom? Ethical implications of common approaches to suicide risk management in research. *American Psychologist*.

Manuscripts in preparation ($n = 8$)

Collie, V., Wierenga, C. E., Brown, T. A., & **Velkoff, E. A. (In prep). Characterizing eating disorder symptoms during and after treatment among older adults.

Navea, M. M., *D'Adamo, L., **Moussaoui, J. R., Smith, A. R., Manasse, S. M., & **Velkoff, E. A. (In prep). Investigating the dynamic relations among self-injurious urges, affect, and self-injurious behaviors. Pre-registration: <https://doi.org/10.17605/OSF.IO/WQ6MS>

Pruscino, I., Manasse, S. M., & **Velkoff, E. A. (In prep). Exploring perceived weight and bullying victimization at school: Does parental monitoring protect vulnerable youth? Pre-registration: <https://doi.org/10.17605/OSF.IO/72HTM>

Richson, B. N., **Velkoff, E. A.**, **Nunez, A. J., Deville, D. C., Brown, T. A., Menzel, J. E., Ramirez, A. L., Kaye, W. H., & Wierenga, C. E. (In prep). Outcomes of a pediatric eating disorders treatment program: Impact of treatment on eating disorder symptoms in children with anorexia nervosa and avoidant/restrictive food intake disorder, and on parental depression and anxiety.

Velkoff, E. A., **Collie, V., **Luger, L., & Smith, A. R. (In prep). I (*still* don't) love my body: A replication and extension study examining the effects of body appearance and body functionality statements on college women's body satisfaction.

Velkoff, E. A., *Martin, C. M., Lampe, E. W., **Miller, C. G., & Manasse, S. M. (In prep). Self-reported and behavioral measures of executive functioning are associated with frequency of subjective but not objective binge eating episodes. Pre-registration: <https://doi.org/10.17605/OSF.IO/EGBJK>

Velkoff, E. A., *Moussaoui, J. R., **Navea, M. M., & Smith, A. R. (In prep). Interoceptive attention and associations with self-injurious behaviors: A multilevel latent profile analysis.

Velkoff, E. A., Murray, S. M., Makowski, C., Brown, T. A., Frank, G. K. W., Schwartz, T. A., Trunko, M. E., & Wierenga, C. E. (In prep). Use of atypical antipsychotics in treating anorexia nervosa: Potential mechanisms and preliminary findings from a naturalistic study at higher level of care.

Pre-registered research projects ($n = 2$)

*Moussaoui, J. R., **Baar, G. A., **Navea, M. M., *Martin, C. G., & **Velkoff, E. A.** (2025). Reporting practices in eating disorder journals (2020-2024). Pre-registration: <https://doi.org/10.17605/OSF.IO/SCMAU>

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Velkoff, E. A., & Bruun, M. (2025). Weight bias in eating disorders professionals. Pre-registration (Embargoed): https://osf.io/mqpf7/?view_only=

Conference presentations and invited talks ($n = 37$)

****Navea, M. M., **Moussaoui, J. R., *Lampe, E. W., Smith, A. R., & Velkoff, E. A. (2025,** November). Trajectories of change in affect before and after engaging in non-suicidal self-injury and disordered eating behaviors. Abstract submitted to the 59th annual convention of the Association for Behavioral and Cognitive Therapies, New Orleans, LA.

Velkoff, E. A., Fox, K. R., Weinstock, L. M., Witte, T., & Smith, A. R. (2025, November). Managing suicide risk in clinical science: Turn down the alarms, raise the compassion and humility. Panel discussion presented at the 59th annual convention of the Association for Behavioral and Cognitive Therapies, New Orleans, LA.

****Navea, M. M., *D'Adamo, L. A., **Moussaoui, J. R., Smith, A. R., & Velkoff, E. A. (2025,** May). Dynamic relations among self-injurious urges, affect, and self-injurious behaviors. Data blitz at the 3rd Annual Association for Behavioral and Cognitive Therapies Student Special Interest Group Student Research Symposium, Virtual.

****Navea, M. M., *D'Adamo, L. A., **Moussaoui, J. R., Smith, A. R., & Velkoff, E. A. (2025,** May). Investigating the dynamic relations among self-injurious urges, affect, and self-injurious behaviors. Talk at the Drexel University College of Arts and Sciences Research Day, Philadelphia, PA.

****Moussaoui, J. R., **Baar, G. A., **Navea, M. M., & Velkoff, E. A. (2025, April).** Latent classes of substance use in a nationally representative sample of adolescents: Associations with suicide. Paper presentation at the 4th annual Suicide Research Symposium, online.

****Moussaoui, J. R., Smith, A. R., & Velkoff, E. A. (2025, April).** Heterogeneous urges for self-injurious behaviors. Data blitz at the 4th annual Suicide Research Symposium, online.

****Moussaoui, J. R., Velkoff, E. A., & Smith, A. R. (2025, April).** Phenotypes of suicidal ideation among active duty service members and veterans. In R. Frietchen (Chair), *Patterns of and risk for suicidal ideation in military samples*. Symposium presentation at the 4th annual Suicide Research Symposium, online.

****Navea, M. M., **Moussaoui, J. R., Smith, A. R., & Velkoff, E. A. (2025, April).** Prospective associations between self-injurious urges and behaviors. Data blitz at the 4th annual Suicide Research Symposium, online.

Velkoff, E. A., **Moussaoui, J. R., **Navea, M. M., & Smith, A. R. (2025, April). Latent profiles of interoceptive attention and associations with self-injurious behaviors. Paper presentation at the 4th annual Suicide Research Symposium, online.

Velkoff, E. A. (2025, March). From person-centered analysis to personalized care: Application to eating disorders and self-injury. Invited talk presented to the Psychology Department at Reed College, Portland, OR.

***Presseller, E. K., Velkoff, E. A., **Riddle, D. R., *Liu, J., Zhang, F., & Juarascio, A. S. (2024,** November). Using continuous glucose monitoring and machine learning to passively

detect naturalistic binge eating and vomiting among adults with binge-spectrum eating disorders: A preliminary investigation. In C. Hotchkin (Chair), *Broadening the reach of passive sensing: Insights and lessons learned from clinical researchers*. Symposium presented at the 58th annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Velkoff, E. A. (2024, July). Eating disorders and suicidality. Invited talk presented to the Center for Weight, Eating, and Lifestyle Science at Drexel University, Philadelphia, PA.

****Moussaoui, J. R., Smith, A. R., & Velkoff, E. A.** (2024, June). Latent Subtypes of Self-injurious Urges. Oral presentation at Drexel University Research Day, Philadelphia, PA.

Velkoff, E. A. (2024, April). Eating disorders, non-suicidal self-injury, and suicide: Shared mechanisms and implications for treatment (Discussant). In R. Frietchen (Chair), *Risk for suicide and non-suicidal self-injury in eating disorders: Evidence and implications*. Symposium presented at the 3rd annual Suicide Research Symposium, online.

Velkoff, E. A. (2022, December). To feel or not to feel: Interoception and the short-term prediction of disordered eating and self-harm. Invited talk presented to the Psychology Department at American University, Washington, DC.

Velkoff, E. A. & Smith, A. R. (2022, November). Using ecological momentary assessment to examine interoceptive attention as a momentary predictor of disordered eating and non-suicidal self-injury. In N. H. Weiss and A. M. Raudales (Chairs), *Novel daily methodologies to understand the syndemics of suicide and nonsuicidal self-harm among high-risk and marginalized populations*. Symposium presented at the 56th Annual Convention for the Association for Behavioral and Cognitive Therapies, New York, NY.

Velkoff, E. A. (2021, October). To feel or not to feel: Interoception and the short-term prediction of disordered eating and self-harm. Invited talk presented to the Psychology Department at Reed College, Portland, OR.

Knauff, K. M., Ortiz, S. N., **Velkoff, E. A.**, Smith, A. R., & Kalia, V. (2019, April). Grit buffers against disordered eating unless expressive suppression is used. Talk presented at the 91st annual meeting of the Midwestern Psychological Association, Chicago, IL.

Velkoff, E. A., & Story, A. (2018, August). Navigating the Media. Chaired a conversation hour with Dr. Arthur Markman at the 2018 annual convention of the American Psychological Association, San Francisco, CA.

Dodd, D.R. Forrest, L. N., **Velkoff, E. A.**, & Smith, A. R. (2018, April). Training imperfection: Can cognitive bias modification reduce maladaptive perfectionism and disordered eating? Research talk presented at the 2018 International Conference on Eating Disorders, Chicago, IL.

Smith, A. R., Forrest, L. N., **Velkoff, E. A.**, Dodd, D. R., & Ortiz, S. N. (2018, April). Testing relations between interoceptive deficits, emotion regulation strategies, and self-injurious behaviors in two eating disorder samples. Research talk presented at the 2018 International Conference on Eating Disorders, Chicago, IL.

Forrest, L. N., Ortiz, S. N., Dodd, D. R., **Velkoff, E. A.**, & Smith, A. R. (2018, April). Comparing core psychopathology between anorexia nervosa and bulimia nervosa versus binge-eating disorder. Research talk presented at the 2018 International Conference on Eating Disorders, Chicago, IL.

Forrest, L. N., Ortiz, S. N., **Velkoff, E. A.**, Dodd, D. R., & Smith, A. R. (2018, April). Bridging eating disorder symptoms and suicidal ideation: A network analysis. Research talk presented at the 2018 International Conference on Eating Disorders, Chicago, IL.

Velkoff, E. A., Hagan, C. R., & Smith, A. R. (2017, June). When grit goes bad: The interaction of autism symptoms and grittiness in the prediction of eating disorder symptoms. Research talk presented at the 2017 International Conference on Eating Disorders, Prague, Czech Republic.

Smith, A. R., **Velkoff, E. A.**, Ribeiro, J. D., & Franklin, J. C. (2017, June). Are eating disorders and related symptoms risk factors for suicidal thoughts and behaviors? A meta-analysis. Research talk presented at the 2017 International Conference on Eating Disorders, Prague, Czech Republic.

Velkoff, E. A., Hagan, C. R., & Smith, A. R. (2017, April). The interaction of autism symptoms and grit predicts disordered eating. Research talk presented at the 2017 annual meeting of the Midwestern Psychological Association, Chicago, IL.

Velkoff, E. A. (2016, November). Risk for disordered eating in women: Examining the role of romantic relationships. Research talk presented at the Miami University Graduate Research Forum, Oxford, OH.

Smith, A. R., Franklin, J. C., Ribeiro, J. D., **Velkoff, E. A.**, Forrest, L. N., Dodd, D. R. (2016, October). Can changing implicit evaluations of eating related stimuli reduce eating disorder symptoms? A pilot test of Therapeutic Evaluative Conditioning for Eating Disorders (TEC-ED). In W. Kaye (Chair), *Neuroscience of Eating Disorders*. Symposium conducted at the pre-conference meeting of the Eating Disorder Research Society, New York, NY.

Smith, A. R., **Velkoff, E. A.**, Forrest, L. N., Dodd, D. R., Witte, T. K., Bodell, L., Seigfried, N., Bartlett, M., & Goodwin, N. (2016, October). Out of touch: Interoceptive deficits and emotion regulations strategies are related to self-harm behaviors in individuals with eating disorders. In K. Claudat (Chair), *Emotion Dysregulation in Eating Disorders*. Symposium conducted at the meeting of the Association of Behavior and Cognitive Therapy, New York, NY.

Velkoff, E. A., Gibler, R., & Smith, A. R. (2016, April). *Men's appearance concerns and body talk predict eating and exercise behaviors*. Research talk presented at the 2016 annual meeting of the Midwestern Psychological Association, Chicago, IL.

Velkoff, E. A., Forrest, L. N., Dodd, D. R., & Smith, A. R. (2016, March). *Identity, relationships, and disclosure: Suicide risk in sexual minority women*. Research talk presented at the 2016 annual meeting of the American Association of Suicidology, Chicago, IL.

Dodd, D. R., Smith, A. R., **Velkoff, E. A.**, & Forrest, L. N. (2015, November). *An emaciated ideal? Using facial electromyography to examine the relationships between eating*

disorder symptoms and perceptions of emaciation. In S. Racine (Chair), *Psychophysiological measurement of transdiagnostic constructs with relevance to eating disorders.* Symposium conducted at the 2015 annual convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Smith, A. R., Dodd, D. R., Clerkin, E. M., Parsons, M., Forrest, L. N., & **Velkoff, E. A.** (2015, November). *Training imperfection: Can cognitive bias modification reduce maladaptive perfectionism, disordered eating, and physiological responses to stress?* In S. Racine, (Chair), *Psychophysiological measurement of transdiagnostic constructs with relevance to eating disorders.* Symposium conducted at the 2015 annual convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Vrshek-Schallhorn, S., **Velkoff, E. A.**, Zinbarg, R. E., & Adam, E. K. (2015, November). *Trait rumination and stress vulnerability: Affective, neuroendocrine, and cognitive responses to lab-induced stress.* In C. Stroud (Chair), *Rumination and reactivity: Multiple approaches to understanding a transdiagnostic risk factor.* Symposium conducted at the 2015 annual convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Velkoff, E. A. (2015, October). *Attenuated facial activity in response to death-related images may provide an objective measure of suicide risk.* Research talk presented at the Miami University Graduate Research Forum, Oxford, OH.

Velkoff, E. A., Forrest, L. N., Dodd, D. R., & Smith, A. R. (2015, May). *Identity, relationships, and disclosure: Suicide risk in sexual minority women.* Research talk presented at the 2015 annual meeting of the Midwestern Psychological Association, Chicago, IL.

Forrest, L. N., & **Velkoff, E. A.** (2014, November). *Eating disorders and suicidality: An exploration of the Interpersonal-Psychological theory of suicide.* Invited talk presented at the Eighth Semi-Annual Nutrition Conference, Miami University, Oxford OH.

Poster presentations (n = 32)

****Navea, M. M., *D'Adamo, L., Smith, A. R., & Velkoff, E. A.** (2025, November). Dynamic relations among self-injurious urges, affect, and self-injurious behaviors. Poster presentation at the 59th annual convention of the Association for Behavioral and Cognitive Therapies, New Orleans, LA.

***Kruger, M., *Liu, J., *Graver, H., Manasse, S. M., & Velkoff, E. A.** (2025, September). Ecological momentary interventions for eating disorders: A systematic review of the nascent science and recommendations for future research. Poster presentation at the 31st annual meeting of the Eating Disorders Research Society, Newport Beach, CA.

***Martin, C. G., *Corso, M., **Navea, M. M., Velkoff, E. A., **Choo-Kang, D., **Baar, G. A., **Moussaoui, J. R., *Kruger, M., *Bryner, L., **Telese, J., *Graver, H., **Pruscino, I., **Miller, C. M., & Parnarouskis, L.** (2025, September). Investigating the WEIRDness of the International Journal of Eating Disorders: A review of the last five years. Poster presentation at the 31st annual meeting of the Eating Disorders Research Society, Newport Beach, CA.

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****Moussaoui, J. R., *Graver, H., *Martin, C. G., *Corso, M., **Navea, M. M., **Choo-Kang, D., Parnarouskis, L., **Baar, G. A., *Bryner, L., *Kruger, M., **Telese, J., **Pruscino, I., **Miller, C. M., & Velkoff, E. A.** (2025, September). Transparency and openness in eating disorder journals: A summary of the last five years. Poster presentation at the 31st annual meeting of the Eating Disorders Research Society, Newport Beach, CA.

Richson, B. N., Ramirez, A. L., Deville, D. C., **Velkoff, E. A.**, Nunez, A., Menzel, J., Brown, T. A., Kaye, W. H., & Wierenga, C. E. (2025, September). Differences and similarities in partial hospitalization outcomes between youth with anorexia nervosa or avoidant/restrictive food intake disorder and their parents. Poster presentation at the 31st annual meeting of the Eating Disorders Research Society, Newport Beach, CA.

*Billman Miller, M., *Harris, L., **Velkoff, E. A.**, Bodell, L., & Smith, A. R. (2025, May). Patterns of change in motivation over time during residential eating disorder treatment. Poster presentation at the International Conference on Eating Disorders, San Antonio, TX.

****Navea, M. M., **Moussaoui, J. R., Smith, A. R., & Velkoff, E. A.** (2025, April). Associations between latent profiles of momentary affect and self-injurious behaviors. Poster presentation at the 2025 Drexel University Arts and Sciences Undergraduate Research Support Conference, Philadelphia, PA.

****Navea, M. M., **Moussaoui, J. R., Smith, A. R., & Velkoff, E. A.** (2025, March). Associations between latent profiles of momentary affect and self-injurious behaviors. Poster presentation at the 2025 annual convention of the Society for Affective Science, Portland, OR.

****Navea, M. M., **Moussaoui, J. R., Smith, A. R., & Velkoff, E. A.** (2025, March). Associations between latent profiles of momentary affect and self-injurious behaviors. Poster presentation at the pre-conference of the 2025 annual convention of the Society for Affective Science, Portland, OR.

****Navea, M. M., **Moussaoui, J. R., Smith, A. R., & Velkoff, E. A.** (2025, March). Trajectories of change in affect before and after self-injurious behaviors. Poster presentation at the 2025 annual convention of the Society for Affective Science, Portland, OR.

****Pruscino, I., Velkoff, E. A., & Manasse, S. M.** (2025, March). Parent-child relationships and adolescent eating: Examining how age influences the relationship between supportive parenting practices and maladaptive eating behaviors during adolescence. Poster presentation at the Society of Behavioral Medicine Annual Meeting, San Francisco, CA.

****Moussaoui, J. R., Smith, A. R., & Velkoff, E. A.** (2024, October). Digital phenotypes of self-injurious urges. Poster presentation at the Society for Research in Psychopathology Annual Meeting, Montreal, QC, Canada.

Velkoff, E. A., Murray, S., Kaye, W. H., & Wierenga, C. E. (2023, May). Using clinical cutoff scores on the Eating Disorder Examination-Questionnaire to evaluate eating disorder symptoms during and after naturalistic intensive treatment. Poster presented at the University of California, San Diego Office of Graduate Medical Education Patient Safety, Quality and Innovation Symposium, San Diego, CA.

- *Denning, D.M., Ciotti, V., Gioia, A., Viranda, T., Reilly, E.E., Berner, E.A., **Velkoff, E.A.**, Anderson, L.K., Kaye, W.H., Wierenga, C.E., & Brown, T.A. (2023, April). Effects of borderline personality disorder symptoms on disordered eating behaviors during partial hospitalization. Poster presented to the annual convention of the North American Society for the Study of Personality Disorders, Waltham, MA.
- *Denning, D. M., Ciotti, V., Gioia, A., Viranda, T., Reilly, E. E., Berner, L. A., **Velkoff, E. A.**, Anderson, L. K., Kaye, W. H., Wierenga, C. E., & Brown, T. A. (2022, November). Effects of borderline personality disorder symptoms on eating disorder treatment outcomes. Poster presented at the Eating Disorder and Eating Behavior Special Interest Group at the 56th annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Velkoff, E. A.**, Brown, T. A., Kaye, W. H., & Wierenga, C. E. (2022, September). *Using clinical cutoff scores on the Eating Disorder Examination-Questionnaire to evaluate eating disorder symptoms during and after naturalistic intensive treatment*. Poster presented at the 28th annual meeting of the Eating Disorders Research Society, Philadelphia, PA.
- Velkoff, E. A.**, *Aggarwal, P., *Jain, A., *Ortiz, S. N., George, T. S., Smith, A. R., & Raval, V. V. (2019, November). *Confirmatory factor analysis of the Interpersonal Needs Questionnaire among undergraduate students in India*. Poster presented at the 53rd annual convention of the Association for Behavior and Cognitive Therapies, Atlanta, GA.
- *Aggarwal, P., *Ortiz, S., *Jain, A., **Velkoff, E. A.**, George, T. S., Smith, A., & Raval, V. V. (2019, November). *Testing the Interpersonal Theory of Suicide among college students in India*. Poster presented at the 53rd annual convention of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
- Velkoff, E. A.**, & Smith, A. R. (2019, September). *Implicit body dissatisfaction predicts disordered eating behavior*. Poster presented at the 25th annual meeting of the Eating Disorders Research Society, Chicago, IL.
- Velkoff, E. A.**, & Smith, A. R. (2019, March). *Implicit body dissatisfaction predicts disordered eating behavior*. Poster presented at the 2019 International Conference on Eating Disorders, New York, NY.
- Velkoff, E. A.**, & Smith, A. R. (2018, November). *Implicit body dissatisfaction predicts disordered eating behaviors*. Poster presented at the 52nd annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, D.C.
- Velkoff, E. A.**, *Yeager, A. E., & Smith, A. R. (2017, June). *Risk for disordered eating in heterosexual and sexual minority women: Examining the role of relationship status, relationship satisfaction, and sexual identity*. Poster presented at the 2017 International Conference on Eating Disorders, Prague, Czech Republic.
- *Demeropolis, E., **Velkoff, E. A.**, *Yeager, A. E., & Smith, A. R. (2017, April). *Risk for disordered eating among women: Examining romantic relationships*. Poster presented presentation at the 2017 annual meeting of the Midwestern Psychological Association, Chicago, IL.

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Smith, A. R., Franklin, J. F., Ribeiro, J. D., Forrest, L. N., **Velkoff, E. A.**, Dodd, D. R. (October, 2016). Web-based therapeutic evaluative conditioning for the treatment of eating disorders. Poster presented at the 22nd annual meeting of the Eating Disorder Research Society, New York, NY.

*Harris, K. M., *Allen, K. J., *Neri, S. A., **Velkoff, E. A.**, Forrest, L. N., & Smith, A. R. (October 2016). 'No pain, no gain': Factors associated with pain tolerance and fearlessness about death among collegiate athletes. Poster presented at the 50th annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

*Allen, K. J., *Harris, K. M., **Velkoff, E. A.**, Smith, A. R. (2016, January). *Examining predictors of fearlessness about death and pain tolerance among athletes*. Poster presented at the Diversifying Clinical Psychology Event at the Council of University Directors of Clinical Psychology, Miami, FL.

Velkoff, E. A., Forrest, L. N., Dodd, D. R., & Smith, A. R. (2015, November). *Identity, relationships, and disclosure: Suicide risk in sexual minority women*. Poster presented at the 49th annual convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Velkoff, E. A., *Harris, K., *Fennell, M., & Smith, A. R. (2015, May). *Disgust sensitivity, facial electromyography, and the acquired capability for suicide*. Poster presented at the 2015 annual meeting of the Midwestern Psychological Association, Chicago, IL.

Velkoff, E. A., *Fennell, M., *Harris, K., & Smith, A. R. (2015, April). *"I can't stomach that!": Disgust sensitivity and the acquired capability for suicide*. Poster presented at the 48th annual conference of the American Association of Suicidology, Atlanta, GA.

Velkoff, E. A., Vanderlind, W. M., & Joormann, J. (2014, May). *Understanding positive affect regulation: The relation between affect apprehension and cognitive control*. Poster presented at the 26th annual conference of the Association for Psychological Science, San Francisco, CA.

Vrshek-Schallhorn, S., & **Velkoff, E. A.** (2014, March). *Does trait rumination enhance stress vulnerability? Affective, neuroendocrine, and cognitive responses to acute lab-induced stress*. Poster presented at the annual conference of the Anxiety and Depression Association of America, Chicago, IL.

Velkoff, E. A., Vrshek-Schallhorn, S., Zinbarg, R. E., Adam, E. K., & Mineka, S. (2013, May) *Interaction of rumination and negative evaluative Trier Social Stress Test on affect*. Poster presented at the 25th annual conference of the Association for Psychological Science, Washington, D.C.

TEACHING EXPERIENCE

Reed College, Visiting Assistant Professor

Psychology 200: Research Methods in Health Psychology (Spring 2024, Fall 2024, Spring 2026)

Psychology 225: Psychology of Stress and Resilience (Fall 2022, Fall 2023, Fall 2025)

Psychology 322: Social Psychology (with Lab) (Spring 2024)

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Psychology 324: Health Psychology (with Lab) (Spring 2025, Spring 2026)
Psychology 411: Advanced Topics in Psychological Science: Eating Disorders (Fall 2025)

Lewis & Clark College, Adjunct Professor
Psychology 240: Abnormal Psychology (Spring 2023, Fall 2023)

Miami University, Guest Lecturer
Psychology 112: Foundational Experiences (Fall 2019; Instructor: Christina Roylance)
Psychology 343: Psychopathology (Spring 2018; Instructor: Julia Kaufman)

Miami University Summer Scholars Program, Graduate Assistant
Measuring the Mind (Summer 2017; Instructor: April Smith)

Miami University, Teaching Assistant
Psychology 242: Abnormal Psychology (Spring 2016; Instructor: April Smith)

CLINICAL EXPERIENCE AND LICENSURE

Licensed Clinical Psychologist, State of California # 34663, active status

I. Individual and Group Intervention

- 2020 – 2021 Northwestern University Stone Outpatient Psychiatry Clinic; Eating Recovery Center/Pathlight Mood and Anxiety, Chicago, IL
Role: Pre-doctoral Intern
Population: Adults (general outpatient); Adults and adolescents (intensive outpatient; eating disorder program and mood/anxiety/trauma program)
Supervisors: Ellen Astrachan-Fletcher, Ph.D., Cindy Dopke, Ph.D., Jane Conron, Ph.D.
- 2018 – 2019 The Center for Balanced Living, Columbus, OH
Role: Graduate Student Intern
Population: Adults and adolescents (intensive outpatient and partial hospitalization eating disorder program; multi-family neurobiologically-informed partial hospitalization program for adults with anorexia nervosa)
Supervisors: Jason McCray, Ph.D., Lindsay Varkula, Ph.D.
- 2017 – 2018 Miami University Student Counseling Service
Role: Doctoral Associate
Population: Adult undergraduate and graduate students (general outpatient)
Supervisors: Lauren Evans-Toben, Ph.D., Melissa Schultz, Ph.D.
- 2016 – 2020 Miami University Psychology Clinic
Role: Graduate Student Therapist
Population: Adults (general outpatient)
Supervisors: Joshua Magee, Ph.D., Deborah Wiese, Ph.D.

II. Psychological Assessment

- 2017 – 2018 Miami University Psychology Clinic
Role: Clinical Psychology Trainee
Population: Adults, adolescents, and children

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Supervisor: Julie Rubin, Ph.D.

Assessment Instrument Competency

Achenbach Behavior Assessment System for Children, 3rd Edition (BASC-3)

Beck Anxiety Inventory (BAI)

Beck Depression Inventory (BDI)

Brief Alcohol Screening and Intervention for College Students (BASICS)

Counseling Center Assessment of Psychological Symptoms (CCAPS)

Mini International Neuropsychiatric Interview (MINI)

Minnesota Multiphasic Personality Inventory, 2nd Edition and 2nd Edition, Restructured Form (MMPI-2 and MMPI-2-RF)

Symptom Checklist-90-Revised (SCL-90)

Vineland Adaptive Behavior Scales, 3rd Edition

Wechsler Adult Intelligence Scale, 4th Edition (WAIS-IV)

Wechsler Individual Achievement Test, 3rd Edition (WIAT-III)

Wechsler Intelligence Scale for Children, 5th Edition (WISC-V)

III. Clinical Supervision

2023 – 2024 Drexel University WELL Clinic

Role: Clinical Supervisor

Supervisees: Licensed Social Worker, Clinical psychology graduate students

2020 Miami University Psychology Clinic

Role: Supervision Trainee

Supervisee Population: Junior graduate student therapists

Supervisor: Deborah Wiese, Ph.D.

SERVICE AND LEADERSHIP

2024 Reviewer, Drexel University Anonymous Campus Review for National Science Foundation Graduate Research Fellowship Program (NSF GRFP) Applicants

2022 – 2023 Postdoctoral Voting Member, Chancellor's Advisory Committee on the Status of Women, University of California, San Diego

2020 Graduate Student Representative, Clinical Area Admissions Committee, Miami University Department of Psychology

2019 – 2020 Graduate Student Representative, Clinical Area, Miami University Department of Psychology

2018 – 2020 Graduate Mentor, Doctoral Undergraduate Opportunity Scholarship Program, Miami University

2016 – 2018 Clinical Science Representative, American Psychological Association Science Student Council

2015 – 2016 Psychology Department Representative, Graduate Student Association, Miami University

2015 Graduate Student Advisor, Undergraduate Honors Thesis, Miami University Department of Psychology

2015 – 2016 Graduate Student Liaison, Active Minds, Miami University

2012 – 2013 Member, Campus Coalition for Mental Health, Northwestern University

2011 – 2013 Co-Founder and Co-President, Active Minds, Northwestern University

Ad-hoc reviewer

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American Journal of Orthopsychiatry
Appetite
Cogent Psychology
Cognitive Neuropsychiatry
Frontiers in Psychology
International Journal of Clinical and Health Psychology
International Journal of Eating Disorders
Journal of Consulting and Clinical Psychology
Journal of Social and Clinical Psychology
Neuroscience and Biobehavioral Reviews
Psychiatry Research
Psychological Medicine
Scientific Reports

PROFESSIONAL MEMBERSHIPS

2022 - Society for the Teaching of Psychology
2019 - Academy for Eating Disorders
2016 - Psi Chi, The International Honor Society in Psychology
2015 - Association for Behavioral and Cognitive Therapies
2013 - Association for Psychological Science
2015 – 2019 Midwestern Psychological Association
2014 – 2018 American Psychological Association

REFERENCES

Stephanie Manasse, Ph.D.

Postdoctoral Research Mentor
Research Scientist, Center for Healthcare Delivery Science, Nemours Children's Health
Director, Advancing Science and Psychological Interventions for Regulating Eating Lab
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April Smith, Ph.D.

Graduate Advisor
Associate Professor, Department of Psychology, Auburn University
Director, Research on Eating Disorders and Suicidality Lab
Co-Director, Auburn Eating Disorders Clinic
Phone: (334) 844-7011
Email: ars0152@auburn.edu

Christina Wierenga, Ph.D.

Postdoctoral Research Mentor
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Research Psychologist, VASDHS
Co-Director, VA/UCSD Psychology Internship Training Program
Co-Director of Research, UCSD Eating Disorders Treatment & Research Program
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