

Shruti S. Kinkel-Ram, M.A.
 90 North Patterson Avenue, Oxford, OH 45056
 shankas@MiamiOH.edu

EDUCATION

Miami University

Doctor of Philosophy in Clinical Psychology Anticipated Aug. 2025
Advisors: Dr. April Smith, PhD., Dr. Jeffrey Hunger, PhD. Oxford, OH
 Dissertation: *“Testing Interoceptive Dysfunction as a Mediator of the Relation Between Weight Stigma and Disordered Eating”*

Miami University

Master of Arts in Clinical Psychology March 2021
Committee Chair: Dr. April Smith, PhD. Oxford, OH
 Thesis: *“Examining Weekly Relationships Between Obsessive-Compulsive and Eating Disorder Symptoms”*

Centre College

Bachelor of Science in Psychology; Minor in Behavioral Neuroscience May 2017
Advisor: Dr. Jan Wertz, PhD. Danville, KY
 Senior Thesis: *“The Effect of Expressive Writing and Positive Psychology on Female Body Image and Well-Being”*

GRANTS, AWARDS, AND RECOGNITIONS

Midwestern Psychological Association Diversity Travel Award (\$200)	Apr. 2024
ABCT Military and Veteran SIG Student Travel Award (\$300)	Oct. 2023
Academy of Eating Disorders Assessment and Diagnosis SIG Young Investigator Award, Honorable Mention	May 2023
Dissertation Scholar Award (\$18,762)	Feb. 2023
Doctoral Undergraduate Opportunity Scholarship (\$1000)	Nov. 2022
Graduate Student Achievement Award (\$350)	Nov. 2022
Letter of Commendation from Psychology Department	Dec. 2021
Academy for Eating Disorders RSH Fellowship (\$1500)	Jan. 2021
Miami University Graduate School Association Conference Funding (\$150-300)	Multiple
Miami University Psychology Department Travel Funding (\$450)	Multiple
Miami University Graduate Assistantship (\$19,800 annually)	Aug. 2019 – Present
Centre College Psychology Prize (\$250)	May 2017
Centre College Parents’ Fund Summer Internship Funding (\$1000)	May 2016 – Aug. 2016
Centre College Founders Scholarship (\$16,000 annually)	Aug. 2013 – May 2017

MANUSCRIPT PUBLICATIONS IN PRINT (*n*=24)

**Indicates mentored undergraduate student co-author*

24. **Kinkel-Ram, S. S.**, Staples, C., Rancourt, D., & Smith, A.R. (2022). Food for thought: Examining the relation between aestheticized foods in Instagram feeds and disordered eating symptoms among undergraduate women. *Eating Behaviors*, 47. doi:10.1016/j.eatbeh.2022.101679
23. **Kinkel-Ram, S. S.**, Grunewald, W., Ortiz, S. N., Magee, J., & Smith, A.R. (2021). Examining weekly relationships between eating disorder and obsessive-compulsive symptoms. *Journal of Affective Disorders*. doi:10.1016/j.jad.2021.10.105
22. **Kinkel-Ram, S. S.**, Williams, B. M., Ortiz, S. N., Forrest, L. N., Magee, J., Levinson, C. A., & Smith, A.R. (2021). Testing intrusive thoughts as illness pathways between eating disorders and obsessive-compulsive disorder symptoms: A network analysis. *Eating Disorders: The Journal of Treatment & Prevention*. doi:10.1080/10640266.2021.1993705
21. **Kinkel-Ram, S. S.**, Grunewald, W., Bodell, L., & Smith, A.R. (2021). Unsound sleep, wound-up mind: A longitudinal examination of sleep disturbances, agitation and suicidal ideation in an eating disorder sample. *Psychological Medicine*, 1-9. doi:10.1017/S003329172100310X
20. **Kinkel-Ram, S. S.**, Perkins, N., Ribeiro, J., Franklin, J., & Smith, A. R. (2021). Relations between implicit attitudes toward eating disorder stimuli and disordered eating urges among at-risk college women. *Eating Behaviors*. doi:10.1016/j.eatbeh.2021.101499
19. **Kinkel-Ram, S. S.**, Kunstman, J., Hunger, J. & Smith, A. R. (2021) Examining the relation between discrimination and suicide among Black Americans: The role of social pain minimization and decreased bodily trust. *Stigma and Health*. doi:10.1037/sah0000303
18. Levinson, J., **Kinkel-Ram, S. S.**, & Hunger, J. M. (in press). A Systematic Review of Weight Stigma and Disordered Eating Cognitions and Behaviors. *Body Image*. doi: 10.1016/j.bodyim.2023.101678
17. Sahlan, R. N., **Kinkel-Ram, S. S.**, Uzoegwu, K., Wong, V. & Smith, A. (2023) Eating disorder symptoms, attention deficit/hyperactivity disorder symptoms, and executive functioning deficits in Iranian college students: A network analysis. *Journal of Social and Clinical Psychology*. doi: 10.1521/jscp.2023.42.6.511
16. Sahlan, R. N., **Kinkel-Ram, S. S.**, Uzoegwu, K., & Smith, A. (2023) COVID-19, insomnia, and eating disorder psychopathology among Iranian college students. *Journal of Affective Disorders Reports*, 100601. doi: 10.1016/j.jadr.2023.100601
15. Grunewald, W., **Kinkel-Ram, S. S.**, & Smith, A. R. (2023) Fear of fat moderates the association between contamination disgust and eating concerns. *Journal of Social and Clinical Psychology*. doi: 10.1521/jscp.2023.42.3.214
14. Smith, A. R., **Kinkel-Ram, S. S.**, Grunewald, W., & Raval, V. (2022). A Pilot Feasibility Study of Reconnecting to Internal Sensations and Experiences (RISE), a Mindfulness-Informed Intervention to Reduce Interoceptive Dysfunction and Suicidal Ideation, among University Students in India. *Brain Sciences*. doi:10.3390/brainsci12020237
13. Grunewald, W., **Kinkel-Ram, S. S.**, & Smith, A. R. (2022). Conformity to masculine norms, masculine discrepancy stress, and changes in muscle dysmorphia symptoms. *Body Image*, 40. doi:10.1016/j.bodyim.2022.01.001
12. Vanzhula, I.A., **Kinkel-Ram, S. S.**, & Levinson, C. A. (2021). Perfectionism and difficulty controlling thoughts bridges eating disorder and obsessive-compulsive disorder: A network analysis. *Journal of Affective Disorders*. doi:10.1016/j.jad.2021.01.083

11. Sala, M., **Ram, S. S.**, Vanzhula, I. A., & Levinson, C. A. (2020). Mindfulness and eating disorder psychopathology: A meta-analysis. *International Journal of Eating Disorders*. doi:10.1002/eat.23247
10. Smith, A. R., Forrest, L. N., **Kinkel-Ram, S.**, Grunewald, W., Tubman, D., Esche, A., & Levinson, C. (in press). A longitudinal network analysis of suicide risk factors among Service Members and Veterans sampled for suicidal ideation or attempt. *Psychological Medicine*.
9. Grunewald, W., Ortiz, S. N., **Kinkel-Ram, S. S.**, & Smith, A. R. (2022). Longitudinal Relationships between Muscle Dysmorphia Symptoms and Suicidal Ideation. *Suicide and Life-Threatening Behavior*, 52, 683-695. doi:10.1111/sltb.12852
8. Ortiz, S. N., Forrest, L. N., **Kinkel-Ram, S. S.**, Jacobucci, R. C., & Smith, A. R. (2021). Using shape and weight overvaluation to empirically differentiate severity of other specified feeding or eating disorder. *Journal of Affective Disorders*. doi:10.1016/j.jad.2021.08.049
7. Levinson, C. A., Christian, C., **Ram, S. S.**, Michelson, L., Vanzhula, I. A., Brosof, L. C., & Williams, B. (2020). Eating disorder symptoms and core eating disorder fears decrease during online imaginal exposure therapy for eating disorders. *Journal of Affective Disorders*. doi:10.1016/j.jad.2020.07.075
6. Levinson, C. A., Brosof, L. C., **Ram, S. S.**, Pruitt, A., Russell, S., & Lenze, E. J. (2019). Obsessions are strongly related to eating disorder symptoms in anorexia nervosa and atypical anorexia nervosa. *Eating Behaviors*, 34. doi:10.1016/j.eatbeh.2019.05.001
5. Levinson, C. A., Christian, C., **Ram, S. S.**, Brosof, L.C., & Williams, B. (2019). Sensor technology implementation for research, treatment, and assessment of eating disorders. *International Journal of Eating Disorders*. doi:10.1002/eat.23120
4. Smith, A. R., Witte, T. K., Grunewald, W., **Kinkel-Ram, S.**, Santivaschi, C., Crosby, E., Williams, T., Esche, A., Tubman, D., & Dretsch, M. (2023). Disrupted interoception in Military Service Members and Veterans with a history of suicidality. *Suicide and Life-Threatening Behavior*. doi:10.1111/sltb.12942
3. Smith, A. R., Forrest, L. N., Perkins, N. M., **Kinkel-Ram, S. S.**, Bernstein, M. J., & Witte, T. K. (2021) Reconnecting to internal sensation and experiences: Development of an online intervention to improve interoception and results from a pilot feasibility study. *Behaviour Therapy*. doi:10.1016/j.beth.2021.02.001
2. Christian, C., Brosof, L. C., Vanzhula, I. A., Williams, B. M., **Ram, S. S.**, & Levinson, C. A. (2019). Implementation of a dissonance-based, eating disorder prevention program in Southern, all-female high schools. *Body Image*, 30, 26-34. doi:10.1016/j.bodyim.2019.05.003
1. Smith, A. R., Witte, T. K., Troop-Gordon, W., Grunewald, W., Crosby, E., Williams, T., Hill, K., **Kinkel-Ram, S. S.**, Santivaschi, C., Chamberlin, J., Aguon-Larson, C., Harris, I., Esche, A., Tubman, D., & Dretsch, M. (2023). Reconnecting to Internal Sensations and Experiences (RISE): An online, multi-session intervention improves interoceptive sensibility for military personnel. *Suicide and Life-Threatening Behavior*. doi: 10.1111/sltb.12994

MANUSCRIPTS UNDER REVIEW

1. **Kinkel-Ram, S. S.**, Grunewald, W., Levinson, C. A., & Smith, A. R. (invited revision). Body Dissatisfaction is Central to Military Eating Disorder Pathology: A Multi Time-point Network Analysis. *Behavior Therapy*.

2. Fritchen, R., **Kinkel-Ram, S. S.**, Stanley, T., Billman Miller, M., Bodell, L., & Smith, A. R. (under review) Longitudinal Investigation of Pain Catastrophizing, Pain Intensity, and Suicidal Ideation in Women Receiving Residential Treatment for an Eating Disorder. *Suicide and Life-Threatening Behavior*.
3. Kunstman, J. W., **Kinkel-Ram, S. S.**, Benbow, K. L., Hunger, J. M., Maddox, K., Nadorff, M., & Smith, A. R. (invited revision) Social Pain Minimization Mediates Discrimination's Effect on Sleep. *Behavioral Sleep Medicine*.

SELECT MANUSCRIPTS IN PREPARATION

- Kinkel-Ram, S. S.**, Uzoegwu, K., Kunstman, J., & Smith, A. R. (in preparation) Investigating the Bidirectional Association Between Body Mistrust and Body Dissatisfaction in a Sample of Black Americans.
- Kinkel-Ram, S. S.**, *Stackpole, L., *Martin, E., & Hunger, J. M. (in preparation) The Role of Weight Stigma and Internalized Weight Bias on Eating Disorder Mechanisms and Outcomes among Lesbian, Gay, and Bisexual Individuals.
- Fritchen, R. E., **Kinkel-Ram, S. S.**, Fani, N., Powers, A., & Lathan-Powell, E. C. (in preparation). Race-Related Stress, Dissociation, and Suicide Risk in a Community Sample of Black Americans.

ORAL CONFERENCE PRESENTATIONS (n=25)

**Indicates mentored undergraduate student co-author*

25. **Kinkel-Ram, S. S.**, Grunewald, W., Bodell, L., & Smith, A.R. (Nov. 2024) Restless Nights, Restless Appetites: Exploring the Links between Sleep Dysfunction and Agitation on Suicidality among Eating Disorder Patients. In E. Lampe & S. Kinkel-Ram (chairs), *Within-person Relationships Between Sleep and Eating Disorder Behaviors*. Symposium submitted to the annual meeting of the Association of Behavior and Cognitive Therapies, Philadelphia, PA.
24. **Kinkel-Ram, S. S.**, Uzoegwu, K., Kunstman, J., & Smith, A. (Nov. 2024) Longitudinal Associations Between Body Trust and Body Dissatisfaction among Black Americans. In M. Billman Miller & D. Denning (chairs), *Presentations and Ramifications of Body Image Disturbances across Underrepresented Groups*. Symposium submitted to the annual meeting of the Association of Behavior and Cognitive Therapies, Philadelphia, PA.
23. **Kinkel-Ram, S. S.**, Levinson, J., & Hunger, J. M. (Mar. 2024) A Review of The Literature on Weight Stigma and Disordered Eating. In M. Robbins & E. Harrop (chairs), *The Impact of Weight Stigma on Eating Disorder Treatment and Outcomes*. Panel to be presented at the annual meeting of the International Conference on Eating Disorders, New York, NY. (Sponsored by Weight Stigma and Social Justice Special Interest Group [SIG]).
22. **Kinkel-Ram, S. S.**, *Stackpole, L., & Hunger, J. M. (Nov. 2023) Examining Internalized Weight Bias Among Sexual Minority Men. In **S. Kinkel-Ram** (chair), *Weight Bias and Disordered Eating among Sexual and Gender Minority Individuals*. Symposium to be presented at the annual meeting of the Association of Behavior and Cognitive Therapies, Seattle, WA.
21. **Kinkel-Ram, S. S.**, & Smith, A. R. (Nov. 2023) A Network Analysis Investigation of Sleep Problems and Disordered Eating Among Military Members. In K. Christensen (chair), *Expanding Understanding of Sleep Processes and Eating Disorder Pathology*. Symposium to be presented at the annual meeting of the Association of Behavior and Cognitive Therapies, Seattle, WA.

20. **Kinkel-Ram, S. S.,** Kunstman, J., Hunger, J., & Smith, A.R. (Nov. 2023) Examining Social Pain Minimization and Body Trust as Longitudinal Mediators of the Relation Between Discrimination and Suicide among Black Americans. In D. Denning (chair), *Effects of interpersonal minority stressors on suicide and nonsuicidal self-injury: An examination across sexual, gender, and racial minority groups*. Symposium to be presented at the annual meeting of the Association of Behavior and Cognitive Therapies, Seattle, WA.
19. **Kinkel-Ram, S. S.,** Raval, V. V., & Smith, A. R. (June 2023) Validation of the Multidimensional Assessment of Interoceptive Awareness-2 Among a Sample of Indian Adults. In N. Goel (chair), *Eating Disorder Symptoms, Body Image Concerns, and Related Assessment Considerations among South Asians*. Panel presented at the annual meeting of the International Conference on Eating Disorders, Washington, DC. (Sponsored by Assessment and Body Image Special Interest Groups [SIG]).
18. **Kinkel-Ram, S. S.,** Sahlan, R. N., Uzoegwu, K., Wong, V. & Smith, A. (June 2023) A Network Analysis of Eating Disorder Symptoms, Attention Deficit/Hyperactivity Disorder Symptoms, and Executive Functioning Deficits in Iranian College Students. Paper presented at the annual meeting of the International Conference on Eating Disorders, Washington, DC.
17. **Kinkel-Ram, S. S.,** Kunstman, J., & Smith, A. R. (Nov. 2022) Sleep Problems Mediate the Relation Between Discrimination and Suicidal Ideation Among Black Americans. In J. Song (chair), *Sleepless Night: Examining the Role of Sleep in Suicidal Ideation among Diverse Populations*. Symposium presented at the annual meeting of the Association of Behavior and Cognitive Therapies, New York, NY.
16. **Kinkel-Ram, S. S.,** Forrest, L. N., & Smith, A. R. (June 2022) A Longitudinal and Contemporaneous Network Analysis of Agitation, Sleep and Eating Disorder Symptoms. Paper presented virtually at the annual meeting of the International Conference on Eating Disorders.
15. **Kinkel-Ram, S. S.,** Grunewald, W., & Smith, A. R. (June 2022) Eating Disorder and Agitation Symptoms among a Sample of Active-Duty Military Members and Veterans. Paper presented virtually at the annual meeting of the International Conference on Eating Disorders.
14. **Kinkel-Ram, S. S. & Smith, A. R.** (April 2022) Eating Disorder and Agitation Symptoms among Military Members. Paper presented at the annual meeting of Midwestern Psychological Association Conference, Chicago, IL.
13. **Kinkel-Ram, S. S.,** Grunewald, W., Bodell, L., & Smith, A.R. (June 2021). A Longitudinal Examination of Sleep Disturbances, Agitation and Suicidal Ideation in an Inpatient Eating Disorder Sample. Paper presented virtually at the annual meeting of the International Conference on Eating Disorders.
12. **Kinkel-Ram, S. S.,** Williams, B. W., Ortiz, S. N., Forrest, L. N., Magee, J., Levinson, C. A., & Smith, A.R. (Apr. 2021). Testing intrusive thoughts as illness pathways between eating disorders and obsessive-compulsive disorder symptoms: A network analysis. Paper presented virtually at the annual meeting of Midwestern Psychological Association Conference.
11. **Kinkel-Ram, S. S.,** Kunstman, J., Hunger, J., & Smith, A.R. (April 2021). Examining the relation between discrimination and suicide among Black Americans: The role of social pain minimization and decreased bodily trust. Paper presented virtually at the annual meeting of the American Association of Suicidology.

10. **Ram, S. S.**, Forrest, L. N., Perkins, N., Lavender, J., & Smith, A. R. (Nov. 2019). Using Network Analysis to Identify Central Eating Disorder Symptoms among Men. In L. Sarfan (chair), *Am I Good Enough? The Role of Self-Evaluation in the Context of Body Image and Disordered Eating*. Symposium conducted at the annual meeting of the Association of Behavior and Cognitive Therapies, Atlanta, GA.
 9. Smith, A. R., **Kinkel-Ram, S. S.**, Grunewald, W., & Forrest, L. N. (Nov. 2022) A Network Analysis Investigation of Eating Disorder Symptoms in a Sample of Military Members. In *The Role of Eating Disorder Symptoms across Underrepresented Groups in Eating Disorder Research: What Non-Eating Disorder Professionals and Researchers Need to Know*. Symposium presented at the annual meeting of the Association of Behavior and Cognitive Therapies, New York, NY.
 8. Smith, A. R., **Kinkel-Ram, S. S.**, Grunewald, W., George, T. S. & Raval, V. V. (Nov. 2022) A Pilot Feasibility Study of Reconnecting to Internal Sensations and Experiences (RISE) to Reduce Interoceptive Dysfunction and Suicidal Ideation, Among University Students in India. In *Factors Contributing to Depression and Suicide Among Youth in India: Importance of Contextually Grounded, Innovative Approaches To Prevention And Intervention*. Symposium to be presented at the annual meeting of the Association of Behavior and Cognitive Therapies, New York, NY.
 7. Sala, M., **Ram, S. S.**, Vanzhula, I.A., & Levinson, C.A. (Mar. 2019). Mindfulness and eating disorder psychopathology: A meta-analysis. Paper presented at the Academy of Eating Disorders, International Conference on Eating Disorders, New York, NY.
 6. Hunger, J. M., Levinson, J. A., **Kinkel-Ram, S.**, & Myers, B. (June 2024). Weight stigma and disordered eating: A systematic review and call to action. Paper to be presented at the Appearance Matters Conference, Bristol, England.
 5. Smith, A. R., Forrest, L., **Kinkel-Ram, S.**, & Chamberlin, J. (Nov. 2021). Testing Longitudinal Relations between Anger Variability and Eating Disorder Symptoms in a Military Sample. In *Interoception and Eating Disorders*. Symposium presented virtually at the Association for Behavioral and Cognitive Therapies annual convention.
 4. Levinson, C.A., Christian, C., **Ram, S. S.**, Michelson, L., Vanzhula, I.A., Brosof, L. C., & Williams, B. (Sept. 2019). Eating Disorder Symptoms and Core Eating Disorder Fears Decrease During Online Imaginal Exposure Therapy for Eating Disorders. Paper presented at the Eating Disorder Research Symposium, Chicago, IL.
 3. Brosof, L. C., Vanzhula, I.A., **Ram, S. S.**, Christian, C., Michelson, L., & Levinson, C.A. (Nov. 2018). Interacting risk factors: Higher emotional impulsivity and lower maladaptive perfectionism is associated with higher bulimic symptoms. In L.C. Brosof: Transdiagnostic processes in eating disorders: How shared mechanisms can inform treatment. Paper presented at the Association for Behavioral and Cognitive Therapies, Washington, D.C.
 2. Vanzhula I.A., Christian, C., Brosof, L. C., **Ram, S. S.**, Michelson, L., & Levinson, C. A. (Nov. 2018). Rumination and lack of mindful awareness prospectively predict eating disorder symptoms. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.
 1. Soulliard, Z. A., Layland, E. K., Hatch, N., Pickering, E., Eisenstadt, B., Chiaramonte, D., Behari, K., **Freeman, M.**, **Kinkel-Ram, S. S.**, Harkness, A., & Pachankis, J. E. (2023, November 16-19). Mental health providers' experiences implementing LGBTQ-affirmative CBT one year after training. In A. Harkness & Z. A. Soulliard (Chairs), *Next Steps for LGBTQ-Affirmative Care: Implementation and De-Implementation Efforts Toward Mental Health Equity for LGBTQ Clients*. Paper presented at the Association for Behavioral and Cognitive Therapies, Seattle, WA.
-

POSTER PRESENTATIONS (*n*=16)

**Indicates mentored undergraduate student co-author*

16. **Kinkel-Ram, S. S.**, Grunewald, W., & Smith, A. (Sept. 2023) Using Network Analysis to Examine Eating Disorder Symptoms Among The Military. Poster presented at the annual meeting of the Eating Disorder Research Symposium, Boston, MA.
15. **Kinkel-Ram, S. S.**, Sahlan, R. N., Uzoegwu, K., & Smith, A. (June 2023) Fear of COVID-19, Insomnia, and Eating Disorder Symptoms among Iranian College Students. Poster presented at the annual meeting of the International Conference on Eating Disorders, Washington, DC.
14. **Kinkel-Ram, S. S.**, Grunewald, W., Ortiz, S., Magee, J. & Smith, A. R. (Nov. 2021). Examining Weekly Relationships Between Eating Disorder and Obsessive-Compulsive Symptoms. Poster presented virtually at the annual meeting of the Association for Behavioral and Cognitive Therapies.
13. **Kinkel-Ram, S. S.**, Ortiz, S. N., Magee, J., & Smith, A. R. (Nov. 2020). Assessing the Temporal, Bidirectional Relationship Between Eating Disorder and Obsessive-Compulsive Disorder Symptoms. Poster presented virtually at the annual Obesity and Eating Disorders Special Interest Group (OED-SIG) Exposition of the Association for Behavioral and Cognitive Therapies.
12. **Kinkel-Ram, S. S.**, Perkins, N., & Smith, A. R. (Nov. 2020). Implicit Attitudes toward Eating Disorder Stimuli and Disordered Eating Symptoms. Poster presented virtually at the annual meeting of the Association for Behavioral and Cognitive Therapies.
11. **Kinkel-Ram, S. S.**, Williams, B. W., Ortiz, S. N., Forrest, L. N., Magee, J., Levinson, C.A., & Smith, A.R. (Oct. 2020). A Network Analysis of Eating Disorder Related Intrusive Thoughts, Eating Disorder and Obsessive-Compulsive Disorder Symptoms. Poster presented virtually at the annual meeting of the Eating Disorder Research Symposium.
10. **Ram, S. S.**, Vanzhula, I. A., & Levinson, C. A. (Nov. 2019). Bridge symptoms between obsessive-compulsive disorder and eating disorders in individuals with eating disorders. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
9. **Ram, S. S.**, Christian, C., & Levinson, C. A. (Nov. 2018). Shared vulnerabilities and associations between fear of negative evaluation, social anxiety, eating disorder symptoms and obsessive-compulsive symptoms. Poster presented at the annual Obesity and Eating Disorders Special Interest Group (OED-SIG) Exposition of the Association for Behavioral and Cognitive Therapies, Washington, DC.
8. **Ram, S. S.**, Breitenbach, E. & Wertz, J. (Apr. 2017). Write it out: The effect of expressive writing and positive psychology on female body image and well-being. Poster presented at Centre College RICE Symposium, Danville, KY.
7. Smith, A. R., **Kinkel-Ram, S. S.**, Nearman, C. R., W., Cusack, C., & Levinson, C. A., (Oct. 2021). Reconnecting To Internal Sensations and Experiences (RISE): An Online Intervention to Improve Interoception and Reduce Eating Disorder Pathology. Poster presented virtually at the annual meeting of the Eating Disorder Research Symposium.
6. Grunewald, W., **Kinkel-Ram, S. S.**, & Smith, A. R. (Nov. 2021). Conformity to Masculine Norms, Masculine Discrepancy Stress, and the Development of Muscle Dysmorphia Symptoms. Poster presented virtually at the annual meeting of the Association for Behavioral and Cognitive Therapies.
5. Grunewald, W., **Kinkel-Ram, S. S.**, & Smith, A. R. (June 2021). Conformity to Masculine Norms, Masculine Discrepancy Stress, and the Development of Muscle Dysmorphia Symptoms. Poster presented virtually at the annual meeting of the International Conference on Eating Disorders.

4. Perkins, N. M., **Ram, S. S.**, & Smith, A. R. (Nov. 2020). Examining disordered eating and nonsuicidal self-injury through the lens of objectification theory: The role of interoceptive awareness and emotional reactivity. Poster presented virtually at the Association for Behavioral and Cognitive Therapies annual convention, Philadelphia, PA.
3. Reid, M., Green, S., **Ram, S. S.**, Breitenbach, E. & Wertz, J. (Apr. 2018). Effect of expressive writing and positive psychology on body image. Poster presented at the annual meeting of the Midwestern Psychological Association, Chicago, IL.
2. *Moughan, E., *McCracken, K., *Zeifang, C., *Naples, E., **Kinkel-Ram, S.**, & Smith, A. (Apr. 2021). Association Between Maturity Fears, Trait Anxiety and Eating Disorder Symptoms. Poster presented virtually at the annual meeting of the Midwestern Psychological Association.
1. *Naples, E., *Zeifang, C., *McCracken, K., *Moughan, E., **Kinkel-Ram, S.**, & Smith, A. (Apr. 2021). Association Between Body Image, Self-Esteem, Perfectionism, and Disordered Eating. Poster presented virtually at the annual meeting of the Midwestern Psychological Association.

EDITORIAL EXPERIENCE

Reviewer for: *Eating Behaviors, European Eating Disorders Review, International Journal of Eating Disorders, Journal of Research on Adolescence, Journal of Social and Clinical Psychology*

Ad hoc reviewer for: *Eating Behaviors, Eating Disorders: The Journal of Treatment & Prevention, International Journal of Eating Disorders, Journal of Abnormal Psychology, Suicide and Life-Threatening Behavior*

INVITED TALKS AND PRESENTATIONS

- Kinkel-Ram, S. S.** (2024, May). *Finding your “Niche” and Thriving in Graduate School*. Invited panelist for Association of Behavioral and Cognitive Therapies (ABCT) 2nd Annual Student Research Symposium, Sponsored by ABCT Student SIG.
- Kinkel-Ram, S. S.** (2023, April). *Alumni Spotlight Panel on Research*. Invited talk at Centre College Research, Internships, and Creative Endeavors Symposium.
- Kinkel-Ram, S. S.** (2021, October). *Graduate School and Post-Baccalaureate Opportunities in Clinical Psychology*. Invited talk at Centre College.
- Ram, S. S.** (2019, October). *Eating Disorders and Neurological Correlates*. Invited talk at Centre College.
- Ram, S. S.** (2018, August). *Eating Disorder Awareness, Common Misconceptions and Resources for Treatment*. Invited talk at Kentucky Country Day School.

RESEARCH EXPERIENCE

Hunger Stigma and Health (HuSH) Lab

Positions(s): Graduate Student

March 2021 – Present

Supervisor: Dr. Jeffrey Hunger, PhD.

Miami University – Oxford, OH

Research on Eating Disorders and Suicidality (REDS) Lab

Positions(s): Graduate Student & Lab Manager

July 2019 – Present

Supervisor: Dr. April Smith, PhD.

Miami University – Oxford, OH

Eating Anxiety Treatment (EAT) Laboratory and Clinic**Positions(s):** Study Coordinator & Lab Manager

Sept. 2017 – June 2019

Supervisor: Dr. Cheri Levinson, PhD.

University of Louisville – Louisville, KY

Expressive Writing and Body Image Lab**Positions(s):** Study Coordinator

Aug. 2016 – May 2017

Supervisor: Dr. Jan Wertz, PhD.

Centre College – Danville, KY

CLINICAL EXPERIENCE**Lindner Center of Hope/Cincinnati Children's Hospital – Eating Disorder Placement****Clinical Psychology Trainee**

May 2022 – July 2023

Supervisor: Allison Mecca, Psy.D.

Mason, OH

Primary Responsibilities: Provided individual psychotherapy for patients with eating disorders and comorbid illnesses in the Cincinnati Children's Hospital (children) and Lindner Center of Hope (adult) inpatient and partial hospitalization (PHP) programs. Facilitated 10 weekly therapy groups focused on dialectical-behavioral therapy, radically open dialectical-behavioral therapy, acceptance, body image skills and commitment focused therapy for patients in the inpatient and PHP eating disorder programs.

Miami University Student Counseling Center**Clinical Psychology Trainee**

Aug. 2021 – May 2022

Supervisors: Ritch Hall, Ph.D. & Kristen Reser, Ph.D.

Oxford, OH

Primary Responsibilities: Provided outpatient individual psychotherapy in a clinic serving undergraduate and graduate students at Miami University. Used cognitive-behavioral, dialectical-behavioral, and interpersonal psychotherapy interventions with adults with a range of DSM-5 disorders, including eating disorders, compulsive over-exercise, trauma, anxiety spectrum disorders, substance use disorder, and depression. Attended weekly individual and group supervision meetings. Co-facilitated weekly group for female-identified students focused on body image concerns.

Miami University ADHD Diagnostic Assessment Traineeship**Clinical Psychology Trainee**

Aug. 2021 – May 2022

Supervisor: Jennifer Green, PhD.

Oxford, OH

Primary Responsibilities: Provides comprehensive ADHD testing for Miami University students and community members requiring testing in order to obtain disability services, medication, and other assistance. Attends weekly individual supervision meetings.

Miami University Psychology Clinic**Clinical Psychology Trainee**

Aug. 2020 – Aug. 2021

Supervisor: Dr. Lauren Evans Toben, PhD.

Oxford, OH

Primary Responsibilities: Provided outpatient individual psychotherapy in a clinic serving the general community. Used cognitive-behavioral, dialectical-behavioral, and interpersonal psychotherapy interventions with adults with a range of DSM-5 disorders, including alcohol use disorder, generalized anxiety disorder, and major depressive disorder. Attended weekly individual and group supervision meetings. Provided weekly on-call services. Conducted risk assessments and comprehensive psychological testing.

Talawanda High School**Adolescent DBT Skill-Building Group Co-Leader**

Aug. 2019 – May 2020

Supervisor: Dr. Jennifer Green, PhD.

Oxford, OH

Primary Responsibilities: Co-led a weekly outpatient Dialectical-Behavioral Therapy Skills group for 15-20 high-school aged adolescents. Led skills group meetings on mindfulness, emotion regulation skills, and strengths. Attended weekly supervision with group leader and co-facilitators.

Louisville Center for Eating Disorders & Louisville OCD Clinic**Eating Disorder Intake & Research Coordinator** Oct. 2017 – June 2019**Supervisor:** Dr. Cheri Levinson, PhD. Louisville, KY**Primary Responsibilities:** Assisted clinicians with assessments, group therapies, exposure therapy, and miscellaneous tasks. Communicated with, educated and provided support for potential new eating disorder clients. Maintained electronic medical records. Communicated with patients and ensured that their information is kept organized and confidential. Sent out and analyzed self-report measures to eating disorder intensive outpatient and outpatient clients to track their treatment progress.**Eating Anxiety Treatment (EAT) Laboratory and Clinic****Lab Manager & Study Coordinator** Sept. 2017 – June 2019**Supervisor:** Dr. Cheri Levinson, PhD. Louisville, KY**Primary Responsibilities:** Conducted structured clinical interviews and assessments in food exposure therapy, imaginal exposure and daily habits studies. Screened participants using the Structured Clinical Interview for DSM-IV, the Eating Disorder Diagnostic Inventory, the Suicide, Mania/Hypomania, and Psychosis modules of the Mini International Neuropsychiatric Interview, and the Eating Fears Questionnaire. Oversaw and coordinated food exposure therapy and imaginal exposure therapy.**TEACHING EXPERIENCE****Miami University****Research Assistant Supervisor, Hunger Stigma and Health Lab** May 2021 – Present**Supervisor:** Dr. Jeff Hunger, PhD. Oxford, OH**Primary Responsibilities:** Leads team of undergraduate research assistants in running independent research studies. Supervises honor thesis project data collection for select research assistants and mentors students through academic writing and dissemination of data.**Mentored Undergraduate Students:** Emma Moughan ('22), Marissa Tucholka ('22), Olivia Bellas ('23), Lucy Stackpole ('24), Meher Khan ('24), Natalie Nagel ('24), Tara Bennington ('24), Emma DeShay ('25), Emily Martin ('25), Katie Coxhead ('25), Khloe Gill ('25), Samantha Schaller ('26)**Research Assistant Supervisor, REDS Lab** Aug. 2019 – Present**Supervisor:** Dr. April Smith, PhD. Oxford, OH**Primary Responsibilities:** Trains undergraduate research assistants in following lab procedures and coordination of studies. Leads trainings on graduate school and careers in psychology. Mentors research assistants in conducting their own independent analyses and disseminating their research at conferences.**Mentored Undergraduate Students:** Callie Zeifang ('21), Elyse Naples ('21), Will Morgan ('21), Katherine McCracken ('22), Maddy Davis ('22), Maddy Block ('22).**University of Louisville****Research Assistant Supervisor, Eating Anxiety Therapy Lab and Clinic** Sept. 2017 – June 2019**Supervisor:** Dr. Cheri Levinson, PhD. Louisville, KY**Primary Responsibilities:** Directly oversaw undergraduate research assistants, provided training on how to conduct and write APA style literature reviews and papers, provided training on statistical analyses, mentored undergraduates and assisted with running research studies as needed.**Centre College****Teaching Assistant: Experimental Design Psychology (PSY 210)** Feb. 2017 – May 2017**Supervisor:** Dr. Jennifer Goetz, PhD. Danville, KY**Primary Responsibilities:** Coordinated lab activities, graded assignments, helped students prepare for exams, held review sessions, held office hours, proctored tests and examinations, assisted students in developing their own studies.

Teaching Assistant: Introduction to Psychology (PSY 110)

Aug. 2016 – Dec. 2016

Supervisor: Dr. Benjamin Arnold, PhD.

Danville, KY

Primary Responsibilities: Assisted undergraduate students with lab work and dissections, guest lectured, attended class and oversaw students, help review sessions and office hours, graded tests and assignments.

UNDERGRADUATE INDEPENDENT STUDIES

- 2022 *Emily Martin, Miami University, Dean's Scholar Program (under review)*
Role: Graduate student sponsor
Title: Investigating Daily Experiences of Weight Stigma and Homophobia Among Higher Weight, Sexual Minority Individuals
- 2022 *Lucy Stackpole, Doctoral Undergraduate Opportunity Scholarship (funded; \$1000)*
Role: Graduate student sponsor
Title: The Role of Weight Stigma and Internalized Weight Bias on Eating Disorder Mechanisms and Outcomes in Sexual and Gender Minorities
- 2021 *Emma Moughan, Miami University, Honors Thesis*
Role: Graduate student mentor and committee member
Title: Self-Criticism Mediates the Relation Between Thwarted Belongingness and Suicidal Ideation

PROFESSIONAL SERVICE

Co-chair, Academy for Eating Disorders Weight Stigma SIG Dec. 2022-Present
 Leads monthly virtual meetings on topics of weight stigma and social justice for SIG members. Coordinates annual International Conference on Eating Disorders submissions related to weight stigma SIG activities. Advocates for fat justice and health at every size approaches within the Academy of Eating Disorders.

Committee and Task Force Liaison, Academy for Eating Disorders Feb. 2021-May 2022
 Responsible for communicating with the various Special Interest Groups on a monthly basis to see if there is any information that the groups would like to disseminate over social media such as special events or initiatives. Also disseminates research findings and programs on social media for AED.

National Eating Disorder Awareness Walk, Executive Committee May 2018-May 2019
 Was a member of the planning committee for the Louisville NEDA Walk and took charge of marketing and social media outreach. Disseminated event details and eating disorder resources. Attended event and assisted in coordination and planning.

PROFESSIONAL AFFILIATIONS

Association for Size Diversity and Health Oct. 2022 – Present
American Association of Suicidology Sept. 2020 – Present
Academy for Eating Disorders Sept. 2019 – Present
American Psychological Association Sept. 2019 – Present
Association of Behavioral and Cognitive Therapies Member Aug. 2018 – Present
Midwestern Psychological Association Mar. 2017 – Present
Psi Chi Honor Society Dec. 2015 – Present