

Shruti S. Kinkel-Ram, Ph.D.

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EDUCATION & TRAINING

2025 – Present	NHLBI T32 Postdoctoral Scholar , Pittsburgh, PA Cardiovascular Behavioral Medicine Training Program University of Pittsburgh School of Medicine
2019 – 2025	Doctor of Philosophy in Clinical Psychology , Oxford, OH Certificate in College Teaching Miami University
2024 – 2025	APA Accredited Clinical Psychology Doctoral Internship , Pittsburgh, PA University of Pittsburgh-Western Psychiatric Hospital
2019 – 2021	Master of Arts in Clinical Psychology , Oxford, OH Miami University
2013 – 2017	Bachelor of Science in Psychology , Danville, KY Minor in Behavioral Neuroscience Centre College

AWARDS & RECOGNITIONS

2025	Sleep and Circadian Workshop on Indispensable Methods (SWIM) Travel Scholarship (\$250)
2024	Diversity Research Award , ABCT Eating Disorder and Eating Behaviors SIG (\$200)
2024	National Register Internship Travel Scholarship , American Psychological Foundation (\$1000)
2024	Capretta Award , Miami University (\$1000)
2024	Diversity Travel Award , Midwestern Psychological Association (\$200)
2023	Student Travel Award , ABCT Military and Veteran SIG (\$300)
2023	Young Investigator Award, Honorable Mention , Academy of Eating Disorders Assessment and Diagnosis SIG
2022	Graduate Student Achievement Award , Miami University (\$350)
2021	Letter of Commendation , Miami University Psychology Department
2017	Psychology Prize , Centre College (\$250)
2016	Parents' Fund Summer Internship Funding , Centre College (\$350)

RESEARCH SUPPORT

- 2026 – Present **Equity in Maternal and Birthing Outcomes and Reproductive Health through Community Engagement (EMBRACE) Center of Excellence**
Project: Gendered Racial Stress, Interoception, and Sleep Disruption in Pregnancy: A Community-Engaged EMA Pilot Study
Role: Principal Investigator
Amount Awarded: \$10,000
- 2025 – Present **Sleep Research Society Foundation**
Project: A Pilot Investigation of Sleep Irregularity, Interoceptive Dysfunction, and Eating Behaviors among Young Adults
Role: Principal Investigator
Amount Awarded: \$4990
- 2025 – Present **National Heart, Lung, and Blood Institute**
T32HL007560
Mechanism: Cardiovascular Behavioral Medicine Research Training
PI: Rebecca Thurston, PhD; Mentor: Michele Levine, PhD
Role: Postdoctoral Scholar
- 2023 – 2024 **Dissertation Scholar Fellowship, Miami University**
Project: Interoceptive Dysfunction as a Mediator of the Relation Between Weight Stigma and Binge Eating
Role: Principal Investigator
Amount Awarded: \$21,000
- 2022 – 2023 **Doctoral Undergraduate Opportunity Scholarship, Miami University**
Project: The Role of Weight Stigma and Internalized Weight Bias on Eating Disorder Mechanisms and Outcomes in Sexual and Gender Minorities
Role: Principal Investigator; Graduate Student Sponsor
Amount Awarded: \$2000
- 2021 **RSH Fellowship, Academy of Eating Disorders**
Amount Awarded: \$1500

PEER-REVIEWED PUBLICATIONS ($n = 31$)

[Google Scholar Profile](#) | *Indicates mentored trainee co-author

31. **Kinkel-Ram, S. S.,** Hunger, J. M., & Smith, A. R. (2025) Testing Interoceptive Dysfunction as a Mediator of the Relation Between Weight Stigma and Disordered Eating. *Appetite*.
<https://doi.org/10.1016/j.appet.2025.108060>
30. **Kinkel-Ram, S. S.,** Grunewald, W., Tubman, D., Esche, A., Levinson, C. A., & Smith, A. R. (2024). Body Dissatisfaction is Central to Military Eating Disorder Pathology: A Multi Time-point Network Analysis. *Behavior Therapy*. <https://doi.org/10.1016/j.beth.2024.07.003>
29. **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.
<https://doi.org/10.1016/j.eatbeh.2022.101679>

28. **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* <https://doi.org/10.1016/j.jad.2021.10.105>
27. **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*. <https://doi.org/10.1080/10640266.2021.1993705>
26. **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. <https://doi.org/10.1017/S003329172100310X>
25. **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*. <https://doi.org/10.1016/j.eatbeh.2021.101499>
24. **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*. <https://doi.org/10.1037/sah0000303>
23. Frietchen, R. E., **Kinkel-Ram, S. S.,** Stanley, T., Billman Miller, M., Bodell, L., & Smith, A. R. (in press) Longitudinal Investigation of Pain Catastrophizing, Pain Intensity, and Suicidal Ideation in Women Receiving Residential Treatment for an Eating Disorder. *Eating Disorders: The Journal of Treatment & Prevention*.
22. Frietchen, R. E., **Kinkel-Ram, S. S.,** Fani, N., Powers, A., & Lathan-Powell, E. C. (2025). Race-Related Stress, Dissociation, and Suicide Risk in a Community Sample of Black Americans. *Psychological Trauma: Theory, Research, Practice, and Policy*. <https://doi.org/10.1037/tra0001880>
21. Kunstman, J. W., **Kinkel-Ram, S. S.,** Benbow, K. L., Hunger, J. M., Maddox, K., Nadorff, M., & Smith, A. R. (2024) Social Pain Minimization Mediates Discrimination's Effect on Sleep. *Behavioral Sleep Medicine*. <https://doi.org/10.1080/15402002.2024.2423296>
20. Levinson, J., **Kinkel-Ram, S. S.,** & Hunger, J. M. (2024). A Systematic Review of Weight Stigma and Disordered Eating Cognitions and Behaviors. *Body Image*. <https://doi.org/10.1016/j.bodyim.2023.101678>
19. 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*. <https://doi.org/10.1521/jscp.2023.42.6.511>
18. 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. <https://doi.org/10.1016/j.jadr.2023.100601>

17. 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*. <https://doi.org/10.1521/jscp.2023.42.3.214>
16. 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*. <https://doi.org/10.3390/brainsci12020237>
15. 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. <https://doi.org/10.1016/j.bodyim.2022.01.001>
14. 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*. <https://doi.org/10.1016/j.jad.2021.01.083>
13. 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*. <https://doi.org/10.1002/eat.23247>
12. Sahlan, R. N., Bridges-Curry, Z., **Kinkel-Ram, S. S.**, Christian, C., & Smith, A.R. (2025) Subtypes of Eating Disorder Symptoms, Thwarted Belongingness, Perceived Burdensomeness, Capability for Suicide, and their associations with Suicide Ideation and Suicide Attempts. *Suicide and Life-Threatening Behavior*, 55(5), e70054. <https://doi.org/10.1111/sltb.70054>
11. Grunewald, W., Sonnenblick, R. **Kinkel-Ram, S. S.**, Stanley, T. B., Clancy, O. M., & Smith, A. R. (2024) Longitudinal Relationships between Anti-fat Attitudes and Muscle Dysmorphia Symptoms. *Body Image*. <https://doi.org/10.1016/j.bodyim.2024.101786>
10. Smith, A. R., Forrest, L. N., **Kinkel-Ram, S.**, Grunewald, W., Tubman, D., Esche, A., & Levinson, C. (2024). A longitudinal network analysis of suicide risk factors among Service Members and Veterans sampled for suicidal ideation or attempt. *Psychological Medicine*. <https://doi.org/10.1017/S0033291724000734>
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. <https://doi.org/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*. <https://doi.org/10.1016/j.jad.2021.08.049>
7. Levinson, C. A., Christian, C., **Ram, S. S.**, Michelson, L., Vanzhula, I. A., Brosnoff, 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*. <https://doi.org/10.1016/j.jad.2020.07.075>
6. Levinson, C. A., Brosnoff, 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. <https://doi.org/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*. <https://doi.org/10.1002/eat.23120>
4. Smith, A. R., Witte, T. K., Grunewald, W., **Kinkel-Ram, S.**, Santivasci, 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*. <https://doi.org/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*. <https://doi.org/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. <https://doi.org/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.**, Santivasci, 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*. <https://doi.org/10.1111/sltb.12994>

MANUSCRIPTS UNDER REVIEW

1. Lusich, R., Billman Miller, M. G., **Kinkel-Ram, S. S.**, Hanss, K., Gorrell, S., Smith, A., & Brown, T. (invited revision) Connecting the dots between interoceptive sensibility, anxiety sensitivity, and eating disorder symptoms among individuals who engage in exercise for weight or shape purposes. *Body Image*.
2. Goel, N., Wang, P., Singh, S., **Kinkel-Ram, S. S.**, Negi, S., Yu, K., Wong, V., Johnson-Munguia, S., & Craddock, N. (invited revision). Rethinking the “Asian” Identity in Eating Disorders Research: A Call to Action. *Eating Disorders: Journal of Treatment and Prevention*.
3. Christian, C., Donofry, S. D., Jouppi, R. J., **Kinkel-Ram, S. S.**, Kolko Conlon, R. P., Levine, M. D. (under review) Differential trajectories of depression symptoms during pregnancy and prospective associations with postpartum eating disorder symptoms and cardiovascular health behaviors. *Archives of Women's Mental Health*.
4. Smith, A. R., Forrest, L. N., Harris, L. M., **Kinkel-Ram, S. S.**, Grunewald, G., & Levinson, C. A. (under review). One of us is not like the other: Individual differences in risk factors for suicidal ideation in Service Members and Veterans. *Journal of Psychopathology and Clinical Science*.

SELECT MANUSCRIPTS IN PREPARATION

- Kinkel-Ram, S. S.**, Thoma, B., Roberts, S., Choukas-Bradley, S., Puhl, R., & Watson, R. (in preparation) An Intersectional Examination of Weight and Gender Identity-Based Minority Stress on Depression Symptoms among Gender Minority Youth.

Kinkel-Ram, S. S., Kung, F. Y. H., Kunstman, J., & Smith, A. R. (in preparation) *Foreigner In One's Own Body: The Influence of Perpetual Foreigner Syndrome and Social Pain Minimization on Body Trust and Body Dissatisfaction in Asian Adults.*

INVITED TALKS & PRESENTATIONS

6. **Kinkel-Ram, S. S., Wierenga, C., Lampe, E., Perry, T., & Schueler, J.** (2024, June). *Applying to Internship Panel*. Panel at ABCT Eating Disorders and Eating Behaviors Special Interest Group Summer Seminar Series.
5. **Kinkel-Ram, S. S., Denning, D. M., & Brooks Stephens, J.** (2024, May). In F. G. Hart and R. Mendoza (Chairs). *You're in! Now what? Finding your niche in graduate school*. Conference Session at ABCT Student Special Interest Group Student Research Symposium.
4. **Kinkel-Ram, S. S.** (2023, April). *Alumni Spotlight Panel on Research*. Invited talk at Centre College Research, Internships, and Creative Endeavors Symposium.
3. **Kinkel-Ram, S. S.** (2021, October). *Graduate School and Post-Baccalaureate Opportunities in Clinical Psychology*. Invited talk at Centre College.
2. **Ram, S. S.** (2019, October). *Eating Disorders and Neurological Correlates*. Invited talk at Centre College.
1. **Ram, S. S.** (2018, August). *Eating Disorder Awareness, Common Misconceptions and Resources for Treatment*. Invited talk at Kentucky Country Day School.

CONFERENCE PRESENTATIONS (*n* = 28)

*Indicates mentored trainee co-author

28. **Kinkel-Ram, S. S. & Robbins, M.** (June 2025) *Weight Stigma as a Barrier to Eating Disorder Care*. In V. Hazzard and C. Thomas (moderators), *Barriers to Eating Disorder Treatment Across Micro and Macro Levels*. Panel presented at the annual meeting of the International Conference on Eating Disorders, San Antonio, TX. (Sponsored by DBT & Suicide, Epidemiology & Public Health, and Weight Stigma & Social Justice SIGs).
27. **Kinkel-Ram, S. S., Hunger, J. M., & Smith, A. R.** (June 2025) *Testing Interoceptive Dysfunction as a Mediator of the Relation Between Weight Stigma and Binge Eating*. In E. Harrop & A. Dunford (chairs), *Empirical and Lived-Experience Perspectives on Addressing "Feeling Fat" Across the Size Spectrum*. Panel presented at the annual meeting of the International Conference on Eating Disorders, San Antonio, TX. (Sponsored by Body Image SIG and Weight Stigma & Social Justice SIG).
26. **Kinkel-Ram, S. S., Uzoegwu, K., Kunstman, J., & Smith, A. R.** (Nov. 2024) *Investigating the Bidirectional Association Between Body Mistrust and Body Dissatisfaction in a Sample of Black Americans*. Talk presented at the Eating Disorder and Eating Behaviors Special Interest Group Meeting at the annual meeting of the Association of Behavior and Cognitive Therapies, Philadelphia, PA.
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 presented to the annual meeting of the Association of Behavior and Cognitive Therapies, Philadelphia, PA.

24. **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 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]).
23. **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 presented at the annual meeting of the Association of Behavior and Cognitive Therapies, Seattle, WA.
22. **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 presented at the annual meeting of the Association of Behavior and Cognitive Therapies, Seattle, WA.
21. **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 presented at the annual meeting of the Association of Behavior and Cognitive Therapies, Seattle, WA.
20. **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]).
19. **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.
18. **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.
17. **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.
16. **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.

15. **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.
14. **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.
13. **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.
12. **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.
11. **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.
10. 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.
9. 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 presented at the annual meeting of the Association of Behavior and Cognitive Therapies, New York, NY.
8. 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.
7. Sahlan, R. N., Bridges-Curry, Z., Kinkel-Ram, S. S., & Sala, M. (October 2024). *Subtypes of self-compassion and their associations with eating disorder symptoms among Iranian adolescents*. Paper presented at the 58rd Annual Convention at the Association for Behavioral and Cognitive Therapies (ABCT). Philadelphia, USA.

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 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.

CONFERENCE POSTERS (*n* = 19)

*Indicates mentored trainee co-author

19. **Kinkel-Ram, S. S.**, Uzoegwu, K., Kunstman, J., & Smith, A. R. (Mar. 2026) *Fasting Interval Duration and Timing among U.S. Adolescents and Associations with Multi-Method Sleep Parameters*. Poster presented at the annual meeting of the Society for Biopsychosocial Science and Medicine, Chicago, IL.
18. **Kinkel-Ram, S. S.**, Uzoegwu, K., Kunstman, J., & Smith, A. R. (Nov. 2024) *Investigating the Bidirectional Association Between Body Mistrust and Body Dissatisfaction in a Sample of Black Americans*. Poster presented at the Eating Disorder and Eating Behaviors Special Interest Group Poster Exposition at the annual meeting of the Association of Behavior and Cognitive Therapies, Philadelphia, PA.
17. **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.

16. **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.
15. **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.
14. **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.
13. **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.
12. **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.
11. **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.
10. **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.
9. **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.
8. 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.
7. 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.
6. 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.

5. 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.
4. Sahlan, R. N., Bridges-Curry, Z., **Kinkel-Ram, S. S.**, Christian, C., & Smith, A. (October 2024). *Subtypes of eating disorder symptoms, thwarted belongingness, perceived burdensomeness, capability for suicide, and their associations with suicide ideation and attempts*. Poster presented at the 58rd Annual Convention at the Association for Behavioral and Cognitive Therapies (ABCT). Philadelphia, USA.
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

2025 – Present	Associate Editor, <i>Psychology and Psychotherapy: Theory, Research and Practice</i>
2025 – Present	Editorial Board, <i>Eating Behaviors</i>
2021 – Present	Reviewer for: Appetite, Body Image, Eating Behaviors, European Eating Disorders Review, Frontiers of Psychiatry, International Journal of Clinical and Health Psychology, International Journal of Eating Disorders, Journal of Research on Adolescence, Journal of School Psychology, Journal of Social and Clinical Psychology, Social Science and Medicine

PROFESSIONAL RESEARCH EXPERIENCE

2025 – Present	Perinatal Health and Behaviors (PHAB) Lab Role: Postdoctoral Scholar PI: Michele Levine, Ph.D. University of Pittsburgh School of Medicine, Pittsburgh, PA
2025 – Present	Behavioral Investigations of Children's and Teens' Eating (BITE) Lab Role: Postdoctoral Scholar PI: Andrea Goldschmidt, Ph.D. University of Pittsburgh School of Medicine, Pittsburgh, PA
2021 – 2025	Hunger Stigma and Health (HuSH) Lab Role: Doctoral Student PI: Jeffrey Hunger, Ph.D.

Miami University, Miami, OH

- 2019 – 2025 **Research on Eating Disorders and Suicidality (REDS) Lab**
 Role: Doctoral Student
 PI: April Smith, Ph.D.
 Miami University, Miami, OH
- 2017 – 2019 **Eating Anxiety Treatment (EAT) Laboratory and Clinic**
 Role: Research Coordinator
 PI: Cheri Levinson, Ph.D.
 University of Louisville, Louisville, KY
- 2017 – 2019 **Wertz Lab**
 Role: Undergraduate Trainee
 PI: Jan Wertz, PhD.
 Centre College, Danville, KY

CLINICAL EXPERIENCE

- 2024 – 2025 **University of Pittsburgh-Western Psychiatric Hospital**
Clinical Psychology Predoctoral Intern | Individual & Group Therapist
 Training Directors: Michele Levine, PhD., Tina Goldstein, Ph.D., Leslie Horton, Ph.D., & Rebecca Price, Ph.D.
- 2020 – 2024 **Miami University Psychology Clinic**
Practicum Student | Individual Therapist
 Supervisor: Dr. Lauren Evans Toben, Ph.D.
- 2022 – 2023 **Lindner Center of Hope/Cincinnati Children's Hospital**
Eating Disorder Track Practicum Student | Individual & Group Therapist
 Supervisor: Allison Mecca, Psy.D.
- 2021 – 2022 **Miami University Student Counseling Services Center**
Practicum Student | Individual & Group Therapist
 Supervisors: Ritch Hall, Ph.D. & Kristen Reser, Ph.D.
- 2021 – 2022 **Miami University ADHD Diagnostic Assessment Traineeship**
Practicum Student | Individual & Group Therapist
 Supervisor: Jennifer Green, Ph.D.
- 2019 – 2020 **Talawanda High School Adolescent DBT Group**
Group Therapist
 Supervisor: Jennifer Green, Ph.D.
- 2017 – 2019 **Louisville Center for Eating Disorders & Louisville OCD Clinic**
Intake and Research Coordinator
 Supervisor: Cheri Levinson, Ph.D.

TEACHING EXPERIENCE

Guest Lectures

Fall 2025	PSY 385, Cultural Psychology , Centre College Course Instructor: Jennifer Goetz, Ph.D.
Spring 2024	PSY 294, Writing and Research Methods in Psychology , Miami University Course Instructor: Wylie Brace, Ph.D.
Fall 2023	PSY 410, Stigma and Its Consequences , Miami University Course Instructor: Jeffrey Hunger, Ph.D.
Spring 2022	PSY 647, Psychological Assessment II , Miami University Course Instructor: Vaishali Raval, Ph.D.
Fall 2020	PSY 242, Abnormal Psychology , Miami University Course Instructor: Elise Clerkin, Ph.D.
Spring 2020	PSY 242, Abnormal Psychology , Miami University Course Instructor: Joseph Morrissey, Ph.D.

Teaching Assistantships

Spring 2017	PSY 210, Experimental Design Psychology , Centre College Course Instructor: Jennifer Goetz, Ph.D.
Fall 2016	PSY 110, Introduction to Psychology , Centre College Course Instructor: Benjamin Arnold, PhD.

Other Teaching Opportunities

2019 – 2025	Certificate in College Teaching , Miami University
2024 – 2025	Teaching Interest Support Group Member , Miami University

MENTORING AND ADVISING

Research Assistants

All students were mentored at Miami University

	<u>Trainee Name</u>	<u>Subsequent/Current Position</u>
2022 – 2025	Samantha Schaller	Continued undergraduate studies
2022 – 2025	Khloe Gill	MBA Student, Clemson University
2022 – 2025	Katie Coxhead	MD Student, University of Cincinnati
2022 – 2025	Emily Martin	MD Student, University of Wisconsin
2022 – 2025	Emma DeShay	MA/EdS Student, University of Delaware
2022 – 2024	Tara Bennington	CMHC Student, Ohio University

2022 – 2024	Natalie Nagel	CMHC Student, University of Cincinnati
2022 – 2024	Meher Khan	Continued undergraduate studies
2022 – 2024	Lucas Stackpole	MD Student, Ohio University
2022 – 2024	Olivia Bellas	LPC Student, Xavier University
2022 – 2024	Marissa Tucholka	MPP Student, George Washington University
2020 – 2022	Emma Moughan	PhD Student, Temple University
2019 – 2022	Katherine McCracken	MPH Student, Harvard University
2019 – 2022	Madeline Block	MPH Student, Boston University
2019 – 2022	Maddie Davis	Human Resources/Recruiting Consultant
2019 – 2021	Will Morgan	PhD Student, University of Kansas
2019 – 2021	Elyse Naples	LPC Student, Indiana University
2019 – 2021	Callie Zeifang	Marketing Specialist

Undergraduate Independent Studies

2024	Emily Martin, Miami University, Dean's Scholar Program (\$500) 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 (\$2000) 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

Mentoring Initiatives and Programs

2024 – Present	University of Pittsburgh-Western Psychiatric Hospital Big/Little "Sibling" Mentorship Program from Incoming Clinical Psychology Interns
2023 – Present	NextGen Psych Scholars Program Mentor A virtual graduate student-led program centering the experiences of underrepresented (BIPOC, low-income, first-gen, LGBTQIA+) students
2021 – Present	Academy of Eating Disorder Mentor-Mentee Program

PROFESSIONAL SERVICE

International and National Service to the Field

2024 – Present	Abstract Reviewer, International Conference on Eating Disorders Program
2024 – Present	Abstract Reviewer, Eating Disorder and Eating Behavior SIG, Association of

	Behavioral and Cognitive Therapies Conference Program
2022 – Present	Co-chair, Weight Stigma & Social Justice SIG, Academy for Eating Disorders
2021 – 2022	Committee and Task Force Liaison, Academy for Eating Disorders

Service at University of Pittsburgh School of Medicine

2024 – Present	Committee Member, Diversity, Inclusivity, Cultural Humility, and Equity (DICE) Committee
2024 – Present	Member, Research Equity and Community Health (REACH) Collaborative
2024 – Present	Reviewer and Interviewer, University of Pittsburgh-Western Psychiatric Hospital Internship Training Program

Service at Miami University

2022 – 2023	Clinical Psychology Graduate Student Representative
2019 – 2025	Mentor, Applying to PhD Programs
2019 – 2023	Executive Team Member, Body Project

PROFESSIONAL AFFILIATIONS AND MEMBERSHIPS

American Association of Suicidology
 Association of Behavioral and Cognitive Therapies
 Academy for Eating Disorders
 Asian American Psychological Association
 Association for Size Diversity and Health
 American Psychological Association
 Eating Disorder Research Society
 Midwestern Psychological Association
 Psi Chi Honor Society
 Sleep Research Society Foundation